

The Oriental Watchman and Herald of
HEALTH

A MAGAZINE FOR HEALTH HOME AND HAPPINESS



Symmetry.

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Editor: E. M. MELEEN, M.A.

Associate Editors: J. B. Oliver, M.D.
H. C. Menkel, M.D.

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THE HIGH COST OF HUMBUG

THE already high and steadily mounting cost of food and other things essential to living is a universal topic for conversational and printed discussion. The topic is not of recent origin. It has been popular in all ages since history has been recorded. There have always been those who knew whose fault it was that income was low and material necessities high in cost. Or vice versa. Producers could always point to the culprits who were to blame for the low prices of produce and the high cost of labour. As one said the other day, "Everyone has a hard time to make his both ends meet."

And always there have been the solicitors, guardians of the people's welfare in government capacities.

Their oratory has infallibly pointed out the misdeeds of fellow guardians and the evils that have befallen citizens as a consequence. But while they are shedding crocodile tears over the miseries of their poor constituents, because of the inefficiency of other departments of government, they have failed to see defects that were much nearer home. They have orated over the sugar muddle, over failure of rationing, over vanaspati, over the poor quality of beedies, over the horrible misdeeds of some hungry coolies who carried a seer or two of grain over some district line, and what not, while meanwhile they have ignored the costly humbug of fraudulent advertising which extracts annually crores of rupees from the gullible public, most of whom need

their meagre income for essentials.

By the look of nearly all types of newspapers and magazines, it would seem that fraud and humbug thrive on the people's gullibility like toadstools on a manure heap. It would seem also that fraudulent and unscrupulous advertisers are as ready to pounce on the means of the gullible as buzzards are to devour the carcasses of beasts that have starved in the jungles.

Since there are controls by government of almost every conceivable sort, some beneficial and helpful, some stupid, petty, and annoying, and some positively detrimental to the public welfare, we wonder why the prolific makers of controls have not thought of controlling advertising which is misleading, ab-

olutely false, rank humbug, and which if accepted at face value can be positively dangerous to life and health, to say nothing of making deep inroads on the personal exchequer of the ignorant and gullible. We believe that legislators and heads of governments and political leaders could render a great service to the general public by taking note of these matters and by taking steps to put a stop to much of this nefarious advertising. Money lending has been taken under control, and in some regions at least, the money lenders are not the curse to the poor that they were a few years ago. Equal benefits could be bestowed on the people by outlawing the rotten advertising which now consumes so much space in journals of many kinds.

In one single issue of a reputedly high class and popular magazine which we curiously examined, we found an amazing assortment of advertisements of a fraudulent character designed to prey on the simple and gullible, and to lead them to part with their shekels. Note these:

In this you are urged to buy a magic ring for Rs. 3-8-0. While wearing it you cannot fail in any undertaking "however difficult." It will preserve you from danger, cure your disease, protect you from the influence of evil stars, assure you control over hard-hearted persons, enable you to "acquire a lot of money," and it will serve as a body guard. It is an incomprehensible mystery to us that any mortal on earth can be sufficiently gullible to accept such asinine lies as these. But the fact that advertisements of this character flood the papers of the country is eloquent testimony to the credulity and gullibility of the public, and of their readiness to part with their money. No ring has ever been made that was capable of performing a single one of these tricks in the slightest degree. Gullosity of the people cannot be controlled by legislation, but advertising can. Here is an opportunity for legislators to do something really worth while.

Here is another specimen: "*Wonderful talisman*. Gives sound health, immense wealth, vast learning, son, high fame, good friends, respect everywhere; success in lottery, race, examination, trade, business, recovery from fatal disease, all kinds of luck and prosperity. All for Rs. 13-10-0. Especially powerful: Rs. 47-5-0."

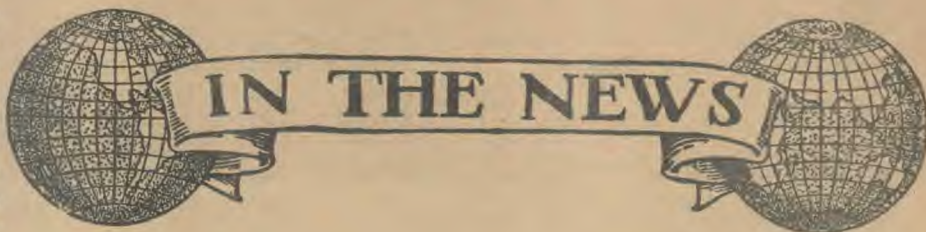
It seems to us that that is about as despicable a list of vile lies as human ingenuity could invent, and as absurd and ridiculous. The degree of absurdity should in itself be sufficient to convince anyone with the slightest degree of intelligence that such an advertisement is not due even the respect of an infantile joke. If a young man can acquire immense wealth, vast learning, success in business, etc., by the mere act of wearing this talisman, he would demonstrate his foolishness by wearing it to acquire success in examinations. No one with as much brain as might be heaped on a pin head would bother to prepare for examinations under those circumstances. And if the talisman could achieve the cure of fatal disease, why is anyone ill? Why do people ever die? What in the world would physicians do? Why does anyone allow himself to be swindled out of his money by such tommy-rot? And yet these advertisers name rajahs, governors, prime ministers, zemindars, professors, lawyers, doctors, etc., who have testified to the marvels of the fraud. If they have done so, we are impressed by nothing except their imbecility and unworthiness to the titles and honours granted them. But in view of the lying claims of all else in the advertisements, it would not be surprising if these alleged testimonies also be lies.

But there is another type of advertisement that is even worse than these, but they promise equally won-

derful results on the body by eating some nostrum of which the ingredients are unknown. If the substances used be inert they may in themselves be harmless, but great damage may be incurred by depending on them for restoration of health when careful treatment by a physician is essential. The claims that youth may be restored, height increased, the strength of a lion imparted, grey hair made black, school-girl rosy complexion returned to seventy-year-olds, elasticity in the step of rheumatics, weak heart made strong, and all such nonsense, are as absurd and as false as the claims for the ring and the talismans.

On a legal contract basis and with the aid of bankers we have offered to pay advertisers up to five thousand rupees for their wares if after trial any of their claimed results could be achieved, but none will accept our offer. But it appears that one who formerly consumed large half-pages by his advertisements and with whom we tried to enter into a deal, has stopped it, for we have not seen any of his published claims during the past year or two. But if so he is only one among hundreds or thousands.

Editors and managers of reputedly decent journals should refuse to publish such spurious stuff. Legislators should out-law it, and protect their constituents from this kind of pillage. At the best it is exorbitantly costly humbug, and at its worst, absolutely criminal.



Telephone

Klystron is a new kind of radio tube which makes it possible to transmit telephone conversations long distances without wire.

Potatoes

Word has come from the State of Maine, U. S. A. that its surplus potatoes may be made into paper. Millions of tons of the tubers are available for this purpose.

Bagasse

A giant manufacturing plant is rising in Florida, U. S. A. to convert bagasse

—the waste material of the sugar industry—into paper.

Ancient Scholar

Milosh Ruzich, according to reports from London, is learning to read and write at the age of 115.

Cure for Alcoholism

A new drug now being manufactured by a British firm is claimed to provide an effective treatment for chronic alcoholism. The drug, tetraethylthiuram disulphide, has the outstanding merit that it enables the patient to build up resistance to the drinking habit without recourse to will power. This effect

is produced quite simply: the drug sensitizes the patient in such a way that alcohol in quite small doses produces a discomfort so intense that once experienced it deters the majority of users from further attempts to take alcohol as long as they are using the drug. Marketed under the trade name of "Cronetal," the drug is for administration only under medical supervision in a hospital. It is intended to be used in conjunction with psychological and social therapy. "Cronetal" was exhibited at the British Industries Fair in London early this year.—B. I. S.

Abacus

The ancient calculating device known as the abacus which was used by the Greeks 2,500 years ago, has come to the aid of New York City schools to make mathematics more meaningful. Thus the out-of-date comes back into current favour, and a method of computation supposed to be entirely too ancient, becomes modern!

Speedy Telegraph

The High-Speed Fax is a telegraphic device which makes it possible to transmit written and printed material at the rate of three thousand words per minute. Photographs, and written and printed material are placed in a cylinder of the sending unit of the mechanism. Thirty seconds later clear, readable copies roll out of the receiving unit.

Tooth Buds

Dentists predict that before long it will be possible to replace lost teeth by tooth buds which will grow to full-sized permanent teeth.

Alcohol

Dr. Louise J. Daniel, Cornell biochemist, after long research and investigation, has found that there is more energy and less evil in two annas' worth of sugar than in two rupees' worth of alcoholic beverage.

The Name

Road sweepers in Bexley, England, are to be dignified with a new name. Hitherto they have been known as "street scavengers," but henceforth they are to be called "street orderlies."

Smoking and Cancer

A recent issue of the "Journal of the American Medical Association" gave a survey which "brought this relationship out of the rumour category with statistics to show that the more heavily a person smokes, the greater are his chances of being afflicted... Tobacco seems to play a similar but somewhat less evident role in causing cancer in women."

Melting Point

Snow houses used by some Eskimos can be kept at inside temperatures of from 40° to 60° without melting. The

THE TUBERCULOSIS ASSOCIATION OF INDIA

OVER TEN LAKHS OF RUPEES COLLECTED
BY TUBERCULOSIS SEAL SALE CAMPAIGN

1950-51

THE first TB Seal Sale Campaign which was inaugurated by the Honourable Rajkumari Amrit Kaur on October 2, 1950, has registered a total collection of over ten lakhs and twenty thousand rupees all over India for anti-tuberculosis work. The State Tuberculosis Associations, and in some cases local Governments, organized the campaign in the various States. In many of the States the campaign was inaugurated by the governors and ministers. The campaign received, it is understood, the wholehearted support of the people of India. The details of collections are as follows:

Assam	Rs. 10,057
Bihar	17,198
Bombay	42,548
Madras	1,43,918
Madhya Pradesh	39,616
Orissa	4,908
Punjab	21,875
Uttar Pradesh	2,18,000
West Bengal	1,05,199
Hyderabad	75,000
Madhya Bharat	62,060
Mysore	21,496
P. E. P. S. Union	23,111
Travancore-Cochin	36,026
Vindhya Pradesh	720
Ajmer	5,727
Bhopal	2,330
Coorg	6,856
Delhi	1,08,450

Saurashtra	4,329
Bilaspur	1,390
Himachal Pradesh	1,804
Kutch	1,733
Rampur	163
Manipur	367
Tripura	2,410
Jammu & Kashmir	100
Postal Services	20,281
Indian Embassies	30,627
Tub. Assn. of India	10,799

The Government of India have allowed the Tuberculosis Association of India to conduct the TB Seal Sale Campaign every year from October 2, Mahatma Gandhi's birthday, to January 26, the Republic Day. The 1950-51 campaign helped not merely to raise money but also to focus public attention on the urgency of initiating tuberculosis control measures in this country.

The current Campaign started on October 2, Mahatma Gandhi's birthday this year, and will officially close on January 26, 1952. The States now have the nucleus of an organization each to carry out the programme this year. The coming few months are busy and important months in India, and it is expected that the Tuberculosis Associations and State Governments will utilize all opportunities and endeavour to collect at least double the amount collected last year by the Sale of TB Seals.

outside temperature is cold enough to neutralize the warmth within.

Cellophane

The use of cellophane for packing products other than food and drugs has been banned by the Peron government in Argentina.

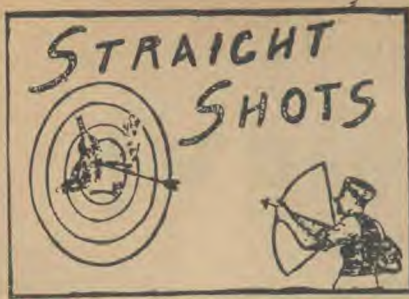
Blood Vessel Banks

Blood vessel banks have been established at New York Hospital, Cornell Medical Centre, and Bellevue Hospital, New York. Arteries for the bank come from patients who have died and whose

relatives permit an autopsy to be made. Withdrawals from the bank are for grafts for patients needing operations on the heart and blood vessels.

Gas

Britain is converting some of its coal mines into gas-producing convertors. Thirty-five million cubic feet have been produced from the disused coal seam at Newman Spinney, near Chesterfield, which was ignited in July 1950. The value of the gasification process lies in the fact that it can be applied to coal which cannot be usefully mined, either because it is inaccessible or because it is too dirty.



INTOXICATED Swedes are sent to semi-prison cure centres for alcoholics. For the first offence they receive a ninety-day incarceration, for the second offence, another ninety days, and for the third they are kept for six months under sentence.

* * *

Since Iceland's prohibition law was repealed she has found it necessary to provide several gaols, and 150 policemen in Reykjavik, the capital city, in order to care for the increasing number of serious offences. During the whole year of 1917 Iceland under prohibition had no one in gaol.

* * *

Following a drinking party in a beverage room of a hotel, an automobile with six drinkers—three men and three women—plunged into a canal. All six perished in the icy waters. One woman was the mother of nine children; another of three.

* * *

In Greece, the Greek Royal Guard Battalion, nicknamed EVEZONES, are not allowed to drink in public places. Dishonourable discharge is the sentence meted out to any member of the guard caught drunk.

* * *

Dr. Louis Bosman, M.P., in an address at the meeting of the Capetown Junior Chamber of Commerce, attributed 75 per cent of all cases of venereal disease to the use of alcohol. All individuals who seek treatment in Capetown are questioned by the chief venereal disease officer.

* * *

"If we are to survive in this new world we must be willing and able to achieve a self-discipline individually and collectively that will hold and increase our moral as well as our physical strength."—Senator Robert S. Kerr.

THE ORIENTAL WATCHMAN, NOVEMBER 1951

JUST outside our bedroom window is a tree that has an ugly bend in the trunk about ten feet from the ground. Some years ago a tiny tree began life there. Unwilling to destroy the twig, we permitted it to grow two or three years, then undertook to trim it in order that it might grow tall enough so the branches would be out of reach and would not obstruct the view from our window. All the limbs were thus trimmed away, and the stalk was straightened up to vertical. The new leaves and branches reached out toward the light, away from the house. The next time we noticed it, there was an ugly bend in the stem, that has always remained there, greatly distorting an otherwise beautiful tree.

How often in our treatment of patients, especially of young people, have we thought of that sapling. Much of the illness of later life is contracted in childhood and youth. Next to the handicaps from hereditary taint arising from the faults and bad habits of fathers and mothers, are the weaknesses and defects due to improper habits formed in childhood, especially in eating.

We wish to impress upon parents, mothers especially, the importance of inculcating in the young minds of their children the principles of health, the right habits of diet. The most important responsibility in this respect is to start young girls on the way of life with proper habits of eating. Hundreds of girls and young women are suffering primarily and

"AS
THE
TWIG
IS
BENT"

W. A. RUBLE, M.D.

to an incapacitating degree from errors of diet and habits of living chargeable to neglect, carelessness, or ignorance on the part of their mothers.

Sometimes these defects are recognized early enough so that the bad habits may be corrected. Too often, though, the pernicious habit is protracted into young womanhood. Then it is more difficult to correct the defect, and the woman becomes an invalid upon her husband's hands, the mother of a family of sickly children whose ill health is chargeable to her early bringing up.

Why is it that so many more young women than young men have nervous breakdowns and develop into feeble adults? Here is one reason: Boys are active, playing games out of doors, working or running errands. Girls putter about the house, lie in bed late in the morning, miss their breakfast, and fail to get out-of-door air and sunshine and exercise.

As the twig is bent, the tree is inclined. Remember that sapling. In childhood and youth is the time to lay the foundation for a strong, vigorous constitution and a healthy, successful life.

Mothers, it is up to you to become intelligent upon the matter of diet, and to educate and feed your children so that they may be able to take their place in the world's work for today. Of course, times are more strenuous now. Of course, we must be better fed, better disciplined, better equipped in every way for life's work than were our parents. We must depend upon the mothers to give the next generation the proper start in health. May we depend on you?

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How Good Is

HONEY?

SEEKERS after wisdom are advised by King Solomon, the wisest man who ever lived, to go to the ant. Seekers after long life are advised by modern chemistry to go to her sister insect, the bee.

The vitamins in the royal jelly, the infant food on which the hive's queen mother is reared, account not only for her being a queen instead of a common worker but also for her extraordinarily long life expectancy as compared with the workers' three months. These interesting facts were revealed by Dr. Thomas S. Gardner, industrial chemist of Nutley, New Jersey, to the American Chemical Society at a meeting in New York, U. S. A.

Four vitamins have been identified in royal jelly, Dr. Gardner stated. They are pantothenic acid, pyridoxin, sodium yeast nucleate, and biotin. Each alone has more or less effect in prolonging insect life, but their interactive effect when taken together seems to be much greater than the simple sum of their separate effects.

Because royal jelly is only for aristocracy, we are still far from becoming Methuselahs. Vitamins in common honey can hardly be detected. Six micrograms of thiamin, sixty micrograms of riboflavin, and five micrograms of vitamin C in four tablespoonfuls of honey are not very much.

Honey contains small amounts of minerals too. One tablespoonful of honey may contain one milligram of calcium, three milligrams of phosphorus, and two-tenths milligrams of iron, besides smaller amounts of magnesium, potassium, sodium, chlorine, and sulphur. These elements are present in such minute amounts that we cannot depend on honey as an important source of these minerals in the diet. Their presence is important, however, because of the vital role they play in burning this sugar in the body.

Honey, like most other sweets, is an energy-producing food. The chemical composition of honey varies considerably, depending on the

material the bees have to work with. On the average, three-fourths of honey is sugar: chiefly two simple sugars called levulose (fruit sugar) and dextrose (grape sugar). Honey contains only a small quantity of sucrose (cane sugar)—less than 2 per cent.

Extracted honey is about one-fifth water. If it were not for this, a pound of honey would have practically the same energy value as a pound of granulated sugar; whereas the honey has about one-fifth less. Measure for measure, however, honey yields more energy than sugar, for it is heavier. For example, one and a half tablespoonfuls of honey weigh a trifle over an ounce and will furnish the body with one hundred calories. The same amount of energy would be supplied by nine tenths of an ounce, or two tablespoonfuls of sugar, by one and a quarter ounces, or one and three-quarter tablespoonfuls of molasses, or by a little less than an ounce of most preserves.

Cane sugar is a complex sugar devoid of all vitamins and minerals. In fact, even bees cannot put life-giving properties into our refined granulated sugar, for if this form of sugar alone is given to bees to reproduce and live on, they die.

Now, even though honey has its advantages over cane or granulated sugar, that does not give us licence to overdo the honey. Moderation is a wonderful virtue whether it is honey or cane sugar we are using. The research group at the School of Dentistry, University of Michigan, U. S. A., states that the "bacteria which act upon the sugar do not discriminate between natural sugar and refined sugar. The natural sugars are fermentable and as a result are a possible source of danger

to the teeth. However, in the natural state they are less concentrated and the individual is not likely to consume excessive amounts. Sweets and syrups prepared from natural sugars such as maple products do contribute toward tooth decay the same as refined sugars."

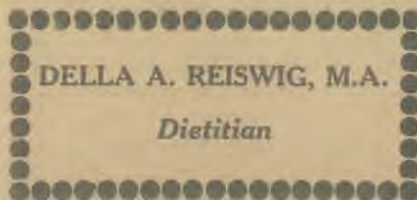
Aromatic substances give honey its characteristic flavour. Because the nectar from which honey is made comes from the flowers, there is a great variation in the quality of the product, depending upon the kind of flowers from which it comes. The volatile oils which make the perfume of the blossoms also give it its flavour.

The perfume of some flowers is delightfully pleasing, and some is strong and unpleasant. So, some kinds of honey emit a delightful flavour, and some are strong and distasteful. But this variety only adds to the interest. It is fortunate for us that we are not all pleased with the same thing. Some folk like sour fruits, and others prefer sweet. Some palates are pleased with the mild honey from clover or orange, and others prefer the characteristic and strong flavour of that from buckwheat.

The colour of honey varies too. It may be as clear and light as water, or it may be as dark as molasses, all of which depends upon the flowers from which it comes.

To ensure getting the kind of honey which best suits your taste, do a little investigating and tasting. When you find the flavour you like best, insist on it.

Honey may change its texture and appearance as a result of changes in temperature. Much of the honey of finest flavour has a tendency to granulate when subjected to frequent changes in temperature. This greatly varies with different kinds of honey. Sometimes the entire content becomes white and hard as soft sugar. At times honey may become about the consistency of butter, though white as milk. This honey is not an adulterated product; it simply has begun to "sugar."



FEW parts of the human body are more finely engineered or more delicately constructed than the feet. Few parts have to stand up to more mechanical stress. A pair of fit feet are one of the finest endowments for health and enjoyment throughout life, and should be the heritage of every child, giving security and balance, grace and harmony to every movement and function of the body. Parents are apt, however, to neglect the needs of the feet in infancy and childhood, forgetting that the structures of the feet develop slowly and faults become difficult to cure.

When mature, the foot is a well-knit instrument of twenty-eight small bones, put together to form sensitive arches and the platforms of the heel, sole, and toes, and held in place by intricately balanced ligaments and elastic muscles. In infancy, however, the bones are only pieces of soft cartilage which slowly ossify to form complete bones. Some of the bones do not form completely until the late teens. The arches from heel to toe and across the ball of the foot are ill-formed and unstable, relying largely for their immediate support upon the pads of fat. This means that the ability of a child's feet to support and carry him through life without fuss depends upon their perfect development and structural formation in the early years.

THE FIRST ESSENTIAL

The first essential for strong, well-moulded feet is good nutrition. A child must have adequate minerals such as calcium and vitamin D for sound bone construction. His diet must contain sufficient milk, fruits, vegetables, whole cereal fare, and

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Left: Print of normal foot.
Right: Print of flat foot.

vitamin D foods for this purpose.

Physical care of a child's feet should begin before walking begins. Much can be done to stimulate and strengthen the weight-bearing muscles by a few minutes' exercise daily. A good exercise for Baby is to lay him on his back, knees up, and place the thumbs against the balls of the feet, and with gentle pressure encourage him to resist, for about a minute. Later, as his kick

STANLEY B.
WHITEHEAD, D.Sc.

strengthens, the palms of the hands can be placed against his feet for him to resist.

CHILDREN SHOULD NOT BE FORCED

Under no circumstances should a child be forced into standing and walking. Many make this unfortunate mistake. Children are individual. Some walk sooner than others. So long as a child shows the inclination to spring up and down and stretch his foot muscles, with enjoyment, we can help by holding him. But any unnatural forcing of the pace should be strenuously avoided. Fatigue can be just as harmful, for although moderate exercise tones and builds up muscle and tissue, fatigue tears it down and weakens the structure.

Children of walking age like to go barefoot, and where they are on

good surfaces such as the beach or a lawn, it is sensible to let them. Well-formed feet develop best with a minimum of hindrance in the nature of shoes and stockings. At other times, however, light sandals should be worn on the street and on hard surfaces where protection is needed.

HOW TO CHOOSE FOOTWEAR

Too much care cannot be exercised in choosing a child's footwear. Shoes should be more protective casings than supports for the feet. They should be soft and pliable, with little or no heel. The inner edge of the shoe should be straight, and, in fitting, the heel of the foot should "socket" firmly in the back of the shoe, and the width should be great enough at the front to allow the arch of the ball of the feet just behind the toes to spread when weight is put on it. Most important, there should be ample room for the toes to move and grow in the shoe cap.

Most children beginning to walk tend to do so on the outside of the foot. A shoe with a slightly extended heel and slight rise on the inside where the arch rests corrects this, and prevents the "bandy" walk with inward facing toes that children sometimes develop. If this tendency is pronounced, it is wise to get a small wedge of leather inserted along the inner side of both heel and sole by an experienced shoemaker.

On the other hand, a waddling walk with out-facing toes can often be corrected by having a thin wedge about a quarter of an inch thick, inserted in the sole on the outside edge from the extremity to about an inch behind the big toe. In both cases the balance of the foot is sufficiently corrected to improve walking and to

(Continued on p. 13.)

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Children's

SINUSITIS

H. JAMES HARA, M.D.

THERE was a time when "once sinus, always sinus" was the wail of chronic sufferers in their hopeless despair.

Historically speaking, at the turn of the present century many an ear, nose, and throat specialist travelled abroad in quest of newer knowledge. Among other things which he learned was a surgical management of sinusitis, far too drastic in the light of present knowledge. According to the present concept, successful treatment of sinus disorders must be based on intelligent understanding of the sinus structures, their normal function, and well-balanced body chemistry.

Within the bones of the head, above, below, and between the eye-balls there are four sets of air cavities. These are sinuses, and their infection is termed sinusitis. The air cavity below the eye, in the cheek-bone, is the antrum, or maxillary sinus; the one between the eyes, on each side of the bridge of the nose, is the ethmoid; the one above the eyebrow in the forehead is the frontal; and the fourth set in the back of the nose, deep in the base of the skull, is the sphenoid sinus.

On the side wall of the nose there are three spongy bones called turbinates. They contain a number of blood vessel channels capable of expanding and shrinking to meet nature's demand as a heat-regulating mechanism. They also contain innumerable mucous glands, which secrete a pint of mucus each twenty-four hours, to moisten air breathed in. The partition of the nose, called the septum, in the adult is about two by three inches in size. It is lined with heavily veined mucous membrane.

The sinuses, directly connected with the nose, are covered with a thin lining of mucous membrane. The surface of the mucous membrane is covered with fine, tuftlike brooms called cilia. They keep the

mucous membrane free from harmful bacteria and debris by their sweeping motion toward the back of the nose. The mucus helps to keep down the growth of harmful bacteria. Every corner and curve within the nasal chamber plays its own part in warming, moistening, filtering, and directing the current of the inhaled air. Anything that interferes with the proper function of the cilia and the mucus breaks down nature's barriers, and renders the nose and sinuses susceptible to infection.

Astounding progress has been made during the past decade in the management of sinus disorders. Modern medicine recognizes two major types: (1) those of bacterial origin; (2) those caused by a person's high sensitivity to pollens, dust, or food, known as allergic sinusitis.

Sinusitis is both infectious and non-infectious. There are several symptoms that are common to both forms; these are headaches, stuffiness of nose, and excessive nasal discharge. The sinusitis primarily caused by infection constitutes only about 30 per cent of all cases. The bacterial sinusitis may be acute or chronic. Acute sinusitis is almost always accompanied by the common cold. It disappears when one gets over the acute stage. The average person has one or two such colds a year. The period of immunity after a virus infection is about six months. Acute sinusitis also develops as a complication of acute contagious diseases, such as chicken pox, diphtheria, and scarlet fever. Among children it also develops from unrecognized foreign bodies in the nose. The acute, quickly developing type of sinusitis may appear after swimming or diving on a chilly, windy day. In rare instances sinusitis develops as a complication of dental infection. The acute bacterial kind sometimes heals without treatment. If one's resistance is low or fails to aid nature in her effort to combat infection, this type of sinusitis de-

velops into a chronic form after six weeks or so.

Most sinus sufferers, estimated to be nearly 80 per cent, are allergic to something. The nose of an allergic person is abnormally sensitive to pollens of certain weeds and grasses, animal dandruff, feathers, fur, or perfume of all sorts. Allergic sinusitis develops in a person during hay fever season, as a result of infection after severe nasal obstruction. If one is sensitive to things he comes in contact with every day, he is most likely to develop the sinusitis that lasts several years, with frequent increases and decreases in severity, depending on the strength of the allergic attack.

The most important single offender is common house dust. If no proper treatment is begun in both seasonal and perennial allergic persons, they are destined to develop lifelong sinusitis, complicated by nasal polyps, loss of sense of smell, and ever present drip from the back of the nose. A large proportion of bronchial asthma begins in an allergic nose.

Modern medicine has done much in diagnosis and treatment of all forms of sinusitis. A careful, methodical examination of the ear, nose, and throat by an experienced doctor reveals much of the underlying abnormality. A complete blood examination is indispensable. A culture of the nasal secretions indicates the different strains of organisms present. By far the most important laboratory procedure is identification of a particular type of white cell. In a case of frank bacterial sinusitis the predominant white cells are of the pus-forming type.

X-ray of the skull and the sinuses beside the nose is one of the most important diagnostic procedures. Sometimes one or more air cavities are irrigated. This is for both diagnosis and treatment. Two out of three patients with allergic sinusitis have a definite family history. The

patient may have had infantile eczema, hives, or asthma before he developed allergic symptoms in the nose and sinuses. An allergic person shows a distinct skin reaction when he is tested for materials to which he is sensitive. This is known as the sensitization test. When properly carried out it is one of the most accurate means of establishing a diagnosis of allergic nose. However, the procedure is time consuming. Some patients, particularly children, do not co-operate. The presence of pus in the allergic nose is indication of a secondary infection. This condition is observed both in acute and chronic stages.

During the acute stage of both bacterial and allergic sinusitis the best treatment is bed rest, until the temperature subsides and it remains normal at least two successive days. To bring about better drainage of secretion and pus from the nasal passages, there are scores of medicines that cause the blood vessels to contract, most of which contain ephedrine or its synthetic derivatives as their principal ingredient. The medicine may be sprayed into the nose with an atomizer. An effective method of treatment is the instilling of a few drops of nasal medicine while the patient is lying down. This process may be repeated until the medicine finds its way into the opening of the affected sinuses.

Headaches and backaches are relieved by the giving of salicylates. Water drinking and elimination are encouraged. Application of heat or alternate hot and cold to face and forehead, steam inhalation, or diathermy over the face relieve head congestion. Penicillin and sulfa drugs have been effective, but self-medication with these is courting danger.

Because nasal secretion remaining in the passages leads to bacterial infection, every effort should be made to avoid it. Prevention is the order of the day. Rest, sunshine, good nutrition, avoidance of crowds and overheating are essential. Too much clothing is just as bad as too little. A house overheated and too dry, tobacco smoking, drinking of alcoholic beverages, emotional disturbances, and physical fatigue must be eliminated. All causes of nose obstruction must be surgically corrected. Nasal stuffiness may be caused by a crooked nasal septum. Enlarged, swollen turbinates and enlarged tonsils and adenoids also play a part. Metabolic

imbalance and hormone and vitamin deficiency should be thoroughly checked.

I cannot speak too strongly against the habit of self-drugging. Many of the nosedrops obtainable at the chemist's contain an ingredient whose sole object is to reduce nose congestion, affording temporary relief from a stuffy nose. However, when the drug is used to excess or over too long a period, the over-worked nerve fibres that control the blood vessels of the mucous membrane finally come to resist the action of the drug, and leave the nose worse than before medication was instituted.

I have been asked time and again as to the value of cold vaccine in prevention of head cold and sinusitis. The building up of immunity by means of a course of vaccine injections is effective in some cases. However, the common cold is a virus infection, for which no satisfactory method of building immunity has been devised. The so-called cold vaccines are made up of a number of organisms commonly found in the upper respiratory tract. However, the strain of chief offenders causing secondary sinus and ear infections varies from month to month and

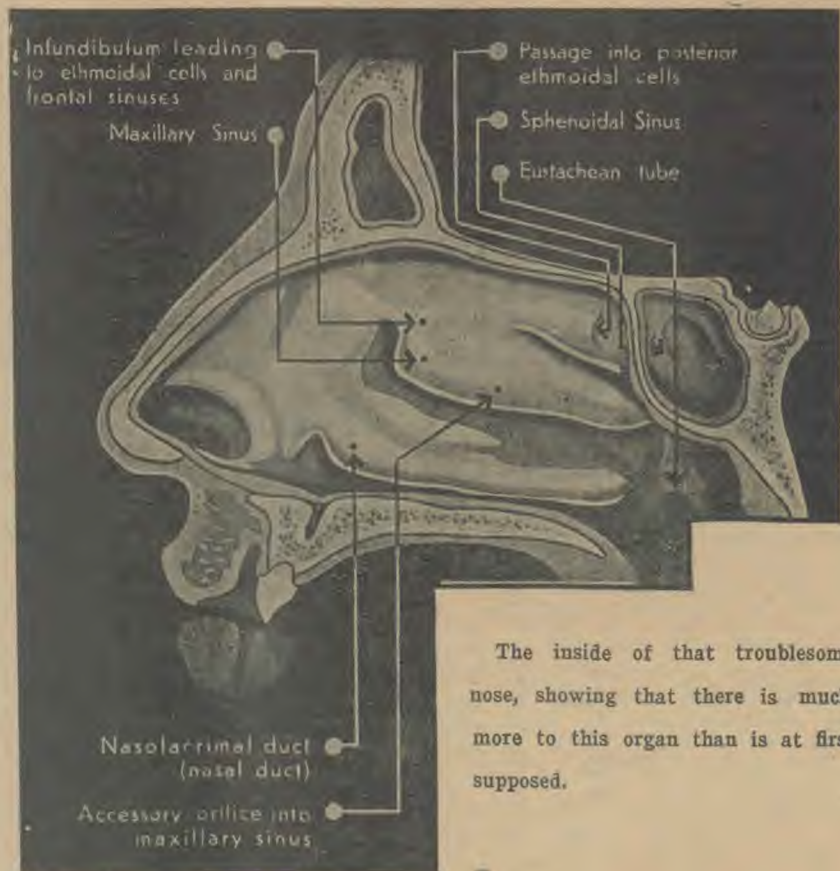
season to season. This is why, in most instances, the cold vaccines have been disappointing.

To cut down as far as possible the dust content of the air from the living quarters, and especially the bedrooms, the following instructions are given to each patient who shows house-dust sensitivity.

1. Remove all overstuffed furniture, rugs, and carpets.
2. Take down the curtains and draperies.
3. Use a vacuum cleaner.
4. Dust with a damp cloth.
5. Cover pillows and mattress with plastic.

The modern trend in the management of sinus disorder is, first, to discover the factors that brought about the condition; second, to remove the cause, if possible, and begin medical treatment for it; and third, to undergo sinus surgery in cases carefully determined by the doctor. Such an operation is undertaken to restore free-air circulation, to re-establish drainage, to remove the centres of infection, or to take out any growth which may develop into cancer.

The outlook for permanent control of sinus disorder has never been brighter.



The inside of that troublesome nose, showing that there is much more to this organ than is at first supposed.

The "SCREWS"

A. C. VINE

AS SHE rose to greet me the smile of welcome was momentarily overcast by the shadow of sharp pain. Her movements were eloquently slow, and I could see that although she looked well, she was in physical trouble. I gripped her hand somewhat less firmly than usual, but even so, she flinched. I apologized and questioned: "Rheumatics?"

"Ah," she said, "it's the 'screws' all right. It's been coming on for years, and its beginning to tie me down now."

Further enquiry elicited the information that her joints were becoming increasingly painful, that she could not sleep at night without taking five aspirin tablets on retiring, and that the doctor's "bottle" had not done her much good—in fact, he had often said that he could not do very much for people with the "screws."

It was that last sentence that did most to rouse my sympathy for this sufferer. For years she had been paying for treatment when all the time it was acknowledged that little could be done because "so little is known about the causes of rheumatism."

CAUSE OF RHEUMATISM

I am one of those who believe that this troublesome complaint is far less of a mystery than is generally claimed, and not nearly such a problem to treat. It has been found that rheumatic pains are caused by accretions of urea crystals. These are formed by the disintegration of the proteid materials in our diet in the process of digestion. They are carried by the blood to the kidneys, which separate it from the blood—because the body has no use for it

—and pass it out from the body in the urine. Now, the kidneys can eliminate only so much of this substance each day, and if there is an excess of it in the bloodstream, some of it remains in the body and has to find its way to some convenient hide-out.

It will be obvious then, that if we can find out how to balance our diet so as to minimize the formation of excess urea, we are well on the way toward conquering the "screws."

POPULAR FOODS LEAVE ACID EXCESS

The popular foods of modern civilization: flesh-foods, refined flour products like white bread, cakes and pastries, white sugar and sweets, etc., all leave an excessive residue of what is called acid waste in the system. If sufficient of foods supplying alkaline mineral salts could be taken, these acids might be more or less neutralized, and the danger to health reduced to a minimum.

Unfortunately, the foods containing the mineral salts and vitamins are taken in such small proportions, and even those small proportions are ruined by such poor cooking and preparation that the acid wastes are ineffectually neutralized by them. So we get an accumulation of acid impurities in the system, giving rise to many and various discomforts, illnesses, and diseases. The mucous membranes of the lining of the digestive tract attempt to onst this undesirable acid waste from the system in the form of catarrh. But owing to our unenlightened dietary



these valiant defenders are too often bested in the struggle, and the troublesome excesses of waste substances find their way to the bony structures, especially the joints, and soon begin to make their presence felt in what we call rheumatic pains. As these accumulations increase they interfere with the free movement of the joints, and cause inflammations and great pain. If the cause is not recognized and treated the trouble can develop into arthritis, a disease which is very difficult and sometimes well-nigh impossible to cure.

It is often mistakenly claimed that rheumatism is caused by being exposed to damp and cold. This is not so. An acute attack of rheumatic pain may be induced by damp and cold in a person whose system is infected by the above-mentioned acid wastes. But the real cause of the trouble is the toxic materials which the system has been unable to eliminate because wrong feeding caused them to form in excessive quantities.

The avoidance of the "screws" and the treatment are both achieved in the same way. The dietary must be arranged with the very minimum of acid-waste forming substances. The refined foods which are so popular, should be avoided as much as possible, because they have been

denatured and devitalized in preparation. Foods with a high protein content, especially meat, should be reduced to very small amounts, or even omitted altogether, because they leave large deposits of the acid substances in the system. And tea and coffee should be "taboo."

What then, does this leave us to eat? Well, we have wholesome wholemeal bread, many delicious fruits and vegetables, and moderate amounts of dairy products with which to form a most attractive, appetizing, and health-promoting diet. Fortunately, such foods are becoming increasingly popular as people notice how much better they feel when following such a programme.

The sufferer from the "screws" may obtain apparent, and very temporary relief from pain by taking aspirin or other pill-cures. Actually, he is only aggravating the trouble and failing completely to get at the underlying cause of the trouble. So trying to cure rheumatism by taking aspirin or bottle medicine, or even by various good therapies like water treatments, ray treatment, etc., is like trying to save a burning house by squirting water on the outside window frames!

THE GREAT NEED

What we all need for the preservation of health and for elimination of the "screws" is a balanced diet—a diet which includes correct proportions of proteins, carbohydrates, vitamins, and mineral salts. And this is not so formidable as it sounds. In fact, it is not nearly so difficult to secure, as it is to provide the much-prepared, over-cooked, super-refined, highly seasoned, palate-tickling menus so popular in the modern home.

If you suffer from rheumatism and are content to give Nature a chance to correct your condition in her own time—and it takes time to get well, just as it takes time to become ill—I am sure you will find that your doctor will approve of the following simple treatment, which could not fail to benefit even a thoroughly healthy person.

First, cleanse the digestive tract. Fast for at least one complete day taking copious drinks of warm water during the day and administering a colonic irrigation at night. Then have a week at least on a diet of juicy fruits only. Dried and tinned

(Continued on p. 26.)

CHLOROPHYLL

f o r

B. O.

J. DEWITT FOX, M.D.

DID you ever notice, while walking through a clover patch, how sweet and clean the air was? Even with manure piles near by, you detected few, if any bad odours. The reason? Clover is rich in one of nature's most effective deodorants—chlorophyll. This complex green colouring substance of plants is a close cousin to the red hæmoglobin of our blood. And wherever green foliage abounds—deep in the woods, in alfalfa fields, or on the velvet green golf course—it can be counted on to keep the air fresh and clean.

For centuries chlorophyll has been keeping the air fragrant, and our bodies healthy. And for years chlorophyll air wicks have been freshening up sickrooms, taking odours out of kitchens and bathrooms. Now, doctors discover, this "green ghost" dispels bad breath and B. O.

While giving anæmia patients chlorophyll tablets, Dr. F. Howard Westcott, of New York City, U. S. A. recently noted that the odour of asparagus, usually present in the urine, mysteriously disappeared. From this he reasoned that chlorophyll might work in the body, through metabolic processes, to deodorize bad breath and perspiration. Sure enough, it did. In those who tried it, underarm odour was almost abolished for as long as eighteen hours after a dose of chlorophyll.

Ordinary bad breath, whether from food, alcoholic drinks, tobacco smoking, or an upset stomach, is readily controlled with chlorophyll. Onions, however, pose a different problem. Tiny particles get caught between the teeth, and release volatile oils for hours afterward. Only a chlorophyll mouthwash reaches the particles. In subjects using onion juice, which leaves no particles, chlorophyll effectively reduced breath odour.

Clever chefs, utilizing chlorophyll's mysterious power, have long been able to subdue the potent and

pungent onion. Catering to socially sensitive guests, they thoughtfully sprinkle parsley through onion-flavoured dishes. Parsley, rich in chlorophyll, erases onion and garlic breath. Your friends will thank you if, after your next onion sandwich or breath-taking platter of garlic bread, you try chewing a few sprigs of parsley.

Some types of B. O. may be reduced by substituting chlorophyll-rich vegetable foods for the odour-producing fatty foods. Notorious offenders are animal fats—lard, pork, mutton, butter, and heavy fried foods, which carry certain volatile substances into the oil glands of the skin. These oils, when mixed with perspiration, produce a heavy, obnoxious odour.

Of course we wouldn't need paddy-green chlorophyll tablets if we ate enough chlorophyll-rich green leafy vegetables. They would tend to prevent halitosis and B. O. So, to keep a sweet breath and a fresh body, eat plenty of the chlorophyll-containing vegetables: parsley, green peppers, lettuce, celery (the green stalks), turnip greens, spinach, cabbage, kale, water cress, broccoli, dandelion greens, artichokes, green string beans, peas, chard, and chicory.

Although chlorophyll tablets do control body odours associated with poor metabolism, menstruation, and excessive perspiration, as well as sweeten the breath, anyone suffering from B. O. or halitosis will do well to see his physician or dentist. It is better to correct body defects and dental caries than to try to mask them with chlorophyll tablets or body deodorants. Sweeten your breath and your body by eating plenty of nature's own sweeteners—fresh green vegetables—but also seek your doctor's advice on how to keep fit.

Freshen up by eating some of these green vegetables every day. Serve them raw or crisp cooked, that is, with a little crunch left in them, like Chinese cooked vegetables,

M E A S L E S

FORTUNATELY one attack of measles is almost sure to make a person safe against a later attack. There are people, though, who say they have had measles two or more times. In most such cases the truth is that the person wrongly called measles what was only a rash, or he did not know the difference between ordinary measles and German measles. Both varieties of measles are contagious, but they are different diseases, and having one will not protect a person against catching the other. People who cannot tell one kind from the other will often quite naturally say they have had measles twice. It is a good idea to learn how to tell the two kinds of measles apart, because they vary in their seriousness, especially at different times in life.

Ordinary measles is very hard to detect before the rash appears; after that it is quite easy. For the first few days measles is much like a common cold. One has a thin discharge from the nose, uncomfortable and watery eyes, some fever, and often a cough that is sometimes described as brassy. About four days after

these symptoms appear the rash begins to show. It usually comes first on the face, neck, or upper part of the body, but may spread until a large part of the skin surface is covered. In its early stage the rash consists of small, pinkish, irregularly scattered blotches. These tend to enlarge and grow somewhat darker in colour before they fade, which they usually do in a few days. At its peak the rash often causes considerable itching.

German measles is quite different. If there is any "cold" at all at the beginning, it is mild; and the rash appears within a day or two. In many cases the rash is the first sign of the disease. It is distinctly red, and may not be at all blotchy. Itching is absent or mild, and the rash fades quickly, sometimes within two or three days.

Ordinary measles is seldom very dangerous to a child in average health. In some cases, however, the early inflammation of the air passages spreads from the throat to the middle ears, resulting in damage to the ear drums or other structures there, possibly producing partial



Good nursing is essential in a case of measles in order to prevent broncho-pneumonia or damage to the hearing.

deafness, which may be permanent. Or the eye inflammation may become so severe that exposure to bright light is very painful, and the eyesight may be permanently damaged. Sometimes the original bronchitis that caused the brassy cough becomes more severe and develops into broncho-pneumonia, which is the most frequent cause of death in those few children who die because of measles. Those who recover from the broncho-pneumonia seem to have less than average resistance to tuberculosis in later life.

In a typical case, soon after the rash appears and the other signs and symptoms begin to subside, the child feels well again in a few days. The itching is seldom hard to control. Good nursing is important, however, because the child needs to be kept comfortable and especially to be protected against chilling and dampness. If he takes a fresh cold before the rash fades or while the original cough is still present, this cold is likely to be much more dangerous than an ordinary one, and much more liable to bring on damage to the hearing or to result in broncho-pneumonia.

Sometimes grown people have measles. When they do they are usually really ill, because in adults the disease is often severe. In fact, in some parts of the world where measles was brought in after several years of freedom from the disease, adults not only caught it as readily as children but were even more likely to die of it.

German measles is not only milder of itself than ordinary measles but practically free from such complications as ear damage, eye damage, and broncho-pneumonia. This is true whatever the age or sex of the patient may be.

In recent years, however, there has been much discussion in medical journals about deformities appearing in children whose mothers developed German measles while pregnant, especially during the early months. Just how serious this problem may be is still a matter of argument, but there is at least enough possibility of danger to make it advisable for all girls to have German measles before they become mature enough to be mothers, especially

since we know of no way to prevent this disease.

There is no effective vaccine known to protect against either kind of measles. For most children it is probably best for them to have both kinds before they grow up. But on account of the danger to very young children or to older children in poor health, it would be a definite advantage if they could be kept from catching ordinary measles until they could stand it better, or if they could be assured of having only a light attack.

Fortunately we are not entirely helpless in this respect. Certain substances are known—the most satisfactory being commonly called immune globulin—that can temporarily prevent measles or lessen the severity of the attack. The protection probably does not last longer than two or three weeks, but if immune globulin is injected soon after exposure to measles, the disease rarely develops. And if the injection is given within the first week after exposure, the attack is usually light.

Theoretically, it is better for a child to have a light attack of measles and thus become immune to later attacks than it is to have the attack entirely prevented. If we could always be sure about the time of exposure, it would not be so hard to figure things out this way in most cases. But exposure happens sometimes when we do not know it, so the practice is more difficult than the theory. Success comes often enough, however, to make the plan worth trying. If any reader wishes to try it, the most important points are to let your doctor know your plans and be on the alert to detect any accidental exposure to measles or to bring about an intentional exposure at some time when the child is otherwise in good health.

So measles is still with us. Since there is as yet no vaccine that can protect against it and quarantine is of little value in preventing its spread, it seems likely to be with us indefinitely. This prospect should emphasize the importance of three points. First, learn the difference between ordinary measles and German measles, so you will know what to expect. Second, remember that good nursing is the most important part of the treatment for ordinary measles. Third, keep it in mind that, although control measures for the general public are of limited use, immune globulin or some other similarly

acting substance may be an effective aid in handling the measles problem of the individual child who has not yet had the disease.

If the knowledge we have is put to use, measles does not have to be so great a problem as it used to be.

YOUR CHILDREN'S FEET

(Continued from p. 7.)

develop a strong arch with properly placed bones.

THE MOST COMMON FAULT

The most common foot fault is flatfoot. We should look for this from three years onward. It means that the main arch or instep has collapsed. A good check is to get the child to make a wet foot-print on some dry surface, walking naturally. If the footprint is narrow and well waisted in the centre, all is well. If it shows a broad band and little waisting, it is wise to have the feet expertly examined.

Children's feet, especially in towns and urban areas, take quite a pounding from pavements and hard surfaces, and it is a good thing to encourage them to exercise to strengthen the foot arches and prevent flat-foot. Here are three simple but highly effective movements.

1. Stand straight, with big toes together but heels far apart. Keeping toes together, raise forefeet slowly off the ground and lower, repeating twenty times.

2. Sit on a chair with feet apart but parallel. Pick up a pencil with the toes of the left foot and place it behind the right heel and back again. Repeat ten times, and then ten times with the other foot.

3. Now stand and walk for three minutes with the feet turned on their outer edges. Then walk along a chalk line or floor crack, placing feet with their inside edges parallel to the line.

Finally, it is important to remember that the feet must breathe and perspire. There are four times as many pores to the square inch on the soles of the feet than there are on the skin of the body. The habit of nightly foot baths (with a spoonful of Epsom salts added), thorough drying, and then massaging with oil-moistened hands is one worth encouraging, for healthy feet are a boon in making our journeys through life.

H. O. Swartout, M.D., Dr. P.H.

THE ORIENTAL WATCHMAN, NOVEMBER 1951



Breast-fed babies thrive because human milk is adapted to the child in a way that other milk cannot be—it is nature's own plan.

Give your baby a truly with

infancy and childhood. The rejected, unwanted baby may grow into an insecure, neurotic adult. If you truly love your baby you will wish to nurse, love, and cherish him.

Mother love is a beautiful thing. But she who puts her convenience or her career above the well-being of her child falls short of the highest ideal. Most women can nurse their babies if they will. Occasionally, however, low vitality or disease may make artificial feeding a necessity. A tubercular mother should never nurse her child. Also acute or chronic illness of other sorts may prevent breast feeding. In such cases your doctor can supervise artificial feeding to save the baby's life.

Some mothers in good health may be short of breast milk, but this is no reason to wean their children entirely. A little breast milk is better than none, and is especially important during the early months. In such cases, modified milk may be offered after each feeding (complemental feeding) or given in place of feeding (supplemental feeding). Your doctor will decide which is the best for your baby.

Another reason for breast feeding is that it improves the health of the mother. Nursing helps the uterus to return to normal, aids in its involution. Cancer of the breast is less common among women who have nursed their babies than among those who have not. Religion teaches us to love and cherish our children.

One of the mottoes of the ancient Greeks was "Nothing in Excess." This rule must apply to infant feeding, for in it, also, disproportion is bad. Common sense, not procrustean rules, must guide a mother. It is customary to adopt a schedule of rather

THE modern mother is often pictured feeding her baby from a bottle, but this is a bad example. Motherhood is sacred. There is no higher or more satisfying profession for a woman than that of wife and mother, and it should be honoured and preferred by women above all others. There is nothing shameful about reproduction, and the nursing of your child is as much a part of motherhood as giving it birth. Before your child is born he is nourished by your blood; after he is born, by your milk. The helpless little one is dependent on you.

The physiological and psychological reasons for nursing your baby are numerous and cogent. Breast-fed babies thrive, because human milk is adapted to the child in a way that no other milk can be. Breast babies who receive enough milk are almost never constipated; bottle babies generally are. Cow's milk coagulates into hard lumps that few babies can digest. Breast milk forms

fine, soft curds *naturally*. Nature made it especially for your baby.

Breast-fed babies are less apt to become "allergic" to foreign proteins than are bottle-fed infants, and inasmuch as they receive immune substances in mother's milk their resistance to disease is greater, their flesh firmer, and their development more even and natural. Breast nursing develops a baby's facial muscles, gums, and palate in a way no rubber nipple nursing can ever do. Finally, there are fewer intestinal upsets and less illness of all kinds among the breast-fed, because mother's milk is fresh, nearly sterile, and contains vitamins, if the mother gets them, and valuable ferments which aid digestion.

There is also much to be said in favour of breast feeding on the psychological side. Nursing is intimate and personal, and promotes mother love. The mother who resorts to unnecessary bottle feeding rejects her child. Psychiatrists have traced many a neurosis to the days of

U SHOULD

our Baby

LITTLE, M.D.

*and start in life by providing him
best milk known!*

regular feedings at three- or four-hour intervals, depending on the size of the baby and the amount of breast milk. But no one expects a mother to walk the floor with a crying baby in one hand and a clock in the other waiting for the exact feeding time. This is absurd.

How long shall you nurse your baby? Babies get most of their milk in the first five minutes, and only a little afterward; nevertheless, you should not cut the nursing short. Babies like to suck, and if this instinct is not satisfied at the breast, they are likely to suck their thumbs or anything else they can put in their mouths. Better let your baby remain at your breast for fifteen minutes if he is so inclined.

If you have plenty of milk, you may alternate the breasts from one feeding to another. If you have only a little, you had better let your baby nurse from both at each feeding. And

if your milk is very scanty, plan shorter intervals than every three hours for feedings to help stimulate a flow of milk.

Babies always swallow air. After nursing, "bubble" your baby by holding him over your shoulder and gently patting his back. When he lies down, he is less likely to spit up his milk. All babies overflow sometimes so don't think it abnormal if your baby spits up. He is probably just over-full. Some mothers have a great deal of milk, especially during the early weeks, and their babies may swallow too much.

If your breast milk fails, your baby may become fretful and cry a great deal. He may nurse a minute, then let go to turn away and cry. He also may seem to be constipated, but this is not real constipation.

Few babies these days are nursed too long, but they can be. I have seen children kept at the breast for fourteen or fifteen months. Such babies if exclusively milk fed, become anemic and fretful, because milk contains but little iron. The remedy is medicinal iron and other foods in addition to milk.

Cow's milk, preferably from a herd, is the most suitable animal milk. The curd of it is modified for babies by boiling and diluting with either plain or barley water. Although goat's milk is sometimes used, it has no advantage unless your baby is allergic to cow's milk. It is customary to add to the milk, cane sugar or one of the maltose-dextrin preparations such as corn syrup. Milk sugar and honey have no particular advantage. The amount added to a day's feeding varies with the size and age of the baby, but it is usually about one and a half to two ounces.

A baby's weight tells how he is thriving, so weigh him each week. If he does not gain, consult your doctor.



The breast-fed baby thrives well and is always happy and cheerful, being free from upsets and illnesses to which most bottle-fed babies are subject.

"BUZZY"

IZELLA STUIVENGA

ONE beautiful spring day in April, in a beehive on Mr. Rajarathnam's farm, mother queen laid a tiny bluish-white egg in the bottom of one of the empty wax cells. Four days later a larva came from the egg. It looked like a white worm. The larva didn't have any legs or wings, and it showed little signs of life. But it did have a mouth, and, as you can guess, the creature always seemed to be hungry. A nurse bee took good care of this larva and fed it a special food called "bee jelly" the first two days, as our mothers fed us milk when we were babies. A few days later the nurse started feeding beebread to the larva.

In a week's time the tiny larva had grown so large that it almost filled the cell. Then it spun a silk cocoon over itself, and one of the worker bees put a wax cap over the cell. Tucked inside, the larva went to sleep. While many changes took place, the baby became a pupa instead of a larva. The pupa grew and grew. Soon legs and wings developed, and other parts grew, too, so that at the end of only two weeks it was a full-grown bee. Gradually Buzzy, as we shall call the bee, ate a hole through the wax cap; then she slowly crawled out. This beautiful golden-brown creature was not an ordinary bee. No, indeed. As soon as she came from the cell she was known to be the most curious and most mischievous around.

Buzzy had not been out of the cell more than a few minutes before she was put to work, for she was a worker bee. The first thing she had to do was to be a nurse and take care of other eggs and larvæ. She carried food to the larvæ and fed them, but soon she became hungry herself and decided to find something to eat. At last she found what she wanted—some cells full of honey! Buzzy ate and ate until she was stuffed. Then back to work she hurried.

It was her duty to help care for the mother queen. She combed the



mother queen with her leg combs and licked her body clean of every speck of dust. The mother queen was hungry, so Buzzy fed her. But Buzzy became tired of this job and looked for something different to do.

Soon she saw a group of worker bees hanging from the ceiling in a chain-like form! What were they doing? Buzzy came close and saw that they were making a honeycomb. She thought it looked interesting, so she joined them.

She went to the top of the chain and helped chew the wax that the bees had made, and she shaped it into six-sided cells. Buzzy was a good worker, and her cells were always perfect; but this, too, soon became tiresome, and she went to look for another job. She found many things to do, such as helping to clean the hive, making beebread, and storing the honey that was brought in; but she wasn't really happy. She wanted something more exciting to do.

Then one day Buzzy found the very job she was looking for. She would be one of the police and help guard the hive. The police watch

for signs of danger, and they are ready to attack trouble makers. This was really fun! Buzzy was always the first one to see an enemy coming, and it was she who would give the warning. You should have seen the police force rush out and drive off the trouble makers! Sometimes they would kill the enemies by stinging them to death.

As Buzzy grew older, she started making short trips away from the hive. It was on these short trips that she learned to use her wings better. Then, too, she learned the directions and had no trouble locating places she knew about.

Finally the day came when Buzzy was two weeks old. Then she was allowed to go out and help gather the material for food.

Out of the hive she went, flying around in circles, rising higher and higher in the air in order to decide which direction to take. Then she started off into the open space. She flew and flew. After going several miles she came to a large garden. It had a great many flowers in it.

Buzzy went down to one of the flowers and started working. She

BOOK BARGAINS

pushed her long tongue deep down into the flower. Her tongue was like a thin hollow tube with a little spoon at the end, and with this spoon she scooped up the nectar from the bottom of the flower, without hurting the flower at all. So Buzzy sucked the nectar up through her tongue and down into a sac in her body.

This sac into which the nectar went is called the "honey sac" or the "honey stomach." Here the nectar is changed into honey. In a short time the honey factory inside Buzzy finished its work on each drop of nectar. Buzzy had to visit more than a hundred flowers before her honey sac was filled. Then she made a bee-line back to the hive to unload her honey. It didn't take long, and she was soon on her way again.

Buzzy went faster this time, because she knew where to go. She could fly a mile in three minutes, that is, twenty miles an hour. She had to fill her honey sac three times before she could make one drop of honey.

The next day Buzzy gathered pollen for beebread. Flower pollen usually grows nearer the top of the flower than the nectar does. So Buzzy did not have to dig down so deep into the flower to get it. She gathered the pollen with her front-legs and stuffed it into a hollow on each of her two hind legs. These two hollow places are called "pollen baskets." There were some stiff hairs that helped to hold the pollen in. Buzzy visited many flowers before she got her pollen baskets full. She mixed nectar with the pollen so it would stick together and could be packed into the baskets more easily. This helped to keep the pollen from falling or blowing out of the baskets as she flew home to the hive.

As Buzzy gathered pollen and nectar, she got herself covered with pollen that stuck to her body. All this she had to clean off before she flew away from the flower. On the tip of each leg was a brush that she used to clean herself. In a notch in each of her front legs was a row of stiff, short hairs that made a good comb. When Buzzy returned to the hive after each of her trips, she was brushed and combed, and she was as neat and tidy as when she had left for work. She never went home dirty, as some boys and girls do at times.

Buzzy was happy and was thoroughly enjoying life. One day she was in the garden again gathering

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nectar. She had had a wonderful feast on a beautiful sweet pea and had started to leave. But, alas! she bumped into something. It hadn't been there before, and she couldn't imagine what it was. Buzzy had been caught by some ambitious biology students who were out looking for insects. They put her in a jar which they had with them and took her home so they could study her and learn more about what a wonderful creature a honeybee is.

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LADIES' Nook

To Lose Weight

Many people try to lose weight and get slim by not eating breakfast. But records of individuals who have experimented along this line prove that hidden hunger, caused by going without breakfast begets a tired mind, a tired body, and tired nerves. You look better and feel better after a good breakfast. No meal needs to be skipped. Just eat less of everything and especially of starchy foods.

Cultivate Beauty

"Handsome is as handsome does" is an old proverb and very true. Beauty of face and countenance if it has not beauty of heart and soul is short lived. Most of us have seen a beautiful child, really angel-like in

cation of the young in this our country.

Hidden in the Walls

The new architectural books on homes feature closets of every type hidden in the walls, as well as cupboards for dishes and glassware and drawers for every household necessity. Even beds are hidden behind large mirrors that open or turn down and the bed ready to be slept in "falls" into view in the most flawless drawing room. A tiny self-contained kitchen may also come into view behind an ornamental screen or a sliding door in the self-same well appointed drawing room. Ladies who are studying home architecture find these convenient arrangements more and more fascinating.

Music and Song

There is music that expresses the feelings of the soul and there are songs that express the gladness in the heart. Every house should encourage these musical talents, this lifting of souls to nobler, higher thinking and real happiness. A happy melody always gladdens the heart.

Germs

Scientific discoveries tell us there are germs bad and good everywhere—on pencils, on toys, on garments, especially soiled ones, on produce brought from the market and from the shops, and in places frequented by the general public. Cleanliness is an antidote for the bad germs which bring disease. Several germicide sprays are on the market against flies and mosquitoes, and soap and plenty of clean water should also be used freely in our homes to ensure cleanliness and health for those whom we love.

To Make Bean Sprouts

Bean sprouts contain health-giving vitamins and minerals and are very

nourishing. They are easily made at home. Select small beans—preferably soya beans. Clean them and soak them overnight, one pound of beans to three pints of water to which a pinch of chlorinated lime has been added. Next morning pour off the water and prepare a clean flower pot that has a hole in the bottom. Cover the hole with cheesecloth or a fine mesh wire. Pour in the beans and cover them with a damp cloth. Pour water over them three to five times a day. (In a hot climate slightly chlorinated water is best.) In three or four days the sprouts will be ready. Serve them raw or cooked in stews, soups, or salads. They should be cooked only from five to ten minutes.

RECIPES

SANDWICHES AND LUNCH BOXES

MANY people who work away from home have to carry a lunch to work. Sandwiches are usually the foundation of the lunch, but a piece of cake or pie, a few sweets or cookies or a jar of fruit sauce or salad or both are very good and add interest and calories. Fresh fruits are always welcome as well as a small bottle of milk or curds. In order that the box lunch should contain as many vitamins and minerals as possible include some of all the foods mentioned above.

Sandwich Filling

Hard-boiled or scrambled eggs mixed with minced onions, chopped capsicum or cucumber, and spread on buttered bread generously, make a good sandwich.

Chopped raisins mixed with chopped nuts are very nourishing as are also peanut butter and raisins.

Finely grated carrots mixed with chopped celery and a little salad dressing make a tasty filling. Lettuce and tomato sandwiches are refreshing.

Chopped radishes and small onions mixed with mayonnaise are a nice change if a piquant flavour is desired. Cheese, grated, sliced or creamed is excellent.

Box lunches should be made as nourishing and appetizing as possible.

Lima Bean Loaf

Three cups cooked and sieved lima beans; 1 tablespoonful chopped parsley; ½ cup stale breadcrumbs; 1 teaspoonful Marmite; ½ teaspoonful powdered sage; 1 clove crushed garlic; ½ cup tomato puree; 1 onion, chopped fine; 1 egg, well beaten.

Mix all ingredients together, place in a buttered baking dish and bake until nicely browned (for about thirty min-

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appearance, but who was so utterly spoiled in disposition that no one could be happy for long in its presence. Any child who is brought up to obey and respect its elders is on the other hand beautiful.

Integrity

This word is synonymous with honesty, moral soundness, and purity. These virtues are very much needed in our country today. Mothers, parents and teachers should exemplify them in the homes and schools of our nation. In these days of crass materialism there is a great need of a voice crying out for greater soundness of moral character in the edu-

utes). Serves five or six. Serve with Tomato Sauce.

Tomato Sauce

One onion, chopped; 1 carrot, minced; 1 tablespoonful parsley, chopped; $\frac{1}{2}$ cup fat; 2 tablespoonfuls browned flour; $\frac{1}{2}$ cup water; 3 large, skinned, chopped tomatoes.

Brown the onion, carrot and parsley in the fat and add the flour. Add the tomatoes and water with salt to taste. Cook well and strain before serving.

Nut Chops

One cup walnuts, chopped fine; $\frac{1}{2}$ cup bread crumbs or cracker crumbs; $\frac{1}{2}$ cup rice cooked in 1 cup milk; 1 cup milk (or less); 1 egg, beaten; 1 teaspoonful Marmite; $\frac{1}{2}$ teaspoonful sage; 1 tablespoonful chopped onion; $\frac{1}{8}$ teaspoonful powdered cloves; salt to taste.

Mix all ingredients well. Form into cutlets and fry slowly until well browned on both sides. Serve with Tomato Sauce.

Carrot Ring With Peas

Two cups cooked carrots mashed well; 2 eggs, beaten; 1 cup milk and carrot juice; $\frac{1}{2}$ teaspoonful salt; $\frac{1}{8}$ teaspoonful grated nutmeg; 2 tablespoonfuls cracker crumbs or bread crumbs.

Mix all ingredients well; turn into a buttered ring mould. Bake in moderate oven for thirty minutes or until well set. Turn on to a platter. Fill ring with buttered, cooked fresh peas and serve at once. Serves five or six.

Cauliflower au Gratin

Four ounces long macaroni; 3 tablespoonfuls butter or ghee; 3 tablespoonfuls flour; $1\frac{1}{2}$ teaspoonfuls salt; $1\frac{1}{2}$ cups milk; 1 cup grated cheese; 1 two-pound head cauliflower (steamed); $\frac{1}{4}$ cup buttered bread crumbs.

Cook macaroni in boiling water until tender (about ten minutes). Drain and rinse. While macaroni is cooking melt butter in a saucepan. Stir into it flour and salt. Gradually add milk, stirring constantly until it thickens. Add cheese and macaroni and stir well. Arrange macaroni mixture around cauliflower in a large baking dish. Sprinkle with bread crumbs. Bake in a moderate oven for fifteen minutes. Garnish the casserole with large slices of beetroots and slices of steamed carrots. Sprinkle the whole with chopped parsley and serve hot.

Stuffed Tomato Salad

Peel tomatoes. Cut slice from top and remove pulp. Chill. Fill tomato shells with any of the following combinations mixed with a little of the tomato pulp, seasoned to taste, and moistened with any desired salad dressing:

Diced celery and diced apples; diced hard-cooked eggs and celery; diced cucumbers and chopped walnuts; diced celery, cottage cheese, and chopped ripe olives; shredded pineapple, diced celery, and chopped green peppers.

Fruit Cake

One pound dates; 1 lb. walnuts; 4

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eggs; $\frac{1}{2}$ cup brown sugar; $\frac{1}{2}$ cup honey; juice of half a large lemon; 1 cup fine, wholewheat flour; pinch of salt.

Wash dates and stone them. Shell nuts. Cream honey and sugar with egg yolks. Add lemon and salt. Add flour. Mix thoroughly. Add nuts and dates. Fold in beaten egg whites. Bake in slow oven forty-five minutes to one hour.

Oatmeal Raisin Cookies

Half a cup brown sugar; 5 tablespoonfuls solid vegetable fat; 2 tablespoonfuls ghour syrup; $\frac{2}{3}$ cup seedless

raisins; $\frac{1}{2}$ cup coarsely chopped nuts; 1 cup quick-cooking rolled oats; $\frac{3}{4}$ cup sifted flour; 1 egg; $\frac{1}{4}$ teaspoonful salt; $\frac{1}{2}$ teaspoonful vanilla.

Add the salt and syrup to the fat and work together in a bowl. Add the sugar gradually and cream the mixture until white and very light. Add the well-beaten egg and mix. Add the raisins, then the oats, and lastly the flour and nuts. Mix lightly and press off from the sides of a tablespoon on to an oiled baking pan, leaving a little space between the cookies. Bake in a medium oven to a delicate brown.



DOCTOR SAYS

1. This question and answer service is free only to regular subscribers.
2. No attempt will be made to treat disease nor to take the place of a regular physician in caring for individual cases.
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?

GROWING TALLER AT THE AGE OF TWENTY: Ques.—"How may a young man of twenty years increase his height?"

Ans.—The first determinant in stature is heredity. One cannot change a transmitted pattern. Secondly, the function of certain body glands are involved in the process. But most of all growth depends upon the quality and quantity of protein foods provided during the normal growth period which usually ends when a person is about twenty years of age. The best criteria of further growth being possible through right food is an X-ray of the ends of the long bones. If the ends are closed over then growth is finished. The body grows from protein food intake and not from exercise or from other classes of foods.

?

INFANT DIARRHOEA: Ques.—"What should be done for a baby when it has diarrhoea? The baby is bottle-fed."

Ans.—Diarrhoea in a bottle-fed infant indicates that it has been infected from the milk. Great care in preparing the

20

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infant's food is necessary. All vessels and bottles used must be sterile, the milk correctly sterilized and kept so as to guard against its becoming contaminated from flies or other sources. During the acute stage of diarrhoea only boiled sterile water should be given for one or two days, until the diarrhoea is controlled. As medication a preparation of pectin and kaolin, such as Pectocil, is useful. Give one or two teaspoonfuls repeated every hour or two if required, depending on age and severity of the symptoms.

?

ANÆMIA: Ques.—"My wife gave birth to a child four months ago and since delivery she has suffered from loss of appetite. She feels run down and

her liver has been found to be inactive. Her menstrual periods are irregular and too frequent. What treatment do you suggest to build up her health?"

Ans.—Your wife is probably anæmic and would benefit from medication providing bile salts, liver, and iron. Menstruation usually becomes normal under this treatment.

?

AMEBIC DYSENTERY: Ques.—"I have suffered from amebic dysentery for the past seven years and it has now become chronic. The only treatment I haven't tried is the phenothiazine enema of which I read in 'HEALTH.' Please give instructions concerning how to take this."

Ans.—Phenothiazine was tried on

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some obstinate cases with some good results. The method was to prepare an enema as follows: 12 gms. of phenothiazine suspended in 750 cc of water. Take this at night. Follow this with a cleansing water enema. Three such treatments should be used on alternate nights. This is all the information we have on this procedure. Unless amoeba have been identified in the stools lately, the looseness of the bowels may be due to chronic ulceration which requires less drastic measures for healing the ulcers. In some such cases the use of hydrastis enemas have proved helpful. Such treatment can be continued over a considerable period of time.

?

**EPILEPSY; ITCHING EYES;
 WORMS:** Ques.—“(1) Should a person who suffers from epileptic fits marry? (2) Could you please give the remedy for itching, burning eyes? The eyes are not sore in the sense that they produce pus, but just itching, and there is some slight indication of a cold in the nose. (3) Please recommend a treatment for thread worms in an adult.”

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HVM. 143-172

Ans.—(1) Epilepsy is frequently inherited. A person afflicted with this condition certainly should not marry as his children would be afflicted and greatly handicapped. There is a recognized sedative treatment which can be administered under medical observation. (2) Itching eyes with a sensation of a cold in the nose suggests hay fever. This is a symptom of allergy. You should try one of the anti-histamine tablets such as Pyribenzamine. If this gives re-

lief it confirms that this is an allergic symptom. You will then need help to discover the foods or other substances to which you are sensitive. (3) Thread worms are difficult to clear but this can be done by a rigid course of sanitation and the use of gentian violet tablets internally. As this medication is toxic it cannot be used without medical observation.

(Continued on p. 23.)



Our Kiddie's Corner

MARY and Anne Dawkins were twins, and they were just eleven years old. Though they looked alike, and were usually dressed just the same, their dispositions were very different. Mary was often sulky, and unwilling to do any little task, while Anne was always ready to lend a hand.

One afternoon they came home from school, and Anne said: "Mother, have we got a book about the life of Nelson? Our teacher has given us an essay to write, and I am afraid I don't know much about him."

"No, dear, I am sure we haven't, and I am sorry I don't know enough detail about him to help you to write your essay. But you look pale, Anne."

"I have a headache, Mother."

"Come on to the settee then, dear, and rest for a while. I have made poor old Mrs. Jones a sponge cake. She is ill again, but perhaps Mary will take it by herself while you sleep."

"Oh, Mother, won't it do later?" cried Mary. "I want to go to see Hilda. She had a new little black kitten. I won't be very long." And away Mary ran.

Mrs. Dawkins looked very sad and said: "I don't want to force Mary to go to Mrs. Jones, but the poor old lady is ill and lonely. It does make her happy when someone remembers her. I promised she should have the cake this teatime, and I can't go, because I must get Father's tea ready."

"Let me go, Mother. Perhaps the

fresh air will do my head good."

"Are you sure, dear, that you feel well enough?"

"Yes, thank you, Mother," said Anne. "And when I get back I must begin my essay about Admiral Nelson."

Anne started off, carrying the sponge cake ever so carefully. At first her head throbbed dreadfully, but after a while the spring breeze

Helen Dean

seemed to clear away her headache, and before she reached Mrs. Jones it had gone completely.

Mrs. Jones was very pleased to see her, and thanked her very much for bringing the lovely gift, and asked her to thank her Mother.

"I am sure you must be a great help to your mother, my dear. I was looking through some of my things the other day and I found a book that I used to like very much. It is called 'British Admirals,' and it has pictures. If you look in the top drawer at the righthand side you will find it."

Anne did as Mrs. Jones told her, and the first page at which she opened the book was "The Story of Nelson." Anne was delighted, and told Mrs. Jones about the school essay.

Mrs. Jones said, "Well, well, I am glad I found that book, and I want you to keep it. Come again, and let me know how you get on."

Anne ran excitedly home, and as she got in she set to work to read all about Nelson's interesting life. She showed the book to Mary, who would not, however, bother to read it.

When the English lesson came round, the teacher read out the names and marks, and Anne Dawkins was first, with full marks. In fact, the essay was so good that it had been shown to the head master. Anne was a very proud little girl, and went that very evening to tell Mrs. Jones all about it, and to thank her again for the book.

"Well, you see, dear," said Mrs. Jones, "one good turn deserves another. A little kindness and thought for others always brings its own reward."



THE THREE "P'S"

*Practice means over and over again,
Till absolute mastery you obtain,
You must never give up doing your part*

If you would achieve distinction in art.

*Patience is needed to help you along,
To sustain your effort when things go wrong!*

*A virtue needed to keep the mind clear,
And start over again without a tear!*

*Perseverance is an excellent trait,
Turning defeat into victory gay.
Now if you possess not one, but all three,*

You surely will climb to the top of the tree!

—Margaret Bolton.



ANNE'S ESSAY

DOCTOR SAYS

(Continued from p. 21.)

VITAMINS AND COOKED FOODS:

Ques.—"Do fruit jams contain vitamins and are the preserved juices such as orange, mango, etc., of the same nutritive value as the fresh ones? Do dried foods contain the same amount of nourishment as fresh ones?"

Ans.—Some vitamins are always lost in any form of cooking and preserving foods. Some of the more hardy forms of vitamins survive. For this reason it is advisable to include some raw foods and juices in the daily diet. Juices, when freshly prepared from tree-ripened fresh fruit and consumed very soon after they have been extracted, contain most of the vitamins. With few exceptions, vitamins deteriorate as the age of the fruit, vegetables, or juices, increases. Subjecting these juices to heat (with the exception of tomatoes) results in loss of vitamins. Drying, freezing or preserving, all detract from the value of the natural fresh food. The shortest time which elapses between the garden or orchard and the table, the better the vitamin content.

?

VOMITING IN PREGNANCY: Ques.

—"Whenever my wife is pregnant she is nauseated all the time and vomits persistently day after day. Is there any medicine, tonic or injections which she can take to lessen these effects?"

Ans.—This type of excessive vomiting calls for very careful management. One plan frequently effective is to have the patient take small amounts of food frequently during the day—foods such as cream crackers or other light, dry biscuits, chewing them thoroughly. No regular meals should be attempted until the stomach tolerates these light bits of food. A good multivitamin formula should be used. This should be given by drops so that this also may be increased very gradually. A diligent trial of this plan may prove effective.

?

COLD ABSCESS; DYSENTERY:

Ques.—"(1) My mother had been suffering from cold abscesses for the past ten years. She had three pus outlets, one on the right rib, one just below the neck on the right side and one below the left breast. After five years two of these seemed to heal up and only one remains. Now, however, she has severe pain above the left breast with fever and weakness. What medicine would cure her complaint? (2) There is an epidemic of chronic dysentery in our city and one of my friends has been suffering from dysentery for eleven months. Liver extract and emetine injections cured him but he ate some fried food and has the same symptoms again. The doctor told him to drink plenty of buttermilk, eat rice, fruits, and vegetables, omitting all spices or fried foods. What is your advice?"

Ans.—(1) The condition as described could be due to either a cancer or chronic



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periostitis. The latter would be associated with a tubercular or one of several other bacterial infections. This condition must be diagnosed by a good surgical specialist. (2) The only way of determining the active cause of the dysentery and to find the remedy needed is to have the stool examined at a clinical laboratory. This will determine the type of infection present. All other efforts are only working in the dark and depending upon a good guess. Loose bowels after eating fried food may only indicate indigestion and may call for such a diet as the doctor indicated—rice and fruit—until the condition is corrected.

pause. Short sentences rather than long ones. Never try to speak as fast as other people. Your rhythm is slow. Three words at a time, then pause and then speak three more words. This is the plan of speech that will bring you the best results.

?

SORE MOUTH AND TONGUE: Ques.—“My wife suffers from a sore mouth and tongue and is unable to take ordinary food. Her health is bad and she feels very tired. Please give a general idea of the daily food she should take to make up deficiency of riboflavin.”

Ans.—Riboflavin, niacinamide, vitamins A, B, and C, are all involved in sore mouth. These vital factors are so related and overlapping in their effects, that it is always best to make certain the diet is so adjusted that it supplies all the essential factors. Answering your inquiry, however, the best sources of riboflavin are milk, eggs, liver, green leafy vegetables, and yeast tablets.

?

BLEEDING GUMS AND BURNING EYES: Ques.—“I am aware that I am not in very good health because my gums bleed and my eyes burn. I also feel tired all the time. What remedy will restore my health?”

Ans.—The bleeding gums indicate pyorrhœa which means pus pockets around the teeth. This condition frequently develops on a diet deficient in essential vitamins and minerals. Your diet probably consists largely of cooked foods, some denatured foods, and foods prepared in heated oils and fats. Perhaps you use ghee instead of fresh butter. Such a diet is conducive to developing symptoms of fatigue, tired brain and muscles, infected gums, dimming of vision and other deficiency symptoms. Change to a diet of at least one pint of cow's milk, fresh eggs, fresh butter, milk curds, freshly ground whole-wheat bread, steam-cooked vegetables, and plenty of fresh, seasonable fruits. Use no sugar in the milk, as this causes fermentation and gas. Use a multi-vitamin formula to reinforce the diet until you are improved.

?

TROUBLED DREAMS: Ques.—“I am constantly troubled by bad dreams and want to know what to do to curb them.”

Ans.—Dreams and their physical effects are very often due to disturbed digestion. When one sleeps all functions are greatly slowed down. A good corrective practice is to confine one's last meal at night to only milk without sugar, and fresh fruit. Try this for one month and note the results.

?

PAINFUL MENSTRUATION: Ques.—“My daughter suffers from unbearable pains during the time of menstruation. Is there anything which will give her relief?”

Ans.—This condition is frequently due to disturbed or unbalanced secretion of the ovarian and pituitary glands. There

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are now available injections and tablets to correct this condition. Such treatment must be done under medical control.

?

LACK OF CONCENTRATION: Ques.—"I find it impossible to concentrate when I sit down to study. When someone speaks to me sharply I am afraid and do not know what I say in reply, and my eyes water continually upon the slightest provocation. Is this due to excessive loss of vital fluids which I experience?"

Ans.—Yes, your problem grows out of the excessive loss of vital fluids, which acts much like short-circuiting an electric battery. This sexual irritation and excitability is usually due to wrong thought patterns. It is written that "as a man thinketh so is he." This is a true statement of an unvarying law of nature. If you really desire a change of life you must develop a different thought pattern. Become interested in constructive thinking. There are so many phases of life in India that need much thought and action. Take an interest in social and moral uplift. Find such movements and become active in helping to solve the other fellow's problems. There is great need at this time in our world's history for young men of moral and spiritual strength. At first this will be a bit difficult but by practice one becomes perfect. I believe this is your medicine.

?

FOOD FOR PREGNANT WOMAN; HYPNOTISM: Ques.—"(1) What foods should a pregnant woman avoid eating, or avoid eating in excess? (2) How is 'delivery by hypnotism' conducted and is this effective?"

Ans.—Since two bodies are being nourished it is important that there be no deficiencies of essential building materials such as suitable protein from which only sound body tissue can be

constructed. This for a non-meat eater must come chiefly from milk, milk curds, eggs, and whole cereals. There is a small amount also in very lightly cooked or steamed green vegetables. The non-vegetarian will obtain these protein factors from meat. Fresh fruits and fresh vegetables altered as little as possible by prolonged cooking, are essential for their mineral and vitamin content. These are the basic factors needed for baby building materials. Avoid heavily spiced and fried or fat cooked foods. These cause indigestion, and add very little to the vital processes. Fat is best used in its simple form as fresh butter, for it then contains vitamin A. Make certain that a sufficiency of natural foods is eaten which have not been refined and processed so that the natural food elements have been removed. Indigestion is usually due to changes produced in foods during milling, processing, cooking, and the preservatives added to bleach and keep them from deteriorating. Taking too many kinds of foods at one meal may also cause trouble, or if more food is eaten than the digestive fluids can convert. (2) Hypnotism should be avoided for any purpose as it weakens the mind of the one subjected to its influence. Medical science has perfected means of assisting and easing delivery. Your obstetrician will be the best one to determine the right method to use in your individual case.

?

LEAD POISONING: Ques.—"Where I take my food I find that the cooking utensils have been 'tinned' with lead instead of with tin. I now read that contact with lead and lead-poisoning are causes of definite ill health. Is this quite true? I have spoken to the people in charge of this particular eating place and they promise they will place tin over the lead on their utensils. Will this help?"

Ans.—Lead is a metallic poison and should certainly never be used or applied to cooking utensils as its use for such a purpose would be very dangerous. In lead poisoning certain nerves and muscles are the first to be affected. Blood examined under the microscope shows the red cells with certain changes taking place inside. These cells are called stippled cells and are found in cases of lead poisoning. A clinical labo-

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ratory technician can easily determine by examination of your red cells if these typical cells are present in your blood. All use of lead should be discontinued, and not even a covering of tin over the lead will be satisfactory.

?

SHAKING HAND; DUCK EGGS: Ques.—"(1) I am seventy-five years old and due to the shaking of my hand I find it very difficult to write a letter. It seems to me that this is due to some muscle or nerve trouble in the arm or the hand. Please recommend what will cure this condition. (2) From a nutritional point of view what is the difference between hen and duck eggs?"

Ans.—(1) Your description suggests that you have the condition known as Paralysis Agitans, or Parkinson's syndrome. This is a gradual loss of co-ordination of movement often beginning in one extremity. At your age the treatment consists of palliating the contractions and tremors. This is a matter for your personal medical adviser. (2) Except for difference in calories the two types of eggs are the same.

?

SWEATING ON THE LEFT SIDE: Ques.—"One of my friends is having excessive perspiration on the left side of his body only. What is the cause of this?"

Ans.—Such one-sided sweating indicates some nerve problem, usually pressure produced by a tumour or aneurism at the arch of the aorta. A condition of spinal nerves known as syringomyelia is accompanied by one-sided body sweating. There are other conditions in which there is partial sweating in local areas of the body. This condition should have necessary clinical study, then only can the correct remedial measures be determined.

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THE "SCREWS"

(Continued from p. 11.)

fruits are not recommended for this one week's diet. Omit bread and all other foods from the menu and drink only fruit juices, or even vegetable juices if taken separately from the fruit meals. Then take up a regular dietary from which white bread, white rice, pastries, sweets, meat, tea, coffee, alcohol, and tobacco are completely excluded.

Brown bread and butter and fruit, with milk to drink, make an excellent breakfast. Mid-day meals comprising conservatively-cooked (i.e., just cooked, not at all overdone) vegetables, with one or other of the nut-foods or an egg dish; and with stewed fruit as dessert, are healthful and enjoyable. The evening meal with a good green salad and whole-wheat bread and a moderate spread of butter, round off a dietary day which will go far to put paid to the "screws." Keep it up, go on enjoying it more and more, and one day you will wake up to the realization that you have not been so frequently ejaculating "Ouch!" and "Oh dear Oh!!" recently.

Well, happy eating!



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Anemia can attack at any age



Anemias are among the most prevalent diseases, and yet are often ignored until too late. Prompt care can control them.

If you have these symptoms, see your doctor. Don't resign yourself to that "tired feeling."

There are more than 20 kinds of anemia. These instruments show amount of hemoglobin, number, size, shape of red cells.

IS ANEMIA SERIOUS? Yes, If untreated, pernicious anemia is very frequently fatal. Other forms of anemia can rob your body of growth and vitality, keep you rundown, half-sick—even weaken you to complete disability. Anemia is a lack of red corpuscles, or of hemoglobin, the iron-and-oxygen-carrying factor in blood. Blood nourishes and carries oxygen to all parts of your body. If your blood is not completely healthy, it soon affects other parts of your body. See your doctor *right away* if you are feeling rundown.

ANEMIA IS ONE OF THE BODY'S MOST IMPORTANT DANGER SIGNALS. It is often a sign of some other bodily disorder. Anemia can be caused by hemorrhage, poor diet, poisoning of the bone marrow with chemical gases and radioactivity, by cancer, liver ailments and other diseases. Anemia symptoms are pictured above. If you notice any of them, see your doctor. He has important new drugs, new instruments, new methods to control and treat anemias. People once doomed to die with pernicious anemia may now live long, healthy lives.

ONE BILLION RED BLOOD CELLS MUST BE REPLACED in your body every minute. The red cells are manufactured in bone marrow. They need proteins, fats, and other elements including iron. Only your doctor can tell what your blood lacks, and how to correct it. Radio-isotopes, powerful microscopes, new drugs, new knowledge of nutrition help your doctor now in preventing, diagnosing, and curing anemias. Don't be the victim of the slow-down sickness—*anemia*. Have your doctor give you a thorough physical examination now.

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(Left) LADY MOUNTBATTEN PRESENTS MOBILE NURSING VAN TO INDIA

A mobile nursing van, a gift from the Countess Mountbatten to the Government of India, was handed over to the Hon. Rajkumari Amrit Kaur, India's Minister of Health, during her recent visit to London. The van is specially constructed to withstand rough treatment over roads and tracks and for use in extremely warm climates. It has accommodation for one doctor and one nurse, with a doctor's private room with examination couch, desks, cupboards, washbasins and seats, a waiting room, and two cabinets. It is designed for use in remote country districts in India where medical surgeries are a rarity. Lady Mountbatten shows Rajkumari Amrit Kaur round the mobile nursing van after the presentation ceremony. She is seen turning on one of the washbasin taps.



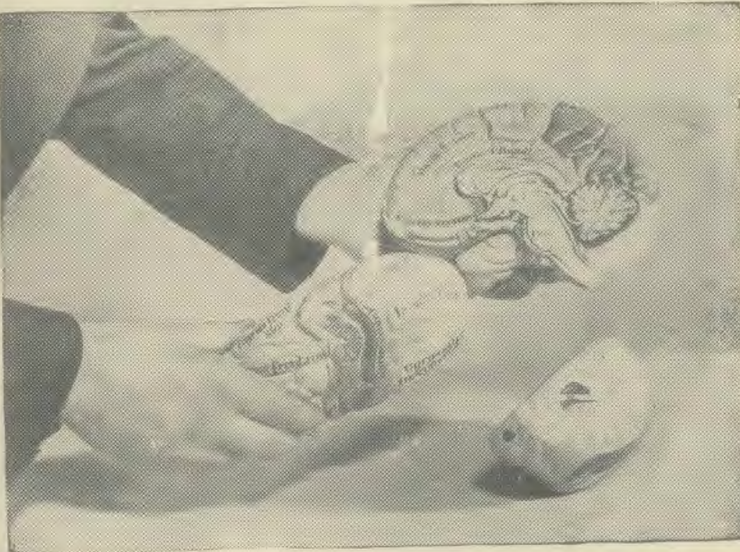
(Right) NEW BRITISH HOSPITAL FOR TROPICAL DISEASES

Recently, the long-established London Hospital for Tropical Diseases moved into new premises, where it has greatly improved facilities for the treatment of patients, research work and training of students. Here, with the most modern equipment and well designed wards, operating theatre, research laboratories and teaching unit for both undergraduate and post-graduate students, patients from many parts of the world are treated with the latest British drugs. In the hospital wards post-graduate students, who are specializing in tropical medicine, work under the guidance of Dr. Woodruff, assistant to Professor Nurgatroyd who heads the teaching unit. Dr. Woodruff watches an overseas student making an examination of a young Liberian boy.



(Left) FLEXIBLE PLASTIC BRAIN

Some time ago a Croydon, England, firm achieved widespread publicity by producing a skeleton which is entirely synthetic. Now it has produced a model of the human brain which is flexible and durable, with full anatomical markings shown in colour. All previous models have been in hard plaster material, with the result that a great deal of breakage and chipping has occurred in passing the models round the laboratory or the classroom. (This is a product of Educational and Scientific Plastics, Ltd., of 392a, London Road, Croydon, Surrey, England.)



(Right) NEW HELICOPTER FOR CASUALTY EVACUATION

A demonstration of the British Bristol Sycamore Mark 10 Helicopter for the evacuation of casualties from an advanced dressing station was held recently at Moreton-in-the-Marsh. Casualties being taken into the helicopter.



Pictures by B.I.S.

THE MYSTERY OF MAN'S NATURE

ROBERT LEO ODOM

A GREAT mystery that has teased the mind of man through the ages is the riddle of his own being. Wise men of every generation have thought upon the problem, and many books have been written about it. The great reason is the dreadful fact of death.

Death is a solemn reality, one that the most rabid, ranting atheist cannot deny. It respects no one. Both the proud, jewel-bedecked millionaire in his palace, and the ragged, filthy tramp on the road must bow to this their common enemy. No scientist has concocted an elixir of life to make our stay here eternal; no medical man has discovered an antidote for death.

Many think that they contain within themselves an immortal being—



another self—as enduring as eternity. They suppose that no matter how their journey on earth shall end—whether dragged down to the grave by disease, or engulfed in the sea and eaten by sharks; whether consumed to ashes by a raging fire, or blown to bits by a bursting bomb—theirs is to be a ceaseless, conscious existence. Is this notion based solidly upon truth?

To know what is the state of the dead, one must understand the nature of the living. The Sacred Scriptures throw much light on this mystery. They tell us that “the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7. Man became a living soul by God’s act of creation, by the union of “the breath of life” from God with the body of flesh made from “the dust of the ground.”

Just how the Lord formed the first human body from the dust of the ground is a secret that is not revealed in the Holy Bible. Man cannot understand science so deep as that. Yet we see, in another way, the process of creation going on before our eyes every day. When we eat the vegetables, fruits, and grains which the earth produces, the elements thus taken from the ground are changed into blood, flesh, bones, nails, hair, skin, brain, and other parts of the human body. Scientists cannot fully explain this daily con-

version of the earthly elements into living human substance.

The “breath of life” is the motive power of the human body. When the first man’s body was formed from the dust of the ground, it was perfect. But it had no life in it and could not move. The Creator took that lifeless form and “breathed into his nostrils the breath of life; and man became a living soul.” Then the human body began to live—the heart beating, the blood flowing, the lungs breathing, the muscles twitching with power, the stomach and intestines working, and the brain functioning.

The “breath of life” comes from God, for with Him is “the fountain of life.” Psalm 36:9. Man is not like a clock that is wound up once and then left to run down. Food must be eaten daily for the restoration of the tissues of the body and to refuel the physical machinery. But “man doth not live by bread only.” Deuteronomy 8:3. He depends constantly on life flowing from God, “for in Him we live, and move, and have our being.” Acts 17:28.

“Out of the ground the Lord God formed every beast of the field, and every fowl of the air.” Genesis 2:19. These creatures were made not only of the dust of the ground, but they also have “the breath of life”—or “the breath of the spirit of life”—in their nostrils. (Genesis 7:13-15, 21, 22, A.R.V.) Hence it is written of man and beast that “as the one

Man was created by the hand of the Creator of the universe and did not evolve through the ages by a process of natural selection.

The same Jesus who raised the dead to life here on earth, breathed into Adam's body the breath of life in the beginning and he became a living soul.

dieth, so dieth the other; yea, they have all one breath. . . . All go unto one place; all are of the dust, and all turn to dust again." Ecclesiastes 3:19, 20. The Holy Scripture also speaks of living animals as souls. (Genesis 1:20, 24, margin; Revelation 16:3.)

What, then, is the soul? It is a body endowed with life by the Creator. A living human being is a soul. When Adam's body was *formed* of the dust of the ground, and the breath of life from God was breathed into it, he "became a living soul."

Where was Adam before he was created? He did not yet exist. Before his creation the dust of the ground did exist, but it was not Adam. God had life long before He made man, but it was not Adam. While the dust of the ground and breath of life were not yet combined by the process of creation, Adam did not exist. But when the two things—the elements of the earth and the life from God—were united by the Creator in the proper way, this combination resulted in the existence of a living soul. Therefore the living soul is a composite thing.

Let us illustrate this. For example, the electric current is not a light. The bulb is not a light. But when the current is properly run into the bulb, a light appears. The burning light is the result of the proper combination of the bulb and the electric current. Or imagine that you have in one place a bag of nails and in another place a stack of boards. The sack of nails is not a house. The pile of boards is not a house. But when the nails and the boards are properly put together, a house exists. In a somewhat similar way the soul is a composite thing, its existence depending on a proper combination of the earthly body and the life from God.

What happens to the light when the bulb is broken or the current is turned off? Because the existence of the light depends on the proper combination of the electric current and the bulb, the separation of the one from the other naturally results in the extinction of the light. And what happens to the house when the

nails are pulled out and put into a bag, and the boards are removed and stacked into a pile? Does the house continue to exist? No.

If the soul did not exist until after the Creator combined the breath of life from Himself with the earthly body that He formed from the dust of the ground, then what will happen to the soul when the breath of life is separated from the body?

Here is God's own answer to our question: "Then shall the dust return to the earth as it was: and the spirit [breath of life] shall return to God who gave it." Ecclesiastes 12:7. Thus *death is the creative process reversed*. In creation the human body was formed from the dust of the ground. In death it is dissolved to dust and returned to the ground. In creation the breath of life came from God; in death it returns to God. Death is, therefore, the cessation of life for man. He ceases to be a living soul when he dies.

When the Lord made man, He said to His Son: "Let us make man in our *image*, after our *likeness*," Genesis 1:26. "So God created man in His own image, in the *image* of

God created He him." Verse 27. Man's nature was not made essentially the same as that of the Deity. If such had been the case, man would be a god. By confusing man's nature with his likeness to his Maker *in form*, some people have thought that we have been endowed with immortality, that the soul cannot die, and that it is as eternal as God Himself. They even allege that He, using the hottest hell of fire imaginable, cannot put an end to man's existence. Hence they talk about "the immortality of the soul," an expression that is not found in the Book of God. But the Lord "is able to destroy both *soul and body* in hell." Matthew 10:28.

Only God is immortal, that is, incapable of dying. He is "the King eternal, *immortal*." 1 Timothy 6:17. He is "the King of kings, and Lord of lords; *who only hath immortality*." 1 Timothy 6:15, 16. God does not depend upon another being for life, as we do, because He is self-existing. "As the Father hath life in Himself; so hath He given to the Son to have life in Himself." John

(Continued on p. 4.)



England's Most Haunted House

DALLAS YOUNGS

OUR attention was directed to England's Most Haunted House by an article appearing in the December, 1948, issue of the *Coronet*. We believe in "haunted houses," but we don't believe in them in just the same way that most people do. Most people believe that a house is haunted by the returning spirits of those who formerly lived in the place, or by the ghost of someone who was murdered in the house. We are fully prepared to accept the fact that some houses are the scenes of apparitions and psychic demonstrations, but we are not prepared to accept the theory that these demonstrations are caused by the returning spirits of the dead.

According to Mr. Henry Lee, author of the afore-mentioned article, the haunted Borley Rectory is conceded by investigators to be the real thing. In this case explanations of the demonstrations cannot be found in the wind moving the limb of a tree against the side of the house. One of the many apparitions that haunt Borley Rectory is described by Mr. Lee as follows:

"The lights materialized into an old-fashioned black coach and team, which lumbered rapidly toward him across the road and right into the yard. The apparition was so vivid that Cooper saw the straining horses and two top-hatted coachmen on the box. Moonlight flickered on the harness, and the head lamps gleamed."

This has been going on for seventy-five years. On one occasion a clergyman heard a woman's voice saying, "Don't, Carlos, don't!" Carlos was the nickname of a former resident of the Rectory. But these things constituted but a small part of the demonstrations all of which appeared to be inexplicable. "There were the sounds, too, of church music, footsteps, raps, taps, crashings, bumps, thuds, and rustlings galore. Many of

these occurred while professional investigators were in the house, with all entrances and windows sealed against trickery.

"At times Borley was a bedlam of flying pebbles and slates, smashing candlesticks, levitating bars of soap. Mrs. L. A. Foyster, semi-invalid wife of the last rector, was hit on the head by flying metal and thrice thrown from her bed. Her husband was pelted with stones, and a water jug fell on his head as he slept. Curious writings and pencil marks appeared on the walls, right under the noses of investigators. . . .

"Captain Gregson, last tenant of the manse—"Within a day or two of our taking possession of the Rectory, we lost our dog in a strange way. He was a black cocker, the most sane and shrewd dog possible. I took him out one night to get water from the courtyard pump. I distinctly heard footsteps at the far end of the courtyard, as though something were treading over the wooden trap door leading to the cellars. My dog stopped dead and positively went mad. He shrieked and tore away, still shrieking, and we have not seen or heard of him since. I searched the yard, but no one was there."

"Shortly afterwards, the Captain purchased another spaniel. In the courtyard, the second dog displayed the same wild alarm and vanished forever."

We are unable to accept the proposition that these psychic demonstrations are due to the returning spirits of the dead because of the fact that the Bible gives us to understand that the dead are incapable of returning in any manner or in any degree to their former habitations. God's Word assures us that the dead know not anything:

"For the living know that they shall die; but the dead know not

any thing, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun. . . . Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest." Ecclesiastes 9:5, 6, 10.

Since the dead are unconscious, since there is no knowledge or wisdom in the grave, and since their memory is departed, what then is the explanation of the psychic demonstrations? The explanation is this: We have inhabiting the atmosphere of this earth beings that are unseen, unknown and unrecognized by most people. However, the Bible leaves us in no doubt as to the identity of these beings. The following quotations give us an understanding of these supernatural beings of the atmosphere:

"And there was war in heaven: Michael and His angels fought against the dragon; and the dragon



THE FIRST LIE

The first lie told in the garden of Eden by the Serpent to Eve has been the foundation of all the deception of evil spirits and ghosts.

fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him." Revelation 12:7-9.

"For if God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment," 2 Peter 2:4. "And the angels which kept not their first estate, but left their own habitations, He hath reserved in everlasting chains under darkness unto the judgment of the great day." Jude 6.

Following the war in heaven the Devil and one-third of the angels were cast out into this earth where they have been ever since. It was they who led Adam and Eve into disobedience. It is they who incite war and crime. It is they who stir up lust and passion, and it is they who impersonate our dead friends in the spiritualistic seances and who are responsible for the psychic phenomena manifest around such places as England's Most Haunted House.

THE MYSTERY OF MAN'S NATURE

(Continued from p. 2.)

5:26. Therefore both the Father and the Son can create living creatures, and they can restore to life those who have died.

Although the Creator did not endow man with an immortal nature, He did purpose that Adam should live eternally, but only on condition of obedience to the divine law. Within Adam's reach was placed the tree of life, and as long as he was obedient, he could partake freely of its fruit and live.

The Lord tested man that he might show whether he would obey and be worthy of life. To Adam He said: "Of every tree of the garden thou mayest freely eat: but of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die." Genesis 2:16, 17. Thus Adam was a mortal being, one capable of dying. The only way whereby he might have avoided death and lived eternally was by obeying his Maker. "The soul that sinneth, it shall die." Ezekiel 18:4, 20.



JESUS IS COMING AGAIN!

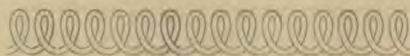
*The time is fast approaching
When Christ shall claim His own;
The days are right upon us
That prophecy hath shown!
'Tis now we need His power;
Now claim His promise sure,
For He alone can strengthen
The Christian to endure.*

*Ask Him for His guidance
And never cease to pray;
Angels He will send thee
To guide thee in the way.
God's great secret service
Awaits thy humble call;
They shall bear thee upward,
Lest thou dash thy foot and fall.*

*Beauteous heavenly guidance!
Tireless witnessing!
'Tis God's appointed cherubim
That joy to rebels bring.
Trust thy future to Him;
Fret not o'er the past!
In thy earthly sojourn
He will hold thee fast.*

*Let others hear of Jesus
Who means so much to thee;
Perhaps some guilty sinner
The love of God might see!
That love, whose life is endless,
Can pardon, strengthen, cheer
And sanctify forever
Whom God hath chosen here!*

—RAYMOND H. NASVALL.



"The serpent said unto the woman, Ye shall not surely die." Genesis 3:4. That "liar" (John 8:

44) who contradicted the Word of God was "that old serpent, called the Devil, and Satan, which deceiveth the whole world." Revelation 12:9.

Our first parents believed that lie told by Satan, and they sinned. Then God said: "And now, lest he [man] put forth his hand, and take also of the tree of life, and eat, and live forever: therefore the Lord God sent him forth from the garden of Eden. . . . So He drove out the man; and He placed at the east of the garden of Eden cherubim, and a flaming sword which turned every way, to keep the way of the tree of life." Genesis 3:22-24.

Hence "by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned." Romans 5:12. Our first parents could not pass immortality on to us, because they themselves never had possessed it.

But we are not left to perish. "For as in Adam all die, even so in Christ shall all be made alive." 1 Corinthians 15:22. One of Adam's descendants—the Seed of the woman (Genesis 3:15)—would accomplish man's redemption. That promised Seed was Christ. (Galatians 3:16.) "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16. "The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Romans 6:23. Therefore immortality is not something that we already possess. It is God's gift to us through His Son, Jesus Christ, "who hath abolished death, and hath brought life and immortality to light through the gospel." 2 Timothy 1:10. By faith in Christ we can conquer death!

When shall we obtain this promised immortality? In the resurrection day. Jesus says of the man who believes on Him: "I will raise him up at the last day." John 6:40. "We shall not all sleep [die], 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, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory?" 1 Corinthians 15:51-55.