

Signs of

# The **TIMES**

VOL. XXXI

CANADA'S JOURNAL OF HOPE AND HEALTH

1/31 NO. 1



NEW YEAR'S  
RESOLUTIONS

**FARSIGHTEDNESS**  
(See pages 2, 3)

**HERALDS OF CHRIST'S  
RETURN**  
(See pages 14, 15)



Signs of  
**The TIMES**

CANADA'S JOURNAL OF HOPE AND HEALTH

By  
 Taylor G. Bunch

VOL. 31

JANUARY, 1951

NO. 1

Editor \_\_\_\_\_ Dallas Youngs  
 Associate Editor \_\_\_\_\_ W. H. Roberts, M.D.  
 Circulation Manager \_\_\_\_\_ R. E. Crawford

*Contributing Editors, Religious:* H. L. Rudy, G. Eric Jones, Carlyle B. Haynes, R. E. Finney, Jr., Taylor G. Bunch.

*Contributing Editors, Medical:* Erwin A. Crawford, M.D., J. Wayne McFarland, M.D., Donald A. Smith, M.D.

**CONTENTS**

**BIBLICAL**

Farsightedness _____	2
By Taylor G. Bunch	
Jesus—Mediator _____	4
By H. L. Rudy	
The Devil's Biography _____	6
By R. Leo Odom	
Why Be a Skeptic? _____	10
By Harvey Hansen	
Work—Man's Best Birthright _____	11
By F. H. MacArthur	
Pride and Gossip _____	12
By C. A. Edwards	
Heralds of Christ's Return _____	14
By Louis B. Reynolds	
God's Supreme Power _____	17
By George Russell	
Ring, Bells, Ring _____	28
By Martha E. Warner	

**MEDICAL**

Diseases of Stress _____	20
By W. H. Roberts, M.D.	
Physical Degeneracy—Its Causes _____	22
By D. H. Kress, M.D.	
The Great White Plague _____	24
By Upton R. Pearce	
Intemperance at the Table _____	26
By H. W. Trebor, M.D.	

**REGULAR DEPARTMENTS**

The World As We See It _____	8
By the Editor	
News Nuggets _____	16
By R. E. Finney, Jr.	
Bible Answerman _____	18
By the Editor	
Doctor's Voice _____	20
By W. H. Roberts, M.D.	

**G**ENUINE Christians are the most forward-looking and far-sighted of all people. Their vision not only embraces the future history of this world of sin but also reaches into the eternity of the world to come. In the "catalogue of David's mighty men," recorded in 1 Chronicles 11 and 12, it is said that the children of Issachar "were men that had understanding of the times, to know what Israel ought to do." They were men of wisdom and vision. They had learned the needed lessons from the history of the past, they understood the meaning of current events, and they faced the future with hope and courage.

The challenge of the present hour demands men and women of the same calibre as these ancient mighty men of valour. Both church and state need leaders who "have understanding of the times" and who as the result of such a vision know what ought to be done. The urgency of such a need is emphasized by the biblical statement that "where there is no vision, the people perish." The world owes much, not to visionary men, but to men of vision. Jesus severely rebuked the Pharisees and Sadducees, the religious leaders of that day, because they could forecast the weather by means of certain signs in the sky, but could not "discern the signs of the times." (See Matthew 16:1-3.)

This same rebuke must apply with still greater force to modern men who are able to forecast weather changes and conditions for weeks and months in advance and at the same time are ignorant of the true meaning of the events that are taking place with lightning rapidity in the political, religious, social, scientific and industrial worlds. To the church of His day Jesus 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 19:42. He then predicted the destruction of their city and nation "because thou knewest not the time of thy visitation." Is it any wonder that He wept over His beloved city and people?

**Signs of The TIMES**, published monthly, by the Signs of the Times Publishing Association (Seventh-day Adventist), Oshawa, Ontario, Canada. Authorized as second-class mail, Post Office Department, Ottawa, Ontario, January, 1921.

**SUBSCRIPTION RATE:** Single yearly subscription, \$2.00 within the British Empire (to U.S.A. and foreign countries add 15 cents extra for postage); single copy, 25 cents.

**CHANGE OF ADDRESS:** Please give both old and new addresses.

**EXPIRATION:** Unless renewed in advance, the magazine stops at the expiration date given on the wrapper. No magazines are sent except on paid subscriptions, so persons receiving the Signs of The TIMES without having subscribed may feel perfectly free to accept it.



# FARSIGHTEDNESS

## Wise the Man Who Sees As God Sees

Ancient Israel failed because they were unable to recognize in Jesus the Messiah of the Old Testament prophecies. Almost every act of His life was the fulfilment of definite prophetic forecasts of the anticipated advent of the "Desire of nations," and yet "He came unto His own, and His own received Him not." Now His second advent is at hand, and modern Christendom as a whole is unready because it does not "discern the signs of the times" nor recognize the time of its visitation. One ecclesiastical leader declared that the church today needs weeping prophets to shed tears over modern Jerusalem.

### Religious Stagnation

The Scriptures contain many predictions of last-day spiritual stagnation and apostasy in the world of religion. The apostle Paul wrote: "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; speaking lies in hypocrisy; having their conscience seared with a hot iron." 1 Timothy 4:1, 2. In view of this situation the apostle again wrote: "I charge thee therefore before God, and the Lord Jesus Christ, who shall judge the quick and the dead at His appearing and His kingdom; preach the Word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine. For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables." 2 Timothy 4:1-4.

Anyone who is acquainted with present-day conditions in the religious world and the evident drift away from the Bible as the Word of God and the authoritative source of revealed truth, can say as Jesus said on a certain occasion, "This day is this scripture fulfilled in [our] ears." This was emphasized in a recent poll conducted among the 9,000 students of the University of Denver when 6,000 said that they never read the Bible. Commenting on this, Columnist Royce Brier, writing in the San Fran-

cisco *Chronicle*, said: "This could be the most significant news story ever published in America, because America was built by Bible-reading people. Indeed we can go much further than that, and say that the Western civilization was built by Bible-reading people. Without the Bible as the foundation for a religion, whatever would have happened in the West in the past thousand years would have been inconceivably different from what did happen. . . . The foundation of the Western present as of the Western past and any Western future at all, is the moral order which has its most effective expression in the Bible."

Not long before his death, H. G. Wells, noted British historian, said: "The Bible has been the Book that held together the fabric of Western civilization. It has been the handbook of life to countless millions of men and women. The civilization we possess could not have come into existence and could not have been sustained without it." How true was the remark of Victor Hugo: "England has two books, the Bible and Shakespeare. England made Shakespeare but the Bible made England." But great changes have taken place in staid old Bible-loving England since the days of Victor Hugo.

In describing the static condition of spiritual matters in the United States, the *American Legion* recently said: "With all the blessings we enjoy in

*The future, as far as man is concerned, is as a dark room until the hand of Bible prophecy draws aside the curtain.*



this great nation of ours, it does seem strange that instead of advancing in spiritual matters we seem to be growing stagnant. We are worried because the America we know and love can't be the same if people lose their faith in God. And it looks as though we might be heading in that direction."

In its issue of October 19, 1949, the *Christian Century*, after commending present attempted spiritual awakening among the churches as they march forth "against the pagan secularism, spiritual illiteracy and open unbelief," makes this comment: "If church men and women are sobered by the judgments that have fallen on our world and the worse catastrophes that threaten to descend, if they are moved by the promise of new light yet to break forth from God's Word and by the love which will not let us go, then 1950 will see a momentous turning point in Christian history."

### Is Faith Declining?

On one occasion Jesus asked the question, "Nevertheless when the Son of man cometh, shall He find faith on the earth?" He had just told the parable of the widow and the unjust judge. Her petition was granted, not because the official loved justice, but because of her persistency. Jesus declared that God would speedily "avenge His own elect, which cry day and night unto Him." But even though He hears and answers the prayers of His people, faith would be greatly lacking in the world at the time of His return. It would be the exception rather than the rule even in the Christian world.

The apostle Paul gives us another prophetic picture of our day, and any careful observer can recognize the application to the modern world: "But of this be assured: in the last days grievous times will set in. For men will be lovers of self, lovers of money, boastful, haughty, profane. They will be disobedient to parents, thankless, irreligious, hard-hearted, unforgiving, slanderers. They will have no self-control, but will be brutal, opposed to goodness, treacherous, headstrong, self-important. They will love pleasure instead of loving God, and will



keep up a make-believe of piety and yet exclude its power. Turn away from people of this sort." 2 Timothy 3:1-5, Weymouth.

This is not a picture of the heathen, pagan, wicked world of unbelievers. It describes those who are "lovers of pleasure more than lovers of God," who have "a form of godliness" or "keep up a make-believe of piety" but who deny the power of the gospel. The world today is pleasure-mad. The great proportion of professed Christians attend services only when it is convenient. They crowd the theatres on Sunday evenings and leave their churches empty. For this reason in most churches the Sunday evening services have been abandoned. With many the church building is only a place for marriages and funerals and other special occasions. One writer declared that "they build temples and worship not in them."

The long anticipated golden age has failed to materialize. Some leaders believe that the world is returning to another dark age; that a new form of paganism is sweeping over the world. Many felt that science would solve the problems of mankind; but instead of ushering in a new era of freedom from want and fear it has produced the weapons of universal destruction and filled the earth with a haunting fear unknown in past ages. It is believed that the only possible safety in the coming atomic war will be to either flee to the uninhabited desert or mountains or burrow deep into the earth. In fact bomb shelters of a new type are now being constructed for this purpose, making possible the fulfilment of the predictions that men will go into the holes of the rocks, and into the caves of the earth when the Lord shall arise "to shake terribly the earth." (See Isaiah 2:20, 21; Revelation 6:15-17.)

### *The Bright Uplook*

There are really three directions in which we can look. The backward glance over the history of man during the reign of sin is dark. The prediction of Isaiah 60:2 has been fulfilled that "darkness shall cover the earth, and gross darkness the people." The look forward into the future is likewise far from reassuring. The black clouds on the horizon are accompanied by lightning flashes and mutterings of approaching storm. The downward look is also mentioned in the Scriptures. In Isaiah 8:21, 22 is described a class of people who "curse their king and their God," or their government and their religion, and "they shall look unto the earth; and behold trouble and darkness, dimness of anguish; and they shall be driven to darkness."

But there is also an upward look which is bright with hope and anticipation. After describing the "distress of nations, with perplexity" because of the roaring of the sea of humanity and its billows, which causes men's hearts to faint for fear as they look into the future, Jesus said: "And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28. The uplook is bright for those who recognize events as the fulfilment of prophecy and the signs of the return of the Prince of Peace. To them the dark clouds have silver linings because they are harbingers of the dawn of a new day.

This history of mankind began in a perfect state, and to that condition it will return. The first two chapters of Genesis, the book of beginnings, describe the paradise that was lost through the failure of the first Adam, and the last two chapters of the Revelation, the book of consummations, picture the paradise that will

be restored through the obedience and sacrifice of the second Adam. What originally was will be again, for God's eternal purpose will be carried out as if man had never fallen. The apostle Paul said that "when that which is perfect is come, all that is partial will come to an end." 1 Corinthians 13:10, Weymouth.

The very events that bring gloom and distress to one class are messengers of hope and good cheer to those who "have understanding of the times" and "know the time of their visitation." They "look up" because their final redemption is at hand. Someone has said that it is time for the church of Christ to wake up, and get up, and dress up, and look up, and be ready to be "caught up" to meet their returning Lord, who comes with "great recompense of reward" for those who "love His appearing." The final promise of Christ in the Scriptures is, "Surely I come quickly," and every Christian should join in the response of the apostle, "Even so, come, Lord Jesus."



REVIEW AND HERALD

# Jesus— Mediator

**A**MONG other messages of hope that came to the Jewish captives in exile was that of Jeremiah concerning the new covenant. He prophesied: "Behold, the days come, saith the Lord, that I will make a new covenant with the house of Israel, and with the house of Judah; not according to the covenant that I made with their fathers in the day

that I took them by the hand to bring them out of the land of Egypt; which My covenant they brake, although I was an husband unto them, saith the Lord; but this shall be the covenant that I will make with the house of Israel; After those days, saith the Lord, I will put My law in their inward parts, and write it in their hearts; and will be their God, and

*Signs of The TIMES*



they shall be My people. And they shall teach no more every man his neighbour, and every man his brother, saying, Know the Lord: for they shall all know Me, from the least of them unto the greatest of them, saith the Lord: for I will forgive their iniquity, and I will remember their sin no more." Jeremiah 31:31-34.

Here is a definite promise of a new covenant to take the place of the one Israel had broken. This new covenant was not to be "according to the covenant" God made with Israel at Sinai. This covenant was to affect the "inward parts" of the people; their hearts were to be changed and God's law was to be written into the hearts and lives of the people. Those who entered into this covenant were to experience forgiveness of sins. They were all to know God by personal experience. God was to become a personal Saviour from iniquity, and sin was not to be remembered against them any more.

That message had a genuine gospel ring. Nothing like it had ever been heard before. A new day had come in the disclosure of God's plan to save man. In the letter to the Hebrews this is called: "A better covenant, which was established upon better promises." Hebrews 8:6. These "better promises" concern the better ministry of the covenant: the ministry of Christ. (Hebrews 8:1, 2.) The time was coming when the earthly sanctuary would be removed, and Christ would become High Priest at the "right hand of the throne of the Majesty in the heavens."

Jeremiah foresaw that day and he based his hope on the original promises God made concerning the "Seed" of the covenant, also referred to as "a righteous Branch," a King that should reign and prosper, and "execute judgment and justice in the earth." Jeremiah 23:5, 6. This promise of the "Seed" had been given to Adam (Genesis 3:13) and was repeated to Abraham and the other patriarchs. It was the promise of Christ, the Minister of the new covenant. Jesus stood concealed behind Jehovah, who appeared to Abraham and gave the promise of the Seed. But Abraham rejoiced to see the day of Christ, "and he saw it, and was glad." John 8:56.

The "new covenant" is understood in the light of God's covenant with Abraham. Through the faith of Abraham, the father of all the faithful, the promise was made "sure to all the seed." Romans 4:16. The new covenant and the covenant with Abraham are virtually the same. The mediatorial work of Christ was the centre of

---

---

By

H. L. Rudy

---

---

both: "If ye be Christ's, then are ye Abraham's seed, and heirs according to the promise." Galatians 3:29.

The covenant at Sinai did not change the covenant God confirmed to Abraham. (Galatians 3:17.) It is only in Christ that there is any value in the new covenant. There is no blessing that can be gained by virtue of the new covenant that was not promised to Abraham. We must share the promises and blessings with Abraham. "Know ye therefore that they which are of faith, the same are the children of Abraham. And the Scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, In thee shall all nations be blessed. So then they which be of faith are blessed with faithful Abraham." Galatians 3:7-9.

The second or new covenant existed in every essential feature, except its ratification, long before the first, even from the days of Adam. It is called second because its ratification occurred after the covenant made and ratified at Sinai.

In the promise of Christ the "Seed," the sacrifice on the cross is comprehended. He was the Lamb without blemish, "foreordained before the foundation of the world." 1 Peter 1:20. The blood of Christ shed from the foundation of the world was the blood of the new covenant. (Luke 22:20.)

Under the old covenant, faith in Christ was manifest by the sacrifice of the sin offering, which pointed forward to the shedding of the blood of Christ. Under the new covenant Christ brought the sacrifice of His own blood, once and for all. "Once . . . hath He appeared to put away sin by the sacrifice of Himself." Hebrews 9:26.

No sins were ever pardoned except by the shedding of blood. Some impurities might be removed by water and fire, but the stain of sin could be removed only by blood. It is universally true that sin never has been and never will be forgiven except in connection with, or in virtue of, the shedding of blood. All sin which is forgiven is remitted through the blood of the atonement.

Because Christ shed His blood as a sacrifice for sin He is made "the Mediator of the New Testament, that by means of death, for the redemption of the transgressions that were

under the first testament, they which are called might receive the promise of eternal inheritance." Hebrews 9:15.

Forgiveness of sins is promised under the new covenant. (Jeremiah 31:34.) This forgiveness is obtained through faith in Christ, "whom God hath set forth to be a propitiation through faith in His blood, to declare His righteousness for the remission of sins that are past, through the forbearance of God; to declare, I say, at this time His righteousness: that He might be just, and the justifier of him which believeth in Jesus." Romans 3:25, 26.

It follows, therefore, that no sinner can hope for forgiveness except through the blood of Christ; that if men are ever saved they must be willing to rely on the merits of that blood; that all men are on the same level in regard to salvation, since all are to be saved the same way. It also follows that there will be one and the same song in heaven—the song of God's redeeming love.

As the time approached for the fulfilment of the covenant promise, the prophecies concerning Jesus became clearer and more precious to those who really looked for Him. The prophets wrote the biography of Christ far in advance of His coming. His virgin birth in Bethlehem, of the tribe of Judah; His life and work as a prophet of God and light bearer; His betrayal, the time and manner of His death; His burial and resurrection on the third day; His ascension to glory as Priest and King; all this was carefully sketched in detail long before He came as the Son of man.

At last the time of His appearance arrived. The angel of the Lord appeared unto Joseph in a dream, saying, "Thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. And she shall bring forth a son, and thou shalt call His name Jesus: for He shall save His people from their sins. Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, Behold, a virgin shall be with child, and shall bring forth a son, and they shall call His name Emmanuel, which being interpreted is, God with us." Matthew 1:20-23.

Now, "when the fulness of the time was come, God sent forth His Son, made of a woman, made under the law, to redeem them that were under the law, that we might receive the adoption of sons." Galatians 4:4, 5. The prophetic clock struck the hour of the Saviour's coming, and at

(Please turn to page 19)



OF ALL the infamous characters known to the human race, the most notorious is Satan, alias "the devil." Almost everybody has heard of him. But if you should go to a public library and ask for a biography of this fiend of fiends, you probably would not find a book written about him, although his criminal record far exceeds that of all the bad men of earth put together.

To some the devil is a nonexistent, mythological character such as the Man in the Moon, Jack and the Bean-

At first Satan was known in heaven as *Lucifer* ("light bearer"). Isaiah says: "How art thou fallen from heaven, O Lucifer, son of the morning!" Isaiah 14:12. Referring to him as the spiritual king of Tyre many centuries ago, Ezekiel says: "Thou sealest up the sum, full of wisdom, and perfect in beauty. Thou hast been in Eden the garden of God; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the car-

he might render to his Creator the great service of love entrusted to him, Lucifer enjoyed freedom of the will. Possessing the power of choice, he could refuse to serve God. This he chose to do.

What led Lucifer into sin? The answer is in these words which God spoke to the disobedient angel: "Thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the

# The DEVIL'S BIOGRAPHY

stalk, and Santa Claus. To them he is delightfully pictured in cartoons as a cunning, grinning, red-skinned imp with goat's horns and hoofs, a spiked, whiplike tail, holding a three-tined fork in his hand.

Others think of Satan as the superintendent and chief stoker of hell, especially appointed by God to torment mercilessly and unceasingly the souls of all men who die without having repented of their sins. He is supposed to have a host of lesser imps aiding him in the task of roasting bad men, women, and children in billows of devouring flame and sulphurous smoke. Too, it is imagined that he and his helpers find plenty of spare time to go about over the earth and tempt people living here to do all the evil they can.

The only authentic source of information about Satan is the Holy Scriptures. His very name is a word meaning "enemy" or "adversary." In the Hebrew Old Testament the term always appears with the definite article as *ha-satan*, "the enemy," for he is the prince of rebellion and lawlessness. "He that committeth sin is of the devil; for the devil sinneth from the beginning." 1 John 3:8.

In the Greek New Testament the noun *diabolos*, commonly translated "devil," means "slanderer," because Satan is the principal liar and deceiver of all times. He slanders the character of God and entices men to believe the falsehoods which he propagates concerning Him. Christ has said that the devil "was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it." John 8:44. Hence he is called "the Devil, and Satan, which deceiveth the whole world." Revelation 12:9.

buncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that thou wast created. Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire." Ezekiel 28:12-14.

The Archangel over the angels of heaven is Michael, who is Christ. (Jude 9; 1 Thessalonians 4:16.) The cherubim are the angels who attend the Deity on His throne. (2 Kings 19:15; 1 Chronicles 13:6.) Among them upon whom the glory of God shone, Lucifer was "the anointed cherub." Thus he was the prince of the angels. "I have set thee so," says the Lord. That is, God Himself had conferred upon this angel the high honour of occupying a position next to that of the Son of God.

Lucifer was made "full of wisdom, and perfect in beauty," and he possessed great talents for music, that he might ably fulfil the high office to which he was appointed. Under his direction the other angels performed

north: I will ascend above the heights of the clouds; I will be like the Most High." Isaiah 14:13, 14.

Seeing that the Son of God exercised greater authority than he, and that He received the adoration of the beings created by God, Lucifer permitted envy to spring up in his heart against Christ. It is not permitted that worship should be given to the angels. (Revelation 19:10; 22:9.) But Lucifer wished to be a god. "I will be like the Most High," he said to himself. He said later to Christ: "All these things will I give Thee, if Thou wilt fall down and worship me." Matthew 4:9.

Lucifer permitted his unholy ambition to become the dominant trait of his character. Note the selfishness in his thoughts: "I will ascend . . . I will exalt . . . I will sit . . . I will ascend . . . I will be."

He secretly aspired to set up an independent government of his own, that he might rule supreme over the creatures whom God had created. "I will exalt my throne above the stars of God," said he. Verse 13. Thus he hoped to make himself ruler over all the worlds in the starry universe.

This was said at first by Lucifer secretly in his heart, for He did not dare then openly to advocate rebellion against the Lord. In his conversations with the angels he slyly cast insinuations against the character and government of God. In this way he made himself the devil, the slanderer. God had made Lucifer a high and holy angel, but Lucifer made himself Satan, the enemy of God and man.

So opposed became Lucifer to the divine law that he decided to revolt. He persuaded one-third of the other angels to war against God. (Revelation 12:4.) Federated in their evil designs, they "kept not their first estate." Jude 6. They abandoned the

---

By

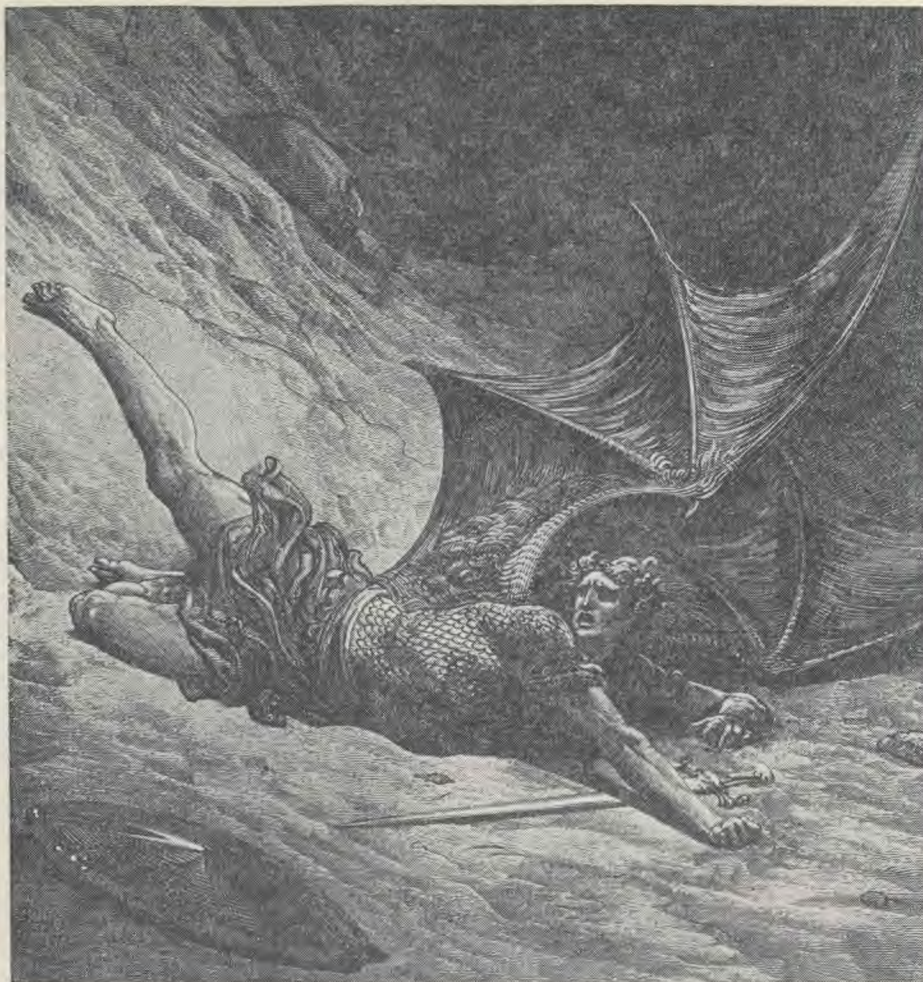
R. Leo Odom

---

their ministry to God. He sounded the keynote, and in sweetest harmony the heavenly choir praised the Eternal One with hymns of worship, gratitude and joy.

In the beginning there was not the slightest taint of sin in Lucifer. "Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee," says the Lord. Ezekiel 28:15. However, that





G. Doré, artist

*Satan and his followers will be completely destroyed. The great enemy will be brought to ashes upon the earth. After that God will re-create the world, and right and truth will triumph. There will remain no vestige of sinners or taint of sin.*

posts of duty to which the Lord had appointed them.

All that God and the loyal angels could do to persuade Satan and his followers to desist from their evil purposes was in vain. "Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness," said the Lord. Ezekiel 28:17. That proud, rebellious cherub would not humble himself in repentance before his fellow angels, because he had been the wisest and most beautiful among them. Hardening his heart in stubbornness, he decided to fight against God to the finish.

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

Satan and his angels were "cast out

into the earth." They were not hurled immediately into a lake of fire. But after tempting our first parents to join in the rebellion against God, Lucifer attempted to set up his kingdom in our world.

When asked on one occasion where he had come from, Satan replied: "From going to and fro in the earth, and from walking up and down in it." Job 1:7; 2:2. When he tempted Christ in the wilderness, Satan "showed unto Him all the kingdoms of the world. . . . And the devil said unto Him, All this power will I give Thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it." Luke 4:5, 6. Lucifer lied when he said, "That is delivered unto me." The truth is: "The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein." Psalm 24:1.

God has never surrendered His sovereignty over our world. But because most men have yielded to the temptations of the devil and persist in sin against God, they have given their allegiance to Satan as their ruler. It was in this sense that Christ spoke of

Satan as "the prince of this world." John 12:31; 14:30; 16:11. Paul calls him "the god of this world." 2 Corinthians 4:4. The vast majority of people follow the heresies of the evil one. (Matthew 7:13, 14.) "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?" Romans 6:16.

Satan and his angels have not yet been cast into the lake of fire. They are now on earth busily stirring up men to rebellion against God. (Revelation 16:14.) When Christ was about to break the power of the evil one over a crazy man, the demons cried out: "Art Thou come hither to torment us before the time?" Matthew 8:29. The devils know that the time has not yet come for them to be punished. (Revelation 12:12.) They will receive their punishment in the future.

"When the Son of man shall come in His glory, and all the holy angels with Him, then shall He sit upon the throne of His glory: and before Him shall be gathered all nations: and He shall separate them one from another, as a shepherd divideth his sheep from the goats. . . . Then shall the King say unto them on His right hand, Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world. . . . Then shall He say also unto them on the left hand, Depart from Me, ye cursed, into everlasting fire, prepared for the devil and his angels." Matthew 25:31-34, 41. "And the devil that deceived them was cast into the lake of fire and brimstone." Revelation 20:10.

As each sinner will be rewarded "according as his work shall be" (Revelation 22:12), the sufferings of Satan will far exceed those of any other transgressor of the law of God. After he has been tormented enough to meet the demands of justice, Lucifer will be wholly destroyed. "The soul that sinneth, it shall die." Ezekiel 18:4, 20. "The wages of sin is death." Romans 6:23.

As John foresaw the wicked in the judgment, he wrote: "Fire came down from God out of heaven, and devoured them." Revelation 20:9. "For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the Lord of hosts, that it shall leave them neither root nor branch. . . . And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the Lord of hosts." Malachi 4:1, 3.





# WORLD AS WE SEE IT!

A Prophetic Interpretation  
of Current Events!

## Atrocities

A RECENT newspaper carried the headline, "Twenty-five Thousand Die in Korea Atrocities. Yank Soldiers Among Victims of Savage Reds." However, by the time this appears in print other atrocities may have eclipsed these in magnitude.

The news article continues: "The Communist retreat trail back to North Korea is strewn with buried and unburied bodies of an officially estimated 25,000 murdered men, women and children in South Korea.

"Where they could, the Reds covered the evidence of horrible brutalities with earthen entrenchments. In haste of retreat, they left many bodies in exposed mounds at some places."

We are appalled by such inhuman savagery. But we are more alarmed by the trend indicated by the cold-blooded murder of these 25,000 helpless prisoners. If this were an isolated incident in human relationships, if we could have the assurance that this horror would not be repeated—then, awful as it is, we could feel that these 25,000 had not died in vain. But it will be repeated, and undoubtedly in magnified forms as circumstances offer.

Beginning with the first world war, and continuing on in a greatly accentuated form during the second world war, this maniacal cruelty may not be expected to abate. Can the world ever forget how the great German nation turned aside from the pathway of honour, under the leadership of one who would create a race of supermen who, he said, would rule the world for a thousand years? Six million, so we are told, of the Jewish race alone were methodically exploited, then cremated in vast ovens and their ashes sold for fertilizer. One female official boasted of tying together the legs of pregnant women and leaving them to die in anguish.

Now, again, in the relatively small Korean war we see the same murderous spirit manifest. True, war at best is a cruel business. But there are international laws, accepted by all nations, that govern the treatment of prisoners. However, there is a greater, a higher, law that should be operative at such times. We refer to the law of kindness and mercy that God has instilled or will instil in every heart.

These barbarities indicate to the Bible student that the world is fast reaching the climax of the reign of sin, that the restraining Spirit of God is rapidly

being withdrawn from the earth, and that the spirit of devils, as is indicated in Revelation, is taking possession of men's hearts. "I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty." Revelation 16:13, 14.

No truer natural law was ever written than the Biblical declaration that, "Whatsoever a man soweth, that shall he also reap." Generally speaking, the man who lives by violence, will die by violence. This being axiomatic, how then can the world inherit peace from nations that are sowing atrocities? One performance of inhuman cruelty begets a reciprocating act that will in turn breed still other inhumanities in a magnified form.

Hatred engenders hatred, and so the world plunges on in its reckless race to destruction. We believe that the words of Peter on the day of Pentecost are especially applicable at such a time: "And with many other words did he testify and exhort, saying, *Save yourselves from this untoward generation.*" Acts 2:40.

## Who Wins?

EVERY now and then the nation is put to considerable loss and inconvenience because of a strike. The recent strike which tied up Canadian railroads is still fresh in the minds of Canadian people. Great inconvenience was experienced. Passengers were compelled to obtain air passage if they could, or failing that they could stay where they were until the strike ended, walk, hitchhike, ride the bus or phone home for the family car to come and get them.

Employees in many other lines were severely affected. Some industries closed down, others curtailed their working hours, others laid off their workers in part. An entire province, Prince Edward Island, was isolated during the strike because the boats carrying passengers and goods to and fro between the island and the mainland were strike bound. This great and widespread loss was effected, relatively speaking, by a mere handful of Canadian workers.

January 25, 1950, the workers at the Chrysler automobile plant in Detroit went on strike. The strike lasted ninety-nine days and, according to an auto-





RELIGIOUS NEWS SERVICE PHOTO

*Since coming "of age," labour organizations have shown themselves to be as intolerant and oppressive as was capital in its heyday.*

mobile trade paper, cost \$1,287,918,080. That tremendous figure is broken down as follows:

1. It cost the 89,000 striking workers \$78,918,000 in wages.
2. Fifty thousand supplier workers lost \$27,000,000 in wages.
3. Six and one-half million were unable to purchase the normal \$272,000,000 worth of supplies.
4. \$910,000,000 is the amount of loss ascribed to dealers and factory.

As we give consideration to these figures it is clear that nobody won, but that everybody lost. It will take the employees a great while to recover the amount lost in wages. Likewise, it will take the Chrysler Corporation a long time to recover losses incurred. Who won—The public? The strikers? The factory? No, definitely not. All of these suffered loss. Union leaders would do well, before calling a strike which entails unbelievable loss and inconvenience, to "count the cost."

## Television

IN THE United States television is said to be the most rapidly growing and expanding industry. New York City has nearly a million and a half receiving sets, and no doubt most of the remaining people there who do not have a set wish they had. Advertisers are enthusiastic about it and claim that it is a nine times more effective selling medium than radio.

Much has been said for it, and but little if anything against it. However, there is at least one who has voiced her opposition to it. Mrs. Allison Palmer, second-grade school teacher at Bergenfield, N. J., has, if she has carried out her threat, resigned as of June 20 last, and moved to Nevada, which state has no television stations.

Mrs. Palmer declares that her second-grade pupils are so busy imitating the television characters that they have no time for reading, writing and arithmetic. Mrs. Palmer told school officials: "Time was, when children worked off their surplus physical energy in outdoor play after school. Now they sit and goggle at a silly television screen all afternoon and night, and then work off their surplus energy next morning on me.

"Why, of the twenty children in my class, nineteen have television sets at home. It's no wonder they are bored by school. How can I compete with Hopalong Cassidy? I have a feeling that my pupils expect me to go into a song-and-dance act."

It seems to this editorialist that Mrs. Palmer has touched upon a vital point—a point that parents and educators would do well to consider with great seriousness. Just what kind of mental and spiritual diet does television provide for your children, Mr. and Mrs. Father and Mother? This is a most important question—one to which you will, as the guardian of the child's total welfare, want to obtain the correct answer.

It must be recognized that as the body is made of the food which is eaten, so the mind is made up of the things that are seen with the eyes and heard with the ears. God gives us the key to the whole situation when He says in the Good Book, "As he thinketh in his heart, so is he." If the mind is fed upon radio and television soap operas, murder mysteries, cowboy adventures and love scenes heavy with sex suggestion, to the exclusion of nearly all that is of serious mien and solemn import, it does not take a divine to forecast the quality of mind and character that will be developed.

Television is following in the footsteps of movies and radio in depicting crime, romance and nonedifying programmes. This writer spent an evening at the home of a friend who had not long before installed a television set. The evening was spent watching one show after another. It was a wasted evening. I am convinced that none of the television party received anything of benefit. On that evening at least, the channels seemed filled with cheap, brutal wrestling programmes. I am sure that the children were not, could not be, edified. Certainly, an evening of television does not put one in a prayerful or worshipful frame of mind.

So far we have talked about the abuses of television and its dangers to its viewers. It can be used, and it is being used by some, to spread the gospel. Surely its potential for good is great. It can be used as a medium for the propagation of God's message for these last days. We hope our readers will, if they have television sets, view and support that which is to the glory of God.





H. M. LAMBERT

**T**HE Bible Christian, endeavouring to point out errors introduced by the skeptic, must in fairness admit that errors and inconsistencies also exist in the realm of religion.

Just as alongside true science there is "science falsely so called" (1 Timothy 6:20), there is alongside *Christianity* "divers and strange doctrines" (Hebrews 13:9), and men whose "religion is vain." James 1:26.

There are "false christs" (Matthew 24:24); "false apostles" (2 Corinthians 11:13); "false prophets" (1 John 4:1); "false witnesses" (Psalm 27:12); "false teachers" (2 Peter 2:1); and "false brethren." Galatians 2:4.

These profess that they know God; but in their works they deny Him. (Titus 1:16; 2 Peter 2:1.) Feeding their own bellies and not the flock, and minding "earthly things" (Philippians 3:18, 19), they cause many "to err, and to do worse than the heathen." 2 Chronicles 33:9. The unchristian works and characteristics of those "having a form of godliness, but denying the power thereof" are many indeed. 2 Timothy 3:5.

The "offences contrary to the doctrine" (Romans 16:17), that are seen by the skeptic's eye, support what the Scriptures say some of the conditions in religion would be. *But by no means do such conditions reveal what the Scriptures support as being Christianity.*

The surest way for anyone to know what Christianity really is, is to let the Scriptures speak for themselves.

When increase in knowledge, new discoveries and changes in world conditions make it necessary for the textbooks in the nonphysical fields like history and sociology to be rewritten

# Why Be a Skeptic?

By Harvey Hansen

*Given a chance, the Bible has power to convert the heart and to convince the unbeliever of his errors.*

and their principles to be changed, we still go right on believing in such subjects. And no one has to prove or demonstrate them in the laboratory. But the more knowledge is increased, the more discoveries are made; the more our times are considered, the more God's textbook, the Bible, is supported. Surely, then, the skeptically inclined may take God at His word too.

While all men may not be faithful, this cannot be said of God. (2 Thessalonians 3:2, 3.) He is the "faithful and true Witness." Revelation 3:14. His testimonies are "righteous and very faithful." Psalm 119:138. "The wisdom . . . from above" is "without partiality, and without hypocrisy." James 3:17. It is true, faithful, pure, right and lasting. (Revelation 21:5; Titus 1:9; Psalm 12:6, 7; 33:4; 119:160; 1 Peter 1:25.) It is the "more sure word of prophecy" whereunto we do well to take heed as unto a light that shines in a dark place. 2 Peter 1:19.

If the skeptic-naturalist would be ahead in his research, let him search the Scriptures. They are filled with praises of nature, and have given and suggested natural facts centuries before science "discovered" them. (Psalm 19:4-6; Ecclesiastes 1:5, 6; Isaiah 40:22; Job 22:12; 26:7; 28:25; 38:31; James 1:11; Psalm 139:14; Hebrews 11:3.)

If the skeptic-teacher wants a greater understanding of human behaviour and the course of human events, let him look in the Bible. Past history, the current scene, and that which is yet to come, in the main are but the echo of that which the Word of God has spoken for centuries and even millenniums. (Numbers 12:6; Hosea 12:10; Isaiah 41:21-24, 28, 29; 42:9; 46:9, 10; Hebrews 1:1, 2; Daniel 2; 7; 8; 9; Matthew 24; Luke 21; 2 Timothy 3.)

If the skeptic-scientist fears his

mighty inventions and wants to know the principles of living that are able to save this scientific civilization from self-made destruction, the Bible is still his answer. (Ecclesiastes 9:18; Isaiah 33:6; Deuteronomy 4:5-8; Job 28:28; Isaiah 48:18; 22; Mark 12:30, 31.)

If the skeptic-philosopher wants to know things unseen, the things that are eternal (2 Corinthians 4:18), his only answer, his "help," is the Bible. True, we may look to nature and the world for fulfillments, object lessons and illustrations of the Scriptures, but it is they themselves that give the spiritual truths. (1 Corinthians 2:10-16; John 6:63; Romans 10:17; John 5:39.)

And if any skeptic would be of those who are "doers of the Word, and not hearers only" (James 1:22), he can, in fact he must, apply principles that are indeed scientific. The scientist faithfully acknowledges all the phenomena related to his experimenting even when some of the phenomena observed may nullify a hoped-for conclusion. Similarly, the skeptic may order his own life according to the words of life even though that may mean uprooting ideas, habits and practices that have been long cherished.

He can also prove all things and hold fast that which is good. (1 Thessalonians 5:21.) He can determine for himself whether or not a church speaks according "to this Word," according "to the law and to the testimony." Isaiah 8:20. He can "try the spirits whether they are of God." 1 John 4:1. He need not follow "cunningly devised fables." 2 Peter 1:16. With great benefit he can "fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters." Revelation 14:7.

Let the skeptic, no matter what his field, "cease . . . to hear the instruction that causeth to err from the words of knowledge." Proverbs 19:27. Let all be commended "to God, and to the word of His grace." Acts 20:32.



WORK, energy, success—these are the prominent conceptions brought before us when we read in 2 Chronicles 31:21: "In every work that he began in the service of the house of God, and in the law, and in the commandments, to seek his God, he did it with all his heart, and prospered."

Work is the ordinary business of life: work for the good of our fellow men; work to make our own soul worthy of its eternal inheritance. By God's blessing, success is bound to follow, as night follows day.

God said, "In the sweat of thy face shalt thou eat bread." Work is the best birthright which the human race still retains. It is the strongest of moral tonics, the most vigorous of mental medicines. All nature proves this point. The standing pool stagnates into pestilence; the running stream is undefiled and crystal pure. The earth we tread and the air we breathe would not be wholesome but for the agitating forces of wind and sea. In tropical climates man sinks into a lazy, lackadaisical attitude; but he is at his best in those regions where he is called upon to battle with the forces of nature for his very existence. Some folk seem to think that a life of toil is always a miserable life. I would not have you believe this. He who works faithfully at his task will receive of the Master many a free and happy day spent under the blue sky of heaven. The man who thoroughly performs his duty—not with eye service, but with singleness of heart, serving his Maker—may afterward enjoy the satisfaction of a task well done.

Duty should always come before

# WORK —

## Man's Best Birthright

By F. H. MacArthur

pleasure. If we work diligently we shall save ourselves from falling into many petty annoyances, silly day-dreams and morbid discontents. It is wrong to consume much and produce little, to sit down at the table of life and leave without paying the score. To strike no blow for God, to render no service to the cause of righteousness, is folly indeed. Idleness appears to be a besetting sin among all races. It is a curse of which mankind has yet to rid itself, a stumbling block on the road to success.

By success I do not mean the gaining of high honours, or the reaching of distinguished attainments. These can be but for the few. But God is "no respecter of persons." He loves us all. We are His children, and He wills that in the best sense we should all attain a certain measure of success. Remember that he with the one talent may render to God as great a service as the fellow who received two talents. Indeed, both may hear God's glorious approval, "Servant of God,

well done!" True, there are always those among us who never seem to get anywhere in life. For such there are no prizes or ripe plums. Where does the failure lie? If not in lack of diligence, then mainly, I think, in lack of energy.

In this age, when there is abundant talent, we need—unless we are unusually gifted—plenty of energy plus a lot of determination and perseverance. We need to say—and mean it too—I can, I will. We must have iron in our systems, not clay and stone. When we pray and labour, believe and hope, we cannot fail. The secret of every great man's achievements was that he knew how to toil on and on while his fellows lay down and dreamed. That is one side of the picture; dependence and faith in our Lord Jesus Christ is another. "Prayer and painstaking," said Eliot, the renowned missionary, "will accomplish everything."

Our first task, however, is the work of setting our hearts right with God. When we have done that we can point others to the path which leads to the Saviour's feet. Other good things may or may not follow, but whether or not they do, we shall have peace of mind. Remember, those whom the world often regards as utter failures have often been in the sight of heaven great successes. The death of David Livingstone alone in the heart of a heathen land—was that failure? The expiration of the Man of Sorrows in lonely agony upon the cross—was that failure?

We may not enjoy great financial prosperity on this earth, but if we do our best and trust in Him who watches our every act, we can be partakers hereafter of the immortal glory of the resurrection. Let us "work out [our] own salvation with fear and trembling." Philippians 2:12.

It is sometimes said that "faith" is the only requisite of salvation. The above text gives lie to that idea. We are to "work out" our salvation as well as believe.



RELIGIOUS NEWS SERVICE PHOTO

*The work sentence of Genesis 3:19, imposed upon man after his fall into sin, has proved indeed, under the circumstances, to be his greatest blessing. Well did God know that an idle mind would be the devil's workshop.*





H. M. LAMBERT

## The Evils of

# PRIDE and GOSSIP

**Pride and selfishness are basic sins. It was these that caused the fall of Lucifer, one of heaven's leading angels. If cherished they will close the "pearly gates" to every aspirant to eternity.**

ONE does not have to be rich to be proud. Pride, a type of selfishness, is found among all classes, and God hates it wherever and whenever it makes its appearance. "The proud He knoweth afar off," wrote David in Psalm 138:6. God loves humility, but hates pride. "What doth the Lord require of thee," wrote the prophet Micah, "but to do justly, and to love mercy, and to humble thyself to walk with thy God?" Micah 6:8, margin. The prophet Isaiah expressed a similar

thought when he penned these words: "Thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit." Isaiah 57:15.

The different kinds of pride may be classified as self-pride, family pride, church pride, state pride, national pride, and spiritual pride.

Men may be proud of their education. "Knowledge puffeth up," wrote the apostle Paul in 1 Corinthians 8:1. It has been well said that the bigger

a man's head gets, the easier it is to fill his shoes.

Individuals may be proud of their good looks. Such pride ruined both Lucifer and Absalom. The story is told of a peacock who was always looking in a mirror at his beautiful feathers. He never saw his feet. Multitudes today are sitting down at their mirrors of money, culture, education and what not. They never look at their hearts. If a man could invent a camera to picture hearts, he would starve to death for lack of business. Is the carpet beside your mirror, or the one beside your bed, most worn?

Basically, no one has any right to be proud. All we have is God-given and comes to us stamped with the cross. The gospel makes us all beggars. Every day we must ask for grace. We are all on the same level before God. "Granted that you are superior to me in something or other," wrote Alexander Maclaren. "Well, what does that matter? One molehill is a little higher than the other, but they are all about the same distance from the sun."

A little boy was told that the sun was ninety-two million miles away. "Do they measure from the upstairs window or the downstairs?" asked the little fellow. Compared with Jesus, we all come woefully short. Why then be proud?

Pride keeps us from confessing our sins and makes us worldly. A woman asked her minister if one could not wear jewellery and dress in the latest fashion without being proud. He replied, "Madam, when I see the fox's tail showing out of his hole, I know that the fox isn't very far away." No

artist ever decks his angels with towering feathers and jewellery. Vanity is the froth and effervescence of pride. The sun appears largest when about to set. So does a proud man swell most magnificently just before an explosion. While pride has changed angels into devils, humility has made men as angels.

Proud people are very sensitive. Usually, they carry their feelings on the outside. A man who had his feelings hurt very badly was walking in the country nursing his wounds, think-



ing of his favourite subject—how badly he had been abused. While walking by a pond, he saw some boys stoning a turtle. Forgetting himself for a minute, he asked the boys not to hurt the turtle. "We can't hurt the turtle," replied the boys. "He stays on the inside of his shell."

A prominent writer has written: "It is the love of self that destroys our peace. While self is all alive, we stand ready continually to guard it from mortification and insult; but when we are dead, and our life is hid with Christ in God, we shall not take neglects or slights to heart."—*Thoughts From the Mount of Blessing*, p. 31.

Family pride is common in our day as it has been in the past. We are inclined to point out that many ancestral members of our family tree reached pre-eminence in one field or another. It is so easy to lean on the achievements of relations, be they ancient or contemporary. The man who always boasts about his ancestors is like a potato—the best part of him is underground.

Because of state and national pride, understanding and teamwork among the nations has only reached the stage of discussion and planning. If states as well as nations would bury their pride, their petty conventionalities, in a common grave, wars would be averted and the brotherhood of man's ideal would be brought within clearer focus.

Church pride prevents many from investigating for themselves what God would have them do in order to gain eternal life. If God through His Word should point out to them that the way to heaven led through the teachings of a church other than that of their present membership, they would hesitate to step out for various reasons, which might all be included in the common term, PRIDE.

Pride's noble opposite is humility. Someone has expressed a beautiful and glowing truth in the following words: "As the lark that soars the highest, builds her nest the lowest; as the nightingale that sings so sweetly, sings in the shade when all things rest; as the branches that are most laden with fruit bend lowest; as the ship most laden, sinks deepest into the water; so the holiest Christians are the humblest."

Jesus said, "Learn of Me; for I am meek and lowly." He could have said, "Learn of Me, for I am an advanced thinker, I am the Son of God." It is a source of wonder to many that David in all his psalms never tells about his successful encounter with the giant Goliath. After an exploit like that, modern man would want a G.G.K. after his name—Great Giant Killer.

If we want God to lift us up, we must get down. John the Baptist said, "He must increase, but I must decrease." Jesus accorded him due honour when He said, "Among them that are born of women there hath not risen a greater than John the Baptist." Not all the world can pull a humble man down, for God will exalt him; likewise, not all the world can keep a proud man up, for God will debase him.

A second type of selfishness is gossip, evil speaking. Although the apostle James tells us that no man can tame the tongue, we should remember that God can. God gave us two eyes, two ears, and one tongue, that we might hear and see twice as much as we say. Often it is neither wise nor kind to say even half of what we hear and see. Unfortunately, there are many who pass through life as if in possession of one eye, one ear, and two tongues. Their emphasis is placed on getting a story circulated, rather than on getting it straight.

Gossip may be termed a type of foot and mouth disease. Those who are victims of the malady generally think it is the other fellow who is afflicted. Perhaps this is one of the numerous symptoms of the difficulty.

A few rash words will often set a family, a neighbourhood, even nations, at one another. The Bible states that a man who never offends with his words is a perfect man. "Behold, how great a matter a little fire kindleth!" wrote the apostle James.

How thankful we should be that in the final analysis, God will be our Judge. He alone knows individual backgrounds, weaknesses, temptations and motives. The judgments of men are often based on superficial observations.

"There is so much bad in the best of us,  
And so much good in the worst of us,  
That it hardly behooves any of us  
To talk about the rest of us."

I once read of an eagle who, soaring with steady wing, saw far below him the grand scenes of nature, clothed with the first snows of early winter. As he rose higher toward the blue heavens, his keen eyes spotted the carcass of a huge buffalo, floating on a distant river. He paused in his upward flight and descended to settle and revel on this feast of corruption.

As he filled himself with the flesh of the dead animal, he was calmly

carried down the river toward the rapids and falls below. Gorged with his full meal, he went to sleep.

The blood, stiffened by the frost, bound his feet to the remains of the carcass. He was borne nearer and nearer the rapids until the roar of the cataract sounded in his ears. He struggled for liberty, but his frantic efforts to throw off his horrid companion were of no avail. He met a sudden and violent death.

The Bible rule on dealing with an errant brother stipulates that we should go to the erring individual and talk things over with him personally, in a spirit of love and meekness. Were this rule more generally followed, how many misunderstandings and sorrows would remain unborn!

If gossippers did not find ready audiences, the contemptible practice would at least be discouraged. Altogether too many, however, are not only willing to listen to talebearers, but are anxious to repeat the tale. Each repetition removes the story farther from the original exposition, until it can hardly be recognized by the individual who first gave it wings.

A well known writer has said: "A disciple of Christ will turn away with loathing from the feast of scandal. . . . The tongue that delights in mischief, the babbling tongue that says, Report, and I will report it, is declared by the apostle James to be set on fire of hell. It scatters firebrands on every side. What cares the vender of gossip that he defames the innocent? He will not stay his evil work, though he destroy hope and courage in those who are already sinking under their burdens. He cares only to indulge his scandal-loving propensity. Even professed Christians close their eyes to all that is pure, honest, noble, and lovely, and treasure up whatsoever is objectionable and disagreeable, and publish it to the world."—*Testimonies for the Church*, Vol. 5, p. 57.

"There is only one person worse than a whisperer," said Thomas Talmage, "and that is a man or woman who listens without protesting. One holds the sack, the other fills it. The receiver of stolen goods is as bad as the thief. An ancient writer said, both ought to be hung—the one by the tongue and the other by the ears. Do not retail slander. Do not make yourself an inspector of wares, a supervisor of carbuncles, and the gutter commissioner."

Of Peter the Great it is said that when anyone spoke to him of the faults of others, he would say, "Well, but has he not a bright side? It is easy to splash mud, but I would rather help a man keep his coat clean."

---

By

C. A. Edwards

---



**A** GROUP of explorers was stranded at one time on an island in the Arctic Ocean. Without radio equipment, they had to resort to firing rifles into the air in an attempt to attract passing seamen. Soon the shell box was empty and the last cartridge was gone. The ill-fated party was left helpless. They scanned the horizon day after day for help. Finally they gave up all hope and were waiting for death, when one of their number sighted the smoke from an approaching ship. Rescue had come at last!

Similarly, there are thousands of people all over the world who are looking wistfully toward heaven. They are praying and crying for deliverance from the great calamities that have suddenly fallen upon the race. Inquiries go up continually for light from God's Word to illumine the path of the future.

Just such a message is found in the Biblical promise of Jesus' early return. In His own words He said, "I will come again." John 14:3. He warned, however, that "of that day and hour knoweth no man." Matthew 24:36. Not even the angels of heaven can tell the exact time. Only the Father knows.

Shortly before Jesus made this statement, He told the parable of the fig tree. "When his branch is yet tender," He explained, "and putteth forth leaves, ye know that summer is nigh: so likewise ye, when ye shall see all these things, know that it is near, even at the doors." Matthew 24:32, 33.

It was on the Mount of Olives that Jesus spoke the prophecy of His return. In answer to His disciples' question, "What shall be the sign of Thy coming, and of the end of the world?" (Matthew 24:3), Jesus gave a series of signs by which His people might recognize the last days.

As the first token, He said, "The sun [shall] be darkened, and the moon shall not give her light." Matthew 24:29. With this agree other prophecies: Joel 2:10; Isaiah 13:9, 10; and Revelation 6:12. He had reference to one certain dark day, for He told about when it would take place. It was to be "immediately after the tribulation of those days." In Mark 13:24 it is placed "in those days, after that tribulation."

The persecution, or tribulation, referred to was the 1260 years of papal supremacy which began in the year 538 and ended in 1798. This period is commonly called the Dark Ages. It was prophesied, however, that the days of affliction would be cut short (Mark 13: 19, 20); and they thus came to an end about the middle of the eighteenth century,

around 1776. Hence the expression "in those days" and "after that tribulation" would mean sometime between 1776 and 1798.

According to the prophetic schedule, the Dark Day came on May 19, 1780, and extended over New England and Eastern Canada. The same night the moon refused to give her light. Scientists have been unable to account for this strange phenomenon. It was not an eclipse. The position of the heavenly bodies at that time was such as to make one impossible. It was a dark day without any explanation other than that of the prophecy of God's Word.

"The stars of heaven shall fall," Jesus said further (Mark 13:25), and this was to be the next sign. They fell exactly as predicted in Revelation 6:13, that is, "as a fig tree casteth her untimely figs, when she is shaken of a mighty wind." In other words, there was a shower, as when green figs are thrown in every direction by a strong wind.

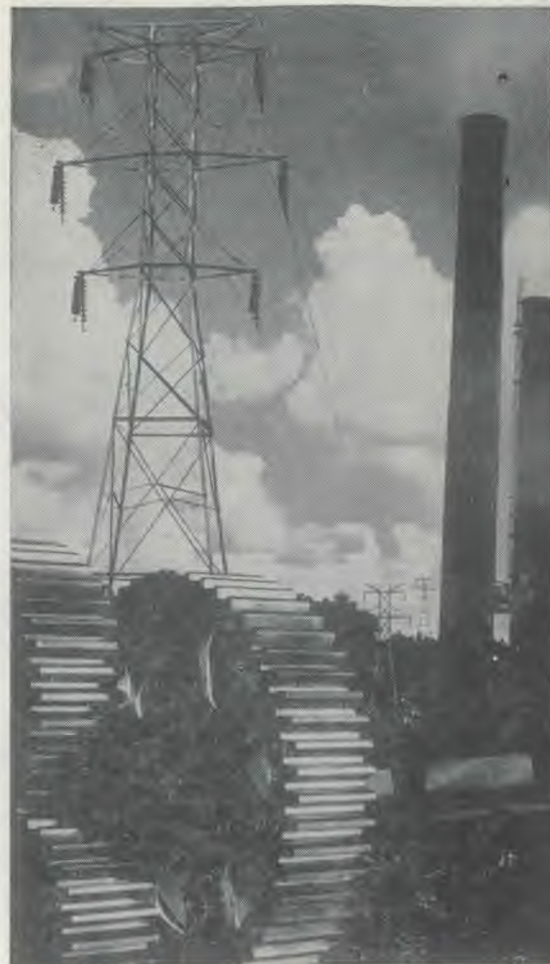
This meteoric shower was witnessed by Frederick Douglass, one of the strong abolitionists and statesmen of pre-Civil War days, while he was travelling on a train. In his book, *My Bondage and My Freedom*, page 186, he relates the experience thus: "I witnessed this gorgeous spectacle, and was awe-struck. The air seemed filled with bright descending messengers from the sky. It was about day-break when I saw this sublime scene. It was not without the suggestion at that moment that it might be the harbinger of the coming of the Son of man; and in my state of mind I was prepared to meet Him as my friend and deliverer. I had read that the 'stars shall fall from heaven,' and they were now falling."

The stars that then fell were not planets and distant sun-stars, but meteorites. They fell from heaven by countless thousands; and in a little while they flickered and went out.

As the star of Bethlehem announced the first advent of Jesus to the believing shepherds and wise men, so the falling of the stars over the continent of America on November 13, 1833, revealed to those who were studying their Bibles and looking for the second coming of Christ, that this event was nigh.

Sacred prophecy indicates further that the worst type of disasters and calamities will come in the last days. "Great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven." Luke 21:11.

Records show that from the twelfth to the seventeenth century there was only an average of one destructive



H. A. ROBERTS

earthquake in one hundred years. But in the last fifty years, there have been more destructive earthquakes than in the eight hundred years preceding.

The Chinese earthquake in 1920 covered an area of 15,000 square miles and killed from 100,000 to 200,000 people. The Japanese earthquake in 1923 took a toll of 150,000 lives. More people died as the result of the epidemic of influenza during and after World War I than were killed in battle. Hunger came to 330,000,000 people and several millions of them died of starvation. Many parts of the globe have been undisturbed by these tragedies. In the words of the prophet, they occur in "divers places."

Christ charged us to "understand" the book of Daniel. (Matthew 24:15.) It carries an important prophecy relative to the last days. "But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased." Daniel 12:4.

The time of the end is to be characterized especially by many running "to and fro," and knowledge being "increased." This indicates at once the improvements in methods and speed of transportation and communication.



# Heralds of Christ's Return

By  
Louis B.  
Reynolds

*No man knows the day or the hour of Christ's return, 'tis true. Nevertheless, God has multiplied signs by which we may know when that awesome event is near.*

way to the typewriter; the pony express has been given up in favour of the telephone, the telegraph, and the radio; the bucket in the well has been left idle because of the faucet; the stairway is seriously rivalled by the elevator and the escalator; the scythe has given place to the reaper and the binder; the old water mill has been converted into turbines and dynamos of unimaginable power. This is "the time of the end." It is the period in which, as Daniel prophesied, knowledge would be "increased."

At present no wild tale of invention is too much for us to accept. Planes, ships and cars are guided by radio; electrons and planets are brought to view; new speed records are achieved, approximately seven

Says the apostle, "Evil men and seducers shall wax worse and worse." 2 Timothy 3:13. The last days are predicted to be brimful of iniquity of varying descriptions. "This know also," Paul observes, "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." Verses 1-4.

In addition to all this, Jesus declares that there will be "distress of nations, with perplexity; . . . men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:25, 26.

War has distressed and perplexed statesmen more than ever before. Peace plans are in the making, but they reveal the utter helplessness of humanity in this great crisis.

"Ye shall hear of wars and rumours of wars," Jesus further adds. "Nation shall rise against nation, and kingdom against kingdom." Matthew 24:6, 7. Revelation 11:18 states that in the last days the nations will be angry. Today it is especially true.

The amassing of great wealth by the few is also a forecast for our day. "Ye have laid up your treasure in the last days." James 5:3, A. R. V. "Come now, ye rich, weep and howl for your miseries that are coming upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and your silver are rusted; and their rust shall be for a testimony against you, and shall eat your flesh as fire." James 5:1-3, A. R. V.

The message of a soon-coming Saviour is being preached in nearly all countries and in more than eight hundred languages. It is estimated that fifteen-sixteenths of the world is now covered by the gospel message. When all is done, "then shall the end come." There is much yet to do, but in this age of revolutionary achievements, it will be done quickly and Jesus will come soon.



EWING GALLOWAY

Within seventy-five years the wax candle and the coal-oil lamp have given way to the electric light; the horse and buggy have been replaced by the automobile, the steamliner, and the aeroplane; the needle and thread have surrendered to the electric sewing machine; the horse-drawn plough has become the tractor; the broom has turned into the vacuum sweeper; the old goose quill has given

hundred miles an hour; taller skyscrapers are built. Nobody dares now to claim a discovery of "the largest," "the smallest," "the greatest," or "the latest" in anything. Those terms are lost in the rushing tide of modern civilization. This is "the time of the end"!

Another sign of the approaching end is recognizable in the crime and widespread lawlessness of our age.





### When It Comes

New York City is girding itself for the worst. The next time an emergency vehicle in that city uses its siren, the sound will mean that an atomic bomb has been dropped. Until then all fire trucks, ambulances and police cars will not use their sirens, according to current reports. Under the bomb no one will be safe. "Defense," according to the experts, is a misnomer, for there is no adequate defense. If a bomb were dropped half a mile above Union Square in New York City an estimated 75,000 would die immediately, another 75,000 would be dying. The central part of the city would be the earth's biggest pile of rubble.

To prepare for the worst, Governor Dewey picked Lucius Clay, onetime World War II general, now retired, as chairman of the state's Civilian Defense Commission. Lawrence Wilkinson, who served in the Ordnance Department during the war, is the defense director. By December 1 initial preparations will be made, he hopes.

Such preparations are gigantic. Marked for duty are 24,000 pieces of equipment including: dump trucks, tractor-mount cranes, arc welders, compressors, concrete mixers, hydraulic jacks, lumber, pipe, cement and dynamite. Most important of all, there must be available 600,000 pints—seventeen freight-car loads—of blood, within six weeks of the bombing.

### Most Precious Product

Unquestionably the world's most costly tangible substance is produced by the United States' giant \$500,000,000 Oak Ridge radio-isotope plant. In 1949 the entire output of the plant weighed less than one ten-thousandth of an ounce, and the average shipment of isotopes weighed less than the graphite in a man's pencilled signature. Much of the material produced in this plant is extremely dangerous to handle. Materials are stored in lead-sheathed tunnels. Workmen handle some with long poles, looking at their work in mirrors, since a direct gaze, even through plastic or glass, is too dangerous. Special shower areas are provided in each building into which workers can dash and be drenched, if they have spilled deadly material upon themselves. Shipments are made in lead containers weighing as much as hundreds of pounds.

### Only a Distant Hope

As reported in *Time*, President Henry M. Wriston of Brown University recently offered some solemn counsel to undergraduates at the opening of the school year. "Abandon the most fatuous and debilitating slogan that ever misled a generation. Give up security as an ideal. Anyone who promises security is misbranding his political, social and economic goods. . . . If you insist on being cheated, buy gold bricks or perpetual-motion machines. It is now clear that if you live at all, you will live dangerously—not only during the instant crisis but for all your lives. Peace has been so mishandled for more than a generation that its convalescence will be long and its full recovery a distant hope."

**W**HO is able to set a limit upon the absolute power of God? Astronomers have plumbed the depths of space as far as their instruments will allow. They tell of mighty suns and starry systems at distances far beyond our ken. They awe us with descriptions of mighty stars so huge and hot that if one were to come as near to the earth as our sun it would consume the earth in a second.

Chemists take us into the realm of the infinitesimal and both intrigue and frighten us with disclosures of titanic forces latent in creation's tiniest units, the atoms. We are amazed, but the Word of God says, "Lo, these are parts of His ways: but how little a portion is heard of Him? but the thunder of His power who can understand?" Job 26:14.

"Lift up your eyes on high," He bids us, "and behold who hath created these things, that bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth." Isaiah 40:26. "Power belongeth unto God" who "by His strength setteth fast the mountains." Psalm 62:11; 65:6.

He also exercises His power in behalf of His children. "He giveth power to the faint; and to them that have no might He increaseth strength." Isaiah 40:29. He calls upon us to look up and behold His creation, not only to be awed by the awfulness of His power, but in order that we may have confidence that He "is able to do exceeding abundantly above all that we ask or think." Ephesians 3:20.

The Lord calls attention to His surpassing power in order that we may not be reticent about calling upon Him for all we need. God is not weakened by any demands we may make upon His power. To hold a world in space is not more exhausting to Him than to cause a flower to grow. If He can keep a world from falling, certainly He can keep us.

When Jesus was on earth He demonstrated the power of God in the healing of disease. He made the blind to see, the deaf to hear, and the lame to walk. He created food, stilled the tempest, cast out devils, raised the dead. Thus the power of God touched human lives in marked ways. Those who beheld it wondered at the things that were done. In every realm that power is displayed. It may well be asked, "Is anything too hard for the Lord?"

Yes, the Bible tells us there are things that God cannot do. Not that He lacks the absolute power, but because of other considerations. He is



# God's Supreme Power

By George Russell

not only all powerful, but all wise. He is the embodiment of love, wisdom, judgment, truth, righteousness and mercy. All these attributes are as infinite as His power, and are a guide to the exercise of His might.

He has power to destroy the world, but in mercy He forbears. He has power to do many things that His wisdom forbids. His divine love and wisdom govern the workings of His power. George Washington is reputed to have said, "I cannot tell a lie." Not that he lacked the power to do so, but his habit of telling the truth prevailed.

God cannot lie. "In hope of eternal life, which God, that cannot lie, promised before the world began." Titus 1:2. That is an inability to be proud of. Lying is regarded as a weakness, even among mankind. But God cannot lie. What an anchor of the soul that tremendous fact becomes! God has promised. God cannot lie. God is truth. "A God of truth and without iniquity, just and right is He." Deuteronomy 32:4.

God cannot deny Himself. We are told in 2 Timothy 2:13: "If we believe not, yet He abideth faithful: He cannot deny Himself."

Denying one's self is not to be confused with practising self-denial. God gave the supreme example of self-denial when He gave His Son. The Saviour's life on earth was a life of self-denial. But to the Bible student one thing is noticeable: He never, by word or deed, gave the impression that He was anyone less than the divine Son of God. Angels "that excel in strength" refused men's worship on the grounds that they were fellow servants of God. (Revelation 19:10.) Jesus never did. There are several instances mentioned in the Gospels of individuals' kneeling before Him. He accepted worship as His due. He ever spoke as the Son of God and in unmistakable language claimed the honour due the Son of God.

God must always be supreme. He is the source of all wisdom, all righteousness, all love, all power, all maj-

esty. We may not believe in Him or wish to obey Him. Yet He abideth faithful; He cannot deny Himself. He cannot relax any of His righteous requirements. He cannot accept a divided allegiance.

God cannot save into His everlasting kingdom the persistent transgressor of His law. He cannot save you and me unless we are willing to be saved. Concerning the creation of the world we are told, "He spake, and it was done; He commanded, and it stood fast." Psalm 33:9. But of human beings He has said, "All day long I have stretched forth My hands unto a disobedient and gainsaying people." Romans 10:21.

The difference lies in the fact that man has been endowed by his Creator with a sovereignty over his own eternal destiny that is inviolable. He created man for His glory (Isaiah 43:7), in His own image. He gave him the power of choice to exercise for good or for evil, with earnest admonitions to refuse the evil and choose the good. To influence that choice God has gone to great lengths, but He has never resorted to coercion.

Considering the enormous consequences of our actions, many people wonder why the Lord did not make it impossible for us to sin. He could have, but in that case we would have been mere automatons. There is no end to the things that obey Him without choice. There would still have been need for creatures who would respond to His love, and who would joyfully serve Him because of His divine excellencies. "God is love," and in His love and wisdom He has ordained that love shall be the constraining motive among all the intelligent creatures He has made.

To win our love God has gone the limit. It is impossible for Him to do more. In the gift of His Son He has given ample reason why all should love and serve Him. Yet the Bible is full of the story of God's pleadings and man's rejections of all His offers of grace and mercy. The Lord has been grieved much more than has man. Jesus, weeping over Jerusalem,



CANADIAN NATIONAL RAILWAYS

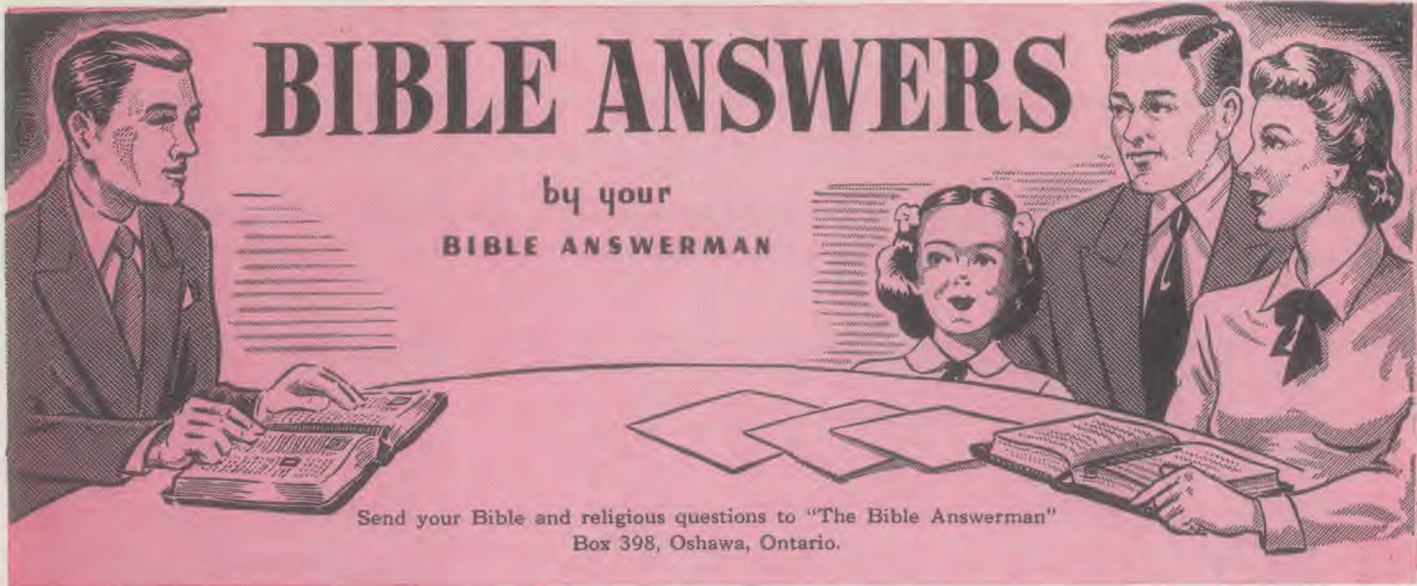
*Although God is all powerful, yet there are some things that even the Almighty cannot do. He cannot lie. He cannot make a right thing wrong or a wrong thing right.*

cried, "How often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!" Matthew 23:37.

"Ye would not." And because they would not, He could not. Since that day religious zealots have tried to force compliances to certain religious dogmas and practices. Dungeon, fire and sword have been used to force "salvation" on those who held back. But those who use such methods are entirely out of line with the Lord's wishes. Notwithstanding all the divine treasures heaven has poured into the cause of man's redemption, "whosoever will" is still a vital part of His invitation.

He is able if you are willing. He has rich rewards to offer the obedient, and will, in sorrow, punish the disobedient. Yet, He cannot force you to love Him. He who guides the multitudinous stars and systems cannot make even a child love Him if His goodness has not inspired a reciprocating love in that child's heart. He cannot force you to be saved—that would be in conflict with His love and wisdom, which have planned a far more glorious future for you—if you are willing.





# BIBLE ANSWERS

by your  
BIBLE ANSWERMAN

Send your Bible and religious questions to "The Bible Answerman"  
Box 398, Oshawa, Ontario.

**Dear Bible Answerman:** I feel the need of a greater faith. How can I get it?

The answer to that question is found in Romans 10:17: "So then faith cometh by hearing, and hearing by the Word of God."

We could well wish that every person had the burden of acquiring a greater faith. Surely this is a "faithless" age. We can now see the significance of Jesus' question, "When the Son of man cometh, shall He find faith on the earth?" Very few are possessed of a mighty faith in God. Gideons, Daniels, Elijahs and Jeremiahs do not seem to be among us today.

Elijah lived in a time of great national apostasy. Yet Elijah was a man of great faith: "Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months. And he prayed again, and the heaven gave rain, and the earth brought forth her fruit." James 5:17, 18.

Faith has its fundamental basis in the Word of God. And the most fundamental tenet of faith is a belief that God is; that is, that God exists. "He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Hebrews 11:6. But how is the honest doubter to believe that God is? Let him survey the handiwork of God. Let him look at the starry heavens and behold there the countless myriads of giant suns sailing majestically through the infinitude of space. Let him consider the fact of ilimitable space itself. Let him consider the wonders of the earth, and the life which is upon the earth—life which ranges from one cell on up until it climaxes in the complicated processes of the human mind and body.

After that let the doubter read Psalm 139:13-16: "For Thou hast possessed my reins; Thou hast covered me in my mother's womb. I will praise Thee; for I am fearfully and wonderfully made: marvellous are Thy works; and that my soul knoweth right well. My substance was not hid from Thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."

Let the doubter go on from here adding line upon line and precept

upon precept. The Bereans of Bible times had the right idea: "The brethren immediately sent away Paul and Silas by night unto Berea: who coming thither went into the synagogue of the Jews. These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the Scriptures daily, whether those things were so." Acts 17:10, 11.

History records that not a few infidels who have started reading the Bible to prove it false, have as a result been convinced of its truthfulness and divine origin and have been converted to its precepts.

The highway to a greater faith is in the contemplation of the Word of God, in the works of God in nature, and in a willing obedience to that which is seen to be true.

**Dear Bible Answerman:** I read in the Bible that some of the leading Jews found fault with Christ for claiming power to forgive sin. Does Christ have power to forgive sin the same as the Father?

When Christ was upon earth He affirmed His power to forgive sin. "The Son of man hath power upon earth to forgive sins." Luke 5:24. Christ set this forth as one of the evidences of His divinity. The Pharisees and other leading Jews of the time, not recognizing His divinity, naturally denied His power to forgive sin. They maintained that only God was able to do that. The point wherein the Pharisees failed was that they did not see Jesus as the Divine Son of God. They saw Him only as another man such as they themselves.

It was very true that, as the Pharisees said, only God could forgive sin. But Christ was God. He was as divine as His Father in heaven. He was of the same substance and essence as His Father. He was a member of the di-

## Enrol today

In the World's Largest

## BIBLE SCHOOL

— 800,000 students —

It's free—Nothing to pay

Thirty thrilling lessons by  
Correspondence

Beautiful diploma when you  
complete the course

Fill out, clip and mail  
the coupon below—today, to the

Editor, Signs of The TIMES  
OSHAWA, ONTARIO

Name

City or Town

Province



vine Family, and as fully God, and as fully possessed of the divine nature, as was the Father.

This does not seem too hard to comprehend. We have children that are born of our flesh. They possess our human natures in the identical degree that we do. An infant a day old is a human being, and is as fully possessed of human nature as his father, who may be a man of thirty or forty. Human fathers have the ability to transmit their natures to their offspring. Is it unthinkable, then, that the divine Father would not have the ability to transmit His "divine" nature to His Son?

The power of God should not be so abridged. Some texts may prove helpful. "As the Father hath life in Himself; so hath He given to the Son to have life in Himself." John 5:26. "In whom we have redemption through His blood, even the forgiveness of sins: who is the image of the invisible God, the firstborn of every creature." Colossians 1:14, 15. "Unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true Witness, the beginning of the creation of God." Revelation 3:14. "For God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16.

God had a Son—one only-begotten Son—upon whom He conferred His own divine nature and all power—all divine power. And prominent among these divine prerogatives was the power to forgive sins.

**Dear Bible Answerman: I know that some prophets are true and that some are false. The question I have is this: How can you tell a false prophet from a true one?**

This is a good question and one that we should be able to answer from the Bible. Deuteronomy 18:20-22 gives us one answer: "The prophet, which shall presume to speak a word in My name, which I have not commanded him to speak, or that shall speak in the name of other gods, even that prophet shall die. And if thou say in thine heart, How shall we know the word which the Lord hath not spoken? When a prophet speaketh in the name of the Lord, if the thing follow not, nor come to pass, that is the thing which the Lord hath not spoken, but the prophet hath spoken it presumptuously: thou shalt not be afraid of him.

The predictions and forecasts of a true prophet always come to pass. Therefore, if a man claiming to have the prophetic gift foretells events which do not take place, you may rest assured that that man is not of the Lord. Likewise false prophets per-

form miracles to deceive people, as we see from Revelation 12:13, 14:

"He doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, and deceiveth them that dwell on the earth, by the means of those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live." True prophets do not seek to deceive people and to lead away followers after themselves for their own gain; they seek rather to unify the people, to lead them in the way of faith and obedience, and to glorify the name of the Most High.

False prophets teach that holiness may be obtained without obedience to the law of God. (See Numbers 16:1-5; 15:38-40.)

Untrue prophets teach men to sin. "Behold, ye trust in lying words, that cannot profit. Will ye steal, murder, and commit adultery, and swear falsely, and burn incense unto Baal, and walk after other gods whom ye know not; and come and stand before Me in this house, which is called by My name, and say, We are delivered to do all these abominations? Is this house, which is called by My name, become a den of robbers in your eyes? Behold, even I have seen it, saith the Lord." Jeremiah 7:8-11. "I have seen also in the prophets of Jerusalem an horrible thing: they commit adultery, and walk in lies: they strengthen also the hands of evildoers, that none doth return from his wickedness: they are all of them unto Me as Sodom, and the inhabitants thereof as Gomorrah." Jeremiah 23:14.

False prophets pervert the gospel of Christ. "I marvel that ye are so soon removed from Him that called you into the grace of Christ unto another gospel: which is not another; but there be some that trouble you, and would pervert the gospel of Christ. But though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed." Galatians 1:6-9.

These deceivers reject the divinity of Christ: "Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world. Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: and every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world."

When Jesus was here He said we should know people by their fruits, the same as we know a tree by its fruits. False prophets bring forth evil fruits: "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them." Matthew 7:15-20.

**Dear Bible Answerman: Was Jonah really swallowed by a whale?**

It probably was a whale, although the Bible says in one place that God prepared a great fish to swallow Jonah. Some people scoff at the incident and call it a fish story; nevertheless, men have been swallowed by whales and have survived, and Jesus, when He was here, put His endorsement upon it in these words:

"For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth." Matthew 12:40.

## JESUS—MEDIATOR

*(Continued from page 5)*

that very time He appeared upon earth. The promise of God was fulfilled to the letter. There was neither haste nor delay.

Immediately after His baptism and anointing as the Messiah (Matthew 3:13-17), Christ entered upon His work as "the Messenger of the covenant." Malachi 3:1. He came to introduce a new covenant between God and man, a covenant of grace. This covenant He also came to confirm by His teachings and miracles, by His death and resurrection, and by the outpouring of the Holy Spirit as an earnest for the anointing of the whole church, that the work He began could be continued by the same power and authority.

Thus Christ confirmed the covenant with many, assuring us that God is willing to accept us upon gospel terms. His death made His testament of force, and enabled us to claim what is bequeathed by it. By offering Himself a sacrifice once for all, He put an end to all Levitical services. His sacrifice suspended them, set them aside. When the Substance had come, the shadows were done away.





# The DOCTOR'S VOICE

Send your health queries to the Doctor's Voice, Box 398, Oshawa, Ont.



## Hay Fever

**Question:** Is there any cure for hay fever?

**ANSWER:** Vasomotor rhinitis may be precipitated by cold and drafts. Persons so affected have to be particularly careful in this regard. More often allergy to pollens is the primary cause. Trees usually pollinate in early spring, plantain follows in June, then come spring grasses and finally fall weeds. Desensitization has its advocates, but benefit from treatment is very unpredictable. Antihistaminics are useful in relieving symptoms. Since they cause drowsiness, persons in responsible positions or who drive usually have to avoid them except at night. The housewife plagued with house dust may find them a boon where the most strict cleanliness has not been sufficient. Thinking of the proverbial straw that broke the camel's back, animal pets, tobacco smoke, and fumes of every description should be avoided. Nose drops and the like usually do more harm than good. Emotional stress plays an important part, which fact should be borne in mind. Diet should be simple and adequate. Not more than a few simple varieties of food should be eaten at any one meal.

## Prostate Gland

**Question:** What is the cause of disease of the prostate gland?

**ANSWER:** Enlargement with mechanical obstruction to flow of urine is thought to be due to some endocrine or glandular imbalance not fully understood. Administration of hormones is helpful only where cancer is present. Infection of the prostate gland is usually secondary to bladder infection, which on the other hand may be due largely to prostatic obstruction. In any case, treatment of the urinary infection will usually clear up the infected prostate, perhaps with the aid of massage treatments.

## Chronic Alcoholism

**Question:** How effective is antabuse in treating chronic alcoholism?

**ANSWER:** This drug which causes the patient to become quite ill if he takes alcohol is useful. Reactions at times have been quite severe. This fact has to be explained to the patient before he starts the treatment. It will strengthen his resolve to stay away from liquor. Usually where this treatment is required the patient and relatives are quite willing to take the risk of a relapse. Failures usually result from the patient omitting his regular dosage in order to indulge temporarily.

## Cirrhosis of the Liver

**Question:** Is there any danger of a moderate drinker getting cirrhosis of the liver?

**ANSWER:** It is acknowledged that where the diet is adequate in protein and vitamins, cirrhosis of the liver is unlikely to develop if alcohol is administered. Unfortunately, however, alcohol is often taken to the exclusion of food. Occasionally one sees a moderate drinker (one who takes a drink in the evening), whose diet apparently has been adequate but who has unmistakable signs of liver damage.

## Cataracts

**Question:** Is it considered safe for an aged person to have cataracts removed?

**ANSWER:** Removal of cataracts seems to be a well-established operation. However, factors of particular concern to the eye surgeons are diabetes, high blood pressure, extreme degrees of hardening of the arteries, and advanced kidney disease.

## Chronic Alcoholics

**Question:** What is a chronic alcoholic?

**ANSWER:** A chronic alcoholic is one who has an uncontrollable desire for alcohol, or one who is dependent upon alcohol because of emotional maladjustments.

# Diseases of Stress

**WE ARE** indebted to Dr. Hans Selye of Montreal for much of the emphasis placed on the factor of stress in relationship to illness, and for much of the research in this field.

Diseases of stress include mental illness, hypertension, angina and coronary artery disease, hypertensive heart disease, exophthalmic goitre (hyperthyroidism), gastric and duodenal ulcer, asthma, colitis (ulcerative), acute rheumatic fever, rheumatoid arthritis, together with allied rheumatic disorders such as iritis, periarteritis nodosa (a rapidly developing and severe form of hardening of the arteries), lupus erythematosus (a severe skin disease resistant to ordinary treatment), also gout and even migraine headaches. Kidney disease (nephrosclerosis) and a very common skin disease called neurodermatitis (a form of eczema) have been mentioned in this regard.

Stresses are thought of under three major categories: physical, emotional, and infective. Physical stress would include environmental influences, such as inadequate clothing, (clothing not adapted to season or changes in weather), inadequate housing (the uncomfortable houses of the poor, or of the miser, or of the vacationist in a damp summer cottage). Not unimportant is chilling. An hour or more out in the cold and wet may precipitate a minor or a more serious illness. A suitable precaution under such circumstances is to take a hot bath or at least to soak the feet in hot water from ten to twenty minutes.

A diet inadequate in minerals, vitamins and protein makes one more

*Signs of The TIMES*



susceptible to disease. It is interesting to note in respect to canned foods that one-third of the minerals and vitamins are to be found in the liquid and should be utilized. Highly refined and correspondingly devitalized foods such as white flour and its products should form a very limited part of one's diet. Fatigue is naturally thought of. The average person requires from eight to nine hours' sleep each night. Furthermore, the average person through efficient action and organization of his work can accomplish more in a day than is his usual. It is unwise to prolong the work of the day into the evening. A six-day work week is maximum.

Emotional stress is a very important feature. Fear and indecision are two of the most damaging emotions. A positive outlook on life is essential for the best health. Never was there a time when there was a greater need for hope, courage, and sympathy for the unfortunate and the oppressed.

The third major factor of stress is infection. Repeated illnesses place a heavy demand on the reserves of the body. Streptococcal infections including scarlet fever, tonsillitis, frequent sore throats, et cetera, seem to be particularly damaging, more so when the diet has been deficient, which, incidentally, may have been the cause of the infection in the first place. If infection does supervene it should be adequately treated. Children should be given every opportunity to reach adult life in good health.

The stresses mentioned above seem to be mediated along certain fairly well established pathways. Emotional stress, for instance, originates in the frontal lobe of the brain. It is interesting to note that where the frontal lobe is damaged by accident or otherwise, the patient tends to be irritable and unsympathetic. From the frontal lobe impulses are transmitted to the hypothalamus, a lower area in the brain, and from thence the pituitary gland is stimulated. The pituitary gland being the master gland of the body, it in turn stimulates other glands such as the thyroid, and more particularly in this instance the adrenal glands, by means of the pituitary hormone (or mediator) ACTH (adreno-corticotrophic hormone). At first the adrenal gland may under this stimulation pour out in excess its own hormones. These latter hormones have to do with: 1, salt and water metabolism; 2, the utilization of foods, and anti-rheumatic principles now so well known as cortisone or compound E, and 3, masculinizing hormones having to do with hair growth, et cetera.

Where the pituitary becomes fatigued and ACTH is deficient there

By

W. H. Roberts, M.D.

is insufficient stimulation of the adrenal gland and in turn inadequate amounts of cortisone (compound E) are manufactured. On the other hand, if the adrenal gland on its own becomes fatigued or exhausted, cortisone will be lacking on this account. In either case where there is a relative or absolute lack of cortisone, diseases such as the rheumatic state or intractable asthma, or ulcerative colitis may develop, depending upon the individual. It is on this account that ACTH and cortisone have been used somewhat interchangeably in treatment. Their cost is not inconsiderable—a conservative figure for the medicine alone would be from twelve to fifteen dollars a day at wholesale prices. Their use is still very much in the research field, as relapses after treatment seem to be the rule rather than the exception. Dr. Darrel C. Crain, writing in the September issue of *Postgraduate Medicine*, states, "Nothing has appeared in the past two years to alter the basic concepts of treatment as previously accepted."

Pregnenolone, desoxycorticosterone acetate and vitamin C, male hormone and modifications of aspirin are all swept aside in this statement. Hence, not too much emphasis can be placed on prevention. Housing, clothing, diet, rest and exercise must be planned for with optimum health in mind.

Severe stresses may come quite un-

expectedly. I think of the professional man sitting with his wife in the back seat of a car the driver of which was hampered by poor visibility on account of a heavy rain. Next thing he knew he was lying on his back on the roof of the car, on the inside, not knowing whether or not his wife was still living. He was reassured on this point but was then made aware that the car was on fire and that the air was laden with smoke and fumes of burning rubber. The driver of a passing bus pried off the running board to get them out. Not long afterward the man developed rheumatoid arthritis of the spine.

There comes to mind also the young woman who developed exophthalmic goitre after a bus accident. Chronic stresses that we can do more to avoid may be just as harmful. Fulton Oursler speaks of a woman who was angry with her husband because he would not buy her a fur coat. She thought she was getting even when she entered the hospital for a stomach operation, the result of complications of an ulcer. The ulcer was probably largely due to maladjustment to the circumstances in which she found herself.

It is reported of Doctor Selye that when he first became aware of the importance of stress in touching off degenerative diseases, he contended that the only answer was to "take it easy," to get away from upsetting worries, strains and overwork. Finding that even with deep carpets, noiseless revolving bookshelves, and numerous assistants, he could not get entirely away from the stress of a busy life, he now advises that you "roll with the punch"—"take stress and strain as easily as you can, and save yourself wherever possible." That is to say, You Must Relax.



MIRROR FEATURES

To counteract the stress of twentieth-century living it is well to have a hobby. The man above is a "whittler." Whittling helps him to relax.



WE ARE cleaning up our cities. Rapid advancement has been made in the matter of public hygiene and sanitation, but we have neglected the more important matter of *personal* hygiene. It is more important to have clean blood than it is to have clean streets and clean back yards. Wrong habits of eating and drinking are responsible for much of this degeneracy.

Never in the history of this nation has there been more gluttonous eating than now. Never has there been consumed more alcohol, tobacco, tea and coffee, and other habit-forming drugs than at present. The prevalent use of alcohol brings about degeneracy. We do not mean by this that it makes men lean, or that it emaciates them, or even that it makes them feel physically weak, if consumed in small quantities. The one who drinks beer daily puts on weight. He has the appearance of robust health, but he is not a well man. He may have an abundance of adipose tissue, but it is of an inferior quality. He may be physically strong, but he is vitally weak. He is considered a poor risk by all life insurance companies, and he is an undesirable subject for surgery.

There can be no doubt that prevalent use of beer is responsible in part for the present degeneracy among our young men.

Alcohol, however, has a forerunner, and associate, in the cigarette. These two are inseparably connected. They are Siamese Twins—wherever you find one, you find the other. While all smokers do not drink, it is a fact that practically all drinkers smoke. It is safe to say that seventy-five per cent of chronic alcoholics smoked before they drank. Smoking paves the way for drinking. In all my experience as a physician I have never known of a drunkard or an inebriate giving up drink for any length of time without giving up also the cigarette and tobacco.

It is difficult to determine how much of the degeneracy to ascribe to alcohol and how much to tobacco, but my own conviction, based on observation, is that tobacco as used at present by our youth has more to do with it than drink. It is a habit that is taken up by children before they are mature. The modern practice of inhaling the smoke, which always accompanies cigarette smoking, is probably doing as much toward bringing about the degeneracy of the American race as opium smoke inhalation did in bringing about the degeneracy of the Chinese race.

In China, opium smoking when at its worst was confined almost wholly to adults. In North America, cigarette

*Physical*

# Degeneracy— Its Causes

By D. H. Kress, M.D.

smoking begins with boys before they reach their teens. The time came when in China it was found necessary to suppress this practice. In North America the time will surely come when the cigarette must be denied to our young people. The fight against the cigarette will resolve itself into a fight for existence. You may say it is impossible to accomplish this. It was once accomplished.

In England, smoke inhalation was once so common that it was said everybody smoked. When the evils resulting from it became apparent, public sentiment was created against the practice by the better classes. The time came when smoking on the streets of London and the other large cities was stopped. Doctor Johnson, writing in 1773, said, "Smoking has gone out." For seventy years England was smokeless. Even when Queen Victoria ascended the throne in 1837 a man smoking on the street or in public places was seldom if ever seen. It was not until after the Crimean War that the practice of smoking again became prevalent. The British soldiers being brought in contact with the Spanish formed the habit of smoking cigarettes. On their return the boys and young men copied the manners of these heroes of the day, "by cultivating beards and smoking cigarettes."

In referring to this practice among the young men of England, and its influence upon them later, Sir Brampton Gordon in his parliamentary speech on the finance bill said, "If in ten or fifteen years hence we should have the misfortune to engage in a great war this practice among our youth of today would tell against us."

Doctor George Edmeston Fahr, when Contract Surgeon of the United States Army, called attention to the prevalence of heart disease among young men in the army during World War I. The disease known as "irrita-

ble heart," termed in Great Britain "soldiers' heart," he found was responsible for the rejection of many young men who were considered sound until physical exertion common to the life of the soldier revealed the defect. He said: "A casual examination did not reveal any heart trouble in such cases. They were passed as fit subjects for the army, by the examining physicians. It was only when on a march or drill that they were singled out."

The company commanders were better able to diagnose these cases than were the examining physicians. He quoted one of the officers sailing

*There might possibly be some excuse for this monkey's smoking. He doesn't know any better. But smoking makes a monkey out of a man when it comes to combatting disease.*



H. M. LAMBERT

*Signs of The TIMES*



for France as saying of the large number of men in his company who could not stand up under hard hikes, who were short-winded and lacked courage and initiative in performing athletic stunts: "Don't the doctors know anything about heart disease? All these men have poor hearts. They haven't any wind. I have sent them back to the infirmary a number of times, but the doctor will never discharge them. I know they will never be any good when we get them into the trenches. I would rather have a company lacking its full quota, than to have the quota made up of these men. They are the biggest handicap I have."

In speaking of the British Army, in particular, Doctor Fahr said: "It will surprise many to know that there are two and one-half times as many pensions for heart disease in the British Army as there are for the loss of limbs and nearly twice as many as for nervous diseases, shell shock, and epilepsy together."

In referring to the report of one of the British base hospitals in France, he said: "The condition previously known as irritable heart, but recently better designated as neurocirculatory asthenia, is by far the most important circulatory disturbance, both to the medical officer culling out at the recruiting station and to the medical officer examining at the front. For example, the report of one of the British base hospitals in France shows that out of 5,000 soldiers examined for circulatory failure about eighty-six per cent showed the condition known as irritable heart."

He said further: "Careful inquiries have shown that among a large number of those who broke down at the front with this disease the symptoms were already present while in civil life. The severe bodily exertion associated with modern wars served to bring out and emphasize the condition."

In referring to the symptoms present in such cases, he said: "Many of this class have cold, clammy hands, and show a course tremor of the fingers or of the lower limbs during the examination. They are subject to giddiness when forced to work in the hot sun, and are compelled to go into the shade to rest and cool off, when other men stick to their work. In other words, they are not first-class men but belong to the constitutionally inferior class."

"We want to emphasize again that very few of these men are any good in military service, and we do not believe that very many of them can be made first-class soldiers, capable of severe bodily exertion, even when carefully trained. The army needs

*Alcohol is another cause of degeneracy. It incapacitates men for service in this life, and if its use is continued it will destroy all hope of eternal life.*

nothing but first-class men, and these men are all of them third-raters. They are the men who do not succeed in life. They are constitutionally inferior."

Experiments conducted at the Hampstead Military Hospital for heart diseases in England, by Drs. John Parkinson and Hilmer Koefod, led to the conclusion that the use of cigarettes was the chief cause of the prevalence of this form of heart difficulty.

The London *Lancet*, the leading medical journal of Great Britain, of August 18, 1917, said: "In this war as in the wars of the past, many soldiers prove inefficient because they become unduly breathless on the exertion which military service entails. It has been freely asserted that excessive smoking, particularly of cigarettes, is one of the most potent causes of the condition."

Recruiting stations revealed that a large proportion of the candidates for naval and military service were rejected as unfit in the past. This is a cause for alarm.

Never has greater need existed for young men who can endure the hardship of war than now. We are building better ships, what we need to do is build better men. The time to build men is before they are called to active service. This building process should begin with students in our schools, and not with addicts when called to arms.

In time of peace we should prepare for war by building men who will be able to endure the prolonged test of the battle front. It is a poor business policy for any nation to encourage a traffic that tends to weaken the heart and unfit young men for military service and then pension them for life when thus ruined. The millions of dollars received annually from the tobacco traffic in revenue come far short of compensating financially for the loss thus sustained.

Japan has been awake to the need. Some years ago a bill was introduced into the House of Representatives by the Honourable Mr. Nemote, a member of the House. He said:

"I would like briefly to give you reasons why we have introduced this bill. Recently even children in our



EWING GALLOWAY

public schools have come to smoke cheap imported cigarettes, the consequences of which we fear will bring our country down to the miserable condition of countries like China and India; because tobacco, like opium, contains narcotic poisons which benumb the nervous system, weaken the mental power of children addicted to smoking; and thus to give point to our national policy, we must strictly prohibit the smoking of tobacco by children and young people. If we expect to make this nation superior to the nations of Europe and America we must not allow our youths in common schools, who are to become the fathers and mothers of our country in the near future, to smoke."

Dr. W. B. Riley relates the following, which is of interest. He spent a brief vacation on the premises of a Scottish sheep herder. His host had met him courteously at the station, but in the long drive to the ranch he had seemed strangely disinclined to talk. There had seemed to be a heavy burden on his heart. Pressed for the reason for his silence, the old shepherd had wept as though his own children had been snatched from him. "I lost sixty-five of my best lambs last night," he said. "Wolves got in." The sympathetic pastor expressed his own grief over this great loss of his friend's. "And how many sheep did they kill besides?" he asked. The shepherd looked surprised. "Don't you know," he answered, "that a wolf never will take an old sheep so long as he can get a lamb?" It is the lambs the enemy is after. They need our care. To build men we must begin with our youth.



SEED must have soil in which to grow. Germs of disease must have tissue soil for *their* growth. As the farmer must prepare the soil for the seed he employs in farming, so man must prepare the body soil for germs of consumption in order to make possible this disease.

Pure, cool air is one of the most important of all agencies in maintaining the vitality of the tissues of the body. Air is more important than food, for at best we spend only two

coughed into the face, or communicated through a kiss, or by the use of spoons, cups, or by hands touching hands which are infected, or by hands coming in contact with other objects, as doorknobs, which have been touched by infected hands. Hands should be kept clean, and should always be washed before partaking of food. Spitting in corridors of public offices, railway stations, theatres, churches and other buildings is a pernicious practice. The sputum be-

lated from man to man through the use of a common drinking cup. The use of the common communion cup, a practice which some have been loathe to forsake, afforded a source of the greatest danger. No doubt much disease has been spread through this source in the past. The probability is that there is always one or more present in an assembly who is capable of infecting the cup with germs of disease if not with tuberculosis germs.

Lettuce, celery, strawberries, and,

# THE GREAT WHITE PLAGUE

hours out of the twenty-four at the table, but breathing is continuous. It is possible to go without food for a number of days, but to be deprived of air a few minutes means death.

The ordinary city man lives in a vitiated office atmosphere during the day, then sleeps in a vitiated bedroom atmosphere at night. Could he spend the entire time out of doors, it would be well; since he cannot do this, he should in some way bring the outdoor atmosphere into his office and bedroom. This can be done by a proper system of ventilation.

It is not merely necessary to breathe, but we must breathe *deeply*. Deep breathing is not natural to the sedentary man. To the child, romping and playing about, and to the athlete, deep breathing is natural. Exercise creates a demand for air, and makes lung expansion a necessity.

For the man of sedentary habits, it is necessary to maintain an erect posture at the desk, thus energizing the muscles of the trunk, and permitting the diaphragm perfect freedom of action. During the day at intervals, it is well to spend a few minutes before the open window or out of doors in physical exercise. Time spent in this manner is not time lost, for it means an extra bank deposit of energy and life, followed by better work. Those having a tendency to tuberculosis should be careful not to overstrain the diseased lungs in their anxiety to develop lung capacity.

No other agent is so effective in destroying germs of consumption as sunlight. It imparts life to useful plants, but carries death to the noxious plants, to parasites, and to germs of disease.

The germs of consumption are conveyed from man to man chiefly through contact. They may be

comes dry and is ground up into dust through the traffic, and then the bacilli are conveyed by the wind and deposited upon foods which are exposed. No foods are more subject to this danger than meats sold in butcher shops. Such foods are always exposed, and naturally they form the most suitable soil for the growth of such germs. Falling upon such soil they multiply rapidly.

Consumption is not a hereditary disease. House heredity is a more active cause of tuberculosis than is family heredity. To show the vitality of these germs, the *British Medical Journal* reported the following case several years ago:

"A family of nine occupied a house, occupied *ten years* previously by two tuberculous patients. A short time after moving into this house, three among them showed symptoms of tuberculosis, although previous to this the whole family had been in splendid health. These three had used the same bedroom as the former tenants. Pieces of wallpaper were examined, also dust from the ceiling and walls, and tubercle bacilli were found in abundance."

Cats, it seems, are especially susceptible to this disease. No less than eighty per cent of the cats examined in Massachusetts were found to be tuberculous. These creatures should not be kept in our homes as pets for children to fondle if they associate with other cats.

Tuberculosis may be communi-

---

By

Upton R. Pearce

---

in fact, any raw eatable herb or fruit growing close to the ground, may, through the germs conveyed to them through the use of barnyard manure and other fertilizers, become an active cause in the spread of disease. Gardeners have been known to use diluted human excreta in watering vegetables. All vegetables eaten raw should be well washed.

Tuberculosis being common among domesticated animals makes meat a suspicious food. A professor connected with one of the state agricultural colleges, referring to the animals in a certain district, said, "They are reeking with tuberculosis." I said to him, "What do the farmers do with them?" "Oh," he replied innocently, "they sell them to the butcher." The fact is, this is what is done with diseased animals. These creatures have too great a commercial value to kill and bury. Any honest butcher will inform you that there are very few animals slaughtered which do not give evidence of some visible disease. There are others that give no visible evidence, yet they are diseased.

The impression seems to exist that the hog is seldom subject to tuberculosis. This is probably due to the fact that the hog when killed is generally fat. The tuberculous slaughtered hog is fat because it is not allowed to live long enough to become emaciated. When a hog begins to lose in weight, it is at once killed and eaten. Burton R. Rogers, D.V.M., in an address published in the *Bulletin of Iowa Institutions*, declares that hogs are very extensively infected by this disease. He said, "In my four years' work as inspector of meats I have seen no less than ten thousand such animals, to say nothing of the like proportion which two hundred other federal inspectors have seen."





H. A. ROBERTS

Emaciation develops as a symptom only in the later stages of the disease, both in cows and in hogs. In many cases these animals to all outward appearance are in good condition, yet the lungs and ribs are literally covered with tubercles. Whether or not tuberculosis is present in such cases can be detected only by the tuberculin test. Wherever this test has been adopted, owners of cattle have been startled at the revelations made. With the majority, the revelation has not been at all welcome, since it has meant the loss of one-fourth, and in exceptional cases three-fourths of the entire herd, a loss which owners have felt almost unable to sustain. The tuberculin test has been almost abandoned on this account in many places.

The germs of tuberculosis may be conveyed through milk, butter and cheese. They thrive and multiply rapidly in these products, and it has been discovered that they are capable of retaining their vitality for weeks and even for months. Tuberculosis germs have been found alive in butter at the

end of four months, and in cheese at the end of thirty-five days.

"A few years ago a farmer living in Montcalm County, Michigan, lost two head of cattle from tuberculosis. Subsequently his entire family, consisting of six persons and two attendants, was stricken by the disease, and died."

Sterilization of milk destroys the germs of consumption, but milk furnished by a diseased animal is even then not safe for human consumption, for while the germs may be destroyed by the heat, the poison known as *tuberculin*, produced by the germs, is not destroyed by heat. Milk containing this poison is therefore unfit for human consumption even after it is boiled. In order to appreciate this, it may be well to study the tuberculin test and its purpose.

Tuberculin is the poison produced by the germ of consumption. To obtain tuberculin, the germs of tuberculosis are grown in laboratories in test tubes. They are afterward destroyed

*The old adage that an ounce of prevention is worth a pound of cure was never more true than in the case of tuberculosis.*

by heat. This leaves free the product, tuberculin, which may afterward be filtered out and separated from the dead germs. Two to four drops of this poison, diluted, if injected into the tissue of an animal, will produce no noticeable disturbance if the animal is healthy. If the animal has the disease even in the earlier stages, there is circulating in its lymph and blood a certain amount of this same kind of poison. When this *additional* amount is added, the disease processes are aggravated and fever ensues. In twelve or twenty-four hours after the injection is made, the fever rises anywhere from two to six degrees, or even higher. All tuberculous animals respond to this test even though in good flesh and apparently in health. This test has condemned cattle which were so entirely unsuspected of having the disease that only after slaughtering could the owners be convinced that no mistake had been made.

*Every family should know the source of its milk supply, and refuse to purchase milk unless the animals furnishing it are properly kept, humanely treated, and the utmost cleanliness in milking is observed.*

The Lord anciently made with His people a covenant which holds good today. He said that if they would obey Him in all things, He would preserve both them and their cattle from disease. (Read Deuteronomy 28.) The promise was: "If thou shalt hearken diligently unto the voice of the Lord thy God, to observe and to do all His commandments [which include the laws of health for animals as well as for man] . . . *blessed shall be . . . the fruit of thy cattle, the increase of thy kine, and the flocks of thy sheep. . . .* If thou wilt not . . . observe to do all His commandments and His statutes . . . cursed shall be the . . . increase of thy kine, and the flocks of thy sheep. . . . *The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, . . . and they shall pursue thee until thou perish.*"

We would at least infer from this that the unsanitary conditions under which animals are compelled to live has something to do with the prevalence of disease in the cow and in man. One of the Canadian medical journals, in speaking of the increase of disease among animals, concludes with the following: "With cholera in hogs, rot in sheep, influenza in poultry, and tuberculosis in milk and beef, is it any wonder that large numbers are becoming vegetarians?"



# Intemperance at the Table

## Obesity Constitutes One of the Greatest Perils to Longevity

HAST thou marked nature's diligence? The body of everything that takes nourishment dies, and is constantly reborn." These words of Leonardo Da Vinci are used by Dr. Garfield Duncan to introduce his book *Diseases of Metabolism*. It is a good reminder to persist in one's efforts to achieve perfection, perhaps even the objective of an ideal weight. It is interesting to note that carbohydrates and fats, whether burned within or without the body, yield the same calories per gram; namely, four calories per gram, and nine calories per gram respectively. Protein yields four calories per gram within the body, which is less than without the body, because it is not fully assimilated owing to nitrogen excretion.

Tables have been prepared indicating the calories required in excess of the basal needs by persons engaged in various occupations. They are listed by Duncan as follows:

Occupation—Men	Extra calories per hour
Tailor	44
Bookbinder	81
Shoemaker	90
Metal worker, filing and hammering	141
Painter of furniture	145
Carpenter making a table	164
Stone mason chiselling a stone	300
Man sawing wood	378
Occupation—Women	Extra calories per hour
Seamstress—needlework	6
Typist	24
Seamstress using sewing machine	57
Bookbinder	63
Housemaid, moderate work	81
Laundress, moderate work	124
Housemaid, hard work	157
Laundress, hard work	214

In contrast to physical effort, mental effort causes negligible increases above the basal rate. The basal metabolic rate of vegetarians and nonvegetarians shows very little difference as measured by oxygen con-

sumption during stated periods. The normal range is said to be plus or minus fifteen. The ideal weight is about as follows, according to height: one hundred pounds for the first five feet, five pounds for each additional inch, ten pounds additional if you are heavy-boned, and an extra ten pounds for men. This corresponds to the weight you were when about twenty-five years of age. The advantage of keeping the weight normal is that you are less susceptible to the degenerative diseases such as premature hardening of the arteries and its complications, also diabetes. As the saying goes, "the lifeline is inversely proportional to the waist line." Too rigid dieting is like going on a high-fat diet, since body-fat stores are mobilized. This in itself has resulted in undue strain on the circulatory systems of some persons, and has cast some opprobrium on dieting. A weight loss of two to four pounds a month is considered a safe programme for older individuals. The younger person is rarely satisfied with anything less than two to four pounds a week.

On an undernutrition programme the patient may actually gain weight owing to water retention. The patient will eventually lose at a predictable rate if the diet is adhered to and standard measures are used. Persons with heart disease particularly stand to gain by weight reduction where they are obese. Thyroidectomy has been considered in extreme cases to conserve body energies by reducing metabolic rate—a similar drop in basal metabolic rate of minus twenty or minus thirty has been accomplished by weight reduction.

If overeating is a moral evil because of its damaging effects upon

the body temple, its origin can be likened to that of other moral evils; namely, ignorance, habit, and wilful disregard of nature's laws. In the latter category are the so-called "food drunks." Overeating does in fact cause a mild intoxication.

The mental attitude may mean the difference between success and failure. Obesity is no longer an evidence of health and prosperity as it may have been during the depression. Neither does it add to one's beauty as it is said to have done in the days of ancient Greece. Hunger is a wholesome state. The masters advise us to interrupt eating far short of satiation instead of continuing beyond by the taking of desserts. In fact it is said that desserts are made tasty because if they were not so enticing no more would be eaten at that state of a meal. One authority goes so far as to say that they have no place in the normal dietary, that they should be considered a rare indulgence reserved for special occasions or holidays. While dieting, hunger between meals can usually be assuaged by one or two glasses of plain or charged water.

Dr. Frank A. Evans, collaborator of Duncan, has advised that the glutton who eats for eating's sake to the point of semi-intoxication should be warned that "since gustatory delights form a great part of his enjoyment of life, to give them up might make life too uninteresting to endure." Newburgh and Johnston have said of the extremely obese that they have a "combination of a weak will and a pleasure-seeking outlook on life." Such are advised to ponder well the great sacrifice they must make before embarking on a diet. When so advised some return soon, or sometimes even a year later; some withdraw, never to return. Proverbs 23:1, 2 comes to mind, "When thou sittest to eat with a ruler, consider diligently what is before thee: and put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat." Gland

By

H. W. Trebor, M.D.





H. A. ROBERTS

trouble as a cause of obesity is really somewhat of a myth, as fat has only one portal of entry; namely, the throat.

Doctor Evans has summarized the signs, symptoms and results of weight reduction about as follows: If blood



*Diamond Kitty  
714 lbs.*

pressure is elevated, a certain reduction may be expected. Symptoms of cardiovascular strain, such as breathlessness on mild exertion, will be eliminated. Albuminuria, if present, will be decreased; sugar in the urine may be eliminated. Indigestion, dizziness, headache, sleeplessness and pains in the joints may be relieved. With regard to hernia it may be said that many cases show improvement of symptoms and decreased size of the hernial sac. Without exception varicose veins in the legs of the obese improve with reduction in weight. In other words, subcutaneous fat provides no support for varicose veins. With regard to disturbances of menstruation, accurate dieting will alleviate the symptoms in most patients, and will relieve them completely in some. The correction of menstrual disorders in the obese with dieting suggests that some endocrine troubles may be due to the ingestion of faulty metabolic mixtures at a physiologically impressionable period of the patient's life such as puberty, and not that some metabolic dyscrasia (obes-

*Those who love long life and length of days must guard well against obesity, because it is a well established fact that every inch added to the waist-line shortens the lifeline.*

ity) is secondary to disturbed endocrine function. The mental attitude is improved. There is more self-confidence. Reducing, or rather restricting the diet, is a good personality exercise.

The greatest menace to those

who are overweight is their friends! "Many persons instinctively respond to an obvious loss of weight in another as an evidence of serious disease, and with impulsive solicitude they tell the obese friend after cure that he 'looks terrible' and enquire anxiously about the cause."

Permanence of results? It is admitted that relapses are fairly frequent. A food addiction in some persons is too strong to resist. It is reported of a coloured patient who had reduced from 389 pounds to 169 pounds, a net reduction of 220 pounds, that she reported to a hospital some years later weighing 420 pounds. She now had a serious and painful illness requiring administration of morphine. She was heard to say, "Doctor, can't you put that hypodermic off until after lunch?" Sometimes Doctor Evans impels a hesitant patient toward co-operation by pointing out to her who weighs, for example, 190 pounds and should weigh 130 pounds, that she is made up of 130 pounds of her charming self and 60 pounds of dead inert fat.





STAR PHOTO SERVICE

*Ring out the old—ring in the new! is the cry at this time of year. But what will be rung in? Undoubtedly more and greater destruction by warfare, more crime, more fear and more hatred between nations and peoples.*

**W**E ARE standing upon the threshold of a new year, a year which soon will be ushered in with the ringing of bells, the blowing of whistles, much revelry—but little prayer. And if we are to judge it by the old, we cannot get away from the fact that it will be a year filled with momentous events of mounting horror, which will touch even the bravest heart.

Why, why must these things be, I asked of myself as I stood watching the sun in the west as it disappeared behind the hills in a blaze of colour, but no answer came to me. Instead, my thoughts went to little Bobby, who had asked if the new year would be all shiny, like his new shoes. Then the thought came to me that the year could shine, and would shine if the people in it would look up to God instead of down to the evil in the world.

A shoe-shine shop on one of the streets of New York held a lesson for me on the art of shining. During the warm weather, the chairs were all arranged out on the sidewalk, but when cold weather came they disappeared. However, in the window was a sign, "Shine inside." Then I knew

that if we would shine we must have God's Spirit in our hearts.

Christ, you remember, said, "Ye are the light of the world." Therefore each individual must decide for himself whether he will be a shining light or a dark, dark shadow over which men will stumble and fall.

As Bobby's shoes soon lose their newness, likewise will the new year lose its shine. Our resolutions are forgotten and the world takes on a much-worn and scuffed look. Then when we face the unexpected things that will confront us, we lose faith, and we fear; thus our light has gone out, we do not shine.

This condition should drive us back to the God who not only tells us to "fear not," but gives us the blessed assurance that He will watch over this world "from the beginning of the year even unto the end of the year." Deuteronomy 11:12.

"Then pealed the bells more loud and deep:

'God is not dead; nor doth He sleep!

The wrong shall fail.

The right prevail,

With peace on earth, good will to men!'"

Ring, bells, ring.

# Ring, Bells, Ring

By Martha E. Warner