

The Canadian **WATCHMAN**



Walking on Thin Ice

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Oshawa, Ontario, November, 25 cts.

Compensation

*There's a law that I am learning
That is helping me each day,
That our God sends something
better*

*For the things He takes away.
While some sorrow presses on us,
And we feel the loss severe,
He will follow up this heartache
With a blessing, never fear.*

*There is not a thing He's taken,
Causing tears to wet the face,
That He has not something better
Just to give you in its place.*

—Pearl J. Ellison.



Canada Has Reason for Thanksgiving

By C. L. PADDOCK, Oshawa, Ontario

TEN years ago this November the joyful news flashed around the world that the Armistice had been signed, and the greatest war of all time was to cease. On the battle front, in the training camps, and at home the good tidings produced the same results. Joy filled our hearts until it could not be suppressed. Whistles shrieked our unbounded ecstasy and bells loudly rang it. Work was suspended and every one in his own way tried to express his inmost feelings by some outward demonstration. From millions of hearts throughout the Dominion went up sincere prayers of heartfelt thanks to God.

Our war-scarred veterans of land and sea and sky rejoiced that the bloody carnage was to cease and they were to return again to their homes and loved ones and the peaceful pursuits of life. They had

been willing to suffer and to die in behalf of their country, they had given unstintingly of their life's blood, but now the war was over, and they were to turn their faces toward home.

In thousands of homes from Halifax to Victoria there was unbounded joy in anticipation of loved ones returning and families being reunited.

If ever a nation sacrificed, Canada gave unselfishly of her men and money at the time of the world war, and if the joy at the close of the war were in proportion to the sacrifices made, Canada was as happy as any nation on earth.

The thanksgiving occasion has always been a joyous one, but now that Armistice Day and Thanksgiving have been so closely linked together, it gives us added reason for thankfulness. As the season returns this year of 1928, surely we should pause



THE RUINS OF YPRES
Many are sleeping in "Flanders Field" today. They died for us.

and count our blessings, and return grateful praise to our Heavenly Father.

Thankful for Peace

For a time of peace we should be thankful. While there have been minor troubles in other parts of the world, the dove of peace has been abroad in our land, and we are pursuing our work as a nation in quiet and pleasantness. Mars is taking a vacation and the dogs of war have been leashed. No bombing planes are dropping missiles from the sky, and the seas are not infested with submarines bent on destruction. The training camps have many of them been deserted. We wish they might all be. Another evidence of the desires of all the great nations for peace is the signing by the greater powers of the Kellogg peace treaty. The factories which for several years were turning out munitions of warfare are today manufacturing implements of peace. The great Krupp works of Germany, a steel metropolis in itself covering five square miles and employing 180,000 employees, which supplied the munitions of war to the great German war machine has now undergone an unbelievable transformation. Today one might spend days in this great plant, and passing through shop after shop and store room and factory, mile after mile, find locomotives, Diesel engines, textile machines sprouting and growing before ones eyes in great rapidity. Where Big Berthas were being produced before, they are today turning out dynamos, motors, turbines, motor vehicles, pneumatic tools, cash registers, scales, etc., in other words engines of peace.

Prosperity

Prosperity smiles upon us. We read of famines in some parts of the world, of financial difficulties in others, but 1928 finds industry in Canada at a point exceeding the war peak. Canadian manufacturing plants are turning out one hundred and forty per cent of previous record volume. In the last few months two hundred important extensions have been added to existing manufacturing plants, and over one hundred new factories have been erected. At the end of 1926 the capital invested in Canadian plants stood at \$4,000,000,000 but this has been largely increased since that time, while the value of the output of these plants for the year 1927 amounted to \$3,500,000,000.

I have had the privilege of making a tour of Canada this summer, and from Halifax on the east to Victoria on the west, I have never met such a spirit of optimism in the country. The extensive fields of luxuriant grain in the West were the most beautiful I have ever seen. New grain elevators were being erected all along the line, and building seemed to be quite general in all the larger cities.

In the Maritime there is the same spirit of hope and courage. Sir Henry Thornton in speaking of the outlook there says they are entering an era of great development. "We have handled 6000 more carloads of freight in the Maritime Provinces in

the first six months of 1928 than we ever handled in a similar period before," he declared in an interview just recently. And where more freight is moved there is greater production. "The general industrial activity in the Dominion, notably in the Maritimes, has never before been equalled," he affirmed.

One of the largest grain crops ever harvested in Canada is being harvested this fall. The condition of the working man has been materially improved. We have better homes, and fuller dinner pails. Our roads are lined with motor cars. We wear better clothes and have more time for relaxation. There is a danger however in a time of peace and prosperity that we should forget God. In the experience of both men and nations a time of prosperity has usually resulted in profligacy, excesses, and godlessness. It has ever been so. It is in a time of need, or sorrow and distress that our hearts turn to God. Now that He has so abundantly blessed us, let us devoutly thank Him and show our appreciation by both word and deed. Let us make wise use of the manifold blessings which have been so bountifully bestowed upon us.

News comes to us of tornadoes, cyclones, pestilences, and famines in various parts of the world. From all these the Lord has protected us, and for this protection and care we thank Him. When we stop to take inventory of our blessings we can truly say with the psalmist, "My cup runneth over. Surely goodness and mercy have followed me all the days of my life." Our transient troubles vanish when we count our ubiquitous blessings. There are more days of sunshine than of cloud. Let us think about the roses and forget the few thorns.

True we all have our times of struggle and trial, but these only make our victories the sweeter. It is after the long cold winter that we enjoy fully the birds and the bees and the flowers. It is on the bed of sickness and suffering that we come to realize the joy and blessings of health. It is on the darkest nights that the stars shine the brightest.

Shall we not be thankful for loved ones to love and who love us. We have friends to share our joys and help to bear our burdens. There is labour for willing hands, and real joy comes in the doing of it.

Liberty

Under our flag we have civil and religious liberty. Nowhere is the civil law better enforced. And we may worship God as our conscience tells us He should be worshipped. Many men have died for these liberties which come to us so freely. And at this time we should not forget the sacrifices which our brave men and women made that these liberties might be untrammelled. Many are sleeping beneath the sod "in Flanders Field." They died for you and me. This priceless heritage of liberty has been bought at too dear a price to be lightly valued.

The Bible

The Bible and the Christian religion have meant much to Canada. And even those who make no profession of Christianity have enjoyed freely the fruits which always follow the sowing of the Word of God. When counting our blessings we should not forget the Christian's hope. We have all sinned, but sins may be forgiven. We may all pass through the grave, but there is hope of eternal life for all, for "whosoever believeth on Him" may have everlasting life.

Our Blessings are Countless

And so we might go on and on enumerating the things for which we should be grateful. Words cannot tell of all our blessings, books would not contain an itemized inventory of our reasons for thanksgiving. The poet has endeavoured to express the praise our lips should utter, but has failed. Blessings which money cannot buy are lavished upon us freely every passing day. We can never pay the debt of gratitude we owe, but we can at least be thankful, and when down deep in our hearts there is a feeling of gratitude, it will be shown in a measure by our words and by our lives. As we take inventory this November, may we be truly thankful.

And if when you have taken inventory you feel you have more troubles than any one else, that your lot is a hard one, your way rough, and that you don't have much to be thankful for, just take a half day off and visit your nearest hospital. You will find there, I'll venture to say, those who have suffered more than you have endured. If possible go through a mental hospital, and you will come home thanking God for the right use of your mind if nothing else. Go into the tenement section of one of our large cities and see the filth, and squalor and the misery of the tenement dwellers, and you will thank God



Miss Elizabeth Smellie who served her country in the World War is now Chief Lady Superintendent of the Victorian Order of Nurses.

for even a humble home. Read of the conditions which prevail in China, Russia, and other lands and thank God that you live in a land of freedom and religious enlightenment

Glance over the headlines in the daily paper, telling of murder, disaster, accident, disease, and death, and then compare your own lot with that of those less fortunate. I care not who you may be or what your conditions may be, on this Thanksgiving occasion you will find some reasons for being thankful.

Walking on Thin Ice

By F. W. STRAY, Moncton, N. B.

WE are walking on thin ice, but I think we will get over," said a preacher recently, in one of Canada's largest cities. He made this statement as he was seeking to convince the large congregation that the ten commandments were abolished at the cross. The reason for advancing this ancient heresy, long ago repudiated by evangelical Christianity, was not that the preacher was seeking an escapement from keeping the seventh, the first, or the tenth commandment.

His advertised subject was "Saturday or Sunday—Which Day Should Christians Keep?" Therefore, the antinomian heresy that he advanced was aimed at the fourth commandment alone. This was further evidenced when, after abolishing the entire ten commandment law at the cross, he declared that nine of the commandments were brought over or re-affirmed in the New Testament. The one left out was of course, the fourth, which enjoins the observance of the seventh day as the Sabbath. According to this teaching, there is no longer a ten commandment law. What is left should be called the nine commandments.

If this were a vagary of one preacher only, it might not be worthy of consideration, but when we consider that his ideas are precisely those of one of North America's foremost evangelists for a generation, a former associate of D. L. Moody, it takes on grave importance. This teaching has been widely circulated in a pamphlet written by the evangelist mentioned. In turn it is rehashed by numerous lesser pulpit lights.

The preacher said, "If you will take paper and pencil and go through the New Testament and write down every text bearing on the ten commandments in columns one to ten, what will be the result? You will find that every one of the ten has been brought over into the New Testament except the fourth."

Now then, let us take them one by one, and consider the New Testament texts used by our friends to prove the nine commandment law of the New Testament.

"Thou shalt worship the Lord thy God, and Him only shalt thou serve." Matt. 4:10. This is not the first commandment, but is the nearest to it, of any New Testament text. It is taken from Deut. 6:13. There is no marginal reference in the King James Bible to the first commandment. The first commandment is not reenacted in the New Testament. Therefore, according to the reasoning of our friend, the preacher, it is not even a nine commandment law; it is only eight.

Now to the second. "Little children, keep yourselves from idols." 1 John 5:21. Again, this is

not the second commandment. It is an exhortation in line with the second commandment, but it is not specific in defining what is meant by an idol. The second commandment is not reenacted in the New Testament, so we are now reduced to a seven commandment law.

Now the third. "But I say unto you, swear not at all." Matt. 5:34. The Lord Jesus in this statement recognized the third commandment, and endorsed it emphatically, although His words were not a repetition of the commandment itself. Here we come to the hub of the whole question. It is simply this. The New Testament does not reenact nor even quote all of the ten commandments. The only ones actually quoted are the last six. They are found in Eph. 6:2 and Rom. 13:9, as well as in other places.

So far as actual quotation is concerned, we have only six of the ten commandments in the New Testament. Shall we then conclude that the first four are no longer in force? Not at all. We submit that the authors of the New Testament, inspired by the Holy Spirit, were thoroughly familiar with the fact that the ten commandments were set apart and distinguished from all other laws, by having been spoken in the hearing of the people, by the God of heaven; (Ex. 20:1-19, and Deut. 5:22) written by the Lord himself on tables of stone, (Ex. 31:18 and Ex. 32:15-16) and placed by itself in the ark. (Deut. 10:5).

Whenever reference is made to any part of this law, the whole law is involved, and we further submit, that the endorsement of any part of it, is a recognition of the whole ten commandment law. Those who deny the obligation of the fourth commandment claim the recognition of the first three commandments in the texts already quoted, which are not of themselves the commandments. In the same breath it is claimed that the New Testament is silent with reference to the fourth.

"Pray ye that your flight be not in the winter, neither on the Sabbath day." Matt. 24:20. If this is not a recognition of the fourth commandment as much as the texts already quoted for the first and second, then we are incapable of being convinced by clear evidence.

The Saviour was predicting the dispersion of the Jews which occurred about forty years after the cross. By His own command the Sabbath was incorporated in their prayers. There was no question as to the Sabbath intended, for His disciples continued the observance of the Sabbath of the commandment, the day before the first day of the week.

"And that day was the preparation, and the Sab-

bath drew on. And the women also, which came with Him from Galilee, followed after, and beheld the sepulchre, and how His body was laid. And they returned, and prepared spices and ointments; and rested the Sabbath day according to the commandment. Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them." Luke 23: 54-56; 24: 1.

In claiming that the first and second commandments are brought over into the New Testament on the basis of the texts quoted, and ignoring the New Testament texts recognizing the Sabbath of the fourth commandment, our preacher and his associates are not walking on thin ice, as he said, but they are floundering in the muddy waters of inconsistent perversion of the New Testament. As I said to the preacher in question at the close of his service, "You have broken through the ice and do not know it."

"History repeats itself." It was written of the priests in olden time, in Eze. 22:26, "Have hid their eyes from My sabbaths."

We submit that if the ten commandments were abolished at the cross, that the first four have never been reenacted. We challenge anyone to produce from the New Testament a law dating from the ministry and cross of Jesus prohibiting idolatry.

We maintain that the commandments were not adultery, said also, Do not kill. Now if thou this law is recognized in the whole New Testament as the law for the guidance of the Christian church.

"Sin is not imputed when there is no law." Rom. 5:13.

"Where no law is, there is no transgression." Rom. 4:15.

Therefore, if idolatry is sin, since the cross, it must be on the basis of the second commandment of the decalogue, which is used by all missionaries to convince the heathen. If the ten commandments were abolished, then the sin of idolatry was abolished.

"Thou shalt call His name Jesus, for He shall save His people from their sins." Matt. 1:21.

"Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law. And ye know that He was manifested to take away our sins; and in Him is no sin." 1 John 3:4, 5.

"But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors. For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit

adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. So speak ye, and so do, as they that shall be judged by the law of liberty." James 2:9-12.

"What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet. Wherefore the law is holy, and the commandment holy, and just, and good."

It is actually preached in many churches and published in books and tracts, that the ten commandments are no longer in force.

Let us beware of every man who preaches the heresy of antinomianism. And let us listen with profound respect to every man who, like the apostle Paul, preaches that "by the law is the knowledge of sin;" and, like the apostle John, that "whosoever committeth sin transgresseth also the law: for sin is the transgression of the law. And ye know that He was manifested to take away our sins; and in Him is no sin." 1 John 3:4, 5. He, Jesus, was not manifested to take away the law, but to take away our transgression of the law.

In the words of Paul: "Do we then make void the law through faith? God forbid: yea, we establish the law." Rom. 3:31.

There is no conflict between the cross and throne.

"Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Rev. 14:12.

THE TEN COMMANDMENTS

I
Thou shalt have no other gods before Me.

II
Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me; and showing mercy unto thousands of them that love Me, and keep My commandments.

III
Thou shalt not take the name of the Lord thy God in vain: for the Lord will not hold him guiltless that taketh His name in vain.

IV
Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.

V
Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

VI
Thou shalt not kill.

VII
Thou shalt not commit adultery.

VIII
Thou shalt not steal.

IX
Thou shalt not bear false witness against thy neighbour.

X
Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is thy neighbour's.

The WHY of EVOLUTION

Is There a Reason For Its Existence?

By G. W. RADER

EVERY theory, doctrine or dogma held by humanity, either as organizations or individuals, requires some cause for its existence. Since there are so many hold-ings to evolution there must be a cause for it.

Lucifer rebelled in heaven. He desired equality with Christ who was the active agent in creation. This the Father could not grant, hence his revolt. Since that insurrection there has been a controversy waging between Christ and Satan and the great arch-deceiver refuses to recognize the creative power of Christ. We see in all his history he questions this.

After the baptism of Christ while in the wilderness Satan approached the Saviour with these words. "If Thou be the Son of God command that these stones be made bread." Matt. 4:3. The Son of God has creative power. Now if Thou be the Son of God exert Thy creative power and relieve Thy hunger. Here Satan questioned the creative power of Jesus, also His profession as the Son of God.

After the Saviour met the temptation with the words "It is written," Satan changed his point of attack but still questioned the authority of Jesus to claim the Sonship. "If Thou be the Son of God cast Thyself down." But here he met with the same result.

In his third attack Jesus said "Get thee hence Satan." So seeing that he was detected he left Him for a season but resumed his work through others.

In Matthew 27:39-40, we hear the chief priests and the scribes mockingly exclaim, "If Thou be the Son of God, come down from the cross." In verse 43, "He trusted in God; let Him deliver Him now, if He will have Him: for He said, I am the Son of God." One of the malefactors also railed on Him saying, "If thou be the Christ save Thyself and us."

From the four texts John 1:1-3, 14, Eph. 3:9, Col. 1:16 and Heb. 1:1-2 it is obvious that Christ was the active agent of the Father in creation. Satan the great commander of the opposing legions refuses to recognize Jesus as the Creator and the Son of God.

Satan is still the adversary of the plan of salvation and the enemy of the Saviour and so in these last days in order to draw the eyes of men from



Jesus and to hide the glory which belongs to Him as the Creator, he brings in the theory of evolution and tries to establish it in the place of creation. If this can be done it will deny the Redeemer of humanity the power and Sonship of Jehovah.

Today it is not the Voltaires, the Thomas Paines and the Robert Ingersolls that are shattering the faith of the church of Christ but those who are denying the glory of creation to Christ the Redeemer and offering in its place a substitute.

It is not because the record of creation given in Genesis has proved false nor because the theory of evolution has proved itself true. But to turn the minds and hearts of men away from the Creator is the great object and behind the theory is the enemy of the Creator.

Nothing can ever take the place of the creation story as given by inspiration but if Satan can succeed in blinding the minds of men and women to the glory of God in our creation and in the creation of the world, then he will have succeeded in accomplishing his evil design.

The Bible has proved itself true in so many ways and on so many different occasions that we cannot afford to cling to any theory which opposes the inspiration of the Scriptures. It is a guide for the youth, a present help for those in middle life, and a stay and consolation to the aged. It is a guide by which we may live and an assurance to stay our hopes in death. May its divine influence continue to bless humanity until the dawning of that glorious day when we shall no more see through glass darkly but with immortal vision see for ourselves the unveiled manifestation of the power and majesty of Him who sits on the throne in the highest heaven.

Chasing After Falsehood

A well-known character says "We like to be humbugged"

By S. A. RUSKJER, Lacombe, Alberta

THE world has never before seen so much scientific research as is seen today. There is very little excuse for being deceived, and still it seems that thousands of people love to chase the falsehood. Quack medicines seemingly gain a popularity much more readily than do genuinely true cures. The world has splendid opportunity for becoming acquainted with facts, and yet how many there are that cling to the unreal while turning their back upon the real.

Likewise in the spiritual realm today thousands handle the truth of God very carelessly, and seem to regard it very little, while error and superstition lay a strong hold on the population of the earth. God never intended that men should be deceived, but He did intend that men should know the truth, and be sanctified by the truth. In John 17:17 we read, "Sanctify them through Thy truth: Thy word is truth." This text calls attention to two basic principles. First, the only way man can be sanctified is by the truth of God; secondly, the word of God contains that truth which is necessary in the sanctification of men. In 1 Tim. 2:4 this statement occurs: "Who will have all men to be saved and to come unto the knowledge of the truth." This makes it very plain that God intends that men shall know the truth. However, it is not enough to know the truth in order to be sanctified, one must believe the truth according to 2 Thess. 2:13, which says, "But we are bound to give thanks always for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth." In 1 Peter 1:22 we are told that "You have purified your souls in obeying the truth."

Truth can never be divorced from true worship for we read in John 4:24, "God is a Spirit: and they that worship Him must worship Him in spirit and in truth." No wonder the wise man has urged us so strongly to "Buy the truth and sell it not: also wisdom, and instruction, and understanding." Prov. 23:23.

Present Truth

The word of God brings to view certain truths or facts, that are always applicable regardless of time or condition. Then there are other truths brought to view in the word of God which are spoken of as "present truth." Reading 2 Peter 1:12 we find these words, "Wherefore I will not be negligent to

put you always in remembrance of these things, though ye know them, and be established in the present truth." At one time God gave Noah a message to preach. The message which Noah preached to the antediluvian world was present truth for that day and hour, but it would not be present truth for today. God told Noah to build an ark of gopher wood. That was a command of God which must be obeyed by Noah but God has not commanded us today to build an ark of gopher wood. What was a vital message of present truth for that day, would be entirely out of place today. Noah was true to God and by faith he built the ark and preached the message that was due to the world that day. That was present truth for that day.

Likewise Jonah was sent to preach a special message of present truth to Nineveh. The message that Jonah preached to Nineveh was certainly a vital message of present truth for that day and under those circumstances. The announcement, "Yet forty days and Nineveh shall be overthrown" was certainly a vital message for old Nineveh; but that message could not be considered present truth for today. Had the inhabitants of Nineveh failed to receive that message and obey it, they would have been destroyed. Their very lives depended upon the acceptance of truth which was present truth for that day.

The Forerunner of Christ

John the Baptist certainly was a man preaching the truth. He was sent from God to preach a special message of present truth that was applicable to his day. The message which John the Baptist preached, the purpose of which was to prepare the world for the first coming of Christ, would surely not be present truth for our day. Those who heard and obeyed the truth as preached by John were saved, and those who disobeyed were lost. Those who were chasing after the popular error of that day were lost while those who sought out and obeyed the truth were saved.

Looking over the city of Jerusalem, our Master said, "If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes." Luke 19:41, 42. The reader will notice that a special opportunity was sent to that city, and because the city failed to recognize the day of its opportunity

and the message appropriate upon that day, the city was lost.

During the Dark Ages the world stood in need of a special message of present truth. That message centred in the principle of justification by faith. Men and women were either lost or saved depending upon their response or failure to respond to the truth as preached by God's servants of that day.

In the day in which you and I are living there are special messages of present truth, to which the attention of the world is being called. Just as surely as a message was sent to the world in an endeavour to prepare the world for the first coming of Jesus Christ, so surely it is present truth today to preach the message that will prepare men and women for the second coming of Jesus Christ. Accepting the truths that are present truth today will bring about our sanctification; while a rejection of these truths will bring about our destruction.

Why should men spend their time chasing error? Why should men be satisfied with the unreal, the untrue, when God has made it possible for us to study His word and become acquainted with His truth that will sanctify us? What are you doing

today, reader? Are you just drifting along quite satisfied with superstition and error, or are you seeking out the truth of God and living in harmony with it? The one course leads to destruction, the other leads to life everlasting.

There is a tendency that is seen like a cord running through all of the acquisition of the knowledge of today—a tendency to read God out of all learning. It is inconsistent to attempt to do this, as God is the fountainhead of all knowledge. "The Lord knoweth the thoughts of the wise." When men suppose that they have discovered facts that are out of harmony with God's word, they have but deceived themselves, for God's word is in harmony with all facts, and all basic facts are in harmony with God's word. The so-called wisdom that does not lead to confidence in the inspired Word of God, is not wisdom at all, but is foolishness. Prov. 9:10 clearly states that "The fear of the Lord is the beginning of wisdom; and the knowledge of the holy is understanding." The closer a man lives to God the greater will be his opportunity to increase in dependable learning.



Young ambassadors from Britain who have come to Canada to get information about the Dominion first-hand. Fifty boys and girls winners in a contest of the Allied Newspapers of Great Britain, who were given a free tour of the Dominion. The questions of the competition were based on a knowledge of Canada. The tour is under the auspices of the Cunard Line and the Canadian National Railways.

Preparing For The Unexpected

Are you ready for an emergency?

By H. H. RANS, Oshawa, Ontario

IN these days of the unexpected, when one's ordinary course of life may be suddenly changed by some tragic happening, the thought comes home with force, Am I ready for an emergency? Even after taking reasonable care, there are still many risks against which we are powerless to protect ourselves.

A going commercial concern in order to plan with confidence for the future of the business, no matter what disaster may overtake it, takes out insurance against the possible destruction of its buildings, machinery, and merchandise by fire, flood, cyclone or explosion. Valuable records are locked in great safes, and the safes and their contents are often protected against loss by fire or theft by proper insurance.

The employees of manufacturing firms may be insured against accident while at their regular occupation. We buy a motor car and before we drive it a block down the street, we arrange to insure our newly acquired property against collision or against the possibility of injuring the person or property of another.

When we buy a railroad ticket we are reminded that for a small sum we may protect ourselves against accident on the trip, or rather secure some reimbursement for bodily injuries. And when we get home we may be told that many people fall off their door steps or down the basement stairs, and therefore we should carry protection at all times.

If the world's business finds it necessary to insure against anything that will interrupt business or bring losses, and if we seek to protect ourselves and our property against accidents, should we not consider our eternal welfare, our spiritual self? We must be prepared for the unexpected. But just what preparation is needed? Should we not be ready for any event?

The Coming Crisis

A writer of note has made the following comment on the situation before mankind:

"Everything in the world is in agitation. The signs of the times are ominous. Coming events cast their shadows before. The spirit of God is withdrawing from the earth, and calamity follows calamity by sea and by land. There are tempests, earthquakes, fires, floods, murders of every grade. Who can read the future? Where is security? There is assurance in nothing that is human or earthly. Rapidly are men ranging themselves under the banner they have chosen. Restlessly are

they waiting and watching the movements of their leaders. There are those who are waiting and watching and working for our Lord's appearing. Another class are falling into line under the generalship of the first great apostate. Few believe with heart and soul that we have a hell to shun and a heaven to win.

"The crisis is stealing gradually upon us. The sun shines in the heavens, passing over its usual round, and the heavens still declare the glory of God. Men are still eating and drinking, planting and building, marrying, and giving in marriage. Merchants are still buying and selling. Men are jostling against another contending for the highest place. Pleasure-lovers are still crowding to theatres, horse-races, gambling hells. The highest excitement prevails, yet probation's hour is fast closing, and every case is about to be eternally decided. Satan sees that his time is short. He has set all his agencies at work that men may be deceived, deluded, occupied and entranced, until the day of probation shall be ended, and the door of mercy be forever shut.

"Solemnly there comes to us down through the centuries the warning words of our Lord from the Mount of Olives:

"Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."

"In consideration of the shortness of time, we . . . should watch and pray, and in no case allow ourselves to be diverted from the solemn work of preparation for the great event before us. Because the time is apparently extended, many have become careless and indifferent in regard to their words and actions. They do not realize their danger, and do not see and understand the mercy of our God in lengthening their probation, that they may have time to form characters for the future, immortal life. Every moment is of the highest value. Time is granted them, not to be employed in studying their own ease and becoming dwellers on the earth, but to be used in the work of overcoming every defect in their own characters, and in helping others, by example and personal effort, to see the beauty of holiness."

The One who is able and willing to help us in every emergency brings to us these words: "Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man."

Will Our Earth Be Destroyed?

The Bible Gives An Answer

By C. P. BOLLMAN

FOR thus saith the Lord that created the heavens; God himself that formed the earth and made it; He hath established it, He created it not in vain, He formed it to be inhabited: I am the Lord; and there is none else." Isa. 45: 18.

That God's original purpose concerning this earth will be carried out, and that it will finally become the home of the redeemed race, holy in character and loyal to their Creator, none can doubt who believes the testimony of divine inspiration. But this side of the time when the earth shall be filled with the glory of the Lord, it must pass through the purging fires of the day of God.

The curse of sin rests heavily not only upon man, the actual sinner, but upon the earth itself, the home of man. To Adam the Lord said, "Because thou hast . . . eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field." Gen. 3: 17, 18.

The apostle tells us that not only man but "the whole creation groaneth and travaileth in pain together until now," awaiting "the redemption of the purchased possession." Rom. 8: 22; Eph. 1: 14.

As our characters must be transformed, and our vile bodies be changed and fashioned after His glorious body (see Phil. 3: 21), so must this earth be renovated and made new before it can be "filled with the knowledge of the glory of the Lord, as the waters cover the sea." Hab. 2: 14.

Two Burning Days

There are two burning days, or times, spoken of in the scriptures, each of which contributes something toward the cleansing of the earth from the human guilt which now rests so heavily upon it; one of these is at the beginning of the day of the Lord, and the other at its close. In the first of these times of burning, the surface of the earth is broken up, and the world is depopulated, leaving it a dreary waste without human inhabitant. The second burning day visits with the second death all the wicked, they having been raised from the dead, and melts the earth with "fervent heat," thus purifying it alike from the last trace of sin and from the presence of sinners.

We learn from Rev. 20: 4-6 that the day of the Lord covers approximately a thousand years, for there is an interval of one thousand years between the resurrection of the righteous and the resurrection

of the wicked. (See Rev. 20: 5). There is the same interval approximately between the first and the second burning day. Of that which befalls the earth at the beginning of the thousand years that separates the two resurrections, the prophet Isaiah says: "It is the day of the Lord's vengeance, and the year of recompenses for the controversy of Zion. And the streams thereof shall be turned into pitch, and the dust thereof into brimstone, and the land thereof shall become burning pitch." Isa. 34: 8.

The Earth Depopulated

Of the same time another prophet says: "I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, there was no man, and all the birds of the heavens were fled. I beheld, and, lo, the fruitful place was a wilderness, and all the cities thereof were broken down at the presence of the Lord, and by His fierce anger. For thus hath the Lord said, The whole land shall be desolate; yet will I not make a full end." Jer. 4: 23-27.

In Daniel 2: 34, 35 we are told that in the end of this world all earthly kingdoms become "like the chaff of the summer threshing-floors," and the wind carries them away, that no place is found for them. This probably refers more to the governments and people than to the territory which these kingdoms occupy. We know, however, from other texts, that at this time the earth itself will be more or less broken and burned.

The prophet Joel tells us that "the earth shall quake; . . . the heavens shall tremble: the sun and the moon shall be dark, and the stars shall withdraw their shining." Joel 2: 10.

The Heavens Pass Away

The apostle Peter says that "the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up." 2 Peter 3: 10. But the same apostle adds, "Nevertheless we, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness." Verse 13.

These texts reveal the fact that the coming of the Lord, or in other words, the day of the Lord, not only brings utter destruction to the earth, but at its close it likewise brings complete restora-

tion to its Eden glory and perfection. When the earth came fresh from the hand of the Creator, He "saw everything that He had made, and, behold, it was very good." Gen. 1:31. "Whatsoever God doeth, it shall be forever," says the preacher; "nothing can be put to it, nor anything taken from it." Eccl. 3:14.

The Earth Not To Be Destroyed

God formed the earth not for destruction, but that it might be the abode of a race of beings loyal to Him and to the principles of His government. Satan attempted to defeat the divine plan by compassing the fall of man. But Christ redeemed not only man but the earth also, and will finally restore it to its original purity and beauty, and make it the eternal home of the redeemed race. As it was once given to the first Adam, so it will again be given to the second Adam. "And Thou, O Tower of the flock, the strong hold of the daughter of Zion, unto Thee shall it come, even the first dominion; the kingdom shall come to the daughter of Jerusalem." Micah 4:8.

We have read the assurance given us through the apostle Peter that "according to His promise" this will certainly be even so. Our Saviour, quoting from the thirty-seventh Psalm, said, "Blessed are the meek: for they shall inherit the earth." The psalmist adds this assurance, — that they shall "dwell therein forever."

A Vision of the New Earth

In the vision given him upon the isle of Patmos, the beloved John saw the earth as it will appear when purged from sin and sinners, and given again to man redeemed from the curse. Relating his vision, the seer of Patmos says:

"I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. And I John saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God himself shall be with them, and be their God. . . . And there came unto me one of



He promised to come again and told the disciples of signs which would precede His coming.

the seven angels which had the seven vials full of the seven last plagues, and talked with me, saying, Come hither, I will show thee the bride, the Lamb's wife. And he carried me away in the spirit to a great and high mountain, and showed me that great city, the holy Jerusalem, descending out of heaven from God, having the glory of God: and her light was like unto a stone most precious, even like a jasper stone, clear as crystal. . . . And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof. And the nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honour into it. . . . And there shall in no wise enter into it anything that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's Book of Life."

Human language is impotent to add to this God-given description of the glory and beauty of the renewed earth and of its capital city. "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him."

"We speak of the realms of the blest,
That country so bright and so fair,
And oft are its glories confessed,
But what must it be to be there!"

But let it be borne in mind that it is prepared only "for them that love Him;" all others perish in the purging fires of the great day.

Satisfaction Guaranteed

There is Joy and Peace and Hope in Christ

By R. S. GREAVES, Sidney, B. C.

NATURE that is so perfect in all its branches, and leaves nothing out of its great law of completeness, ought to teach the unbeliever that man cannot be an exception to the great rule, and be left without that which his whole being calls for. There is a restlessness within him that nothing of the world fully satisfies.

Some men engage in work or business, and often, even though rich, toil early and late, not because there is always joy in the work itself, but for the purpose of occupying the mind. In a blind way seeking for something, they know not what, but conscious only of a lack of something not possessed.

The downhearted and discouraged one of course is not satisfied, how can he be? Things are not bright to him: the world is dreary. How glad he would be if he could only go somewhere and hide himself. Perhaps feeling like David, when he said, "Oh that I had wings like a dove! for then would I fly away, and be at rest." Ps.55: 6.

The lazy man likes his ease, but even resting does not bring him full happiness. Too much rest is somewhat like imprisonment and he desires to get free. There are times when even the lazy man plunges wildly into work which is a strong evidence he is not satisfied.

A man may be counted a believer, and admit the truthfulness of the Bible and yet never have found Jesus as his personal Saviour. He is conscious of a lack of something in life, and never feels fully happy until he yields himself to the influence of divine grace. He has not severed himself from God in the way the infidel has, and does not have far to

go before he feels the joy of resting in God; but until he takes this step he is convinced there is something lacking, that life is not complete.

Christ, the Hope of Glory, is the only one who can give happiness and peace, and therefore, only in Him can we be fully satisfied. In Christ the business man finds rest of mind; the lazy man becomes a useful member of society; the downhearted finds encouragement, and the profligate finds strength to cut off evil habits and becomes a newborn creature born into the kingdom of grace.

Just as true as the emptiness in life is felt without Christ, so can joy, happiness and restfulness be found in Him; and thus the yearning of the human heart does not exist without a provision being made to satisfy that yearning.

The infidel smiles and scoffs at this and shuts away from himself the only provision made to satisfy and fill up the void or empty place in life. Let him if he can, produce anything else to fill this place or satisfy this feeling.

He may suggest amusement, pleasure, drink, tobacco and such like things, and beyond this he has nothing. To him, the void and craving is not filled, and never will be, unless he turns to the Hope of Glory, for nothing else can satisfy even in youth and the prime of manhood, much less in sickness and old age. Many of the so-called pleasures have a fierce sting, and bring bodily suffering and vain regrets. As the grave is neared, what happiness or comfort does the infidel have? He does not even claim to have any, yet he cannot deny that he needs them.

Self preservation is the first law of nature, and man will run, fight or do anything in his power to save his life; but with death the struggle is unequal, and he realizes that his strength is overpowered and that an enemy holds him in a vice-like grip. To him the battle is lost, and he is the one conquered, and he simply has to wait for that which befalls.

At this stage he especially feels his need of something, something which will not give death the victory; something which will supply a need and great craving; something in short, over which he can say, I am satisfied.

The dying Christian finds all this in Christ, the Hope of Glory. He has confidence in waiting for that which befalls, for he knows that through Jesus, he will rise triumphant over death and the grave. He feels that nothing is omitted from the great plan, and that the craving of nature in his heart is fully met and that all of God's plans are complete, and he can truly say, I am satisfied.

Will Jesus Come Again?
When Will He Come
What Will His Coming Mean
Who will Spend Eternity With Him

?

Be sure you read

"The Coming of the King"

By S. A. Ruskjer

IN THE DECEMBER ISSUE

Editorial

Time's Wasting Sands

Rather a sad commentary on the condition of society today was furnished when the authorities in one of the largest American cities passed out word over the radio that the body of a girl had been found and one hundred and twenty-eight mothers called at the morgue the next day to see if it was their girl.

This experience has been duplicated in other cities, and indicates a situation that is causing grave concern for the future of our boasted twentieth century civilization.

The world has made marvellous progress in material lines. The inventions and achievements of the last one hundred years surpass all previous accomplishments of the race since the dawn of history.

But with all this our civilization is crumbling at its foundations.

Social vice is eating like a cancer at the very vitals of society. A spirit of lawlessness is sweeping the civilized world, and law enforcement is breaking down. The scene of banditry has been transferred from the wild and woolly west of pioneer days to the large cities. Never before have legislative bodies turned out so many laws aiming at the regulation of every detail of human conduct in desperate effort to stem the tidal wave of crime, but it is only too apparent to every thoughtful observer that the disregard for law and order is spreading every day.

For a generation past there has been a widespread effort in high circles to relegate the Bible and the law of God with the historic fundamentals of Christianity to the museum of antiquities and this seed sowing is bringing its harvest. When men lose all regard for the law of God, when the judgment day in which all men will stand before their Maker to receive their due reward or punishment is treated as a myth of some barbaric age, it follows that men quickly lose their regard for human laws.

Foretold in Holy Writ

Long ago these very conditions were foretold in Holy Writ. Looking forward to our time, Paul wrote:

"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of god-

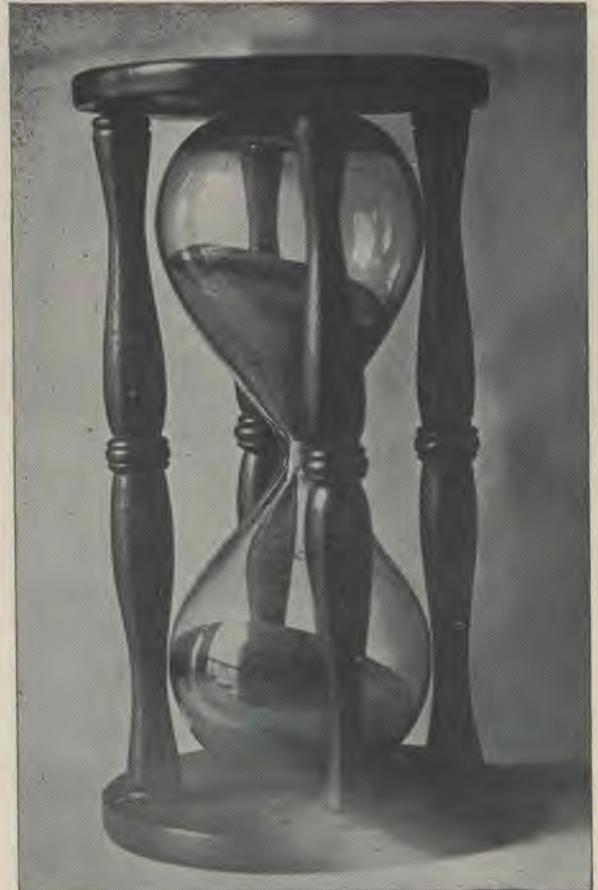
liness, but denying the power thereof: from such turn away. But evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Timothy 3:1-5, 13.

Our Lord during His earthly ministry also pointed out the conditions that would mark the closing scenes of earth's history.

"And as it was in the days of Noe, so shall it be also in the days of the Son of man." Luke 17:26-30.

Just as the world in the days of Noah and Sodom and Gomorrah in the days of Lot reached such a stage of universal crime and lawlessness that it became necessary for God to blot out the corrupting influences so today the situation has gotten beyond all possibility of human remedy and the only hope of the world lies in the coming of its rightful Sovereign to sweep away the wreckage and ruin which sin has wrought and to establish a kingdom founded on righteousness which shall endure eternally.

W. C. M.





IN the Canadian National Railway Station at Halifax, stands the first two railroad engines used in Canada, the Samson and the Albion, the former carrying the original label of the maker, Timothy Hackworth, New Sheldon, Durham, 1838. The only way that the Samson could be fuelled so far as we could discover was by stopping the train and putting wood in the front end of the engine.

We were reminded of the prophecy made by Nova Scotia's far-sighted statesman, Joseph Howe, in Mason Hall, Halifax, May 15, 1851, as he endeavoured to impress upon his countrymen the possibilities of the railroad in the development and binding together of the Canadian provinces: "I believe that many in this room will live to hear the whistle of the steam engine in the passes of the Rocky Mountains and to make the journey from Halifax to the Pacific in five or six days."

We were also reminded of the forecast made over two hundred years ago by the great English scientist Sir Isaac Newton based on his study of prophecy, when he predicted "a marvelous increase in the speed of transportation on the earth. I believe in the providence of God, though the method now be entirely hidden, men will yet travel on the earth at the rate of fifty miles an hour."

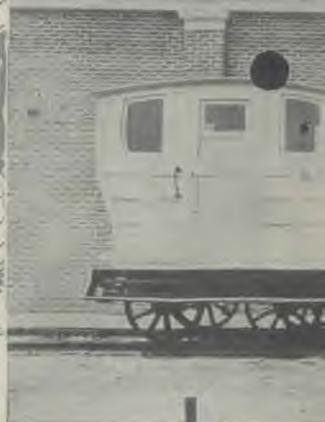
Half a century later, Voltaire, the brilliant French infidel, remarked of Newton's prediction, "The study of prophecy has led the prince of philosophers to make a fool of himself." The ruthless test of time sustains the faith of Newton in reliability of Bible prophecy and as ever reveals the folly of the scoffer.

When George Stephenson's locomotive in 1825 made the journey from Stockton to Darlington attaining a speed of from four to fifteen

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miles an hour, thousand petitioned to limit the speed of safety and the record board in Lancaster, Ohio school house to be used. God had intended for a speed of fifteen miles an hour. It is a device of Satan.

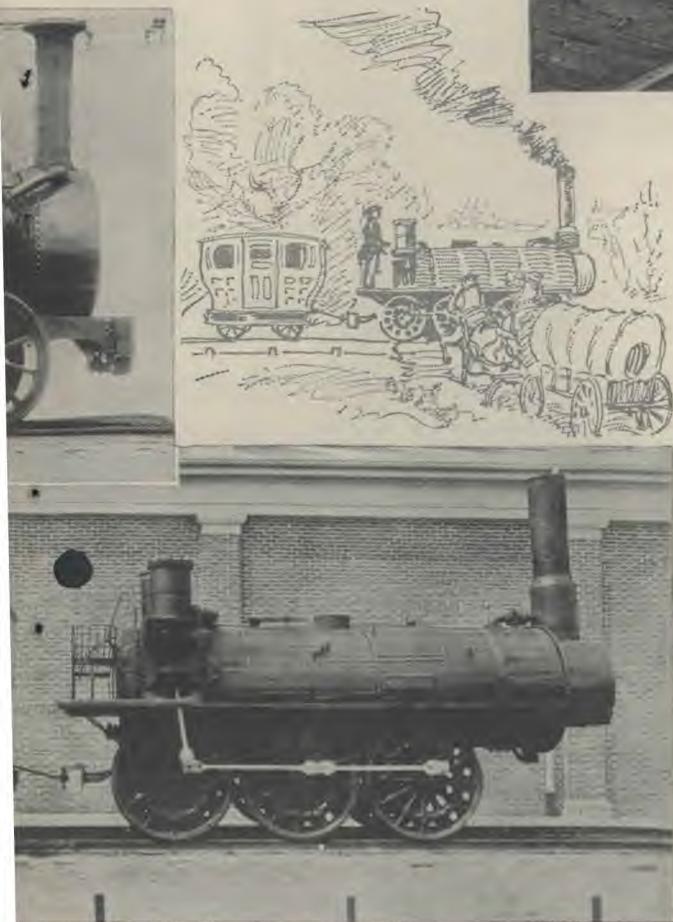
If the members of the church had been as careful as did Sir Isaac Newton five hundred years ago to heed the angel Gabriel that came to him in a vision, and knowledge shall be the most remarkable vision of the flaming torches in the darkness, terribly shaken. The



When Will Machines Cease?

By W. C. MOFFETT

used to believe the report. Parliament was
by law to eight miles an hour as the limit
till preserved of the action of a pious school
which three years later refused to permit the
debate on the question, asserting that, "If
creatures to travel at the frightful speed
would have revealed it in His holy word.
lead immortal souls down to hell."
The school board had read their Bibles as
newly they would have found that, twenty-
prophet David had recorded the prophecy of
the time of the end 'many' shall run to and
increased." Dan. 12: 4. And Nahum had a
which he saw, "The chariots shall be as the
of His preparation, and the fir trees shall be
riots shall rage in the streets, they shall



justle one against another in the broad ways: they shall seem like torches, they shall run like the lightnings." Nahum 2: 3, 4.

Nahum's chariots were to rage through the streets, smashing one another on the highways their tremendous speed necessitating the use of headlights that seemed to the eyes of the wondering prophet like torches as they ran like the lightning, and mark it well, this was to happen "in the day of His preparation."

Before the judgments of God are poured out upon the world at the coming of Christ, "This gospel of the kingdom shall be preached in all the world for a witness to all nations; and then shall the end come." Matt. 24: 14.

In order that the message of the soon coming kingdom of Christ may go to tell the world to prepare a people for His coming, in the providence of God these modern facilities for travel and communication have been provided.

For nearly six thousand years the whole world was content to move along at a snail's pace travelling only as fast as the ox, the horse, and the camel could carry them. Suddenly in the time of the end, the day of preparation for the coming of the Lord, a marvellous spirit of discovery and invention transforms the world.

The boy Watt dreamily watching his mother's sputtering teakettle as he warmed his feet on a winter's day as millions of boys had done before,

(Continued on page 30)

Would You Like To

Postpone Your Funeral?

The Doctor Claims You Can Add Years to Your Life

By S. W. LEISKE, M.D.

THE work of postponing our funeral is something we all ought to be interested in, and I dare say there comes a time in one's life when it becomes a real live issue. The pressure that comes to bear on the individual at such a time will cause him to do everything in his or her power to put off that day if possible. The rich depart from their riches without thought of holding back, the poor give whatever they have, and their friends give what they can, but, somehow, regardless of what is done, whatever price is paid, the day cannot be put off.

In case the worst comes to the worst you often hear it said, "If John only hadn't gone out and gotten his feet wet," or "If he had gone to bed when I wanted him to," or "He never did take care of himself, for he thought he was strong enough to stand most anything, and he never would give in until he had to."

It is to the word "If" that I want to direct your attention. It is a small word but spans a tremendous gulf. Not only is it a big word in the ordinary walks of life, but in the field of medicine it has become one of the biggest and most important factors in successfully combating disease, and is termed preventive medicine. Preventive medicine might be defined as the application of good common sense to one's daily walks of life as related to the food we eat, our personal hygiene, periods of rest, work, and recuperation, so as to prevent the onslaught of disease.

How well we know every detail when it comes to successfully raising our live stock, when and how to work the land for best results, how to use the various implements efficiently; and shall I say how perfect a knowledge we have about correct and healthful living for our neighbours, but we are dumb-founded when it comes to the application of these correct healthful principles to our own human bodies. If we would take care of these bodies of ours in proportion to the knowledge and time spent on our earthly possessions, we surely would not only postpone our funeral but make our brief stay here much brighter and happier for ourselves and our fellowmen.

Somehow we humans think pretty well the same through all our different stages of life. That is, we don't think from cause to effect. Most of us are like the "happy go lucky" school boy who never

studies until a few hours before examination. Not that he did not know about the coming examination, but he was so in the habit of dealing with the present that the preparation for the serious future never entered his mind. If we had to pay for our misdoings in health matters immediately, we would soon know that it is a losing proposition to have our assets and credits get low in the bank of health.

The Ounce of Prevention

The medical profession is realizing more and more that the treatment of disease, after it has and is playing havoc by its deadly poisons, is not as satisfactory both from a medical and economical standpoint, as is the treatment of the individual and his environment so that disease may not get a foothold. The reason we are not forearmed is not because we were not foretold, but because we thought it unnecessary to invest in health while we were apparently healthy.

We all have to a certain extent a natural resistance to disease; in other words, an antidote for disease, having been handed down by our parents. This gift, as it were, soon becomes extinct if we do not do our utmost to nurse, cultivate, spare and treasure it.

During infancy and childhood the parents are held absolutely responsible for the child's health. During puberty and adolescence both the parents and child must share the responsibility, the child, however, drawing from the knowledge given to him by the parents, but during young manhood and womanhood the duty of steering clear from the Grim Reaper's snares and pitfalls shifts to the latter party. We know that the children of Israel had a great advantage over all other people in that it was a part of their religion to do the things which gave them a considerable degree of protection from disease and pestilence, which naturally conserved their health and strength and number.

Take for instance in the case of tuberculosis, a disease which ranks fourth in death rates from all causes, this can only be successfully combated by increasing our natural resistance, and remember, it can not be done by whisky, brandy, tonics, stimulants, or any other agencies in use to whip the body into extra exertion, which always fails in the end to bring the needed strength and fighting power. You may go to any tuberculosis sanitarium in the world

and you will find there are very few essential factors necessary in treating tuberculosis. In brief, there are cleanliness, fresh and pure food, sunshine, pure air, and good accommodation.

Now, if these are fundamental factors in such large institutions where they take a tuberculosis individual and put him on his feet and keep him there, don't you think these simple yet important truths of nature will be able to keep you on your feet, if you will religiously include them in your daily program and not be satisfied with just a casual acquaintance? It is hard to say which of these fundamental factors is most important, but, due to lack of time and space, I shall restrict my paper to the importance of cleanliness and the food question. I trust, however, that your interest will be aroused along this subject and that you will further acquaint yourself with their vital truths.

Cleanliness

Cleanliness is one of the first laws of personal hygiene and health, and therefore needs careful attention. I remember when I was a youngster the acme of cleanliness under ordinary conditions was to wet the hands, moisten the face and without further delay make connections with the towel. Once in a while an extra attempt was made during which the territory about the ears, and possibly a venture to the back of the neck, but an assistant had to take charge in order to properly complete the task. These are more or less boyish tricks, but they need not be. Boys can learn things as well as anyone else. If they do not learn this important lesson in their younger years, this subject of cleanliness will have to be met under circumstances which may make it rather embarrassing.

It not only means cleanliness of the body, which is very important, but also another factor that I am about to mention which is responsible for more organic trouble than any other one factor in the field of medicine; the beginning of aches, indigestion, blood, heart and kidney diseases. These beginnings are not usually checked because of the failure of a regular physical examination, but are allowed to progress until the body resistance or bank rôle of health is exhausted, human skill fails to give the desired relief and the individual is ushered to his final resting place far too soon. And that important factor is the hygiene or cleanliness of your teeth.

I am sure you have seen the article related to mouth infections in the June number of *Life and Health*. If you have not, it would surely be worth your while to acquaint yourself with its contents. You have heard the saying, "People dig their graves with their teeth." Not only can this be applied to



By right living we may postpone our funeral.

intemperance but also to the neglect found among the general public in regard to keeping the teeth clean and gums healthy. Not so long ago I had a man in the office who told me that if he would start to use a tooth brush his teeth would absolutely get the best of him.

The tooth brush exercise is just as important as your breakfast. Most people think they want something to eat in the morning, but they ought also to want to use the tooth brush before breakfast and before retiring at night. In personal hygiene there is nothing quite so important as the care we take of our teeth and gums, and remember, it is not a subject restricted to the senior division or young people, but includes the kindergarten department. None are omitted; all are included.

Take, for instance, an individual whose teeth through neglect, carelessness, or dental fear, are all manner of colour, gums red, swollen and drawn from the teeth, a sight that is by far not uncommon. It is not a sight for beauty and you surely feel like burning incense when they talk to you. To prevent a condition like this is worth all the trouble that it takes. But the cosmetic phase of it is by far not the most important side of the question. All that pus, putrefied food between the teeth and the germs contained in such material is absorbed and must be thrown off by the system. What a load it is! So far no human being has been found that could stand up under it for any length of time without paying a high price for it.

Diet

The question of diet has a very important rôle to play in building up sound body health and endurance. Instead of being content with the simple foods given us originally, a strong attempt is made to increase the courses and see how many varieties of compound, complex solids can be had with all

(Continued on page 30)

Will We Ever Have Access to the Garden of Eden Again?

A Bible Study by W. E. BEMENT

I The First Dominion

1. What did God foretell concerning the first dominion?

"And thou, O tower of the flock, the strong hold of the daughter of Zion, unto thee shall it come, even the first dominion; the kingdom shall come to the daughter of Jerusalem." Micah 4: 8.

2. In what words are the beauty and perfection of the earth at creation expressed?

"And God saw everything that He had made, and, behold, it was very good." Gen. 1: 31.

3. What part was given man to perform?

"And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth." "And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Gen. 1: 28; 2: 15.

4. What was God's purpose in creating the earth?

"For thus saith the Lord that created the heavens; God himself that formed the earth and made it; He hath established it, He created it not in vain, He formed it to be inhabited." Isa. 45: 18.

Note: God intended that the earth would be inhabited by a righteous people who would love, honour, and obey Him.

II The Dominion Relinquished

5. What event retarded God's original purpose?

"And there was war in heaven: Michael and his angels fought against the dragon. . . . 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." Rev. 12: 7, 9.

6. How did man lose possession of the earth?

"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Rom. 6: 16.

Note: Man yielded his claim to Satan at the time of the fall recorded in Gen. 3: 1-6. Satan recognized this as is evidenced by his words to Christ at the temptation (Luke 4: 5, 6).

7. How is Satan's rule characterized?

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." Eph. 6: 12. Note:

Satan's rule, which was to enlighten mankind (Gen. 3: 5), and give liberty (2 Peter 2: 19), has instead resulted in darkness (2 Cor. 4: 4; Isa. 60: 2), and bondage (Heb. 2: 14, 15). Sorrow and grief, unprofitable labour, and finally death has proved to be the lot of humanity under the dominion of Satan (Gen. 3: 16-19; Job 14: 1; Eccl. 2: 22, 23; Rom. 5: 19; 6: 23).

8. What is said of the earth under the present regime?

"The earth mourneth and fadeth away." Isa. 24: 4. "For we know that the whole creation groaneth and travaileth in pain together until now." Rom. 8: 22.

Note: Under the reign of sin, earth's original beauty is marred. Thorns and thistles take the place of shrubs and flowers; water covers three-fourths of the earth's surface, while deserts and waste lands occupy no inconsiderable portion. The flood destroyed the primitive beauty, while all that is now pleasing to the eye is "reserved unto fire." Satan's rule is one of destruction and desolation (Jer. 4: 23-27). Read the first chapter of Job.

III The Dominion Regained

9. In spite of Satan's domination, what promise was given to Abraham?

"And the Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward; for all the land which thou seest, to thee will I give it, and to thy seed forever." Gen. 13: 14, 15.

Note: This promise comprised the whole earth (Rom. 4: 13).

10. Has this promise yet been fulfilled?

"And He gave him none inheritance in it, no, not so much as to set his foot on: yet He promised that He would give it to him for a possession and to his seed after him, when as yet he had no child." Acts 7: 5. Read also Heb. 11: 8-10, 39, 40; 2 Peter 3: 9; Ps. 105: 8-12.

11. Through whom will this promise be realized?

"Now to Abraham and his seed were the promises made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ." Gal. 3: 16. See further Gal. 4: 4, 5; Luke 19: 10; Rev. 12: 5, 10; Dan. 7: 13, 14.

12. How does man come into possession again?

"And if ye be Christ's then are ye Abraham's seed, and heirs according to the promise." Gal.

3:29. See Dan. 7:22, 27. Note: This takes place after the resurrection (Eze. 37:1-14).

IV The Dominion Restored

13. What does God promise to do?

"For, behold, I create new heavens, and a new earth: and the former shall not be remembered, nor come into mind." Isa. 65:17. Also Rev. 21:1, 5.

Note: This will be accomplished through renovating fire (2 Pet. 3:10-13; Isa. 34:9).

14. What description is given us of the restored paradise?

"For since the beginning of the world men have not heard, nor perceived by the ear, neither hath the eye seen, O God, beside thee what He hath prepared for him that waiteth for Him." Isa. 64:4. "The wilderness and the solitary place shall be glad for them, and the desert shall rejoice, and blossom as the rose. It shall blossom abundantly, and rejoice even with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the Lord, and the excellency of our God. . . Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert. . . And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away." Isa. 35:1, 2, 5, 6, 10.

15. What are some of the characteristics of the kingdom to come?

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Rev. 21:4. Also peace, joy, righteousness, judgment, health, forgiveness, pure speech, etc. Isa. 11:9; 12:3; 32:1; 33:24; Zeph. 3:9.

16. How will the time be spent on the new earth?

"And they shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands. They



THE SAINTS' ETERNAL HOME

"I saw a new heaven and a new earth: for the first heaven and the first earth were passed away." Rev. 21:1.

shall not labour in vain, nor bring forth for trouble." "And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord." Isa. 65:21-23; 66:23.

V The Capital of the Restored Dominion

17. When the earth is renewed, how does God provide a capital?

"And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband." Rev. 21:2.

Note: This is the home Christ went to prepare (John 14:1-3). We are told in Zech. 14:4, 5 where the city will be located. The saved shall

have both a country and city home to delight in.

18. How do the scriptures describe this city?

The city is of gold, foursquare, 375 miles on each side, surrounded by a wall of jasper 216 feet high, having twelve foundations set with precious stones. Twelve gates of pearl form an entrance to the city. The throne of God and of Christ is located in the centre of the city, from which proceeds the clear water of the river of life. The tree of life grows on either side of the river. Christ is the light of the city. Read Rev. 21:10; 22:2.

19. Who, then, will take up their abode with the redeemed?

"And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God himself shall be with them, and be their God." "The throne of God and of the Lamb shall be in it." Rev. 21:3; 22:3.

20. Who are privileged to enter this place?

"Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Rev. 22:14. Read also Psalm 15.

How To Deal With Temptation

By GEORGE S. BELLEAU

In the great World War the first thing our generals did was to find out the location and strength of the enemy. After learning these facts, they were better prepared to enter the battle. The same is true of temptations. After we have taken account of them, made a list of them on paper, and learned their strength and under what circumstances they come to us, we are then better prepared to battle against them.

We should resist temptations with all our might, determined to overcome them. For instance, a person learning how to play football is timid about tackling at first, but when he gets used to it and knows that he can get his man, the harder the tackle he makes the more pleasure he has in getting his man. We should not compromise nor be satisfied with anything less than complete victory. If we are not determined from the first we are fighting a losing battle. What should we say if a man stole ten thousand dollars from his employer, then decided to reform, but not too quickly. He would steal only eight thousand dollars the next year, six thousand the year following, and at the end of five years be an honest man. Would he? On this principle he would never be an honest man. After conquering a temptation, it rarely if ever returns with the same force as at first, and we are not so

timid in meeting it, because we know that through Christ we have conquered once and can do so again.

If we must, we should run away from temptation. If experience has taught us that by needlessly exposing ourselves to certain temptations we are bound to fall, the part of manliness and wisdom is to escape from them. A story appeared in the *New York Times*, giving the reason why the president of a large concern in Lowell, Massachusetts, had disappeared without any one's knowing why he had gone or where he went. "There was a great fight on for the election of superintendent of public building, and certain Lowell men came to my house," he later revealed, "and offered me five hundred dollars for my vote. They told me they knew I was in debt and that I needed the money. I saw poverty staring me in the face. When I refused they doubled the sum. As soon as they left, I started for the station and boarded the first train out." He ran away from temptation, for he feared he might yield if he stayed. It is not cowardly to run from temptation. It is cowardly to yield to it.

No man should go about looking for temptation. We should not pray God, "Lead us not into temptation," and then get up off our knees and walk right into it. The Lord knows our strength, and we have no right to invite temptation. No temptations are allowed to come to us unless there is power at our command to enable us to gain the victory over them. Christ was made a perfect Saviour by overcoming temptation.

We should make earnest effort to crowd temptation out. At a certain college, the students during a great revival combined to burn some vile books in the library. They knew it was the only way to get rid of them. John Bunyan realized this fact when he wrote "Pilgrim's Progress" in the Bedford jail, because as he said, the devil was there and he wanted to get rid of him. He wrote to drive away the baser thoughts. We conquer sins by conquering sin.

It is no disgrace to be knocked down, but the disgrace comes if we stay down when we are floored by sin. Let us arise and resist sin with all our might. Krapf, the great missionary, said, "Though many missionaries may fall in the fight, yet the survivors will pass over the slain in the trenches and take this great African fortress for the Lord." He considered every blow, every death, a victory for Christianity. The French guard at Waterloo said: "La garde ne se rend pas; elle meurt" ("The guard does not surrender; it dies"). I believe the purpose of every young person should be not to surrender to temptation, but to die, if need be, conquering the foe.

In conclusion, let us remember to discover our temptations, leave nothing undone to conquer them, run away from them rather than toward them, crowd them out of our lives and break away from them. Our power to do these things is as great as was Christ's power to overcome temptations two thousand years ago.



The HOME

*"Home is where there're
other hearts longing just
for you."*

What Is a Christian Home?

By a man who is giving his life to home betterment

A. W. SPALDING

MAHATMA Mohandas Karamchand Gandhi, philosopher and sage, religious and political leader of India's Hindu millions, was appointed a teacher in the National College at Ahmedabad. He was not assigned any particular department or branch, but his name alone brought groups of students to sit at his feet. Anything that Gandhi should choose to teach they esteemed the most desirable thing to learn.

Gandhi said to them, "What shall I teach?"

They considered among themselves. Should they ask him to teach them sociology? for he was a master in that. No; they would not have him teach them sociology. Should they ask him to teach them literature? for he was a master in that. No; they would not have him teach them literature. Should they ask him to teach political history? for he was a master in that. No; they would not have him teach them political history. Many things might Mahatma Gandhi teach them; for not only was he learned, but he was an independent and original thinker. They would, then, have him instruct them in the highest and most profound of sciences.

"Teach us," they said, "religion."

So Gandhi, greatest of India's wise men, set out to teach his students religion. And of what did he tell them? Did he speak of Gautama, who laid the foundations of Buddhism? No. Did he speak of Confucius, the fountainhead of China's wisdom? No. Did he speak of Mohammed, the prophet of hundreds of millions in India and all the world? No.

Jesus and Christians

He started in to tell his students the story of Jesus, — His purity, His kindness, His patience, His love. He told them of His teachings on the

mount, His service in the haunts of hunger and nakedness, of sickness and death. "This," he said, "is religion pure and undefiled. But," he continued, "while I present to you as the purest religion the teachings and the life of Jesus, I would have you understand that there is a great difference between Jesus the Christ and Christianity. Not all are of Jesus who call upon the name of Jesus. Nations which call themselves Christian are nations which in their actions deny the religion of Jesus; people who call themselves Christians are often people who in their lives defame Jesus, gaze upon Jesus; but scrutinize Christianity."

Christ Is Christianity

That such a distinction could be made, and justifiably made, emphasizes the difference there is between a profession of the religion of Jesus and an experience in the religion of Jesus. Jesus is the perfection of humanity, and we admire the perfect life. But to become perfect in life as He was perfect, that is another thing. Yet it is the command of Jesus himself that we become perfect. With characteristic self-forgetfulness He says, not, "as I am perfect," but "as your Father which is in heaven is perfect." Matthew 5:48. He does not countenance professors of His religion who have not the substance of His religion. The religion of Jesus is not merely a philosophy; it is a life. Christ is Christianity. Only he is a true Christian who has Christ living in him. "It is no longer I that live, but Christ liveth in me." Galatians 2:20, A.R.V. And whenever and wherever such a Christian appears among those who know not Jesus, Jesus is revealed to them, not merely as a historical character, but as a living power, the way of salvation. "To



A busy industrious mother of a Scottish home.

whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory." Colossians 1:27. It is the tragedy of Christ that He must over and over be betrayed by His professed followers; but it is the glory of Jesus that He shall save His people from their sins, and in them manifest His life.

We may not live in a land where men are followers of another god or prophet, and look to us for a manifestation of Jesus; but we live, every one of us, where Jesus needs to be revealed to those who do not know Him. In no other place is there such critical need of Jesus as in the home. For here starts the fountain of life; and here is determined whether the stream shall be sweet or bitter, whether it shall carry the water of life or the flood of death. Christianity lives or fails, according to whether or not there be Christian homes.

Christian Home a School of Christ

The Christian home is a school of the Christ life. What Jesus was, that the children in the Christian home are taught to be. If they are

trained in the Christ life when they are children, then in their manhood and womanhood they will be like Jesus, "Who went about doing good, and healing all that were oppressed of the devil; for God was with Him." Acts 10:38. Society would be transformed if there were everywhere Christian homes. The power of habit is next to unbreakable. If the habits formed in childhood are good, they are a bulwark for righteousness in the adult life; if they are bad, they are to the majority insuperable obstacles to reform and right doing. Such men may long for a better life, but they are mastered by the weaknesses and wrong tendencies to which they have become habituated. Even with the few who do break away from evil, and by the grace of God become converted, there is often left to be carried throughout the rest of life a load of ill health, enfeebled faculties, and weakened will, that prevents their giving to God and to the world their due service. The Great Divide is the home of childhood; a stream that is started in one direction will in the vast majority of cases never turn the other way.

Power of Parents

Upon parents, then, lies a responsibility greater than that which rests upon the rulers of nations,

the leaders of the church, or the public teachers of the youth. The man and woman who unite their lives for the making of a new home assume the most tremendous obligations. They have not only, like rulers, to use life, or, like teachers, to shape life; they have to institute life, and to launch it upon its career of time and eternity. But for them there would be no souls to lose or to save; no doing of deeds great or mean; no experiences of happiness or of misery; no judgment to be met or reward to be received. Parents are the primary power in human life and society. They determine whether life is to be, and if it is, how it shall be directed. They are the arbiters of fate.

If Christianity is to win, it must not fail to create Christian homes. And what is a Christian home?

System

It is a home of system and order, a home built upon a plan and kept to the plan, where the relative importance of life's varied activities is recognized and the life of every member is shaped to the efficient performance of duty. For "order is heaven's first

law," and "God is not the author of confusion." 1 Corinthians 14:33.

It is a home where joy and courage reign, where song and cheer and hope are the constant atmosphere. For Jesus was a man of courage and joy. "With songs of thanksgiving He cheered His hours of labour, and brought heaven's gladness to the toil-worn and disheartened." — *"The Ministry of Healing,"* page 52.

It is a home where obedience is exemplified and taught, where parents recognize their obligation to a higher Parent, and through obedience to His laws, physical, social, and spiritual, teach their children obedience to parents, to rulers, and to God. For Jesus was a perfect example of obedience, saying of His Father, "I do always those things that please Him" (John 8:29), and, "Not My will, but Thine, be done." (Luke 22:42).

It is a home where industry and thrift are inculcated, while yet due pleasures are enjoyed; a home where it is recognized that only labour earns relaxation, and that to build worthy character there must be earnest effort of hands and brain. Jesus said, "My Father worketh hitherto, and I work" (John 5:17), though He mingled with pleasure and grace in the social circles of His time.

Cleanness

It is a home that is clean, —clean physically and clean morally; a home that hates disease as it hates sin, and that knows that safety from both is found in cleanness of person, mind, and environment. "Who shall ascend into the hill of the Lord? . . . He that hath clean hands, and a pure heart." Psalm 24:3, 4. And the word of Jesus is this; "Blessed are the pure in heart: for they shall see God." Matthew 5:8.

It is a home that is true, that counts straightforwardness in word and in deed not only a virtue but a necessity; a home where lying is despised, and duplicity is scorned; and where every act and word is squared to the commandments of God. For

Jesus said, not merely, Ye shall hear the truth, but, "Ye shall know the truth, and the truth shall make you free." John 8:32.

It is a home where courtesy is taught, where the thought of others' comfort and blessing is made superior to self-aggrandizement; a home where gentleness of word and demeanour is a true index of unselfish hearts controlled by the Spirit of Christ, who left us an example to "love as brethren, be pitiful, be courteous." 1 Peter 3:8.

Beauty and Wisdom

It is a home made alive to beauty and wisdom, where the works of God are studied and delighted in, and where the word of God is made in daily study the counselor of life; a home wherein a contemplation of the goodness and the greatness and the power of God, the Creator and Redeemer, lifts the heart in adoration and humbles it in awe; a home wherein the words "Our Father" bespeak a love and a reverence which are born of the relation between parents and children, and wherein is found a deep satisfaction in the fraternal words of that Elder Brother, Who said, "I ascend unto My Father, and your Father." John 20:17.

Service

It is a home where duty is made to master desire, and where joy is found in the performance of duty; a home where unselfish service is the law of life, where it is recognized in the ceaseless ministry of God to man's necessities, is exemplified in the untiring care and blessing of the children by the parents, and is taught as not only the duty but the joy of children who would meet the purpose of God and make their lives of worth. It was the Master, Jesus, who pro-

claimed this law; "Whosoever will be chief among you, let him be your servant; even as the Son of man came not to be ministered unto, but to minister, and to give His life a ransom for many."

Such a home is a school of Christ, and so far as its influence extends it is the hope of the world, a pledge of complete redemption, "a little heaven here to go to heaven in."

A Gap Needed

My neighbour's little boy is a wideawake chap, and imbued with a desire to "be good." One afternoon his mother was entertaining friends, and she gave Johnnie a new ball to play with, but admonished him not to go out of the yard. To make her request emphatic, she told him that if he disobeyed, he would be punished.

The inevitable occurred. Johnnie bounced the ball a few times, and out it rolled into the traffic-burdened street. Johnnie looked toward the house, but not seeing any one, he slowly walked to the gate. There he gave the house another contemplative look, then turned, ran for his ball, and back again.

After the company had gone, his mother said, "Johnnie, do you remember that I told you not to go into the street this afternoon?"

Little Johnnie answered, "Yes, mother."

Mother went on, "I saw you go out into the street to get your ball. I'm sorry, Johnnie, but I shall have to punish you."

Johnnie turned to his mother, "Did you see my ball roll into the street?"

"Yes."

"You saw me start for it, and look back?"

"Yes."

"You saw me stop at the gate a little while, and then go out after the ball?"

"Yes."

"Well, mother, why didn't you tap on the window a little, and help a fellow out?"

That is what is needed, is it not? No one knows how much help a tempted one might get by hearing a friendly warning just at the right moment.



Your Health

Digestive Difficulties

A message of interest to all

By L. A. HANSEN

DIGESTIVE disorders are very common, and so are "dyspepsia cures," recommended to give relief, "no matter what you eat." The most common causes of dyspepsia are errors in the way people eat. The dyspeptic will look in vain for relief through the use of stomach bitters, digestive tablets, pepsin tonics, or any make-believe remedies, as long as he continues his old eating habits. Nothing can take the place of correct, common-sense dietetic principles.

From all we hear about "stomach trouble," indigestion, digestive disorders, and nutritional diseases in general, we might think that eating is quite a hazardous process. It might seem that either the human stomach is an organ of uncertain quality, or that most foods are capable of causing most people more or less trouble.

Where is the trouble in this matter of "stomach trouble"? Is it that stomachs are so unreliable and undependable? Is the stomach an organ that may go bad suddenly, and for no particular reason fail in doing its duty? Do some people naturally have poor stomachs?

Are there qualities in foodstuffs that make them a risk to some persons? How much is there to the idea that practically all foods are difficult of digestion for some people, and that it is a mere matter of chance as to what will agree with us? Granting that not all stomachs are alike, and that what may agree with one may disagree with another, are we to think that the whole question of eating is fraught with considerable mystery and uncertainty?

It is a fact that not all stomachs are exactly alike, any more than are other anatomical features of individuals. Men's thumb prints, facial features, manner of walking, and other characteristics differ. Some have no taste for art, some no ear for music,

no eye for colour. So do men's digestive organs and functions show individual shape and bent. X-ray pictures show practically no two stomachs of the same form. Physiologically and functionally, also, there are variations. One person has no taste or liking for a certain food, and another has "no stomach" for some other food.

But digestive functions, as such, are not justly to be charged with inefficiency and disability. Barring a few individual exceptions of digestive peculiarities, all normal stomachs are capable of doing the work for which they are made. Indeed, many cases of dislike for, or inability to eat, certain foods is much in the mind, and can be remedied by the stomach if given a proper chance.

Foods for Digestion

In foods we find varying degrees of digestibility, one food digesting in an hour or less, and another requiring four hours or more, in a normal digestive system. Running the range of varying compositions of starch, sugar, acid, fat, and protein, different foods may act with varying adaptability to the various digestive ability of individual eaters.

But foods, as such, foods that are really foods, were made to be eaten and digested. They were not made to tantalize and trouble people. A good stomach and good food make a perfect working combination, one that will run so smoothly as to create no friction or trouble. Instead of being the source of disturbance or distress, normal food digestion serves the highest physiological needs, and that perfectly.

A man's stomach is what he makes it, and he should not try to make it anything but a stomach. It is not a mill hopper, for grinding anything and everything. Nor is it naturally a garbage can. It

is really quite enough to be a stomach. It is no minor matter for an organ to handle two or three meals a day; and when a stomach has done that properly, it has done a full day's work.

Food for Thought

Probably in every case of stomach trouble, the stomach is not to blame. Given a fair chance, most stomachs will do their allotted work. The stomach does not balk at ordinary, everyday work; it does take exception to the extraordinary and all-day and night work too often given it to do. Eating between meals, eating late meals, eating large quantities of food at a time or of complicated mixtures, indulging in rich, greasy, or over-sweetened foods, whipping it with stimulants, prodding it with irritants, and doing various other things that heap burden and abuse on the stomach, can, in time, break even the best of stomachs.

It is the eater who must give some thought as to what really belongs to a stomach's legitimate work. He may take pride in having a stomach that will "digest anything," but he must recognize limitations as to what things he gives his stomach to digest, if he does not want to be disappointed. A stomach has its limitations, and they are very often a long way this side of what some people expect a stomach to do.

If the digestive system breaks down, the fault is not very likely to be found in the organ itself, nor in the material provided for its use. The trouble is almost invariably in the manner we use the digestive apparatus, or rather, abuse it, and in the way we treat, or mistreat, the food we put through it.

It is not strange that there is a great deal of stomach trouble. It would be strange if there were not, from the manner in which so many people treat their digestive functions. Don't libel your poor stomach, or make false accusation against it. And don't make unjust charges against perfectly good food. Let the blame fall where it should, and then do your part to remedy the trouble. A doctor may need to tell you what you should do, but you are the one to do it.

Some Suggestions

Instead of scanning the advertisements of quack nostrums, let the dyspeptic try this on his stomach:

THE
BODY

MASTER
BUILDER

A
Complete Food.

Has best quality
PROTEIN for growth
and tissue repair,
contains SUGAR and
FAT for heat and energy,
is rich in MINERAL SALTS,
LIME, and VITAMINES
for building bones
and keeping body
in health, contains
PHOSPHORUS
and a little
IRON

1 Q 1

Eat slowly, taking time to chew the food thoroughly.

Eat only a few kinds of food at one meal, getting variety in different meals.

Avoid fried foods, and rich and complicated mixtures.

Be regular in meals, eating nothing whatever between meals.

Eat only a light meal in the evening, long enough before retiring to give the food time to digest, so the stomach can rest during sleep. There will then be an appetite for breakfast, and the other meals of the day will have a better chance to be taken care of.

Be moderate in eating, remembering that over-eating is one of the worst dietetic sins, and a cause of much physical trouble. After all, it is not what is eaten that nourishes, but what is digested; and excess over this becomes a burden to the system.

Eat only such combinations of food as will not

cause distress. If fruits and vegetables do not seem to agree, and they do not in some people's stomachs, do not eat them together.

Let condiments such as pepper, mustard, and vinegar, alone. They do not nourish; they are stomach whips and nerve irritants.

Avoid foods of extreme temperatures. Too cold food deadens or benumbs the stomach for a time, and delays digestion until the normal stomach temperature for digestion is restored. Excessive heat enervates or weakens the stomach.

Leave soda out of the bill of fare. It is very hurtful to the stomach, and destructive to certain essential food elements.

Eat without worry, anxiety, or care. Leave perplexities of all kinds out of the meal hour.

Eat *with* pleasure, not *for* pleasure. Enjoy the food.

Then let the food alone, leaving digestion to the stomach and other digestive organs.

And let drugs alone. The stomach was not made for them. If any medicinal remedies are ever used, let it be only on the prescription of the careful, conscientious physician, who alone should say when and how anything of the kind should be used.

Acute Indigestion

Both young and old suffer from acute indigestion. In adults the cause may be overeating, hasty eating, wrong food combinations, such as sour fruit and milk, or acids and coarse vegetables, too many varieties at one meal, late and heavy suppers, eating when worried or wearied, or other dietetic indiscretion.

The symptoms are headache, belching food, nausea, shortness of breath, heart palpitation, diarrhea, and pain in the abdomen. For the abdominal pain apply fomentations. If five or six applications fail to give relief, give a hot enema. For pain caused by gas in the stomach, give a glass of hot water with a drop or two of oil of peppermint. If the trouble persists, empty the digestive tract by giving a cathartic. Better omit a meal or two after acute indigestion, or eat very lightly, preferably of liquid foods. Free water drinking is advisable. Repeated attacks of acute indigestion may run into chronic indigestion. Avoid this by observing care in your eating. Take note of what things seem to disagree with you, and exercise care in their use. It may not be necessary to stop using them, but only to eat them in proper combinations, or in the right way, or at the proper time.

Nausea

While nausea may be due to seasickness, pregnancy, the presence of poison in the stomach or in the system, certain nervous diseases, or to other conditions, it is often caused by some digestive disorder. Decomposing food may produce it. If in the stomach or bowel, remove the offending substance by cathartic, as well as an emetic, if necessary. If the lower bowel is affected, a full enema should be given. Drink freely, adding a little lemon juice

to the water if desired. Fruits and fruit juices should be used for a time.

Vomiting usually accompanies nausea, and its treatment is about the same, emptying the bowels by use of a cathartic and enema and the stomach by an emetic. If the vomiting persists, apply an ice bag over the stomach; if this fails, try fomentations to the stomach. Swallowing bits of ice is sometimes helpful.

Questions and Answers

Readers of the Watchman are invited to send questions on health topics.

Consulting physicians
D. H. Kress, M.D. H. G. Burden, M.D.

Are eggs good for children?

Egg nogs are very nourishing if made with milk and may be given to children occasionally. They may be taken unsweetened or slightly sweetened with honey, which goes well with milk (cane sugar does not agree with milk). Egg nogs made with fruit juices are quite refreshing and easily digested. They should never as a rule be given between meals.

Perhaps a word should be said regarding eggs for children in nervous, irritable cases. It is often found that eggs are too stimulating to be used often. They tend to make children cross and impatient. This is also true of meat. An egg contains only half the food value of a glass of good milk, but its stimulating effect causes people to overestimate its true value as a food. Eggs do contain valuable iron for blood building.

Is cocoa good for children?

Cocoa or chocolate both contain almost no food value. They, however, contain a moderate amount of theobromin, a drug similar to caffeine in tea which acts as a stimulant to the heart and nerves and the kidneys; and in some people it will keep them awake nights and cause an excessive flow from the kidneys. For this reason it is certainly not the best for anyone, especially children. Also because of the tendency to habit formation and unnatural craving which may develop and cause a loss of appetite for simple foods and plain milk. If given at all it should be very weak and only occasional. There is a preparation from cocoa on the market, though quite expensive, from which the drug theobromin has been removed.

Can you suggest any hard food, not containing any cereal, which might be used instead of bread?

You might try chestnuts. They contain somewhat the same ingredients—proteins, starch, and fats—in about the same proportions as bread. I do not know just what it is you want to avoid in the bread. If it is starch, you can buy a gluten flour or a gluten bread that is free from starch. If you wish to avoid cereals and starches, why use bread at all?

As Others See It

Crime Among Youth Blamed on Parents

"Those who take the trouble to acquaint themselves with the magazines and novels the young people are reading today, and the stage and screen plays they are seeing, and observe at the same time how little effort is made in the home to counteract these potent influences outside will find no difficulty in understanding the increase in juvenile delinquency and youthful crime," said General D. C. Draper, Chief of Police, addressing the Riverdale Kiwanis Club at the weekly luncheon held in the Broadview Y.M.C.A.

Parents Too Lax

"In what particular has the home failed?" questioned General Draper. "I would say in relaxation of parental discipline, and in the neglect of general supervision over the rising generation. The so-called emancipation of woman from the 'bondage of the home' has been followed by a corresponding emancipation of the children from the control and discipline of the parents, and is one of the most potent factors in the growth of these conditions from which youthful delinquency and crime develop," he claimed. The consequence is that the youth of today are allowed to be poisoned in heart and mind by suggestive literature, so easily obtainable and widely discussed on every hand; by moving-pictures, many of which teach everything but virtue, and demonstrate in detail how the worst crimes can be committed, and by frequenting with idle, loose company in dangerous pleasure resorts.

—*Toronto Globe.*

Longevity and the Single Life

In Europe, as in America, physicians are sounding notes of warning against lifeshortening forms of pleasure and excitement.

The death rate from heart disease, said a speaker before the British Institute of Hygiene, has increased nearly 400 per cent in recent years. Among the major causes are the craze for speed, excessive smoking and drinking, the habit of staying after midnight at cabarets and clubs, loss of needed sleep and quiet.

Science and hygiene are proud of their success in lengthening the average span of human life. But the number of sudden deaths directly attributable to overstrain is growing at a rate that challenges attention, and it is high time intelligent persons

everywhere sponsored a return to the simple, sane and reasonable quiet life.

The motor car is invaluable. Melodramatic forms of amusement have their place. But moderation and balance are as indispensable as ever. Recreation is essential, but it need not involve either physical or emotional excesses. Travel and the enjoyment of natural scenery need not involve reckless driving. Despite modern inventions it is still possible to loaf and take one's soul along. Leisure is a boon, but it should be utilized wisely, without sacrificing life or health.

A movement the world over toward the simple, wholesome, rational life would have the backing of the medical profession, the mental hygienist, the philosopher and the average person of common sense. —*Chicago Daily News.*

The Minister's Dollar

The National Education Association is authority for these figures. In 1890 the average salary for ministers of all denominations in the United States was \$794 per annum. In 1900 this amount had decreased to \$731. In 1910 it reached \$802. In 1913, the year before the war, in European changed money values, it had reached \$899 per annum. In 1920 the average salary totalled \$1,468; and in 1926, \$1,744. On the basis of the 1913 dollar, the actual amount received in 1890 was 88 per cent of the 1913 salary, and in 1926, 194 per cent. In purchasing power, based on the 1913 average, the minister received \$1,046 in 1890, and \$995 in 1926. It will be seen that while the actual amount of money received by ministers has increased greatly during a period of thirty-six years, the comparative salary has decreased when figured upon the ability of the dollar to buy the necessities of life.—*Christian Century.*

Toronto has 87 millionaires; Montreal has 76, it is stated in a circular forwarded by that firm to various financial concerns in the city. Ontario has four more millionaires than all the other Provinces combined. There are 51 millionaires in Ontario outside of Toronto, it is stated, and 500 in the entire Dominion.

According to the figures submitted, the millionaires, by Provinces, are as follows: Ontario, 138; Quebec, 91; Manitoba, 21; British Columbia, 9; New Brunswick, 5; Alberta, Nova Scotia, 4 each; Saskatchewan and Prince Edward Island, none.

WHEN WILL WONDERS CEASE?

(Continued from page 17)

was seized by the idea that the power of steam could be harnessed. Ben Franklin flying a kite as millions of boys had flown kites before conceived the idea of tying a key to the tail of the kite and brought down the lightning from heaven. Today our father's cradling scythe hangs rusting on a nail in the barn while a combined harvester and thresher on our Western Canadian plains cuts the wheat, threshes and sacks it in one operation.

The spinning wheel of our grandmothers is a relic of the good old days, replaced by the complicated machinery of the textile mills.

The very word manufacture from the Latin words factum, to make, and manu, by hand, has lost its significance as hand work gives place to modern machines driven by steam and electricity.

We thought when we got the cannon ball express thundering across the continents at the rate of a mile a minute that the last word had been spoken on Nahum's chariots running like the lightning, but along came the automobile exceeding 200 miles an hour in speed tests and literally raging in the streets and on the highways. And not content with harnessing steam and electricity, men literally fly on the wings of the wind attaining a speed by airplane of over three hundred miles an hour, or five miles a second.

And the striking thing about it all is that right when inventions were being developed that fulfil the prophecy men still regarded them as impossible.

As recently as May 6, 1908, when an enterprising reporter ensconced in the crotch of a pine tree saw the secret take off of the Wright brothers in a heavier than air machine from a lofty sand dune at Manton, North Carolina, and telegraphed his scoop to the press, the cautious editor of a large Cleveland daily, remembering the fate of Darius Green, wired back testily, "Cut out all that wild cat stuff about two mile flights!"

Today the presses carry daily despatches transmitted by radio of nonstop flights across continents and oceans and over the North Pole.

The railroad, the steamboat, the automobile, the airplane, the telegraph, telephone, cable and the radio have reduced this world of ours to one small neighbourhood and the gospel of the kingdom is speeding its way to every dark corner of the world. We are in the time of the end. Truly in this "age on ages telling, to be living is sublime."

WOULD YOU LIKE TO POSTPONE YOUR FUNERAL

(Continued from page 19)

the oriental peppers and spices ground into them.

If the Creator had protected our stomachs as our eyes, so that if anything improper or irritating came into the digestive organ, it would put forth a copious flow of gastric tears and bring on an attack of vomiting, how long do you think these irregular

highly coloured, complexed, many-tailed midnight suppers would last? If we would only realize that the original diet given to us by our Creator, who understands our mechanism, is the diet to be chosen if we want to have our days and years prolonged, we would save ourselves many an ache or pain. It was a simple diet, composed of grains, fruits, nuts and vegetables. This is the only diet that needs not the helping hand of the cathartic pill, and is truly the only answer to that everlasting question of constipation.

In conclusion I would like to mention the mental attitude one must have in meeting life day by day. Life is serious, it is real. Our doubtful and mystical ideas must be replaced by courage, common sense, cheerfulness, and with a conscience at peace with our Creator and fellow beings. Then we will be able to meet each issue successfully. Your body will be in the best of health, your life will be a happy one and many your days.

Current Comment

—The second school car operated jointly by the Canadian Pacific Railway and the Ontario Department of Education will shortly proceed to operate in the district in Ontario lying to the west of Fort William and Port Arthur. The mobile school-house, completely equipped and moving from place to place to hold classes, is solving in unique fashion the education problem of certain remote districts in Ontario.

—Rural mail services in Canada are steadily increasing. A maximum of 3,800 rural routes has now been reached, this representing an increase of about 400 compared with a year ago. The most notable development is in the Western Provinces, more demands coming from there than from other sections of the country.

—"Wheat farmers of Montana alone paid nearly \$8,000,000 more in freight rates on their wheat crops in 1927 than they would have paid had they lived in Canada," stated Senator Wheeler of Montana, speaking in the United States Senate recently.

—The renowned Archbishop of the Church of England is laying aside his heavy responsibilities. He has presided over the fortunes of the State Church for two decades. He is to be succeeded by the Archbishop of York, the Rev. Dr. Cosmo Gordon Lang.

—More than a hundred lives were lost in a theatre fire in old Madrid, Spain, on Sunday, Sept. 23. It can hardly be hoped that any of these people were prepared to die. We think of the motto, "Go nowhere that you would not like to be found when Jesus comes. Do nothing that you would not like to be found doing when Jesus comes."

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—The vicious dog fish of the Pacific coast has at length found his niche in the scheme of economic usefulness, judging by a new industry getting under way. Dog fish oil is the base of a preparation for keeping away mosquitos, black flies and other insect pests which molest man and beast alike. Several barrels a day of dog fish oil are being used in the manufacture of the preparation.



“DANIEL AND THE REVELATION”

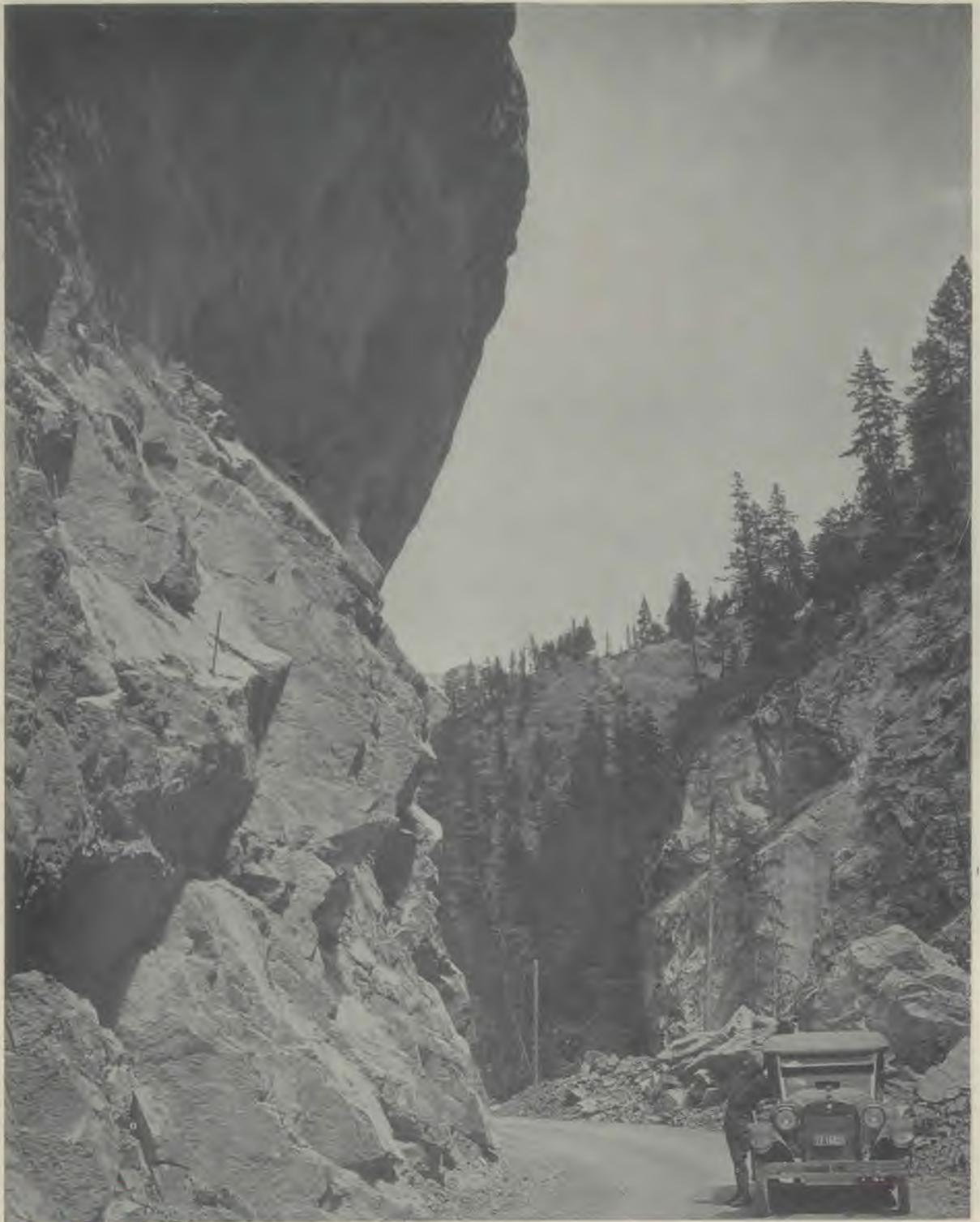
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Red Rock along the motor road in Kootenay National Park