Dangers Of The Slimming Craze

She could never wear a swim uit, a pair of slacks or a pretty dance dress. She never went to parties and she had no boy friends. At the office the girls used to call her "Podge," or "Apple Dumpling" or "Two-ton

tried to get his weight down

One of the most tragic case

Ziegfeld Follies girl of pre-war

York at 145 lbs., for at that time

plump. Then suddenly the "Slim Look" came to Broadway and

Strict dieting brought her

down to 115 lbs. and won her a

new contract. But the manage-

more than 16 lbs. and her meas-

urements must not vary more

Six years of torture followed

for Allyn. Every day she took

slimming pills and kept to a

near-starvation diet. One day

she collapsed. She went to a

sanatorium for two years, but

the strain had affected her mind

as well as her body. She jump-ed to her death from a fifth-

Americans, who never

things by halves, spend \$200,-

000,000 a year on trying to shed

Health has now decided to take

a close look at some of the pills,

drugs and gadgets which, he

says, are being "foisted off" on

"The only way to cure stout-

ness is to stop eating," he says. "What is needed is a simple,

safe and sane food, drug or de-

vice which will bring about loss

of body weight by helping a per-

without damage. But that has

What is being done in Britain?

A Ministry of Health spokesman

says that in June, 1958, a depart-

merital committee was appoint-

ed to investigate drugs of addic-

tion which might be habit-form-

ing. The committee was still

hearing evidence and a report

could not be expected until next

Fat people have been a sub-

ject for mirth or scorn for far

too long. One of the most crue

references to obesity occurred in

a song a few years ago, "She's

This craze for slimness is not

world-wide. Go to Morocco, for

instance, and you'll find they like their women fat. "My

passing middle-age but men still look at me with admiration."

A Danish girl weighing 196

Moroccans who begged to take

her out. In the South Seas, too, it'sa

sign of beauty to be stout. This may be disillusioning if you be-

lieve in those tales of slim, sinuous South Sea maidens but

it's vouched for by Bengi Dani

elssen, one of the Kon-Tiki crew.

In his book, "Love in the

South Seas," he quotes Sir Basil

Thompson, prime minister to the native King of Tonga at the

slimming pills.

Too Fat For Me."

not yet been produced."

their loads. The Secretary

Allyn was too fat.

than half an inch.

floor window.

the public.

FOR SHE WAS FAT AND SHE FELT AN OUTCAST. So twenty-one-year-old Belinda decided to start slimming. She gave up potatoes and bread, then she began living on liquids three days a week. She also took slimming pills. Within four months she dropped from 182 lbs. to 144 lbs. She started fainting, became depressed, unable to sleep. She had to stay away

from work. "It used to make me wild the way she would not eat," said her father. "She took sandwiches to work and at home she would just pick at her food."

Belinda was prescribed sleeping tablets and received psyatric treatment. But within a few weeks she was dead. Her liver had been severely damaged by a drug which she had taken for slimming, said the coroner.

Thousands of girls are risking their lives to-day by starving themselves in order to reduce weight. The trouble is they can't stop after losing a few pounds cause they get what doctors call a "slimming neurosis."

A fourteen-year-old girl dreaded getting fat so she practically stopped eating. For the whole of one month she ate nothing but eggs and apples. Her weight dropped by 2 lb. a week. She became so thin and weak that she "wasted away" and died in hospital three months later. She had contracted pneumonia because she refused to eat.

But is this craze for a sylphlike figure really justified? There is a great difference between excessive overweight and pleasant plumpness. And some men prefer a plump girl. In fact, a fat girl has a better

chance of finding a husband than a thin one, says Dr. R. W. Parnell, research physician in psychological medicine at Oxford Giving a slap in the eye to the glamorous film star brigade, he

plumpness is a real asset here," said a Tangier socialite. "I am says that buxom girls are marrying off far more easily than the elim willowy types. According to Dr. Parnell the lbs., never had a single date in Copenhagen. But in Rabat she was pursued by wealthy young type of girl seen most often at the altar to-day is "fat, fairly muscular and shortish." He rates chances at ninety per cent.

The thin, very tall girl apparently stands only a sixty per cent. A London girl's marriage crashed because she slimmed too much. Hazel was a fat and jolly 238 lbs., when her boy friend, Allan, proposed. She determined that by the time they married she would lose a lot of that excess weight. Her daily diet for

a year consisted of a slice of toast, a dry biscuit and a lettuce On her wedding day she was down to 140 lbs. But three months later they had parted. For Hazel's personality had changed along with her statis-

"Hazel's figure has altered everything," said Allan. "She was a happy-go-lucky sort of person when we first met. I like fat people because they laugh and enjoy life. She's quite different girl from the one

Emotional troubles are not the only ones caused by excessive slimming. Overdoses of certain slimming tablets can turn honest folk into sneak thieves, say doctors. There was the case of a 224 lbs. Crewe man who drugs to reduce his weight.

They brought him down to 168 lbs., but, said a psychiatris they also caused him to break into a house, steal two passports, light fires in the home of former mayor of Crewe, and take a car without the owner's

"It all came about because he



LION BY THE TAIL - Donald Hunt, a Ferndale pet owner, exercises "Nuby," a 9-month-old lion cub. Hunt believes the sub would make a fine present for "the man who has every-

TABLE TALKS

Duck, like most poultry, may be roasted either with or with-

Your stuffing base may rice or bread or potatoes. Fruit is often added to duck stuffing, apples, prunes, and cranberries being most often used. Celery and onion are also good to use n duck stuffing, and sometimes ducks are stuffed with sauer-

kraut. * * * Oven temperature for roast ing duck should be about 325 degrees F. throughout the cooking. Use a shallow pan, with no cover. Add no water. A good rule for the time of roasting is to allow at least 30 minutes per pound and then test for doneness. The duck is done when the thick portion of the drumstick feels quite soft when pressed, and the leg joint can be moved up and down easily. Because duck is fat, it needs no basting, but spread a glaze over your duck for the last 20 min

utes of baking. ORANGE GLAZE 21/4 cups sugar 1 cup light brown sugar, firmly packed

1 cup water
3 tablespoons lemon juice
(1½ lemons) 34 cup (6-oz. can) quick-frozen concentrated orange juice, 2 teaspoons exotic herbs salad dressing mix 2 bottle liquid fruit pectin

perfect woman must be fat; her neck must be short . . . she must Measure sugars and water into have no waist, and if nature has large saucepan, and mix well. cursed her with that defect she Place over high heat, bring a full rolling boil, and boil hard 1 minute, stirring constantmust disguise it with draperies; her bust and hips and thighs ly. Stir in fruit juices and salad Of course, some people are too fat, and they should try to shed their loads. But they should do dressing mix. Add liquid fruit pectin and mix well. If necessary skim off foam with metal spoon. Pour quickly into glasses. Cover glaze at once with 1/8 inch so by following a sensible diet, taking plenty of exercise, and by consulting their doctor about hot paraffin. When ready to

glaze poultry, stir glaze and Far too many girls slim spread over ducks. skimping their meals, by living on coffee and toast. They be-Mandarin oranges have become come nervy and irritable, their popular fruit in the canned work suffers and so does their goods section of our supermarkets, and they may be used instead As a result, they're far less likely to become brides than the of apricots, prunes, pineapple or celery salt, and melted butter. fun to have friends drop in.

girls who stuff themselves full of candy and cakes! MANDARIN ORANGE BREAD STUFFING SCARE TACTICS 1/2 quarts soft bread crumbs 1 cup Mandarin orange Poultry farmer Frank Woodward, of Bushey, England, com-

plained to police that jet planes flying over his farm were ruincup orange juice 4 teaspoon salt
14 teaspoon celery salt
3 tablespoons melted butter ing him. They are scaring his chickens to death, he said. Combine bread crumbs, orange sections and juice, salt, celery salt, and melted butter. Rinse 2 (4 pound) ready-to-cook ducks and pat dry. Stuff duck lightly and truss. Roast according to your favourite method.

> During the holiday season, it's fun to have friends drop in These are the times when it's satisfying to have a full cooky jar-or even two or three jars, if the crowd grows. Probably there isn't much that is new in the way of cookies, but here's a variation on the traditional shortbread cooky, which is colourful and very good.

To a cup (1/2 pound or 8 ounces) of butter add 1/4 cup sifted confectioners' sugar and a teaspoon of vanilla, Blend until very smooth. Blend in 2 cups sifted flour thoroughly, then stir in a cup of chopped almonds and 34 cup uncooked oats, either quick or old-fashioned. (You'll find the dough

quite stiff to stir.) Chill dough about an hour, or overnight if you wish. Shape into balls, dip in red or green-coloured sugar and bake on ungreased cooky sheet at 350 degrees F. 15 to 20 minutes. Cool a few minutes before removing from cooky

OLD-FASHIONED SUGAR COOKIES 1/2 cup lard 3 cups flour
4 teaspoon salt
3 teaspoons baking powder ½ cup milk ½ cup muk ½ teaspoon vanilla Blend shortening, sugar

egg. Add sifted dry ingredients alternately with milk and vanilla. Mix thoroughly. Roll dough 1/2 inch thick on lightly floured surface. Cut with floured cutter. Sprinkle with sugar unless you plan to ice the cookies. Bake on greased cooky sheet 15 minutes at 375 degrees F. Makes 48 cookies...

Word has come that raisins which have been in relatively short supply, are abundant again this year. If you aren't familiar with this trick it's a useful one to note: if you want raisins extra plump and juicy for mixing in a fruit cup, salad, or some special recipe, let them stand in fruit juice for about half an hour. That will do it.

Paid Millions For Forged Art

tory of art began one day in 1937, when a noted expert identified a dusty painting found in the Paris apartment of a recent-ly deceased businessman as a genuine painting by the great Dutch artist, Jan Vermeer (1632-For years afterwards, at some

interval of time in each case, another "new Vermeer" would show up. Only a few experts ever expressed doubts that these were actual works by Vermeer, and museums and collectors were delighted to pay vast sums of money for them, ranging from a quarter of a million dollars to

million and more. One of the nicest things about the hoax, when it was finally uncovered, was the fact that many of the persons who were duped were bigwig Nazi freebooters like Hermann Goering, no mean imposter in his own

All sorts of people were in volved in the great hoax, including bankers, but it wasn't until 1945 that Hans von Meegeren, a Dutch painter whose own works were mediocre, confessed that he had painted all those "long hid

He went to jail in 1947, but nobody could explain how his own paintings could be so poor when he imitated an authentic master so well as to deceive the greatest experts.

Travel Far To Pick Potatoes

so, it may be because they have been too highly hybridized, or interbred, and so fall a prey to all sorts of diseases. To remedy such defects, and improve faulty potatoes, two scientists, Dr. Kenneth Dodds,

turned black after cooking? If

area in which the vast major-Hong Kong ity of the population is concentrated measures only 12 square miles. Another 50 square miles A City Unafraid is being used for agriculture write Takashi Oka in the Chris-

Hong Kong, the free world's window on Red China, etches two overwhelmingly insistent impressions on the newcomer: the the bursting vitality of its three million citizens. Hong Kong harbor's loveliness is simply breathtaking. It should be savored beauty of its harbor view at preferably at night from a friend's balcony high on Victoria Peak, with wheeling stars above and the myriad lights of passen-ger ships, junks, sailboats, war-ships, tugs, and ferries reflected

in the water below. In the middle distance, behir Kowloon City, rows of blue lights pinpoint a runway thrusting over 8,000 feet into the sea; in the far distance loom the dark shapes of Tai Mo Shan, over 3,000 feet high, and Ma On Shan, 2,300 feet

Victoria Peak at this time of year, and one is reminded a bit of a New England fall, though of course without the accompanying riot of gold and scarlet foliage. On the peak the homes are English in the discreet neatness of their surrounding shrubbery and lawns.

But as one descends to lower levels the colorful clangor of the city's Chinese sections comes into its own. British-built Wolsely buses, painted a bright red, and green double-decker tramcars thread their way through streets crammed with trucks, Mercedes Benz taxis, scooters, bicycles, and innumerable private cars of all makes (mostly European), not to mention rickshaws and coolies jogging along with in-credible loads suspended from their stout bamboo poles. Walking along these bustling

streets, dickering with merchants licking abacus beads with lightning speed, listening to street vendors' cadenced cries, being jostled by children scampering after some well-heeled tourist. one cannot help reflecting that here is a city which by every normal yardstick should have become extinct long ago. Its quietly Government efficient British seems anomalous in an era in which colonialism is out-of-date. A crown colony, Hong Kong sits right on the doorstep of Comnunist China, whose troops could march in any time they pleased. It lost almost all its traditional

trade with China when the Communists took over 10 years ago, and today imports far more from the mainland than it exports It is the most crowded city on earth — with almost three mil-lion people jammed into little more than 12 square miles. Hong Kong's total area is 391 square miles. But most of this is an

uninhabitable and uncultivable

director of the John Innes Horticultural Institute at Hertford and Dr. Graham Paxman, a member of his staff, are now making a 10,000 mile journey to the Andes. There, 3,000 feet up on this

range's lower slopes in Chile, they will study the Golden potato, the ancestor, first introduced 400 years ago, of many This Golden potato, still grow ing wild in its original habitat, yellow-fleshed. Though small and knobbly, it has a pleasant taste, and never discolours when

But what commends it to these research experts is its hardihood. They plan to cross such specimens as they bring back with otherr strains. The outcome should put new life into our varieties, and assist them in resisting blight and



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future and go forward to meet it with confidence.

FINE KETTLE - Beating a big

drum in Cologne, West Ger-

many, this youngster is attending school. The institution beasts

the world's youngest orchestre, as children are taught to pley instruments as a kind of musi-

YOU GUESSED IT -- What else could this animal be

for a swimming pool for exercise) are included

time of year but a Christmas seal? The Searquarium in

Francisco had them on sale at \$125 up. Instruction (one call



BIRD MAN - Robert Stroud, subject of the book, "Bird Man of Alcatraz," enters Federal Court in Topeka, Kan., to petition that his life sentence be set aside. Stroud, 69, has served 50 years in prison, 43 in solitary confinement. He is one of e world's foremost authorities on bird diseases - self-taught.

How The Greatest Bible Was Made

ing people have read and loved the King James version of the Bible. In a general way, many have known the story of its place in the march of Eng. Tyndale to the modern versions of today. But few have asked, "Who were these men who wrought this magnificent work?" "How did they go about their

unknown story. With a scholar-ly devotion that shines through the pages of his posthumously in his new book, THE LEARNED MEN, gives us this beloved Bible version in the making. We step back into the troubled times of Puritan and Anglican controversies, of King James's unstable, lavish court, of the glowing circles of Engand's distinguished scholars at Oxford and Cambrilge. We come to know as distinct individuals most of hte fifty-odd men who as a group produced a version that surpassed in every way the writ-

ing any one of their could have Through his discovery of the Bois notes, made by one of the translators and never before discussed, the author has been able to give us new material on how the scholars worked. His extensive bibliography is further evidence of the research that undergirds this absorbing, highly

Like a scene from a novel, the account begins with the dramatic meeting at Hampton Court called by the King in response to emands anl petitions from various religious factions contesting for changes in his realm. It was a stormy meeting, and although Dr. John Rainolds of the Puritan group was heard to mention the need for a new Bible version and some others present would have agreed, the conflicts were over other matters. Out of it, however, came the King's directive to go forward with

Baxter and Centre Streets. One of the principal bench warmers and the most prominent of the

ies that he and Mayor Stephen Allen had become alarmed about

They had decided, Lozier told

was narrowly averted.



As the men are chosen by the Bishop of London, Richard Bancroft, the groups take form for us. In the pages that follow we see them at work, and learn of their daily activities, their personal problems, their qualifications, and the events of their later years. Mr. Paine has search ed them all out. Head of the six working

groups, which met in three places, was the much loved Dr. Lancelot Andrewes, Dean of Westminster, who knew 15 languages. At Oxford, under Dr. John Harding, Regius Professor of Hebrew, Isaiah through Malachi, and the Gospels, Acts, and Revelation were done. The Westminster groups, headed by Dean Andrewes and meeting "in his pleasant deanery," did Genesis through Kings, and Romans through Jude. The Cambridge groups under Edward Lively, did I Chronicles through Ecclesiastes, and the Apocrypha. "To it, therefore," Mr. Paine comments, "we are indebted for

the Psalms." Emerging as writer of the greater preface - seldom included in modern printings but of more interest than ever in the light of this account of the "learned men" at work - is Dr. Miles Smith of the Old Testament Oxford group, a Calvinist, who also as editor went over the whole final version. "Because he was the final critic who looked for flaws and smoothed out the whole translations there is perhaps more of Dr. Miles Smith in the King James version than of any other man," says Mr. Paine.

Many beautiful tributes to the glory of the translation are included by the author, his own unsurpassed by none. They are too long to quote here, but one point made by Mr. Paine in his preface seems a fresh thought: "One of its great virtues," he says, "is that it allows and impels us to put any part of it into other words, into our words, that we may get glimpses more meanings from it, and the turn back to it with more de light and profit than ever be-

Wanted To Saw Manhattan In Two

In 1824, when New York had a population of about 150,000, one of the favorite gathering places for men of leisure who liked to sit in the sunshine and exchange gossip and opinions was the Centre Market, at Grand,

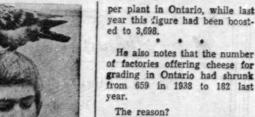
his crowd, that the lower end of the island was in danger of falling into the Bay. So, he said, it off, at Kingsbridge, on the nor thern end, and then turn the island around. In this way, Kingsbridge would be where the Battery had been, and the

one believed it. Lozier went so far as to organize teams of laborers and engineers who were to do the sawing, and large crowds of swimmers, who were supposed to turn the island around. He absconded with the city appropriations for the work. When he was not to be found, near the deadline he had set, the hoax was exposed and a riot

It's nice to be important but more important to be nice.

CROSSWORD corporal organism punishment 29, Walked

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AIR RAID - Caught in a storm of feathers, Flora Farquharson hands out bird tood in London's

THE FARM FRONT Sy John Russell

The Soviet Union wants to acquire poultry breeding stock from Canada, both for broiler production and for egg laying strains.

visit to Canada of a four-man delegation headed by Mr. Bagdanov. Chief Poultry Specialist USSE Ministry of Agriculture. The group toured parts of Ontario and Quebec, conferring with federal authorities at Ottawa. They returned home late last month after an 18-day study of Canada's poultry industry. . . .

The Russians were particularinterested in the production aspects of the industry. They were interested not only in procuring breeding stock, but also equipment. At the close of the tour, reception was held at the Rus-

. . . A revolution has quietly but firmly gripped Canada's cheese industry during the past 20

of the Canadian hosts.

ian Embassy in Ottawa for all

Cheese factories have emerged from the upheaval with their numbers thinned drastically. But at the same time, each factory has stepped up its production tremendously. O.H.J. White, chief Inspection

duction per factory. "The raw milk is being used and Grading, Dairy Products Diin a much greater diversified vision, Canada Department of manner compared with 1938, Agriculture, points out that in with the average returns to the 1938 there was an average of 1,333 boxes of cheese graded

By Rev. R. Barclay Warren B.A., B.D. Launching Out on a World

One of the major contributi

factors was the Cheese Factory

Improvement Act, passed in

1939, under which the Federa

government undertook to pa;

part of the cost of new material

reconstructing an existing fac-tory or in building and equip-

ping a new factory which re-

placed two or more existing

A proviso was that the cheese

ripening room in such factories

was sufficiently insulated and

equipped with mechanical refri-

geration to control the tempera-

ture of the ripening room.

This legislation resulted

many of the smaller, unecono

reconstructed or newly-built fac-

While cheese factories were

nada's population was climbing

Of the 15.7 billion pounds of

milk produced in Canada in

1939, 8.6 per cent went into

cheddar and 2.9 per cent into

concentrated milk products and

ice cream. A record milk pro-

duction was reached last year

at 18 billion pounds, with 6.1

per cent going into cheddar cheese and eight per cent into

concentrated milk products and

In Ontario last year, 12.6 per

cent of the milk produced went into cheese and 10.8 per cent

into concentrated milk products.

These figures are the highest

for any province in Canada.

Quebec is next in production,

using 4.9 per cent and 7.7 per

In 1938, there were 78,216,582

pounds of cheese graded in On-

tario and last year there were

. . .

cheese industry today is concen-

trated in Ontario in larger, more

sulting in a greater average pro-

efficiently operated plants, re-

Sums up Mr. White: "The

ice cream. . .

cent respectively.

60,804,533 pounds.

sion in the use of milk.

factories. . . .

new equipment and labour

Acts 13: 1-4, 13-14, 44-49 Memory Selection: Repen ance and demission of sins should be preached in His name among all nations, Luke 24:47.

During this quarter we con tinue our study of the Book of Acts. We shall follow Saul (from his visit to Cyprus known as Paul) in his three missionary journeys and finally to Rome the capital of the Empire.

While Barnabas and Saul were ministering in the church at Antioch they were called of God to a special work. The church, after fasting and prayer, mical and poorly-equipped fac-tories being amalgamated with endorsed the project. "So they, being sent forth by the Holy Ghost, departed." It is important for any, going to preach the Gospel to the heathen, to know that God has sent them. being reduced in Ontario, Ca-To have the backing of the church is a great consclation, too. One might succeed without the support of the church. The Divine call and guidance is im-

perative.

Cyprus, the island where Barnabas used to live. The deputy of the country was glad to hear the Word of God. The smiting of the interfering sorcerer with blindness was the first recorded supernatural sign wrought through Saul. Leaving Cyprus, Paul and Barnabas crossed over to the mainland. From now or Paul is the obvious leader of the team. At this point, John Mark, a nephew of Barnabas who had accompanied them, re-turned to Jerusalem. Was he homesick? It is never stated that he was called of God to this work. However, we shall hear more of John Mark. If he failed at this point, he cer-tainly redeemed himself later.

His greatest accomplishment was the writing of the Gospel record that bears his name. At Antioch in Pisidia, Paul and Barnabas first preached in the synagogue. This became the isual practice when they reached a new town. His sermon here was typical. He passed in quick review over the history of Israel down to David. Then he preach-

ESUNDAY SCHOOL

persecution and Paul 2, nabas had to fiee. Befor left many had believed. The disciples were filled with the characteristics. joy, and with the Holy Ghost.

Teenager Forged

tiles. The envious Je

Shakespeare Play There have been many fame literary imposters who claimed to have found manuscripts of known and unknown novels and plays by great authors, but none William Henry Ireland who, in 1796, forged Shakespeare docuthen capped his fakeries by writing a play - a bad one - and palming it off as a genuine work by the Bard of Avon. And it was actually produced in Lon-don, with the most eminent actor of the time playing the lead. So widely accepted were these forgeries that Boswell knelt before some of the purported manuscripts and before a lock was from the head of Shakespeare, grateful for the privilege.

The Prince of Wales was another of the many gullible be land and his father, a noted book collector and book lover, became amous personalities in the Lon-

When young Ireland wrote his "Confessions," he said, "It is extraordinary to observe how willingly persons will blind hemselves on any point inter-

esting to their own feelings" Ireland may have been a here, for only one or two per-sons had ever said publicly that they doubted the authenticity of the "genuine works of William Shakespeare."

Upsidedown to Prevent Peeking



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The Atom Conquers an Insect Pest---



In this former airplane hangar 50 million sterile screwworm flies were reared a week. The 21-day cycle from egg to adult was handled on an "assembly-line" basis,



The enemy. Screwworm fly is



Fly pupae were irradiated with cobalt-60. When adult flies emerged from cocoons, they were sterile but otherwise

That peaceful power of the atom in the hands of scientists has virtually wiped out an insect pest that only a short time ago was costing livestock owners in the Southeast 20 million dollars a year. The attack was aimed at the screwworm. As pictures above snow, millions of the screwworm flies were sterilized with nuclear radiation rodents. Tomorrow's Pied Piper may be a scientist armed and released over 80,000 square miles in Florida, Georgia



Cartons of flies were dispersed by airplanes. Sterile flies mated with fertile wild ones, but resulting eggs never

and Alabama. The impotent flies competed with native ones during mating, gradually reducing the population. The campaign began in 1958. It was so successful that it was closed down 16 months later. Now the same idea has been suggested for eliminating other pests, including

KEYS TO SURVIVAL - It looks like a typewriter, but this is actually a new safety device by which anyone can send wireless messages in Morse code. Manufactured in Sweden, it transmits the appropriate dot and dash signal for each key pressed. It is being installed in many lifeboats.

natural resources of its own, is handle. London and the United Nations have helped to some extent, but most of the work and expense of resettling refugee and turning them into productive members of the community has been carried out by Hong Kong With all these discouraging factors to contend with, Hong Kong today shows no signs of going under. Its British Government and its Chinese citizenry

Fully one-third of Hong Kong's

population consists of refugees from the Communist mainland — most of them having fled with nothing but the cotton shirt and

trousers they were wearing.
These refugees constitute a staggering burden for a territory as
small as Hong Kong, with ne

their problems one by one —
first of all to challenge nature

by levelling hills and pushing

back the sea, then erecting new