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e Harvester. Mazher S. Master

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EDITORIAL

PAIN

THERE seems to be something mysterious in some natures which derives satisfaction or at least gratification of that something from ill-health. And if the ill-health be accompanied by aches and pains the gratification seems to be enhanced. On no other matters is so much of the mind's attention bestowed and none can furnish material for such endless descriptions, explanations, and elaborations. And as if it were not sufficient that the sufferer's own attentions are chiefly directed to the affliction, he or she demands that that of others should also be diverted to it.

Seeing that pain is a disagreeable, annoying, and troublesome sensation, only an abnormal state of mind can be gratified by it. The sufferer may not actually be aware of this gratification which may and frequently has been proved to be one's way of attempting to direct solicitous attention, sympathy, and care to oneself. Unconsciously it may be the chosen way to gratify desire to be distinctive, to stand out apart from the crowd where notice may be attracted. It is beside the point to show that there is no physical or organic cause for the ill-health and pain, or to tell the sufferer that it is "all in the mind." The ill-health is real and the pain is actual, but both are as useless and unnecessary as suffering frost bite on a block of ice in a tropical atmosphere. The illness and pain are a combination of mental and physical maladjustment, a state denominated "psychosomatic" by physicians and psychiatrists.

Some pain is absolutely essential and when it is such it is not a curse but a blessing in disguise. Without the capacity for pain human life would be as precarious as that of a small plant on a busy highway. In fact life would be well-nigh impossible. Dangerous wounds would be unnoticed until infected beyond remedy, attempts would be made to use broken bones with disastrous results, hands would be burned off by fiery hot objects held in them, eyes ruined by excessive light or by the intrusion of foreign objects, and destructive diseases would destroy the body before the patient could be made aware of their presence. Pain then is not a disease to be squelched but a warning to be heeded. It is nature's very effective and ingenious safety device for preserving life and health, a device that deserves careful attention.

Pain is the result of ignorance and negligence in the use and care of the body or of misuse and abuse of its organs and functions as well as of failure to guard and fortify it against the invasion of organisms that destroy its tissues. Every pain is a physical pain. If the cause be organic an intelligent and properly trained physician can locate the cause and apply the remedy to the comfort and satisfaction of the patient. But some pains are not so definite, but rather vague and indescribable. There is a "funny" feeling here and there, now and then, a vague uncomfortable ache which seems to migrate within a certain area small or great; a "queer" sensation which certainly indicates that "something is seriously wrong," according to the patient, whose migration equals that of the pain and who "shops" from doctor to doctor demanding diagnosis and cure until they are all driven to distraction. The sufferer is often "fed up" with doctors. "They are all humbugs."

Such sufferers after having been most carefully checked and examined by every medical device and facility at the command of hospitals and trained and competent physicians, turn away with indignation when informed that they are perfectly sound physically, that there is "nothing wrong" organically; and especially so should someone tactlessly suggest that it is "in the mind." The understanding physician does not attempt to treat such disorders by the application of remedies to the pain itself but rather to the psychic state which is the true cause.

It may not be possible to know what is the cause of the cause. Some mental quirk, a spoken suggestion, recollection of some form of illness of an ancestor and his symptoms, or remembrance of some disagreeable experience, calls the attention of the mind to the slightest feeling of similar disturbance, and the body very obligingly and obediently responds to the orders of the mind and produces the reaction which comports to the state of the mind. The mind's attention which should be diffused and widely distributed objectively is concentrated and focused on the spot where the pain is supposed to be. The muscles and other tissues contract, dilate, become inflamed, are stimulated or repressed, or do whatever else they are supposed to do, and the pain prospers exceedingly as though there were an actual physical defect to cause it.

An illustration of this was the farmer's wife whose rheumatism always flared up when by the weather vane on the roof of the barn she observed the wind blowing from the Northwest. Her observant husband, having grown weary of medical and other attention so frequently and insistently demanded at certain seasons of the year, unbeknown to the sufferer, adjusted the weather vane so as to make a Northwest wind impos-

sible and thereby cured all rheumatism aggravated by the wind. The farmer's wife, at long last learning of the trick that had been played on her, being a reasonable woman, was no more under the power of the Northwest wind. Her body had now learned the true cause of the mental state which ordered pain and it would therefore no longer respond to these unnecessary and useless orders. The farmer had found what the doctors should have found. But the cause of the cause is not always so readily to be discovered.

Probably none would admit that they want pain, but when the mind's attention is focused on the supposed seat of trouble the pain is always aggravated. Diffusing the attention and occupying it with interest on external objectives relieves pain or may cause one to be entirely oblivious of hurt as has been illustrated by soldiers in battle, who though badly wounded were oblivious of the fact until circumstances permitted attention to be turned to themselves.

Commenting on the fact that a mind at mischief often creates unnecessary and useless pain Dr. Wm. Saddler has written as follows:

"There may be organic heart trouble, but all the manifestations of heart trouble may arise in the absence of any organic condition. So-called neuritis may be due to inflamed nerves, but an individual may suffer all its discomforts with no such physical cause."

Alpine Climber

Men are not the only Alpine climbers. A kitten, ten months old, belonging to a hotel which is a base camp for Matterhorn, recently followed a party climbing to the peak. Two days later the surprised party found the cat on the 14,780-foot Alpine peak in time to share a meal with them.

A Magic Carpet

Queen Mary worked for some years to embroider a carpet which she offered for sale in the dollar area. It became a magic carpet of goodwill as it was taken on a twelve-week tour of Canada and the United States where about 400,000 people inspected it. The carpet was sold for $100,000, and descriptive literature brought about $30,000.

Insect Pests

Scientists say that there are 6,000 different kinds of insect pests which damage or destroy the food supplies of the world.

Ancient City Discovered

A Russian scientific expedition is reported by Moscow to have discovered the ruins of an ancient city beneath the Caspian Sea. Among other things the searchers found almost intact a stone wall that had been built well over 1,000 years ago.

Waterless Longevity

Six years ago Dr. Seth B. Benson of California, a professor of zoology, caught a desert mouse which refused to drink a drop of water or any other liquid, yet remained in perfect physical condition for six years. Once in two or three months the mouse received a handful of commercial bird seed. It was a type of desert animal which is adapted to live without water. Ordinarily such mice live only about a year.—"Sun Times," Nov. 12, '50.

Starving Children

The world has 250 million starving children, according to a UNESCO report.

"Mid-Pacific Mountains"

American scientists and explorers have announced the discovery of "Mid-Pacific Mountains," an underwater range 1,000 miles long, 100 miles wide, and up to 14,000 feet high. The range stretches from Wake Island to Neckar Island, near the Hawaiian group.

Pentagon Personnel

The United States of America's defence headquarters in the fabulously huge Pentagon building in Washington employs twenty-seven thousand five hundred men and women, which is five hundred more than in wartime in 1945.

New Tax

The finance minister in Denmark has succeeded in getting the Danish Lower House to impose a tax on bachelors and spinsters.

Locust Swarm

Phenomenal swarms of locusts appeared in certain sections of India during October and November, 1950. Near Hariji in North Gujerat a train was stopped by myriads of locusts on the track, which being killed under the wheels of the locomotive made the tracks so slippery that the train could not proceed. A crew of workmen toiled for three hours to clear the tracks.

Mysterious Hail

In November 1950 weather experts in Britain were mystified by the appearance of lumps of ice on farms in Devonshire, some of which weighed up to fourteen pounds. One piece dropping on a sheep killed it. The pieces were found over an area of several square miles. One meteorologist suggested that the blocks may have been a conglomeration of hail stones; but there has also been talk that the ice may have been dropped from a flying saucer!

Palm Sugar

A new use for sulphanilamide reported by a scientific institute in Kanpur may make the world's palm trees a source of sugar. It has been found that the sulpha drug can prevent the sweet juices of the date, coconut, sago, and brab palms from fermenting after collection from trees. Fresh palm-tree juice contains ten per cent to fourteen per cent sucrose. Sugar-cane contains eleven per cent to sixteen per cent. The palm-tree juice, therefore, conceivably could be a useful source of sugar.

Crater

One of earth's weirdest spots, a lake in the centre of a hill circled with granite walls 500 feet high, has been reported to the Geological Society of America. It is located in the midst of an almost lifeless land in northern Quebec, Canada. Apparently it marks the point of impact of one of the largest meteorites ever to strike this planet. It is the nearest thing on earth, known as yet, to some of the monster craters that pockmark the face of the moon. It is seven times larger than the great meteor crater in Arizona, U. S. A., and seventeen times larger than the Wolf Creek crater in Australia—the greatest scars left by shooting-star collisions previously known.

Feathered Foe

Sissie, an ostrich aboard a boat arriving from South Africa, was suspicious of photographers when the liner "Linaria" docked in London recently. She allowed one man to snap her picture at a distance, but when another tried the same thing at close range Sissie lost her temper, climbed out of her cage, and with an indignant squeal flapped her wings and went after him. It took longshoremen, who went in hot pursuit, some little time to get her back into her cage, where her male companion, Humphrey, had waited patiently the while. They both were bound for a British zoo. Sissie is one of 150 specimens consigned to various zoos in England. A baboon that had become a great pet of the crew on shipboard set up a loud howl when he had to go ashore.

HURRAH,

I CAN HEAR!

THE child with a hearing impairment faces a serious obstacle. Defective hearing, it is now realized, has a greater retarding effect on school progress than defective vision. It retards also the normal development of speech, for a child speaks as he hears, imitating and regulating his own voice accordingly. And even more important than its effect on speech and education is its effect on the child's personality. The youngster who neither speaks nor hears well is often shunned by others, frequently ridiculed by his playmates. He cannot know that his hearing, not his intellect, is the cause. And so he withdraws into himself, developing inferiority complexes that often twist and distort the entire course of his life.

With the new hearing aid a child has an ally for the long pull ahead in training and education. Without it a child's hearing handicap interferes so much that the entire education might be curtailed and the whole future limited. A child is fortunate if he gets this early start, for he will grow up accepting his aid as a natural thing.

Loss of hearing is a serious problem to anyone afflicted, regardless of age. Only those who have lost their hearing know the difficulty under which such a one labours and lives. The normally hearing person dismisses hearing loss as trivial. For some reason the deaf have never received the sympathy given to the blind. Yet Helen Keller and others who have known loss of both sight and hearing claim that deafness is by far the worse. "It means the loss of the most vital stimulus—the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man."

The psychological and emotional aspects of deafness are what make it such a complex problem. When you disturb a person's relationship with others you seriously unhinge his emotional balance. Man is notably a social animal. Deep inside him is the instinctive need to feel a part of a group. The link that largely binds us together is the spoken word. Take a man's ears from him, and you burn his bridges to human relations. Deafness does that and more. As hearing loss progresses—and it will in most cases—the hard-of-hearing person finds himself more and more isolated. He becomes shy, sensitive, and introverted.

An old adage says that when death comes to the drowning man he sees his life pass before him. When deafness strikes the normally hearing man, it is his future life that swims before him—a soundless, empty void.

Fortunately, there are answers to the problem. More and more people are learning every day that they can lead normal, happy lives even though hard of hearing.

To begin with, medical science holds out hope, particularly to children. At least fifty per cent of them, doctors contend, could be saved from a lifetime of unhealthful silence if they received immediate medical attention. What is needed are annual hearing tests in every school, not with improvised tests using watches and low whispers and tuning forks, but with scientific instruments such as the audiometer, which measures in percentages the degree of hearing loss.

Medical science has also perfected the fenestration operation, to help those who suffer from a condition known as otosclerosis, which is a bony growth that forms in the middle ear, and blocks sound from reaching the auditory nerve.

NAOMI SHAVER, R.N.

Lip reading offers another answer to those who cannot be helped by medical treatment. Lip reading is the ability to interpret speech from the various movements of the face. Like art and music, it is a talent, which few readily comprehend.

For those who are totally deaf, sign language is the only answer. Signing, as it is termed, is relatively easy to learn.

The electronic hearing aid offers the greatest help to most hard-of-hearing people, enabling them to communicate with others almost as naturally as normally hearing people do. Modern hearing aids are small, lightweight, inconspicuous, and remarkably powerful, amplifying the tiniest sound thousands of times. Those whose hearing loss is greater than 20 per cent in the better ear will find it invaluable help to use an aid. Even the severely deafened who are unable to get speech patterns from an aid, wear the aids in order to hear some sound. They find that this helps them to understand others and to counteract the feeling of isolation and deadness that total silence creates. Hearing aids should be purchased only after consulting an ear specialist.

It may be difficult for some people to get used to wearing an aid, particularly if they have been deaf or partially deaf for any period of time. One actually forgets how to hear, and, like the infant, must relearn to associate meaning with various sounds. If any serious difficulty in adjustment is encountered, it will help to get auricular training, which is training in interpretation of sounds.

Yet too few have availed themselves of the aids to the hard of hearing. Many have given up their lip reading before they were half begun. Many have discarded their aids without half trying to adjust to them. A great many won't try.

Defective hearing retards the school progress of youngsters. Be sure your child has had a thorough check-up by an ear specialist.

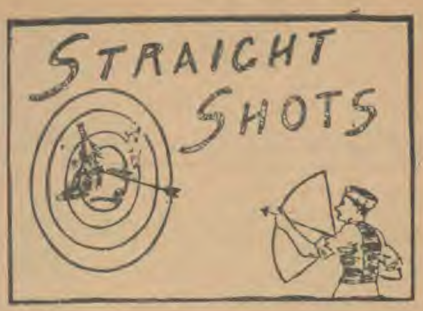
The greatest obstacle barring the road to the hard of hearing lies within themselves.

Vanity, pride, and fear prevent too many from an intelligent solution of their problems. Rupert Hughes asks what difference it makes whether a person wears false teeth or spectacles or something to hear with. We all supplement where nature cut corners. Tailors build up shoulders; short men grow taller in elevator shoes. But only 700,000 of the millions of hard of hearing wear hearing aids to help them hear! Yet the receiver, or button, of a hearing aid is smaller than the diameter of a Rupee, and the batteries and the microphone, now combined in one case, take up less room than perhaps an ordinary man's wallet. Fashioned in flesh tones and moulded to your contours, they become an unconscious part of you. To help solve this problem of vanity and pride, many of the manufacturers have devised invisible ear moulds, the receiver button of which is worn under the collar or in the hair, and is attached to the ear by a thin tube similar to the frame of glasses.

But more important than these cosmetic changes are the revolutionary improvements in hearing aids made in the past ten years. In this competitive industry hearing-aid manufacturers are constantly searching for new ways to make their instruments better. The fidelity of the hearing aids has been improved from 40 to 95 per cent, cost of operation has been greatly reduced, power has been increased a hundred to a thousand times, and their serviceability has been improved 500 per cent.

Yes, the means for helping the

(Continued on p. 17.)



"Drunkenness works its ruin far beyond the physical, mental, and spiritual body of the drunkard. Its victims are more among those who do not drink, than among those who do.

"The habitual excessive drinker afflicts and humiliates and often leads to destruction, whole families, societies, and classes. That is something that cannot be said of cancer or tuberculosis.

"Take at random the statements of police authorities in any large city. Some examples, from the records of one metropolis alone:

" 'About seventy-five per cent of assaults with deadly weapons would not have occurred, if either the suspect or the victim had not been drinking.'

"Another:

" 'About ninety per cent of wife beaters are drunk at the time of the assault.' It is a conservative estimate that liquor is involved in seventy-five per cent of all felonies handled.'

"A Superior Court judge states:

" 'Ninety per cent of all criminal cases tried before me have liquor in the background.'

"A Public Prosecutor:

" 'Fifty per cent of crimes involving theft or personal injury involve liquor as a direct or contributory cause.'

"The tragic testimony is endless, monotonous, and appalling in its connotations. Alcoholism, in fact, is the one disorder which qualifies as the worst threat to national sanity in modern times. It is something that is either curbed, quickly and drastically, or something that will, in time, vitiate the vigorous stream of our national life and lead it into the same morass where rest the glory and grandeur of other civilizations which succumbed, first to internal vice, and then to external enemies."

* * *

Possibly man could live twice as long if he didn't spend the first half of life acquiring habits that shorten the other half.—*Woodmen of the World Magazine.*

Common Sources of

Mentally Created Physical Ailments

An Article on Spiritual Psychiatry

SICKNESS of the mind prevails everywhere. Many of the diseases from which men suffer are the result of mental depression. Thousands are sick and dying around us who might get well and live if they would; but their imagination holds them.

Those who, so far as it is possible, engage in the work of doing good to others by giving practical demonstration of their interest in them, are not only relieving the ills of human life in helping them to bear their burdens, but are at the same time contributing largely to their own health of soul and body. Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good, will aid greatly in the recovery of the healthy tone of the imagination.

The pleasure of doing good animates the mind and vibrates through the whole body. While the faces of benevolent men are lighted up with cheerfulness, and their countenances express the moral elevation of the mind, those of selfish, stingy men are dejected, cast down, and gloomy. Their moral defects are seen in their countenances.

One of the surest hindrances to the recovery of the sick is the centring of attention upon themselves. With many there is two much selfishness. The mind is devoted to self and not to the good of others. The blessing of God is a healer; and those who are abundant in benefiting others will realize that wondrous blessing in their hearts and lives.

We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way. But there are many who make life's burdens doubly heavy by continually anticipating trouble. If they meet with adversity or disappointment, they think that everything is going to ruin, that theirs is the hardest lot of all, that they are surely coming to want. Thus they bring wretchedness upon themselves, and cast a shadow upon all around them. Life itself becomes a burden to them. But it need not be thus. It will cost a determined effort to change the current of their thought. But the change can be made. We have no right to overtax either the mental or the physical powers.

Many times some living home trouble is like a cancer eating into the very soul and weakening the life force. Sometimes remorse for sin undermines the constitution and unbalances the mind. Many suffer from ungratified desires, disordered passions, and the condemnation of their own consciences; they are losing their hold upon this life, and they have no prospect for the life to come.

Sin and disease bear to each other the relationship of cause and effect. If the thoughts are wrong the feelings will be. Those who are reduced by disease are sufferers in more than one sense. They can endure pain far better than they can bear mental suffering.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary.

The brain is the capital of the body. If the perceptive faculties become benumbed through intemperance of any kind, eternal things are not discerned. The ignorance that has prevailed in regard to God's law in our physical nature is deplorable. Intemperance of any kind is a violation of the laws of our being. Through intemperance, some sacrifice a half, and even more of their physical, mental, and moral powers. The world knows that intoxicating liquors rob men of the brain nerve power and send them into society bereft of reason.

For those who would regain or preserve health, there is a lesson in the words of Scripture, "Be not drunk with wine, wherein is excess; but be filled with the Spirit." Not through the excitement or oblivion produced by unnatural or unhealthful stimulants, not through indulgence of the lower appetites or passions, is to be found true healing, or refreshment for the body or the soul.

It must be remembered that the right balance of the mental and moral powers depends in a great degree on the right condition of the physical system. All narcotics and unnatural stimulants that enfeeble and degrade the physical nature, tend to lower the tone of the intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.

The history of ancient kingdoms is replete with lessons of warning for us. Luxury, self-indulgence, and dissipation prepared the way for their downfall. It remains to be seen whether we will be admonished by their example and avoid their fate.

E. G. WHITE

An improved village well, closed and provided with a pump.

TYPHOID FEVER Control

H. C. BATSON, Ph.D.

WITH the recent advent of the sulfa drugs, penicillin, streptomycin, and other so-called miracle drugs, many diseases of man have been brought under control; others have been almost eliminated. The effectiveness of these agents in combating such diseases as pneumonia, meningitis, the venereal diseases, and many other infections has been so dramatic and well-publicized that one might easily assume that the previous control of other diseases has been accomplished in a similar manner—as the result of individual, specific scientific discoveries. Actually this was not the case.

Not to detract from the importance of these modern medical discoveries the control of many important diseases of man, such as scarlet fever, smallpox, diphtheria, and typhoid fever, among others, was won through the laborious and less dramatic means. It took the teamwork of public health sanitarians, research scientists, and practising physicians. In fact, such great progress in control of many diseases has been made in preceding decades that in many instances the previous true importance of these diseases and the magnitude of the accomplishments which led to their control have been nearly forgotten.

A resume of the thrilling and successful fight against typhoid fever, waged under the direction of United States health authorities.

Typhoid fever is an outstanding example of a disease that has been brought under control in most countries through intensive, long-term public health programmes of sanitation and specific immunization—and not as the result of a single medical discovery.

From a historical standpoint typhoid fever for centuries had been one of the most feared diseases of man. Militarily it probably has been second in importance only to typhus fever. Even as late as the beginning of the twentieth century the outcome of military campaigns often was dependent more upon the incidence of typhoid among the troops than upon enemy action. Yet today typhoid fever is virtually unknown in many geographical areas of the world.

Typhoid fever is a disease of the small intestine caused by the germ *Eberthella typhosa*. As would be expected from the nature of the affliction, the germs are found in the fæces and urine of infected individuals. The disease is spread by contaminated water, milk, and foods. During the course of the infection the organisms invade the body—the blood stream, the gall bladder, the urinary tract, and sometimes the bone marrow and even the skin, where they are responsible for the production of characteristic rose spots on the abdomen or back.

The body temperature fluctuates daily in a step-ladder pattern, usually being higher in the afternoon. The typical case is of several weeks' duration, and because the patient becomes very weak, recovery is slow and relapses are frequent. About ten per cent of cases die as a result of complications.

As stated previously, the principal focus of infection is the small intestine. In severe cases the prolonged presence of the organisms in the intestinal wall leads to ulceration and ultimate perforation of the intestinal wall. The resultant peritonitis is often the cause of death.

An insidious feature of the disease, and one of great importance in its transmission, is that many of those who recover from typhoid fever become temporary or chronic carriers. They continue to excrete the typhoid germs for various periods of time. About three per cent excrete the organisms for a year or longer; some, for life. Permanent, or chronic, carriers are most frequently of middle age and more commonly are females than males. Many carriers have been found that have not even had a known history of typhoid fever.

Discovery of the germ that causes typhoid fever was credited to Eberth, in 1880. However, it was several years later before its identifying characteristics were known with certainty. After positive identification of the germ, and discovery of its transmission through contaminated water, milk, and foods, the means for control or prevention were readily apparent even though the magnitude of

the task was staggering. This involved protection of water, milk, and foods from contamination with the germ, or successful sterilization of these substances once they had become contaminated. There is little doubt but that much, perhaps most, of the decrease in typhoid in western countries can be credited to the modern practices of water purification and sterilization, pasteurization of milk, identification of carriers, and careful regulation of food handlers.

Such general sanitary measures, if rigidly maintained, no doubt generally are adequate for effective control of the transmission of typhoid fever. As a consequence, in recent years typhoid has occurred most frequently in small towns and villages, or areas of retarded economic and social advancement.

Under military conditions, however, continuous maintenance of adequate sanitary measures frequently becomes impossible, and it is partly for this reason that attention early was turned to prevention of the disease by more direct, specific means.

It has long been known that patients who recover from certain diseases, including typhoid, rarely suffer a second attack; in other words, they are immune to the disease. The French scientist, Pasteur, in studying the nature of bacterial diseases and immunity, observed as early as 1881 that immunity from anthrax could be produced experimentally in animals by injecting pure cultures of the anthrax-causing germs which had been weakened by artificial treatment. It was soon found that immunity to many other diseases could be produced in a similar manner—by injecting pure suspensions of weakened or even killed bacteria. For purposes of immunization killed suspensions of bacteria (germs) commonly referred to as vaccines, have enjoyed wide usage.

The first serious attempt to prevent typhoid fever by vaccination with killed organisms was made by the British researcher Wright in 1896, and protection on a large scale was tried among British troops in India during the period 1900-10. The result of these early studies was sufficiently impressive to establish the merit of such practice. In fact, the incidence of typhoid among vaccinated personnel was cut to approximately one-sixth the rate among the unvaccinated.

The success experienced by the British came to the attention of American military officials, and largely through the effort of Major F. F. Russell (later brigadier general) preventive vaccination was introduced into the American army. The first injections of vaccine were given in 1908, but an appreciable number of personnel were not vaccinated until 1910-11.

The pure strain of the typhoid organism employed in preparing the vaccines first used by the United States army was obtained from the British. This strain was designated as the Rawling strain, inasmuch as it was isolated in 1900 from a patient of that name.

The Rawling strain has been kept alive and active in artificial cultures ever since the original isolation, but by the 1930's there was some evidence that it was losing its suitability for production of vaccine. Accordingly, during the period 1934-40 United States army scientists under the direction of Colonel J. F. Siler, conducted a careful and exhaustive study of a variety of typhoid strains in a search for one superior for use in production of vaccine. Many strains were found to be satisfactory, but the one adjudged to be best of all was one designated as Chronic Carrier, or Panama. This strain has been used for production of typhoid vaccine since 1936.

As the names Chronic Carrier and Panama imply, this strain was

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Inquire into the source of your drinking water, for it may be contaminated with the germ "Eberthella typhosa"—the typhoid fever germ!

Don't Throw Away the Best

A. C. VINE

THE real nutritional values of our foods are thrown away with cheerful abandon as we grumble about the ever-rising prices of fruits and vegetables and have to go to the doctor with all kinds of ailments caused by malnutrition. Yes, malnutrition! One does not have to look emaciated to indicate that we have this complaint. If there is not a more or less good balance in the various nutritional values of the foods we eat, then obviously we suffer more or less from malnutrition, with physical consequences more or less inconvenient and painful.

Much indigestion and constipation are caused, headaches throb, teeth decay, gastric ulcers and appendicitis and many other ailments arise, because of our generous gifts to the fowls and pigs of those parts of our foods which we so much need for the preservation of our own health, and in fact without which we cannot really be properly nourished. We should all enjoy better health and prosperity if we bought less vegetables and used more of what we bought; and prepared them wisely.

For instance, those discarded cabbage leaves. Many people throw away the outside leaves, even though they may be quite entire, because they "are tough and take too long to cook and have too strong a flavour." In those leaves the mineral salts and vitamins, so necessary to health, are best developed. So don't throw them into the garbage bucket.

Use them like this; cut out the midribs and shred the green leaf somewhat more finely than you did the bulk of the cabbage. Now it is ready for the pot. Do not begin to cook the cabbage an hour before you expect to serve the meal, but about fifteen to twenty minutes before. Put the prepared vegetable in a pan containing about two tea-cupfuls of salted boiling water, cover it with a tight-fitting lid, and cook it quite fast until just tender (ten to fifteen minutes is usually long enough). It will be adequately cooked, it will have retained a good colour, and little of its vitamin or mineral salt value will have been lost, especially if you use what liquor remains to make savoury sauces and soups.

Always use as little water as possible for cooking vegetables, and never throw away the liquor when the vegetables are cooked.

And potato peelings. They should be thin and transparent as tissue paper, and the way to get them so is to steam the potatoes in their jackets first. Almost anybody would thoroughly enjoy potatoes cooked in this way. They can be peeled just before being served, or each person can peel his own portion. The best nutritional value of the potato lies immediately below the thin tissue-like skin, and is completely removed in the average peeling process.

Cauliflower leaves are nearly always cast out. Why? Here again it is thrifty to cook and eat them.

Stale bread should not be thrown away. Slice it and put the slices in

(Continued on p. 26.)

With the high cost of living today it would be best to use all we can of the vegetables we buy and to discard as little as possible.

DEATH in

DR. W. SCHWEISHEIMER

IN AN American magazine a father reported the sudden death of his ten-week-old son in his bassinet. The unhappy father felt convinced that the accident was due to the fact that the child was placed in his crib in the prone position, lying on his face. The baby was heard to cry, vomited part of his meal and when the parents reached the baby he had expired. The parents have no doubt that the baby could not raise his head and had "simply drowned" in the wet sheet.

An expert of the *Journal of the American Medical Association* is of the opinion that the evidence is not sufficient to prove that the prone position of itself was the cause of the sudden death. Most pediatricians, he says, have seen many young infants who select by preference the face down position without unfavourable results; though it is granted that many mothers fear this position for their sleeping infant. Pillows should not be permitted either in the bassinet or in the perambulator. The mattress should be firm, flat, and smooth, so that the baby cannot push his face into a depression.

There is no doubt that such an accident seems to be a warning to many doctors not to use the prone position for infants. The obstetrician of the unhappy mother told her that since that accident he had given orders at the hospital against a prone position for any infant under his care. He quoted a publication in a medical journal which suggested that infants of under four months might better not be left face down.

Accidents of Infants

The high death rate in infants from accidents has been over-looked until recently. Statistical figures show that more die from accidents than from measles, scarlet fever, and diphtheria combined. From other statistical reports studied it was found that more than a third of all the fatal accidents to children under one year were caused by smothering.

Smothering by bed clothing was chiefly responsible, followed in order by smothering by adults sleeping in the same bed, and by the child's

Do all you can to see that baby is comfortable in his bassinet, and take every precaution you can to see that he cannot smother himself in the bedclothes.

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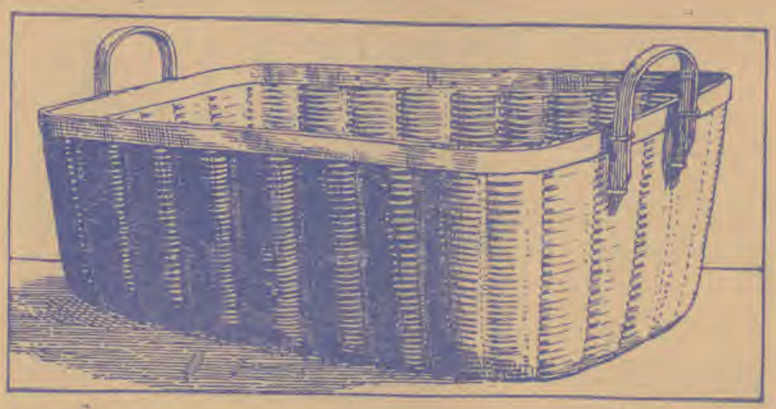

BASSINET

sleeping on its face, usually with the face buried in the pillow. Deaths of this kind are most frequent in the winter months, when heavy bed clothing is used, and when the temptation for parents to take the baby into their bed is greatest. Soft pillows are a serious hazard, and should not be used for very small children. The parent who covers a child with heavy blankets in the colder months to offset the decrease in the amount of warmth in the room, should make sure that the bed clothing is arranged so that the child may not be suffocated. The use of warm sleeping garments reduces the amount of covering needed to keep the baby warm. Winter is the time when most accidents to children occur.

Stomach or Back?

It is considered safer for a baby to sleep on his back, especially in the first six months, so it is better to get him used to that position if you can. Such is the opinion of Dr. Benjamin Spock in his book on baby care. He sees only one disadvantage and it is not important. A baby on his back tends to turn his head toward the same side and this may flatten the back of his head on that side. But the head will gradually straighten out as the baby grows older. You may be able to avoid flattening in a quiet baby, Dr. Spock says, by laying him on alternate sides each time you put him to bed, though an active baby won't stay that way.

If a baby insists on sleeping on his stomach, avoid heavy blankets and quilts, especially if they are not well tucked in. The mattress should be firm and flat so that the baby's face cannot get down in a hole. No pillow should be used in crib or perambulator. Any sleeping cap should be of knitted wool, so that if it slips over the baby's face he can breathe through it.

Dr. Herman N. Bundesen in his excellent baby manual states that if the baby wants to sleep in a certain position, he should not be forced to sleep in a different one. While the baby is sleeping, his position should not, as a rule, be changed.

Grace Langdon who is thoroughly familiar with the practical side of baby and child care, in her *Home Guidance for Young Children* ventilates the question whether small children should use pillows. Some experts say yes. Others say no. Arguments relative to their use centre around their effect on posture. Those who say "Yes" maintain that when a child sleeps on his side without a pillow, the head, and also the spine are tipped to one side and out of the straight line which is more conducive to good posture.

Those who say "No" maintain that with a pillow the head and shoulders are tipped forward causing round shoulders. Most pediatricians advise against the use of a pillow for a young baby. Whatever the baby lies on should be firm, not soft and yielding. It may be a mattress covered with a blanket, a pair of folded blankets, or a full, hard feather pillow, but whatever it is, it should be firm enough so that it does not make uneven bumps and hollows.

To prevent smothering then, remember that baby should sleep alone. Also remember that no pillow of any kind should be put under the baby's head.

Typhoid Fever Control

(Continued from p. 8.)

isolated from a chronic typhoid carrier living in the Panama Canal Zone.

The protection typhoid vaccines afford is dependent upon certain chemical substances contained in the germ. These substances are known as antigens. Present research is being directed toward isolating and purifying these antigens. Eventually these substances may be available in a highly purified state, and in the future it may be possible to produce even more effective immunity by using highly refined products.

The new specific drugs, such as penicillin and streptomycin, have not been effective against typhoid. However, a newer drug, chloromycetin, has shown great promise. It is still too early to state the true effectiveness of this new drug, but it is hoped that it will provide the third and completing link in our defence against typhoid—high sanitation, protective vaccination, and specific treatment. If so, this will constitute still another significant achievement.

PEPTIC ULCERS

ANDREW C. IVY, M.D.

FOR several months Mr. Rao had been awakening about three o'clock in the morning with a burning, gnawing sensation in the region of his abdomen. Turning and tossing awhile, he finally would heave a martyred sigh, get glumly out of bed and shuffle sullenly to the kitchen for a glass of milk. After he had drunk the cool milk, the discomfort would subside somewhat, and if he didn't start worrying, he could go back to sleep.

He also had noted varying degrees of distress an hour or two after meals. His symptoms became so annoying that he finally went to his doctor.

When Mr. Rao had recited the story of his symptoms the doctor gave him a glass of something to drink, which turned out to be a dilute solution of hydrochloric acid; and the consequence of this was a sensation of gnawing pain not unlike what he had been experiencing in the middle of the night. After an X-ray examination the doctor informed Mr. Rao that he had a peptic ulcer.

Just why Mr. Rao had an ulcer, the doctor did not know. Nobody else knows, although the subject is one of the leading topics of medical speculation and research. And no wonder.

In most populations anywhere from five to ten per cent of the people have peptic ulcer some time during their lives. Annual surveys show that at any one time, between one and three per cent of the persons over twenty years of age are suffering from peptic ulcer in its active state.

The early morning "pick-me-up" cup of coffee may be detrimental to the health of patients subject to peptic ulcer.

This represents a colossal medical problem. Attempts to find a key to the problem have included all manner of medical, physiological, statistical, and social investigation. The greatest element of encouragement in the picture is the fact that even though the essential mystery regarding the cause of ulcer still remains, through practical experience certain rules of management have been found which, if followed, bring peptic ulcer under control in a majority of cases.

A peptic ulcer is a sore in the inner wall of the stomach or the intestinal tract. In a general way, peptic ulcers are identified according to the area of the digestive tract in which they happen to be located. Stomach ulcers are referred to as gastric ulcers. When the ulcers occur in that section of the small intestine nearest the stomach (called the duodenum because its extent is about twelve finger lengths), they are called duodenal ulcers; when they occur in the jejunum, or just beyond the duodenum, they are called jejunal ulcers. A peptic ulcer, therefore, may be a gastric, duodenal, or jejunal ulcer.

Many years ago when scientists first began investigating peptic ulcer they asked themselves certain fundamental questions. For example, if you masticate and swallow a piece of animal flesh, your digestive juices act upon it to bring about its disintegration, breaking it down for assimilation into the body. This process is digestion, which is one phase of the total process of the building up and wearing down of the body known as metabolism.

But the intestinal tract is also flesh. Then why, under normal circumstances, does it not digest itself? The general answer, which is not the same as the *specific answers*, was suggested by the French physiologist Claude Benard, who stated the famous principle that the health of the organism depends upon the constancy of the internal environment.

In other words, the digestive tract is normally a miracle of chemical equilibrium. Our digestive juices contain hydrochloric acid, yet if we should drink this acid in a sufficiently concentrated form, the result would be death. Normally gastric acidity is neutralized and inhibited by factors which keep it within a highly specific range of action. There is evidence that there are certain hormones which inhibit gastric acidity. The interior wall of the stomach is protected to some extent by mucus, which coats the interior surface continuously. The skin is more readily injured by gastric juice than the mucosa of the stomach; also the stomach is less susceptible than the upper area of the small intestine, which is not completely covered by mucus. Everywhere in the digestive tract the surface cells are being constantly and rapidly regenerated.

We find, therefore, that so long as this delicate internal balance is maintained the digestive tract will function without damage to itself. The stomach does not digest itself when circulation is normal, when the concentration of acid in the digestive juice does not exceed a certain limit, and when conditions are right for the constant regeneration of surface cells and secretion of mucus.

Likewise, the intestine will not digest itself when the blood supply is adequate, when the diluting and

Among the recognized causes of peptic ulcer are dietary excesses and deficiencies, and the use of alcohol and tobacco.

neutralization reactions are proper for the regeneration of cells.

It seems reasonable to conclude, therefore, that where there are peptic ulcers that refuse to heal there has been some upset of this delicate chemical balance. There have been many theories offered in explanation of the nature of this upset and what might cause it. Tight lacing; the ingestion of irritating condiments; dietary excesses or deficiencies; the use of alcohol, tobacco, or coffee; environmental factors making for exposure, fatigue, or prolonged nervous tension—these and many others have been discussed and investigated.

In experimental animals peptic ulcers have been induced by various methods, such as withholding certain vitamins from the diet; by a peculiar phenomenon known as the Shwartzman reaction, in which there is a local allergic response to reinfection by a disease from which the animal had previously recovered; by the introduction of certain drugs; by mechanical injury; and by other means.

Under ordinary circumstances, however, these peptic ulcers heal rapidly. It is possible that large numbers of people develop acute peptic ulcers from various unknown causes which never come to the attention of the doctor because they heal promptly. In other words, discussion of peptic ulcer as a health problem usually concerns *chronic* ulcer.

Medical science, therefore, is interested not only in the cause of the acute ulcer but the reason for its lapse into chronicity by failure to heal. It is in this latter aspect of the problem that medical science has made more progress than in the finding of the original cause. That is to say, even if the doctor does not know that certain habits of eating, drinking, or everyday living caused the ulcer, he knows that they will irritate it and delay recovery.

One aspect of the chemical imbalance accompanying peptic ulcer is increased gastric acidity. If the ulcer is to heal, every effort must be made to restore the internal environment of the digestive tract to normal. From a practical clinical viewpoint, the doctor has good reason to suspect that certain items such as alcoholic beverages, tobacco, coffee, and condiments tend to promote this imbalance in the patient with peptic ulcer.

Caffeine, for example, which is the narcotic constituent of coffee, may aggravate an existing ulcer as do alcohol, smoking, and dietary indiscretions. Experimentally, caffeine has been shown to cause ulcer in cats and guinea pigs and to stimulate acid secretion in most ulcer patients. In one series it either induced or intensified the distress in ten per cent of the patients. In the cat caffeine has been shown to produce changes in the blood vessels in the stomach wall similar to those produced from prolonged resentment, hostility, and anxiety, and apparently to make the gastric mucosa more susceptible to the kind of erosion that eventually results in ulcer formation.

In the case of Mr. Rao things went very well. For the first week he drank a glass of milk every two hours, and in the intervals took a medicinal preparation to counteract acidity.

The next week the pain receded, and at meal times he began taking such foods as eggs, curds, white bread, oatmeal, and rice. Though Mr. Rao enjoyed coffee he did not have to exert superhuman will power to leave it alone. By the third week he could take cooked fruits and vegetables without any distress, and in about three months he was back on a general diet, with symptoms entirely gone.

In some cases hospitalization during the early period of treatment is necessary, either because of the severity of the illness or because of questionable co-operativeness on the part of the patient. It is to be remembered that bleeding is a frequent complication of peptic ulcer, and sometimes hæmorrhage places a patient in acute peril. Obvious, therefore, is the desirability of prompt diagnosis, treatment, and proper living habits in order to stay well after the initial symptoms have disappeared.

It is an unfortunate fact that during the first six months after treatment many patients have recurrences, and that more than half have recurrences within five years.

The prevention of these recurrences depends both on proper medical care and on sincere co-operation on the part of the patient. Many peptic ulcer patients are high-tension individuals accustomed to living at a high emotional pitch. Although the role of emotional tension in the original cause of peptic ulcer has not been scientifically defined, the heightened recurrences during the air raids in London indicate that prolonged anxiety, tension, and fatigue are factors to be reckoned with. The individual must school himself to reduce this tension.

As for a diet, moderation is the watchword. The patient should avoid very hot or cold foods, or any which tend to be chemically irritating. The desirability of eliminating such gastric stimulants as alcohol and coffee needs no elaboration. Smoking is taboo. The patient should also report to his physician at once any distress or bleeding.

He should make every effort to avoid exposure and infections of the upper respiratory tract. Statistics show a definite seasonal character in peptic ulcer occurrence. It reaches a peak in December and falls lowest in August. This trend is similar to such infections as colds and pneumonia.

Altogether, the outlook for the peptic ulcer patient is encouraging. Though in some cases surgery is resorted to, and in those where treatment has been neglected by the patient or too long delayed the termination may be fatal, these are the exception rather than the rule.

Where the individual acts soon enough by placing himself under the care of a competent physician and follows the rules of good living, his life can be a long and useful one.

TEN Commandmen

"To FOLLOW Natural Laws Is to Ha

R. F. W

"WHAT shall it profit a man if he gain the whole world and lose his own health?" Life may hold many blessings for you; you may accumulate many material things; you may have many friends and possess much honour; but you cannot enjoy these blessings if you do not enjoy good health. Health is the most important earthly blessing you may possess.

For this reason you and I are interested in having good health. The question we so often ask is, "What must we do to have good health?" The answer is simply this: We must obey its laws. Our body is governed by laws just as our social and moral life is governed by laws. If we violate these laws, we will eventually pay the penalty in poor health. Every day my office—and every doctor's office, for that matter—is filled with many people whose complaints of tiredness, nervousness, aches, and pains are due, not to germs, tumours, and other organic conditions, but rather to the disobedience to the principles of healthful living. Most of the laws are very simple, in fact so simple that many people do not consider them important. I have grouped these laws into what I call the "Ten Commandments of Health."

1. CLEANLINESS:

Oldest among all the hygienic laws of mankind is the concept of cleanliness. Cleanness means not only cleanness of the surroundings of man, but cleanness of man himself. This means the application of plenty of soap and water to our surroundings and to ourselves. Germs are highly susceptible to the action of soap. The skin is no longer considered a protective covering only, but an organ of excretion as well. This means that the body is continually giving off waste materials. These waste materials must be removed frequently, or they will interfere with the functions of the skin.

A clean body necessitates clean clothes. At the University of Nebraska, U. S. A., experiments were conducted to determine bacterial count on clothing. The average germ count on an undershirt worn once was 400,000 per square inch, and 10,000,000 per square inch after the undershirt was worn six times. The shirt was then put through a modern laundry and the count showed 1,000 per square inch. Cleanliness also has a psychological value. Everyone knows the lift that comes after a bath and the putting on of clean clothes. Food is enjoyed more when served on immaculately clean plates and in well-kept surroundings.

Many of the common diseases, such as colds, coughs, and pneumonia, are carried by the hand-to-mouth route. Constant cleanliness should become second nature to man.

2. FRESH AIR AND SUNSHINE:

Fresh air, with its high oxygen content and its freedom from germs and dirt, has a stimulating effect on the blood and the body's cells. Good ventilation in the home, and especially in the bedroom at night, is important. Proper type of breathing is included under this heading. You have probably heard the old adage: "Ten deep breaths a day will keep tuberculosis away." I cannot vouch for the validity of that statement, but the correct type of deep breathing with occasional aeration of the remote parts of the lungs that are not usually expanded has a definite value to the health of the lungs and the body. Beware of continued rapid deep breathing, for this will cause the individual to become faint and dizzy.

Ancient tribes worshipped the sun as a god, for they knew of its life-giving properties. From old Sol radiated warmth and growth. Today its effects are realized as being none the less important to a healthful body. Sunshine is unsurpassed in its qualities of energization and rejuvenation, and in its stimulation of the antibacterial reactions of the body. Sunshine activates the growth vitamin, known as vitamin D, ensuring health to the bones and teeth. We should partake of its benefits as often as possible.

3. EXERCISE:

Motion is the first law of our being, essential to life and to body

# of HEALTH

ealth; to DISOBEY Is to Have Ill-health"

ON, M.D.

development. Systematic exercise increases the circulation, getting the blood away from the congested internal organs into the circulatory system and into the muscles and extremities. This increased circulation, along with muscular action, improves the nutrition of each body cell; it increases elimination of waste products, strengthens the heart, and stimulates the liver, spleen, and kidneys. It reduces the internal congestion of blood, aids digestion, and clears the mind. Systematic exercise is a must for everybody. This is done preferably out of doors.

People who lead sedentary lives frequently suffer from poor circulation. Play in the form of exercise is not a luxury but a necessity. Walking is the best exercise; there is no better remedy for tired nerves. If you have trouble sleeping at night, try taking a brisk walk before retiring. Walk until you are physically tired. Remember not to confuse nervous and mental fatigue with physical tiredness.

4. DIET:

Diet is an important commandment, and one that requires considerable knowledge and understanding to keep successfully. We are made of what we eat, and to a large extent the way we feel is directly proportionate to the way we eat. I shall briefly list some of the rules for good eating:

1. Cheerfulness at meals is necessary. Do not eat when angry or emotionally upset.
2. Do not eat too large a variety at any one meal.
3. Be careful of combinations of food. It is best not to eat fruit and vegetables at the same meal.
4. Chew your food thoroughly.
5. Eat regularly, usually three meals a day, and take no food between meals.
6. Beware of copious drinking at meals.
7. Be sure to obtain a balanced diet containing sufficient proteins, vitamins, and minerals.

5. REST:

Our bodies are complex chemical plants. During the active hours of work, play, and mental activity there is a chemical process going on, breaking down certain body constituents. Only during rest and sleep is the chemical process reversed and chemical elements are replaced in the body. Some people require more rest than others. Usually eight hours of sleep a night is sufficient for the average adult. In addition there should be periods of rest and relaxation.

6. POSTURE:

The body is a complicated mechanical structure, designed and built to conform to all the laws of physics. When the body is not held in the proper position, undue strain is placed on the muscles, tendons, and ligaments; the internal organs are cramped and compressed. This leads to tiredness, muscular tension, and backache. The cause of poor posture is not muscular weakness but the result of habitually standing and sitting incorrectly. To overcome poor posture, one must become posture-conscious, holding himself in an erect position and taking corrective exercises as necessary.

7. TEMPERANCE:

Temperance is moderation in the use of those things that are good and beneficial, and total abstinence from those things that are harmful. Too much of even a good thing is harmful; for example, apples and peaches are good for people, but the beneficial effects would be lost in eating too many of them at one time. Then there are those things which are not beneficial. Medical literature attests the harmful effects of tobacco on the heart, circulation, stomach, and lungs. Abstinence from the use of tobacco is advised by many doctors in diseases of these organs. The effects of alcohol on the mind and body are quite obvious to everyone. Stimulating drugs such as tea and coffee are better left alone.

(Continued on p. 18.)

LOVE Your WORK

L. E. EUBANKS

NOT long ago I was asked by a salesman's magazine editor to interview a particularly successful man. Among the fundamentals which he stressed in his advice to young people was, "Like it or quit it." He explained that he had failed in four lines of work before he took up salesmanship, and that the main reason had been lack of interest.

"You've got to put mind and heart into your work to succeed," he emphasized. "You'll never be more than half efficient in efforts for which you feel no enthusiasm."

Most other successful persons agree with that statement, too. Happiness is so dear to us all that its absence detracts from ability; to be happy in work is to do it well, and the well done job is legitimate cause for pride. Work, we have to remember, is a vital part of normal life, and the importance of our adjustment to it cannot be over-estimated.

All worth-while people of past and present have had their jobs. To live idly and without purpose is not only an imposition on society, but a self-inflicted wrong to that indolent individual. By all means, love work; it will sweeten, stabilize, glorify your life. Without it we are clods, little more than inanimate.

One has only to reflect on a situation of universal idleness to appreciate labour. If no one sought to improve self and environment; if there were no altruists, persons who earnestly work and pray for a better world; if every individual aimed only at soft living, what would we have?

With work such an essential element of human existence, you can be sure that there *is* a suitable activity for you. We must seek to find it. God meant for you, for me, for all, to have a constructive part in the world's work, great or small. There is bound to be a place for you, a job that you will like and will do better than you could do anything else.

Love Your Work

But it doesn't follow that you will love even the right occupation on the first day's acquaintance with it. Any work must be learned; don't be too quick with a negative decision. Application, real study of the work, best methods of performance, etc., are indispensable. When the job suits the man such application rapidly becomes a pleasure, a love; efficiency develops as a natural result; good work creates pride, and hope for still greater results—success is cumulative.

A young man of my acquaintance is now working in a laundry. I certainly agree with his insistent assertion that he is "cut out for bigger things"; but I'm sure he'll never find more suitable employment by spending all his leisure in lamentation. He's growing so bitter, so sorry for himself, that if the longed-for opportunity came he'd be in a very poor mental condition to do himself justice. Watching his ups and downs has impressed on me that being in the "wrong berth" is bad enough, but self-condemnation on that account makes matters far worse.

Be Enthusiastic

Equally important with love for your work is enthusiasm. As Ogden Amour said, "It is the dynamics of your personality." Without it, whatever abilities you may possess lie dormant, and it is safe to say that nearly every individual has more latent power than he ever learns to use. You may have knowledge, sound judgment, good reasoning faculties, but no one, not even yourself, will know it until you discover how to put your heart into thought and action.

More than a hundred years ago Ralph Waldo Emerson said: "Nothing great was ever achieved without enthusiasm," and the words are still true.

And another writer says, "The enthusiastic approach to life helps us to see new possibilities in our jobs, perhaps better ways of doing them. It gives new pleasure in living. It's a grand formula for success in any field. It eliminates monotony from routine tasks, puts sparkle into prosaic living, and 'pays off' both in friends and finances."

Yes, a wonderful thing indeed is enthusiasm. It is too often underrated as a useless display of feeling, lacking in real substantiality. That is a serious mistake. You can't go wrong in applying all the enthusiasm you can stir up. In the things it can accomplish, very few helps of any

Work is a vital part of normal life; adjust yourself properly to your work and you won't get the feeling that you are a slave.

Put enthusiasm and zeal into whatever job you have to do, and you are sure to be successful.

kind are at all comparable. It's a "miracle worker."

But there is no power in the world that can cut through a man's mental opposition, except persuasion, and persuasion is reason plus enthusiasm, with emphasis on the latter. Enthusiasm is the art of high persuasion. And did you ever stop to think that your progress in most endeavours is in proportion to your ability to move the minds of others? You have a good idea. Don't flatter yourself that other persons are going to accept it at once.

People always like us better for enthusiasm; and, equally important, we like them better; for it helps both sides to avoid that dull routine of mechanical existence. It could not be otherwise, for enthusiasm is fundamentally right, constructive. Put your soul into your work, and watch the marvellous results! People will believe in you just as they believe in electricity after getting in touch with a dynamo!

How to Cultivate Enthusiasm

Fortunately, enthusiasm is cultivable; if you have felt the lack of it, all you have to do is attune your mind to the beauties of Nature all around you. Doubtless this was man's first great enthusiasm—his delight in the discovery of the sun's light and warmth; the sweetness of gentle rain; the perfume of the rose —the countless blessings from God, and their incredibly perfect adaptation to man's needs.

Appreciation of His works cannot fail to infuse enthusiasm, the dynamic kind which makes us *crave* action in so grand a world, a part in making it an even better place to live. Such appreciation is latent in some of us, but it's always there. We must give it voice, build on it; for enthusiasm is inseparable from the full and purposeful life.

Because any sincere enthusiasm so quickly proves its value to health, happiness, and efficiency, few of us are so stupid as not to sense the wisdom of its use in all walks of life. You cannot resist the sincerely enthusiastic person, for you feel that he has a sort of special merit. For didn't the greatest of all Counsellors suggest that we be as little children in our honesty and faith? Yes, enthusiasm is childlike, simple, honest; and that's the reason we all should and can possess it.

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"God appointed labour as a blessing to man, to occupy his mind, to strengthen his body, and to develop his faculties. In mental and physical activity, Adam found one of the highest pleasures of his holy existence. . . . Those who regard work as a curse, attended though it be with weariness and pain, are cherishing an error. The rich often look down with contempt upon the working classes; but this is wholly at variance with God's purpose in creating man."

HURRAY, I CAN HEAR!

(Continued from p. 5.)

hard of hearing are available. They must begin by recognizing their problem and determining to do something about it. They must stop asking, "How can I get my hearing back?" and instead inquire, "How can I best use what I have left?"

The first step is to consult a reputable ear specialist, and then take his advice. This may be difficult, particularly if he tells the afflicted one that there is no medical treatment for his case.

The hard of hearing run in droves to anyone who promises a cure. Yet any reputable physician will tell them honestly that, for the most part, the oil that the quacks squirt up their noses, the air they blow through their tubes, the little massage machines, and other devices they affix to their ear drums are just so much expensive nonsense. In their frantic search for a cure, many are wasting money on fake remedies. Hearing can rarely be restored, but the hearing that one has left can often be used to remarkable advantage.

If the doctor tells the hard of hearing that there is no medical treatment for his case, he should begin immediately to study lip reading, and stick with it until he has become proficient. If a hearing aid is recommended, he should follow through with this advice.

MORE MEN THAN WOMEN

Seven times more men than women die of peptic ulcer yearly. This has been attributed by some physicians to the fact that men eat more irregularly, are heavier smokers, and live under more tension in their work. Worry, depression, irritating drugs, and unwise mixtures of food together with alcohol and tobacco, lead to ulcer flare-ups. Dr. Dennys A. Jennings has this to say about smoking: "It is one of the most dramatic things which one sees in medicine, when the patient who has refused to give up smoking for several years, and whose weight has fluctuated between 126 and 140 pounds gives abstinence a trial, puts on twenty pounds within a few months and at last loses his ulcer."

LADIES Nook

Curly Hair

One writer says: "It will be a great day when girls stop thinking they must have curly hair." Straight hair is attractive and almost original in these days of universal curls. If each woman would be herself and not a slave to fashion, stereotyped ways of doing the hair would disappear. Individuality is not outmoded and never will be. Braids are just as good today as they were ages ago. Do your hair the way you like it. Be sure it suits you and expresses your individuality.

Cool Drinks

There is nothing better than the earthen water pots for a cool drink during the hot weather and water taken freely is the best remedy for thirst. A great deal of water is lost from the body because of perspiration during this hot season, but if water is taken freely there will be no danger of exhaustion from the heat. Iced drinks are not so good for the health as ordinary water out of an earthen water jug.

Salads

During the hot weather green vegetables and fruits should form the major part of our food. Green vegetables and fruit contain essential vitamins and minerals, and gourds, pumpkin, and other vegetables should also have a large share in the menu. Chopped-up greens, grated raw carrots, turnips or beetroots, with a sprinkle of sugar and a squeeze of lime juice, make cooling delicious salads with or without salad cream. Try them and see.

Maxims

A wise Chinese emperor said: "If there is a man in my realm who does not work, or a woman who is idle, somebody must suffer cold or hunger in the empire." A Russian proverb says, "No man (or woman) can rise to honour cursed with a stiff backbone." John Pym, the Commonwealth man said, "I had rather suffer for speaking the truth than that the truth should suffer for want of my speaking." The first Napoleon said, "The great want of France is *Mothers*." "I was common clay till roses were planted in me," says an Indian proverb, and it is the duty of mothers to plant the roses of beautiful thoughts in the hearts of their children.

Peace

In the Sherwood Gardens in Maryland, U. S. A., there is a little sign tucked away in the midst of purple azaleas and glorious yellow tulips. It reads as follows:

"If you would have a mind of peace,
A heart that cannot harden,
Go find a door that opens wide
Upon a lovely garden."

The Daily Bath and Deodorants

Soap and perfumes may be used in and after the bath as well as powder and creams but there is no substitute for water in keeping oneself clean. As adults we develop body odours many times because of perspiration and ill-ventilated rooms, even though we take a bath every day. All well-groomed women use some kind of deodorant. There are many on the market and most of them are cheap as well as harmless. Perfumes and strong-smelling powder do not cover up body odours and intelligent women use them sparingly, if at all.

Book Friends

Nothing in the world equals a good book. "Reading has made many a girl a lady." "A good book is a friend we can turn to again and again." "Tell me what books you read and I will tell you what you are," has been said by one writer. Books on biography, travel, and history are so much better than mere fiction. Silly love stories turn the head of many a girl to day-dreaming and worthless ideas about sex and frivolity.

TEN COMMANDMENTS OF HEALTH

(Continued from p. 15.)

8. WATER:

Water is one of heaven's choicest blessings. It assists nature in combating diseases. Do you use enough externally every day? Do you drink enough—at least six to eight glasses daily? The best time to drink water freely is when the stomach is empty. Drinking at this time acts as an internal bath, as well as supplying the body's needs.

9. CLOTHING:

The importance of clean clothing has already been mentioned. From the health point of view it is more important to dress for the weather than it is to dress for "the new look." We should dress to protect ourselves from the elements; avoid chilling and getting wet. Keep the feet particularly guarded; wet feet are often the start of a cold. Clothing should not bind or constrict the circulation.

10. MENTAL ATTITUDE:

Today psychosomatic medicine is becoming paramount—*psyche*, the mind; *soma* the body. The effect of the mind on the body is now generally recognized and accepted. Solomon, the wisest man who ever lived, recognized this relationship when he said, "A merry heart doeth good like a medicine." The body likewise can affect the mind. The first nine commandments we have mentioned deal with the body. If these are broken, the mental attitude is likewise involved. It is a proved fact that if the mental attitude contains fear, hate, worry, remorse, or hostility, it will have a detrimental influence on the body. Health is dependent upon a well-balanced and well-integrated life, free from fear and remorse, hate and hostility—one that affords peace of mind and freedom from the pangs of a guilty conscience. The best formula for a healthy mental attitude is found in the sermon on the mount and in the philosophy of "Love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself."

In this philosophy you have a faith and a trust in a divine power, which is necessary to see you through life's complex problems. Also in this philosophy you lose the feelings of hate and hostility. In this philosophy you can live within your conscience. To lose oneself is to find oneself. The best cure for introspection and depression is in doing for others. The greatest joy and happiness in life are found in this fundamental principle. We must govern our lives on sound physical, mental, and spiritual principles—not on our feelings.

Each man makes his own shipwreck.

* * *

When saving for old age, be sure to lay up a few pleasant thoughts.

* * *

RECIPES

SWEDISH STEW

Quarter pound pearl barley; 2 onions; 1 head celery; 2 leeks; 1 carrot; 1 turnip; 1 small cabbage or cauliflower; 2 tablespoonfuls butter; salt to taste; 2 tablespoonfuls minced parsley.

Wash and soak the barley for twenty-four hours. Cook in pressure cooker in one quart of water for half an hour. Cut up the other ingredients and add to the barley and finish cooking. Season with salt and add the parsley before removing from stove. You will find this stew a very nourishing meal in itself.

German Lentil Stew

Half a pound red lentils (dal); 1 pint water; 1 lb. onions; 1 lb. tomatoes; 2 tablespoonfuls butter; salt to taste; ½ teaspoonful Vegex or Marmite.

Clean and wash the lentils and cook in boiling water until done. Slice the onions and fry in butter until a golden brown. Add the skinned and chopped tomatoes and cook for half an hour. Combine this with the lentils. Cook a little longer and serve hot. Boiled whole carrots and rice are good with this stew.

Spanish Rice

Two cups boiled rice; 6 tablespoonfuls grated cheese; 6 tomatoes, skinned and chopped; 2 tablespoonfuls grated onion; 2 cloves garlic, crushed (may be omitted); 1 small teaspoonful each of mixed mustard, curry powder, and chutney; salt to taste; 2 tablespoonfuls butter or ghee.

Melt the butter in a saucepan. Put in the onion, then the curry powder, and cook a minute or two. Add the tomatoes and other ingredients and cook. Lastly add the cooked rice, mix and heat well, keeping the rice as fluffy as possible. Serve very hot.

Beaten Biscuits

One pound flour; 2 oz. butter; 2 teaspoonfuls salt (level); cold water to make a stiff dough.

Mix the flour, salt, and butter well together and add enough cold water to make a very stiff dough, adding just a little water at a time. Knead the mass thoroughly on a clean floured board, then beat it with a mallet or a rolling pin, turning it over and over until it begins to blister and look light. When ready, pull off pieces, shape into rounds about a quarter of an inch thick and bake in moderate oven until golden brown. May be made thinner if desired.

Pineapple Delight

Half a cup tapioca flour; 1 pinch salt; 1½ cups diced pineapple, fresh or tinned; 2 cups water and pineapple juice; ¼ cup sugar.

Cook the tapioca flour in boiling water until clear and thick. Add the diced pineapple and juice of it with the sugar. Continue cooking and stirring a few minutes. Cool and serve with cream or custard sauce.

Custard Sauce

1 cup milk; 1 egg; few grains of salt; 1 tablespoonful cornflour; 1 tablespoonful sugar; ½ teaspoonful vanilla essence.

When the milk is boiling add the cornflour and sugar which have previously been mixed to a paste in a small quantity of water. Let boil well, stirring all the time. Remove from fire and add the well-beaten egg. Stir well and heat again if necessary. Cool a little and add essence and serve cold with any pudding.

Marzipan Fruits

One pound icing sugar; ½ lb. almonds, ground to a paste; whites of two eggs; 3 drops of red colouring; a few cloves; 1 teaspoonful orange-flower water.

Sift sugar and add to it the ground almonds and the orange-flower water. Mix thoroughly. Whip the whites of two perfectly fresh eggs to a stiff froth with a little pinch of salt. Add them to the almonds and sugar and beat with a small wooden spoon until perfectly blended. Leave the mixture until the next day. Divide the paste into pieces the size of walnuts. Form into shapes of apples, pears, cherries, plums or other fruit. For stems use narrow strips of angelica or the green stems of carrot ferns or parsley stalks. For ends use a clove, then dip a camel-hair brush in cochineal or carmine colouring and paint the "fruit" as desired. Apricots and peaches may be made by putting blanched almonds in the centres for kernels and using diluted saffron for painting them.

Marzipan Potatoes

These may be made by the above recipe. Make holes in them with the carving fork for "eyes" and roll them in cocoa or grated chocolate.

Peppermint Creams

One pound icing sugar; 1 raw egg white; 1 tablespoonful water; 6 drops peppermint oil.

Put the white of egg in a basin with the water and sifted sugar. Beat lightly. Stir the sugar until it forms a soft creamy paste. Dust a board with some of the sieved sugar and turn the paste on to it and leave it until perfectly cold. Dust a rolling pin with a little of the sugar and roll out to desired thickness. Cut into small rounds with a large thimble. Place on wax paper and leave in a cool place until perfectly dry.

DOCTOR SAYS

1. This question and answer service is free only to regular subscribers.

2. No attempt will be made to treat disease nor to take the place of a regular physician in caring for individual cases.

3. All questions must be addressed to The Doctor Says. Correspondence personally with the doctor is not available through this service.

4. Questions to which personal answers are desired must be accompanied by ADDRESSED AND STAMPED ENVELOPES. Answers cannot be expected under ONE MONTH.

5. Questions sent in on Post Cards will not receive attention.

6. Make questions short and to the point. Type them or write them very clearly.

7. Questions and answers will be published only if they are of such a nature as to be of general interest and without objection, but no names will be published. Address "The Doctor Says," Oriental Watchman and Herald of Health, P. O. Box 35, Poona 1.

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HOT URINATION: Ques.—"My urine is always hot and causes irritation in the urinary passage leading to frequent urination. Please suggest a remedy for this."

Ans.—The hot and irritating urine is probably due to crystals or gravel in the urine, or bacterial infection. You should have a specimen of urine examined to determine the nature of the irritant.

?

COVERING HEAD DURING SLEEP: Ques.—"Please inform me of the disadvantages of covering up the face and head with a blanket when asleep."

Ans.—The evil of covering the head and face while sleeping is that it prevents the lungs from receiving the amount of life-giving oxygen required for good health. One rebreathes the exhaled carbon dioxide which should be expelled and not breathed. Such practice has a strong tendency to produce tuberculosis of the lungs, and other toxic-born disorders. We require fresh air at night for health as well as during the day.

?

SPOTS BEFORE THE EYES: Ques.—"About ten months ago transparent spots began to be seen before my left eye, and as prior to the appearance of these spots I had studied for some important examinations I thought that after some rest the spots would disappear. This has not been the case and the spots are beginning to appear before the other eye also. My eyesight is perfect and I do not wear spectacles. Is there a remedy for this condition?"

Ans.—Moving spots and webs before the eyes may be due to indigestion, constipation, or kidney disease. Try going on a diet of fruit and milk only, for a week or fortnight and if the spots clear it indicates indigestion as the cause. If this does not clear the situation you should have an examination of your urine to determine whether there is kidney damage.

?

NON-GAS PRODUCING BREAKFAST: Ques.—"Please tell me of some good food combinations with milk or other food for breakfast which will not cause gas formation."

Ans.—Gas in the abdomen frequently results from such combinations of food as acid fruit and cereal or highly starchy food such as rice or bread. Milk with sugar or honey also tends to form gas. Milk without sugar taken with only fruit often gives good results. Another combination is protein such as either meat, or milk curds, or eggs with vegetables, taken without anything else. Either combination is worth a trial.

?

STAMMERING: Ques.—"I have been a stammerer for twelve years. Can you tell me of any natural remedy which will cure this trouble?"

Ans.—Stammering is always due to attempting to speak more rapidly than the individual speech capacity. The corrective measure is to restrict yourself to saying only three words, then rest and then continue by saying three more words. In this way you can gradually educate your capacity of speaking with little stammering. This will require patience and much restraint. However, it is the only method that produces progressive results.

?

DIABETES: Ques.—"My father had diabetes and now I find that I am developing all the symptoms of it. Please suggest some remedy for this complaint."

Ans.—Diabetes is a partial breakdown in the function of metabolizing or changing foods like rice, wheat, bread, and other starch and sugar-containing foods into energy and nourishment for body tissues. Gradually the alkalinity of the tissues is reduced. For this reason one must eat as much green leafy foods as possible so as to supply alkaline minerals to neutralize the excess acid tendency. A diabetic requires insulin daily, some need two injections daily and regularly depending upon the degree of blood sugar found by blood sugar examinations. It is not sufficient to take insulin only when you feel symptoms. You must take it daily to prevent symptoms of acidosis. This is the method which prevents serious complications. Have your doctor instruct you as to how many units you require and how much food by measure or weight you can take at each meal. This varies in individuals according to blood sugar findings.

?

METHOD OF MAKING YOGHURT: Ques.—"I would be very much obliged if you would let me know the method of preparing yoghurt."

Ans.—Milk curdled by the use of yoghurt tablets contains the baccillus bulgaricus—an antagonist to the germs of putrefaction. These tablets can be bought at the chemists. In the preparation of yoghurt first be certain that the jar in which the yoghurt is to be made (also any other utensils used in mixing the milk) is perfectly clean. That is, washed in soap and water and scalded with boiling water. To make the "starter" for the yoghurt, heat a cup of fresh milk to boiling point and then cool until lukewarm. Dissolve the yoghurt tablets in this milk, mix well, cover, and keep in a warm place until the milk thickens. This takes about twelve hours. Cool the thickened milk and set it aside in a cold place for another twelve hours and the starter is ready. Now sterilize or pasteurize one quart (four large cups) of fresh milk and allow it to cool to lukewarm. Add one half of the cup of starter, first beating the starter to make it smooth. Mix well and pour into the clean jar, cover with a thin cloth and set aside until the milk is thick, which takes about six hours in warm weather but longer in cold weather. Stir up this yoghurt well and serve with a little cream if desired. The remainder of the first starter is not good to drink and need not be saved, but reserve half a cup of the fresh thick yoghurt each day to be used as a starter for the fresh milk you wish to make into yoghurt the next day. Yoghurt should be made fresh each day or it gets acid. Add less starter as the yoghurt goes on if it seems very acid.

?

HERNIA: Ques.—"I am suffering from hernia but the doctor has advised against an operation. Please inform me what to do in view of this advice."

Ans.—If surgery is not advisable then the only alternative is a very well fitted support. This must then be worn at all times when not lying down, and should be put on always in a lying down position.

?

INDIGESTION; PROTEINS: Ques. "(1) I suffer from indigestion quite often and would like to know what to do to correct this disorder. (2) What

is the best protein food for a vegetarian? Is banana a protein food?"

Ans.—(1) For indigestion the first requisite is a simple plain diet, such as milk, curds of milk, freshly ground wheat bread, fresh butter (not ghee), soft fresh fruit, and steamed vegetables. No food cooked in oils or fats. As an aid to digestion use Caroid tablets, or liquid Taka Diastase after meals. (2) Banana is not a protein but a combination of starch and fruit sugar. It is a very good fruit. The best protein for a vegetarian is milk curds, soy beans, and nuts.

?

PEELING OF FRUIT: Ques.—"Some people say one should remove the skin of an apple before eating it but that the skin of a pear should not be removed. What is the reason for this?"

Ans.—Fruits such as apples and pears are best eaten without peeling for the reason that important elements are associated with the skin, which are lost when one discards the peel or skin. However, such fruit should first be well scrubbed to remove soil infection and the poisonous oily spray residue which clings to the outer covering of the fruit.

?

HEADACHE AT NIGHT: Ques.—"Once or twice a month I am attacked by a severe headache at night. I am free from it when I wake up in the morning. Can you suggest a remedy for this?"

Ans.—Without knowing more of your background, history, blood pressure, urine analysis, I am only groping in the dark for a cause. However, these headaches could be due to indigestion resulting from heavy meals late at night. For two weeks try taking nothing for your last meal at night except milk and fruit. You may eat as much of this as you want but nothing else. If the headache improves you will know it is due to the type of food you eat at night.

?

FATS AND CARBOHYDRATES: Ques.—"Please let me know if the following ideas I have regarding fats and carbohydrates are correct: Fats are not absorbed by the system in the absence of carbohydrates. Fats assimilated by the body may not be burned in the absence of carbohydrates in the diet. I heard over the radio that the ratio of proteins, fats, and carbohydrates ingested should be in the near ratio of 1. 2. 4. If this is correct then should one maintain this ratio at each meal or over a certain period—say a day or so? Please clarify these points, for which I shall be very grateful."

Ans.—Fats burn very slowly in the body, therefore they require the faster

(Continued on p. 24.)

Our Kiddie's Corner

KAMALA and the INVISIBLE BALOONS

NELLIE M. STEWART

KAMALA came into the sitting room and saw her baby sister Rani sitting on the carpet. Rani had Kamala's crayons and was carefully breaking them into small pieces. Of course Rani didn't know any better, but Kamala didn't remember that. She ran to Rani and cried, "Oh, Rani! You are a bad, bad baby! Why don't you leave my things alone? Now I don't like you any more!"

Rani, who had been having such a good time, looked at Kamala and began to cry. Their mother came into the room. She was tired. When she saw Rani crying she said, "Kamala, why did you make the baby cry? She has been fretful all day. She is cutting some new teeth and they hurt and she is a little feverish. I wish you would be nicer to her!"

By the time father came home from work everyone was cross. Father said, "I suppose this has been a hard day for you, Mother, but I wish you could get a little rest during the day so you would be more cheerful in the evening."

And somehow it was all because Kamala had made the baby cry.

When Kamala helped Mother to put the baby to bed that evening, she was thinking. She said, "Mother, what should a person do when someone else does something she doesn't like? I always lose my temper and say things quickly that I am sorry for later."

"The best thing is to say nothing for a moment, but to try to hold to some good thought until you get control of your feelings," her mother said. "Words are like balloons. As long as you have hold of the string, and they stay where you can do what you wish with them, you can enjoy them. The minute you let go of the string, they fly away."

"I did that once," Kamala said. "I had a pretty balloon. It was like a ball of bright sunlight. I let it slip out of my hand, though, and it went away up into the sky. I wonder how far up a balloon will go?"

"I suppose no one really knows," Mother said. "Words are like that, too. When they get away from you they can go so far away that you do not believe they are your words when you hear them again. It is much better to keep hold of the strings on your words and not let them get away."

Kamala thought about that. Balloons, in the hand, are lovely. Red and blue and green and yellow, they are round balls of bright colour that bounce about in the air. As long as you can control them, you can enjoy them and get some value from them.

"I shall control my words, too," thought Kamala. "I shall think of them as balloons. They are mine and I hold the strings to them. I must be careful and not let them get away from me. Then they cannot cause anyone unhappiness."

Later that night Kamala's father came to her bedroom to say goodnight. "You look very happy tonight, dear," he said.

"I am happy," Kamala replied. "What makes you so happy?"

"Because I have solved a problem," Kamala said. "I have found an answer to something that troubled me. You will think this is very queer," added Kamala, "but from now on I will walk around with a lovely bunch of bright balloons in my hand all the time. Only no one except myself will know they are there."

"How interesting," laughed her father. He thought it was a joke of some sort, but Kamala knew it wasn't a joke. All her invisible balloons were words, and she meant to hang on to them until she was sure she wanted to let them go.

LAZY TIGER

M. G. BELLEINE

TIGER was a beautifully marked tabby cat, not at all tiger-like by nature, being gentle and affectionate. A good feed, a soft bed, and the love of the family with whom he lived, was all he asked from life. He was full-grown, but had never caught a mouse.

"Live and let live," seemed to be his motto. The mice knew they could run around the kitchen at night, even if Tiger slept with one eye open, and come to no harm.

Early one morning, Tiger was aroused from his smug content by hearing his name mentioned, and not at all in his master's usually kind tone. "Just look," his master was say-

ing, "Mice have nibbled my papers. Tiger is not worth his keep."

"He really is a lazy cat," replied Mistress, "not a bit of use for catching mice."

"We *must* have a cat to catch them," said Master, "and although we are all fond of Tiger, we had better part with him."

Tiger felt very unhappy. He loved his home and all in it, but he did not want to catch mice. He never felt lively enough to bother. He just wanted to be a petted, lazy cat. Sadly he walked into the garden, and sat down to think over the words his master had spoken.

Presently, Flossie the little grey-and-white cat from next door came and sat on the wall. She and Tiger had played together as kittens and were still very good friends, although Tiger did not trouble to play now that he was grown up and plump. As he watched Flossie sitting in the sunshine, he had a bright idea which he intended to carry out if possible. Flossie had a very good reputation, for she was the best mouser in the street.

Jumping on to the wall beside her, Tiger told her his master's words of that morning.

"It will be horrid to see a strange cat next door," sighed Flossie, washing one ear carefully.

"If you help me," purred Tiger, "that will not happen." Tiger then told her his plans.

As soon as it was dark she was to slip into his house unseen and hide under the kitchen meat safe. Tiger would see that she had a *good* supper, in fact he would allow her to drink *all* his milk and go without any himself, if only she would do as he asked her.

"Besides," he purred, "think of the sport you will have!"

Thus it came about, that early next morning, Tiger sat gazing with wonder on a row of dead mice, while Flossie crept unseen from the kitchen.

"Just look!" exclaimed Tiger's mistress in a pleased voice, "Come here all of you, and see what our clever Tiger has been doing; he *is* a mouser after all, and we shall not think of parting with him now."

This pleased Tiger very much, but he felt just a little ashamed to take unearned praise. That night, he made up his mind he would be lazy no longer, but would try to follow Flossie's example, and gain a good name honestly. So well has he succeeded, that not even a baby mouse dare venture anywhere near the house in which Tiger lives.

DOCTOR SAYS

(Continued from p. 21.)

burning carbohydrates for perfect oxidation. Otherwise the fats are only imperfectly oxidized and give rise to trouble. It is not good, however, to cook carbohydrates in hot fats as the fats then prevent the carbohydrates from being properly digested and oxidized. The proportions of 1. 2. 4. as of proteins, fats, and carbohydrates is a good ratio. However, one must make certain of providing complete proteins. The fat should be in the form of fresh butter, not substitutes, and carbohydrates must consist of ample supplies of raw fruits, vegetables, and freshly ground whole grain for bread. I suggest that you read McCarrison's little book entitled "Food."

?

ENLARGED ABDOMEN AFTER CHILDBIRTH; FALLING HAIR GROWTH: Ques.—"(1) My wife's abdomen has not reduced after childbirth even though the child is now two months old. Please suggest what she should do to return to her normal size. (2) I have no growth of hair on my right cheek. Please let me know of something I can apply to make the hair grow."

Ans.—(1) You have not mentioned how many children your wife has had. Frequent pregnancies do not give the muscles time to recover. Accumulated fatty tissue is also another cause for failure of muscular recovery. Diet control to avoid overweight will help greatly. Exercise to develop abdominal muscles will definitely aid. (2) Areas of failing hair growth are frequently the result of previous skin infection as in sycosis or a chronic seborrhoic dermatitis. Treatment must be under capable supervision.

?

IRREGULAR TEETH. Ques.—"In a child of eight years of age, the two lateral incisors have appeared immediately behind their normal positions in the lower jaw, and this looks very unsightly. Is there any treatment for this deformity? The child is otherwise healthy and takes plenty of milk."

Ans.—This condition requires the service of a specialist who has appliances for gradually spreading the teeth and bringing them all into alignment. This should be done before the child is any older.

?

EXCESS OF VITAMINS: Ques.—"I should like to know whether one can get too much of one certain vitamin. I am taking a medicine that contains the daily requirement of vitamin B_1; also I have been taking vitamin tablets containing full amounts of all vitamins. Am I getting too much of vitamin B_1?"

Ans.—We would not feel particularly fearful of taking too much of the vitamins. When the natural needs of the body are supplied, it is believed that any excess is thrown off or destroyed. The excessive use of Vitamin D may not be best during pregnancy.

?

MITRAL REGURGITATION: Ques.—"My wife was very ill after childbirth and the doctor diagnosed her trouble as mitral regurgitation. She is still an invalid. What medications and treatment should she have?"

Ans.—There are four heart chambers and four sets of valves. In mitral regurgitation there is defective closure of these valves resulting in blood leaking back into the heart chamber and resulting in defective circulation. This is indicated by the swelling, or fluid lodging in the tissues. Only the doctor who frequently examines the patient can determine the dose of digotoxin and length of time it should be taken.

?

ARRESTED TUBERCULOSIS: Ques.—"What programme should a person follow who has once had tuberculosis? Should he live by the sea, and do exercise to increase his lung capacity? How can he improve his memory? May he follow the teaching profession if he takes a considerable amount of holidays?"

Ans.—A person with arrested tuberculosis and who still has congested lungs should avoid strenuous exertion. In such a condition, emphasis is always

on rest and a good diet, including milk, fresh butter, milk curds, eggs, whole cereal, fresh fruit and vegetables. Teaching may be all right with so many holidays. Where you live is not so important as is rest, fresh air, good food, and a happy mental attitude. Do not try increasing lung capacity by extra effort. Memory is increased by mental exercise.

?

TRAVEL SICKNESS: Ques.—"There are many people who cannot travel the winding roads up to the hill stations without sickness and vomiting. Is this due to billiousness? I would be thankful if you could advise how this discomfort could be prevented—at least while travelling."

Ans.—Travel sickness is not necessarily due to biliousness but is due to the visual and circulatory effect of the rapidly turning and twisting road, or the unbalanced visual image produced by the confused picture of changing scenes. There is no permanent cure, but a very good palliative tablet to relieve the distress. The name is "Dramamine." The usual dose is one tablet twice daily.

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DON'T THROW AWAY THE BEST

(Continued from p. 9.)

a slow oven and bake till golden brown. It can then be used as delicious, crunchy crispbread, or ground into frying crumbs.

We cannot cover the whole range of fruits and vegetables in a short statement like this, but the underlying principle can be applied to the preparation of all food. Don't waste it. Don't give the best to the animals. In fact, get out of your food as much of its value for yourself as you can. Remember one or two important points:

1. Cook your food, don't murder it. Vegetables cooked till just tender are fit to eat. Cooked till mushy, they are not!

2. Cook them in little water, and don't throw away the liquor—use it for soups and gravies.

3. Find out how long each article takes to just cook, and so have them all ready to serve at the same time.

4. Place almost all vegetables in *boiling* salted water. Keep the lid on tight and cook quickly.

These are demonstrable and amply proven methods of preserving the best in foods. I wonder how many people will read this, believe it, act upon it, and thus ensure that for the future their own food expenses will be less, their health improved, and their garbage-bucket less generously filled.

Protect your baby's FUTURE—in his FIRST year of life!

Serious diseases often strike *early*. Through *immunization*, your doctor can safeguard your baby.

Your Baby's "First Year"

INOCULATION SCHEDULE

Whooping Cough—Begin inoculations at 3 months.

Smallpox—Inoculation at 6 months or earlier. Repeat upon entering school.

Diphtheria—Inoculation at from 3 to 6 months; repeat at 18 to 24 months; again upon entering school; again at 12 years.

Note: Your doctor may also advise TETANUS immunization for your baby—often given with diphtheria and whooping cough inoculations as a single injection.

Important! Keep this time-chart as guide to your baby's immunization needs! Don't trust your memory!

Preventive inoculations will protect your child in babyhood—and all through school years!

WHY your baby should be immunized in his very first year.

When your baby is born, he has a natural but temporary immunity to certain infectious diseases. This immunity *soon wears off*—leaving your baby an easy victim of serious disease germs. During his first year, your baby cannot build up *new* immunity to these diseases *himself*—but your *doctor can safeguard him* through proper inoculations. So don't wait until he is older! Protect your child when he needs it most. Play safe and see your doctor about immunizing him *as soon as he's 3 months old!*

WHAT diseases your baby should be immunized against.

Whooping cough, smallpox, diphtheria—these are three dread diseases *especially* dangerous in infancy and childhood. Highly contagious, they strike quickly, *can be fatal*. But if your baby has been given *beforehand immunization*, he will be able to resist these diseases—even if exposed to them. Immunization is the quickest way, the surest way of safeguarding your child's future. So consult your doctor about it *early*. You owe it to your baby to provide him with this protection! Don't delay.

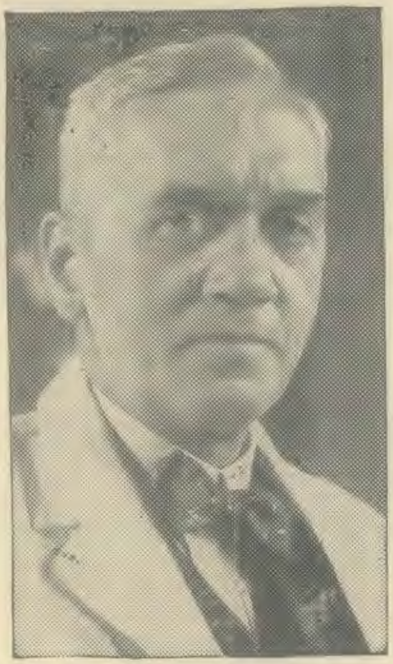
HOW early immunization helps insure your baby's life.

By *preventing* these infectious diseases, immunization has cut down deaths from whooping cough, smallpox, diphtheria, to a tremendously encouraging degree. Within the last generation, it has reduced baby deaths from these diseases by nearly 50%—epidemics are fewer, less serious than ever before. But don't wait until epidemics threaten—or until your child reaches school age—to have him immunized. *Your doctor will tell you—the importance of early immunization cannot be overemphasized!*

SARABHAI CHEMICALS
Baroda

E·R·SQUIBB & SONS
New York

This is one of a series of articles on basic health problems brought to you by Sarabhai and Squibb, showing you how faithful co-operation with your doctor can safeguard your well-being. Sarabhai Chemicals of Baroda now join with Squibb in making available to your doctor medicines of the highest quality, in accordance with Squibb's world-renowned standards.

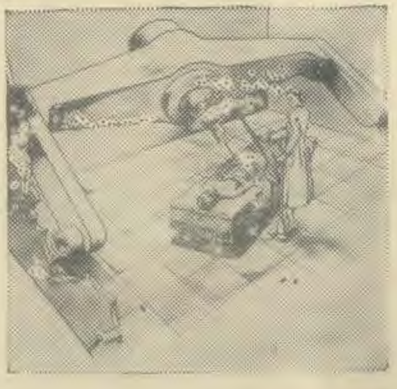


INDIA HONOURS DISCOVERER OF PENICILLIN

Sir Alexander Fleming, the well-known British scientist who discovered Penicillin, has just been elected an Honorary Fellow of the National Institute of Sciences in India. Fleming was elected F. R. S. in 1943, was made an honorary member of the New York Academy of Science, and was knighted in 1944. Created Nobel Laureate in Medicine in 1945, he presided over the work of the Inter-American Medical Congress at Rio de Janeiro in September, 1946.

OVERSEAS GIRLS LEARN NURSING

Girls from Spain, Ireland, the Russian Zone of Germany, Poland, and Jamaica are among those learning to be nurses at the City Hospital Training School, St. Albans, England. Picture shows: Senior Nurse Agnes Mooney from Ireland instructing a class in the care of a "patient" (a life-like dummy). Ena Cooper, seen behind bed, comes from Jamaica while the others come from Hatfield, Walthamstow, Watford, and Ireland.



NEW SUPER X-RAY MACHINES FOR CANCER TREATMENT

Resources under the National Health Service for the treatment of cancer and other diseases, will be considerably strengthened when five super-voltage X-ray therapy machines of new design become available for use in the United Kingdom. The machines, of all-British design, craftsmanship and materials will be capable of producing the effect of four million volt X-rays. They are known as Linear Accelerators. This sketch is the Metropolitan-Vickers conception of what one of the Linear Accelerators will look like.

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ORIENTAL WATCHMAN

MAY SUPPLEMENT 1951

SCIENCE and FAITH AGREE

W. M. R. SCRAGG

WELL do I remember a conversation with an old gentleman while travelling by train along the main trunk line of North New Zealand. That was the time when evolution was receiving much publicity in the newspapers throughout the world. William Jennings Bryan and solicitor Clarence Darrow in the United States of America were delivering each other blow for blow, Bryan fighting for the faith of the Bible and Darrow for the teachings of Darwinism, that biologically man was the product of evolution over the period of untold millenniums, evolving from a cell to a full grown man.

It is not too much to state that while Christianity is suffering from the impact of infidelity caused by the speculative theories of biological evolution, this impact could not have such a faith-destroying influence if it were not enhanced by the doubt of the common man of the street.

Of these days Jesus said, "When the Son of man cometh, shall He find faith on the earth?" Luke 18:8. Whether that faith refers to the faith of the importunate woman, or to our own faith, matters not. The fact is that the tree of faith has had many of its roots slashed and thus its green growth has withered into decay. It has an outer shell which looks alive, but inwardly the rot of unbelief is eating away the heart. Storms are coming. Will the tree weather the onslaught of those winds?

The vision of that old man rises before me now after twenty-two years. I handed him to read a magazine with a picture on the front page representing a monkey tearing up a Bible under the caption, "Does Evolution Monkey with the Bible?" He took the magazine and in noticing the picture remarked, "Oh, evolution! Do you believe in evolution?" I remarked that I believed the Bible. He replied in these words, "What, young man, you believe the Bible! Why do you believe the Bible?" "Because the Bible is true where it speaks on science," I replied. He was quick to ejaculate, "Wherein?" I repeated a text. "But," said he, "that is not in the Bible. I know it is not, because I was a preacher for over thirty years and I know that statement is not in the Bible."

I just had to convince him by taking out the Book itself and turning to Job 38:31, 32 and reading it: "Canst thou bind the sweet influences of Pleiades, or loose the bands of Orion? Canst thou bring forth Mazzaroth in his season? or canst thou guide Arcturus with his sons?" He said he did not know that that was in the Bible. Orion, the Pleides, Mazzaroth, and Arcturus spoken of in the Bible! Yes, and placed in the setting of great questions. "Canst thou guide Arcturus with his sons?" Why Arcturus? Obviously, because it is one of the fastest moving bodies in the heavens, travelling at the tremendous speed of 257 miles a second. And for thousands of years this side of when the Book of Job was written the scientists had listed Arcturus and such stars as fixed in the heavens. The Bible therefore beat the scientists of the world to the knowledge that such stars were moving. In fact, Inspiration selected the fastest of them all to challenge Job.

I then turned him to Job 38:12-14 and showed that the rotation of the earth was thereby declared. "Hast thou commanded the morning since thy days; and caused the day-spring to know his place; that it might take hold of the ends 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." Then to Job 26:7 which declares the earth to be suspended on nothing, thus proving gravity. "He stretcheth out the north over the empty place, and hangeth the earth upon nothing." To Isaiah 40:22, which speaks of the circle of the earth, proving the earth was round: "It is He that sitteth upon the circle of the earth, and the inhabitants thereof are as grasshoppers; that stretcheth out the heavens as a curtain, and spreadeth them out as a tent to dwell in."

That old man was eighty years of age and had studied for four years in the same college as that wherein Charles Darwin had studied, and he was proud of it. But he had lost his faith, poor old man. For years he had not preached. After a thoughtful moment he reached his hand across and gripped my knee, and with gathering emotion exclaimed, "Young man, I would give anything to get back my old faith. Anything!"

Another experience I had was with a young astronomer at Hawera, New Zealand. He had a five-inch telescope. One night when Mars was nearest to the earth in the roll of its orbit, I had the pleasure of gazing at the planet and viewing its poles and its lines. We also saw Jupiter and his moons that night. After a very interesting hour he invited me into his

sitting-room, and there he told me that he was about to hand in his resignation from membership in his church because he felt that modern astronomy had proved the Bible to be unscientific. We had a good chat on Bible astronomy. He, too, knew nothing about it. When I arose to leave, he made this remark, "I am glad you came along tonight. I shall not hand in my resignation."

So many people feel that the plan of salvation promises impossible things. The resurrection for instance. Many say that man dies as a dog does.

Well, 513 persons witnessed to the resurrection of Jesus that it was a thrilling fact. It was no ghost story or illusion. In the space of a century or so, those 513 convinced a world, ruled by the Roman empire, of the resurrection. The Athenians scoffed at Paul when he declared the resurrection. However, soon afterwards, they were believers. And it was the resurrection that constituted a large part of the good news preached by the apostles. There must have been something sincere and convincing in the testimony of those who witnessed the resurrection.

It is true that many doubt the miracles of the Old Testament. However, there is not a miracle in the Old Testament that measures with the resurrection of Jesus, or with that of Lazarus, and Jairus' daughter. The only miracle that could measure with them in the Old Testament, is the creation of man.

Yet the Psalmist declared, "When I consider Thy heavens, the work of Thy fingers, the moon and the stars, which Thou hast ordained; what is man, that Thou art mindful of him? and the son of man, that Thou visitest him?" True, man is the greatest among all living creatures as the sun is greatest in our solar system. But what is man compared with our sun that has a diameter of 864,000 miles? So large is the sun that if it were hollowed out and left with a shell 100,000 miles thick there would be room enough for our earth in its centre and the moon 240,000 miles from it revolving on its course, and there would still be 100,000 miles between the moon and the sun's crust in the inside. That is just the sun. Think of Vega with a diameter over thirty times the sun's diameter!

Yes, man is, as one has said, merely "a speck of dust on a grain of sand lost in the immensity of space." His creation does not measure with the creation of the bodies of the universe. We are so small.

Part of the elaborate atom-smashing equipment at the research laboratories of the Westinghouse Electric and Manufacturing Company.

And Paul, writing in Hebrews 11: 3, declared all came from things which do not appear. "Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear." And that is just what Moses wrote in Genesis 1:1. "In the beginning God created the heaven and the earth." The word translated "created" here is from the Hebrew word *bara* and means that the world was created, brought forth from nothing.

The universe with its millions of suns, worlds, planets, satellites, and asteroids and us too, is all here. In the first place matter must have come from nothing.

Jesus said, "All things are possible with God." And He proved it too. He healed the sick, caused the lame to walk, raised the dead, stilled the storms, and worked many miracles of wonder. And His testimony is true. Miracles are the science of His power, the joint product of the Father and Son. "My Father worketh hitherto, and I work," Jesus said.

(Continued on p. 4.)

THE VOICE OF THE FOSSILS

CLIFFORD L. BURDICK

THE fossils are called upon to carry a heavy load of responsibility. They are appealed to as the highest court in the world by the scientists seeking to prove their case for evolution; they are appealed to by scientists who do not accept that generalization. These remains of the life of an ancient world stand in the midst of a great battleground.

The theory of evolution is generally accepted today among scientists. The great enthusiasm over Darwin arose from the belief that he had discovered the "mechanism" of evolution, which he called "natural selection." Many scientists today reject his explanation, but retain their belief that evolution actually did take place. When asked for proof, they list many lines of evidence, such as comparative anatomy and embryology, but most evolutionists who are the least bit conservative will admit that all such "proofs" come under the category of interesting analogies, rather than under watertight evidence.

For "proof positive," scientists who believe in evolution fall back on geology and paleontology, the testimony of the strata and the fossils. If proofs are lacking here, then belief in the theory must be maintained by sheer faith—with no less credulity than is exercised by those who have faith in God the "assurance of things hoped for, a conviction of things not seen." Hebrews 11:1, A. R. V.

Charles Darwin.

Charles Darwin devoted four chapters in his book, *The Origin of Species*, to paleontology, and made it clear that he placed entire dependence upon the fossils and geology to change his doctrine of evolution from an abstract hypothesis to a concrete fact. He was, however, frank enough to admit that the most serious objection to his theory was the number of "missing links"—not merely the missing link between man and the lower animals, but the links between all the great orders of creatures and plants. To clinch the case for evolution, the paleontologist should be able to produce a finely graduated transition of fossils from the simple trilobites up through the cordates, the birds, the mammals, to man. But to date the gulfs are as unbridged in the fossil world as in the living one.

To quote from Darwin himself, "Geology assuredly does not reveal any such finely graduated organic chain; and this perhaps is the most obvious and serious objection which can be urged against the theory (of natural selection). The explanation lies, as I believe, in the extreme imperfection of the geological record."

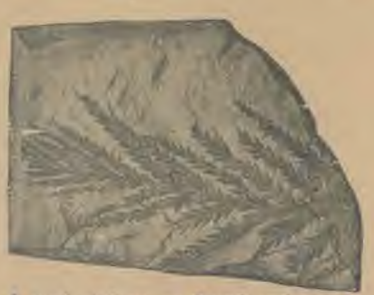
Huxley, the pupil of Darwin, admitted that the evidence of change or transition in the fossil world is remarkably small. "In view of the immense diversity of known animal and vegetable forms, and the enormous lapse of time indicated by the accumulation of fossiliferous strata, the only circumstance to be wondered at is, *not* that the changes of life, as exhibited by positive evidence, have been so great, but that they have been so small."

Since their day, there has been a vast accumulation of fossils; but, strange to relate, the gaps between orders or kinds are as pronounced as before. As Louis T. Moore, in *The Dogma of Evolution*, sums up the situation, "It is equally safe to say that it will always be thus incomplete; that lacking this concrete presentment of the structure of our ancestors, *evolution must continue to be a faith, or deductive hypothesis.* Page 118.

The recapitulation theory assumes that a mammal, for instance, in its embryonic development from the one-cell stage, enacts a swift recapitulation of the history of the evolution of all life on earth, starting with simple one-celled creatures. But where among the fossils do we find such evidence? The Cambrian or early Paleozoic rocks are the first in which well-recognizable fossils are found, and about the simplest fossils we find there are the trilobites. Where are the missing links between the trilobites and the one-celled animals? Must we supply them by pure conjecture, faith, or imagination?

The distinction between fossil types is almost as clear-cut as between living ones, and if this be so, where, may we well ask, is the evidence for evolution among the fossils? It used to be assumed that fossil plants and animals belonged to separate orders. Huxley summed it up thus: "There are two hundred known orders of plants; of these not one is certainly known to exist exclusively in the fossil state. The whole lapse of geological time has as yet yielded not a single new ordinal type of vegetable structure. . . . No fossil animal is so distinct from those now living as to require to be arranged even in a separate class from those which contain existing forms."

If the fossil world had the same clear-cut distinctions that we have today between kinds or orders or



A perfect fern, as found embedded in a layer of coal.

classes, wherein do the fossils teach us any evolution, or the succession of life in the geologic ages? If they teach anything at all they tell us that the Creator commanded life on earth to bring forth after its kind.

It was formerly believed that the metasequoia, found in Alaska in fossil form, was an extinct species, but now it has been found growing in certain parts of China.

In the animal kingdom, a five-foot fish was recently caught, a modern coelacanth (Latimeria chalumnai) that was supposed to have become extinct sixty million years ago. It was anciently the "macropoma," a Cretaceous fossil, contemporaneous with the dinosaurs. No wonder that Edwin H. Colbert, assistant curator for paleontology of the American Museum of Natural History in New York City, called this discovery no less startling than if a man came face to face in the jungle with a live dinosaur. This fish belonged to a special sub-class that was supposed to have been the ancestor of the first land creatures, the amphibians, who were in turn the forerunners of the reptiles, the mammals, and of man himself. New discoveries are slowly demonstrating that modern life is not so different from ancient or fossil life. Where do we find any evolution in the geologic ages?

The differences are not so much related to time as they are to geographical distribution governed by such special environments as heat, humidity, and elevation. If that be true, then a very ancient Paleozoic fauna or flora in one part of the world could be contemporary as to age with a more modern Cretaceous or Tertiary form in some other part. In fact, some good geologists now admit that all that can be proved from the fossils is the local order of life.

Much is made of mutations and variations seen today, especially among the domesticated animals, but this is not evolution in the broad sense. The Creator evidently endowed life with a certain flexibility within well-defined limits, or "kinds," as though He had said, "Thus far shalt thou go." At one point the pendulum swings rapidly, but as it approaches its limit fixed by gravity, the motion slows down and stops, then starts to swing back. The variations we see in the domestic animal world are due to artificial selection. If left to themselves they swing back to type. Geology has yet to upset this fundamental principle.

When Silurian, or very early, vertebrates appeared, they did so without any transitional forms having been preserved. Land locomotion in animals appeared suddenly, and the appearance of the feathered birds has admittedly been a puzzle to scientists. Bateson admits that the sudden appearance of angiosperms among plants is still unsolved. As for the more recent placental mammals, geologists declare that their origin is one of the great outstanding problems of paleontology.

But the real "Exhibit A" on which scientists rely with greatest assurance to prove their case for evolution, is the claim that in undisturbed fossiliferous strata, where different types of fossils are found, the so-called earlier or simple forms are always found in the lower strata, because they were laid down first when life had not evolved as far as later. For example, as stated, ocean tribolites were a simple form of life found in the supposed lower strata like the Cambrian. The Mesozoic or middle ages, geologically speaking, contained reptiles, and the recent strata contained mammals.

We see charts of this ideal succession of life in the geologic ages in almost any text-book on the subject, and the uninitiated are liable to get the impression that this is the way the fossils are always found. He would expect to be able to go out fossil hunting, where fossiliferous strata are well exposed, and find a graduated series of fossils in perfect evolutionary sequence all the way from the bottom of the series to the top. What a shock when, if lucky, he may find two or possibly three index types altogether, with most of the strata barren! If he follows up the quest and makes inquiry he will most likely be told that to fill in the missing type fossils in the ideal gradational series, he will have to find them in various distant places, and piece them together according to the accepted time schedule or chart.

Right here he takes his departure from true science, for he starts assuming that Mesozoic fossils found in some distant spot should be fitted in between Paleozoic fossils and Cenozoic from some other place, that they evolved and flourished in an age between the other two. Here he starts reasoning in a circle, assuming that which he started out to prove.

It was Huxley who stated, "Standard writers on paleontology take it for granted that deposits containing similar organic remains are synchronous, at any rate in a broad sense." A little reflection will point out the unscientific assumption in such reasoning.

Sir Henry Thomas de la Beche, in his *Researches in Theoretical Geology*, says, "All that geology can prove is local order of succession. It is mathematically certain that in any given linear section of an undisturbed series of sedimentary deposits, the bed which lies lowest is the oldest. . . . For anything that geology and paleontology is able to show to the contrary, a Devonian fauna and flora in the British Isles may have been contemporaneous with Silurian life in North America, and with a Carboniferous fauna and flora in Africa."

Such reasoning is like a breath of spring in the arctic. If generally accepted, it would reduce the hundred-mile total of fossiliferous strata to about one mile, and would cut down the alleged hundreds of millions of years required for evolution to some eight million, according to accepted uniformitarian rates of deposition of sediments.

However, Dr. More points out in his book, *The Dogma of Evolution*: "We can then be certain that geology cannot and never will be able to translate the thickness of any one stratum into an equivalent length of time." Many geologists realizing this stark truth, were ready and waiting to join the proponents of the theory of radioactive time, when it promised to measure the age of the earth with mathematical exactness.

When one tries to arrange facts to fit a false theory, many difficulties arise. The simple Bible declaration, "For in six days the Lord made heaven and earth, the sea, and all that in them is," may seem too hard for some to grasp, but when once believed, it quickly clears up a host of problems.

SCIENCE AND FAITH AGREE

(Continued from p. 2.)

The science of the things of nature and the Bible can do nothing else but agree, for God is the originator of both. Our faith is the greatest treasure we have. Guard it by a constant study of God's Word, and have faith in God and the science of His salvation through Jesus Christ, for never man spake, died, or lived as He did.