

*The Oriental*  
**WATCHMAN**  
*& Herald of Health*

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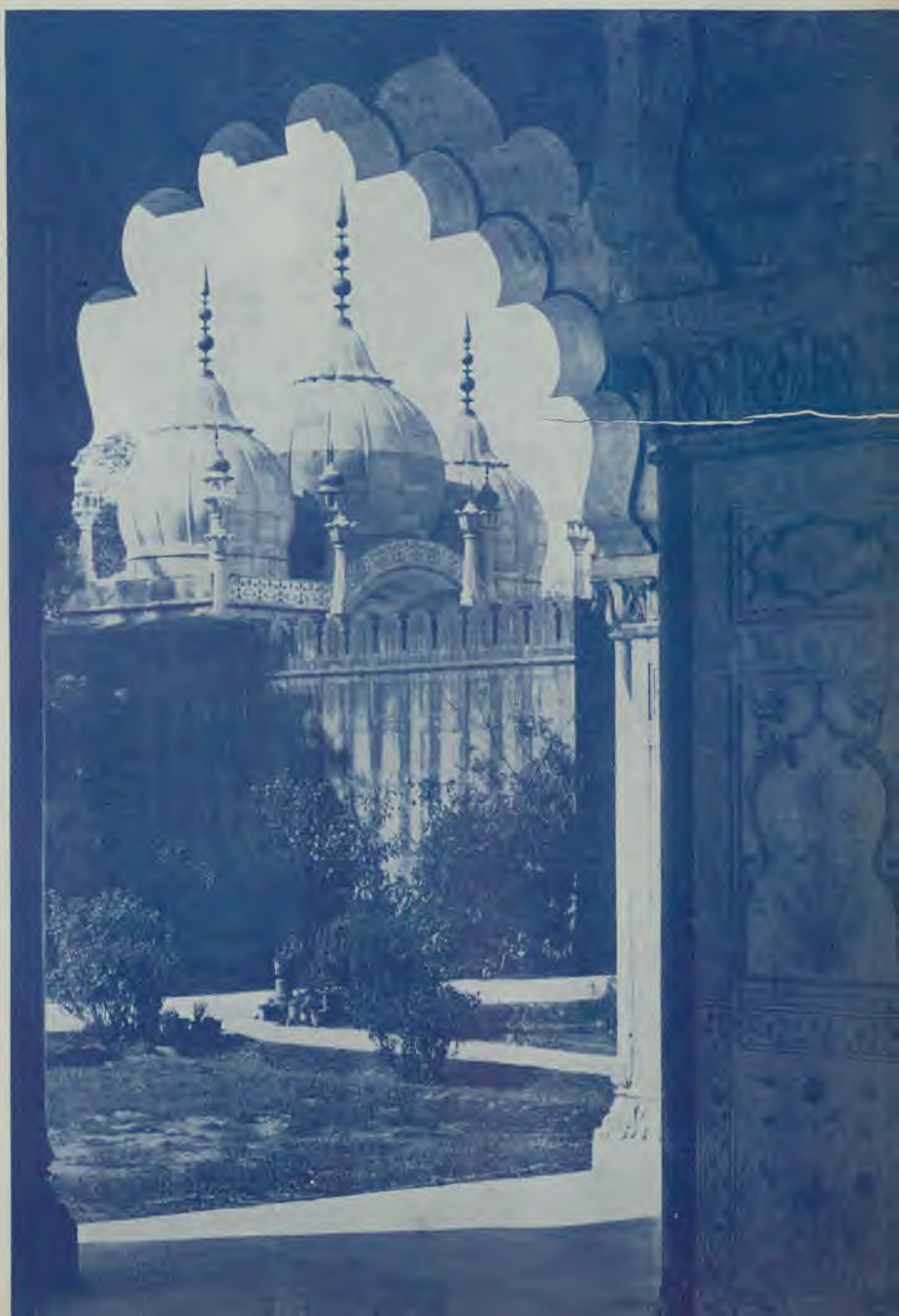
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KISSING, dancing, light music, phonographs, and neckties are allowable now in Russia, according to permission recently granted by the Soviet authorities.

SURFACED roads (cement, brick or asphalt) in the United States are being added to at the rate of 35,000 miles a year, and now total 662,435 miles.

FISH silver, which is an opalescent pigment made from the scales of fish, and is used in the making of imitation pearls, has lately been combined with lacquer to make a paint which gives the appearance of pearls, or if combined with two colours of paint the finish is like mother-of-pearl.

A MOSQUITO trap has been invented by a young French woman. It can be carried about, costs little to operate, and does the work. A strong current of air is drawn by a fan down a funnel, which has a light to attract the insects. A heat wave at the bottom kills them. At a recent demonstration, it was estimated that about 3,400,000, mosquitoes were killed in less than an hour.

REDSKINS of Canada are on the increase. The last twenty years has seen an increase in the Indians of British North America of about 16 per cent, and they are said to number 122,920 now. The increase is believed to be due to sanitation and improved living conditions. The Eskimo population has been estimated heretofore at about 3,000, but the census shows 5,979.

THE price of petrol at \$1.50 mex. per gallon in Changsha, Central China, caused Shan Teh, an engineer employed by the Hunan Provincial Government, to look for a substitute. Using the same engine but not the petrol tank, and using an enlarged cylinder to hold charcoal which was heated for five minutes, then the car was able to start on the fumes. The cost was one tenth of the cost for a petrol driven car.

TUNGSTEN filament wire for the six-watt Mazda lamps is only four ten-thousandths of an inch thick, or one tenth the size of a hair from a man's head. A bar of tungsten three eighths of an inch square and 24 inches long weighing one and a third pounds, is passed through 95 dies, each a little smaller than the preceding one, until it becomes .207 miles long and provides enough filament for 666,666 lamps. About two thirds of these dies are diamonds with a small hole in them, and are made in the little town of Trévoux, France.

A TYPEWRITER without a shift key is the product of the Royal Typewriter Company. The type used is a special new single case alphabet of sans-serif capitals, called Monoface, which is very attractive and legible. The keyboard is standard in spacing, depression and arrangement. Has 44 characters including the usual signs and punctuation marks. The Royal Signet, as the new machine is called, is easy to learn to write on, and should become popular as it sells for just half the ordinary home typewriter.

A MAMMOTH tusk three and a half feet long was found during road construction near Kulstein, in the Tyrol, recently.

THERE is one doctor for every 1,000 persons in the British Isles according to the British Medical Journal. In the United States there is one doctor to every 800 population.

GLASS roads are being tested in Czechoslovakia. They are constructed by laying a mixture of glass powder and cement over a damp concrete base and then saturating it with water glass. Several months' test show that it will withstand wear and pressure. It sets so quickly that it can be thrown open to heavy traffic within two or three days after it has been made.

SEKURIT, the new unbreakable glass, has been put on the market in Germany. It is not laminated like the present shatter-proof glass used in motor cars, but is a solid sheet of glass. A steel ball weighing 18 ounces, dropped from a height of eight feet rebounded without leaving a mark. It is half as strong as steel, and twice as elastic. Is not sensitive to temperature, is wholly transparent and will not darken with age. If fractured with a very heavy blow, it does not shatter but crumbles up into granular pieces which have no sharp edges.

A RECENT issue of the New York Times recites the lamentations of the wine makers of France. It is stated that the home consumption of wine in France has dropped from 55,000,000 gallons in 1913 to 15,650,000 gallons in 1931. Dreadful indeed! Under high pressure, many Paris restaurants have revived the old custom of serving ordinary wine with all fixed-price meals, but this does not help the "vintage wine" business, which has been hardest hit. To meet this situation a bill is being prepared which, if it becomes a law, will compel restaurant proprietors to make wine "obligatory" with every meal save early breakfast. The serving of other meals without wine is to be prohibited. And so France, too, has prohibition!

ROCKEFELLER CENTRE is breaking many records. Stretching north from Forty-eighth Street to Fifty-first Street, and west from Fifth Avenue to Sixth Avenue, New York City, this "city within a city" will cover about twelve acres of ground. Old buildings are being torn down and new ones are taking their places. Eventually it will include four buildings devoted to British, French, Italian, and German interests, a seventy-story (853 feet high) office building for the Radio Corporation of America having over 2,100,000 square feet of commercial floor space, another office building for the Radio-Keith-Orpheum interests, a motion picture theatre, an International Music Hall, an opera house, two other office buildings and still others. A central heating station has contracted to supply 360,000,000 pounds of steam a year. It will take 140,000 tons of structural steel for the present contracts and 25,000 radiators will be required to heat the buildings. In the music hall a mural painting 60 by 40 feet will be used. One of the best features is the fact that this construction work furnishes 10,000,000 eight-hour work days of work.

# The ORIENTAL WATCHMAN AND HERALD OF HEALTH

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## PERMANENT PEACE

### How and When Can it Be Brought to Humanity?

By Alger H. Johns

PRESIDENT HOOVER, in speaking of impending war, has said: "A solemn obligation lies upon us to press forward in our pursuit of those things for which the soldiers died. Our duty is to seek ever new and widening opportunities to insure the world against the horror and irretrievable wastage of war. Much has to be done, but we must wage peace continuously, with the same energy as they waged war."

The world today is witnessing a chronic case of suspicion, discontent, and international complication. The very air seems charged with unforeseen terror. An editorial from a Denver, Colorado, paper records these words: "And now, observers are warning, another world war is just around the corner—a war which, unless it is headed off, will far surpass the last one, in money cost, in human and property destruction, and in social and business demoralization. Two powerful forces admittedly are now at work in the world. One is driving the nations in the direction of war. The other is pulling in the direction of peace and co-operation. Literally speaking, a tug of war is on."

Kings are dethroned, governments wrecked, and coupled with this there is a rapid spread of communism, which has caused all peoples to ask, Where will it all end? "Viscount Cecil of Great Britain warns, the nations of Europe are not going to disarm. On the contrary, they will go right on building up their fighting machines until the explosion comes." Writers seem convinced that "the danger is growing. The already depressed world is at a crossroads and if it is not to be over-

taken by economic disaster, final and complete, it will suffer the horror of another war."

"The crisis may come even more quickly than people think." Thus a correspondent, writing more than a year ago, declared that "on February 2, [1932], just a year hence, will begin what many believe will be one of the most fateful events in human history. At that time between fifty and sixty nations will meet in a supreme effort to limit arms, and the decisions then reached are more than apt to affect the future course of all mankind. Failure," declares Commander Kenworthy, a British spokesman, "means



war." But failure was exactly the fruit of that disarmament conference, now a thing of the past.

Man only too consciously realizes that the greatest bane to progress is war. If he could only eradicate war, then he would have some chance in finally emerging for a better showing on the evolutionary scale of progress.

#### The World Court

It appears that the World Court is looming into view as the only saviour for the human race, and one statesman has declared that the United States is the key nation to guarantee the success of that court. Gustave Herve, a French editor, asserts that "world peace is wholly in the hands of America." The nations fear that the Kellogg Pact is not enough, and want the inspiring confidence of the presence of America supporting the World Court to curb war.

is felt to be the only guarantee of peace; but counteracting this, one large European nation affirms that "God is on the side of big battalions."

#### Peace Efforts Unsuccessful

The World Court is as old as the League of Nations, and many since the war have thought it to be the ultimate achievement for world peace. Many authorities, on the contrary, agree with a New York *Sun* editorial which says, "The World Court is a mere part and creature of the League. We would make friends for a day by joining, but the time would come when we would make enemies when circumstances compelled us to withdraw."

Will any plan that man can devise lead the world on to better things, to the reality of a Utopia? When considering the frailty of humanity, we think that the very name of the World Court



H.M.S. "Courageous"—Aeroplane Carrier.

*Will Hornets' Nests Such as This Bring Peace?*

A leader in world affairs has graphically described the world feeling today in these words. "Today we are in a world of intense hate, a human hell of the worst imagining." Hatred, not love, is the dominating influence in the hearts of men. Man seems to have progressed in everything but himself—there is still that war-breeding hatred that has visited every age and every nation. Prophecy of old foretold this very time when it predicted, "Thus saith the Lord; We have heard a voice of trembling, of fear, and not of peace." Jer. 30:5.

It has truly been said that "armaments are the outward sign of secret fear." And the extent of his fear is measured by the bulk of armies and munitions guarding every nation. Disarmament

implies failure—"the permanent Court for International Justice."

Modern peace movements have unsuccessfully blanketed the jealousy and hate lurking in the hearts of men. There is no movement in the world today that will bring peace, because it is impossible to legislate or to force this hatred from the heart. And hate will always breed war. The only hindrance to a rosy future is the fog of fear. "Deceit is in the heart of them that imagine evil." Prov. 12:20. God gives us the correct version, "The heart of the sons of men is full of evil, and madness is in their heart while they live." Eccl. 9:3.

Let us look at a picture of the League Rep-

resented by a vast diversity of tongues, it sits in its luxurious compartments discussing the plans for world happiness. Its smooth-running machinery appears capable of performing the most difficult tasks and solving the most difficult world problems. Its members seem satisfied with its progress. But outside the doors of the League is another picture in evidence, and this shows the froth of human emotions lashed into fury. "Clashing political systems, international fears, economic disturbances, unemployment, and armament races," disturb our world.

#### When Justice Shall Come

The World Court, or any other court, will never bring peace; but there is a court of universal justice that ultimately guarantees a permanent and sure peace. This is not inaugurated by man, however, and its judges are not actuated by national prejudice. We find this court described in the Bible. "Of the increase of His government and peace there shall be no end, upon the throne of David, and upon His kingdom, to order it, and to establish it with judgment and with justice from henceforth even forever." Isa. 9:7.

The removal of hate from the heart must be heaven born. Legislation and force cannot achieve it.

Today the words of statesmen carry within them the urge of fear. Today the world stands balanced on the brink of another and greater war; and it is declared that the next conflict will disrupt all civilization. Prophecies of the Bible have said it will come; and surely all international movements are focussing toward it. The nations will never be drawn closer together; but rather the cleavage is daily growing wider.

There is only one real solution to the problem, and it is found in these words, "Lord, Thou wilt ordain peace for us." Isa. 26:12.

God describes the present condition of the world thus, "The sword of the Lord shall devour from the one end of the land even to the other end of the land: no flesh shall have peace." Jer. 12:12.

#### What We May Expect

It is not necessary to read from the Bible that there is no peace now; that is apparent. But we can read from its pages the near approach of the end of this present world. Civilization is preparing for the greatest war in its history, the war that will wind up things. Newspapers carry feature pictures of "largest coast defence guns," "largest submarines," "largest bombing planes," and the "largest battleships." Advance of war preparations does not correspond with peace talk.

"The day of the Lord is at hand; it shall come as a destruction from the Almighty." Isa. 13:6. The suddenness of that event is as a warning. "The day of the Lord so cometh as a thief in the night." 1 Thess. 5:2.

Such a view is not pessimistic, for these events show clearly the nearness of the happiest event mankind has even seen. "Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ." Titus 2:13.

But there is also a picture of pessimism and dejection, and we view it with horror. "Without Christ, . . . having no hope, and without God in the world." Eph. 2:12. To such a class it is "the day of the Lord's vengeance" (Isa. 34:8),—to those who have neglected the salvation offered to all through Christ.

If we continue to prepare for the appearing of Christ, we some day shall enter that land of true permanent peace.

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### *The World Is Sick!*

#### *Is it too late for the Doctor?*

"God and the doctor we alike adore,  
But only when in danger, not before.  
The danger o'er, both are alike requited,  
God is forgotten, and the doctor slighted."

As I examine the patient I find many ugly red spots, which would indicate that there is something wrong. It suggests internal fever. The cheeks of the patient have sunk, the girth has grown perceptibly less, the fires of fever burn in the bloodshot eyes. It is the fever of suffering and the blazing fire is fear and hatred, like the look of a patient in a delirium.

This world has had many physicians during the post-war years. All have sought to bring relief to the patient and some have brought a temporary easing of the pain. Specialists from America have recommended the "Dawes" cure, and certain "Young" remedies. Every nation at the present time is trying a "Home" cure. The starvation diet of economy is being tested out.

Unfortunately the patient has forsaken the true Physician and has become desperately interested in certain quack remedies—Fascism, Communism, Hitlerism, and the like; but none can avail to restore the patient to health.

I believe the world is sick unto death. I believe it is too late for any earthly physician. All remedies have apparently failed. The Specialist must be called in. We need Jesus.

Soon our Saviour—the great Physician—must come. And when He comes, He will banish war, selfishness, suffering, and sin itself. The time has come to pray, "Even so, come, Lord Jesus."—*E. E. Craven.*



Courtesy of P. P. Pocha & Sons

# Vegetables:

## *Their Selection and Preparation*

By E. M. Geraghty

**U**NLIKE fruits, vegetables are not always readily accepted as menu items. Much of this lack of appreciation is due to the unappetizing condition in which they are presented. I believe that vegetables are cooked less skilfully than any other item of food. Uncooked vegetables should be served fresh, crisp and cool.

For instance the lowly cabbage, shredded in long fine strips mixed with a bit of grated carrot, a few carrot strips, a few threads of green sweet pepper, a wee bit of onion juice, a dash of salt and a bit of sugar, then tossed lightly in weak vinegar or in lemon juice and chilled thoroughly, is crisp, cool and really delicate. The same lowly cabbage, cut in small sections like head lettuce, cooked from fifteen to twenty minutes in boiling salted water with just a bit of sugar and dressed with melted unsalted butter, is worthy of a place among the most aristocratic cooked vegetables.

**"Variety is the Mother of Enjoyment"**

There is no need for monotony in achieving the desired "at least two vegetables each day" if

one will take the effort to become familiar with new ways of preparing and serving well known vegetables and will try the less known vegetables. Vegetables should have a prominent place in every normal diet because of their vitamin and mineral values, their bulk and the variety and zest they add to the menu. The bulk is the same whether the vegetables are home canned, commercially canned or cooked from a storage supply. After much research it is generally conceded that the vitamin potency of vegetables is affected by (1) the age at which they are picked; (2) the length of time elapsing from picking until cooking; (3) the temperature and air conditions during this storage period, and (4) the method of cooking; that is whether the cooking is done with or without oxidation.

### **Various Factors Affect Vitamin Potency**

The age at which the vegetables are picked is a winning point for the canned goods because they are always picked at the correct time. Notice the young beets and carrots which may be purchased

in cans and compare them with the products offered for winter storage.

The time elapsing between picking and canning is short, while the offerings in the markets have often been picked three or four days before one purchases them. Of course, in winter storage goods, some months elapse between picking and cooking.

The canning factories keep their foods at a uniformly low temperature for the brief time before they are placed in the cans. Commercial canning is all done without oxidation. Home canning or home cooking is done in the presence of oxygen, and this oxidation, not the temperature, is the factor which affects vitamin potency. The storage of canned goods for some three years does not seem to vary the vitamin efficiency.

As for uncooked vegetables, those of correct age, freshly picked and kept at a proper temperature are the best that can be served; but when one is considering cooked vegetables, the foregoing facts should be taken into account.

Remember too that the vitamin content may be destroyed by careless or thoughtless "post-can" cooking. The following are a few basic suggestions for vegetable cooking:

To preserve colour in green vegetables, use plenty of rapidly boiling water and cook uncovered for the shortest possible time; in yellow vegetables, use a small amount of water—a pressure cooker may be used; in red vegetables, beets especially, do not cut tops off or cut vegetables up—a pressure cooker may be used if desired; in white vegetables, do not overcook.

To preserve the flavour in the cabbage family, use a large amount of water and cook uncovered for the shortest possible time; in onions, cook in a large amount of water for the shortest possible time if a slight loss of flavour is desired, and if it is desired to retain all the flavour, cook in a steamer or pressure cooker; in other vegetables, cook in a small amount of water in the steamer or in a pressure cooker if the vegetables must be cooked a long time.

To preserve nutrients in baking vegetables, do not use water; in steaming, do not add water to vegetables and always be careful not to overcook; in canned vegetables, empty the entire contents of the can into a shallow saucepan and cook it rapidly so as to evaporate as much liquid as possible.

The liquid resulting from the cooking of vegetables may be served with them.

#### Vegetables as Vitamin Sources

While it must be remembered that milk, cream, eggs and cheese are the best sources of vitamin A, yet it is also wise to select from the vegetable group green asparagus, beet greens, broccoli, brussels sprouts, young green cabbage, collards, various greens, kale, green leaf lettuce, peas, spinach, turnip tops, watercress, carrots, yellow corn, sweet potatoes, rutabagas, Hubbard squash, tomatoes and yellow turnips. Blanched

vegetables are not as valuable as a source of vitamin A as are green vegetables.

For vitamin B, choose artichokes, bamboo shoots, bean sprouts, navy beans, string beans, beet greens, new green cabbage, young carrots, cauliflower, celery, collards, cow peas, cucumbers, various greens, eggplant [brinjal], lettuce, okra, onions, parsley, parsnips, green peas, green peppers, potatoes, radishes, romaine (lettuce), spinach, tomatoes, turnip greens and yautia.

For vitamin C, select bean sprouts, string beans, beets, Chinese cabbage, raw cabbage, cooked cabbage (the vitamin content of cooked cabbage is less than that of raw cabbage), young carrots, collards, cucumbers, various greens, dasheen, endive, kohlrabi, lettuce, onions, green peas, green peppers, potatoes, radishes, rutabagas, sauerkraut, spinach, tomatoes, turnip greens, white turnips and watercress.

The vegetables selected especially with a view to mineral contribution are as follows: for calcium—asparagus, kidney beans, lima beans, navy beans, soy beans, fresh string beans, beets, cabbage, carrots, cauliflower, celery, Swiss chard, various greens, endive, lentils, lettuce, okra, onions, parsnips, peas, pumpkin, radishes, rhubarb, rutabagas, spinach and turnips; for iron—asparagus, kidney beans, lettuce, navy beans, soy beans, fresh string beans, cabbage, Swiss chard, various greens, parsley, peas, potatoes, and spinach; for phosphorus—asparagus, kidney beans, lima beans, navy beans, soy beans, fresh string beans, beets, cabbage, carrots, cauliflower, celery, Swiss chard, cucumbers, various greens, eggplant, endive, lentils, lettuce, mushrooms, onions, parsnips, peas, potatoes, pumpkin, radishes, rutabagas, spinach, tomatoes and turnips; for bulk—asparagus, brussels sprouts, cabbage, cauliflower, corn, greens, lettuce and other salad greens, onions, string beans, tomatoes and turnips.

As a vague reference to roots and tubers is generally meaningless, a brief summary follows, showing the characteristics of each of the vegetables known well enough to warrant inclusion in this article.

#### Artichokes

The part of the French or globe artichoke presented as a vegetable is really the flower, plucked before it is fully open. The edible portions are the bases of the leaves and the fibrous centre or "artichoke bottom." The true artichoke grows in India, California and the southern part of the United States. This vegetable is boiled or steamed, served hot with butter or Hollandaise sauce, or used cold as a salad.

The canned, imported artichokes are usually only the "bottoms." The Japanese or Chinese artichoke, which is also known as crown of Japan, belongs to another family and is cultivated for its tubers. The flesh is white and tender and is best eaten raw, much like radishes. The Jerusalem artichoke, or Topinambout, belongs to the sunflower family. It has a tuber resembling the potato except for its sweeter (*Turn to page 27*)

# The Code of Hammurabi

## TE



**N**OT many decades ago, it was a stock argument of the critics of the Bible to state that Moses could not have written the Pentateuch and its code of laws, for, it was alleged, at the period when Bible chronology placed Moses as living, writing was not used for literary purposes; and indeed, a legal code was impossible before the period of the Jewish kings, several hundred years after Moses.

But two outstanding archaeological discoveries have so completely shattered these assumptions of the critics that they have never been used since. In fact, the critics now do not care ever to be reminded that they once used these arguments.

We now know that at the time Moses was composing the book of Deuteronomy and at the time Joshua made his conquest of Canaan, an extensive correspondence was going on between the petty kings, governors, and Egyptian residents in Canaan, and Amen Hotep III and Akhenaten, Pharaohs of Egypt in the early part of the fifteenth century B.C. The writing paper of this correspondence was clay, moulded into small tablets much like a bar of modern toilet soap. Upon this clay stationery were impressed the arrow-headed characters of Babylonia, which were the diplomatic script of those times, just as French is the diplomatic language of our present civilization.

Some three hundred of these clay tablets came to light when a peasant woman was digging into the ruins of Pharaoh Akhenaten's palace at Tel-el-Amarna, about two hundred miles south of Cairo, Egypt. They had been stored in a small room which was the Egyptian Foreign-Office Letter Department of those days.

#### Tablets Confirm the Bible

These letters not only confirm the story of Joshua's conquest of Canaan, but they prove to the world and to the critics that writing for literary purposes was used at the time when Moses lived. They also reveal the high state of civilization which then existed in Syria and Palestine, but which the critics had alleged could not have been developed so far back.

But the archaeological "find" that so completely shattered the alleged inability of Moses to write the Pentateuch was made near the end of the opening year of this present century, among the ruins of ancient Susa in Persia, the Shushan of Daniel 8:2.

The French Government had for years been carrying on explorations at Susa under the superintendence of M. J. de Morgan, when there were brought to view three pieces of a block of polished black marble, which when joined together made a monument nearly eight feet high. This monument was thickly covered with cuneiform characters incised with a very high degree of artistic skill. When deciphered, the monument proved to be the code of Hammurabi, a Babylonian king who lived about four centuries before Moses was born! This settled it for certain that the critics had made another of their colossal blunders; if a Babylonian king could use writing for literary purposes four hundred years before Moses, there was no valid argument left to show that Moses could not have written the first five books of the Bible.

Today the critics have changed their arguments in seeking to discredit Moses and the

By L. Ervin Wright

Bible. "Our morals are supposed to be derived from Moses' Ten Commandments," states one of America's foremost archaeologists, Dr. Henry Frederick Lutz, professor of Egyptology and Assyriology at the University of California; "but Moses 'got his stuff' from Hammurabi and such earlier lawmakers."

First, the argument was that Moses could not write; now, what he did write was borrowed from pagan Babylonia! Are the critics right this time? We think not.

#### Hammurabi and Abraham

Hammurabi, from whom Moses is said to have received his laws, is quite generally identified by Assyriologists with the Amraphel of Genesis 14, Amraphel being only another form of the same name. Hammurabi was thus a contemporary of Abraham.

Four hundred years before Moses, the laws of Hammurabi governed the peoples from the Persian Gulf to the Caspian Sea, and from Persia to the Mediterranean, and were in force throughout Canaan. These laws were obeyed by Abraham, Isaac, Jacob, and their families in the same way that Christians of today obey the civil laws of their government. The code of Hammurabi



# and the Commandments

covered about all phases of human life, and its operation may be seen in the book of Genesis.

## How Hammurabic Code Worked

Hammurabi's law of adoption made Eliezer Abraham's heir. Abraham said: "Lo, one born in my house is mine heir." Gen. 15:3. This was in accordance with law 191 of the code, which reads: "If a man, after a young child whom he has taken to his sonship and brought him up, has made a house for himself and acquired children, and has set his face to cut off the nursling, *that child shall not go his way*, the father that brought him up shall give to him from his goods one third of his sonship, and he shall not go off; from field, garden, and house he shall not give him."

The giving of Hagar to Abraham (Genesis 16); and of Bilhah (Gen. 30:4) and Zilpah (Gen. 30:9) to Jacob, accorded with the code. Sarah's conduct in giving Hagar to her husband and the treatment of Hagar for sneering at her childless mistress was covered by law 146, which reads: "If a man has espoused a votary, and she has given a maid to her husband and she has borne children, afterwards that maid has made herself equal with her mistress, because she has borne children her mistress shall not sell her for money, she shall put a mark upon her and count her among the maidservants."

The taking of life for theft of images, proposed by Jacob to Laban (Gen. 31:32), was enacted by this code, which punished sacrilege with death. Law 6 of the code reads: "If a man has stolen the goods of temple or palace, that man shall be killed, and he who has received the stolen thing from his hand shall be put to death."

## Commercial Enactments

When Abraham purchased Machpelah (Genesis 23), the transaction was conducted in strict conformity with the commercial enactment found in law 7 of the code, which reads: "If a man has bought silver, gold, manservant or maidservant, ox or sheep or ass, or anything whatever it name, from the hand of a man's son, or of a man's slave, without witness or bonds, or has received the same on deposit, that man has acted the thief, he shall be put to death." The record in Genesis shows that Abraham's purchase was conducted before many witnesses.

Even the giving of a special portion, as Jacob did to his favourite son, Joseph (Gen. 48:22), was provided for by this code in law 165. According to law 158, the prescribed way of punishing such an offense as committed by Reuben (Gen. 35:22) was by cutting him off from his birthright, which Jacob did (Gen. 49:4).



Other examples of the influence of Hammurabi's code in Palestine on the lives of the patriarchs might be cited. But the book of Genesis discloses another code of laws still older than the Hammurabic code. At least thirty-four of these laws have been found in Genesis. These laws were given by Jehovah and subsequently confirmed in the Mosaic code. A few of them may be mentioned.

## Jehovah's Laws

The law of the Sabbath. Gen. 2:2, 3, Ex. 16:23 with Ex. 20:10; 31:13-17.

The law of sacrifices. Gen. 4:4; 15:9 with Ex. 29:36; Lev. 1:2-5.

The law of the clean and unclean. Gen. 7:2; 8:20 with Leviticus 11; Deut. 14:3-20.

The law of altar. Gen. 8:20; 12:7, 8 with Ex. 20:24.

The law of monogamy. Gen. 2:24; Septuagint; 12:18; 16:1 with Deut. 24:1, 2.

The law against adultery. Gen. 12:18, 20:3, 9; 39:9 with Lev. 20:10.

The law against murder. Gen. 9:5, 6 with Ex. 20:13.

The law against eating blood. Gen. 9:4 with Lev. 7:26; 17:10-14.

The law of uncleanness. Gen. 31:35 with Leviticus 15.

The law of drink offerings. Gen. 35:14 with Ex. 29:40; Lev. 23:18.

Now it is acknowledged by archæologists that Hammurabi's code was not entirely original with him. We may be safe in believing that many of the excellent features of Hammurabi's code were borrowed from the code of laws handed by Jehovah to the early patriarchs, the evidence of such a set of laws being in the book of Genesis, as we have just noticed. It must never be forgotten that the principles of right and wrong did not evolve from nothing, but (*Turn to page 29*)

# That School-Girl Complexion

An expert dietitian will tell you in this article  
that a proper diet is beauty's best aid.

## Bought at the

**W**HAT constitutes true beauty and perennial youth is not quite clear to the multitude of health seekers; and but few obtain the desired and coveted prize for the reason that they fail to seek it through the only means that can create true and lasting beauty and health. Beauty is often an expression of abounding health and strength. It is radiance of health that makes the eyes sparkle and the cheeks glow, and moulds the body into graceful proportions. A woman's complexion and the lustre and colour of youth have deeper roots than soap and cosmetics, and are physiological. They are factors the cosmetic magicians largely overlook. Surface treatment cannot take the place of physiological conditions.

### Right Living is Essential

Beauty of personality is largely the result of right living,—proper diet, good digestion, thorough elimination through the bowels and skin; clean blood, clean teeth, and a clean body. No external application can produce that clearness, translucence, and delicate colouring manifest in perfect health.

Cleanliness within and without produces pure blood, and pure blood produces good health that

By Hans S. Anderson

gives the healthy glow to the skin that nothing else can supply. To be truly beautiful one must start from within and weed out from the constitution the causes of impure blood, with the pale cheeks and aches and pains that we try to cover.

The energetic farmer studies the science of stock raising with the object of producing the most beautifully developed and strongest specimens of the kind. He does not overlook the matter of proper nutrition in this endeavour. He knows very well that it is through proper food elements that he supplies the essential building materials for the animals in which his money is invested.

Because the prize horse and cow and sheep and dog are scientifically fed, they grow the way they should grow. Their muscles are full and strong, and their teeth are in perfect condition. They are never fed on demineralized and devitaminized foodstuffs, so commonly used in civilized communities, but they are fed on the natural foods containing all the essential organic salts and life-giving vitamins that whole grains and grasses contain. These salts and vitamins are just as

necessary to the perfect development of human blood and bones and muscles and nerve tissues as to the perfect development of those of the healthy animal.

### New Knowledge of Nutrition

It was only a few decades ago when little or no real thought was given by the average man or woman to the matter of diet,—whether the viands they consumed daily were of a nature to provide a balance of nutrient properties, and whether they were rich in essential blood-building materials and life-giving vitamins or not. However, a new day has dawned, and we are now learning how to live. In other words, men are learning how to eat for efficiency, and mothers are learning the relation of true foods and feeding to the matter of the physical welfare and proper development of their children.

Today the average man or woman is inquiring, "What shall I eat to make rich blood, strong muscles, a clean tongue, a clear head, a sweet breath, active bowels, and plenty of pep and efficiency?" In fact, men and women everywhere are beginning to think seriously about the kind of food materials out of which they construct themselves. As a nation and people we are slow to learn that incorrect eating is a primary cause of a multitude of present-day ills, and that power to resist and overcome disease is primarily a matter of adequate nutrition.

A casual glance at modern mortality tables impresses one with the great decrease in deaths from such diseases as typhoid fever, scarlet fever, tuberculosis, etc., and with the great increase in deaths from degenerative diseases of the circulatory system. Drs. Bigelow and Lombard give some interesting figures concerning data for Massachusetts during the quarter century from 1901 to 1926. The death rate from typhoid fever in 100,000 population had decreased from 19.7 to 1.4; scarlet fever had dropped from 13.5 to 5.9; and tuberculosis from 235 to 83.4. During this same time the circulatory diseases had increased from 163 to 309; diabetes, from 11 to 19.8; and cancer, from 73 to 127. "Fifty years ago the chronic degenerative diseases comprised one eighth of all deaths. Today they comprise over one half."—*American Journal of Public Health, April, 1928.*

It has been proved beyond doubt that a diet too high in protein, particularly proteins derived from flesh foods (which also contain waste substances in their tissues), will bring about hardening of the arteries and other degenerative

# Can't Be CHEMISTS

diseases. If, at the same time, the diet is lacking in the essential organic salts and vitamins, the degenerative changes will be all the faster and the damage greater. Proteins, it will be understood, is that class of elements in the food used by the body for the building and repair of tissue. Foods rich in proteins are flesh foods, eggs, cheese, nuts, dried peas, beans, and lentils. This class of food should be used sparingly, especially by the sedentary worker; and for reasons that follow, it would seem best to exclude flesh from the dietary altogether.

Dr. McCarrison, who spent several years among the Himalayans as a British military surgeon, referring to the people of Hunza, who subsisted on the "unsophisticated foodstuffs of nature," says: "My own experience provides an example of a race unsurpassed in perfection of physique and in freedom from disease in general, whose sole food consists to this day of grains, vegetables, and fruits with a certain amount of milk and butter, and goat's meat only on feast days."

## Vegetables Better than Meat

Dr. E. V. McCollum of the Johns Hopkins University, a leading authority on food and diet, says: "All evidence both from animal experimentation and human experience supports in a manner which can never be broken down the viewpoint that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet is a lactovegetarian [cereals, vegetables, nuts, eggs, and milk] diet." McCollum informs us, moreover, that meats greatly increase intestinal putrefaction. "There is no other class of foods," he says, "that so greatly tends to promote the intestinal putrefaction and unwholesome decomposition products."

Dr. Robert Hutchison, physician to the London Hospital, another well-known authority on diet, says: "It may be finally added . . . that vegetable foods are less highly flavoured than some animal foods such as meat, but have the advantage of not being liable to undergo putrefaction, and rarely producing disease."—"Food and Dietetics."



Meats, especially cooked meats, contain practically no vitamins. When eaten, as they are, with supercooked vegetables and the ordinary white breads so commonly used, the diet is almost vitamin free. Many of the deficiency diseases are due to lack of vitamins and organic mineral in the daily food. The lowered vital resistance in the tissues of one who subsists on such a diet paves the way for the various degenerative diseases, including cancer.

## A Case of Potato Peelings

An interesting account has been given by Dr. Grenfell, of his work among the people of Labrador. He tells that on entering a hut he found the father lying in a corner, emaciated and unable to move about; while the mother was in almost as bad a condition. One of the children, the eldest, was just barely able to get around, and occasionally to catch a fish. Fish and boiled potatoes were their food. He observed the two younger children running about apparently in excellent health. The contrast was so marked that he marvelled and wondered why. He discovered that in peeling the potatoes the mother threw the ends and peelings out (*Turn to page 28*)

# The Psychology of Salvation

By Lionel H. Turner

No. Two

THE preceding article in this series was something general in nature. We were satisfied to secure for ourselves, by an investigation of the differing attitudes taken by human and divine psychologists, the position that it is not in man to bring about in his mind the change that the situation demands. It is proposed in the present article to investigate somewhat more specifically the condition of mind in which we find ourselves today; to endeavour to harmonise it with the Bible story and its accompanying assertions; and to predict the logical cure that the Divine Psychologist would prescribe.

There was a time, we learn from the Bible, when the human mind did not discriminate between right and wrong. It was not that it lacked discernment either. Evil had simply not entered man's mental experience. That means a great deal. It means in the first place that man had never done or thought anything which he afterwards realised to be the wrong thing. He had never been faced with the stern finger of an accusing conscience, sapping his self-respect and filling his soul with misery. Consequently his mental world was a great deal less subjective than it is today. His thoughts had never been focused inward because of a disquieting sense of "something wrong." He was not self-centred. On the contrary, the material of his thoughts was for the most part objective. It means, too, that his mind knew no such thing as mental conflict. He had never been faced with two sharply conflicting courses, one of which could only be taken after the two elements had fought out their distressing battle in the arena of the mind.

There were thousands of wrong courses that man might have chosen. But he chose none of them. The Bible says simply that to man was given the dominion. It is not till one has read a long way into its pages that it becomes plain just what this dominion was. It is obvious, however, that by some means or other his mind was kept under profound control. He was possessed of some power of mind which acted as an infallible governor, instinctively, as it were, guiding him to the right decisions.

But the very reverse of this condition is true today. We think thoughts we know to be wrong. We are constantly conscious of having said the wrong thing, or having done the wrong thing. A great deal of our time is spent in looking inward to the problem of self, and a great deal of our mental energy is consumed in the profitless indecision of mental conflict. Our minds are scarcely ever wholly free to pursue their function

of objective thinking. We are self-centred; we are selfish.

## The Warfare Within

God has summed up the causes of all these wrong thoughts and actions very succinctly and very comprehensively in "the lust of the flesh, and the lust of the eyes, and the pride of life." That is another way of saying that the ill-controlled desires of the mental and physical natures are responsible for all the misery of sin. It would seem, then, that there was in that mind which had no experience of evil, some third power that ruled the mind and body with a strong hand. There is no other conceivable explanation. It might, perhaps, be claimed by those who would like to deny the existence of this third power that man simply had a stronger will. But psychologists agree today that the will is not an independent power of mind, but simply "the whole self, the whole personality in action."

If, then, we accept the proposition that man had at one time a mind which had no knowledge of "good and evil," we must accept, too, the existence of this third nature which controlled the intellectual and physical centres of the mind. The Bible constantly testifies to the existence of this power. It refers to it as the spiritual nature. Man has so far lost this sense of mastery now that to talk of a spiritual nature and a spiritual control, is to provoke ridicule from some of the "most intellectual." Yet they themselves will talk of "conscience" somewhat vaguely and abstractly. And indeed, the existence of conscience is something that no one can effectually deny. It is a very real thing to all of us. The most strenuous of mental conflicts are fought over the body of conscience. It is a daily experience for our mental or physical natures to crave the expression of some desire to which the conscience objects.

It does not seem to have occurred to these men that the conscience is an unanswerable argument for the existence of this third power. The fact is that conscience is all that is left of that spiritual control which was man's birth-right. It is no longer the power of supreme control. Indeed, more often than not it is impotent to restrain "the lust of the flesh, and the lust of the eyes, and the pride of life." Where once it ruled, it can now but raise feeble protest.

## The Lower Powers Prevail

In the face of all this, it is evident that at some time in the past there was a rebellion in the mind, an over-turning of its powers, a subjugation

of the spiritual power by the underlings of mental and physical order.

It is a remarkable fact that the Bible begins with just such a story—the story of the fall of man. It is remarkable, too, that in that story, all the emphasis is laid on the tremendous change that took place in the mind, as the result of the fall. It began in a lie that was introduced into man's mind by the devil. For the first time there was an element in man's mental content that was untrue. It led to the first mental conflict. For the first time the desires of the mental and physical man presumed to question the spiritual control. Then, because of the terribly bewildering effect of that lie, the lower powers prevailed, and the spiritual control was gone for ever.

It is interesting to notice how clear and consistent the Bible is on this point, and how direct was the appeal of the temptation to these lower natures to throw off this control. "And when the woman saw that the tree was good for food [the lust of the flesh], and that it was pleasant to the eyes [the lust of the eyes], and a tree to be desired to make one wise [the pride of life], she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." Gen. 3:6.

Immediately, our first parents were conscious of a tremendous change that had taken place in their minds. Experiences new and strange came surging in.

For the first time their thoughts became thoroughly introspective. For the first time they were poignantly self-conscious. "And the eyes of them both were opened, and they knew that they were naked." Then, in the throes of this terrible turbulence of mind they fled from the presence of God.

Henceforth man was virtually a new creature. His mental world was new. His outlook on life was different. He became a creature of strange actions and habits. There were thousands of new avenues of expression open to the senses all unexplored, and nothing now to place anything but a mildly restraining hand on man's desires to explore them. It was not long before the mind had become a prey to these countless diverse sense impressions, which, with growing frequency, in spite of the protestations of the spiritual nature, expressed themselves in action. Gradually, too, the protestations of the spiritual nature grew feebler, and every possible avenue of expression was seized upon by the mind and body. Nature itself became untrue to its God. The very things from which man derived his thought-substance became evil. Man saw evil, he heard evil, he touched evil, he thought evil, and he did evil, till God describes his mental content as "every imagination of the thoughts of his heart was only evil continually."

#### No Cure From Within

It is clear that there can be no recovery from the gloom of this mental abyss without outside assistance. Once the delicate mechanism has become disarranged, it can never right itself again. Certainly the human mind is capable of great things; but it would be as futile to expect the machines of man's invention to right themselves when they break down (simply because they are capable of such wonderful things), as to expect the mind to right itself. The wildest freak of fortune can never put that spiritual power, now all but dead, back into its primal state of control. Only the Creator-Artist himself can do that.

The remedy is obvious. If man is to be restored! through the agency of (*Turn to page 15*)



*Bathing in One of the Sacred Rivers*

# DIABETES

## An Explanation

By George H. Heald, M.D.

**O**CCASIONALLY a correspondent requests a diet for diabetes. Unfortunately the matter is not so simple. The diet and treatment for each diabetic patient must be individualized. A little explanation may be helpful.

It will be remembered that all carbohydrates—starches and sugars—are changed during digestion into simple sugars, mostly dextrose, and enter the blood in this form. There are two other sources of sugar in the body. More than half of the protein molecule splits off as sugar, and a smaller portion, about 10 per cent, of the fats may become sugar.

In diabetes, the body is unable to utilize its sugar. Though the tissues are crying for sugar, they cannot get it. As with some portions of the community today, who in the midst of an overabundance of food are suffering from hunger, so with the body tissues of a diabetic, there is all around them an abundance of sugar but they cannot make use of it; and like the wheat in some places, the sugar becomes, as it were, a drug on the market.

After a meal, in the healthy person this sugar is stowed away in the liver and other tissues, partly in an insoluble form, a kind of animal starch called glycogen, to be utilized as the body needs it, and the blood becomes comparatively free from sugar. The substance which enables the tissues to utilize sugar is insulin, secreted by certain structures, or "islands," of the pancreas. Until a little more than a decade ago the pancreas was known as a most important factory of digestive juices delivered to the intestine. It was not then known that this gland also poured out into the blood stream the substance insulin, which directs the assimilation of sugar.

Now it is known that when there is a failure of the "islands" of the pancreas to do their work, the sugar is not utilized by the tissues, and accumulates in the blood, and after a time the kidneys remove it as a waste.

The most noticeable symptoms of well-developed diabetes are an increased tendency to pass urine, usually pale-coloured, heavy because of the contained sugar, and in large quantity. There may be persistent general or at least local itching. There is great thirst, usually ravenous hunger, and commonly loss of weight and strength at least in the later stages.

There seems to be a connection between a tendency to overeat, especially of sweets, and diabetes; but possibly it may be a symptom rather than a cause, though it is a fact that a good

many diabetics are at first overweights. In the main, however, the pancreatic disease which causes failure in the secretion of insulin seems to be an infection. The failure may be partial or complete, the diabetes being correspondingly severe.

About a generation ago an approved treatment of diabetes was the "starvation diet," feeding so little food that the collection of sugar was limited. But since the discovery of the relation of insulin to the assimilation of sugar, and especially since a way was discovered to prepare insulin from animal pancreas, a part of nearly all diabetic treatment consists in injecting into the body enough insulin to enable the body to assimilate sufficient sugar for its needs. But insulin treatment is not all. The best results come from a careful regulation of the diet, and the use of insulin as needed.

There are a number of diseases, each caused by the failure of some body organ to function, such as thyroid deficiency in myxedema and cretinism adrenal cortex deficiency in Addison's disease, and liver deficiency in pernicious anæmia, in which a preparation from the corresponding organ from animals is administered, not as a cure, but as a substitute for the organ that has failed in the patient. The failure of the organ is usually permanent, so the substitute must be continued during life.

So insulin is in no sense a cure for diabetes. It is only a substitute for the lacking bodily secretion. It is true that in some cases there is hope that by care the pancreatic function may be partially restored.

If the failure is comparatively slight, the doctor may be able to arrange the diet so that the patient can get sufficient food for his bodily needs without having sugar appear in the urine. To do this he must know by careful study the patient's tolerance for sugar, and must assign the exact weight of the different foods the patient can use; but very often it will be found that treatment will require a carefully calculated diet as well as a regular quantity of insulin.

Before the use of insulin, diabetes in children was considered a hopeless condition. Now with the use of insulin and with careful instruction and right habits in diet the diabetic child may live a normal life apparently in perfect health, except as to his diet and his use of insulin. But the improvement in diabetic adults has not been so good, possibly because the adults depend too much on insulin and will not use sufficient care as to diet. According to a report by one of the large life in-

insurance companies, while the adult diabetics tend to die earlier than nondiabetics, the cause of death is often some other disease than diabetes.

Formerly the most dreaded complication of diabetes was coma following acidosis. It was nearly always fatal. The acidosis resulted from the acid by-products formed in the breaking down of fats, which was very likely to follow the restriction of carbohydrates. This is not nearly so likely to occur when insulin is used. Now the most serious complication of diabetes is probably arteriosclerosis and a tendency to have gangrene of the extremities.

It was once supposed that the Jews were particularly susceptible to diabetes, a racial characteristic, and that the Negro race was not susceptible to the disease; but since more of the Negroes are living on the more liberal diet, a larger proportion of this race are attacked by this disease. At least there are some who believe that the tendency to diabetes is controlled by the dietetic habits, rather than by heredity.

For those patients who are not using insulin it may be well to suggest the signs of on-coming coma from acidosis. There may be "loss of appetite, nausea and vomiting, restlessness, excitement, unusual fatigue, dizziness, ringing in ears, and disturbance in breathing." The sure test is a urinary analysis, which would show at once the partly burned fats, indicating that the patient is threatened with death by acidosis.

But the proper procedure for any diabetic patient is to get in touch with a doctor who understands the modern treatment of the disease, and co-operate faithfully with him. It may mean a measured amount of the different foods and a periodical use of insulin.

In an appropriate book prepared for patients, the patients can learn to co-operate with the doctor in many particulars, perhaps testing his own urine from time to time and having his food carefully weighed at home. But remember the book is not one for self treatment, and the patient will be wiser to have a doctor, and work with him till the doctor can leave part of the detail for the patient to attend to. Many diabetics, by co-operating with the doctor, live practically a normal life, aside from their diet and insulin, doing their accustomed work.

There should be regular, light, open-air exercise, but unusual heavy exercise in connection with the use of insulin might cause a lowering of blood sugar, with serious symptoms.

The skin must be kept in condition by frequent baths. Dry the feet with special care, and dust with talcum powder. Corns, warts, or hang nails not properly cared for might later end in gangrene. Call your doctor's attention to any painful spot on the foot. Foot gangrene being a frequent complication of diabetes, patients must be extremely watchful.

Diabetic children should be carefully observed and trained until they have formed a habit of following their schedule. There is a possibility that with care they may eventually cease to require insulin.

## Hints on Hygiene

By Miss Marion Conway

1. RISE early, retire early, and fill your day with work. Sleep strengthens the body by repairing waste during its rest, but too much of it will make you flabby and feeble.

2. Food maintains life, but fresh air and sunshine are also indispensable to it.

Frugality and sobriety are life's best elixirs. Sadness and depression hasten old age and shorten life.

3. A certain amount of distraction and amusement invigorates and refreshes the mind, but abuse of them leads to dissipation and vice.

4. Clothes should allow the parts of the body to move freely and should also afford protection against changes of temperature. The ideal garment should be light, porous and elastic.

5. Cleanliness prevents rust. A well cared for machine will last the longest and give the best work. A clean and cheerful house makes a happy home. Cheerfulness means love of life, and to love life and live it rightly is half the battle of health.

6. If you have to live by your brains, don't allow your sinews and muscles to grow stiff for want of use. If by your body, don't allow your brain to atrophy. Cultivate it by enlarging the door of your mind, and keep its window open to allow fresh and lofty thoughts to enter.

7. To live well is to be well. A life well spent is a life well earned.

## The Psychology of Salvation

(Continued from page 13)

some external power, it is most natural to suppose that a new acquisition of spiritual power will supplement the dregs of spirituality left to man and take control anew, once more to hold the reins of passion and pride, once more to marshal the thoughts and turn them into channels of truth and purity, and, by a process of divine sublimation, harness life's forces into occupations that are true to the laws of God's universe.

That is indeed God's method according to His Word. Christ summarised the results of His whole earthly ministry, and indeed of the plan of salvation, thus: "Ye shall receive power after that the Holy Ghost is come upon you." Acts 1:8.

How mysterious are His ways! How marvellous His Word! We bear in our minds, and in our own bodies the greatest, yea an irrefutable argument for the truth of the whole Bible, and an infallible support for the psychological consistency of the plan of salvation. It is to the revelation of these facts that these articles are dedicated.

THE figures published by the United States Bureau of the Census for 1928 and those for Maryland for last year indicate that one set of living twins was born to each one hundred mothers, the department of health of Maryland maintains. —Hygeia.



Effect of Japanese shell fire at Shanghai

**I**F Japan is to maintain her position as the pivot of the nations that spread like a fan over Asia, she must render firm and secure her economic foundation. She maintains that her special position in the Far East demands a strong army and navy. Therefore she is stoutly opposed to a drastic reduction of these forces. The nation never will consent to radical limitation of armaments. The statesman who would kotow to such a programme would do so at his peril. The recent unpleasantness in China brings home to the Japanese nation the dire necessity of preparedness, preparedness for war. The powerful militarists make the most of the situation. But the military arm can never be maintained without adequate resources. This is not the sole reason why the financial situation is worrying the government more than ever, but it is a potent one.

But is Japan unique in this respect? A few years ago, after the hectic World War boom had subsided, the government became alarmed at the dumping of foreign goods on the Japanese market. Then came forward Mr. Hamayuchi, at that time finance minister, with his "luxury tariff" scheme. The duty on a long list of foreign goods, some of them very necessary "luxuries" was placed at 100 per cent. But this drastic reform was not sufficient to help the steadily worsening finance. Then the gold ban, which had been maintained since the World War, was removed. This, too, failed to produce a revival of business. Consequently, the ban on the export of gold was restored. This, it was agreed, ought to cause a rise in prices and a recovery of trade.

But prices continue at the same low level as formerly, doubtless on account of the fear of loss of trade. Hence business is duller than ever, and the rural districts are in dire straits.

#### Riots and Assassination

During all these shiftings of policy there has been enacted more than one scene of violence and assassination. Before the restoration of the gold

# JAPAN and the I

*How Financial Distress has  
and Powerfully Influ*

By Alford  
(Our Special C

ban, when the inner circles had received a hint about the expected drop of the yen in international exchange, certain leading firms invested many millions in the dollar. Their huge profits caused extreme resentment on the part of many patriots, who denounced their action as unpatriotic and against the interests of the public who would have to pay the bill. Hence riots

occurred, which revealed the seriousness of the situation. Later, for various reasons, mainly of an economic-patriotic nature, the finance minister, Mr. Inouye, head of the great Mitsui trust, Mr. Dan, and the late premier, Mr. Inukai, were assassinated. These deeds of violence followed shortly on the assassination of Mr. Hamayuchi, the premier who was responsible for the gold ban removal.

Many banks have failed, and the depression has steadily grown worse and worse. At each stage it has been hoped that the trough of the slump had been reached, and that conditions would improve. But all such hopes have been shattered. A condition of uncertainty, fear, and nervousness prevails.

The common people are the sufferers. There are many cases of *yo-nige* among small shopkeepers. Utterly failing in business they "night-escape" to some new locality. Taxes are long overdue, and cannot be collected. The salaries of teachers cannot be paid. Debts are remaining unliquidated. As in many localities none of the people can pay, a virtual moratorium exists. The words of Mr. Emile Moreau of France are significant. He said: "What did we see throughout the world during the dreadful year 1931, which will leave the remembrance of a storm without any precedent? We have seen almost everywhere people and governments losing the notion of what is just and what is unjust, and having no more any regard for their engagements. Of course there was a monetary crisis added to an economic crisis; but, above all, there was a crisis of morality." This crisis did not end last year, but is becoming more and more acute.

To add to the general





# PRESSION

the Kingdom of Nippon,  
Her Foreign Policy

Anderson  
(resident in Tokyo)

distress, last year in certain sections there was famine. Usually an abundance of rice is harvested. But in certain places in the north it was pitiful to see but a few sparse grains on each stalk. From some fields there was no harvest at all.

## Food Shortage

The cases of family *shinju*—self-destruction—are increasingly common. The rice-winner utterly despairs of making a livelihood, and with or without the consent of his wife and children, performs the last sad act. They are to be pitied more than blamed, though there can never be justification for such a horrible deed. Would that such would look to Him who supplies our every need and whose ear is bent to hear our faintest cry of distress! But many have never heard the sweet story of the Saviour's love and tender care for His children.

Even more pitiful are the cases of daughters sold into lives of shame in the great white-slave markets of Tokyo, Osaka, and other cities. The procurer is a smooth-tongued solicitor adept at deceiving parents. To pay some galling debt and to buy food for parents and children, the daughter, thoroughly inoculated in the extreme Confucian ethics of absolute self-abnegation, consents to be sold for a paltry few hundred, or even less when the market is glutted as it is now. But be it said to the everlasting credit of certain districts, such as the upland of Aizu, that their daughters are never subjected to this most hideous practice.

## Overpopulation

The family system of Japan, which results in a compact solidarity centering in parent, or in the case of his decease, in the eldest son, serves to prevent unemployment to some extent. But when the saturation point is reached, there is bound to be extreme distress. There is a limit to the capacity of the land to supply necessities for sixty-four millions of people in a territory smaller than Burma without the Shan States.



One of the reasons the Shanghai campaign cost so much—a Chinese machine-gun nest

Each year the population increases by nearly a million. Birth control is being urged; but this is a sordid panacea. Some Japanese emigrate to Brazil, but all other lands to the liking of the people are closed. There is no open door for the Japanese immigrant, except those bleak, cold lands where they are loath to go. The Japanese can never compete with the people having a lower standard of living. Of such Manchuria is already quite full. Thirty million Chinese are sufficient to keep out those who live on a higher scale.

However, Japan considers her interest in Manchuria as absolutely vital. She categorically denies all territorial ambitions in that direction. However, Japan is sincere in her purpose of establishing a just, stable government in Manchuria, to take the place of the former twenty-year oppression under the corrupt and grasping Generals Chang, father and son. Japan is endeavouring to clear the land of bandits, protect her railroads, and make the country safe for the "Open Door." Thus she speaks, and we believe she is sincere. With a strong, well-governed buffer state policed by a nation that is in a position to enforce law and order, peace ought to be made possible. But it is still problematic whether or not the League of Nations will permit Japan to go ahead with her projects. The world awaits with eagerness the outcome of the report of the League of Nations Commission under Lord Lytton, a report which was rendered in September.

## The Burden of War

Thus far the cost of war in Manchuria and Shanghai is a serious load to bear. Will Japan be able so to exploit the rich resources of the Manchurian coal and iron mines, aluminium clay beds, and soy bean fields that her present financial depression will be alleviated? Will she be able to build concrete bridges and good roads throughout the homeland, and conduct other similar enterprises to relieve the strain of (*Turn to page 29*)

# From BENCH to THRONE—IV

*"What Think Ye of Christ?"*

By W. W. Prescott

WHAT can I write in this article that will strengthen the faith and renew the courage of every reader? Saving faith is not mere assent to a doctrine, although we should of course accept true doctrine. True courage is not a mere matter of feeling good, although one who is of good courage may feel good. What is the essential and only satisfying experience? It is found in sustaining the right relationship with Christ. He Himself taught this when He said, "Every one therefore who shall confess Me before men, Him will I also confess before My Father who is in heaven. But whosoever shall deny Me before men, him will I also deny before My Father who is in heaven." But to confess Christ means to accept Him as Saviour and Lord.

When the heathen jailer at Philippi, greatly aroused by the earthquake, asked, "What must I do to be saved?" the apostle Paul did not tell him that he must accept a series of doctrinal statements but he summed up everything necessary in the simple answer, "Believe on the Lord Jesus, and thou shalt be saved." Very good. That is surely plain enough. But what is involved in this simple answer? What does it really mean to believe on Jesus? In the words of the blind man who had been healed, "Who is he, Lord, that I may believe on Him?" I must know Him before I can believe on Him. Saving faith means trust in a person, reliance upon a person, surrender to a person. But the person who asks us to trust him should give us some satisfactory basis for trusting him, some reason for relying upon him. Why, then, should you and I be asked to believe on Christ, to trust in Him, to place full reliance upon Him, to surrender all, even life itself, to Him?

My answer is, Because of what He has done for us. He "loved me, and gave Himself up for me." He "gave Himself for our sins." "While we were yet sinners, Christ died for us." "Christ redeemed us from the curse of the law, having become a curse for us." "Who His own self bare our sins in His body upon the tree." Ah, the cross tells us why we should believe on Christ. Come with me to Calvary. Here we see three crosses and a man nailed to each one. Who are these men? The one in the centre is Jesus of Nazareth, and the other two are thieves. They all three were crucified by the same soldiers,

the servants of the Roman government, on the same day. Why should you and I be asked to believe on Jesus rather than upon either of the others? What did He do that the others did not do? He bore our sins, while the others bore their own sins. But how could this be? How could one man bear the sins of the whole human family? I may not be able to explain this matter fully, but I will try to deal at least briefly with what has been revealed to us in the Scriptures.

Jesus of Nazareth was truly a man, but He was more than any ordinary man. I have already pointed out that He lived in heaven before He lived on earth. He was the Son of God before He became the Son of man. When the eternal Son of God assumed our human nature, He became the head of the human family, "the last Adam," taking the place of the first Adam, "who is a figure (or type) of Him that was to come." Now what the first Adam did was reckoned as having been done by all the family, since the whole family was in him: "Therefore, as through one man sin entered into the world, and death through sin; and so death passed unto all men, for that all sinned." In the same way what the last Adam did in dying on the cross was reckoned as having been done by the whole family in Him, and as having paid the penalty for the sin of the first Adam and of all who were represented in Him in that racial sin. The whole family sinned in the first Adam, and the whole family paid the penalty for the sin in the last Adam.

This is clearly taught in these words: "For if, by the trespass of the one, death reigned through the one; much more shall they that receive the abundance of grace and of the gift of righteousness reign in life through the one, even Jesus Christ."

Death came upon the whole family as the result of the sin of the first Adam. This family death was endured by the last Adam, in whom the whole family was again found. Thus the whole family was set free from the penalty incurred by the first Adam, since the whole family died in the last Adam. And so we read: "We thus judge, that one died for all, therefore all died." The human family that sinned in the first Adam, paid the penalty in the second Adam, who gave "His life a ransom for (instead of) many."

This leads us to another most important con-

clusion. Since the penalty of the sin of the first Adam was paid by the death of the Last Adam, no member of the human family will ever be punished for the sin of the first Adam. Some have claimed that God is not just because He punishes men for a sin in which they had no part. But this is not true. Without our being present or exercising any choice in the matter, the first Adam sinned and brought death upon the whole family; and without our being present or exercising any choice in the matter, the last Adam died on the cross and set us free from the penalty incurred by the first Adam. Note how plainly this is taught: He [Jesus Christ] is the propitiation for our sins; and not for ours only, but also for the whole world." John the Baptist said of Jesus, "Behold, the Lamb of God that beareth the sin of the world!" This is in harmony with the words of the prophet: "Jehovah hath laid on Him the iniquity of us all." Christ "gave Himself a ransom for all."

If any person is punished in the day of judgment, it will not be because the first Adam sinned, but because he did not avail himself of the redemption provided by the death of the last Adam. The sin of all sins is the failure to believe on Christ. Jesus plainly taught this when He declared that He would send the Comforter to convict the world of sin, "because they believe not on Me." Therefore we read that "whatsoever is not of faith is sin." In other words, any act which is not the direct fruit of faith in Christ is a sinful act. Apart from Him we can do nothing. "I know that in me, that is, in my flesh, dwelleth no good thing: for to will is present with me, but to do that which is good is not." On the other hand, "I can do all things in Him that strengtheneth me." "Fear not, only believe."

But some who feel free to pass judgment upon God's method of dealing with sin, declare that it is immoral for one to be punished for the sin of another, that one cannot justly die for another. This criticism betrays a deplorable ignorance of the person and the work of Christ. In the first place the Father did not punish the Son for the sins of the world. He accepted the offer of the Son, made of His own free will, to die in the place of sinners. Hear His own words: "Therefore doth the Father love Me, because I lay down My life, that I may take it again. No one taketh it away from Me, but I lay it down of Myself." The record of His death agrees with this plain statement: "Jesus, crying with a loud voice, said, Father into Thy hands I commend My spirit; and having said this, He gave up the ghost." He "gave up" His life by a free act of His own will. We justly commend any sacrifice which is voluntarily made on behalf of another, and never condemn it as immoral. How much more should we thank God for the supreme sacrifice freely made in our behalf!

Furthermore, such is the oneness of God the Father and God the Son that the suffering of the Son was not an experience separate from the Father. God suffered in His Son, for we read: "God was in Christ reconciling the world unto Himself." Man in sin was man in rebellion against

a holy God. A reconciliation between these two parties was necessary, but this reconciliation was not brought about by a third party entirely distinct from both the parties at variance. The Mediator between them was both Son of God and Son of man, the God-man, in whose divine-human nature both parties were represented. It is for this reason that the mediation of Christ is absolutely unique, entirely different in its essential nature from the mediation of any merely human being. Our Mediator is without question a man, but He is more than a man, for "in Him dwelleth all the fullness of the Godhead bodily." "The whole essence and nature of God" dwell in Him who "became flesh, and dwelt among us." At the same time it is true that there is "one mediator also between God and men, Himself man, Christ Jesus." This is the central feature of the good news of salvation.

In these days when Modernism denies the essential idea of the atonement, it is often declared that Christ did not die as a substitute for us, and that where it reads, "Christ died for us," the word "for" does not mean "instead of" but rather "for the benefit of" in a general sense. This interpretation is, however, shown to be unwarranted by the discovery of Greek documents written at the same period in which the apostle Paul wrote his letters. These documents, and there are a goodly number of them, show that the Greek word used by the apostle Paul in writing of the death of Christ and in our versions translated "for," was used in the writing of that time with the plain meaning of "instead of," or "in place of." The New Testament was not written in the Greek of Demosthenes or Plato, but in the Greek used by the common people of the first century A.D., and so we are fully justified in concluding that the New Testament teaches plainly that Christ died in our stead, or in our place. Let us be thankful for this, and accept Him as our Saviour from eternal death.

I know that I have tried to deal with a subject which is not generally regarded as interesting, but I hope that there are some who will try to think it through with me, and that they will be helped by so doing. We ought to give serious study to the facts relating to Christ and His work, in order that our faith may rest upon a sure foundation. In closing this article I will put to my readers the question which Jesus asked of the Jews: "What think ye of the Christ?"

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MANNERS are the happy ways of doing things.

If you think the world is all wrong, remember it contains people like you.

Happiness is the echo of the pleasant words we speak to others.

There is nothing so sad and sinking as a reputation that has to boost itself.

If you are daily failing to prepare you are preparing to fail.

For each pound of reading, a ton of meditation.—*Selected.*

### Just Like Music

A LAUGH is just like music;  
It lingers in the heart,  
And where its melody is heard  
The ills of life depart;  
And happy thoughts come crowding  
Its joyful notes to greet,  
A laugh is just like music,  
For making living sweet.

—Anon

### Let "The Daisies Tell"

By Mrs. Fannie Johnson

YES, each flower has something to tell us if we will only listen. The lilacs told me something this morning that I shall not soon forget. After finishing my work as usual, I planned to do some extra work in my flower garden, so I said, "I'll not stop to wipe up the floor this morning. It will do, I will brighten the room with flowers." So I picked a lovely bunch of lilacs, put them in my best tinted glass pitcher and set them on the table. Did they brighten the room? No, they condemned it. They showed up all its imperfections.

I became at once their humble servant. The floor was cleaned, the tablecloth changed and everything made as near perfection as hands could make it in order to harmonize with the perfect beauty of the flowers.

And those lilacs talked to me in no uncertain tones all the while my hands were busy getting a place ready for them. They said to me, "Proud heart, are you perfect enough for the company of the Creator's perfect handiwork? You know that song you sing that says,

"Selfish thoughts and wishes,  
Unkind words and deeds,  
Are like cruel brambles,  
Thistles, thorns, and weeds."

"So if you want a bouquet that will harmonize with you and your house, too, when it is untidy, just pick a bunch of thistles and weeds, and put them on the table. They will talk, too."

I said, "Thank you, lovely lilacs, that is just what I will do. If unkind words are spoken in your presence, I will just set you aside and bring in the bouquet that matches my words. I will sing very often:

"Violets are the kind words,  
Roses, deeds of love,  
Fragrant pinks and pansies,  
Thoughts of God above."

I will fill my rooms with these little helpers this summer; they will help Little Girl to keep her room in order, and perhaps Little Boy, too, would rather have flowers than weeds on his table.

I will plant all the flowers I can and take good care of them and try to listen to what they have to say to me.

## Teaching Your Child to Swim

Easy Lessons

By Bob Boardman

SWIMMING is more whole-heartedly enjoyed by children than is any other sport. "How I wish my boy could swim! What is the best way to teach him? How old must he be before he begins?" Modern anxious parents are constantly asking these questions.

The idea that children are easily taught to swim is common among parents, but it is erroneous and not borne out by facts. Some children do learn easily in three or four lessons, but it takes the average child a greater number of lessons before he or she can be said really to swim. Much, of course, depends on the amount of time spent with each child, the regularity of the lessons and the degree of fear that the child has to overcome. Children differ; in a mass group of fifteen children will be found four different physical and mental types: some are panicky from fear of the water; some are whimpering; some are timid and bashful, and a few are brave. Teaching adults is not so trying, as they always endeavour to do as they are directed, and they have some idea of order; yet older persons have a greater mental resistance to overcome. Children do, however, have one distinct advantage in that they are more supple than adults and have quicker muscular movement; once they learn to swim they continue to improve rapidly.

At what age should a child be taught to swim? A few learn at 3 years or even less, but usually these are children under the direction of a skilled swimming teacher who gives them a great deal of time and individual coaching. At 6 years, all normal children should be given their first swimming lessons.

The first step is to gain the child's confidence and let him get used to being in the water. This may take several lessons, for the child should never be forced. The old method of throwing him in to make him swim is mostly hearsay and exaggeration. Time means nothing to a child; for this reason an unlimited amount of time and patience is required. Children's restlessness and lack of attention are factors that must be taken into consideration. The attention span of a child is short, and for this reason the instructor should alternate the swimming exercises with short play periods; then if a child still does not pay attention, he should be taken out on the bank to go through the exercises slowly. Two or more children working together in the water will often do better than the child who takes his lessons alone, as they will imitate and try to excel one another.

The ideal conditions for instruction are to be found, of course, in fresh warm air during the summer months, on the outdoor beach in a quiet overflow tide pool. Many city indoor pools allow parents to bring their children the year around. The best depth is at the point where the child

can stand on the bottom and still keep his face out of the water. The instructor should get in the water with his pupil whenever possible, as this gives the child a sense of security; also, the child will pay better attention, learning more quickly by example than by trying to follow instructions given from the bank. In a swimming pool the first few lessons should be from twenty to twenty-five minutes long and never more than half an hour. Children need a great deal of encouragement and should be praised whenever they do an exercise well. No matter how poorly a child swims, when he can take his feet off the bottom and swim a few strokes he has overcome the greatest hazard—the mental hazard.

It is trying and almost impossible to teach any one to swim in cold water, as the cold tenses the muscles, chills the body and takes the attention from the lesson, while warmer water relaxes the muscles. In the average swimming pool, the water should be between 80 and 85 F. for beginners, and the room temperature from 65 to 70 F.

The first lessons should teach correct breathing, which is the most important fundamental in swimming, as it helps to eliminate fear of the water and induces relaxation. Improper breathing is a barrier to the enjoyment of the water. With small children an excellent exercise for daily practice is in the bathtub. Have the child lie in water shallow enough to cover his body; after he has filled the lungs slowly through the mouth, have him blow the air out through the nose, with his head under water. Or he may place his face in a basin of cold water and make bubbles in the same manner. In a pool or other shallow water the same breathing exercise may be given, the hands being used at the same time in dog-paddle fashion. Considerable practice is necessary before the breathing can be mastered.

The "dead man's float" is also a good exercise. It consists of taking a full breath through the mouth, holding it and lying face down on top of the water, arms stretched in front, legs straight back.

Although swimming authorities disagree, the first stroke taught should be the dog paddle, as it is the most natural one. From the simple dog paddle is evolved the 6 beat crawl stroke; this is the fastest of all strokes, and is the one used by Johnny Weissmuller and Helene Madison. After the dog paddle, the sculling stroke on the back should be taught, as the leg stroke is similar to that in the dog paddle. Have the child lie on his back, body straight, head back with ears submerged; hold him by the head. He may not like this at first because of getting water in his ears, but he will soon get used to it. The arms are kept under water and quite close to the sides, the back is straight, and the hands are cupped for the sculling stroke. This exercise gives the child confidence and helps to overcome his fear.

Children from 6 to 9 years of age can be appealed to through their imagination; reference to mechanical ideas, such as the steamboat and the windmill, and imitation of well known animals

are valuable psychologic devices to reduce fear. The Brink System is excellent for initial lessons with groups of young boys and girls. It is named for Dr. Dean Brink and has been used widely in teaching children to swim. This system has been strongly recommended by the American Red Cross and has been printed in their literature; it has also been adopted by the Y.M.C.A., the Campfire Girls and the Boy Scouts. Some of the exercises in the Brink System are as follows:

1. The Hungry Duck: Put the face in the water and look to see how many fingers are held out by the instructor.

2. Moto-Boat Breathing. Breathe air in through the mouth (the carburetor) and out through the nose (the exhaust).

3. Jellyfish Float: Hug the knees, put the face in the water and hold this position until the back floats out of the water.

4. Turtle Float: Fall forward, face in water, arms and legs outstretched.

5. Windmill: Move the arms overarm fashion like a windmill.

6. Combination: Combine motor-boat breathing, steam-boat kicks and windmill paddling.

Ordinary water-wings are the best of all water devices for helping beginners; they are simple, easily adjusted and a great help in perfecting a stroke, permitting the arms and legs to be used without danger of going under. They should be used only until the child overcomes his fear of the water and learns breath control. Wings are especially good when learning to co-ordinate the arm and leg strokes. At first, if a child lacks confidence in one pair of wings, two pairs may be used, but no child should be allowed to use them indefinitely, as in most cases he becomes too dependent on them. The wings may be placed under the arms and also at the small part of the waistline, but should not be allowed to slide down toward the feet.

When the child becomes more at ease in the water, it is well to have him try a new stroke now and then to encourage him to try new stunts with safety methods. A rope about the waist may be used at first in the deeper water, but soon under alert supervision the swimmer should be urged to go without it. Many novices acquire the idea that because they can swim a few strokes they are able to take care of themselves in deeper water; a little learning is dangerous, but constant practice will overcome this. As the child becomes more proficient, each stroke should be practiced and perfected. An expert teacher should supervise the lessons, for a few faults will remain with a beginner for life if not corrected early. This is often noticed in old-time swimmers.

Leading physical educators and doctors consider swimming the best all-round sport for growing children because it exercises and develops the body, shoulders and lungs. Besides giving a feeling of safety, comfort and joy to the parents, swimming affords the lifelong pleasure and healthful sport for the child who learns in his early years.—*Hygeia*.



### The Chubbies Help

YOU'LL never hear a Chubby say,  
 "Oh, mother, where's my hat?  
 Ah, where's my doll or where's my book?  
 Oh, where's my this—and that?"  
 The Chubbies know those thoughtless "where's"  
 Spell "cares" and "sighs" and "trouble."  
 Besides, they make our mother's load  
 Of care to bear—just double.  
 And so, the Chubbies always try  
 To share the cares of others;  
 Especially do they try to spare  
 Their much-too-busy mothers.

—John Martin.

### Mrs. Spider Goes House Hunting

By Inez Brasier

MRS. Angelina Garden Spider's silver home was dirty. The curtains were torn and the roof was old. Mrs. Angelina sat in the doorway thinking how pretty it had been when she first made it, but now it was beyond repair. This, she decided, was just the time to see the world and find another place to build a new home.

You see, Mrs. Angelina Garden Spider never cleaned house nor mended it. When cleaning time came, she stepped to her doorway and spun some long, silken threads. She held to one end of them and let the other end go floating in the breeze. Now her silver chariot was ready and she went sailing over the meadow.

Suddenly she saw something big right overhead. She quickly spun a long silver thread and let herself down to the ground where she hid under some leaves. "My, what a scare that bird gave me! I think I will rest here for a while." But the sunny meadow was so warm and pleasant she decided to travel farther on. Climbing a tall goldenrod, she spun another silver chariot and went on her journey.

By and by she saw a rose bush and said to herself, "This will be a good place for my new

home. It will be very pleasant here," and she set to work, busily spinning another web. She fastened it to a branch of the rose bush and to a tall mullein stalk, working hard to make it strong and beautiful. Now she was ready to keep house once more.

She sat down in the parlour, which is the centre of the web, to rest. A young grasshopper came flying by and bumped right into the new house. Mrs. Angelina quickly wrapped him round and round with silk ropes that he could not break, no matter how hard he tried. Soon he lay quiet and Mrs. Angelina had a fine grasshopper dinner.

The long sunny days grew shorter. Mrs. Angelina spun a lovely silken bag lined with brown and filled it full of eggs. There were ever so many of them, of beautiful orange-yellow colour. After she had woven a silk cap to cover the opening, she hid the silken bag in a tuft of dried grass where it would be safe through long, cold winter days.

When the sun shone warm and bright again and the birds were singing in the meadow, the tiny spiders left their lovely silk home and climbed to the tips of the rosebush branches. Their black coats, with yellow and orange trimming, were beautiful in the sunshine. Soon they grew restless, and spinning silver chariots just as their mother had done, they sailed away, far over the meadow, each to find a place where she could spin a home for herself.



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# MEATLESS RECIPES

## Tasty Picnic Fare

**T**HE time-honoured sandwich is a favourite in picnic lunches and teas for several reasons. It is convenient to pack, light in weight, and few articles of the cuisine are capable of being served in so many varieties and forms. Bread-stuffs of some kind are the usual foundation for sandwiches, and anything which harmonizes in taste and digestibility with bread may be used as a filling.

### RIBBON SANDWICH

*Ingredients.*—Half pound Protose, 3 hard-boiled eggs, 1 lemon, cranberry jelly.

*Method.*—Mash Protose and add grated eggs and juice of lemon. Salt to taste. Cut thin slices of bread and slightly butter. Upon a slice thus prepared spread the Protose mixture, cover with a slice of bread buttered on both sides. On this spread cranberry jelly, and cover with a third slice buttered one side only. Cut into any shape desired.

### CREAM CHEESE AND MARMALADE SANDWICH

*Ingredients.*—Cream cheese, marmalade.

*Method.*—Spread thin slices of wholemeal bread and butter with a layer of the cream cheese and a thin layer of marmalade.

### LETTUCE, BEAN, AND TOMATO SANDWICH

*Ingredients.*—One cupful dry bean pulp,  $\frac{1}{2}$  cupful tomato juice, 1 teaspoonful celery salt, lettuce.

*Method.*—Well mix the above ingredients and spread on thin slices of bread and butter. Cover the paste with a lettuce leaf and complete the sandwich with a further slice of bread and butter.

### EGG AND CRESS SANDWICH

*Ingredients.*—Two hard-boiled eggs, 1 oz. garden cress,  $\frac{1}{2}$  lemon, salt.

*Method.*—Finely chop the eggs, adding lemon juice and salt to taste. Spread on thin slices of bread and butter and cover with a generous layer of cress.

### VEGETARIAN SAUSAGE ROLLS

*Ingredients.*—Two cupfuls dahl pulp (fairly dry), 1 small grated onion, 1 dessertspoonful Marmite, 1 dessertspoonful dairy butter, 1 teaspoonful dried mint, salt to taste.

*Method.*—Mix together the dahl pulp, onion, mint, and salt. Melt the butter and with it mix the Marmite and one teaspoonful of hot water. Add these to other ingredients and use as a filling for the pastry. Form into rolls, brush with egg and water, equal parts, beaten together, and bake in a quick oven until nicely browned.

*NOTE.*—If the filling should be a little soft stiffen with baked bread-crumbs.

NURSE E. CROOKS.

### CHEESE AND EGG SANDWICHES

*Ingredients.*— $\frac{1}{2}$  lb. cheese, 3 hard boiled eggs. Thick cream.

*Method.*—Grate the cheese, mince hard boiled eggs and mix. Add enough thick sweet cream for proper consistency to spread.

### OLIVE SANDWICHES

*Ingredients.*— $\frac{1}{2}$  pint ripe olives, uncooked. Mayonnaise dressing. Salt and lime juice to taste. Lettuce.

*Method.*—Remove olive seeds. Mince olives. Mix with mayonnaise dressing, just enough to spread nicely. Flavour with salt and lime juice to taste. Spread buttered bread with filling, putting a crisp lettuce leaf to each sandwich.

E. B.

## How to Make Sauerkraut

**S**ELECT firm white heads of cabbage. Remove outer green leaves and save. Shred as fine as possible (at least not larger than one-eighth inch) across the whole head making shreds nice and long. In a wooden (or non-porous stone) vessel with perpendicular sides put a one and a half to two inch layer of the shredded cabbage. Over this sprinkle a layer of salt, using a half pint of salt to approximately five gallons of the packed cabbage. Pack by pounding hard with a wooden pounder. Add another layer of cabbage, salting this, and pound again. Continue this process till the vessel is not more than three-fourths full, leaving space for the brine to stand on top without overflowing. Wash and drain well the outer leaves you have saved. With them, cover thoroughly the salted cabbage at least two or three leaves thick. Spread over this one thickness of longcloth cut to shape of vessel. Cover with strips of wood leaving spaces between big enough for the brine to rise. Weight down with a large stone or bricks. No metal should be in the brine. Do not open for three weeks, by which time it should be ready to eat. To open, remove and wash free from any mould the wooden strips and cloth. Handle the leaf cover carefully and replace as soon as the desired amount is taken out. Wring cloth as dry as possible and cover as before. Can only be made in the cold season, and possibly only in the hills.

Sauerkraut may be heated before serving but is usually eaten cold. It makes a very fine relish to eat with curry and rice as one would use pickle or chutney. Lately sauerkraut, and especially the juice, has been found to be a great aid in digestion.

MRS. BECKNER.



The

# DOCTOR SAYS



This medical service by competent physicians is free to our subscribers. Please enclose a stamped, self-addressed envelope if a personal reply is desired.

**Headache, Pain at back of Neck, Disinclination for Food.** *Ques.*—"I am writing this to enquire about one of my sons, aged 15 years. He is periodically suffering from headache. The complaint begins with a pain at the exact back of the neck and there is then headache also. Then after taking rest for 12 hours or so, the whole thing disappears. He becomes very weak when the attack comes and is unable to do anything or attend to his studies, and simply wants rest and goes to bed. He has no desire for food at the time. Generally the attack comes on in the evening. Then he goes to bed, and he is up all right the next morning, although at times even the next day he does not feel quite up to the mark until towards the evening of the day, so that I might say that the attack lasts for about 20 hours. It occurs about once a month. I am always giving him a weekly purge, in the shape of a Grey Pill at night followed by Fruit Salt in the morning. He has had his tonsils operated upon and is not suffering from adenoids, but all the same I think the trouble must be due to some infection. Can you please guide me? I shall be so grateful."

*Ans.*—The periods of headache with pain at the back of the neck and disinclination for food suggests that these attacks are the result of food toxins rather than an infection. In cases of this type one frequently finds that some one particular food has a very toxic effect upon the individual. Where this is true that food item must be discovered and eliminated from the diet. In other cases it is the result of certain food combinations which do not agree chemically when taken together at the same meal. In still other cases and these are the more frequent, the attack represents an acidosis which is the result of an unbalanced dietary in which the acid-ash forming foods are being used in excess. The attack then represents nature's rebellion against this imposition, and the attack is a warning that the individual must alter his dietary practices or more trouble is in store.

There should be a careful checking up of the patient's diet so as to correct any deficiencies or excesses.

**Quinine and Sterility.** *Ques.*—"Is it true that quinine taken often, causes sterility?"

*Ans.*—Yes, the continued use of quinine produces a very definite toxic condition which may become manifest as an unbalanced functioning of the sex gland group and also of other glandular functioning.

Quinine is a toxic drug and some people are more susceptible to its toxic effect than others. Such drugs should be used only under advice of a physician.

**Thinness and Non-meat Diet.** *Ques.*—"I am an old subscriber of your magazine, the WATCHMAN. I take great interest in going through the articles on health and diet, and after repeatedly reading some of them against meat diet, I have become a vegetarian. But my friends advise me not to give up meat diet, being a bit thin and weak."

"I am 23, weigh 104 lbs. with a height of 5 ft. 5 in. and have to do a lot of mental work, being a college student. I shall be much obliged if you will kindly advise me in regard to the matter."

*Ans.*—I note the statement that you have become a vegetarian and the objection offered by well meaning friends.

A vegetarian diet, unless correctly balanced, is not necessarily more wholesome than a diet in which meat has

a place. Personally I am convinced that a properly selected and correctly prepared non-meat diet has certain very definite advantages. The main idea to keep in mind is a diet so selected as to meet all biological requirements. This may be done very satisfactorily without the use of meat. I will suggest a diet plan which provides for a sufficient amount of suitable protein, all the vitamins and all of the essential mineral salts. Such a diet would contain:—

Milk from a pint to a quart daily.

One raw fruit.

One raw green leafy vegetable.

Two cooked green leafy vegetables.

One slice of atta bread, or one atta chapati. Butter may be used with the bread, but no butter or ghee may be used in the cooking of food. A small amount of sweet may be added at one meal as a dessert.

The above suggested outline contains the essential elements to provide for a perfect nutritional day without the use of flesh foods. But unless the various factors are provided and the limitations observed the diet would become unbalanced and might therefore be just as potent a factor in producing chronic disease as the usual diet in which meat is a prominent factor.

**Baking; Salt.** *Ques.*—"For baking, which is best to use, yeast, baking powder, or baking soda? Do you consider baking soda unhealthful?"

"How much salt can a person use without injury to the health?"

*Ans.*—Yeast is preferable to baking soda. There is not much difference between baking powder and baking soda, except that with baking soda you may not use enough sour milk to overcome the alkali. If possible, use yeast.

The salt will depend on your kidneys. Some persons should not use any. Most persons use altogether too much. The less salt you eat, the better off you will be.

**To Increase Lime in Diet.** *Ques.*—"I understand there is a way of adding lime to the expectant mother's diet in quantities sufficient to prevent her teeth from going to pieces. If this is right, would you kindly explain how it should be taken."

*Ans.*—Milk is the best food for supplying both lime and phosphorus, the constituents needed for bones and teeth. Use freely of milk. Use also entire-wheat bread and entire-wheat cereals, such as Shredded Wheat, as these contain lime and phosphorus, which are not present in white bread or in the refined breakfast foods.

**Bananas for Children.** *Ques.*—"Are bananas a good food for children?"

*Ans.*—Not so very long ago there was a prejudice against the use of bananas by children. Now it is not only known that ripe bananas (skin no longer green at ends, and having brown spots) is wholesome even for little children, but a New York physician has made the discovery that for children who have celiac disease (chronic intestinal indigestion in which the abdomen is much distended) banana is the only form of carbohydrate that is tolerated. Such children have no appetite, until adequately treated and fed. It is also a fact that bananas have all the vitamins but D.



# A Unique Phenomenon

By E. R. Osmunson

THE position the Bible holds in the world today has never been paralleled by any other book. It has for centuries run the gauntlet of rude assault and subtle criticism without injury. It has defied the scorn of its opponents and stimulated the reverence of its advocates. Unhesitatingly, it has proclaimed God's plan for man's redemption; and in no uncertain tone warned the unbeliever of his ultimate destruction. Such a book retaining its pre-eminent position, in spite of numerous attacks from enemies for centuries, must contain a message of great import and one which no other book possesses.

Nearly nineteen hundred years ago the apostle Peter in asserting the perpetuity of the Bible said, "The word of the Lord endureth forever." 1 Peter 1:25. Seventeen centuries later one of the cleverest men in Europe determined to prove the falsity of Peter's statement. Voltaire, the famous French infidel, boasted that it had taken twelve men to create Christianity, but he, single-handed, could overthrow it. He predicted that in a hundred years the Bible would be laid up in the collections of antiquarians—a forgotten book. We, who live in the twentieth century, when millions and millions of Bibles are printed and distributed each year, know that this prophecy made by Voltaire more than a century ago has not been fulfilled. Peter's assertion has been vindicated.

In spite of attacks from opponents the Bible still retains its supremacy among the books of the world, and from year to year adds thousands of new names to its roster of advocates. Each attack successfully resisted substantiates and verifies the authenticity and perpetuity of the Bible as claimed by Peter nineteen hundred years ago. The Bible may be likened to Gibraltar, that rock which calmly withstands the onslaught of the raging seas year after year, century after century. As each ferocious wave beating against the face of that impregnable fortress falls helpless,

thus proving the stability of the rock, so each assault against the integrity of the Bible rebounds to its own hurt and proves the infallibility and perpetuity of this Book of books. The more we investigate the reasons for the supreme position it holds in the world, the more conclusive will be the proof that the Bible is verily the Word of the living God.

The Bible is not a single book but a collection of sixty-six books. The first was written about 1500 B.C. and the last about 90 A.D., a period of approximately sixteen hundred years. They were written in different languages, most of them in Hebrew, many in Greek, and a few portions in Chaldee. In various places and circumstances the writers were inspired to write: in the desert of Sinai and the wilderness of Judea; in the public prison of Rome and in the island of Patmos; in the palaces of Mount Zion and Shushan; by the rivers of Babylon and in the streets of Jerusalem. These books were not written by members of any single caste or class of people, but by individuals of different social standing and scholastic attainments. Neither were they written by the priestly caste, like the sacred books of the ancient Egyptians and Hindus, for example; who, living by themselves and understanding each other's ideas and conceptions, handed down from age to age the traditions they had received from their forefathers. These sixty-six books were written by about forty different men; some were prophets, priests, kings, governors, and prime ministers; others were doctors, fishermen, shepherders, tent makers, publicans, and pharisees. Yet in spite of diversity of language, education, and social standing, the writers produced a connected, unified whole.

On worldly matters the thoughts and ideas of these writers were no doubt divergent, but on matters pertaining to God and salvation we find their writings in harmonious agreement and without positive contradiction. In this particular the Bible differs from any other book or collection of books



Carey Translating the "Book of Books"

Even in this enlightened age, forty men from the same school of learning cannot write in agreement on any one subject. Whether it be in medicine, biology, geology or religion, their deductions and conclusions will not be harmonious. Yet the Bible, written by forty men of various scholastic attainments, during not one year, but a period covering sixteen hundred years, is unified in thought. The message contained in these books written at an early date is reiterated and confirmed time and time again in those books written hundreds of years later.

What is the unbroken thread of thought that runs through the books of the Bible binding them into one Book, making it a homogeneous whole? What common theme gives oneness of thought to the books of Genesis and Revelation, to Isaiah and the four Gospels, to Jeremiah and the epistles of Paul? As we peruse these books we are led to concur with the statement made by an eminent man years ago, "In other religions we see man seeking after God, but in the Bible we see God seeking after man."

The first words uttered by God after man had sinned substantiate the above statement. "And the Lord God called unto Adam, and said unto him, Where art thou?" Gen. 3:9. Adam the first man had sinned, and fearing the displeasure of his Creator had concealed himself, but God, who takes no pleasure in the death of any of his creatures, called unto him. God might have forsaken Adam and left him to his doom, but He did not. He came down to the garden polluted by sin and sought after His disobedient son. Though God pronounced the decree of death upon him, yet a door of hope was opened when God sentenced the tempter: "And I will put enmity between thee and the woman, and between thy seed and her seed, it shall bruise thy head, and thou shalt bruise his heel." Gen. 3:15. God did not abandon man to his fate but promised the coming of a Deliverer.

Again, in the days when the flood of waters were about to annihilate man, God drew near to Noah and made a way of escape for him. He was commanded to build an ark of gopher wood into which he and his family were to go that they might be saved from the approaching destruction. (Gen. 6:14-22). At another time, God rescued Abraham from the idolatry of his brethren and made a covenant with him, promising that in him and his seed all the nations of the earth should be blessed. (Gen. 12:1-7.)

Later, when the children of Israel were in captivity in Egypt, God in a wonderful way dried up the Red Sea allowing them to pass over and escape from further bondage. Then, during the time of the captivity of Israel in Babylon, God moved upon the heart of the king of Babylon to permit the Israelites to go free so that they might return to Jerusalem. In each of these instances God is pictured as seeking after His people and inviting them to trust in His mercy. Though His

people had rejected His love, yet He still sought after them.

Once more God drew very near to man. This time He sent His own dearly beloved Son to bring man back to the fold of grace. It was Jesus Christ who revealed the infinite riches of God's grace and mercy by dying for sinful man, the just for the unjust, that man might be reconciled to God. This was the greatest portrayal of God's matchless love for lost man; it was the consummation of God's plan for man's redemption as revealed to Adam in the garden of Eden.

While on earth this same Jesus taught by parables the extent to which God has gone in an endeavour to save lost man. "What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost until he find it?" Luke 15:4. In this parable of the lost sheep, Christ was proclaiming to the people God's unchangeable love toward all who have lost their way in the struggle against sin. As the shepherd loves his sheep and leaves the flock to search for the one which is lost, so God in an infinitely higher degree loves the poor sinner who has strayed from Him. Men may deny the claim of God's love, they may wander from Him and choose to serve another master, yet they are God's and He longs to recover His own. "I say unto you, that likewise joy shall be in heaven over one sinner that repenteth." Verse 7.

After giving this parable of the lost sheep, Christ spoke yet another to further impress upon the minds of the people the extent to which God will go in an endeavour to recover a lost soul. "What woman having ten pieces of silver, if she lose one piece, doth not light a candle, and sweep the house, and seek diligently till she find it? And when she hath found it, she calleth her friends and her neighbours together, saying, Rejoice with me; for I have found the piece which I had lost." Luke 15:8,9. God pities those who have unknowingly strayed from Him. Although they have turned away from Him, yet He does not forsake them. Though they are estranged from the God of creation they are still the objects of His love, and He is seeking for them that He may lead them back to the Way of Life. O, such matchless love! Wonderful love! Love that is constantly pleading with sinful man to repent and be reconciled with God.

From the first book of the Bible to the last book God is thus depicted as seeking after man and endeavouring to reconcile him to Himself. In no other book of religion do we find the infinite love of a merciful God portrayed so beautifully as we do in the Bible. It is this portrayal of God's love for lost, sinful man, and His solicitude for his redemption that makes the Bible supreme among books. This unvarying message of God's love for man as revealed to us in this most wonderful Book is what makes it a unique phenomenon.

## Vegetables: Their Selection and Preparation

(Continued from page 7)

flavour and watery nature. There are two main kinds, one red-skinned long variety and one white, knobby and round. Jerusalem artichokes are best when boiled and pickled but are also good when eaten like the Japanese artichokes.

Cardoons resemble large thistles and probably belong to the artichoke family. The edible portion is the midrib of the leaf, which is thick, tender and crisp. The plants are blanched like celery in order to insure crispness.

### Asparagus

Asparagus is one of the commonest of the spring vegetables yet one of the choicest for year-round use. The green variety is the one of the home grower and probably is more valuable from the point of vitamin content, but the deeply planted white variety with its thick stalks is rated as a prize. We may now obtain canned asparagus rivalling the fresh closely for delicacy and colouring.

### Beans

Beans are one of the popular crops for all year use, for soups, vegetables, salads, and main parts of luncheon or supper menus. There are three main varieties of beans: kidney beans, lima beans and soy beans.

1. Kidney beans are similar to the haricot of France and to the Frijole of the Southwestern U.S.A. In England they are called French beans. Among the divisions of the kidney bean are the red kidney beans, navy beans, marrow beans, pintos, pink beans and black beans. The red kidney beans are larger than the regular navy beans and have a strong, nutty flavour. They are used largely for chili con carne. Navy beans are white beans of medium size used usually for bean soup and baked beans. Marrow beans are larger than navy beans and are white and red. Pintos are short buff beans speckled with brown. Pink beans are similar to pintos. Black beans, are used mainly for soup. Wax, butter and speckled cranberry beans are varieties with edible pods; the string beans, or snap beans are a green variety of the edible pod class. Flageolet or haricot flageolet are gathered before maturity. Haricot verts are French string beans.

2. Lima beans are large beans, green when fresh and greenish buff when dried.

3. Soy beans contain a greater percentage of protein and fat than other beans and were formerly much advocated for inclusion in the diabetic diet. There are yellow, white, black and brown varieties. Originally, soy beans came from Japan.

There are other varieties of beans less well known and of restricted commercial interest.

1. The locust bean, carob bean or St. John's bread comes from Syria. It is found today in markets of the larger cities of the United States and in the central European markets.

2. Cow peas, which are known also as pea beans or black-eyed beans, came originally from China or India.

3. The adsuki bean comes from Japan. It is small and grows in various colours, but the maroon or kidney coloured adsuki is the most common.

4. Asparagus beans belong to the cow pea group.

5. The hyacinth bean or Egyptian kidney bean is grown extensively in Asia.

6. The tepary bean is a small bean, white, yellowish, brown or blackish.

Bean sprouts are extensively used in the East. They are delicate and have a flavour akin to that of young string beans. They are excellent for salads, soups and stews.

### Beets

Beets are of two main varieties, garden beets and sugar beets. The ones classed as garden beets are red or yellow. The sugar beet is white. The young beets, usually thinned out from the rows of small plants, are especially good when cooked as "greens." Later growth gives young, tender beets and maturity provides a vegetable for winter storage.

Chard is a variety of beet grown for the leaves and stalks. The midrib may be used raw, like celery, or cooked and served as fresh asparagus is served. The leaves are prepared like any other greens. They are delicate in flavour. Home gardens may produce a generous supply of this vegetable for a long period.

### Cabbage

Broccoli belong to the cabbage family and has recently acquired a great vogue.

Brussels sprouts also belong to the cabbage family; in fact, each "sprout" looks like a miniature head of cabbage. These are originally from Belgium and now are grown extensively in the temperate areas.

Cabbage was probably first used by the Germans, although by many it is considered connected especially with the Irish. The cabbage plant is undoubtedly an outgrowth of the collard and is of great value in the diet because of its vitamin content and also because of its bulky nature. It is also classed among the better sources of calcium from the vegetable group. Cabbage may be used raw or cooked. Be sure to cook it just enough to soften the cellulose, since too much cooking destroys its delicacy. Savoy cabbage is a term applied to varieties with curled leaves; the flavour of these varieties is a bit more delicate than that of the other cabbage. Sauerkraut is a popular form of preserved cabbage which originated in Germany. The cabbage is cut fine, packed in salt and pressed with heavy weights. The flavour is acceptable when one has acquired a taste for it, and sauerkraut served cold is an appetizing relish. Sauerkraut juice is one of the fashionable cocktails today. The sauerkraut may also be boiled or fried. Coleslaw is really a cabbage salad. It is raw cabbage cut into long

shreds and dressed with hot or cold vinegar [or lime juice] and sugar or with salad dressing.

Cauliflower belongs to the cabbage family but is more delicate in flavour and more fashionable. The "flower" is the edible portion. When this is firm, well coloured and close textured, it is at its best. The cauliflower, which is native to Italy, came into England in the first part of the seventeenth century.

Collards are probably the forerunners of the cultivated cabbage.

Kale belongs to the cabbage family. It resembles the wild cabbage of Europe in that it does not form a head. There are many leaf forms, ranging in colour from green to purple. Kale is usually cooked much like other greens.

Kohlrabi is a member of the cabbage family with a "root" above the ground. Both leaves and root are edible; the leaves are served as greens and the root is prepared much as are turnips. Kohlrabi is good only when young.

Pakchoi is a variety of Chinese cabbage. The leaves are broad and have thick stems. The tuberous rooted species have a root similar to turnips in appearance and flavour.

Palmtree cabbage is a variety of kale 6 feet or more in height.

Petsai is another variety of Chinese cabbage which has become popular. It is from 10 to 16 inches in height with an elongated head of pale green. It may be used like lettuce or cooked like Swiss chard.

The carrot seems too well known to warrant many words. One distinguishing feature is the presence of carotin, a substance giving the characteristic colouring. The carrot's greatest value to us is in its minerals, vitamins, bulk and flavour. Carrots are available all year round. They are used in soups, stews and salads and are served as a separate vegetable. Young carrots cut in long slender strips and served raw make a colourful note if a few pieces are interspersed with crisp celery. They are acceptable in flavour this way. In Germany the roots are dried and roasted and used as a substitute for coffee.

The oyster plant has an edible root similar to the carrot in appearance. The name is given because of a fancied resemblance of flavour to that of oysters. The roots are cooked and served in much the same manner as asparagus, or they are parboiled, grated or chopped, made into small cakes, dipped in batter and fried like oysters. Other varieties are black oyster plant and Spanish oyster plant. The black oyster plant has a black skin. The Spanish oyster plant has a skin lighter than the native one.

The parsnip belongs to the same group as the carrot. It has a sweet flavour. It is boiled and served with a butter sauce or it is served fried.

#### Celery

Celeriac belongs to the celery group. The root is the part used. It is cooked like the turnip and is used for soups, stews, salads or served as a separate vegetable. Celeriac is also called German

celery, knob celery or turnip celery.

Celery is now available and used all the year round. It is of greatest value to us when served as a crisp, raw vegetable, but it is also good cooked and is an excellent contribution to soup flavour. All parts are edible. The green is best from a standpoint of vitamin content.—*Hygeia*.

### *That School-Girl Complexion Can't Be Bought at the Chemists*

*(Continued from page 11)*

the door. The two little children were in the habit of playing outdoors, and, observing the potato parings, they began to eat them and formed a liking for them. Daily they ate this raw food, and as a result they obtained elements that were lacking in the cooked food. While the other members of the family were suffering of a deficiency disease, the little ones were in excellent health.

The absence of organic minerals and vitamins in the daily food results in lowered resistance of the tissues of the body; or, in other words, it paves the way, not merely for lowered vitality and premature death, but for the invasion of germ diseases as well, which we all know assist in cutting down the span of life unnecessarily.

The acids of fruits and fresh vegetables are antiseptics. They either destroy the germs of disease and putrefaction or discourage their growth. Fresh green vegetables and fruits and breads made from wheat or corn ground entire have three very important functions as food: first, they supply a liberal amount of organic ash so essential to normal health; second, they furnish an abundance of essential vitamin necessary to the proper assimilation and absorption of food; third, they furnish a necessary bulk to the food to excite intestinal action, without which the food does not move along fast enough to prevent decay and the absorption of poisons. This cellulose also retains much water, which aids in the proper absorption of food in the intestinal tract, and assists in the elimination of waste.

#### Natural Foods are Nearest Perfect

Natural foods just as they come to us from the hand of nature, including their juices and salts, furnish practically every requirement of health, and tend to correct diseased conditions and make sick people well, with renewed strength and vitality. Instead of spending our time and means in a vain search for the bauble called "the fountain of youth," let us spend our time in studying the science of keeping young.

The food question is undoubtedly the greatest and most important problem of the present day, since it concerns so vitally and so materially the health and happiness of the community and of the nation. Fabulous wealth is often expended in the hope of discovering some mystic cure or preventive for disease, whereas the only true remedy lies in the realization that right living is capable of preventing disease, and that it constitutes the

safest cure for every curable disease. Drugs, serums, and medicines cannot prevent the mistakes that lead to disease, much less cure them.

True success in this life depends largely on the stock of health of the individual, just as a nation's power lies in the vigour of its peoples. Food mistakes have been the precursors of a vast amount of human suffering, wastage of life, and a cause of failure in the conquest of good general health. Modern enlightenment demands that we turn from past mistakes. We are to feed the body on natural food. The newer light on nutrition shows that if we would enjoy health, we must feed the body on foods fresh from the garden and orchard, including breads made from cereals ground whole.

"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness." Eccl. 10:17.

## The Code of Hammurabi and the Ten Commandments

(Continued from page 9)

were given to man when God created him and placed him on this earth.

### Comparison of Codes

No nation, however degraded it has become, has lost entirely the sense of right and wrong. There will always be found some rules, customs, laws or regulations which are founded on original and true principles. So it was with Hammurabi's code. Many of its laws are commendable; others are unrighteous and unequal.

Jehovah asked His people, "What nation is there so great, that hath statutes and judgments so righteous as all this law, which I set before you this day?" Deut. 4:8. Let us compare the code of Moses and the code of Hammurabi.

Hammurabi called his code of laws the "judgments of righteousness," but it may be seen that this was a somewhat exaggerated claim.

If Moses "got his stuff" from Hammurabi, as Professor Lutz would have us believe, it is remarkable that Moses avoided the unjust laws of Hammurabi's code. The only reason that there are similarities between Hammurabi's code and the Mosaic code is that both codes, each in their own way, were transcripts of God's code of laws given to Adam, Noah, and other early patriarchs. Moses did not need to depend upon Hammurabi for either the Ten Commandments or the ceremonial and the civil statutes which he gave Israel. Moses received his code of laws from the source of all law, God Himself.

Hammurabi's code of laws has passed away; the Mosaic code of ceremonial and civil statutes

has likewise passed from use; but the law of the Ten Commandments is still God's code for mankind. "All His commandments are sure," declares Inspiration. "They stand fast forever and ever, and are done in truth and uprightness." Ps. 111:7, 8.

## Japan and the Depression

(Continued from page 17)

unemployment? Will she be able to relieve by means of inflation, low-interest loans, and the tremendous suffering of the rural classes and small business men? Will she be able to exploit Manchuria so that, in case of war or an economic blockade or boycott by other nations, she will be self-sustaining? These are questions that demand adequate solution if Japan is to save herself from being relegated to the position of a second-class power.

### Peace not Probable

The nation is strongly militaristic. The martial spirit is untiringly inculcated in the schools from the kindergarten classes up. Children are taught to draw pictures of war and killing with a *sangfroid* that might be expected of a veteran soldier. Among boys and girls, war games, the wearing of war-pictured kimono's, of helmets, and the wielding of toy swords and guns are common sights in the streets. There are also gleeful imitations of the "Three Heroes" of Shanghai who gave their lives as their big bomb exploded, destroying the enemy's barbed wire entanglements.

The nations are not expecting soon to enter the millennium. And since they do not expect to, it is unlikely that they will. The city of God, as certain theologians have pictured the happy state brought about by human co-operation and brotherhood, with peace a fact and plenty everywhere, is not soon to be established on earth.

On the contrary, we are now in that time foretold by our Lord, when men's hearts are "failing them for fear, and for looking after those things which are coming on the earth." Luke 21:26. Are we not coming to the very crest of that wave, the climax of the world's perplexity? Distress is not confined to a corner. It is world-wide. From every quarter comes the same wail, the same doleful strophe of unrest, panic, and distress.

It is no time to feed bitter animosities. It is time to love all men with a new and intense love that will prompt the giving of all for the heralding of the gospel to every people, to prepare a company to meet the Lord Jesus Christ, who is coming soon in clouds of glory, with His attending retinue of innumerable angels. "For yet a little while, and He that shall come will come, and will not tarry." Heb. 10:37.

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## The Reserved Hail

[The editor and publishers apologize for the omission of this part of Professor Butler's article on the "Reserved Hail" from the December number.—*Ed.*]

(Continued from December)

From the time that it goeth forth it shall take you: for morning by morning shall it pass over, by day and by night: and it shall be a vexation only to understand the report . . . For the Lord shall rise up as in mount Perazim. He shall be wroth as in the valley of Gibeon, that He may do His work, His strange work; and bring to pass His act, His strange act. Now therefore be ye not mockers, lest your bands be made strong: for I have heard from the Lord God of hosts a consumption, even determined upon the whole earth."

The expression "morning by morning shall it pass over, by day and by night" certainly shows that the reserved hail now travels around the earth. A time is coming, however, when it will fall and produce an "overflowing scourge" that will tread down the people. (Compare Rev. 14:19, 20.) Certainly if the reserved hail is passing over us every day we should be able to see it, as the Creator suggested to Job.

Back in the book of Job this reserved hail is again referred to, but in language that is a little

obscure. "Hast thou commanded the morning since thy days; and caused the dayspring to know his place; that it might take hold of the ends (the Hebrew of the margin reads 'wings') of the earth, that the wicked might be shaken out of it? *It is turned* as clay to the seal; and they stand as a garment. And from the wicked *their light* is withholden, and the high arm shall be broken." Job 38:12-15.

An illustration may help to make this description of the reserved hail more intelligible. As we look at the rings that encircle the planet Saturn, there are times when they look like "wings" on each side of it. So the reserved hail may be revolving about the earth just as the myriads of small particles that compose Saturn's concentric rings are rotating about that planet. In other words, this text allows that the earth may have rings of large transparent hailstones revolving around it. The expression "their light" is significant. Concerning the rings of Saturn we are told that half the light which Saturn sends us is reflected by its rings.—*P. III, "Fundamentals of Astronomy," 1927, Mitchell and Abbot.* While the earth's rings of myriads of transparent spheres of frozen water may not reflect as much light as Saturn's rings, it is evident that they reflect at least some light. But it is admitted that the light which they reflect is very faint, for the Creator himself said, "From the wicked their light is withholden."

Isa. 28:19, in speaking of the reserved hail, said that "morning by morning shall it pass over, by day and by night." In the book of Job it is stated that it "*is turned* as clay to the seal; and they stand as a garment." The word "stand" here means they stay put or reserved in the skies. Combining these descriptions, it seems evident that the reserved hail revolves around the earth, that it can be seen, that it somewhat resembles a garment, and that it also resembles wings at certain times. And we have already seen that there may be at least two rings of these reserved hailstones around our planet.

Again in the thirty-fourth chapter of Isaiah we read: "And all the host of heaven shall be dissolved and the heavens shall be rolled together as a scroll (compare Rev. 6:14-17): and all their host shall fall down, . . . upon Idumea . . . and Bozrah." Isa. 34:4-6. This prophecy cannot refer to the falling of the stars, mentioned in other Scriptures, because they did not fall in Palestine, and neither did all of them fall down during the great meteoric shower of November 13, 1833. Most certainly this text refers to the reserved hail. The context also bears this out. Indeed, what is more capable of being "dissolved" than this great host of reserved hailstones? Naturally as they dash downward through the earth's atmosphere they will be partially melted, producing the overflowing shower that is listed in other references. (Read Eze. 13:11, 13; 38:22; Isa. 24:18.)

### It Has Been Seen

Certainly all these descriptions establish the fact from the Biblical standpoint that the reserved

hail is now in existence somewhere out in space, and that it is now travelling around the earth at a high rate of speed. We therefore hasten to ask the relative questions: *Where is it? Has anyone seen it?*

Since this series of articles is not an attempt to present the scientific evidence that abundantly confirms the Bible's statements concerning the astronomy of the Flood and the astronomy of the seventh plague, it can only be suggested here that possibly the reserved hail produces many of the astronomical phenomena that have been called the "Zodiacal Light" and also the "Gegenschein," or counter-glow. These faint lights in the evening and morning skies have been seen, and they are still a great puzzle to the astronomers. They are waiting for an explanation. Possibly the Bible's story of the "reserved" hail will furnish the clue to their satisfactory scientific explanation.

For the want of space the remaining six points can be only touched on briefly.

(2) The reason we must conclude that the "reserved" hail is transparent is because if it were not it would be easily seen and would have been discovered long ago. And since it was formed above the earth's atmosphere of air at the time of the Flood, the ice which composes its millions of individual spheres of ice must be clear ice, that is, transparent.

(3) According to several statements in the Bible, the "reserved" hailstones are very large in size. In several places they are called "great hailstones." (Eze. 13:11, 13; 38:22; Rev. 11:19; 16:21.) According to a statement in the sixteenth chapter of the book of Revelation, where the seven last plagues are described, the average weight of these special hailstones, after they have dashed downward through our atmosphere and partly melted, is about sixty pounds (the weight of a Greek "talent.")

(4) The time of trouble that is world-wide when this "reserved" hail falls is partly described in the following passages of Scripture: Job 38:22, 23; Isa. 28:14-22; Eze. 13:1-16; 38:1 to 39:8; Job 38:13; Isa. 34:1 to 35:4; Dan. 11:44 to 12:4; Rev. 14:9-20; 9:12-21; 11:18,19; Isa. 24:1-22; 13:2-13; Rev. 16:1-21; 19:11-21. To this partial list many other references might be added.

(5) The great war that will involve the leading nations of the earth, especially Russia, which war will be in progress in and around the land of Palestine, when the "reserved" hail will fall is described in the following references: Job 38:22, 23; Eze. 38:1 to 39:8 (Gen. 10:2; 1 Chron. 1:5); Eze. 13:10-16; Isa. 34:1-8; (35:3, 4); Rev. 14:19,20; 9:13-19; Joel 3:9-16; Rev. 16:12-16; 19:17-21. (With the last reference compare Eze. 39:17-22; Isa. 18:3-6; Jer. 12:9; Zeph. 1:7-18; Eze. 39:1-8; Isa. 56:9-12; 34:1-17.)

(6) The world-wide earthquake and the shaking of the heavens also, which accompany the falling of the "reserved" hail, are mentioned in the

following places in the Bible: Job 38:12, 13; Isa. 28:21, 22; Eze. 38:18-23; Rev. 11:19; Isa. 24:1, 3, 10-13, 18-20; 13:13; Joel 3:13,16; Hag. 2:20-22; Mark 13:5, 6, 21-33; Matt. 24:29-36; Luke 21:25-36; Rev. 16:17-21 (compare Isa. 25:6-12).

(7) The presence of the Creator himself and His holy angels, the great power of whom causes the shaking of the entire earth and its heavens and the disturbing of the centrifugal power of the "reserved" hail, is mentioned in the following references: Isa. 28:17, 21, 22; Eze. 38:18-23; 39:3-8; 13:13, 14; Isa. 34:1, 2, 5-10; 35:2, 4; Rev. 14:14-20; Isa. 25:6-12, 24:1, 21; 26:20,21 (compare 32:18, 19); Zeph. 1:7-18; Isa. 13:9, 11-13; Joel 3:16; Hag. 2:10-22; Mark 13:5, 6, 21-33; Matt. 24:29-36; Luke 21:25-36; Rev. 19:11-16 (compare John 1:1-5, 10-14; 1 John 5:20; Isa. 44:6, 22-26; 40:28, 29; Rev. 22:12, 13, 16; Col. 1:12-19; Rev. 4:11; Eph. 3:9; Gen. 1:26.) Concerning the attending host of powerful angels read the following: Isa. 13:3-5; Joel 2:1-11; Matt. 24:30, 31; 1 Cor. 15:51-58; 1 Thess. 4:13-18; Phil. 3:20,21; Matt. 13:37-43, 49,50; 25:31-46; 2 Thess. 1:7-10; Ps. 103:20; 104:4; Heb. 1:7; Ps. 68:17; Heb. 12:22; Rev. 5:11; 8:1.

In conclusion it is appropriate that we again quote the words of that divinely inspired seer of God, the prophet Isaiah:

"He calleth to me out of Seir, 'Watchman what of the night? Watchman, what of the night?'"

"The watchman said, 'The morning cometh, and also the night; if ye will enquire, enquire ye: return, come.'" Isa. 21:11,12.

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