

The Oriental Watchman and Herald of
HEALTH

A MAGAZINE FOR HEALTH HOME AND HAPPINESS



Rural Serenity

P. A. Raju

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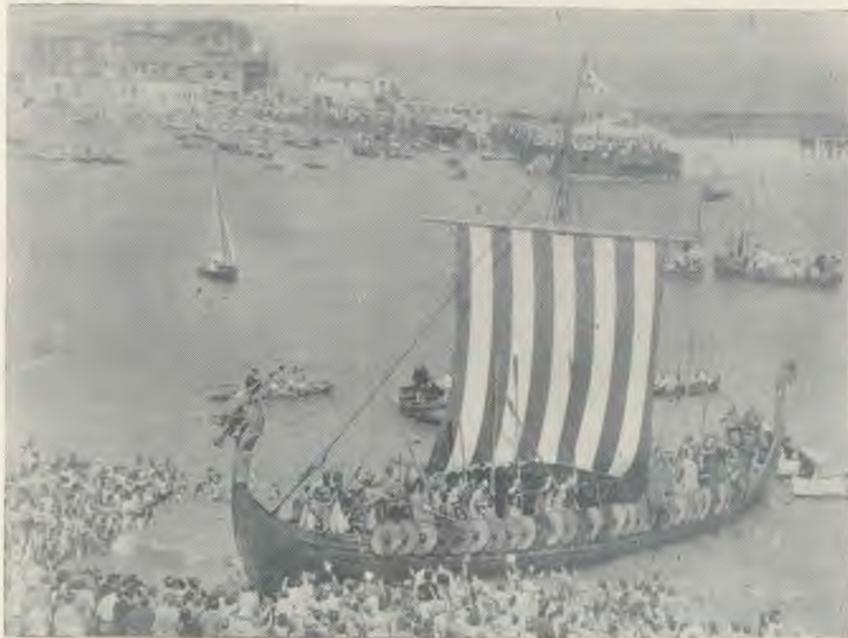
KING AND QUEEN AT PAKISTAN PARTY. London: Seen at an evening party given by the Pakistan High Commissioner at Lowndes Square, West London. Here are, left to right: The Duchess of Gloucester, the Duke of Gloucester, Begum Rahimtoola, the King, the Queen, an unidentified guest, the High Commissioner for Pakistan H. E. Habib Rahimtoola, and Britain's Prime Minister, Clement Attlee.



W.N.P.S.



BRITAIN WELCOMES VIKING INVADERS. Broadstairs, Kent, England: Fierce, bearded Vikings, horned helmets gleaming above cerise robes, "invaded" the coast of Britain once again when they leapt ashore here in a 20th century representation of the original landing by their forefathers 1,500 years ago. The Norsemen had rowed and sailed their dragon-prowed craft "Hugin" from Denmark. Photo Shows: Holiday-makers swarm down the Broadstairs (Kent) beach to welcome the "Hugin" as she drives ashore.



W.N.P.S.



INDIA RECEIVES ANOTHER BRITISH WARSHIP. Portsmouth, England: The Indian High Commissioner in London, Mr. Krishna Menon, received the warship "Rajput," formerly H. M. S. "Rotherham," which has been handed over to the Royal Indian Navy. Admiral of the Fleet Sir Algernon Willis, Commander-in-Chief, Portsmouth, performed the handing-over ceremony. Photo Shows: A general view of the handing-over ceremony as the White Ensign is lowered aboard the "Rajput."



W.N.P.S.

EDITORIAL



PROVE ALL THINGS

WHEN one has been very sure that he knows a thing and when his actions have been based on that assurance, and he is suddenly made aware that he has been wrong and that consequently much of his actions and conduct have been misdirected, there is not only the feeling of chagrin, but frequently the sense of loss sustained for lack of knowledge of that which is reality.

But in certain circumstances the consequences may be more serious than only the feeling of chagrin. Because of feeling sure without having knowledge, travellers have often proceeded along the wrong road, lost time and missed important appointments. For the same reason business men have misguided deals or plans and lost heavily in a financial way. Ships at sea have missed their way and have been wrecked causing the loss of many lives because the pilot depended on information of which he was not personally sure, and the excuse for wrecking a train and causing disaster to hundreds has many times been, "I thought—" by some responsible person. He may have been sincere in what he "thought," but his thinking was the cause of disaster. It behooves one to *know* in such circumstances.

Because of being so sure of what they take for granted, many proceed along the way to error and injury without making any personal investigation, without making examination and trial, and without demanding proof. A great deal of life is therefore governed by superstition, and fear of that in which there is no power whatever other than that in the mind of him who fears. A knowledge of the facts would remove the basis of the fear. A knowledge of facts would often eliminate worry and unnecessary concern, and enable one to live more happily and to proceed in work and business more efficiently.

Some are always very sure that

they know the slightest bit of information. A rumour or even a supposition is for them sufficient basis for asserting the certainty of their knowledge. One can never depend with any feeling of confidence in that which they say, for experience has proved that it may or may not be correct. Unless one is in possession of facts it is not wise to feel so sure.

Prejudice often stands as a barrier against learning facts. Prejudice makes some feel that they already know all that is to be known. That prejudice may have its basis in a custom, in a tradition, in a feeling of ill will or in a desire to have one's own way whatever the consequences may be. It may have its basis in nationality or membership in a group, or as is very frequently true, in religious affiliation. Whatever it may be, such prejudices prevent millions from learning facts and acquiring truth. Even though one knows that he is under the power of prejudice which gives him a feeling of security, he should admit the possibility of being wrong and be willing to investigate other points of view. Sometimes he will be surprised that that which he has judged wrong, false, and absurd is actually the truth. Or that which he has long believed true is found to be false. It may not be pleasant to be rudely

treated in this manner, but it is likely to be profitable.

Dependence on authority is another maker of the feeling of false security. Comparatively few exercise their minds sufficiently to acquire an independent knowledge of facts. Someone said a thing, and they accept it as fact without testing and proving it. It is a prevalent cause of the weak, flabby minds that abound everywhere. They are content to have questions answered for them instead of seeking the answers independently. They prefer to have others solve their problems instead of gaining mental power by using their brains to think. They cannot bear the presence of a mystery to which no explanation can be made, and weakly accept any silly guess or puerile superstition as a solution. For such the exercise of faith is an unknown experience, and all mysteries are awesome and fearful.

Truth and facts must be sought by the operation of human reason. There is entirely too much blind acceptance of authority in the world. Philosophers, priests, preachers, writers of books, teachers, and others have said a thing and millions have accepted it as truth through passing centuries of years, only to discover eventually that it was all wrong. The philosopher may say it; but prove it. The preacher may preach it; but verify it. The priest may dogmatize; but get the proof. Accept nothing on the basis of high and ancient authority. Authority has often been wrong, and the world has long been bound in ignorance of certain truths because of authority.

Custom controls the feelings of many. Intrusion on custom often arouses rebellious feelings that are not easily quelled. A thing is right or wrong because it is the custom. Prejudice strikes deep roots in custom and often thrives prodigiously. It is the custom to do this or that

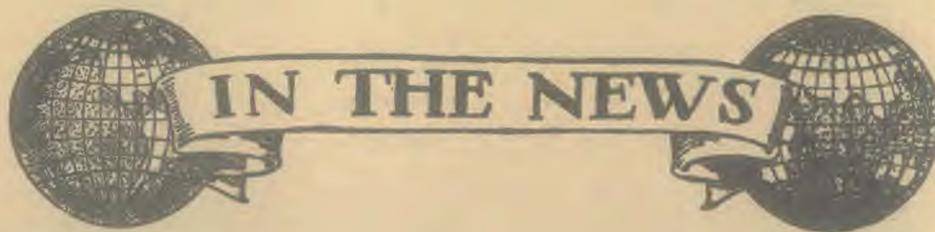


and to believe thus and so. Custom in this case is the authority which has bound millions in economic disadvantage, ignorance, and falsehood. Sensible men and women should search for facts and be governed by them. If the custom accords with facts let its practice

continue; if not, discard it even though it may be like pulling a finger-nail out by the roots.

Religions throughout the world have their basis almost entirely in philosophy, tradition, superstition, and fraud. But since true religion is a very real human need, it is very

essential that religious belief be very carefully and thoroughly examined, tested, and proved, and that no religious belief be accepted merely because it is philosophy, tradition, or the hand-me-down of authority. Prove all things, and especially religion.



Deep Diving

THE American marine explorer, Mr. Barton, on the 16th August descended 4,500 feet into the Pacific Ocean in his bathoscope diving bell, the deepest dive ever made by man. He observed marine life through three-inch windows, and describes schools of fish of blinding brilliance.

X-Ray Eyes

IN SOUTH AFRICA a university student named Pieter Van Jaarsveld is known as "the boy with X-ray eyes." He claims to be able to see the emanations from minerals below ground. Gold appears as a vibrating black square, oil as an ebony surface. Water gives off to him a light like that of the moon.

Death Rate

A RECENT decrease in Japan's death rate has made it the lowest ever recorded, say health officials in Tokyo. This is due to the establishment by the Japanese under American guidance of health centres at the rate of one for every 100,000 of population.

Opium

OPIUM addicts in Assam said to number about 13,000 are to be treated in hospitals as an aid in curing them of the destructive habit.

Twins

AT NAVAN, Ontario, Mrs. Lucian Cleroux, gave birth to a baby girl on Wednesday night. On Friday

night—almost two full days later—she gave birth to a boy.

Agudat Israel

THERE are no fewer than twenty-five political parties in tiny Israel whose population includes but a small fraction of the Jewish world. Among these factions of political thought is the Agudat Israel, an ultra orthodox religious party some of whose supporters still believe that a Jewish state should not have been set up before the coming of the Messiah. The party is said to number about 7,000.

Child Labour

BOYS and girls less than twelve years old are employed in the mica mines of Bihar for Rs. 5 or less per month. Indian labour relations advisers are trying to curb this inhuman violation of the Delhi government's child labour laws, but a solution seems well-nigh hopeless in view of the rapid increase in population. "Children must work if they are to eat," say the industrialists.

Bo Tree Again

SUBSCRIBERS in Ceylon have informed us that the Bo Tree at Anuradapura is not withering away as reported through the general press and repeated in these columns recently. It shows signs of age they say, but it is also putting out new roots and branches.

Filariasis

AN AMERICAN remedy for filariasis is being given orally to about 1,000

patients daily in villages near Cuttack, for the prevention of the disease. The government of Orissa and the Indian Research Fund Association are participating jointly in the scheme.

Visas

ITALY's foreign ministry has announced that no more passport visas will be needed by American citizens who wish to visit the country. The United States has reciprocated by permitting Italians to visit America without regular visas.

Cigarettes

EXPERIMENTS have proved that if it were not for the psychological effect of brand names the average smoker would not know one brand of cigarette from another. Ten persons took part in the experiment which ended in this report. The only brand that was smoked more often than others was the least expensive.

Burning Mountain

A MOUNTAIN in New South Wales has been burning for 2,000 years according to scientists. This is Mount Wingen, a ridge 1,800 feet above sea level and 200 miles north of Sydney. It is thought that the fire started from heat generated by the oxidation of sulphur. It burns slowly because of the shortage of oxygen.

Television

ACCORDING to a report by the Radio Manufacturers' Association, there are now 1,160,000 television sets in the United States of America.

Diabetes

FAT people have diabetes much more frequently than those of normal weight. Those who are definitely over-weight at the age of fifty are in more danger of diabetes than others.

Far-Seeing "Eye"

UNITED STATES astronomers, using the "eye" of the giant new telescope at Palomar Observatory, California, for the first time, have "pierced" twice as far into the universe as man ever before has probed. Dr. Edwin P. Hubble of the Observatory succeeded in photographing nebulae, or star families, situated 1,000,000,000 light years away. A light year is the distance that light, travelling at a speed of 186,000 miles per second, will go in one year.

Dr. Hubble aimed the 200-inch (508-centimeter) telescope at a portion of space which other, less-powerful instruments had indicated was vacant. The resultant photograph showed pinpoints of light. These, astronomers say, represent nebulae located at least twice as far from the earth as man has ever seen before. Their estimated distance is 6,000,000,000,000,000,000,000,000 miles.

The nebulae discovered by Hubble are situated in regions far beyond the constellation Berenices, which is located roughly in the northern tip of the Milky Way.

Astronomers say the photographs prove that the telescope, which has been under construction for twenty years, is at least as powerful as had been hoped. They indicate that the volume of the universe which man can explore has been multiplied by eight.

The photographs show there is no outer edge to the universe of stars, even 1,000,000,000, light years away. If—as scientists have theorized—the universe is finite, bounded by some curvature of space, its outer limit still is beyond man's viewing. The photographs also show that there is more than one star for every human being who ever lived. Nearly every star family, or nebula, contains more than 100,000,000 individual stars.—*U.S.I.S.*

UNESCO Broadcasts

"WE PRESENT the UNESCO World Review, dealing with the co-operation of nations, with special stress on education, science, and culture. . . Such items, not always sensational, mark the flow of history." This announcement introduces a new series of radio programmes, scripts for which are made available to radio networks and stations throughout the world by the United Nations Educational, Scientific, and Cultural Organization.

Prepared by experts at UNESCO headquarters in Paris, the scripts are distributed through co-operating groups in UNESCO member countries. Circulation of the first scripts to 470 stations in the United States brought expressions of appreciation and additional requests, UNESCO reports.

The scripts, designed for fifteen-minute broadcasts, are divided into two parts. The first part is made up of a round-up of world news items. For example, the initial script included news of a conference in France to study creation of an international university of the air, of aid offered by American and British organizations in replacing the University of Chile's fire-destroyed medical school, of an international meeting of experts to study the use of a new drug, antrycide, against the tsetse fly in Africa, and of a Polish invention of a liquid to make paper sensitive to sound.

Longer discussions dealing with major developments in the scientific, educational, and cultural fields make up the rest of each script. The first of a series of monthly features entitled "Food and People" was included in the first script.

The World Review project is the result of long research and testing, UNESCO officials say. Its aim is "to place before as wide a public as possible those ideals for which UNESCO stands."—*U.S.I.S.*

Red Rain

ON JUNE 22, at Alleppey in South India occurred a rain red as blood. White-washed walls are said to have turned red by the rain. Microscopic examination revealed a large number of bodies like corpuscles in the blood. However, after a few hours the water lost its colour.

Flies

HOUSE FLIES may transmit more than twenty diseases that afflict human beings.

Enterprise

JAPAN is arranging to send two ships of 11,000 tons each to the United States and South America to exhibit Japanese products in order to stimulate business. Similar trade missions are to visit India, Pakistan, Burma, and other countries. The chief products exhibited will be textiles and machinery.

Goat

FROM Italy comes the account of a goat which is claimed to be the world's champion milk producer. She is owned by a farmer near Foggia who says that she gives four gallons of milk per day, which is about four times the normal yield for goats.

COMING NEXT MONTH

Heart's Appeal

* *

Skin Deep

* *

What You Should Know About Minerals

* *

You and Your Dentist

* *

There's No Bad Baby

* *

Care of Your Body's Covering

* *

A Killer of Children

* *

The Doctor Says

* *

Etc., Etc.



FROM THE EDITOR'S MAIL BAG

"I have been a regular subscriber to your 'Health' magazine for the past twelve years. I must say that I have indeed enjoyed its beneficial and helpful articles every time, and there is hardly any need to mention its continuation."—Dr. A. M. A., Calcutta.

"I have found 'Health' very useful in daily life. I wish the publication may have a long life and should have divine power with it."—S. S. A., Fyzabad.

IMMEDIATELY above and behind the air passages of the nose and opening off them are some small chambers known as sinuses. They are air pockets in the bones of the face and skull, and their function together with the nasal passages seems to be that of warming the air we breathe and filtering out fine dust and injurious substances before the air is passed on to the lungs. Unlike the nose, these chambers are not equipped with the coarse hairs or vibrissæ, but they are lined with a similar sensitive mucous membrane which is clothed with fine hairs or cilia. When the sinus membrane becomes irritated and inflamed, we have sinusitis.

Sinus inflammation may arise in a number of ways. It may be caused by germ infection, by the irritation of some substance to which the sys-

tem is allergic or sensitive, or it may be the concomitant of a cold or nasal catarrh. For various reasons, however, sinusitis is apt to be a secondary condition which develops when the mucous membranes are temporarily unable to safeguard their healthful integrity.

The channels connecting the sinus chambers to the nasal passages are very small and narrow. The air entering them has already run the gauntlet of the nose and is in a semi-filtered condition. If the sinuses are in good health, they can cope with any invading substance which remains in the air. But if the nasal passages are themselves aggravated by a cold or catarrh, there is a danger of more infected material invading or blocking the sinuses and setting up trouble.

Sinusitis can be extremely painful,

setting up headaches and disturbing normal respiration. The immediate pain can be relieved in a variety of ways by skilled medical hands. In some cases, surgery is called for to improve the sinus connections to the respiratory passages. In others, irrigation may bring relief. In sinus allergy, medical detection is needed to identify the offending substance so that it can be avoided. But the long term cure and prevention of sinus trouble greatly depends upon restoring the integrity and healthful functioning of the delicate lining membrane of these chambers. This can be done by building up physical condition and new health on the following lines:

1. *Improve the condition of the mucous membranes by taking care of the skin.* For practical purposes, the internal lining membranes and the

WHAT TO DO FOR



If the common cold is not treated promptly it may leave chronic sinusitis as a legacy.

outer skin are one, and the condition of one reflects upon the condition of the other. It is not possible to massage and care for the internal "skin" as we do for the external, but the healthier the tone and the more active the outer skin, the better for the mucous membrane. An active skin means a properly heat-regulated body, and therefore the mucous membrane is less stressed. Again, an active skin breathes and excretes toxins—so much less work for the membranes.

It follows that a daily schedule of air bathing, rough friction massage with towels and hands, sufficient outdoor exercise, and light baths will raise skin health, and by reflex, membraneous well-being also. Catarrhal conditions are aggravated, if not caused, by a sluggish skin failing to respond to changes of temperature. To have a healthy skin is to possess greater immunity to all respiratory infections.

2. *Avoid mucus-forming foods.* These are chiefly dairy foods, eaten to excess, especially cheese; rich greasy foods, and mixtures of fats, starches, and sugars, such as cakes, and confectionery and chocolate. In moderation these foods may not be harmful, and may be balanced with



Showing the location of the sinuses.

5. *Avoid constipation.* Sluggish intestinal action and poor bowel movements impose a strain on the mucous membranes which is reflected throughout the system, apart from the self-toxæmia which follows. The safeguards against constipation are a diet well balanced in whole natural foods, regularity in going to stool, and a natural squatting posture at stool.

6. *Avoid smoky, dusty atmospheres as much as possible.* Many sinusitis sufferers are so constituted that dust and smoke and atmospheric impurities are irritant to them. Others are sensitive to the pollens of grasses and flowers. When such idiosyncrasies are known, it is only wise to avoid the conditions which provoke unpleasant reactions.

7. *Avoid extremes of temperature.* Passing from hot to cold atmosphere or *vice versa* places a severe stress upon the skin and mem-

branes, which are called upon to regulate body heat and keep it at an even 98.4 F. In winter, this stress is greatest, and can best be eased by wearing normal weight clothing as a general rule, and adding top weight when going out to face cold or inclement weather.

8. *Do not let the head cavities fill with water when swimming.* Bathing and swimming are good exercise for the body, but care should be taken not to let the head cavities fill with water, even if this means no diving and no underwater exploits. In many people, the water runs out freely and does no harm, but the people with sensitive sinuses may incur inflammation.

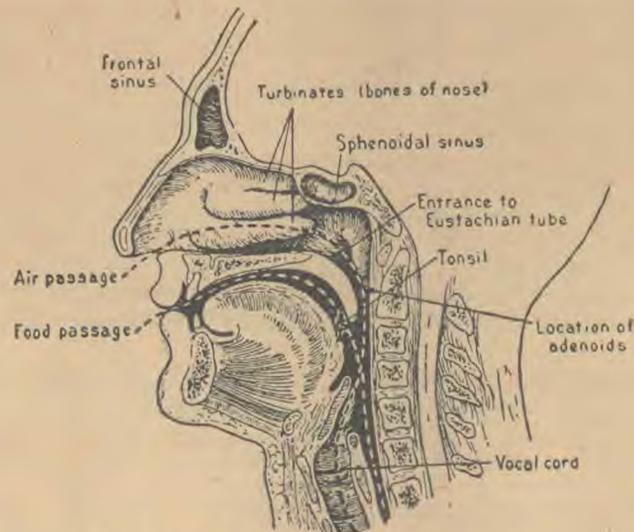
9. *Spend one or two hours out of doors daily.* By far the best irrigant for the nasal passages and the sinuses is clean, fresh air, and an hour or two spent daily out of doors breathing fully in and out through the nose will help to maintain sinus health.—*New Health.*

fresh fruits, salads, and vegetables to ensure good digestion. In many cases, however, they lead to an increase of mucus-secretion which slowly affects the efficiency of the membranes as a whole, predisposing the system to catarrh and congestion.

SINUSITIS

3. *See that vitamin A foods are adequate.* Vitamin A is vitally concerned with the health and sound structure of the membranous tissues. To get sufficient, such foods as leafy greens, carrots, turnips, apricots, and dried fruits, should be eaten often, also butter or margarine.

4. *Cure common colds promptly.* A cold which means inflammation of the nasal membranes carries a secondary threat in that it may leave chronic sinusitis as a legacy. Yet the average cold can be cured in forty-eight to seventy-two hours if treated promptly. The best self-treatment is a quick hot bath, a night-cap of hot lemon squash, and retirement to a warmed bed to stay there until the cold symptoms have abated. The sooner this is done, the quicker the cure.



Side view of head, showing the sinus cavities.



the digestive system of an adequate nerve force. Any indulgences or excesses, therefore, which expend too much nervous energy, are bound to affect the digestive system. Overwork, worry, the pleasures of modern night-life, the addict's use of tobacco, and narcotic beverages like tea and coffee, besides alcoholic liquors, are among the enemies of the human nervous system and hence of the digestion.

Assuming that the sufferer from any of the various forms of indigestion recognizes the need to eliminate all those things which adversely affect his nervous system, we can say with confidence that careful attention to a wise programme of eating will wholly, or in a large measure, cure his trouble. This is a thing which drug treatment can never accomplish. The use of drugs may palliate for a time, may seem to ease the suffering. But the real cure lies in recognizing and eliminating the true causes of the malady.

INDIGESTION

that CURSE of CIVILIZATION

A. C. VINE

VERY many of us have suffered from the depression, the irritability, the lack-lustre life accompanying the various forms of indigestion. Some endure, without realizing what is really wrong with them; and perhaps resort to the use of aspirin—under one or other of its multifarious names, or some stomach-powder, or the medicine bottle, in an attempt to throw off the incubus of the nagging, gripping, worrying, burning pain and discomfort in the stomach.

Indigestion is a very real curse. Many and complicated are the causes of it. It is induced chiefly, perhaps, by faulty dietary habits. We may eat too hurriedly, or too much. Our

choice of things to eat may be unwise, or we may take perfectly good food in ill-assorted combinations, thus giving ourselves an unbalanced diet. The body needs just so much of each of the various types of food, viz., proteins, carbohydrates, and fats. If these foods are taken in wrong proportions, the chances are that the processes of digestion will suffer.

NERVES AND DIGESTION

Another contributory cause of indigestion is the abuse of the nervous system. The proximity of the solar plexus—that mass of nerves—to the stomach, indicates the importance to

THE CAUSE OF HEARTBURN AND ACID STOMACH

So, if it is heartburn or acid stomach that tortures you, remember that this is caused by the eating of excessive proportions of starchy or sugary foods. What actually happens is that when much white bread—or other starchy food—and sweet cakes or puddings, or even confectionery, are taken at the same meal with protein foods, like meat, eggs, cheese, etc., the starchy foods have to wait in the stomach while the protein parts of the meal are digested. Starches are not digested in the stomach, they just wait there acidifying and fermenting until the stomach is prepared to re-

lease them to the bowel along with the partly-digested protein foods. This fermenting gives rise to hyperacidity and heartburn.

To guard against this, avoid the use of excessive amounts of starchy or sugary foods at the same meal with the proteins. Take proteins with a good helping of green vegetables well prepared and very little potato. This will give the stomach a chance to deal adequately with that meal and clear itself comfortably for the next.

HOW TO AVOID GASTRITIS

Or is your trouble gastritis? That's really painful! It is caused by persistence in wrong dietary habits to the point where the stomach cannot take it any longer. It is characterized by fullness in the stomach, and vomiting of partly digested food, together with headache, and sometimes diarrhoea.

To avoid it, do not eat too much, see that your menu is well balanced, and that your food is taken in the right combinations of the basic food values. Leave pepper, vinegar, and highly seasoned sauces alone; regard tea, coffee, and alcohol as enemies. Ensure that your cooked food is well prepared.

Maybe the trouble is that so-common ailment (in popularity second only to constipation), chronic indigestion. This is brought on by habitual ill-advised eating and drinking. Combined with the overloading of the stomach are the rush and excitement of modern life with all its "pleasures" and cares. The poor old faithful stomach just can't cope with it, and is gradually overcome. There come flatulence, constipation, gastric discomfort, and headaches which rob life of all its zest, and cause us to view things through dark glasses.

To avoid this "popular" malady, pay careful attention to the dietary programme. There is no need to worry too much about what the books call "The Chemistry of Foods," but it is good to understand one or two easy facts.

BASIC FACTS TO BEAR IN MIND

For instance, eating between meals, or eating too frequently, will certainly cause trouble sooner or later, simply because it takes five hours for the stomach to empty itself. Unless it *does* empty itself before being called upon to deal with a new con-

signment of food, its handling of those foods is defective. The cumulative results of this defective handling are seen in the various digestive disorders, some of which are mentioned above.

Another factor responsible for such troubles is the habitual taking of highly seasoned foods, condiments, pickles, etc. Pepper, vinegar, and even the too-free use of salt are, to say the least, a hindrance to the right functioning of the stomach and hence predisposing causes of indigestion.

Remember, too, that it is easier for the stomach to deal separately with starchy foods such as bread, potatoes, puddings, porridge, etc.; and the protein foods such as meat, nut-foods, eggs, cheese, etc. When these two classes of foods are taken together, the process of digestion is complicated, and if we are also tired, worried, excited or in too great a hurry, this may bring on indigestion.

AVOID DRUGS

The cure for digestive disorders is not in the use of drugs. These may afford temporary comfort, and probably will. But, rightly regarded, the very discomfort we suffer is a blessing. It is Nature's message to us that all is not well inside us, and

to take heed to the simple basic laws of healthful living. To black out this message by the taking of drugs in the form of powders, tablets, etc., only serves to increase the underlying causes of the trouble.

Nature is a wonderful doctor, given a chance to go to work. The sufferer from indigestion should abstain from all food for a day, perhaps even two days. During the time of fasting take plenty of warm water and thus give the digestive tract a chance to cleanse itself.

It would do no harm and might do much good, to aid this cleansing process with a warm-water enema (3 pints at 100 degrees Fahrenheit).

After the fast, take fruit breakfasts, dinners of protein foods with generous helpings of well-prepared green vegetables or salads, and evening meals of wholemeal bread with either fruit or salads (not both together). Ensure that the fruit is ripe because unripe fruits may cause acidity. Ripe fruit will not.

Always be sure that the bowels are emptied each day by natural methods, not by the use of purgative drugs.

Avoid hurry, worry, and scurry, and watch Nature at work healing and restoring, and planting in your life again that *joie-de-vivre* which it is our right to enjoy.

HEALTHY HAIR

JOY WELLESLEY

MOST women realize that brushing is good for the hair, but how many know just why it is so important? Brushing coaxes the natural oils out to the very tips of the hair, it massages the tiny blood-vessels near the hair-roots, and stimulates circulation, thus causing the blood to rush swiftly through the scalp.

Begin brushing at the nape of the neck, and work right round from ear to ear. Do not be afraid to brush hard, and it is a good idea to keep the rest of the hair out of the way with the other hand. When you come to the crown area brush this a few strands at a time, and turn the brush after each stroke so that it gives a light tug at the scalp. Lastly brush up the sides and front.

If you shampoo your own hair, wet it first with warm water, then pour on some shampoo and go over the scalp in a circular movement. If

you prefer a spirit wash to shampooing, work this briskly into the scalp with the fingers, using a good deal of pressure at first, but ending up with a very delicate touch.

Always rinse the ends of your hair first. Do this by dipping them in a bowl of water, then pour a jugful of fresh water over your head.

The reason for this is simple. If the rinsing is done all at once, it is quite likely that the remains of the shampoo will cling to the ends of your hair, as it comes from the top of the head. Dry your hair well and then give it a good brushing—seeing, of course, that the brush is scrupulously clean.

Should you be worried with dandruff, the only real remedy is frequent washing. Avoid too much grease on the head and after brushing go over the scalp with a fine comb. This will loosen the dandruff.

The Case of the

MENTALLY-ILL CHILD



MENTAL illness among children, though not so common as among adults, does nevertheless exist. The child who is mentally sick exhibits certain characteristics with which every parent should be acquainted. Medical science now knows that when the illness is discovered in its earliest stages, a great deal can be done to bring about a cure.

There are six points to be kept in mind which characterize the mentally ill child. These are:

1. A generalized withdrawal of interests. The child is not interested in his surroundings. He lives within himself, completely separated from people and places. He has lost contact with his environment.

2. His ways of thinking, feeling, and acting are not the same as other children's. They are bizarre, queer, unusual.

3. He has disturbances in thought, manifested by his not being able to talk without suddenly stopping in the middle of a sentence, leaving out important words, being incoherent, and sometimes remaining mute.

4. He does not have the usual emotional responses. His emotions may be stunted, or he may not have any emotional responses whatever.

5. His way of feeling is rigid. His facial expression becomes fixed, and he lacks emotional depth.

6. His behaviour undergoes a change, either becoming over-active or under-active, or it may be fixed and odd.

What should the parent be on the

lookout for as the earliest signs of mental illness? First is what psychiatrists call early dissociative phenomenon as seen in the disturbed integration of language sign and and language function. In simple language this means the tendency of a child of two to five years of age to use words, not as a means of expressing thoughts and feelings, but as mere phonetic signs devoid of any meaning. The very young pre-school child enjoys using words for the sake of words. This represents play with sounds which is an entirely normal manifestation. In this play it is very obvious that the child gets considerable gratification out of such activity. The parents sometimes become a little weary of this play and refer to it as silly or nonsense talk. However, when this is found in an older child in whom playfulness is absent, and who has a serious mask-like expression when uttering these silly or nonsensical words, there may be an underlying mental illness. In some children the unwillingness to learn to speak may be an indication of complete lack of interest in the world about them, a sign of mental illness.

The second important factor in detecting mental illness in a child is his lack of interest in people, in his environment, and in the activities of other children. Such a child is prone to have imaginary companions or to talk about himself in the third person. He does not mingle with other children and finds no interest in their play. He has no playmates.

The third factor is that of com-

Generalized withdrawal of interest and unusual or queer behaviour on the part of your child are some of the indications of mental-illness.

EDWARD PODOLSKY, M.D.

pulsions. A young child may well repeat an activity which he has found pleasurable without this activity becoming compulsive. The playfulness with which he performs and the enjoyment he gets out of this activity stamps it as normal. This is in contrast to the compulsive type of behaviour, as seen in a child whose interest in play is very scant. He speaks little with others. He does a thing over and over again, such as counting a series of cards; but there is no emotional colouring to the act; he derives no pleasure from doing it. He counts because of some inner compelling force.

Another evidence is compulsive possessiveness. It is true that young children usually go through a period of collecting many strange objects. In contrast to this early childhood habit of collecting, compulsive possessiveness is characterized by an intense drive for storing objects of no concrete value or significance. Such a child is likely to look compulsively at car licences, retain their numbers, or make a list of these, obviously useless acquisitions, if one considers the range of a young child's interests. He may collect a variety of bits of string or rag at an age where a normal child has long passed this collecting phase.

Temper tantrums may be a sign of mental illness. When these are observed with some degree of severity and persist in the five-to-seven-year period and beyond, they are not normal. They reveal the inability of the child to take frustrations, which a normal child is able to take.

Another symptom of mental illness in children is marked aggressiveness when the child is first in contact with other children. It is usually noted at the time when he begins to talk, approximately at two years of age; not knowing what to do with other children, he strikes them. When such a child is prevented from expressing his aggression toward other children, he may turn his aggression toward himself, tearing his clothes, biting himself, or striking himself.

On the other hand, the child who after the usual period of social adaptation persists in not playing with other children, is fearful, and clings to adults, deserves careful attention.

Each of the above factors in itself may have no significance, but when they all occur together they are a good sign that the child is mentally



Parents, teachers, and those who are in close contact with the growing child should carefully watch for any signs of abnormal behaviour.

sick, and that something should be done about it.

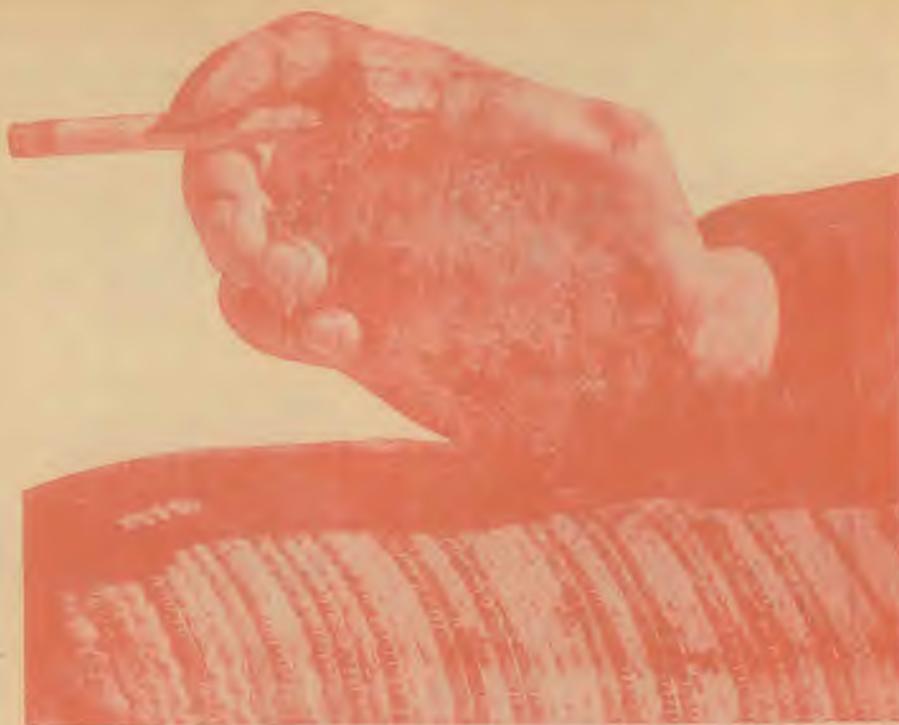
What can be done? Quite a great deal. First one must be prompt to recognize the abnormal signs, and then one must get expert psychiatric advice. There are many child mental-hygiene clinics devoted to the care and treatment of such cases.

The people who come in close contact with young children—parents, teachers, judges, and others—should become aware of the signs of abnormal behaviour, and should be able to recognize them early.

What are the solutions? From a practical point of view the available solutions are psychotherapy, manipulation of the environment or removal from the environment. Psy-

chotherapy is of immense value in many cases of mentally ill children. An expert is required for this phase of the work. The manipulation of the environment is frequently unattainable because of the non-co-operation of parents who are often quite neurotic themselves. The earlier the problem is treated, the better are the chances for success.

Broadly speaking, human beings may be divided into three classes: those who are toiled to death, those who are worried to death, and those who are bored to death.—Winston Churchill.



The use of tobacco greatly lowers the vitality of the body.

MANY a robust individual with the physical strength and stature of a giant has fallen a victim to a minute organism popularly known as a germ—an organism so small that only by the aid of a powerful microscope was it visible to the human eye. It may have seemed like an unequal contest. In fact, it is usually the robust individual who defies the laws of health and affirms, "nothing hurts me," who falls a victim to pneumonia or some other germ disease.

A robust young beer-drinker who had met with a minor accident looked up into the face of the surgeon as he was being wheeled into the operating room, and asked, "Doctor, will this operation kill me?" "No," replied the physician, "the operation won't kill you, but the beer may." The operation was skilfully performed, but blood poison-

those who have defied the laws of health.

It is highly important in this age to prevent in every way possible the spread of disease germs, for never has the tissue soil of the masses been more favourable for their growth than now. We cannot always be sure of protection. A few years ago a new germ made its appearance. It was unknown to scientists at the time. We were fighting an enemy in ambush. I refer to the influenza epidemic of 1918. This minute organism was responsible for three times as many deaths in the few months of its continuance as fell on the field of battle during the entire four years of World War I. The degenerate hearts of those who succumbed could not stand the extra strain placed upon them by the high temperature which the disease produced. In addition to this, the tissue soil was such that it

formed a favourable culture for the growth of germs.

While it is essential to prevent the spread of germs, it is more essential to build up the barriers of defence by keeping the tissue soil unfavourable for their growth. This can be done only by the correction of physical habits which render the blood stream impure and which tend to saturate the tissue with impurities.

The farmer does not cast seed into the soil that has not been previously prepared for it. After the soil is prepared he sows the seed. Body tissues that are laden with impurities furnish the soil for disease germs. It is important to build up the vital resistance of the tissues, thus making them unfavourable for the growth of germs.

Lieutenant-Colonel H. Halliday of the Indian Medical Service, referring to the splendid condition of some of the Indians for whom he laboured, made the statement: "I claim to speak with some authority because I have been practising surgery in India for the past twenty-four years and have had an admirable opportunity of comparing the relative resistance of meat-eaters with vegetarians during the great war. I was the surgical specialist in charge of Indian troops during the greater part of the war. There was a remarkable consensus of opinion of all who observed both races and classes that the Indians' wounds healed more rapidly, were less amenable to infection, and they recovered from infected wounds more readily than did the French, British, and Australian troops. In civil life they show a remarkable freedom from certain diseases, such as gastric and duodenal ulcers, gall bladder disease, and appendicitis.

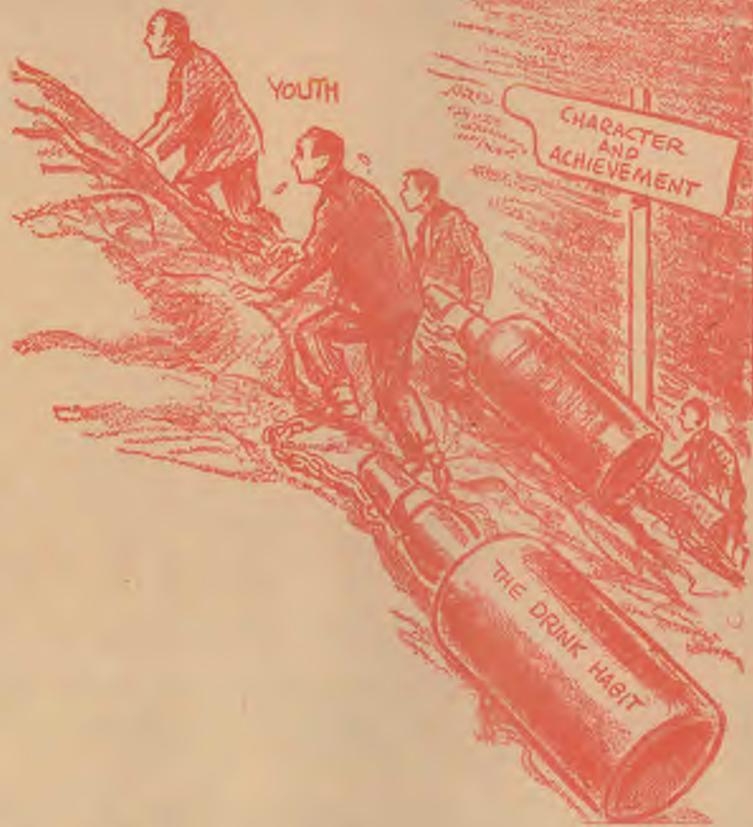
"In regard to the latter, I have some figures relating to the relative incidence of appendicitis in Indian and British troops in India. I find that this disease is about ten times as frequent in the British as compared with the Indian army. The rarity of cancer is so striking that a surgeon might practice for many years amongst this people and never see a case. I am speaking for the Punjabi, not for the Indian as a whole.

BUILDING UP

ing set in and the patient died the victim of a germ. The soil had been previously prepared for the seed which flourished in it and caused his death. Germs do not flourish in healthy tissue. Surgeons do not care to operate on beer-drinkers, or on

Vital

MILLSTONES ON THE UPWARD CLIMB



In addition to ruining man's youth, character, and achievements, the drink habit reduces his power of resistance against disease germs.

The Punjabi diet is wheat bread, whole meal, pulse, vegetables, milk, and some fruit. I may add that their physique would compare favourably with that of any people in the world. When it was decided in the Boxer Uprising to recruit a regiment from the Punjab, especially for the service of Hong Kong, there was no difficulty in raising a thousand men, of an average chest measurement of over forty inches, and an average height of five feet, eleven inches."

Dr. Robert McCarrison, in his work, *Studies in Deficiency Diseases*, writes about his seven-years' experience in the northern part of India where the food eaten was almost altogether such as provided by nature: "My own experience provides an example of a race unsurpassed in perfection of physique and in freedom from disease in general, whose sole food consists to this day of grains, vegetables, and fruits, with a certain amount of milk and butter, and goat's meat only on feast days. I refer to the people in the State of Hunpa, situated in the extreme northern point of India. So limited is the land available for cultivation that they can keep little livestock other than goats which browse on the hills, while the food supply is so restricted that the people as a rule do not keep dogs. They have in addition to grains, wheat, barley, and maize, an abundant crop of apricots. These they dry in the sun and use very largely in their food. Amongst these people the span of life is extraordinarily long.

"Such service as I was able to render them during some seven years spent in their midst was confined chiefly to the treatment of accidental lesions, the removal of senile cataracts, plastic operations for granular eyelids, or the treatment of maladies wholly unconnected with the food supply. Appendicitis, so common in Europe, was unknown. The severe nature of the winters in that part of the Himalayas is considered and the fact that the housing accommodation and conservatory arrangements are of the most primitive, it becomes obvious that enforced restrictions to the unsophisticated foodstuffs of

nature is compatible with long life, continued vigour, and perfect physique."

It will be observed that the animals that are used as food by man are vegetarians. They obtain their sustenance from the only source of all nutrition, that is, the vegetable kingdom. The various elements upon which they subsist, when digested and absorbed are conveyed to the tissues and built up into bone, muscle, and the various other structures of the body, including the glands. These creatures obtain a perfectly balanced dietary from the vegetable kingdom and with it they build up perfectly healthy animal bodies.

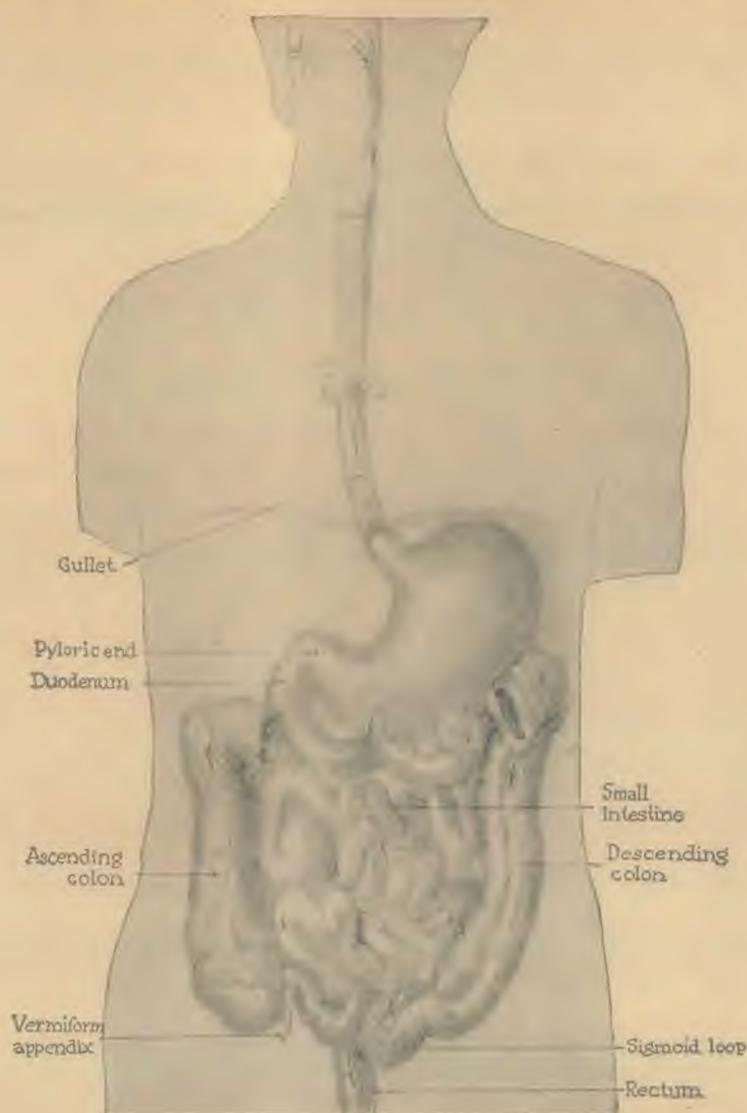
In our laboratories we do not grow germs of pneumonia, typhoid fever, or cholera, in grape juice, or

orange juice, or other fruit juices. Meat bouillon is made use of because it forms the most favourable soil for their growth. This is why heavy meat eaters are more apt to succumb to pneumonia and other germ diseases than are those who subsist largely on fruits, vegetables, cereals, and other health-giving foods.

That robust-appearing individual you see walking along the street smoking cigarettes, who claims he can eat anything—and usually does—will tell you that he is in perfect health. Is he? Let him be stricken down with pneumonia, typhoid fever, cholera, or some other germ disease, and his chances are no better than were those of the young drinker of beer already referred to. These men appear to be what they are not.

Resistance

D. H. KRESS, M.D.



The digestive system of the body consists of the mouth, the oesophagus, the stomach, the intestines, and several glands connected with these organs.

FOOD as bought in the market, as cooked or otherwise prepared and served on the table, or even chewed and swallowed, is in large part not yet ready for use by the cells of your body. Much work needs to be done on it by your digestive organs, a class or group of organs which includes your liver and several other glands, in addition to your mouth, your stomach, and your intestines.

Your digestive organs can handle your food without your thinking about how they do it while they are at it—in fact they handle it better if you don't think about it—but it is worth while to know what happens to your food during digestion. This is a complex chemical process, depending chiefly on the action of a group of special chemical compounds

called enzymes, the most important of which will be named and discussed as we go along.

Digestion begins in your mouth. You have three pairs of salivary glands, producing saliva and pouring it out through ducts into your mouth. One pair of glands, the parotid, are located just behind the angles of your lower jaw. Another pair, the submaxillary, lie between your lower jawbone and your tongue, one on each side, about a third of the way from the angle of your jaw to the point of your chin. The third pair the sublingual, are buried in the floor of your mouth beneath your tongue. The enzyme ptyalin, found in your saliva, turns some of the starch of your food into sugar. This action is aided by thorough chewing, for the food is thus kept in your

mouth longer and is broken up so that the enzyme can more easily work on it. Being mixed with saliva, your food is more easily swallowed. Washing it down with water or some other beverage would make it easy to swallow, too; but the proper digestive action of ptyalin, would thus be decreased or entirely prevented. These facts emphasize the importance of not eating too fast and not taking too much liquid along with meals.

But part of the benefit from eating results from the pleasure connected with it. Here is one important place where good cooking and attractive serving of food come in, but these are subjects that must be left with this mere mention. You may worry so much about the possible harmfulness of too little chewing, and think so much about the process while it is going on, that much of the pleasure of eating is destroyed. Timing the chewing of each mouthful—an idea in vogue a generation ago—probably did as much harm as good. It does not require much attention or a long period of time to train the nerves of your mouth and throat to hold your food back until it is thoroughly chewed and virtually in a liquid state before it is swallowed. After that training proper chewing will largely take care of itself unless you allow yourself to eat when you are in a hurry. It is better to take nothing more than a glass of fruit juice, milk, or buttermilk than to try to eat a full meal when there is barely time to bolt the food.

Your stomach receives the food from your mouth through a tube called the oesophagus, which passes down through the central part of your chest and diaphragm and enters your stomach a little to the left of the centre of its upper side. This organ is a thin-walled, muscular bag, holding about three pints if it is of average size. It is located in the extreme upper part of your abdominal cavity, close up against your diaphragm, the muscular partition between your chest and your abdomen.

BRING YOUR FOOD TO YOUR BODY'S USE

H. O. SWARTOUT, M.D., Ph.D.

Its broad left end lies not far beneath your heart, so if you fill your stomach too full you may have discomfort around your heart on account of the pressure. Special glands in the wall of your stomach produce gastric juice, containing hydrochloric acid, pepsin, and rennin.

In your stomach the digestion of protein is begun. Both pepsin and rennin act on it; but they are not able to complete the task. Neither of them, but especially pepsin, can work normally in the absence of hydrochloric acid. There is little digestion of any carbohydrate or fat in your stomach. In fact, this organ acts more as a storage chamber to hold your food and pass it onward at intervals and in smaller amounts than it does as a true organ of digestion. In many a case of serious disease of the stomach, such as widespread cancer, the whole organ has been removed; and the person has usually been able to get on fairly well without it. Thus while your stomach is quite useful, it is not a truly vital organ. It does churn your food and mix it with gastric juice, however, during the two to four hours that the food normally remains in it, giving it a consistency that can more easily be handled by the fluids and enzymes of your small intestine.

The outlet of your stomach, the pylorus, is guarded by a strong ring of muscle and lined by a sensitive membrane. If your food is too coarse, strongly acid, or highly seasoned, the resulting irritation tends to make the passageway remain closed too long; and the increasingly acid nature of the stomach contents

may cause considerable distress. Other influences may make it open too soon, thus allowing the food to pass into your intestine before stomach digestion is complete. The emptying time of your stomach can be found out by X-ray study; and, if it is too short or too long, further study can often detect the cause and make possible its correction.

The sensation of hunger is caused by waves of muscle contraction in the walls of your stomach, especially in that part of it into which your oesophagus empties. In health the muscular walls of your stomach remain nearly, if not entirely, quiet for a time after the organ has been emptied; and if the habit of eating at regular times has been formed, the "hunger contractions" will not come soon enough or become strong enough to cause any real distress before the next regular mealtime. If the hunger feeling goes beyond a mild sensation of "emptiness" and becomes pain or nausea, something is probably wrong, and the cause of the trouble should be investigated.

One of the most curious facts about food protein, the digestion of which begins in your stomach, is that while you cannot live without it, if it is introduced unchanged into any part of your body except your digestive organs it will cause much trouble; and if it enters directly into your blood stream it will produce a state of shock that will quickly kill you. All protein must first be broken down into much simpler substances, called amino acids, before it is safe to pass from your digestive organs to other parts of your body.

Many of the amino acids, of which there are at least twenty kinds, are more or less changed by your liver before they are used in your body. By a process not yet fully understood, your living cells can then take them and build them up into a sort of protein that the cells need; but different kinds of cells build slightly different kinds of protein. Even more interesting and puzzling than that, however, is the apparent fact that the same kind of cell—true at least of certain kinds of cells—will build protein of a gradually changing type as you grow older.

The most important work of digestion occurs in your small intestine. In its upper part, food is mixed with pancreatic juice from a large gland called the pancreas—lying below and behind your stomach against the rear wall of your abdomen—with bile from your liver, and with intestinal juice from many small glands in the wall of your intestine. Both the bile and the pancreatic juice are emptied into the upper part of your small intestine, called the duodenum, through a common opening a few inches below the outlet of your stomach. The pancreatic and intestinal juices both contain several



different enzymes, the most important of which will be named in the following sentences.

It is in the small intestine that amylase and a few less important enzymes complete the change of all undigested carbohydrates into glucose and similar sugars. Here trypsin and erepsin finish the work of breaking proteins into amino acids. Steapsin and a few assistant enzymes and other chemicals break fats into simpler substances that can pass through the lining of your intestinal wall. Digested fat is collected into the lymphatic vessels of your intestine, which are called lacteals because of the milky appearance of the fat which they contain. All other digested food materials pass through the lining of your intestine and into your blood stream. So do water, minerals, and vitamins, which require no digestive change.

Glucose needs no further change to be usable by your body cells. Your liver, however, changes all excess glucose beyond the immediate needs of your body into insoluble glycogen and stores it in its own tissues or in the muscles, ready to be changed back into glucose and used at once when needed. Many of the amino acids can be, and usually are, further broken down chemically by the action of your liver. This gland works on fats, too. Not all that it does to them is clearly understood, but it is known that it can change the nature of food fat in such a way as to make it more or less characteristic of your body fat. Your food fat may be a thin liquid, such as olive oil, or a firm solid, such as tallow; but your body fat will vary little in type, whatever the fat may be that predominates in your diet.

From the above short discussion of some of the tasks performed by your liver, you can surely see that it is a very important organ. It is the largest gland in your body, weighing between three and four pounds, and lying to the right of your stomach, close beneath your diaphragm. The bile which it secretes does little to aid digestion, but it does help to break up fats, to make their absorption easier, and to stimulate the normal activity of your large intestine.

Contraction waves in the muscular walls of your small intestine not only mix and churn your food but slowly carry it forward. Within from six to ten hours of the time a meal is

eaten, part of its unabsorbed residue reaches the outlet of your small intestine and begins to pass into the first section of your large intestine, the caecum, located in the lower, right-hand section of your abdominal cavity. Your appendix, about which you have surely heard, is a small, tubular pouch attached to and emptying into the end of your caecum.

In your caecum, water and small amounts of other substances are absorbed. The food residue is prevented from passing forward too rapidly by occasional contraction waves moving in a backward direction; but eventually this residue passes into the ascending, transverse, and descending portions of your colon, becoming more and more fecal in character as it passes along the way. The progress of the faecal mass is delayed considerably by a large double bend in your colon, the sigmoid flexure, in the lower left-hand section of your abdominal cavity; but eventually it reaches your rectum, from which it is expelled from time to time.

Since the work of your digestive organs is necessary to your life and health, it is surely wise to do what you can to help them work efficiently. Among these organs, however, it is your stomach that is most likely to be abused. If you eat too often or at irregular times, your stomach cannot get its regular rest; and it needs to rest to be healthy, the same as any other part of the body. If you eat hastily and swallow your food be-

fore it is well chewed, you throw an added burden on your stomach. If you eat food that is too hot or that contains much pepper or other spices, you irritate your stomach. If the food is very cold, your stomach cannot begin to digest it until it has become warm. The work of warming a mass of cold food is a task which you should not force your stomach to perform. Alcohol temporarily inflames the stomach lining, and in many cases its habitual use results in a persistent inflammation. People who use much tobacco are also often subject to stomach trouble. A tobacco smoker with ulcer of the stomach has little chance for a cure unless he stops smoking.

Regretful leave must be taken of this maze of subjects, a further study of which would pile wonder upon wonder about your wonderful body; and this discussion must close with an additional truth of more practical value. No matter how suitable your food may be, your digestive organs cannot handle it properly if your emotions are upset. Anger, fear, excitement, and worry are all great hinderances to digestion and may turn good food into poison. Furthermore, it has always been true that "a merry heart doeth good like a medicine; but a broken spirit drieth the bones." Though it is important to choose your food with intelligence and to prepare and serve it with care, it is no less important to eat it with a calm enjoyment, then forget it, and go about your work with confidence.



Pleasant and congenial surroundings have much to do with the proper digestion of food.

WE MUST BREATHE

S. B. WHITEHEAD, D.Sc.

TO SAY that we must breathe to live is a truism. The official record for the length of time that a man can go without inhaling is six minutes 29 2/5 seconds. Few of us can manage three minutes, however. Despite its importance, breathing remains one of the most neglected functions, and outside singing, the elocutionary arts, and athletics, its possibilities are given scant attention. Surely this is all wrong, for respiration primarily determines the life and activity of every cell in body and brain, and the level at which they function.

Most people take their breathing for granted as a purely automatic function over which they have, and need exercise little control. But experience in those fields where respiration is of influential importance such as opera or field athletics, shows that triumph belongs to those who have consciously attained a degree of breath control. If correct breathing is of value in these specialized phases of living, can it not be of equal value in the pursuit and maintenance of health? The answer is that we cannot only be better in health but in mind and outlook by giving some daily attention to how we breathe.

DEEP BREATHING FOR VITALITY AND STAMINA

Very few people use the full capacity of their lungs or understand how vital an effect their breath-

ing has upon their physical and psychological well-being. We must breathe to maintain the fire of life within us. Body heat and energy comes from the oxidization (burning up) of substances derived from food in the tissues. Oxidization can only take place in the presence of oxygen conveyed from the lungs, and obtained from the air we breathe, by the blood. The more fully we breathe, the more oxygen is available and the brighter glows the fire of life. Other things being equal, we have more energy, more vitality and more stamina when we breathe fully.

The provision of abundant oxygen and other gaseous elements found in air has a dynamic effect upon every part of the body, tissues, nerves, and glands, and raises their level of activity and harmony. A full, deep inhalation also requires the complement of a full, deep exhalation. In exhalation the lungs play a significant role as eliminative organs. They remove the deadly carbonic acid gas and spent volatile elements from the blood, which would otherwise depress and poison systematic operation. In fuller breathing, therefore, we invigorate the bloodstream and raise the balance of pure oxygenated blood as against impure.

DEEP BREATHING FACILITATES ORGANIC WORKING

This is not all. The act of respiration has a profound influence on

organic working. In effect, by breathing we draw impure venous blood to the lungs for purification. The impure blood collects in the reservoir of the liver below the heart, and is circulated via the heart to the pleura in the chest. The pleura surrounds the lungs and under pressure of filled lungs the blood it contains exchanges its waste impurities for oxygen, etc. The pleura is thus a temporary reservoir of pure blood above the heart, until the blood is released for distribution via the heart around the body.

Shallow unconscious breathing tends to foster too much impure blood in the liver. There is a growing pressure on the heart. But full breathing reverses this. It makes the work of the heart in distributing the blood easier, and from this follows the reflexes of eased pressure on all associated organs.

RESPIRATION AND THE MIND

Apart from effecting better physical functioning, full use of the lungs has a stabilizing effect upon our emotions and psychological state. Excitement, fear, worry, and anxiety and other forms of emotional disturbance tend to go hand in hand with shallow, rapid, and negative respiration. Often our physiological reactions to emotional tension stimulate rapid, poor breathing. But if we deliberately and consciously begin to employ a full breathing rhythm, our fears are more easily mastered, and we have greater control over them. Breath is life, and to the extent that we can draw upon it positively, we can and do infuse our beings with new dynamic power for health and happiness.

Our breathing rhythm seems to be determined by prenatal influences. The respiratory movements are purely involuntary. If we let them remain so, the tendency is for the respiratory muscles to lose their efficiency and our breathing to become shallower as we grow older. Nevertheless, these muscles and the respiratory organs can be and are remarkably responsive to the control of the will. By setting out consciously to improve our breathing, we set out to build up new vitality and health. Breathing exercises are exercises all can do, young or old, sick or well, for they can be done whether lying down, sitting, standing, or walking.

OSTEO-ARTHRITIS is primarily the result of "wear and tear" in a joint. It affects persons over middle age rather than young people, and it is entirely different from rheumatoid arthritis. In view of the fact that almost everybody over the age of fifty suffers from osteo-arthritis to some extent, it is fortunate that the disease does not cause any great disability in many cases.

The joint first affected is usually one of the larger joints which has had some extra strain imposed upon it. Various occupations predispose to osteo-arthritis; e.g. in agricultural workers the spine and hips are usually affected.

Eburnation and Osteophytes

In this type of arthritis the cartilage in and around the joint is first attacked. The destruction of the cartilage takes place mostly where there is greatest pressure, and when the cartilage is completely destroyed, the bone ends are allowed to rub together. Owing to the continuous friction thus produced, the bone becomes very hard and polished. This process is called eburnation.

**ROY P. H. CHARLTON,
L.P.M.E., M.S.F., M.S.S.Ch.**

The amount of pain present varies in individual cases, but most sufferers find that the pain is aggravated in wet or cold weather. Absolute cure of the disease is impossible, but much can be done to alleviate the symptoms. In severe cases surgical appliances may be used to ease the pressure on the affected joints. Deep X-ray therapy is helpful. Physiotherapy is of great assistance.

Treatment

Treatment consists of rest, heat, massage, and exercises. Diathermy has proved the most satisfactory method of heating, but where this is not available, infra-red radiation sometimes produces good results. The massage should be carefully graduated from gentle stroking to petrissage and friction. The muscles are able to stand somewhat deeper massage than is the case in rheumatoid arthritis. Strong passive move-

rounding muscles may be included. The disease may be acute or chronic.

The word rheumatism is used to describe a very wide range of aches and pains.

We have so far considered in a brief way the more or less well defined groups of arthritis. We are left with a number of conditions which may be called "the non-articular rheumatic affections." Into this category fall all the common aches and pains in muscles. Aches and pains in joints have already been dealt with.

Fibrositis of all types, muscular rheumatism, neuritis, and pleurodynia are all included in this group.

Those most affected are persons over middle age, although an athlete who has been subjected to more than usual muscular activity may suffer from an attack of lumbago.

Lumbago is an inflammation of the lumbar muscles, resulting in pain and stiffness in that region. The attack generally comes on after any sudden exertion, or after exposure to cold and damp. The muscles between the ribs (intercostal muscles) can be affected in the same way (pleurodynia). The attack in this case causes pain in the chest when a deep breath is taken. The causes are

OSTEO-ARTHRITIS

and

MUSCULAR RHEUMATISM

Around the edges of the joint, bony projections called osteophytes are formed. These may interfere with the movement of the joint. The affected joints usually creak when they are moved.

The onset of osteo-arthritis is usually gradual. The patient notices pain and stiffness in one or more of the larger joints, sometimes in the feet and hands. The skin over the joint becomes red and hot, and may be painful when touched. As the disease progresses, muscles waste and some deformity develops because of the presence of osteophytes.

ments may sometimes be given to assist in restoring mobility to the joint.

What does rheumatism really mean? The term is a very old one and it is based on the idea that the disease it was applied to was of a "moist nature, leading to watery deposits in the joints." In more modern times the word had been used to describe that group of diseases which show as their chief symptoms, inflammatory and degenerative affections of the fibrous tissues of joints, muscles, and other parts. The joints alone may be affected, or the sur-

the same as those of lumbago—sudden exertion, strain, or exposure to the elements.

The most common form of non-articular rheumatism is fibrositis. It may be defined as an inflammation of the fibrous tissues of the body.

As with the other type of rheumatic diseases, the immediate cause of fibrositis is unsettled, but various factors are known to be of importance. Various authorities on the subject have different theories. All are agreed, however that exposure to

(Continued on page 22)



THE HOME

BRAVE PETER

MARIE LARSON

PETER was the bravest boy in his neighbourhood. At least that is what he kept telling his friends every day of the week.

"I'm not afraid of Beakin's dog, even!" he assured his playmates on the day he felt especially brave.

Now everyone was afraid of the big dog Mr. Beakin kept tied to his verandah while he was away at work. Even though Peter had boasted so often of his bravery that no one paid any attention, this time Peter's friends stopped to listen.

"I'll walk right up and kick that old dog!" Peter told the wide-eyed group around him. "You can watch me do it. Watch through the high fence here under the shade of this tree."

Every boy in the group held his breath.

Peter puffed up. They knew now how brave he was!

Peter gave Mr. Beakin's gate a shove and strode up the path with his head high. The big dog came out of the shadows of the porch, growling.

As the dog came down the last step, Peter kicked out swiftly. His foot soundly caught the dog's shoulder. Any other dog might have yelped, but Mr. Beakin's dog merely growled a deeper-sounding growl. The hair on his back began to bristle. Peter darted away, planning

to get a safe distance beyond the reach of the dog's rope.

"Peter! Look out!" From behind the high fence the boys called out a warning.

And then brave Peter saw his mistake. The dog had not been tied up that day!

The angry animal came down the path behind Peter. He leaped at brave Peter with a growl that sounded as if he meant to eat the boy. All the puff went out of Peter's chest. His face grew pale. He did what any other boy would have done. He ran as fast as he could!

Straight for the tree that grew beside the high fence Peter flew. He swung himself up into the lower branches just as the dog buried his teeth into the leg of Peter's pants. There was a strange r-r-r-rip!

Peter looked down at his bare leg

and shuddered. He looked at the dog crouched below and shuddered again.

"Crawl out on the limb that comes out over the fence," Peter's friends told him. "We'll help you get down."

Peter felt so weak that he almost fell into the arms of the boys who reached up to help him. He sat on the sidewalk and through the high fence watched the dog chew the leg of his pants into ribbons. And the longer he watched the more foolish he felt. Those had been his best pants!

How silly to try to prove his bravery by looking for danger! Being brave by playing safe in the first place would have been much less costly.

THE FOOLISH MONKEY

WHEN your grandpa and grandma were children they no doubt heard a story of "The Monkey at School."

A monkey seeing some boys enter a school followed them and sat down in one of the seats. When they took up books, he took up one and began turning over the leaves as he saw them do.

When the children began to laugh at him, he began to chatter and grin. Then a boy threw a book at him, and the monkey threw it back.

Another boy pulled the monkey's ears, and the monkey pulled the boy's hair until he screamed for help. Just then the teacher came in



and the boys cried out, "Beat him, kill him!" but the teacher said, "He has only done what he saw you do. If you had done right he would have followed."

Here is the story of another monkey. This monkey would go with his master to different places to visit friends. At one place to which they went, liquor was given to them. Jacko drank and it made him very merry, and he hopped and danced and made the people laugh. They had so much fun with Jacko that the next day they thought they would try it again, but the monkey could not be found. At last they saw him crouched inside a box almost out of sight.

"Come out here," said his master. He came out on three paws, one forepaw was on his head. Jacko was sick.

They tried for three days to get Jacko to again take some liquor but in vain and the monkey eventually got away from his tormentors. His master kept him twelve years, but the monkey never could be persuaded to touch liquor again.

Boys and girls are sometimes like the foolish monkey—they follow bad examples set by others; but unlike the wise monkey they do not always give them up when they find they are harmful. Boys do as older boys do and form bad habits. Girls do as other girls do.

Boys and girls, stop and think. Remember somebody's brother or sister is watching you. Help to keep them in the safe path—*Selected*.

De-Inking Machine

A NEW machine capable of de-inking waste newsprint so that it may be re-used as newsprint, is already in operation at forty-two paper mill installations in the United States, according to an article by Kurt Wandel, the machine's inventor. The article in *Editor and Publisher*, trade publication of the American newspaper industry, added that newsprint de-inked by the machine had been run in the presses of the *Kalamazoo (Michigan) Gazette*.

Known as the Dyno-Pulper, the machine is said to defibre, de-ink, and wash used newsprint in one process for conversion into new paper. Described as being of simple construction and operation, the machine

utilizes a mechanical and hydraulic action to reclaim newsprint. In the process, caustic soda, to remove the ink, is left in contact only long enough to do its work and then is immediately and completely washed out.

The inventor said that previous processes in the United States to de-ink newsprint either have resulted in failure to remove the ink completely or have so injured the fibre as to make it unusable for newsprint. As a result, most reclaimed newsprint has found its way into plants for making paper boxes.—*U.S.I.S.*

Rocket

A "TWO-STAGE" rocket reached an altitude of more than 250 miles in a test at the White Sands proving ground, New Mexico, U. S. A., February 24. A German V-2 carried an American designed rocket to a height of approximately 20 miles, when the second missile was released to attain the altitude record, travelling at a speed of 5,000 miles an hour. The two rockets together weighed fifteen tons.

Burma's Teak Output

BURMA hopes to reach her pre-war level of teak production by 1952, declared Mr. T. C. Hoe, Director of Marketing, State Timber Board, Burma, in an interview here.

Mr. Hoe, who is leading his country's delegation to the International Forestry and Timber Utilization Conference meeting here, said the Burma Government had prepared a working plan which envisaged a programme of forest development for a period of ten years.

WE MUST BREATHE

(Continued from page 17)

HOW TO BREATHE CORRECTLY

The basic posture for good breathing is the same in all positions. We need to lift the chest wall high, to arch the diaphragm or midriff, to throw the shoulders back and down, and then concentrate with body relaxed upon filling and collapsing the lungs within the chest cavity as fully as possible as we breathe. We can breathe out through the mouth on occasion if we like, but the in-

halation should be nasal, if only to insure that the impurities present in the air are efficiently trapped, and the air properly warmed before it enters the lungs.

Breathing intended to re-educate the lungs has a four-phase rhythm: viz., inhalation—pause—exhalation—pause. A good exercise is: Inhale slowly and steadily, mentally counting six, seven, or eight; hold the breath in a moment; then exhale slowly to the mental count; hold the breath out a moment; then repeat about fifteen to twenty times at a time. Such a simple exercise can be done on awakening, and just before going to sleep. It can also be done during the day in almost any posture where the lungs are free to work unimpeded and the body relaxed.

EXERCISES FOR THE AGED

Older people who find that "their chests have slipped" will probably do the exercise best lying flat on the back, aiding the breathing by gently but firmly holding the diaphragm in and up with the hands on the midriff. Once the basic rhythm has been mastered, variant breathing gymnastics can be practised. For instance, the exhalation can be made twice as long as the inhalation, or vice versa. The pauses can be lengthened and varied, though this should not be overdone. It is often helpful to inhale jerkily as if sobbing and then let the breath out with a long steady sigh. With the passing of years, there is a grave tendency for debris to accumulate in the lung tissues, and to vary the breathing helps to loosen and excrete some of this.

As the respiratory organs respond to consciously controlled breathing, it will be found possible to unite breathing exercises with physical exercises. One of the best ways is to link the respiratory rhythm to stretching and rhythmic movements—inhaling on the stretch, holding a moment, exhaling on the relaxation, and holding out for a moment when the body is at rest.

It will be found that the regular practice of simple breathing exercises five or six times a day, conditions the lungs to a longer breathing rhythm all the day, and the beneficial effect is cumulative. It gives us greater control over body and mind and is undoubtedly a factor in spiritual self-expression.

RECIPES

"WE WANT rice," is the cry of most of the middle class people from the southern part of India and also of all those who have located in other parts of India after emigrating from the south. The rice they like best is the very white polished kind, the kind with the least nourishment and the most starch. In polishing the rice it is a well-known fact that the pericarp or outer coloured layer, as well as the germ are lost and these are the vital elements, containing the minerals, the proteins, and the vitamins. Rice which is hand-pounded is preferred to milled rice, since hand-pounding can be gauged to removing only the coarse husks. Brown rice is an excellent food but wheat, millets, maize, and jowar or cholam are superior to it in nourishment.

The ground-nut and soy bean take first place as good protein foods in a vegetarian diet. It is therefore good to learn the food value of different foods and how to prepare them appetizingly for the family. Green leaves and lentils are rich in protein elements and in these days of food stringency it behoves us to get away from age-old tradition and learn all we can about the abundant food-elements obtaining in our country.

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ing our country in this respect and here is hoping you try these recipes.

VEGETARIAN CURRY PUFFS

Pastry: 2 cups flour; 3 tablespoonfuls shortening; salt to taste; water to make a stiff dough.

Mix all ingredients together, knead well and set aside.

Filling: 1 cup boiled ground nuts; ½ teaspoonful ginger powder; ½ cup minced onion, fried; 1 cup mixed vegetables, cooked and chopped; 1 teaspoonful curry powder.

Fry the onions in a tablespoonful of ghee or fat. Add the masala and if desired some finely chopped garlic and fry a few minutes. Add the well-cooked groundnuts and the vegetables. (These should be nearly dry and free from juice. If any juice remains after cooking it should be drained off and used in soup or gravies). A little chopped green coriander or parsley may be added. Cook together for a few minutes. Now divide the pastry in about thirty equal parts or more. Roll out very thin, in shapes of squares or circles and place two teaspoonfuls of filling in each. Wet the edges and press together in a half-moon shape or oblong. Fry in deep fat, or bake in hot oven until golden brown.

NUT CUTLETS

One cup boiled sieved groundnuts; 2 tablespoonfuls ata or bread flour; 1 egg; 2 tablespoonfuls cream; ¼ teaspoonful each of powdered cloves, nutmeg and allspice; 1 teaspoonful mixed dried herbs, powdered.

Mix in order given. Drop by spoonfuls in well-oiled hot skillet. Fry a golden brown on both sides at slow heat. Serves four to six.

VEGETABLE PILLAU

One cup rice; ½ cup minced onion; 8 cloves; 1 stick cinnamon (1 inch); 2 cardamoms; 2 tablespoonfuls ghee or fat; 2 cups mixed vegetables.

After the rice is washed, soak it in water while the onion and fat are simmering in a pan, add to the onion the spices and fry again. (A little ground huldi may be added also). Now add the drained rice and fry a little more.

Add enough water to cover and let boil until done. Now add the cooked and cubed vegetables. Peas, potatoes, and carrots are good, also cauliflower. Pour a little melted butter over the whole before serving.

PUMPKIN SWEETMEAT

Two cups steamed pumpkin, mashed; 3 cups sugar; ½ cup butter or ghee; ½ teaspoonful salt; ½ teaspoonful ground cardamom seed.

Make a thick syrup of the sugar, add the pumpkin and cook until thick. Add butter and salt, stirring constantly. Add the cardamom and stir well. Turn the mass into a well-oiled dish. Press down and cut into pieces when cool.

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RICE RISSOLES

One cup boiled rice; 1 tablespoonful ghee; 4 tablespoonfuls chopped cooked vegetables; 1 egg; seasoning, salt, mixed herbs.

Mix all the ingredients, form into balls and flatten. Dip in flour and fry or bake a golden brown. Serve with Brinjal Relish.

BRINJAL RELISH

One cup cooked and mashed brinjal; 2 tablespoonfuls minced onion; 2 tablespoonfuls lime juice; 1 minced capsicum; 1 tablespoonful each of minced parsley, mint, and green coriander.

Mix all together and serve.

POTATO SURPRISE

Six potatoes boiled and peeled; 1 tablespoonful chopped parsley; 1 tablespoonful minced capsicum; salt to taste; 2 tablespoonfuls butter or fat.

Put the fat in a skillet and melt it. Add the potatoes and let them heat thoroughly. Add the minced parsley and capsicum. Sprinkle with salt. Place in a serving dish and serve hot.

CURD RELISH SALAD

One cup curds (very thick); 1 cup grated fresh coconut; 2 tablespoonfuls finely chopped onion; 2 tablespoonfuls chopped cucumber; 1 sweet capsicum chopped; ¼ teaspoonful salt or more if desired.

Mix all together and serve.

SWEET POTATO BALLS

Three cups mashed sweet potato; 1 coconut shredded; 2 tablespoonfuls or more ghee; 1 tablespoonful sugar, salt to taste.

Mix all together using only half the coconut in mixing; form into balls the size of a lime; roll in remaining coconut; reheat in oven for a few minutes. (Must not be browned). Serve.

OSTEO-ARTHRITIS AND MUSCULAR RHEUMATISM

(Continued from page 18)

damp and cold, and the patient's occupation are factors which must not be forgotten. The incidence of rheumatic disease of all forms is very high in persons whose occupation entails exposure to damp, cold, and excessive strain.

Treatment

In the acute stage of fibrositis massage is in most cases contra-indicated owing to the amount of pain suffered by the patient. Physical treatment usually consists of the application of heat to the affected parts. Infra-red radiation is very effective. Hot water bottles, kaolin,

or linseed poultices, or even a hot iron applied to a towel over the painful area, all give relief.

When, in about two or three days, the acute stage has subsided, more vigorous physiotherapeutic measures may be employed. These consist mainly of the application of heat, and massage. Deep massage is employed to break up the fibrous nodules which sometimes form in the affected muscles. Immersion baths with under-current douches, followed by vigorous massage, also have very marked effect in helping to remove the fibrous nodules.

Physiotherapeutic measures are used in the treatment of all forms of rheumatic disease and combined with medical treatment excellent results are obtained in the majority of cases.

The outlook for sufferers from any of the so-called rheumatic diseases is much brighter to-day than it was twenty years ago.

If you feel your "twinges," coming on again with the wet and cold weather don't hesitate to get medical advice.

Prompt treatment may save you years of pain.



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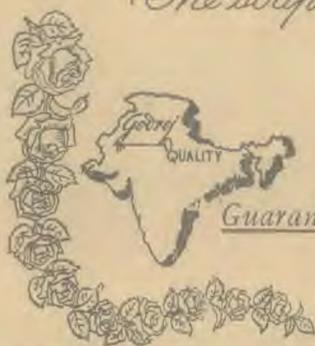
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TWILIGHT SLEEP; ANÆSTHESIA IN CHILD-BIRTH; COLDS; ECZEMA:
 Ques.—“(1) Is there a hospital in India where the twilight sleep method is used during child-birth? (2) Is the use of anæsthetics in child-birth harmful? (3) What causes common colds and how can they be prevented? (4) My husband is suffering from eczema and has tried several medicines without effect. What should he do?”

Ans.—(1) I think that most maternity hospitals in India are prepared to provide for painless birth. It is not advisable to eliminate all pain as then there is lack of essential co-operation on the part of the mother. Taking the edge off the pain is the best method. This, any well-trained obstetrician can do for you. (2) Excessive anæsthesia is not desirable as it may affect the child. (3) Colds are the result of infection. The best preventative is care, cleanliness and disinfecting of the dishes when anyone has a cold. Low resistance due to vitamin deficiency is a frequent cause of colds. Taking a well-balanced vitamin formula daily in adequate dosage does much to prevent colds. Avoid excessive use of fats and sweets. Frequent head colds often indicate sinus infection, and call for the clearing



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Mix 2 cups of flour with water to obtain thin paste. Cover paste and keep aside for 2 days. Make thin syrup from $\frac{1}{4}$ lb. sugar and add to it $\frac{1}{2}$ teaspoon of saffron and few drops of rose-water. Add 1 teaspoon of curds to paste, and mix thoroughly. Pour mixture through a $\frac{1}{4}$ " hole. You can do this by making a hole in a tin container or dry coconut shell. Form rings into a shallow frying pan of very hot Dalda, by pouring with a circular motion. Fry well and place in warm syrup. Soak for a few hours, remove and spread jalebis on clean paper to dry.

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of this infection from the sinuses. (4) Eczema is a term covering a multitude of differing conditions; so without knowing the exact nature of the skin condition one cannot make definite suggestions. However, much of what is called eczema, is of allergic nature, a reaction to certain things to which the individual is sensitive. This may be food or anything in the immediate environment.

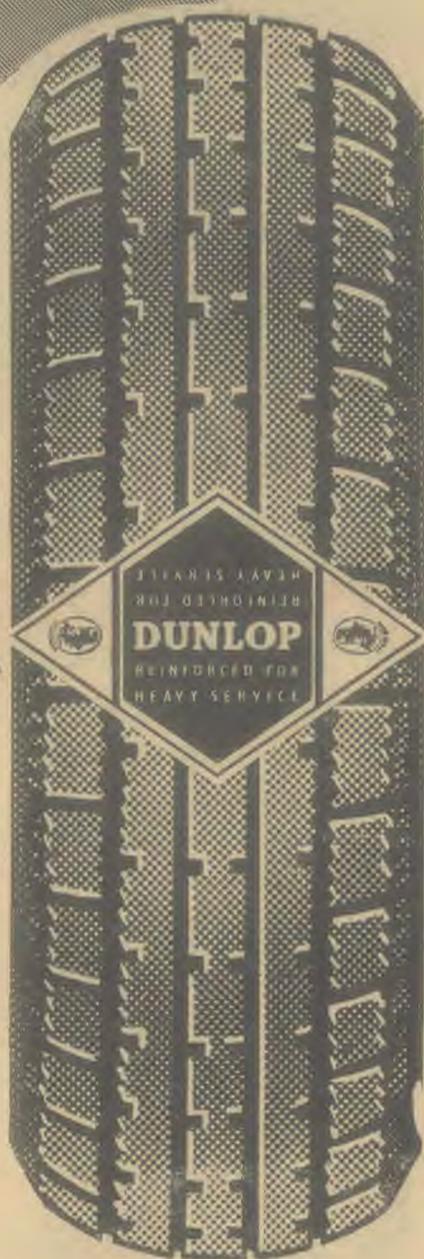
One way of testing this out is to take one of the several anti-allergy preparations three or four times daily for a long enough time to note if there is any improvement. If the condition improves, or clears while the medication is being taken it demonstrates the allergic nature of the eczema. Then comes the problem of isolating the things which are responsible.

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PIMPLE SCARS ON THE FACE:
Ques.—“For the past two years I have had pimples on my face. Now they have disappeared leaving scars. What can I do to get rid of these?”

Ans.—There is nothing you can do about those scars except to leave them alone. Do not worry about them or you may develop an inferiority complex. Time will either clear away the scar tissue or they will become less noticeable.



Simple
precautions

Germ find ideal breeding conditions in even the smallest breaks in the skin. It is just those little scratches that don't seem worth attention, that can become seriously infected.

Follow your doctor's example and protect yourself with Dettol, the reliable antiseptic, whenever there is the slightest possibility of infection.

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MISSING HEART BEAT: Ques.—“A friend of mine has developed a heart disease in which his heart misses beats. His heart will miss a beat after every third or fourth beat. I would be greatly obliged to have your advice. He fears this will interfere with his ambitions.”

Ans.—Missing heart beat is not a disease. It is a functional condition in which the nerve impulses governing the heart beat lapse every so often. This is much like a telegraph operator missing a letter at intervals. Your friend's health will not suffer unless he develops a heart complex and becomes nervous from useless worry over thinking of this missing beat. Many people have this phenomenon but are not conscious of it. Good nourishing food, some added balanced vitamin preparation will be good for him. Along with this, a pure unblemished life, with high thinking will make him a useful and healthy citizen and help toward accomplishing his ambitions.

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PULMONARY TUBERCULOSIS: Ques.—“My brother, who is twenty-five years of age, has been attacked by pulmonary tuberculosis. He is under the care of a doctor who is giving him streptomycin injections and oxygen by mouth. He is taking complete bed rest. Is there any other treatment that would speed his recovery?”

Ans.—In tuberculosis the major treatment as now recognized is absolute and full bed rest and the newer forms of streptomycin. This treatment your brother evidently has received. It now remains that the absolute bed rest be continued until about six months after sputum and gastric examinations are consistently negative, and X-ray studies indicate healing of all lesions. In some cases lung surgery is necessary to obtain the desired results. Other cases must have the lungs collapsed by air pressure over a considerable period of time. Each case must be treated according to individual findings. Your brother needs much time and care for such results as are possible in his case.

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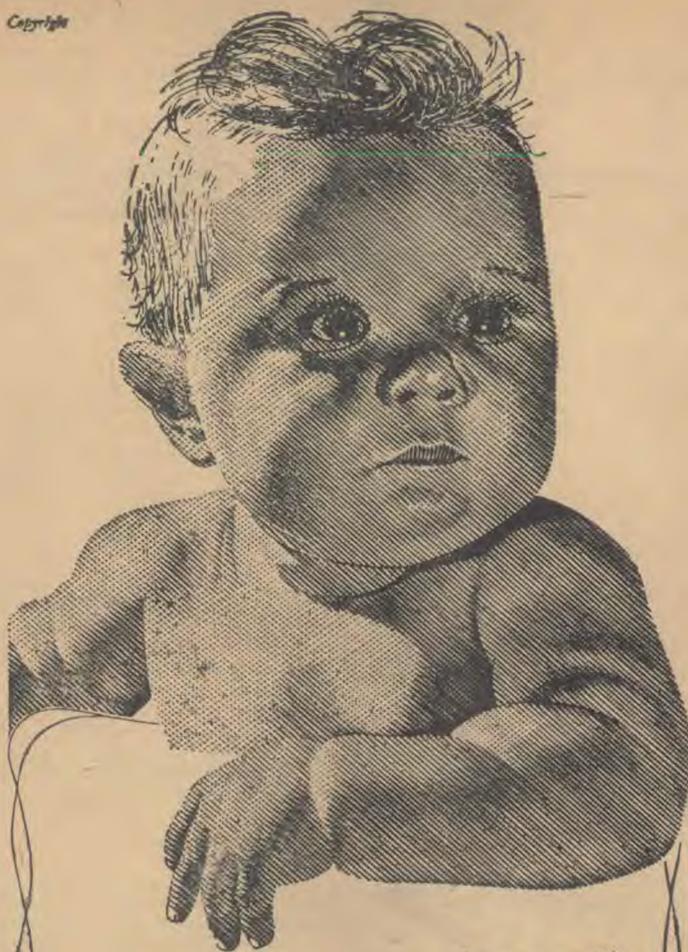
SWEATING OF THE HANDS AND FEET: Ques.—“I am twenty years of age and in good physical condition but I always perspire in my hands and feet when I talk to a stranger, or write my exams. However, when I speak in public to a group of people I do not have this trouble. Tell me what I can do to overcome this weakness?”

Ans.—Sweating of the hands and feet when under nervous tension is a condition that affects everyone more or less at some time in their lives. The cure is not medical but psychological. As one gains in experience and becomes more at ease this annoying symptom usually lessens or disappears.

?

POTT'S DISEASE: Ques.—“Some seventeen years ago I had a spinal operation for Pott's disease. I was cured

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of it then and forgot about it. Now for a year I have been having a pain on my right side just below the rib. I consulted a physician and he said that it is a pain due to a nerve connected with the former spinal trouble. He says that the nerve can be killed

by an alcoholic injection. What is your opinion?”

Ans.—Pain in a nerve resulting from spinal vertebrae disease can be treated with alcohol as suggested. Sometimes an anaesthetic solution is first injected to ascertain if this gives relief. If the

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anaesthetic gives relief, then the alcohol is injected for permanent relief. Such measures are frequently used when other things fail to give results.

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HYPERACIDITY; LEUKORRHOEA:
Ques.—“(1) For the past eight years I have been suffering from hyperacidity. Even though I have taken a course of injections and have taken medicine frequently I have only gained temporary relief. (2) My wife suffers from leukorrhoea. What treatment should she take?”

Ans.—Constantly recurring hyperacidity strongly suggests the existence of peptic ulcer. Accordingly it is advisable to adopt and follow the diet advised for peptic ulcer. As existing food conditions in India vary so greatly at present, you will probably need to seek local medical advice in working out a diet regime of available foods. The following is a sample text book diet covering the first three weeks. This is gradually modified and developed according to progress. You will need to be on a restricted and regulated diet for at least one year. The first week is as follows: 8 a. m.—A small dish of cooked cereal, such as Farina or Quaker oats, etc., with a quarter of a pint of cream, a little sugar and half a pint of milk. 10 a. m.—Half a pint of milk. 12 noon.—Two slices of toasted bread in half a pint of hot milk to which has been added a quarter of a pint of cream. 2 p. m.—Half a pint of milk. 4 p. m.—Half a pint of milk. 6 p. m.—Same as 8 a. m.—Half a pint of milk, quarter of a pint of cream. Observe great regularity in taking the feedings. **NO SMOKING.** The second and third weeks are as follows: 8 a. m.—Cereal with cream and sugar. Soft part of white bread one day old, butter, half a pint of milk. 10 a. m.—Choice of malted milk, buttermilk, milk and egg. 12 noon.—Milk soup made with vegetables, strained but with no meat stock. Mashed or baked potato with butter. Simple desserts such as farina, custard, tapioca, corn starch desserts, rice,

bread pudding, etc. 2:30 p. m.—Half a pint of milk and a quarter of a pint of cream. 5 p. m.—Same variety as at 10 a. m. 7 p. m.—Same variety as at noon. 10 p. m.—Half a pint of milk and a quarter of a pint of cream. (2) Leukorrhoea usually indicates a vaginal infection. The discharge should be examined to determine nature of organisms present. This will indicate the necessary treatment. Under correct treatment the condition will readily respond.

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EXERCISE AFTER FOOD: Ques.—“Please advise me whether egg, almonds or dry grapes should be taken before exercise or after exercise. Many people differ in their opinions of this matter.”

Ans.—Most authorities advise that one should not engage in strenuous exercise immediately after a heavy meal. However, exercise immediately after a glass of milk or a handful of raisins should not give any trouble at all to one who is in normal health.

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ABDOMINAL DISCOMFORT; THINNING HAIR: Ques.—“(1) For the past few years I have been suffering from some trouble in my abdomen. I have regular motions but occasionally I will be either constipated or pass loose motions containing reddish mucus. There is always a feeling of heaviness in the stomach. Often during the afternoons I have pain in the left side of my chest accompanied by feelings of mental depression. After every meal I feel unsatisfied and crave more food. I am thirty-one years old, 5' 11" tall and weigh 185 lbs. There are periods of several weeks when I am free from these symptoms and then I feel quite well. I smoke about twenty-five cigarettes daily. Your advice will be valued. (2) My wife is twenty-eight years old and is quite healthy, but her hair is thinning down considerably. When younger she had a profuse growth of hair but

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for a fresher breath

since the birth of our two children she has become almost bald. Is there anything we can do to prevent her hair from falling?"

Ans.—(1) The vague discomfort you feel in the abdomen and the occasional diarrhoea may be due to intestinal parasites such as worms or amoeba. I would advise that you have a careful physical examination and a microscopic exami-

nation of your stool on three different occasions as amoeba are sometimes not found on examination of just one specimen. We do not advise anyone to smoke and twenty-five cigarettes a day is quite a lot. You should stop altogether. You are just slightly overweight for your height. A person 5' 5" tall should weigh between 153 and 165 lbs. You are apparently eating sufficient

food to keep your weight up even though you do not feel satisfied. (2) Thinning hair, in otherwise healthy individuals, usually proceeds in spite of all efforts to check it. It would be well to have your wife carefully examined by a competent physician and have a Kahn test done to be sure that she does not have some unapparent disease which might be causing her loss of hair.



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THE MIRACLE OF EVIL

ARTHUR S. MAXWELL

DURING World War II, as reports began to filter through concerning the torture of prisoners in concentration camps and the destruction of thousands of men, women, and children in specially constructed incinerators, many people simply refused to believe that the stories could be true. They could not conceive that human beings could be guilty of such bestial cruelty. "Propaganda!" they exclaimed. "Just more war propaganda!"

Yet the stories were true, as photographs and innumerable eyewitness accounts have clearly demonstrated. Unbelievable though it seemed at the time, mankind had indeed sunk that low.

Dr. Charles Clayton Morrison, then editor of the *Christian Century*, was one of those who for long was convinced that the reports were only "atrocities-mongering," as he called it. But at last he surrendered to the facts, sadly declaring: "It will be a long, long time before our eyes will cease to see those pictures of naked corpses piled like firewood or of those mounds of carrion flesh and bones. . . . The thing is well-nigh incredible. But it happened. Buchenwald and the other memorials of Nazi infamy reveal the depths to which humanity can sink, and has sunk, in these frightful years."

With victory came the conviction that such horrors would never be known again. Total destruction of all those responsible for this devilry, with all their works, and all their sources of power, must, it was thought, surely cleanse the earth for all time.

So men hoped. But they were mistaken. The evil spirits were not exorcised by bombs and shells. In new places and under different guises they have begun to reappear, revealing that there are yet new depths of savagery for humanity to plumb.

With hostilities not yet four years past, and peace not yet signed, the world is witnessing the emergence of an abomination unparalleled in all the sordid, terror-filled story of the race.

What we see now is not merely the torment of the body, frightful as that can be, and has been, but the torture of the soul, and twisting of man's inner being, his mind, his centre of control, until he is no longer the man he was—until, while his outward appearance is unaltered, his will power is shattered, his judgment destroyed, his reputation ruined. What he once reckoned evil he now calls good, and good, evil.

By what damnable alchemy this change is wrought the Western world is still in ignorance. Some have suggested that it is caused by the torture, not of the individual himself, but of his loved ones, his

mother, wife, or children. Others have concluded it is due to the administering of some dread potion having a catastrophic effect upon human nerves and brain.

Before his arrest Cardinal Mindzensky issued a document, now published by the *London Tablet*, telling in detail how "confessions" are extorted behind the Iron Curtain. A prisoner is deprived of water until he is almost dying of thirst, then given a drink in which actedron, a nerve destroying agent, has been dissolved. The first reaction is a revival of self confidence, followed by a "strong headache and vertigo; then a steadily increasing sense of uncertainty. . . . Finally he becomes semiconscious. He is paralyzed, as though he were in a hypnotic trance. Neither his judgment nor his memory functions any more. . . . He has an urge blindly to obey the slightest orders, and is psychologically incapable of saying 'no' to anything."

Whether or not this is an accurate description of the method of soul-destruction now being practised in the torture chambers of communism we shall not know until the Iron Curtain has been eliminated. But all the world can see the horrible process in operation. It has beheld a prince of the Roman Church, a man, whatever his faults, long noted for his strength of character and convictions, changed into a grovelling weakling, a shadow of his former self. It has seen leaders of the Protestant churches in Bulgaria weeping in court, confessing political crimes of which every reasonable person knows they were never guilty.

Here, surely is wickedness at its zenith. No outrage could be worse in the sight of God than this callous, demoniacal wrecking of the mind, character, and influence of upright men. *Time* magazine rightly named it the "miracle of evil."

Such monstrous wickedness bears



The stamp of Satan is on the atrocities committed around the world today.

upon it the stamp of Satan himself; and it may well be that in this new manifestation of heartless inhumanity we are witnessing a new fulfilment of the prophetic word: "Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time." Revelation 12:12.

If ever there was a time when Christian people should be praying for each other, and in particular for those upon whom the full fury of the enemy has fallen, that time is now. Beyond question all who name the name of Jesus are about to face

a time of testing the like of which His people have never known, a time of trouble "such as never was." Daniel 12:1. As never before we should seek to "put on the whole armour of God" that we may be able "to stand against the wiles of the devil" and "to quench all the fiery darts of the wicked." Ephesians 6:11, 16.

Only God can give us strength to stand at such a time, against such a foe. Only the miracle of love divine, of God's grace and power in the individual life, can suffice to overcome the awful miracle of evil. Let us seek His power today.

which controls such a marvellous electrical organism as the body!

After making some observations about the resurrection of the body, Paul anticipates an objection common to the thinking of men in all ages. "But some man will say, How are the dead raised up? and with what body do they come?" 1 Cor. 15:35. In the light of observable science he remarks on the foolishness of such a question, citing the fact of germination of seeds and growth in to plant life as an example.

With our present knowledge of atomic science his words gather added force. It is clear now that all matter is composed of atoms which ever continue as part of the living creation of God. Even the processes of corruption have in them the germs of life in a new form. Nature has been invested with the power to reproduce these new forms of life according to a regular pattern. This being so, Paul reasons, it is not hard to conceive that God who created the natural processes should be able, on a set day, to bring all who have died to renewed life in a body identical in all aspects with their original, but possessing in it none of the original elements of corruption.

"So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption; it is sown in dishonour; it is raised in glory; it is sown in weakness; it is raised in power; it is sown a natural body; it is raised a spiritual body." 1 Cor. 15:42-44.

Having then removed from the atoms that earthiness which was added with the curse of disobedience and which has been the cause of a constant breaking down and exchange process in physical life, the body is destined to maintain a perfect youthful vigour for all eternity. The atom bank from which it shall draw its supplies will have been completely cleansed from previous limitations. Subject then to a will in tune with the Infinite, and under His special favour, the body we shall then possess will be capable of feats unimagined in this present existence.

In Christ we have the promise of entrance into the ideal life: "The first man is of the earth, earthy: the second man is the Lord from heaven. . . . And as we have borne the image of the earthly [and we all do], we shall also bear the image of the heavenly." 1 Cor. 15:47-49. The process by which this is to be effected is nothing less than the resurrection

ATOMS OF CAESAR—OR BORGIA!

DR. PAUL AEBERSOLD, chief of the Isotope Division of the Atomic Energy Commission, has been studying physiological processes with radioactive isotopes. He believes that humans since the beginning of time have drawn on a universal atomic bank.

His study reveals that half the atoms constituting a human body are exchanged every six months. Half the water (which constitutes seventy-five per cent of the body) is replaced once a fortnight, only an infinitesimal amount remaining more than a month. Half the other main body substances—sodium, potassium, and sulphur—are replaced each month, and half the body's carbon every two months. Other minor ingredients are exchanged at a much lower rate. Actually, said Dr. Aebersold, it was doubtful if one atom remained with the body continuously from birth to death. That would mean that a person born pure Aryan would in the course of his life have a considerable portion of atoms used by Negroes, Chinese, or even Australian Aborigines.

Bodies of people living today probably contain thousands of atoms from Julius Caesar, the queen of Sheba, Henry VIII, and, for that matter, all the ancestors of mankind, said Dr. Aebersold.

These scientific findings should add another string to the bow of psychologists as they study the peculiarities of human behaviour. Of course we believe that such monsters of iniquity as Pope Alexander Borgia and others of like ilk may have their counterparts today—but we do

not think it is because of some unlucky stroke whereby they have inherited the identical atoms. Human behaviour is governed by the will. Man is not controlled by the electrical forces of which he is composed.

The psalmist has observed that man is "fearfully and wonderfully made." Ps. 139:14. If this was clear to David some three thousand years ago, surely we have abundant evidence to the fact today! Can this knowledge lead us to do any less than he did then? Said he: "I will praise Thee; . . . marvellous are Thy works; and that my soul knoweth right well. My substance was not hid from Thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in Thy book all my members were written, which in continuance were fashioned, when as yet there was none of them." Verses 14-16.

Compare this language with our present knowledge of anatomy and its development, and let us praise our God as did David of old for all the preciousness of His thoughts toward us. Does not the language of Inspiration speak in the language of modern science when it says of the thoughts (atoms) of God toward us: "O, God! how great is the sum of them! . . . they are more in number than the sand." Ps. 139:17, 18.

Whenever the Bible touches on true science it has always been proved right up to date. How much more up to date and suitable to our present problems and needs are its moral claims upon the human will

to take place at Christ's second coming.

"Behold, I show you a mystery; we shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put

on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory." 1 Cor. 15:51-54.

The more reflection is given to the great facts of observable science and the proved findings of the mathematicians, the more reasonable the pro-

mise of the resurrection will appear. Paul was able to stress this cardinal point of the Christian faith to the most learned philosophers of his day. "Come now, and let us reason together" has always been the invitation of the gospel. Given a fair hearing, there has always been but one outcome—the dedication of the reasoner's life to the resurrected Christ. —R. P. B.

WHERE IS THE PROMISE OF HIS COMING?

GLADYS WILSON FLETCHER

WE ARE living in an unusual age of this world's history; that much is agreed to by everyone. This age is perhaps best characterized as one of rapid and sweeping changes. Within the span of a single lifetime the world has progressed from the age of steam to the age of electricity, and now to the age of the atom.

These changes are revolutionary, and history records no precedent for them. In the past, men have had no reason to expect a revolution every twenty-five years, or even every fifty years. For a real revolution must cut deeply into the habits of people, and people are usually slow to change. As one historian expresses it: "Any fundamental change which affects a large number of people, altering their mode of living, their habits of thought, or their form of government, may be styled a revolution."

Although people are generally agreed that our age is an unusual one, they differ widely in their reaction to it. Some, perhaps the great majority, are complacent and indifferent, seeking only to obtain a maximum of creature comforts for themselves, and neither seeking nor finding any larger interpretation for the course of events. Others are puzzled and apprehensive, foreseeing some inevitable climax, either a universal Utopia or the complete destruction of the civilized world.

But students of the Bible, no matter what their denomination, are unanimous in agreeing that if the Bible has any validity at all, the hectic conditions of our day foreshadow the second coming of Christ and the end of the world. In spite of the rapid economic, political, and industrial changes, there is a constant social, moral, and political tone which characterizes the people of the



The hectic conditions in the world assure the Bible student that the coming of Christ is just at hand.

modern world. That tone has been summarized by Christ Himself in these words: "For just as it was in the time of Noah, it will be at the coming of the Son of man. For just as in those days before the flood people were eating and drinking, marrying and being married, until the very day Noah entered the ark, and knew nothing about it until the flood came and destroyed them all, so it will be at the coming of the Son of man." Matthew 24:37-39, *Smith Goodspeed*.

It may be well to pause here and point out that the people of God simply must be students of current events, watchers of the heavens as it were, for it is through current events that God has always spoken to His people. The parents of Moses knew from the prophecies that it was time for a deliverer to be born among the Hebrews. Likewise, many pious people knew before Christ was born that His time had arrived. And the disciples of Christ knew, when they saw Titus' armies surround Jerusalem, that it was time for them to flee from that city.

"Watch therefore," Christ told His disciples, "for in such an hour as ye think not the Son of man cometh." Matthew 24:42, 44. And "when ye shall see all these things, know that it is near, even at the doors." Verse 33. Obviously, unless one watches anxiously and tries to interpret what he sees, he will not discern the nearness of his Lord's return. But a true follower of Christ not only watches current events, but he predicates his actions and philosophy of life on what he sees.

In the light of these observations, is it not in order to compare prevailing conditions in our times with those which existed in the "time of Noah"? Are people today "eating and drinking" to excess? Yes, because although millions are starving in some places, those who have the money move from tavern to tavern, from club to club, from hotel to restaurant, in a constant round of cocktail parties, bridge luncheons, and beach suppers, eating for drunkenness rather than for strength.

The people in Noah's day were so wicked that "the Lord saw that the wickedness of man on the earth was great, and that the whole bent of his thinking was never anything but evil," and "the Lord regretted that He had ever made man on the earth, and He was grieved to the

heart." Genesis 6:5, 6, *Smith-Good-speed*. God found only one righteous man in all that world, and He would probably find it just as hard to find a really righteous man today.

Many people who maintain an appearance of respectability delight in reading and hearing about crime and immorality, and that is why so much of that sort of thing is in newspapers, magazines, comics, radio serials, novels, and movies. Truly, "the whole bent of our thinking is never anything but evil." This point is emphasized by the following recent news item from London, England: "*The News of the World*, a Sunday newspaper specializing in accounts of murders and divorces, announced tonight that its net circulation exceeds 8,000,000 copies."

"The earth was filled with violence" in Noah's time. In this hour of peace, China, Indonesia, and Palestine, to mention only three trouble spots, are filled with violence. But other "peace-loving" nations are preparing for violence, as witness the following news item: "American military scientists appear to be working on the idea of a 'thinking' guided missile that will identify the intended target from a picture, then attack it. A hint of the development was contained in a 'Glossary of Guided Missile Terms'

made public . . . by the Research and Development Board."

Conditions similar to those we are now witnessing were sufficient to provoke God to destroy the entire earth which He had made so beautiful. Will He do any less to us today? They were sufficient justification for the total destruction of Sodom and Gomorrah also.

People in Noah's time "knew nothing about it until the flood came." Like people today, they were "willingly ignorant," not because they had never heard, but because they paid no attention. They did not want to be disturbed; they preferred to believe a lie.

Yet the time came when the antediluvians were compelled to believe, because they saw the flood actually happening. But it was then too late to repent. And the time is coming when the modern world will be compelled to believe because of what they see with their own eyes, but that kind of belief will profit them nothing.

Meanwhile our general lack of faith has been well described by the apostle Peter: "First of all, you must understand this, that in the last days mockers will come with their mockeries, going where their passions lead and saying, 'Where is His promised coming?' For ever since our forefathers fell asleep everything has remained as it was from the beginning of creation! For they wilfully ignore the fact that long ago there existed heavens and an earth which had been formed at God's command out of water and by water, by which also that world was destroyed, through being flooded with water. But by the same command the present heavens and earth are stored up for fire, and are kept for the day when godless men are to be judged and destroyed." 2 Peter 3:3-7, *Smith Goodspeed*.

What an accurate description of the "findings" of our modern scientists! They ignore all the geological and other evidences of the flood, and assert that, since they started observing things a couple of hundred years ago, no such thing has happened, and, therefore, it never did happen.

But remember the words of our Lord to Thomas: "Because thou hast seen Me, thou hast believed: blessed are they that have not seen, and yet have believed." John 20:29.

"Watch ye therefore: . . . And what I say unto you I say unto all, Watch." Mark 13:35, 37.

