

*The Oriental Watchman and Herald of*

# HEALTH

A MAGAZINE FOR HEALTH HOME AND HAPPINESS





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1. This girl takes samples from the foaming tanks of aureomycin during the refining process and tests them for purity in one of the rigid chemical tests each product must pass before being released.

2. Looking like golden-coloured ice-cream, a putty-like cake of aureomycin in an early mass-production stage, is removed from a centrifugal separator.

3. Not rubber, the sheets of material peeling from this giant filter are aureomycin before it is purified and crystallized.

Photos Courtesy Lederle Laboratories.



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#### OUR COVER

Our cover this month shows Dr. B. Duggar the discoverer of aureomycin. The discovery of this important antibiotic came as the result of long years of training and research. The world is indebted to such men as Dr. Duggar whose research has led to the development of medical aids which are bringing health and happiness to countless millions all over the world.

Photo Courtesy Lederle Laboratories.

The Oriental Watchman and Herald of

# HEALTH

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43rd YEAR OF PUBLICATION

April 1952

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Published monthly by the Oriental Watchman Publishing House. One year subscription: India, Rs. 8-12-0; Pakistan, Rs. 8-12-0; Burma, Rs. 8-12-0; Ceylon, Rs. 8.75. Two years: India, Rs. 17-8-0; Pakistan, Rs. 17-8-0; Burma, Rs. 17-8-0; Ceylon Rs. 17.50. Foreign postage Rs. 1-5-0 extra.

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Regional Offices—Subscriptions may be sent to our nearest agency: for Madras Presidency, Travancore, and south half of Hyderabad State—9 Cunningham Road, Bangalore; for Bombay Presidency, United Provinces, East Punjab, Delhi, and adjacent States—16 Club Road, Byculla, Bombay 8; for Bihar, Orissa,

Bengal, Assam, and East Pakistan—Karmatar P. O., Santal Parganas, E. I. Ry.; for Ceylon—7 Alfred House Gardens, Colpetty, Colombo 3; for West Pakistan—32 Mozang Road (P. O. Box 32), Lahore; for Burma—72 U Wisara Road, Rangoon.

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## Minute Meditations

### HUNGRY FOR KINDNESS

D. A. Delafield

THE milk of human kindness can easily curdle if we're not careful. This curdling goes on in the heart when we fail to pass on our blessings. If we have drunk deeply of someone's kindness, let's pass it on. Let the good deed flow from the heart with the rich, creamy substance of love about it. Don't let it curdle.

As long as we live we shall need kindness and we shall need to give it. Kindness means bread for the hungry, clothes for the naked, shelter for the homeless, and, most important of all, loving words that can be understood by broken hearts. And we need not cross the world to be kind. Perhaps in your office, your place of business, or your home, there is someone who is hungry for a word of cheer, a smile of appreciation, a kiss of love, or the kindness that speaks louder than words.

Be gracious, then, and feed these starving souls. Don't let them wait any longer. Kindness will increase your stature, not lower it. It is the real man who softens down and makes himself gracious. Don't be stiff and formal. You can't win anybody that way. Be like the reed that bends its head and bows to the elements. Many a man has lost his way in life because he refused to soften down his stern attitude toward others.

When William Gladstone was Chancellor of the British Exchequer he made an important speech in which he quoted figures that were greatly in error. Of course the newspapers exposed the fallacy, and Gladstone looked ridiculous. The clerk who made the mistake in compiling the figures was asked to come to

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## THE EDITOR SAYS

Keep Looking Up!

**I**F THERE is any one fact that is being revealed by modern atomic science it is the fact that a Supreme Intelligence, not chance, is responsible for the origin of the forces of nature, be they physical, chemical or biological.

Not only is this Supreme Intelligence responsible for the origin of these forces but it is intelligent enough now and powerful enough now to maintain and control these forces not only in this tiny atom of a world upon which humanity has been placed, but also throughout the most distant reaches of space now being studied on the photographic plates at Palomar.

All nature, whether astronomic, microscopic or atomic, witnesses to the existence of such an Intelligence, supreme and infinite.

Puny, finite man has at last been allowed to search out some of the mysteries of electricity and of the atom, and has, by his feeble mental effort, caused to be constructed fearful and amazing instruments, some of unimagined benefit to mankind—others of undreamed horror.

It was thought a few years ago that the scientist, by delving into the unknown, would be able to usher in upon the earth a time of peace and plenty so that mankind might be the means of his own salvation. The little professor over in France believed this and persuaded himself and many others that "every day, in every way," things were getting "better and better." He died as his followers have died, disillusioned.

How unfortunate it is that humanity seems determined upon its own extermination! How wonderful it would be—how almost Utopian it seems even to imagine today, that anything can ever be better—that mankind could possibly be saved from ruin and extinction!

The scholars, the statesmen, the scientists, all are filled with foreboding and fear as they behold those things which are coming upon the earth.

Is it not possible that if the scholars, the statesmen, the scientists, and all the rest of us ordinary folk, would take time to consider the Being whose power and intelligence created the Universe and hung this world in space, whose power omnipotent guides the mighty galaxies throughout space and orders the orbits of the electrical charges within the nucleus of the atom, and would seek to conduct our lives in harmony with His will, a different state of things might exist upon the earth?

We pray that there may be a re-awakening in the heart of man of the desire to seek after and to find the Creator, the Omnipotent, the Omnipresent, the Compassionate, Loving, All-wise God, in whom all things live and move and have their being. Only thus will it be possible for modern man to lift up his eyes and rejoice.

If our many readers and well-wishers will send us their comments and suggestions we will be happy to do everything we can to make "HEALTH" more useful and interesting.—Ed.

### Review

*Indian Medical Forum*, Vol. 2, No. 12, December, 1951. The editors of this well prepared and authoritative journal for the medical profession in India have devoted this entire number to the discussion of antibiotics, and have, we feel, made a definite contribution to the general literature on this subject available in the sub-continent.

We note with pleasure that the articles in this issue have been prepared with the evident intention of making available valuable information in a language and style that the intelligent non-medical layman can understand and appreciate.

There is much speculation about the "wonder drugs" discussed in this journal, and we feel that the editor of the *Indian Medical Forum* has rightly endeavoured to obtain the co-operation of qualified medical men in this country to enlighten the profession and public concerning present-day uses and values of each of the new antibiotics.

A short resume of these new drugs and their characteristics is first given along with typical uses and dosages. Following are articles dealing specifically with their use in the treatment of gonococcal and dermatological disorders. Another article of value is that which deals with new discoveries concerning relationships between antibiotics and vitamins and the effects of one upon the other during the treatment or after treatment of various conditions.

We would recommend to our readers the perusal of this number of the *Indian Medical Forum*. We would remind them too, that in the treatment of disease they should be very careful not to diagnose and prescribe for themselves. These new wonder drugs are marvellous in their results when properly administered by an intelligent progressive doctor, but as recent discoveries show, they are not safe for general indiscriminate use.

"People usually have their ears shut to advice and their eyes open to example."

In times of crisis we must avoid both ignorant change and ignorant opposition to change.—John Stuart Mill.

## Hungry for Kindness

(Continued from p. 3.)

Gladstone's office. Immediately he began to apologize, but Gladstone stopped him with these words:

"You have been dealing for years with the intricacies of national accounts and you have done your work with such exactness that this is your first mistake. It was because of your splendid record that I did not trouble to verify your calculations. I have sent for you to compliment you on your record and to set your mind at ease."

That was a big thing for a man to do—the overflow from a big heart. It was the kind of thing that made Gladstone the greatest political leader in British history.

"It is difficult to tell how much men's minds are conciliated by a kind manner and gentle speech." Then why not be kind—always? Perhaps today you shall have occasion to be kind to someone. Wherever there is a human being there is an opportunity to let this sweet white virtue flow out into a hungry heart.



## LETTERS TO THE EDITOR

"The March issue of HEALTH just came and I notice an article on eyes and the lack of appreciation of eye hygiene and the abuses of promiscuously fitting eye glasses.

"Most of the article is taken up with arguments against eye glasses and assertions that many times they are prescribed against the patient's will and to the patient's detriment.

"That may be perfectly true and doubtless there are many eye glass fitters who are more interested in selling spectacles than in treating patients properly. But when you publish such an article as this one you do considerable disservice to the

(Continued on p. 26.)

## What's in the News?

Dr. Albert B. Sabin, director of the Children's Hospital Research Foundation of Cincinnati, recently reported the discovery of the fact that milk from human mothers contains an ingredient that counteracts the paralytic effects of infantile paralysis (poliomyelitis) in mice. He reports that the same ingredient is found, but to a far lesser degree, in the milk of some cows.

This discovery followed study of a severe poliomyelitis epidemic among a group of Eskimos in Canada. Researchers found that although 20 per cent of all other age groups in the Eskimo colony suffered various degrees of paralysis, breast-fed children under three years of age seemed to be immune to the paralytic after-effects of a polio attack.

• • •

Surgeons are now able to take out a patient's stomach and put in an artificial one in a single operation which takes from four to six hours. The artificial stomach is made of the middle section of the patient's own intestinal tract—the end of the small intestine and the beginning of the large intestine.

The artificial stomach which holds about a pint of liquid offers some chance of restoring the churning food process of the natural stomach as well as providing storage space, which the commonly accepted stomach operations to date have not done.

• • •

Water can be purified for drinking by merely passing it through sand or clay. Oxygen released from newly crushed sand or other silica rock acts as a poison to germs in the water, prevents decay of plant and animal matter in the water, and clarifies water by causing fine particles in it to form clusters and sink as sediment. The oxygen either combines chemically with the sediment or evaporates and absolutely pure water results, according to Dr. E. A. Hauser of the Massachusetts Institute of Technology.

• • •

The Johns Hopkins Hospital in Baltimore, Maryland, reports that penicillin ointment is superior to silver nitrate or penicillin injections in preventing eye infections among new-born babies. Reports of 4,163 infants born during a two-year period who were treated with either penicillin ointment, silver nitrate solution, or liquid penicillin, reveal that only 10 per cent of the babies treated with penicillin ointment developed inflammation of the eyes. By contrast, 14 per cent of those receiving penicillin injections, and 48 per cent of those treated with silver nitrate showed eye irritation.

• • •

Smith, Kline and French Laboratories have developed in their plant at Philadelphia a drug called "Resodec" which is capable of removing half of the salt from all food eaten by a person. According to the latest reports available this drug is not absorbed by the body and produces no adverse after effects. Persons who cannot eat salt because they have high blood pressure or heart, kidney and liver diseases, may soon benefit from the use of this new medicine.

• • •

The "Hewson Clinotron" is a machine manned by a single technician which is capable of testing in 40 hours as many blood specimens for diabetes as an expert laboratory technician could possibly handle in ten to fifteen weeks. The machine is portable, weighing only 53 pounds and can thus be moved from town to town as needed.

• • •

It has been discovered that a variety of African tree rats are susceptible to a disease very similar to malaria in humans. Biochemists are now using these animals instead of birds to study how malaria attacks humans and how it can be controlled. This is a distinct advantage because bird malaras do not correspond very closely to human malaras.

# What Is ALCOHOL?

## The Elixir of Life or the Potion of Death?

ALICE MAE ROGERS

THERE may be listed a number of reasons why people drink. Often they are slaves to alcohol's power and cannot leave it alone. In such instances, however, there must have been some reason or reasons for beginning and continuing the use of alcoholic beverages to such an extent as to become thus bound by their chains.

Many people drink because they find in alcohol an escape from the unpleasant realities of life. The primary reason for drinking by the younger set is, however, a claim to a more abundant life through this means. Alcohol, they assert, gives a general feeling of well-being and exhilaration that is life at its zenith. They drink to "have a good time."

Let us examine, in the light of science, this much-debated substance, and see what are its true effects upon the human mechanism. In this examination let us consider particularly that promise of fuller

life or a *good time* whereby the young are attracted to the altar of Bacchus, that we may see whether alcohol is truly what its advocates contend it to be in this respect, or whether it is perchance a deceiver and a mocker, as a very wise man long ago named it.

Before beginning our examination we must notice that the most ardent advocates of liquor cannot themselves claim for it any real life or health-giving properties. None can contend, for instance, that it will add years to the lifetime of its consumers or extend the vitality of youth into old age. The best they can claim is a temporary vitalizing power producing a feeling of fitness, a stimulation of the senses into awareness of life. But even this, they themselves must admit, is followed by a period of depression commonly known as a "hang over."

Moreover, there appears beyond all this a strange fact that would

seem to contradict even the claim to a temporary stimulation of the sensibilities. If alcohol, used moderately, is a stimulant to sharpen the wits of its consumers, why have not some of its defendants advocated its use to help in the solving of difficult problems or in the handling of emergencies? Why, indeed, on the contrary, must the voices of liquor's friends themselves be raised in an increasing crescendo against even the moderate use of drink by the drivers on the highways? If alcohol, used with discretion, enlivens the sensibilities of its users, why should it not be expected that the driver who has imbibed moderately should be more, rather than less, alert at his task? One more strange paradox appears: If alcohol be truly a stimulant, why do so many use it on the contrary as an escape from the realities of life?

The question forces itself upon us: Does alcohol stimulate the sensibilities to greater activity so that its users enter, even temporarily, into a fuller life? The answer according to science is an emphatic NO. The late Dr. George Thomason, in his excellent book *Science Speaks*, explains that ethyl alcohol "has a special affinity for the nervous system of man. Within a few minutes after drinking alcoholic beverages the nervous system begins to go to sleep, for ethyl alcohol is an anesthetic." Writing further he says: "It is not a stimulant, but a narcotic, a depressant. It puts to sleep; it does not wake up. That is the verdict of all science."

The narcotic effect of alcohol, if it is taken excessively, is of course readily admitted, but the general consensus of opinion among drinking people seems to be that, taken moderately or sparingly, alcohol acts, on the contrary, as a stimulant. It is



Govind Lal.

This accident was caused by a drunken driver. Alcohol and petrol do not mix.

therefore the effects of the moderate or sparse use of alcoholic beverages that we shall here examine in particular.

Writing of Professor Otto Schmiedeberg's discovery in 1883 of the depressant effects of alcohol, Doctor Emerson points out that the professor "found this effect whether the dose of alcohol tested was small, medium, or large." Similarly Benedict and Dodge, after many years of painstaking scientific study of the effects of alcohol, came to the conclusion "that the body reflexes were delayed from five to ten per cent when doses of alcohol were taken which were so small as to cause no objective or subjective change in the tested person's conduct." Doctor Thomason tells of experiments in threading needles which prove the same point. He says: "As little alcohol as is contained in two glasses of beer has been shown to reduce markedly the number of needles threaded."

It is this slowing down of the body reflexes by even small amounts of alcohol that makes the drinking driver, be he ever so moderate in the gratification of his thirst, a potential traffic menace. Grace Clifford Howard writes: "In some cases an alcoholic content of only .02 per cent per one hundred centimetres of blood may greatly impair a man's driving capacity. That means, for some persons, all that is needed to make them a menace on the highway is a bottle of beer or a glass of wine."

This slowing down of physical reaction has its source in the nerves and brain, which have been so benumbed that the messages sent from the brain to the various parts of the body, by way of the nerves, are first of all often inaccurate, and secondly are carried by the nerves only with difficulty. Thus the fact that such very small amounts of alcohol can cause such a slowing down of the body reflexes indicates that even these small doses impair the functions of those most vital parts of all the body—the brain and the nerves. That this is true is indicated by more specific studies of the effects of alcohol on the intellect.

Dr. J. McKeen Cattell, a scientist of repute, informs us that a dose of alcohol as small as four teaspoonfuls "lowers the intelligence." The well-known psychologist, Dr. H. L. Hollingworth, "found that a dose of three tablespoonfuls reduces intel-

ligence fifteen per cent. A dose twice as large reduces intelligence twenty-five per cent." "Such a loss," Professor John C. Almack writes, "would put a person with an intelligence quotient of 120 to a point below average. A genius with an intelligence quotient of 140 could thus be reduced to a level where he could not 'get by' in college classes."

The same numbing process is produced, however, on all the senses. Doctor Thomason states: "All the senses—seeing, hearing, taste, and touch—are numbed by alcohol."

So, to the question, Does alcohol in any way make for a fuller, richer life, a truly good time? we find that the answer must be negative. Professor Almack fittingly remarks: "If keenness of the senses, if mental alertness, if good physical condition, has anything to do with a good time, then anything that dulls the perceptions, as alcohol does, has no contribution to make to enjoyment."

And now there arises another question: Does alcohol, used in moderation actually damage the human mechanism, or are the effects here noticed merely temporary while one is under its immediate influence? The answer, according to science, is that alcohol used even moderately does do actual and lasting physical harm. David S. Rausten, M.D., writes:

"The impairing influence of even moderate doses of alcohol hinders the microbe-destroying function of the white corpuscles. Their vigour and energy impaired leaves the body of the drinker susceptible to disease. . . . This is one cause of numerous infections and chronic ill health."

Similarly Horsley and Sturge tell us:

"Nervous debility is frequently caused and accentuated by the moderate use of alcohol. Much of the nervous exhaustion of the present day would cease to exist were alcohol eliminated from the dietary of the people."

Medical science tells us that alcohol attacks the nervous system and



destroys the nerve cells, and Doctor Rausten informs us that "even small quantities of alcohol in the body fluids tend to impair the cells." This cell degradation, Doctor Thomason says, is accompanied by mental deterioration. So far is alcohol from contributing to a fuller life that Doctor Thomason writes that the degeneration and progressive destruction of the nervous system, which is caused by it, "brings on prematurely the special changes of old age."

So while alcohol is seen to be truly a deceiver and a mocker, giving only an illusion of physical and

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# YOUR MIND and YOUR HEALTH

S. B. WHITEHEAD, D.Sc.

THE idea that what goes on in your mind has much to do with how well or how ill you are in body is a comparatively new one. With increasing research into the true causes of health and sickness as distinct from their immediate causes and symptoms, however, this idea has become a workable and invaluable approach to understanding ourselves and our health problems in modern medicine. The more we know of the relationship between the mind and the body, the more clear it is that the symptoms of a surprising number of illnesses, and the susceptibility to disease, are traceable to mental rather than physical causes.

## PSYCHOSOMATIC MEDICINE

Doctors term this new approach psychosomatic—mind and body—medicine. It rests basically on the fact that as human beings we are always sensitive to our emotions, and that they register their effect unflinchingly throughout the body.

This is not hard to understand, for we all know that even in perfect health an emotion causes physiological changes. Fright can make you

shudder and your skin go goose-fleshy. Anger sets your heart beating faster and tautens your muscles. Embarrassment makes you blush and so on.

On the other hand, pleasurable emotions bring other reactions. Laughter relaxes your nerves. Love endows you with a magnificent sense of well-being. Happiness lends force to the circulation so that it suffuses your whole being. We experience these bodily changes because we are conscious of the emotions that bring them about.

All the time throughout life our emotions are at work influencing the working of the body, but it is only in recent years that we have come to realize the profound changes that mental reactions or emotions can make.

## DISRUPTING THE PHYSICAL MACHINERY

This is probably because emotion is not always conscious, nor consciously expressed. We all have desires and longings which we are afraid or ashamed to admit, even to ourselves. We do not like to admit the many fears, some great, others small, that assault us in life. We are ashamed to give vent to murderous or hateful thoughts. Our worries and

anxieties are things we shy away from. Nevertheless, these emotions have force. No matter how we try to bottle them up, they must seek their release and expression. They do it by disrupting the functioning of the physical machinery.

Every unsolved worry, anxiety, or fear with its emotional force repressed, has a tendency to disturb the body. Naturally, the organism has a certain reserve capacity to contain this disruptive force. Otherwise, the slightest fear would make you ill. At the same time, the phrase "sick with fear" is no empty one. If acute and severe enough, a repressed emotion can make you ill almost immediately, but such fears usually compel action, and with action both fear and illness go.



Mentally caused illness is just as painful and causes as much discomfort as troubles caused by other factors.







#### DANGER OF CONSTANT REPRESSION

It is the unconscious but constant repression of our untoward emotions that goes on for some time that usually causes trouble. What happens is that the nervous tension or emotional force generated by some life-situation we don't want to face, or cannot improve, builds up, and then seeks release and expression through functional disorders such as heart diseases, high blood pressure, diabetes, arthritis, skin diseases, digestive troubles, ulcers, and even such things as easy susceptibility to colds and accidents.

Sometimes the relation between emotion and sickness is very plain. For instance, a young married man found he could not meet his mother-in-law without feeling resentful. Ashamed of his resentment his reaction was not to admit it, but to push it down into his subconscious mind. As a conscientious husband he felt it unworthy to have any hatred of his wife's mother, and had a vague feeling that he ought to be punished for his hostility.

He began to suffer from violent indigestion and vomiting whenever his mother-in-law visited his home; attacks which cleared the day she departed, but resisted all medical treatment during her visit. The connection between his emotion and his indigestion was eventually unravelled and revealed by a doctor skilled in psychosomatic medicine, and with psychological treatment the trouble was cured.

#### BROAD MENTAL PATTERNS

It is not always so easy to trace the mental cause of a functional ill, but as our knowledge grows it is clear that there are broad mental patterns behind certain kinds of functional illnesses. For example, many sufferers from high blood pressure

live with fear—fear of failure, fear of making a mistake, and fear of their own selves. In fact, most physically disrupting emotions boil down to fear in one of its forms—worry, anxiety, frustration, etc.

It must be emphasized that fear is a many-sided emotion. If it is repressed and driven down into the subconscious, then it will find its own devious ways out of the system, and often causing physical damage. These emotionally caused illnesses are by no means imaginary. They are real, and the symptoms are just as physiological as in the same troubles caused by other factors.

#### SYMPTOMS ARE REAL

The chronically worried businessman's ulcer is just as inflamed and nagging as that of a chronically ill-fated labourer. Skin disorders born of frustration are just as disfiguring as those caused by some skin irritation. The physical symptoms also need appropriate medical and therapeutic treatment, but such measures are valueless unless the emotional cause of the illness is traced, faced, and removed.

Inevitably, the causes are legion, since each case is an individual one. In some, the cause of emotional repression is only to be found in childhood traumas or formative experience. In others, it may be traceable to more recent events. This work is the field of doctors who treat disease as something of the whole person and not as a disease in itself.

It would be profitless to try and describe even a few cases of psychosomatic illness in the length of this short article. After all, some authorities hold that in certain functional disorders, up to eighty per cent are

primarily emotional in order. But my theme here is to try and show how psychosomatic ills can be avoided. Prevention lies in using the mind as a positive instrument for good health.

In the cure of emotional ills, the key lies not only in recognizing the unconscious impulse that is building inner tension, but in doing something to remedy the situation. In the prevention of emotional ills, we have to live more positively, and learn that when emotional force is directed and released in conscious action or speech, it is spent and leaves the body unimpaired. To enjoy good health, we need to discipline the mind as well as the body.

As far as our emotions are concerned, this discipline consists of making a habit of (a) facing our worries or fears, examining them courageously and thoughtfully, and confronting the problems they set with all the intelligence we can bring to bear; (b) making a decision to do something; and (c) acting on that decision. If it is the best decision you can make, it does not matter too much whether it is the ideal solution or not. It means action, and with action you express your emotional tension, and it can do you no more harm. Furthermore, it will enable you to leave the old situation behind, and give you a new outlook for life ahead.

As the habit grows of disciplining your emotions in this way, you will find that you feel more relaxed, and instead of fearing tomorrow, you welcome it with fuller powers of mental and physical health.



Coming out of that nervous mental state to a brighter outlook.

# What You Should Know About CANCER

C. E. NELSON, M.D., F.A.C.S.

**F**IGHT cancer with knowledge." This is the slogan of one society for the control of cancer, and it is indeed the key to success in the battle. It is essential that the public have a better understanding of the subject if we are to make progress in our treatment of cancer.

"What is cancer?" is a question that is often asked. Cancer is a name to cover a variety of diseases, and exciting factors causing them vary greatly. Cancer is an autonomous new growth of body tissue over which the body has no control. Our bodies grow symmetrically, and when we attain a certain size, we stop growing; but cancer is a piece of body tissue over the growth of which the body has lost control.

Eight out of every one hundred men more than thirty years of age, and eleven out of every one hundred women over thirty will die of cancer. Cancer is largely a disease of old age, but infants have been born with it. Occasionally it is seen in the teens, and it is getting to be more common in the twenties; but it reaches its height in persons between the ages of forty and sixty. Cancer is not contagious, although in animals certain types of cancer may be transmitted by injecting tumour juice into another animal. This is true in two kinds of rabbit tumours, also of chickens and ducks. Direct experiments in humans have always failed to transmit cancer.

As to the effect of heredity on cancer, it must be admitted that it va-

ries with the type of cancer, heredity being a factor in some but not in others. In those forms of cancer in which heredity may be a factor, it may be considered the fundamental soil which is modified throughout life. There are two basic factors: (1) the soil and (2) the modifying factors. As to the soil, cancer strains in mice may be given as an example. Certain strains of mice may be very susceptible to cancer; and other strains, resistant. By selective breeding, it is possible to decrease or increase this susceptibility. As to the modifying factors, they may be illustrated by the change in incidence of cancer in mice caused by taking little ones from a high-incidence strain and letting these nurse mice of resistant strains, which will increase the resistance in this high-incidence strain of young mice.

In man there are three types of cancer with definite hereditary background: (1) certain eye tumours, (2) certain nerve tumours, and (3) certain tumours of the large intestine. One other which has a moderately strong hereditary background is cancer of the breast. It may be four times as great in certain families as the average incidence in women. In the United States of America, one woman out of 250 will develop cancer of the breast.

Bone tumours (sarcoma) are likely to appear during the teens. There are certain elements and chemical irritants that tend to incite cancer. In certain industries this has been very noticeable. Early workers with radium and X-ray often developed cancer after a few years. Workers in certain industrial plants, especially aniline dye plants, often develop cancer of the bladder, undoubtedly due to the absorption of the dye, which is later eliminated in the urine. Incidence of cancer of the bladder is higher in smokers than in non-smokers, possibly because nicotine and tobacco tars are eliminated in the urine.

CANCER DEATHS IN WOMEN BY AGES



EACH FIGURE REPRESENTS ONE THOUSAND DEATHS

AMERICAN SOCIETY FOR THE CONTROL OF CANCER

A single injury rarely causes cancer. For example, an injury to the breast does not make a breast cancer; but it does call attention to the breast, and examination of the breast will reveal the cancer if it is there. Breast cancer is a lump, but not every breast lump is a cancer. Pain is usually absent except in late cancer. Repeated injuries over a long period of time may develop cancer. For example, a sharp tooth that constantly irritates the tongue may start a cancer. Cancers frequently develop on the lip where cigarettes or a pipe are held.

Burn scars which are devoid of sweat and oil glands, especially if located over a joint or an area subject to folding, are liable to develop cancers after twenty years. Hence, a child burned at the age of one year may develop cancer at the age of twenty-one or later if the scar is subject to continuous injury. Today burns are treated by skin grafting, and this decreases the danger of cancer.

Cancer of the breast occurs more often in those with no children or in those who never nursed their children. Seventeen per cent of cancers of the breast are in individuals less than forty years of age. Cancer of the breast now is about twice as common as it was fifteen years ago.

Skin cancer is the most common variety. It is more common in red- or sandy-complexioned persons who do not tolerate sunlight well. Skin cancers are usually treated early, as they are where they can be seen; and advice is sought soon after their discovery. He who dies of skin cancer commits suicide, because he does not seek advice when he first notices the condition. One rare but highly malignant form of skin cancer is that which develops from pigmented moles or birthmarks, especially the black or bluish-black ones, particularly if they are located where they are irritated. All moles on the feet should be removed as early as possible, because they are especially liable to become cancerous.

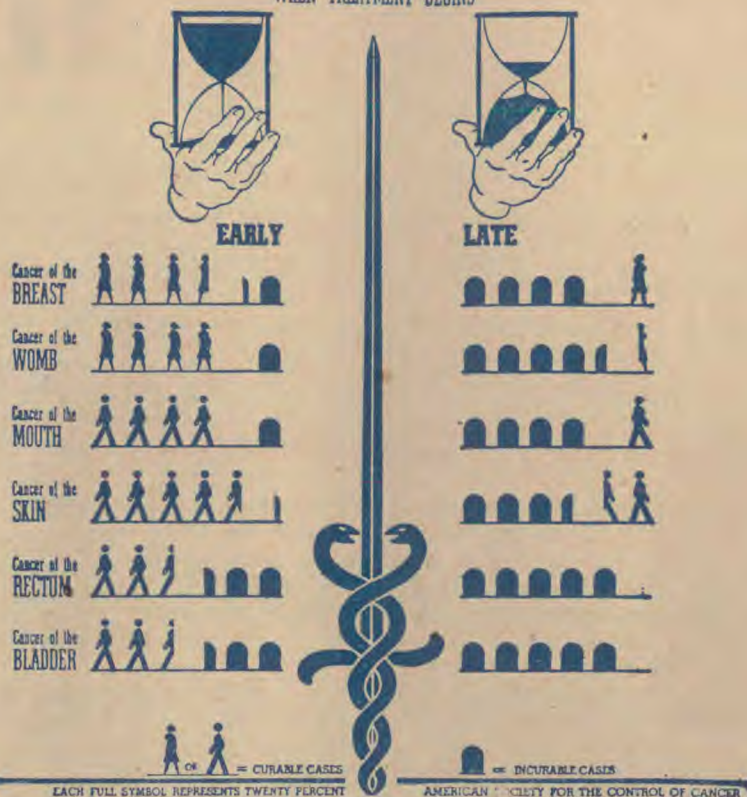
Contact with tar or pitch may set up skin cancer. Also, persons who have taken arsenic over a period of time—for example, Fowler's solution—are more susceptible to skin cancer. All commercial tobacco contains arsenic, and not a few cases of chronic eczema are attributable to tobacco. It would be an interesting study to see if arsenic in tobacco is a factor in producing skin cancer.

THE ORIENTAL WATCHMAN, APRIL 1952

## EARLY is the Watchword in Cancer Control



WHEN TREATMENT BEGINS



Cancers of the uterus, the breast, and the ovaries are common, and they account for the higher incidence of cancer in women than in men. There are two forms of uterine cancer. Cancer of the body, or upper portion, of the uterus is more common in single women or women who have not had children, whereas cancer of the cervix, or mouth, of the womb is more common in women who have had children. The condition is probably aggravated by chronic infection or by injuries such as tears. There is a high rate of cure when treated early.

Cancer of the rectum is an important form of cancer. Forty per cent of such cancers have been treated as hemorrhoids, either because the patient sought the advice of a druggist instead of a physician, or because the physician did not make a thorough examination at the time the patient consulted him. Bleeding is the main symptom. Pain is absent in the early stages. Mucus and blood mixed with the stool should make

one suspicious, likewise should any change in bowel habits.

Cancer of the stomach accounts for from one-fifth to one-fourth of all cancers. There are two main types of persons: (1) the thin, visceroptotic (prolapsed) type, which develops stomach cancer early and (2) the gastric athlete type—the hearty eater who digs his grave with his teeth—which develops it later. It is more common in those individuals who eat highly seasoned or irritating foods, in alcoholics, and in tobacco users. The most important symptoms are indigestion, loss of appetite, and loss of weight. Early X-rays are essential to early diagnosis and cure.

The time element is the most important factor in curing cancer. Childhood impressions handed down is one reason why people so often dread cancer, and are afraid to go to a doctor for fear he will find one. They may erroneously get the impression that cancer is incurable, but there are many thousands of persons  
(Continued on p. 21.)

# We Must Fight

## VD

CHARLES W. CLARKE, M.D.

“HEALTH is the first wealth” for each one of us, for our families, our communities, and our nation. Without health our happiness is shadowed, our morale is undermined, and our strength is weakened. Good health increases our store of each of these assets, and the nation gains in proportion.

Among the dangerous health enemies which we have to fight are the venereal diseases, syphilis and gonorrhœa. Great progress has been made by medical science during recent years in developing ways to discover and treat these diseases, and public health workers and physicians have been quick to make use of the new methods and medicines.

Nowadays, with the “wonder drug” penicillin and other antibiotics in full supply, and with competent doctors and health services ready to furnish treatment promptly and safely, nobody needs to undergo the suffering and illness, or even death, which used to be the tragic results of these diseases. Especially we have learned that babies, in the past among the most pathetic victims of syphilis, may be almost 100 per cent protected if the right steps are taken.

Yet, in spite of all this good news, far too many people continue to have VD and to pass on their infections to their families and companions. Far too many babies are stillborn, or live only a short time after birth, or are blinded and crippled because their parents have syphilis. Too many young men are still rejected for military service on account of untreated VD infections, although the number is probably smaller than before World War II.

Why is VD still unconquered? Why, when penicillin performs such miracles in curing syphilis and gonorrhœa, and after years of fighting these infections with this strong weapon and every other at hand, do we still find VD near the top of the list of serious communicable diseases?

One reason is that many persons who have one or both of these diseases don't know it. They don't know the symptoms, don't realize the danger, and don't know where to go for medical advice and help. These infected people, who can quickly be made non-infectious and can usually be cured in a short time by penicillin treatment, when untreated keep on spreading VD to their families and friends. One infected person has been

known to pass on VD to twenty-five or more other people.

That is why it is important that everyone should know the truth about syphilis and gonorrhœa, how these diseases are spread, and what to do if infection occurs. There is space here for only a few facts.

Syphilis and gonorrhœa are two separate diseases. Syphilis is caused by a cork-screw-shaped germ called the *spirocheta pallida* (pale spiral). Gonorrhœa comes from a germ called the gonococcus, which under a microscope is seen to be biscuit-shaped and travelling in pairs. Both of these diseases are also known by slang phrases and colloquial terms, but the above are the correct names.

Both diseases are spread from one person to another by close personal contact, usually by sexual intercourse. Syphilis may be passed on by kissing a person who has an infected throat or lip, but this does not happen very often; and the stories that are sometimes told about getting VD from a drinking glass, or a toilet seat, or doorknob are seldom, if ever, true. The germs that cause infection quickly die outside the human body.

The first symptom of syphilis is usually a sore, or chancre, at the place on the body where contact occurred with an infected person. This sore is not usually painful and may be so small that it is not noticed, or it may be located where it cannot be seen. Even without treatment the chancre disappears after a while, but the syphilis germs are still working.

Later, a skin rash may appear. That, too, may be hard to see; and after a time it also goes away whether or not treatment is taken. Sometimes there is no rash at all, but syphilis is still in the body; and unless the disease is discovered and treated, it may damage the heart, the brain, or other vital organs even if no sign of it is seen for many years.

When a person becomes infected with gonorrhœa, the first thing noticed is usually a burning sensation on passing urine. A few days later a discharge usually begins, with pain and inflammation of the sex organs. But these symptoms may not occur, especially in women.

Untreated, gonorrhœa is apt to pass into a seemingly quiet period, and this often leads to the mistaken

idea that the danger has passed. If treatment is not secured, gonorrhœa can cause painful and serious damage to the body. It is one of the commonest destroyers of children.

Only a licensed physician can tell whether a person has syphilis or gonorrhœa, and anyone who has reason to suspect that infection has occurred should see a physician at once. A medical examination, including a blood test and other laboratory tests, will show whether VD is present; and the physician will know what treatment is needed.

Care should be taken to avoid "specialists" who advertise. These advertising "doctors," along with the "cures" offered by mail and the packaged "panaceas" or "cure-alls" sold by some unscrupulous shop-keepers, are all fakes which cost heavily and may do much harm.

Expectant mothers should be especially careful to have a medical examination when a baby is on the way, to make sure that no syphilis infection exists. Syphilis is about the only disease that a mother can transmit to her child before it is born, and a woman may have syphilis and not have it show up at any other time, so a blood test during each pregnancy is important. If syphilis is found, treatment of the mother, even as late as the fifth month, will nearly always guarantee a healthy baby.

Many countries now have laws requiring a doctor or midwife looking after an expectant mother to have a blood test made for syphilis. Many also have laws requiring a blood test of both bride and groom before a marriage is permitted. People living where such laws do not exist will always find doctors and health departments ready to give blood tests on request.

Nevertheless, because their mothers have syphilis and do not secure treatment, thousands of babies are stillborn every year or they are born weak and sick, living only a few weeks or months. Babies born with syphilis can almost always be cured, however, if treated

right after birth. Otherwise their bones may become deformed, or they may become blind, or deaf, or feeble-minded.

Young people are another group who should learn the straight truth about syphilis and gonorrhœa. More than 75 per cent of infections occur among young folks, and there are many "repeat" infections. These young people think that they know all the answers; that VD is no longer dangerous, that penicillin is all powerful, and that no matter how many times they become infected, they can quickly be cured. They should understand that VD *untreated* is just as dangerous as ever, and that not *every* case of syphilis is cured by penicillin, or any other known treatment. They should also learn that medical scientists have some doubts as to the possibility of penicillin cure for VD for an unlimited number of times. Each time they become infected they may be running a greater risk of permanent health damage.

More than anything else, they should be taught that they are "the trustees of posterity." Their greatest responsibility to themselves, their communities, and their country is to grow up to be good husbands and wives, wise fathers and mothers, building strong, healthy, happy families.

A chief means of VD spread is promiscuous sexual behaviour, and this cannot be prevented or cured by penicillin or any other drug.

Modern treatment offers the safest, fastest, most effective *cures* for VD in history; but only strict observance of chastity before marriage, faithfulness in marriage, with good example from old to young, and confidence between parents and children in talking over these important matters, can *prevent* the spread of VD and finally wipe out these dread infections.

In this battle the spiritual and moral forces within ourselves are our strongest weapons, if we keep them bright and use them daily.

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Only a licensed physician can tell whether a person has syphilis or gonorrhœa, and anyone who has reason to suspect that infection has occurred should see a physician at once.

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AID to

# MR. STORK

LEROY K. THOMPSON, M.D.

*Miracle drugs make childbearing safer today than ever before.*

NOT too long ago the stork frequently assumed the guise of Edgar Allen Poe's raven, a harbinger of disaster, and caused many parents to say, "Nevermore!" As recently as 1940 babies came the slow and painful way, and very often tragedy followed in their little footsteps.

But the baby business is changing, like everything else in this fast-moving, modern world. Fortunately, new and startling developments are not limited to supersonic jet planes, robot mechanical brains, and atomic explosions. Quietly, but quite efficiently, medical researchers have been working to make life-giving easier and safer.

Today childbirth is relatively painless and safe—not absolutely painless and not absolutely safe, but rela-

tively so. A number of developments have brought about this remarkable progress.

First, doctors have learned the importance of controlling the mother's diet before the birth of her baby. Statistics prove that mothers in good health and eating adequate diets have less difficulty bearing children than those who approach childbirth without such nutritional foresight. In addition, steps are taken to see that diets are adjusted so that babies do not enter the world too fat, a condition that makes childbirth more difficult.

Most adults can easily remember when the corridors of maternity wards rang with anguished cries, and first labours quite commonly lasted twenty-four hours, seldom less than twelve. Today that is all changed. Pain-killing drugs, expert obstetrical care in specialized departments of hospitals, emotional adjustment of the mother, and many other factors have made Mr. Stork a tame and welcome household visitor.

Steadily increasing birth rates in countries where the birth rates had formerly dropped, show that young married women appreciate these advances, and are more willing to bear children.

But there has been one speck of a dark cloud on the horizon to mar this otherwise beautiful picture—infection.

Until the sulfa drugs came into use, there was almost nothing that could be done effectively to prevent and treat childbirth infections. Sulfanilamide and sulfadiazine helped the doctor considerably. The sulfa drugs, however, are chiefly effective against a relatively narrow group of bacteria, called the Gram-positive invaders. Many of the Gram-negatives and many other germ invaders were left almost completely unchecked.

Then came penicillin, which is still useful in many cases. Its widespread production on a large scale and its relatively cheaper method of production have reduced its price to a low figure. But, like the sulfa drugs, penicillin has too narrow a range against germs that cause infections after childbirth, and against some it is totally ineffective.

Penicillin is relatively non-toxic, and although it is sometimes very effective in large doses, it usually has to be administered with a needle.



Photo—Courtesy Lederle Laboratories

A377 marked on the glass indicates that these "buttons" in the Petri dish are *Streptomyces aureofaciens*—the technical name for the mould which produces aureomycin.

Late in 1948 the discovery of a new miracle drug was announced by Lederle Laboratories at Pearl River, New York. It was aureomycin, the "golden wonder drug," which achieves near perfection in attacking most of the common germs to which human beings are heir.

On November 25, 1950, the *Journal of the American Medical Association* announced that for the first time in history the maternal mortality rate for the U. S. A. had been pushed to slightly below the apparently irreducible minimum of one maternal death for each 1,000 live births!

This is an enormous reduction from the 1933 rate of 6.2 maternal deaths for each 1,000 live births. But these bare statistics do not tell the whole story.

Obviously the average for the entire country is much worse than the average for cases that attend clinics, take every possible precaution, and are cared for by competent physicians in good, well-equipped hospitals. In other words, even the national average, weighted down by averaging the worst cases with the best, gives a statistical chance of 999 out of 1,000 of surviving childbirth. But under the best circumstances the chances are even better than this—possibly soon they will be as high as 9,999 out of 10,000.

In the spring of 1950 a report was published in the *Journal of the American Medical Association* from the departments of obstetrics, preventive medicine, and bacteriology of Johns Hopkins University on the use of aureomycin in obstetrics. The authors pointed out that the normal condition after the arrival of the baby was for the mother's womb to contain a wide variety of bacteria, a vast majority of which were found to be sensitive to the action of aureomycin by test-tube experiments.

These experiments were compared with actual effects in patients. Where mothers received aureomycin, only about 12 per cent showed bacteria on culture tests; whereas among those who did not receive this new antibiotic drug, 75 per cent showed bacteria. Further, it was found that the drug is highly useful for infections of the lining of the abdomen (peritonitis), infected miscarriages, and similar infections.

Aureomycin is also effective against kidney infection during pregnancy. It is also highly effective against what grandmother called childbed fever, whether the condition arises from one or more organisms.

One eminent authority advises that unless there is a strong reason not to do so, every woman in prolonged or difficult labour should receive aureomycin during that time and for two or three days thereafter against infection.

"Milk leg" or phlebitis, used to be a common and moderately serious complication of childbearing. In it one of the veins in the thigh developed a long clot, with serious symptoms of pain, tenderness, and fever. Today the antibiotics and appropriate obstetrical care minimize

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Growing in these cotton-topped test tubes are tiny cultures of mould such as the housewife often finds on cheese or bread. Some of these will be used as "starters" from which huge tankfuls of mould will develop in the large-scale production of aureomycin.

both the likelihood and the seriousness of this complication.

What about Junior? Have the researchers and doctors made strides in protecting him? They have, and to such an extent that infection is no longer an occupational hazard of being a baby.

Aureomycin can readily penetrate the baby's blood supply before it is born, and is transmitted by the milk of the mother. Further, it may be administered in small quantities to the baby at any time by mouth.

What about babies born in out-of-the-way places in remote countries and under conditions not of the best? It is here that aureomycin really proves its worth.

Not only is this most versatile antibiotic effective against common bacterial invaders, but it is effective (whether in pregnancy or not) against acute amebiasis, African tick-bite fever, typhus, scrub typhus, undulant fever ("goat fever"), many forms of influenza, Rocky Mountain spotted fever, "rabbit fever," Q fever, and practically every form of pneumonia known!



Photo Courtesy Lederle Laboratories

# DIABETES and INSULIN

CHARLES H. BEST, M.D.

Co-discoverer of Insulin with Sir Frederick G. Banting

**M**ANY of you take insulin every day and I feel that you must appreciate what it does far better than I can. For personal reasons, Banting and I were both greatly interested in diabetes long before we began to work together, or before insulin was available. It is impossible to express the pleasure and satisfaction which we felt when our researches brought the realization that insulin did produce beneficial results in the treatment of diabetes. Then as now, however, this feeling of satisfaction was mixed with a sense of great responsibility for the continued well-being of diabetics everywhere. There is no doubt that the world we now live in is becoming a better place in which to have diabetes. There are still obvious and readily possible improvements to be made in the treatment of diabetes and we must not lose sight of the fact that there are many places in the world where neither insulin nor an appropriate diet is yet available for the diabetic.

In the not too distant future there will probably be a world organization of diabetics. The prime purpose of its members should be to

improve the lot of diabetics less fortunate than themselves. There is no danger that improperly treated diabetics will dominate the organization. They will have neither the determination nor strength to do so. The last war demonstrated very clearly how nations and individuals could be kept in poor health by inadequate food and medical care. There are, of course, many places in the world where lack of food and the absence of life-saving drugs rob people of the sporting chance to compete on an equal basis with the inhabitants of other countries who are better equipped in every way.

As you will understand, the untreated diabetic—from some points of view—is much worse off than other neglected people. He is, of course, terribly susceptible to infections of all kinds.

A low caloric intake decreases the incidence and severity of diabetes, but a race of people maintained on a diet which, without other forms of treatment, consistently masks the diabetic state, is not likely to make many contributions to the welfare of the world.

The difficulties which face all

severe diabetics will not be solved if diabetics who are in a position to help others do not recognize the fact that they have a real responsibility, and, from some view-points, a definite obligation. It would not be accurate to suggest that the medical profession provides insulin more freely to one diabetic than to another. It should, of course, be readily available to everyone, but most doctors would feel, as I do, a greater satisfaction and a lighter heart in restoring to health the individual who accepts his responsibilities and tries to help others than the one who thinks a few rupees or a few hundred rupees completely discharge his obligation to society. I have merely touched on this aspect of the "diabetic life."...

We physicians recognize our continued scientific and professional responsibilities for the improvement of the treatment of diabetes.... If we could improve the attitude of the many poorly controlled diabetics toward their disease, most of them would, I believe, be tremendously benefited. If, in more diabetics, we could secure that wonderful blend of meticulous care and absence of worry about his own case, the physician's task, of course, would be immeasurably lightened. This is true of many types of patients, but diabetes is the only condition which demands accurate injection treatment every day, and it therefore presents special problems. How can we encourage and stimulate diabetics to take better care of themselves? They must realize that an army of trained scientists is working vigorously and expertly in their behalf. They have seen good evidence of the successful advances which have been made. They can be assured that both physicians and governmental agencies are making great strides in the earlier detection and in the provision of better facilities for the care of diabetic patients. These steps are necessary but the front on which I like to watch the battle, and to par-

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The continuation of very active efforts of lay organizations and of medical research workers promise great improvements in the health and happiness of diabetics in the future.

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icipate, is where the research forces are struggling to push ahead.

How many of you realize that during the past year diabetes has been produced in normal human volunteers by the injection of a glandular extract? This important advance in the field reveals *one* possible pathway but not the mechanism by which *all* diabetes is produced in the human subject. The new information was obtained through courageous action of the volunteers and physicians—a very real “collaboration.”

Several factors which may play a role in the production of diabetes have, during the past year, been obtained for the first time in pure form. These substances come from the little gland within our brain. This work from the University of California and from Yale, represents another definite advance in our knowledge. It is obviously a great help in our effort to neutralize and control these substances which produce or aggravate diabetes. It seems rather unfair that insulin has to work alone against all these powerful influences. When they are kept under control, i.e., when there is plenty of insulin, they are helpful. When they *gain* control they destroy the factory for producing insulin—the islands of Langerhans. There are similar situations in much broader fields—a small part of an organization or society must not be allowed to indulge in actions which are highly dangerous to the whole.

We have been surprised that what we thought was absolutely pure insulin has, until very recently, contained an unknown substance which interferes—probably only very slightly—with the effect of the insulin. This has not appreciably lessened the effect of insulin in the treatment of human diabetes, but it has aroused great interest in the possible function of the anti-insulin substance.

Insulin has been studied under the electron microscope which, as you know, gives pictures of structures not otherwise visible. Interesting, peculiar, and perhaps very useful little fibrils of insulin have been seen. These are being vigorously studied and they may help us to answer several important questions....

The continuation of very active efforts of lay organizations and of medical research workers promises great improvements in the health and happiness of diabetics in the future....

## KIDDIES' KORNER

### MR. EAGLE HAS HIS PICTURE TAKEN

R. N. Montgomery

**I**N ALL the world of birds probably none is such a noble example of size, beauty, and power of flight as the golden eagle. Much has been written about him—some facts, some fable. For ages man, with admiration, has watched him sweep through the skies! Known variously as the ring-tailed eagle, black eagle, gray eagle, or brown, it can easily be identified once the conspicuous points are known. The golden eagle feeds upon ground squirrels, rabbits, fawns, wood-chucks, prairie dogs, turkeys, chickens, grouse, lambs, pigs, goats, and cats.

In colour the feathers are dark brown, and the ends of the feathers are spear-headed with tips of deep gold brown, and with a yellowish nape of the neck. Its feathers were highly prized by the Red Indians for decorating war bonnets. Two eggs the size of goose eggs are laid, white in colour marked with dark rich red brown. These are usually laid in March, hatching forty-two days later, and the young birds fly eleven weeks later. These great eagles are found in many distant lands: in Europe, south to North Africa; in America south to Florida. They are known positively to live to the age of ninety-five years, possibly longer.

Mr. Golden Eagle has been credited or blamed for some very surprising feats of strength, such as carrying off children to rocky nests or stealing half-grown sheep. These tales have lost nothing in the telling. However, facts are facts; and to give the golden eagle proper credit, the greatest weight one has ever carried off, which was later actually weighed, to my knowledge, was about nine pounds. People investigating the nests have at times been attacked, but on the whole Mr. Eagle does not go hunting trouble, as we shall see.

The waves of heat rose in shimmering lines from the rocky slope of the mountainside. In the cloudless sky Mr. Eagle flew in great spirals on unbending wing, searching for

dinner. Below in the shadow of a mighty pile of granite boulders was the nest, and near it two people were busy in a tree that grew close by and was higher than the rock on which the nest was built.

The two were busy placing a shapeless green object in the tree opposite the nest. Mr. Eagle widened the circle and flew directly overhead, anxiously hovering near. Soon he was joined by Mrs. Eagle, for the nest now contained two eggs. Fear of man kept them from swooping down on the two men so busy in the tree. Soon they pulled up a square object by a long rope and placed it inside the green thing in the tree, and one of the two walked away and down the mountainside.

The eagles were pleased to see this; and not being able to count, they did not know that one had stayed behind in the green canvass blind fastened in the tree. Later as Mrs. Eagle sat on the eggs she was annoyed by a glassy eye peering at her from the blind and a whirring sound entirely new to her ears, but nothing moved, so she gradually paid less and less attention to the strange object in the tree.

All the while the naturalist in the blind was taking many feet of film showing every habit of the great birds morning and evening. Days passed, and finally the eggs hatched. Now the task of feeding two hungry mouths began, and the camera recorded each change in the eaglets. Eleven weeks later the young birds were, after many trials of wings, holding fast to the nest, ready to take to the air, and the photographer in the blind faithfully recorded the event. Now the life history of the golden eagle was recorded so that boys and girls everywhere could see and learn about them. Mr. Eagle had kept unknowingly the spirit of the statement: “As much as lieth in you, live peaceably with all men.” He had emerged from his nest for all the world to see.

# HOMEMAKERS' HELPS

## COOLING CITRUS DRINKS

J. L. Heid

**D**URING warm weather the loss of salt and other minerals in perspiration is greatly increased, especially in people engaged in active physical effort.

When people perspire thirst prompts them to drink more water. They may also take salt tablets or increase the salt in their diet to avoid the dangerous deficiencies resulting in heat prostration and sunstroke. However, perspiration contains other minerals in addition to salt. Because of increased fluid intake and the resultant greater excretion, lowering of body minerals and vitamins may be greatest in summer. Unless these losses are made up in the diet, health may be impaired.

Fortunately nature provides a means of making up for the effect of summer temperatures, just as cold water quenches a thirst. Most important are the delicious, cooling citrus fruit juices such as orange, grapefruit, tangerine, and orange and grapefruit combinations. These may be made into innumerable colourful and sparkling fruit nectars. Besides being pleasant drinks, the citrus fruit juices meet the real body needs, for they supply large amounts of vitamin C, and contain vitamin P, inositol, naturally balanced vitamin B factors, and minerals.

Research offers a striking example of the harm excessively high body temperature may cause. The effect of an inadequate diet on dental health may be visibly increased in men doing strenuous work. Increased deficiencies of balanced C and D vitamins and the minerals calcium and phosphorus probably occur from excessive perspiration; and, of course, these elements are indispensable for the development and protection of healthy teeth.

There is a tendency to blame the prevalence of dental decay on fluorine deficiency, heredity, or acid foods such as vinegar and lemon juice. The experience of the Eskimos

proves this theory to be incorrect. Before white men invaded the North, Eskimos living entirely on natural foods were substantially free from dental troubles. When they were supplied with refined foods, heredity, fluorine, and absence of vinegar failed to protect them from scurvy and tooth decay. This result shows the effect of mineral and vitamin deficiencies resulting from substitution of refined for natural foods.

The formation of sound, disease-resistant teeth in healthy gums depends on an adequate and uninterrupted supply of food constituents, plentifully supplied by combinations of citrus juices, cod-liver oil, and milk.

Although heredity influences ability to assimilate and utilize foods, the fact that certain foods are deficient simultaneously in the diets of mothers and children is usually more significant than heredity when there are poor teeth in two generations of the same family.

It is true that fluorine combines with tooth surfaces in a way that holds back the action of decay-producing organisms, and consequently renders the effect of improper diet less injurious. But to argue this is like saying that there is no need to be concerned with headaches so long as they can be stopped by aspirin.

The same is true regarding the action of fruit acids on tooth surfaces. It is doubtful that one adult in fifty in this country has had throughout his life a diet most favourable to the formation of hard, sound teeth. Many have teeth with enamel or dentine lacking normal resistance to acids. Such persons would be benefited, not injured, by adequate supplies of citrus juices.

We must revise our estimates of the quantity of citrus fruits or juices desirable for body use. The eminent C. G. King, director of the Nutrition Foundation, reported that he found five to ten times the minimum antiscorbutic supplies of vitamin C

valuable in promoting optimum healing of wounds and fractures. As a result of tests at Columbia University, he concluded that with the exception of citrus fruits, 80 to 90 per cent of the vitamin C content in foods is regularly lost between the market and the dining table.

In the *Journal of Home Economics* for December, 1944, Doctors Scouler and Bryan report analyzing school lunches planned by dietitians, and served in a demonstration school for thirty days. The only lunch not grossly deficient in vitamin C was the one in which an orange, served for dessert furnished 97 per cent of the ascorbic acid available in the lunch.

When economy must be considered, grapefruit juice is the citrus juice of first choice, offering pleasant and refreshing health protection. A pint of blended orange and grapefruit juice each day gives essential protection against impairment of health worth many times the cost of the fruit juice. This protection is of value to nursing and expectant mothers, invalids and elderly people, and persons recovering from surgery, bone fractures, or infectious diseases.

Children accustomed to regular adequate quantities of citrus juices and other basic foods in school lunches will take healthier bodies and superior eating habits into their homes and on into their adult life.

The experience in England during the second world war may well be studied. In the face of the restricted shipping space, synthetic vitamins were rejected as inadequate, and all the concentrated orange juice the United States sent to England was rationed to nursing and expectant mothers and children under five. The amazing result was that despite the war restrictions on medical and hospital facilities and the abnormal exposure involved in sleeping in bomb shelters, infant mortality and death in childbirth reached an all-time low and infant health attained an all-time high.

There is danger of nutritional deficiency of the food elements abundant in citrus fruits in all income groups. Actually in the United States all income groups do have such nutritional deficiencies! Citrus fruits offer pleasant, convenient, and refreshing health protection. Start the day right with a cool glass of citrus juice and remove a needless health handicap.

## Recipes for Cooling Drinks for the Hot Weather

### Golden Nectar

One and a quarter cups strained orange juice; 1¼ cups pineapple juice; ½ cup sugar, more or less; ½ cup lemon juice; 2 cups water.

Combine and set on ice to chill. Serves four.

### Fruit Frost

Three-quarter cup sugar; juice of 2 lemons or 4 limes; juice of 1 orange; 1 or 2 eggs; pinch of salt; chipped ice; ½ cup fresh raspberries.

Mix all ingredients, except the ice. Beat thoroughly. Chill. When ready to serve, pour into glasses half filled with chipped ice. Garnish with a few whole berries. For variation, other fruits may be used for garnishing. Makes three servings.

### Superb Lemonade

One cup lemon juice; 2 cups sugar; 1 orange, halved and sliced; 1 cup pineapple cubes; 2 quarts water.

Blend all ingredients thoroughly and pour over cracked ice or ice cubes.

### Minted Grape Juice

Mix equal parts of grape juice and orange juice. Add fresh mint, crush well and then remove mint. Chill. Pour over ice cubes when serving. Garnish with sprig of fresh mint.

### Spiced Pineapple Punch

Three cups sugar; 3 cinnamon sticks, broken; 1 teaspoonful whole cloves; 3 cups pineapple juice; 2 cups water.

Boil sugar, cinnamon, and cloves in water for ten minutes. Strain and mix with pineapple juice. Chill and pour over crushed ice or ice cubes.

### Barley Water

One quart water; 2 tablespoonfuls barley.

Rinse the barley and soak in the water for four hours. Boil until about one pint of water remains. Strain and flavour with lime juice and sugar.

### Tomato Cocktail

One seer ripe, red tomatoes; 2 sticks celery, chopped; 4 sprigs parsley; 1 teaspoonful sugar; salt to taste; ½ teaspoonful powdered cinnamon; 1 cup water.

Boil together the tomatoes, celery, and parsley with one cup water, for about ten minutes. Strain and add sugar, salt and cinnamon. Boil for one minute more. Cool and serve ice cold.

### Mango Delight

Six ripe mangoes; 6 oranges; 6 limes; sugar to taste; 6 cups water.

Peel mangoes and strain through a colander; squeeze juice from the oranges and limes and add to the mango pulp;

(Continued on p. 20.)

# THE STUDENTS' GUIDE

## THE PSYCHOLOGY OF PREJUDICE

Gardner Murphy

in *United Nations World*

**P**REJUDICE based on race, religion, culture and other normal groupings of human beings, is not just a petty irrationality but a profound danger to democratic living. Psychologists, together with economists, historians and others are studying this menace, which is international in scope.

There is a distinction to be made between prejudice and discrimination. If a minority group is permitted to share transportation, eating facilities, housing and living comforts generally, there is no technical discrimination. This does not necessarily mean, however, that prejudice is thereby overcome.

Some have argued that it is imperative to abolish prejudice first and wait to break down the wall of discrimination until people's attitudes are more friendly. This has required waiting indefinitely. The other method is to break down discrimination in a continuous effort, trusting to good sense and normal human contacts to wash away the initial prejudice.

Prejudice is not a question of personal contacts. It is a generalization, often made with reference to groups whom the individual has never seen. A child or adult hears ugly names applied to people or in some other manner acquires an unlovely picture of an individual or family who is identified by race, religion or culture. From such indirect contact he quickly builds up a total picture of an entire people about whom he needs to know nothing in order to develop his hostility. The picture in his mind becomes a stereotype, good or bad, depending on his own group's disposition towards other people. Because of the way in which attitudes generalize, whole groups of human beings grow up in an atmosphere in which it would be positively strange if any individual deviated from the common ways of the group in order to be like someone else.

It is perfectly true that there are some facts behind the stereotypes and that real group differences ex-

ist, but these are explainable in terms of their contexts. A sense of perspective and a sense of humour may go a long way towards alleviation of blind prejudices. There is, however, a deeper level at which all this should be approached. There are dynamic principles which operate in most people to aggravate, if not to cause, group hostilities.

A group of psychologists at the University of California in the United States has carried out a series of studies illuminating these deeper dynamics. They believe that in a very real sense members of ethnic groups which are more or less dominant in society, although not at the very top, feel consciously or unconsciously rather insecure, uncertain how long their situations can be maintained and resentful of people below them who strive to climb the ladder. They are afraid of anyone who might come to their level or surpass them. They are acutely aware of what effort it has cost them to attain their position, and they wish to protect themselves against a "lower class of people."

They characterize the actions of their own group as normal and right and show a tendency to reject all other groups, whose actions may seem to them to be strange or even immoral. These, of course, represent the extreme in prejudice. There are many who are without prejudice and many whose prejudices are moderate. There also are positive approaches to be taken which can help remove prejudice.

First, education should be personal and it should deal in personal terms. Instead of references to particular ethnic groups in the books on history, geography and social studies generally, there should be material showing how individual members of each group differ from one another. There should be literature for children in the form of stories and pictures showing the normal interplay of individual variations within every group. School social study courses should make as clear as possible the

basis for such differences by discussing the economic and cultural conditions under which different individuals in each group grow up.

Even more important than the material to which children are exposed in school or home or neighbourhood is the action in which they and their parents take part. All over the world, action programmes for the reduction of prejudice are in progress, based on the principle that when people work together towards a common goal they forget the trivialities which keep them apart.

The German-born Dr. Kurt Lewin, who was director of the Research Centre for Group Dynamics at Massachusetts Institute of Technology in Cambridge, Massachusetts, taught his students to think of this approach as "action research." By this he meant action which at the same time is a piece of research, in the sense that one learns in the very process of group action more and more about the dynamics of human hostility and human friendliness. Research upon basic causes leads to action to remove the causes of prejudice, and then from the action itself more facts are obtained and new plans for further action are developed.

Real progress has been made both

against discrimination and against prejudice. Research can help in the process. Above all, research has found a way to link itself with action so that the two move forward together in the contemporary struggle towards a fuller democracy.

### Recipes

(Continued from p. 19.)

add water and sugar to taste. Serve on chilled ice and garnish with thin slices of whole mango.

#### Lemon Sherbert

One cup water; 2 cups sugar; 2 stiffly beaten egg whites; 1 cup lemon juice and one cup water.

Boil sugar in the one cup of water for five minutes and pour over the egg whites. Add one cup lemon juice and one cup water. Pour into freezing tray; set control at fast freezing. Freeze stiff, beating or stirring occasionally. Makes one quart.

#### Self-raising Flour

Nearly everyone can make teacakes very acceptably with the new self-raising flour now on the market. The recipe is right on the package! Just follow it, and Presto! there are teacakes fit for a king. Pancakes, muffins and scones may easily be made and any recipe calling for bak-

ing powder may be followed, using self-raising flour, without adding any baking powder.

#### Measures and Weights

| When you have<br>a pound of | You will have<br>in cups |
|-----------------------------|--------------------------|
| Butter                      | 2                        |
| Flour (atta)                | 4 (after sifting)        |
| Cake flour                  | 4½ (after sifting)       |
| Rice                        | 2 1/3                    |
| Ghee                        | 2                        |
| Sugar                       | 2¼                       |
| Walnuts (shelled)           | 4 (chopped)              |

#### The Kitchen Floor

A good housewife cleans the kitchen floor every day or sees it is cleaned by swabbing at least once during the day. A tablespoonful of household ammonia added to a bucket of water makes for a sweet-smelling job. This may also be added to the scrubbing water for tables and shelves. The room where the family food is prepared is the most important room in the house from the standpoint of health. Scrupulous cleanliness should be observed in the kitchen. Scrub brushes and swabs should be cleaned daily and placed in an airy place to dry. This will make them last longer.



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## WHAT IS ALCOHOL?

(Continued from p. 7.)

mental well-being, it in actuality robs its users of those very things. Moreover, while this illusion of well-being produced by alcohol is admittedly only temporary, science shows that the harmful effects of intoxicants are, on the contrary, more than temporary, so that instead of contributing to life, alcohol becomes in fact a potion of sickness, premature old age, mental infirmity, and death.

When to all this is added the alarming fact that it is from moderate drinkers that alcoholics are made, and that the "men of distinction" who drink today become in all too many instances the pitiful and broken derelicts of tomorrow; when it is considered that from the ranks of the once moderate and fashionable drinkers comes that hideous procession which, as a direct result of alcohol, forms a very large percentage of the population of insane asylums and prisons, we must surely confess to the wisdom of the words of Holy Writ: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

## WHAT YOU SHOULD KNOW ABOUT CANCER

(Continued from p. 11.)

in our country who have been cured of cancer.

Of persons with breast cancer (all stages) 33 per cent are well at the end of five years of treatment; but of those who are treated early this total is 77 per cent. In treated cancer of the uterine cervix, 25 per cent of all cases are well at the end of five years, this figure being raised to more than 50 per cent in the early treated cases. In treated cancer of the tongue, 25 per cent of all cases are well at the end of five years, whereas the figure is 60 per cent among the early treated cases. In treated cancer of the lip, which is very common and is almost entirely a smoker's disease, 70 per cent of all cases are well at the end of five years; and in cases treated when the sore was not larger than an anna, there were no deaths in three hundred cases.

There are some types of cancer which have increased rapidly during the past ten years; namely, cancer of the mouth, the tongue, the larynx,

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**bonne nuit!**

**gute nacht!**

**good night!**

**jai hind!**

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and the lungs. Tobacco is an important cause in all these varieties. Primary cancer of the lungs, which twenty-five years ago was quite uncommon, today claims from 5 to 20 per cent of all cancer victims; and it is practically always found in smokers, especially in those smoking one or more packages of cigarettes a day and inhaling the smoke. With the rapid increase in the use of tobacco during the past decade, we must expect a much greater incidence of lung cancer. The symptoms are often confused with those of a cold. Cough with expectoration of blood in a smoker should always awaken suspicion. Early removal of the entire lung or of a lobe is the only treatment.

As to the treatment of cancer in general, one should never seek the advice of an individual who advertises in newspapers as a cancer specialist, nor should he permit anyone who has a secret remedy for cancer to treat him. Millions of rupees are spent in cancer research each year, and all advances in knowledge along this line are published in medical literature. Reputable physicians have access to this knowledge. Most large hospitals today have cancer clinics where patients may be sent by their family physician for consultation if he so desires. Seek advice early. Surgery, X-ray, and radium are the three accepted forms of treatment, depending upon the kind of cancer and its location in the body.

Seek medical advice early. Do not wait for a lump or a persistent sore to become painful, as cancer does not as a rule cause pain until it is in the late stages. Fight cancer with knowledge.

THE ORIENTAL WATCHMAN, APRIL 1952



# THE 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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## PULMONARY TUBERCULOSIS:

Ques.—“Some months ago I came down with pulmonary tuberculosis and was in a bad condition for some time. After treatment, however, I have been cured, and would be happy to have your advice regarding diet, etc.”

Ans. In tuberculosis one does not use the term “cured,” but the term “arrested.” The present treatment by antibiotics is as yet too recent to feel assured that the condition has actually been cured, but rather it has been arrested. For this reason, once having had the infection it is wise to spare the crippled lungs by avoiding strenuous exercise. Moderation in all things is the keynote. Your diet should be well balanced, providing at least one seer of milk daily, milk curds, an egg three times a week, whole cereal, preferably wheat, fresh fruit, and vegetables, both tuber and leafy. Very important is the way foods are prepared, as much of the essential minerals and vitamins can be lost or destroyed in cooking. Read the little book “Food,” by Col. Robert McCarrison, published by McMillan & Co., Limited. This gives in simple form all the fundamentals of sound nutrition. The best nutritional tonic would be a multi-vitamin preparation.

?

## GROWING TALLER; NEPHRITIS:

Ques.—“(1) There are many advertisements which advocate the use of certain tonics and medicines if one wishes to grow taller. Can a short person add to his height by using any of them, and if so, which is the best? (2) About a year ago my sister suffered from a malady which caused the whole of her body to swell. The doctor made a urine test and found that her urine contained



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an amount of albumin and that her kidneys were completely injured. After long treatment the swelling subsided, and now except for slight weakness my sister is free from outward symptoms, but the albumin is still present in her urine. Do you advise further treatment?"

Ans.—(1) Growth depends upon

heredity, and also upon the partaking of correct growth-promoting food elements, such as good-quality proteins, certain minerals, and the growth vitamins. All of these are provided in normal foods as nature produces them. These food elements operate in part by activating certain endocrine glands to produce growth-stimulating hormones.

Growth can be promoted best during the first twelve years of life and as long as the long bones of the extremities have not closed over at their ends. After that has taken place nothing can produce more growth. The advertisements usually fail to mention this. Right food, not medicine, is the correct answer. (2) Your sister evidently has nephritis. This is inflammation of the kidneys which usually results in permanent damage to kidney structure, and therefore lessening of their ability to eliminate waste fluids. When retained, these fluids cause the swelling which you mention. Salt encourages fluid retention; therefore it is restricted in the diet. There are certain medicines which assist the kidneys in freeing the fluids, thereby reducing the swelling. However, the damage to the kidneys and the albumin in the urine continue. Great care in following a regulated diet as prescribed for the individual case is most essential.

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PSORIASIS: Ques.—"A relative of mine has been suffering from psoriasis for the past seventeen years. He has tried every treatment but to no effect. What treatment do you suggest?"

Ans.—Psoriasis is admittedly a very obstinate condition. Regarding the cause and best treatment much remains to be learned. There is no standard treatment. Some patients have received much benefit from the use of "Riasol Ointment." Others have found relief by the use of anti-histamine therapy including the elimination from the diet of anything that is found to aggravate the symptoms. Some day there may be more light regarding this problem.

?

ABNORMAL DEVELOPMENT: Ques.—"My six-year-old son has changed so much during the past year that he looks like a boy of fourteen or fifteen. Hair growth has begun on different parts of his body and his voice has become harsh. Formerly he was bright and intelligent but now he has become dull and cannot remember as he did before. He eats ravenously. Please advise me?"

Ans.—This is obviously a case of decided endocrine disturbance, especially in the balanced relationship between the thyroid and pituitary glands. Such a disorder requires early treatment by an experienced endocrine specialist. There needs to be an attempt to re-establish balanced function. The child at present seems to be under the dominant influence of the pituitary glands. A good pediatrician may be able to give you assistance.

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FAT-FREE DIET: Ques.—"Kindly outline a fat-free diet for me."

Ans.—Soups—made of clear vegetable broths. Proteins—such as skimmed milk, buttermilk, and milk curds from which the cream has been removed. An egg—three times a week. Meats, if used, must be free from fat. Cereals—any finely and freshly ground cereals or

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bread made from such flour. Vegetables—these must be either baked or steamed and no fat used in their preparation. Such vegetables can be passed through a sieve in order to remove coarser fibres. Fruits—fresh ripe fruits are especially desirable for their mineral and vitamin value. The principles of a fat-free diet are that the diet should be bland, non-irritating, non-gas forming, and low in residue. All spices and highly seasoned foods should be avoided.

?

**BLACK SPOTS BEFORE THE EYES:** Ques.—"I am sixty-one years old and for the past two years have experienced black spots before my eyes. The dots are on the pupil and seem to move as the pupil is moved. I seek your advice."

Ans.—To determine the real nature of these spots you will need to have a careful examination of the internal eye structures at a clinic where the necessary instruments are provided. Also there must be a thorough physical and

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L. 218-50

clinical laboratory study to discover the presence of organic disorders such as nephritis or diabetes. There are several metabolic disorders in which changes within the eye are associated. Such spots can be due to small retinal hæmorrhages. Floating spots are also due to indigestion.

?

**POSITIVE KAHN TEST:** Ques.—"I have received a positive report from a Kahn test and the doctor has advised me to take injections twice a week so that the syphilis will be cured within three months. Do you have any better treatment?"

Ans.—In syphilis one gets a positive Kahn test. A plan of treatment which gives good results is to have 600,000

units of Procaine penicillin injections twice daily over a period of eight days. This is a quicker treatment and more effective than the more prolonged plan of treatment by less frequent injections.

?

**ASTHMA:** Ques.—"Please tell me the cause and cure of asthma. No treatment I have taken so far has been of any benefit."

Ans.—Asthma may be due to heredity or to sensitization to certain foods. It may also be due to sensitization to ordinary house dust, animals, or chronic infection in the sinuses or elsewhere. Asthma requires careful study to determine what particular substances in the person's life are producing the attacks.

Medicines are only palliative, they do not cure. The only cure consists in finding what substances are responsible and removing these entirely from the life of the affected person. There is one other method, which consists of gradual desensitization. This requires experienced medical supervision.

?

**TRAVEL SICKNESS:** *Ques.*—"Please tell me the cause of nausea and vomiting when one travels on winding and hilly roads. Is there a remedy?"

*Ans.*—The nausea and vomiting experienced by some people when traveling on winding roads is due to nervous reflexes from the eyes, and the balancing mechanism. The best present palliative is a mild gastric anæsthesia in the form of tablets called "Dramamine." They come in doses of 100 milligrams. One tablet twice daily usually controls the discomfort.

?

**LEUCODERMA:** *Ques.*—"There was a tiny white spot on my cheek when I was a baby which has since spread to cover half my face. Please inform me of a successful treatment."

*Ans.*—This white spot is probably leucoderma. Such spots are due to uneven distribution of pigment, and no treatment has proved effective. This is not a disease, but simply a physiological defect in skin pigment. Your best plan is to leave nature alone and ignore the spot. Brooding over this will tend to spoil your life, which the spot will not do.

?

**RUTIN AND HYPERTENSION:** *Ques.*—"My blood pressure has been high for a number of years and I was interested when I read in your magazine that 'Rutin' was helpful in such cases. Please tell me more about it. I am sixty-five years of age."

*Ans.*—At your age the increased pressure is probably due to hardening of the blood vessels. Rutin is a fractional element extracted from buckwheat. Its action is to reduce capillary fragility and reduce the tendency to hemorrhages resulting from this fragility. The usual dose is twenty milligrams three times daily. In addition, vitamin C in doses of 50 milligrams along with the Rutin is helpful.

?

**URIC ACID IN BLOOD:** *Ques.*—"I am having 3.9 mg. uric acid per 100 cc. of blood; otherwise my blood is normal. I experience no trouble from this condition but would like to know what to do to reduce the uric acid in my blood."

*Ans.*—The normal blood uric acid runs from 2-4 mg. per 100 cc. of blood, so that your report of 3.9 mg. is not in excess of the normal limits. Uric acid comes largely from nucleo proteins in the food. One should avoid taking these and all purin-containing foods or drinks in excess.

?

**KENNY TREATMENT:** *Ques.*—"What is 'Kenny Treatment'?"

*Ans.*—The Kenny method of treating infantile paralysis is a well-established method of using hot fomentations and both voluntary and involuntary movements of the involved muscles. The same measures can be used in an effort to improve any muscular paralysis.

?

**ENLARGED PROSTATE:** *Ques.*—"A man of seventy-one years of age is suffering from an enlarged prostate and finds it impossible to pass urine without the aid of a catheter. Surgeons have advised against surgery. What other treatment may he have?"

*Ans.*—When surgical specialists advise against attempting surgery in a case of enlarged prostate in a man of seventy-one, then they may advise such palliative measures as testosterone or in some cases estrogen. Such cases are serious, however, and only the attending physician can advise regarding the feasibility of any measure to be employed. Malignancy is always a possible development in advanced prostate cases.

?

**SICK HEADACHE:** *Ques.*—"My boy aged nine years suffers from very severe attacks of headache. Nothing seems to ease the pain, but after some time he vomits and the headache gradually leaves him. He seems to be healthy in every other way, though I have noticed that the vomitus consists of undigested food which he has eaten sometimes three or four hours previously."

*Ans.*—From the fact that the sick headaches are associated with vomiting of undigested food which has been eaten hours before, it is suggestive that the cause may be found in poor digestive function. This in turn can be due to deficient secretion by the stomach of the essential digestive enzymes and hydrochloric acid. On the other hand, he may have eaten foods so cooked as to render them indigestible by a sluggishly functioning digestive system. Another possibility is that the attacks are migraine in nature. For relief of this form of headache the use of ergotamine tartrate by injection as soon as possible in the beginning stage of the attack still holds first place, and is claimed to give a high percentage of relief.

?

**LIVER COMPLAINT AND A HEALTHY DIET:** *Ques.*—"I am suffering from a liver complaint and would like your advice concerning the healthiest and proper diet which will improve the condition of my liver."

*Ans.*—You have not mentioned the nature of your liver complaint. Without this information we are unable to offer suggestions. A healthy and proper diet calls for all the foods required for body-building and function. It means also keeping them in their right proportions in all meals. A diet consisting of freshly ground whole grains, milk, milk

curds, fresh butter, green leafy vegetables, both raw and cooked, tuber vegetables, and fresh fruit, contains all that the body needs for health, strength and well-being. Care must be taken, however, to conserve these vital elements by correct cooking and preparation. Steam and pressure cooking are the best methods. Never cook foods in hot fats or oils. Never throw away any water in which foods are cooked. Such water contains essential minerals from the foods. Excess eating, the use of hot spices, chillies and hot curries, is very hard on the liver and kidneys. Tobacco and alcohol also injure the liver.

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## LETTERS TO THE EDITOR

*(Continued from p. 5.)*

honest and reputable practitioner who is certainly in the majority.

"The beneficial information in the article is very sketchy. It seems to me that the article gives no useful information and only creates a doubt in the public mind as to whether their eye doctor has done right by them or not.

"By contrast I would refer you to the excellent article by Harris Gruman in the May 1950 issue of HEALTH. That gives useful common-sense information, and tells what to do in various cases.

"With best wishes and apologies for banging you over the head so hard before you've really gotten well seated in the editor's chair, I am,  
Sincerely,"

Medical Director,—Hospital

Thanks sincerely, HEALTH does not wish to do any disservice to its readers! A good bang or two now and then is good for an editor!—Ed.

\* \* \*

"Many thanks for your helpful magazine on health. I hope you will continue to send it during the coming year. May rich blessing continue with you in your work!"

—R. R. K., Ambathurai.

\* \* \*

"I was a little hesitant to subscribe to the 'Health' magazine when your agent came for the first time as I had no interest in the subjects it presented, but after I had subscribed and received some copies I found that it is of tremendous value to the laity."—Public Relations Officer.

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#### CAMPAIGN AGAINST SLEEPING SICKNESS

In the Zambesi River Valley of Central Africa, people are dying from the bite of the tsetse fly, carrier of the trypanosome, the Sleeping Sickness germ. The fight against this dreaded disease is being carried out from the Field Headquarters of the campaign at Feira, a District Headquarters of the British Administration in Northern Rhodesia. (Upper left.) Tsetse fly crawling up the collar to bite an unsuspecting victim on the back of the neck.

(Upper right) The Medical Officer stops to examine the roots of rotten tree stumps, where the tsetse flies are believed to lay their eggs in decomposing vegetation.

(Centre) At every village halt the villagers are interrogated. Are the flies increasing? How many people have died? Where are the sick? Will the people agree to move out if necessary?

(Lower left) The Medical Officer examining the armpits for swollen glands. This patient is in an early stage and will recover after treatment.

(Lower right) This Medical Orderly, who is a trained microscopist, travels with the party. Bloodslides are taken at every halt on the river. Many other tropical diseases are found and treated during the tour.

Photos Courtesy British Information Service.



# Can We Have HOPE ?

— GOD'S ANSWER TO MAN'S DESPAIR —

WILLIAM G. WIRTH

**N**EVER was hope a more precious commodity of human experience than now. People everywhere are worried, anxious, fearful of the future. What about tomorrow? Will it bring peace or war? We feel that we are living on a veritable volcano of domestic, national, and international trouble, the top of which is liable to blow off at any minute. The universal tension and fearful foreboding that now prevail accurately fulfil our Lord's prophecy of the last days, "Men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:26.

That the Christian church senses this need for assurance is shown by preparations which the recently formed World Council of Churches is making for the Evanston Assembly in 1954. The Protestant denominations which largely make up this council sincerely feel their responsibility to give a despairing generation this much-to-be-desired and longed-for hope. Hence it is that the theme of the Evanston meeting will be to provide men everywhere with the Christian message of hope.

The prophet Isaiah rightly described our day when he uttered these words, "For, behold, the darkness shall cover the earth, and gross darkness the people." Isaiah 60:2. But the darker the night, the more brilliant is the shining of the stars. When darkness is deepest, "the Lord shall arise upon thee, and His glory shall be seen upon thee." Always the darkness of earth's despair is triumphantly matched by the glory of heaven's hope.

What is this hope? Paul states it in Titus 2:13: "Looking for that blessed hope, and the glorious appearing of the great God and our

Saviour Jesus Christ." Weymouth translates this scripture, "Awaiting fulfilment of our blessed hope—the appearing in glory of our great God and Saviour Jesus Christ."

We shall deceive ourselves if we trust in any human devising as the way of hope. Caught as we are in the shackles of our own sinfulness, we can only turn to God and His way for redemption. How full of meaning are the words of Zechariah, "Turn you to the Stronghold, ye prisoners of hope: even today do I declare that I will render double unto thee." Zechariah 9:12.

Often we are told that hope must spring from human effort and industry. This cannot be. "O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps." Jeremiah 10:23. How can humanity, hopelessly bogged down in the mire of its own iniquities, hope to put its feet on the solid ground of righteousness? "But the wicked are like

the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." Isaiah 57:20, 21. "Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil." Jeremiah 13:23.

It is because unregenerate man cannot regenerate a lost world that deliverance must come through the return of Christ. It was because Jesus knew this that He gave so much attention in His preaching to His second coming. When His disciples said, "Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?" He gave in detail various signs whereby His followers might know when His coming would be near at hand.

How reassuring to Christians are the Master's words in John 14:1-3: "Let not your heart be troubled: ye believe in God, believe also in Me. In My Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto Myself; that where I am, there ye may be also."

The return of our Lord is our only hope for a better world. "For our conversation [citizenship, R. V.] is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned like unto His glorious body, according to the working whereby He is able even to subdue all things unto Himself." Philippians 3:20, 21. May we join the ranks of those who have this trust as their stay in these troubled times.



The same Jesus has promised to come back very soon to redeem His people.

# DID THE LAW

ROBE

IT WAS some two thousand years after the creation of Adam that the Lord called Abraham to leave his birthplace in Ur of the Chaldees and go to the land of Canaan. Speaking of this shortly before his death, Joshua said to his people:

"Your fathers dwell on the other side of the flood [the Euphrates] in old time, even Terah, the father of Abraham, and the father of Nachor; and they served other gods." Joshua 24:2. Further on in his discourse Joshua twice more referred to the fact that those ancestors of the Israelites served other gods. Verses 14, 15.

This shows that there had been a great apostasy among the descendants of Noah, and this had given rise to the worship of many gods. Even Terah and some of his family, who belong to the line of patriarchs professing to stand for the true faith, had mingled the rites of strange worship with the worship of the true God. Nowhere, however, in Genesis is it specifically recorded that God had ever given to those people this commandment, "Thou shalt have no other gods before Me." Can we doubt that such a divine commandment was in existence, and that men were under obligation to obey it, in those days?

Why was Abraham, the son of Terah, chosen to fulfil the important mission of founding a new nation to advance the cause of God on earth? For the reason that in the midst of apostasy he stood loyal to the requirements of his Maker. Here is the Lord's own statement to Isaac on this point: "Because that Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws." Genesis 26:5.

This passage definitely proves that God's law was in existence in patriarchal times, that men were acquainted with it, and that they were solemnly bound to obey it. In fact, it shows that a number of commandments were known to men in those days. Nevertheless, one searches the book of Genesis in vain to find the precise wording of them.

When Adam and Eve had sinned, and ere they heard the fateful sentence that expelled them from Paradise, the hope of redemption through the promised Seed was held up before them. (Genesis 3:15.) The Son of God, by a solemn compact made in heaven, had pledged His life a ransom for sinful man. (Romans 16:

25, 26.) Thus Christ is, indeed, "the Lamb slain from the foundation of the world." Revelation 13:8. So "unto Adam also and to his wife did the Lord God make coats of skins, and clothed them." Genesis 3:21. The indication is that animals were slain to provide garments for the guilty pair. This is the first record of death and of the shedding of blood on earth. It probably was the first of the long series of sacrificial offerings extending from Eden to Calvary.

When they came to worship before God on one occasion, "Cain brought of the fruit of the ground an offering unto the Lord. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering; but unto Cain and to his offering He had not respect." Genesis 4:3-5. Why? Because "by faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous." Hebrews 11:4.

Instead of bringing a fit animal as a symbol of the Lamb of God, and shedding its blood as evidence of faith in the atoning sacrifice of the promised Redeemer, Cain chose to present merely an offering of vegetable products. This attempted perversion of the sacrificial system, and this disobedience to the ceremonial law, was displeasing to God, and He refused to accept the offering. Obviously there must have been given, when the sacrificial system was introduced soon after man's fall, some regulations to govern it. While the text of that ceremonial law is not given anywhere in Genesis, it must have been known all through patriarchal times. Noah (Genesis 8:20), Abraham (Genesis 12:7, 8; 13:4, 18; 22:6-13), Isaac (Genesis 26:25), and Jacob (Genesis 33:20; 35:1, 3, 7; 46:1) are mentioned as building altars and offering animal sacrifices.

Then, too, there was the law of the clean and the unclean concerning animals and fowls. Although the precise wording of the law is nowhere given in Genesis, it is plainly evident that such a regulation existed and that men were acquainted with it. When

the Lord instructed Noah to take a larger number of the clean than of the unclean creatures into the ark, He did not tell the patriarch how to distinguish one group from the other. Obviously Noah already had the knowledge needed to do that. (Genesis 7:2, 8.) When he left the ark after the Flood, "Noah builded an altar unto the Lord; and took of every clean beast, and of every clean fowl, and offered burnt offerings on the altar." Genesis 8:20. Thus the patriarch understood also that any beast or fowl classed as unclean was not fit to be offered as a burnt sacrifice.

In addition, there was the divine law of the tithe. The exact text of this law is not given in Genesis, yet Abraham and Jacob are definitely mentioned as being familiar with the tithing system. (Genesis 14:20; 28:22; Hebrews 7:4, 6.)

In the matter of the Decalogue there is still more evidence that this law was in existence and was binding upon men in those days. In Abraham's time "the men of Sodom were wicked and sinners before the Lord exceedingly." Genesis 13:13. A sinner is a person who disobeys God's law. "Whosoever committeth sin trans-



# SIN AT SINAI?

DOM

gresseth also the law: for sin is the transgression of the law." 1 John 3:4.

Immorality became a notoriously flagrant practice in "Sodom and Gomorrah, and the cities about them," because the people were "giving themselves over to fornication, and going after strange flesh," so much so that the Lord destroyed them by fire. (Jude 7; Genesis 18:16-33; 19:1-28.) Nevertheless there is no record in Genesis which specifically says that the people of those cities had been given any divine law against fornication, one which said, "Thou shalt not commit adultery."

Since they were condemned by the Lord because of their licentious practices, it is evident that they were acquainted with His law. "For where no law is, there is no transgression." Romans 4:15. Furthermore, "sin is not imputed when there is no law." Romans 5:13.

Does not the same principle of interpretation apply in the experience of Pharaoh, Abimelech, Reuben, Judah, and Dinah? (Genesis 20:6, 9; 26:10; 35:22; 49:4; 38:11-26; 34:1-5.) The seventh commandment of the Decalogue certainly was involved in these cases.

Take, for example, the

case of Joseph. When Potiphar's wife tried to induce him to commit adultery with her, Joseph refused, and finally fled from the house. He said to her, "How then can I do this great wickedness, and sin against God?" Genesis 39:9. When had God given to men a law against the thing that she was trying to persuade Joseph to do? One may search in vain in Genesis to find a passage in which He said to the people of the days of the patriarchs, "Thou shalt not commit adultery." Nevertheless, Joseph's own words reveal that he personally knew that such a law existed and that he ought not to transgress it.

What about the manner in which Jacob obtained the blessing from his aged, blind father? He certainly dishonoured Isaac and lied to him. (Genesis 27.) Why should Jacob be condemned for such conduct if there was no divine law in existence that required men to honour their parents and to tell the truth?

When Jacob fled from Mesopotamia with his family, Rachel "had stolen the images that were her father's." Genesis 31:19. When Laban overtook Jacob, he angrily demanded, "Wherefore hast thou stolen my gods?" Verse 30. "Jacob knew not that Rachel had stolen them." Verse 32. A search was made in the camp, but the images were not found, for Rachel had cleverly hidden them. (Verses 33-35.)

After a long time, and after several unpleasant experiences in his household, Jacob said to his family one day, "Put away the strange gods that are among you." Genesis 35:2. "And they gave unto Jacob all the strange gods which were in their hand, . . . and Jacob hid them under the oak which was by Shechem." Verse 4. The patriarch did this in calling for a spiritual reformation and a rededication of themselves to God. But why should he feel any concern about the worship of images by members of his family if there existed no divine law forbidding it? Nowhere in Genesis do we find God saying expressly to the patriarchs these words: "Thou shalt not make unto thee any graven image, or any likeness of anything that is in

heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them." Surely Jacob well understood that God had given a commandment against image worship; and, mustering up courage to do his duty as father and priest of the family, the patriarch called for a putting away of the pagan practices that had crept into his home.

When Joseph's brothers saw him coming in the distance, "they conspired against him to slay him." They said among themselves, "Let us slay him, and cast him into some pit, and we will say, Some evil beast hath devoured him." Genesis 37:18-20. They were deterred from killing the boy by the plea of Reuben, and they sold him into slavery instead. (Verses 21-28.) They carried out their design of lying about Joseph's disappearance. "They took Joseph's coat, and killed a kid of the goats, and dipped the coat in the blood; and they sent the coat . . . to their father; and said, This have we found: know now whether it be thy son's coat or no. And he knew [recognized] it, and said, It is my son's coat; an evil beast hath devoured him; Joseph is without doubt rent in pieces." Verses 31-33.

Those wicked men thought that they had committed a perfect crime. Jacob was deceived by the lying stratagem, and remained so for twenty-two years. Was there, then, no divine law that made murder and lying a sin? While the brothers did not carry out their malicious designs to kill Joseph, the hatred harboured in their hearts against him made them murderers in God's sight. "Whosoever hateth his brother is a murderer." 1 John 3:15. The men certainly lied to their father and dishonoured him. How can anyone presume to say that the fifth, sixth, and ninth precepts of the Decalogue were not in effect at that time? The future conduct of the brothers shows that they themselves knew that they had done wrong. (Genesis 42:21, 22.) Conscience-stricken, they were reminded that Reuben had said, "Do not sin against the child." Verse 22. (See also Genesis 44:16; 50:15-20.) That means that he had urged them not to violate the law of God, "for sin is the transgression of the law." 1 John 3:4.

Many more such examples could be cited from the Sacred Scriptures to show that the Ten Command-



ments were in existence in patriarchal times, and that men were then under solemn obligation to obey them, although the full text and exact wording of those sacred precepts do not appear in Genesis. Since Genesis was not written for the generations that lived from Adam to Joseph, but was penned for people living long after the patriarchs were dead, the Holy Spirit took it for granted that the reader would understand, by the mention of many examples of *sin* and *sinner*s in patriarchal times, that the transgression of God's law was involved in each instance. "For where no law is, there is no transgression." Romans 4:15. "Sin is not imputed when there is no law." Romans 5:13.

The Holy Scriptures say, "*All have sinned*," and come short of the glory of God." Romans 3:23. Does that statement include men and women who lived before the Ten Commandments were promulgated at Mount Sinai? Or does it refer only to persons who have lived since that event? If it does include the peoples of patriarchal times—and there is no valid reason for saying that it does not—then they, too, transgressed God's law. "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." 1 John 3:4. Thus "by one man [Adam] sin entered into the world, and death by sin; and so death passed upon *all men*, for that *all have sinned*."

the shortest verse in the Bible, "Jesus wept." He had come to the grave of Lazarus, whom He had spoken of as "friend," and called him from the grave as a type of the resurrection of all His friends at His second coming. Yes, our Lord and Saviour is a *Friend indeed* "that sticketh closer than a brother."

Sickness of one sort or another at some time is experienced by every human being. A bed is the most comfortable piece of furniture on such occasions. But a bed soon becomes hard and uncomfortable and needs remaking. It is at such a time that a comforting word from our heavenly Father becomes of real meaning to the sick one.

David, the recounter of a multitude of God's promises, says of the Lord, "Thou wilt make all his bed in his sickness." Psalm 41:3. "All his bed," from the head to the foot. The mattress is reshaped, the sheets made to feel like new, the pillows fluffed until they are soft and downy, so that the bed ceases to feel like one of sickness and becomes one of convalescence. Oh, the comfort, the inexpressible comfort, of it all! There comes a peace of mind and heart which breeds contentment.

The dear Father above not only makes the bed of the sick one, but He will also "strengthen him upon the bed of languishing." Mind and body are so intimately related that the strengthening of one strengthens the other. The "everlasting arms" uphold the trusting soul as the comfortable, newly made bed does the body. How beautiful, tender, and sustaining is this image of the Lord's love and care! It shows Him as the bedmaker and nurse ministering to His sick friends. Under Christ's ministry, no matter what the sickness is—broken bones, distraught nerves, diseased lungs or heart—the soul is made strong.

The Lord Jesus, who thus lovingly serves the "languishing" one, Himself did not have any of the comforts which He here promises to everyone. His death was of the bitterest, but by it He became the Great Comforter of all. Blessed [happy] is the man who receives Him as an abiding Friend—a Friend not only in health, but upon "the bed of languishing."



## A FRIEND INDEED

FREDERICK GRIGGS

IN ONE of the last talks which Christ had with His disciples He said, "I have called you friends; for all things that I have heard of My Father I have made known unto you." These words define the secret of true friendship. It is sublime to know that an unbreakable bond of trust exists between you and another. Such friendships come not by chance. They are definitely planted and cultivated. They are the fruit grown from the seed of character.

It is upon such friendships that the home, the church, and the state exist and thrive. They are the source of true, lasting home love. Woodrow Wilson, President of the United States during World War I, spoke a great truth when, in his efforts to adjust the bitter differences between the warring nations, he said, "Friendship is the only cement that will ever hold the world together."

Kings need friends, and Israel's King Solomon needed them. Among his wise proverbs is this one: "A man that hath friends must show himself friendly; and there is a Friend that sticketh closer than a brother." Solomon here must have spoken of the Lord who had promised him an eternal friendship if he would be constant and steadfast in love and service to Him.

Down through the ages our heavenly Father has made and re-



made promises of steadfast affection, care, and friendship, such as these:

"For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee." Isaiah 41:13.

"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee." Isaiah 43:2.

It was this same Lord—this constant Friend—of whom it is said in