

Signs of

The **TIMES**

VOL. XXXI

CANADA'S JOURNAL OF HOPE AND HEALTH

NO. 5



H. M. LAMBERT

Heart Pictures (See Pages 2, 3)

Signs of
The TIMES
CANADA'S JOURNAL OF HOPE AND HEALTH

VOL. 31

MAY, 1951

NO. 5

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

Heart Pictures	2
By Martha E. Warner	
Christ's Eternal Glory	4
By John Walter Halliday	
God Is Working Out His Purpose (Poem)	5
Apparitions	6
By C. S. Longacre	
God Calls for You (Poem)	7
By Joseph Twing	
Man's Hope in Centuries Past	10
By Robert Leo Odom	
The Science of Salvation	18
By D. H. Kress, M.D.	
God Plans It So (Poem)	20
By Helen J. Anderson	

MEDICAL

What Is Alcohol?	12
By Alice Mae Rogers	
School Lunches Are Fun	16
By Mae Kamerer, Dietitian	
Tired Nerves	18
By H. F. DeAth	

REGULAR DEPARTMENTS

The World As We See It	8
By the Editor	
New Nuggets	12
By R. E. Finney, Jr.	
Bible Answerman	14
By the Editor	
Doctor's Voice	16
By W. H. Roberts, M.D.	

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.

BLESSED be the sons and daughters who again this year have the precious privilege of paying tribute to the one who gave them birth. That privilege is denied me, for my mother lies sleeping on a little knoll overlooking Totoket Mountain.

Although seven years have passed since I left her there, my memory of her is as fresh and clear as it was in the days of long ago. I think of her dear hands that laboured for her children and led them in the straight and narrow path; her hair so soft and silvery-white; her love-filled eyes; and her lips whispering a prayer each night for her wayward child.

To me this is a beautiful picture that is locked tight in my heart; and I would, if I could, put it on canvas and exhibit it on Mother's Day. But alas, I am no artist, so I must content myself with my hobby, the hobby of collecting Heart Pictures. To help you better to understand my meaning I invite you into my memory gallery, and there I will tell you about a few of them.

Here is one of a mother whose children pooled their money and bought for her a bedroom suite, with a mattress soft as down. That was something beyond the mother's comprehension, for all her life she had clung to her old bed and straw mattress, which now the girls decreed should not be taken into their new home, and it wasn't.

Mother took the change gracefully and seemed very proud of her new room. She enjoyed showing it to her friends. She would say, "Come see what my children did for me out of the love of their hearts. It was my gift for Mother's Day. And Albert came home too. He flew all the way from Washington. Don't you think I have good children?" she would ask.

It was not until several happy months had passed that the children began to notice a change in mother. She stayed in her room more; she did not smile so much as she used to; she was quiet and listless, and seemingly had lost interest in the everyday happenings of the household. She was given a checkup, but the doctor's verdict was simply "old age." As he went out, his last words were, "You'll not have her long, so make her as happy as you can."

"Make her happy," said the children as they looked at one another. "What more can we do than we have done?" They talked over this plan and that plan but could think of nothing that seemed feasible. Finally John said, "Give me time and I'll think up something." And he did.

When John went into his mother's room that evening he greeted her



H. A. ROBERTS

By
Martha E.
Warner

Engraved upon the heart tablets of uncounted men, women and children are heart pictures of the noblest and most beautiful woman on earth—mother.

HEART PICTURES

with, "Hi there! Mother, what have you been up to all day? Are the girls good to you? Do you get everything you want?"

"Oh, yes," she told him, "the girls are good, so good to me. I couldn't ask for anything more."

"You do not have to ask," said John, "so you just do a little thinking. And if there is anything you'd like, your John is the one who will get it for you."

At that the tired eyes brightened, and she whispered, "Would you, John, would you?"

"Sure would," John told her.

Then the mother opened her heart to him. She told him how much she appreciated all they had done for her, and she loved them all, but she did wish, oh how she wished, she could have her old bed back again. "Do you think the girls would let me have it?" she asked. "I think I could rest better on that."

For a split second John did not know what to say, but one look at those pleading eyes made him promise to see to it in the morning and

to see to the girls also. That brought a smile to the dear face and she said, "You are a good son, John."

With the girls, however, it was a different story. They reminded him that if he had burned the bed as they had wanted him to, mother would not have asked for it. They refused to have it brought into the house at all. John did not argue or plead with them; he quietly remarked that very soon now, mother would be going out of the house and never coming in again.

Then Ann suggested that John bring the bed in so they could clean it that night and have it made ready for morning. And that was done.

After the change was made, mother's smile was seen more often, yet she grew weaker and weaker. One night she called for John. "When I am gone, John," she said, "lay me beside father." Then closing her eyes she fell asleep. Oh how thankful the children were that the old bed had not been burned. Now they had no regrets.

Next there is a heart picture of a

little cottage under the shade of a big maple tree, and in the cottage a dear lady lived all alone except for her big pussy cat, Napoleon. Her son Paul had left home some years before, and now was a successful but very busy man, so very busy that he could not seem to find time to visit his mother, much less to write to her. Every day this mother walked down to the mailbox, hoping against hope there would be a letter from her son, but every day she went back disappointed.

Eventually Paul did return and took his mother for a ride. But he came back alone, for he had left her at the cemetery. A four-cent stamp or even a penny postcard would have given his mother much happiness, but Paul was a busy man.

Over here hangs a picture of a little curly-headed boy who was taken from an orphanage and placed in a home with a young couple with whom he lived until he was sixteen. Then he went out into the world for himself. Later he married and in time two children graced his home.

All through the years he kept in touch with his foster parents, but there came a day when he felt he wanted to see his mother. So he visited her, and after a pleasant call he said good-bye and left. At the gate, however, he turned and went back into the house, saying he had not forgotten anything but that he had lost his courage and had come back to try again. Then he began to pace the floor.

Going to him and putting her arm around his shoulders, his mother said, "Tell mother what is troubling you just as you did when you were a little boy."

That brought the tears, and when he could again speak calmly he said, "O mother, I came back to tell you I do love you, and I do appreciate all that you and dad have done for me. If I could live my life over again, things would be different, but it's too late now." But it wasn't too late for them to have a heart-to-heart talk, and the second time he left for home he was assured of his mother's blessing.

Stars were put around that picture when I added it to my collection, and I hung it next to the picture that always glows with a soft light. A halo I call it, for it shines around my mother's picture.

" 'Tis a picture I shall treasure,
And 'twill from me never part,
Mother reading from her Bible,
Gently, softly from the heart.
Blessed fireside! Blessed reader!
And her loving eyes that shine,
Oh, the comfort of your presence,
And the glory, mother mine!"

—James McChesney Prickett



H. A. ROBERTS

Owing to Christ's unselfish sacrifice in behalf of the human race, the ages of time as they pass will but add to His eternal glory.

HOW wonderful was God's only-begotten Son in the days of eternity, before the world was. He was identical with the Father in all His most glorious attributes: nobility of form and features; tenderness of heart; power and glory; profound knowledge and wisdom; complete compassion; and beauty of holiness. He was, in truth, the express image of God!

Who was Jesus Christ in the beginning? How has it come to pass that He is now the Saviour of the world? The answers to these questions prove conclusively that, as the Scriptures declare, He is indeed the Sav-

our of the world, for we read, "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved." Acts 4:12. In heaven He was God's only-begotten Son from the days of eternity, for Jesus said, "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.

Christ is the one through whom the heavens and the earth, in all their beauty and glory, were created and are upheld, for we read: "God . . . hath in these last days spoken

unto us by His Son, whom He hath appointed heir of all things, by whom also He made the worlds; who being the brightness of His glory, and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down on the right hand of the Majesty on high." Hebrews 1:1-3.

In the hearing of the heavenly angels God made known the wondrous creative work of His beloved Son when He acknowledged it all before them, as He directly addressed His Son as follows: "Unto the Son He saith, Thy throne, O God, is for ever and ever: a sceptre of righteousness is the sceptre of Thy kingdom. . . . And, Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of Thine hands." Verses 8-10.

What an acknowledgment, what a sublime testimony of God Himself to the resistless might of His dearly beloved Son in calling into existence out of nothingness the myriads of mighty suns, the numerous beautiful worlds, the wondrous galaxies of stars, the unnumbered island universes, and the multitude of vast constellations, in all their varied colours and movements and outshining glories, that perpetually circle around God's great throne!

Let us now consider the testimony of Jesus Himself regarding His descent from heaven to earth to bring to man the bread of life: "I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever: and the bread that I will give is My flesh, which I will give for the life of the world." John 6:51. He said also, "I came down from heaven, not to do Mine own will, but the will of Him that sent Me." "What and if ye shall see the Son of man ascend up where He was before?" Verses 38, 62.

Jesus spoke further about His existence in the days of eternity before He came down from heaven to redeem lost mankind: "Verily, verily, I say unto you, *Before Abraham was, I am.*" John 8:58. What a comfort it must have been to Him to remember the glory and joy of His heavenly home, and to realize that at His ascension to heaven in the near future He would enter again into the midst of its refreshing glory! Ponder again His last prayer before He entered Gethsemane: "I have glorified Thee on the earth; I have finished the work which Thou gavest Me to do. And now, O Father, glorify Thou Me with Thine own self with the glory which

Signs of The TIMES

Christ's Eternal Glory

By John Walter Halliday

I had with Thee before the world was." John 17:4, 5.

Among the sublimest attributes of Christ in heaven, clothed as He was with such heavenly honour and glory and revered by the angelic host, was His willingness to leave it all and sacrifice Himself to save a lost world. How great was the depth of His compassionate love that so moved Him that He "offered Himself without spot to God," "a Lamb without blemish and without spot," "the Lamb slain from the foundation of the world." Hebrews 9:14; 1 Peter 1:19; Revelation 13:8.

No wonder John the Baptist cried out as he beheld Him, "Behold the *Lamb of God*, which taketh away the sin of the world." John 1:29. How well Jesus knew that if He were successful, He would be able to share with the redeemed His eternal heavenly riches, thus making them, as the apostle Paul declares, "joint heirs" with Him. Romans 8:17. This has been ably told in the following expressive words:

"The plan by which alone man's salvation could be secured, involved all heaven in its infinite sacrifice. The angels could not rejoice as Christ opened before them the plan of redemption; for they saw that man's salvation must cost their beloved Commander unutterable woe. In grief and wonder they listened to His words as He told them how He must descend from heaven's purity and peace, its joy and glory and immortal life, and come in contact with the degradation of earth, to endure its sorrow, shame, and death. He was to stand between the sinner and the penalty of sin; yet few would receive Him as the Son of God. He would leave His high position as the Majesty of heaven, appear upon earth and humble Himself as a man, and by His own experience become acquainted with the sorrows and temptations which man would have to endure. . . . He must die the cruelest of deaths, lifted up between the heavens and the earth as a guilty sinner. . . . He must endure anguish of soul, the hiding of His Father's

face, while the guilt of transgression — the weight of the sins of the whole world — should be upon Him." — *Patriarchs and Prophets*, p. 64.

The following incident shows how one who felt herself deeply sinful accepted Christ as the *Lamb of God*, slain for her that she might be saved. She was Charlotte Elliott, author of

God Is Working Out His Purpose

"God is working out His purpose
He has planned for you and me;
Tho' from us it may be hidden,
Some day we will plainly see
How He stands behind the shadows
Waiting to perform His will,
Whisp'ring, 'Child, be of good courage,
Every promise I'll fulfil.'

"God is working out His purpose
Even though we go alone;
It may take us from our loved ones,
Lead us far away from home;
It will be the greatest pleasure
Thus to feel His presence near
And to know that God is working
Out the purpose to Him dear.

"God is working out His purpose
Though it lead through desert bare;
He'll go with us on life's journey
And our heavy burdens share.
Through the weary years of waiting,
When the heart cries, 'Lord, how long?'
God is working out His purpose,
Right will triumph over wrong.

"God is working out His purpose,—
Never murmur or repine,
For our future's in His keeping;
Gladly to His will resign.
When the veil at last is lifted,
And the shadows flee away,
We shall understand His purpose
Through one glad eternal day."

the song, "Just As I Am," a song that has won many for Christ. She became stirred with a deep conviction of sin, and felt that she was being drawn to Jesus. But how to give herself to Him she knew not. She realized that God demanded of her a holy life, but all her efforts to live such a life proved unavailing. So she sought for advice. Finally it dawned upon her that the only way she could ever be saved would be for her to come to Christ *just as she was*; and she was told that it was the only way that was known. Her decision was, "I must come *just as I am*." So at last, just as she was, she came to Jesus, the Lamb slain for her, and found the pardon, peace, and cleansing so longed for. And she wrote her experience in the song, "Just As I Am," a song that is still helping many others to come just as they are.

So every other soul under conviction of sin, however faltering and sinful, can come just as he is to the same pitying Lamb of God. His heart is ever the same, for it is recorded of Him, "Jesus Christ the same yesterday, and today, and forever." Hebrews 13:8. How deep is His love, how tender His pity, how saving His compassion! He meekly and humbly suffered for each one, and each willing one He will gather in His arms! What tender words of acceptance He whispers by His Spirit to the soul, how real becomes His pleading presence, and how desirable His salvation appears! And many who are hungering to be saved *cast in their lot with Him, accepting His sufferings in their stead*, His wonderful pardon, His complete cleansing, His perfect peace, and the *beginning of everlasting life in the soul*, as they say from the heart:

"Just as I am, and waiting not
To rid my soul of one dark blot,
To Thee, whose blood can cleanse each spot,
O Lamb of God, I come, I come.

"Just as I am, Thou wilt receive,
Wilt welcome, pardon, cleanse, relieve;
Because Thy promise I believe,
O Lamb of God, I come, I come."



RELIGIOUS NEWS SERVICE PHOTO

During the six thousand years of the history of sin, this earth has become a vast burying ground. In strict accord with the death sentence, millions each year revert to the earth from which they sprang. The promise is, however, that the dead—both righteous and wicked—shall live again.

APPARITIONS—

Do the Dead Actually Appear?

ON NUMEROUS occasions accounts have been published in Catholic periodicals of certain individuals having seen an apparition of the Virgin Mary. The *Evangelist*, a Roman Catholic Church organ published at Albany, N.Y., in the issue of November 4, 1949, presents a photograph of a group of six children from the village of Heroldsbach-Thurn, Germany, "who claim to have witnessed for several days, an apparition of the Blessed Mother while gathering leaves in a park. The visions were seen only by the children and not by the thousands who flocked to the scene to pray. Of three similar, recent cases of reported visions in Germany, two were found spurious," says the *Evangelist*. It also reports that the "diocesan officials are studying the case of these children."

The best authority for the church officials to consult on the subject of the possibility of the dead communicating with the living is the Holy Bible. The Bible teaches expressly that "the living know that they shall die: but the dead know not anything," and that when people die,

"their love, and their hatred, and their envy, is now perished; neither have they any more a portion forever in anything that is done under the sun." Ecclesiastes 9:5, 6.

We are told in Sacred Writ that evil angels, whom the Bible calls "the spirits of devils," go forth to deceive the inhabitants of the earth, "working miracles," "signs and lying wonders," and that they will work "with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved. And for this cause God shall send them strong delusion, that they should believe a lie: that they all might be damned who believed not the truth, but had pleasure in unrighteousness." 2 Thessalonians 2:9-12.

The prophet Isaiah warns the people not to be deceived by "familiar spirits" which claim to be the spirits of the dead. Then he admonishes us: "Should not a people seek unto their God? for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:19, 20.

The *Catholic Encyclopedia* in set-

ting forth Catholic doctrine and tradition concerning the Virgin Mary tacitly admits that the apostle John took Mary, the mother of Jesus, into his home and cared for her after Christ's crucifixion for "the whole of Mary's later life." The same book further states: "It must be confessed that we do not possess any authentic documents bearing directly on Mary's post-pentecostal life."

The *Catholic Encyclopedia* quotes various eminent Catholic authorities who disagreed as to where Mary was buried when she died. Some held that "since St. John had lived in Ephesus and had been buried there," the Virgin also lived and was buried there. As eminent an authority as Pope Benedict XIV is quoted as saying that "Mary followed St. John to Ephesus and died there."

The *Encyclopedia* then quotes other eminent Catholic authorities "which mention Mary's death in Jerusalem," and deny that St. John took Mary with him to Patmos," and that not St. John but "St. Paul founded the Ephesus church, and that Mary was dead before John's exile in Patmos." The *Catholic Encyclopedia* finally concludes that ac-

cording to the best and most reliable Catholic authorities and traditions the Virgin Mary died and was buried in or near Jerusalem. It quotes the Bishop of Jerusalem, Juvenal, in A.D. 451 to have "testified to the presence of Mary's tomb in Jerusalem." It also quotes other prominent Catholics who held "that about the beginning of the fifth century there existed a fairly general tradition that Mary had died in Jerusalem and had been buried in Gethsemane. "This tradition," says the *Encyclopedia*, "appears to rest on a more solid basis than the report that Our Lady died and was buried in or near Ephesus." —Page 471.

Since it is the consensus of opinion among leading Catholic writers that the Virgin Mary died and was buried in Gethsemane, how is it possible for her to appear to individuals here on this earth when the Bible plainly teaches that "the dead know not anything," and that they live not again until the resurrection morning, and that they have no "more a portion forever in anything that is done under the sun" till after the judgment day and the resurrection of the dead? Their bodies are in the graves, and the spirit which God gave them when they were born, we are told, goes back to God who gave it when He breathed into the body the breath of life. But that spirit was nothing else than the life current which came from God and made them living beings, and it does not return to the body until the promise of God is fulfilled: "Behold, O My people, I will open your graves, and cause you to come up out of your graves, . . . and shall put My Spirit in you, and ye shall live; . . . then shall ye know that I the Lord have spoken it, and performed it, saith the Lord." Ezekiel 37:12, 14.

The apostle Paul warns Christian believers not to be deceived by "false apostles" and "deceitful workers," who transform themselves "into the apostles of Christ," and then adds this caution: "And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness." 2 Corinthians 11:13-15.

It is a very easy thing for the spirit of devils to impersonate our departed friends and make us believe that our dead can reappear on this earth and communicate with us. That is exactly what takes place in the secret chambers at the seances held by the Spiritualists and necromancers. The Lord told Moses to warn the people that they were not to have anything to do with "a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these

things are an abomination unto the Lord." Deuteronomy 18:11, 12. A necromancer, says Noah Webster in his dictionary, is one who pretends to have "communication with the spirits of the dead" when in reality

GOD CALLS FOR YOU

God calls you home, O weary soul,
Do not delay, make heaven your goal;
Salvation sweet waits just outside,
Our Lord entreats, "Make Me thy Guide."

Though trials may come, temptations too,

God's loving power will see us through;
We may be sure whate'er betide,
With us each one, He will abide.

—Joseph Twigg.

he has communication with "the spirits of devils, working miracles." Revelation 16:14.

The Pope of Rome, we are informed, is about to make a new ex-cathedra utterance, declaring that the Virgin Mary never died but was transported alive to heaven, and that sinners are to pray to her and request her to intercede in behalf of sinners. The person who first announced this tradition of the Catholic Church was a bishop of Jerusalem in the fifth century. He does not inform us who first originated this tradition, but the Catholic hierarchy later repudiated him as a pseudoteacher because he was a rival for the popedom of the Catholic Church when the bishops of Jerusalem, Alexandria, Constantinople, Carthage and Rome all aspired to be the head of the universal Christian church during the fifth century of the Christian Era. The Bishop of Rome finally won the high honour as Chief Bishop or *Pontifex Maximus*. Before that time he was only a bishop of the churches in Rome. If the Pope of Rome makes this new ex-cathedra utterance, as it is alleged in Catholic periodicals he contemplates doing, he will contradict the positive teachings of the Catholic hierarchy concerning the death and burial of the Virgin Mary in or near the Garden of Gethsemane. It is another instance in which the Catholic Church is making the Word of God of none effect by its traditions, just as the Jews made the commandments of God of none effect by their traditions.

There is not a doctrine in the Bible which the Catholic hierarchy

has not changed or altered by its traditions. Christ told the Jewish rabbis who changed the law of God by their traditions: "In vain they do worship Me, teaching for doctrines the commandments of men." Matthew 15:9.

An ex-cathedra utterance is supposed to be an infallible commandment of the Pope which takes precedence over the law of God and the plain teaching of the Word. The Bible predicted the rise of a religious power that was to reign over the kings of the earth, which "made war with the saints, and prevailed against them; until the Ancient of days came, and judgment was given to the saints of the Most High. . . . And he shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws"; "and there was given unto him a mouth speaking great things and blasphemies; . . . and he opened his mouth in blasphemy against God, to blaspheme His name, and His tabernacle, and them that dwell in heaven." Daniel 7:21, 22, 25; Revelation 13:5, 6.

This the present Pope did on Christmas Eve when he authorized the observance of the Holy Year during 1950, and invited all Protestants to return to the fold "of the only true church," and offered not only all Catholics but Protestants absolution from their sins upon their return to Rome during the Holy Year of 1950. Certainly that is blasphemy against God and His tabernacle in heaven, where only absolution from sin can be found.

The apostle Paul says: "There is one God, and one Mediator between God and men, the man Christ Jesus; who gave Himself a ransom for all." 1 Timothy 2:5, 6. Christ alone can offer us absolution and forgiveness for our sins, and He alone is our mediator "between God and men." Only Deity can forgive sins, and a man who claims he can forgive sins makes himself equal with God, and as Paul said, "opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, showing himself that he is God." 2 Thessalonians 2:4. He called that system of religion "the mystery of iniquity," and, said he, "the mystery of iniquity doth already work," and he said it would continue to work until the final judgment day, opposing the truth of God's Word, and would work in the last days of time "with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved." Verses 7, 10.

By

C. S. Longacre



WORLD AS WE SEE IT!

**A Prophetic Interpretation
of Current Events!**

A Four-Billion-Dollar Bill

IF SOMEONE were to hand you a bill for four billion dollars you would likely faint or drop dead. Failing that, you would immediately declare your inability to pay. Yet that is exactly the size of the bill that the tobacco merchants handed to the American people last year. And that, believe it or not, figures out to be roughly twenty-five dollars per capita in North America.

If this vast sum were spent for that which was beneficial we could all say, "Amen." If it provided a spiritual impetus, brought even one soul to Christ, contributed to the proclamation of the gospel, improved the smoker's health, strengthened his mental powers, clothed, fed and housed his family, again we could say, "Amen." But, lamentably, it does none of these. A cigarette-smoking husband and wife could buy a comfortable home for their old age with the money spent during their lifetime for that body and soul destroying weed poison. They are literally burning up piece by piece the house that would give them shelter at a time when shelter is often needed.

Just how much is a billion dollars? Four billion? I have never seen or heard of anyone who knows. To begin with, if you were an expert money counter, it would take you something over four lifetimes to count it. If you put four billion one-dollar bills end to end you could tie the earth to the moon and have enough left to wrap around each of these bodies several times.

How many pairs of shoes would this amount of money buy for the shoeless men, women and children in the world? How many could be saved from starvation? How many from death-destroying disease? How many clothed, housed, educated? How many missionaries could be supported in execution of Jesus' commission to go into all the world and preach the gospel unto every creature?

You figure that out, Friend Smoker. That picture is bad, but it is not the worst. The greatest loss is suffered by you, yourself—suffered in the innermost recesses of your body, soul and mind. Every dollar spent for nicotine and its nineteen associated poisons is undermining the resistance of your body to disease,

lessening the ability of your mind to grapple with life's problems, and robbing your soul of its capacity to know God.

And more than that. The use of tobacco defiles the body, which is God's temple. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19,20.

Daniel, while a young man in Babylonian captivity, refused to defile his body. "But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." Daniel 1:8.

And one thing more. The future is not bright to those who defile the body temple. There is no promise of unending happiness. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, *him shall God destroy*; for the temple of God is holy, which temple ye are." 1 Corinthians 3:16, 17.

Clouds of Smoke Over America

WE BEWAIL the loss caused by forest fires, and well we may. Not a year within our memory has passed that great, uncontrolled fires have not raged,



MALOK, OTTAWA

This young lady, expert money counter though she is, could not count the first billion of this four-billion-dollar bill in her lifetime.

destroying thousands of acres of our fast-diminishing forests. It is a sad thing to drive, as I did last year in British Columbia, through miles and miles of fire-ravaged virgin forest. There they stand, stately spires reaching up to heaven, but dead. Like tombstones in a cemetery, they are, in many cases, monuments to the carelessness of man. Clouds of smoke from one western fire are said to have drifted to the Eastern seaboard.

Without doubt most of these devastating forest fires need not be. A few, we suppose, are started by lightning. But the vast majority are the result of thoughtlessness on the part of smokers and campers. We say thoughtlessness, and we mean that. We do not believe that anyone would deliberately set fire to one thousand or ten thousand acres of God-given trees.

Campers may find a campfire hard to start when they are hungry or when they are in a hurry to go fishing or hunting. But a forest fire is not hard to start. It may be that the dying embers from that hard-to-start and thoughtlessly left campfire will be picked up by a quickening breeze, and the resulting fire will burn over thousands of acres before it is checked by rain or by hundreds of fire fighters at large cost.

The first cost of a package of cigarettes, a cigar, or a box of matches may not be the complete cost. This may be multiplied a million times in the hands of a careless and thoughtless smoker. Many times when driving at night we have observed the fire flashing from a cigar or cigarette dropped on the pavement from the car ahead. But many times these cigarettes do not fall on the pavement. Ofttimes they are snapped through the car window where they fall beside the highway among the dry grass and leaves. Imagination, we know, can complete this picture.

Trees are a gift from God. Generally speaking, they are long lived—some are said to be the oldest living things upon the earth. But they cannot survive a raging fire which on occasions leaps to their very tops. The careless smoker or camper who starts a forest fire is destroying that which he has no power to replace. As one poet has written, Poems are made by fools like me, but only God can make a tree.

We are now coming into the forest-fire season. The SIGNS OF THE TIMES appeals to every smoker, to every camper, to everyone, to exercise care and caution to prevent fires. What would this good and beautiful earth be like without trees—without forests?

Who Are the Bravest?

COMES the answer from the buck private to the top general, "The Medics." The Medics are the boys who go into the thick of the battle and bring out the wounded. Their job is not to take life, but to save it; and save it they do at the risk, and oftentimes at the cost, of their own.

Said one soldier in speaking of a Medic: "He had no regard for his own life whatever." Tribute to the bravery and self-sacrifice of this particular class is given over and over a thousand times in Korea every day. Raise the question any time among



CANADIAN ARMY PHOTO (CROWN COPYRIGHT)

a group of convalescing wounded, and the unanimous verdict is, "The Medics."

The Medics go unarmed into the midst of rifle, machine-gun and artillery fire. Doing that, all will concede, is an altogether different proposition from being armed and prepared to defend oneself. Instead of going in with a rifle and hand grenades, the Medic goes in with bandages, medicines and stretchers—for the purpose of "bringing them out."

Some boys we know have conscientious convictions about killing their fellow men, and have refused to do so. In most cases an unthinking public has branded these men as cowards. That is a cruel word to direct at a young man. We suppose, of course, that some men merit the name. Some are cowards, but not all, not by any means. A great many of these conscientious boys have joined the Medics and have distinguished themselves—highly so—through their bravery and their self-sacrificing efforts to save the wounded. Such exploits we call heroism, and if we knew a more laudatory word we would use it.

We recall the heroic exploits of one such Medic in World War II, Desmond Doss, a man who would not kill another man, but who would give his life in an effort to save another man. Doss received, and fittingly so, the highest honour the United States Government could bestow.

We recall another man, a man who a good many years ago did an even more heroic thing. This man was a noncombatant. He refused point-blank to take life. He claimed that that was not his mission. But there is not a recorded instance of his refusal to save life.

As the boys fighting in Korea today have done, this man left his home and invaded the enemy's country. Because he went unarmed, he belonged to the class of Medics, and he devoted his strength, his very life, to curing the sick and binding up the wounded. Until the day of his death he gave himself unstintingly to the relief of human suffering.

Who was this Medic?—Jesus.

Man's Hope in Centuries

WILL IT SOON BE REALIZED?

By Robert Leo Odom

FOR almost twenty-five centuries Christian lips in many lands have prayed in many tongues to their heavenly Father: "*Thy kingdom come. Thy will be done in earth, as it is in heaven.*" Matthew 6:10.

Millions, in reciting the so-called Apostles' Creed, have said: "He [Christ] ascended into heaven, and sitteth at the right hand of God the Father Almighty. From thence *He shall come* to judge the living and the dead."

This, the hope that a new world order will someday come to earth, has been harboured in the breasts of pious men and women for a long, long time. It is founded on the belief that Jesus Christ will return to this world and establish here a new world order, one characterized by permanent peace and a lasting solu-

tion to the ills that afflict the human race.

When Christ came to this world more than nineteen hundred years ago, it was "to give His life a ransom for many." Matthew 20:28. He died on the cross to pay the penalty for our transgressions. He did not at that time establish His kingdom upon the earth. But "unto them that look for Him shall He appear *the second time* without sin unto salvation." Hebrews 9:28.

The doctrine that Jesus Christ will come to earth a *second time* was one of the most prominent tenets of the Christian faith in apostolic times. The writings of the apostles abound with references, promises, and prophecies concerning the second advent of the Saviour to this world.

Indeed, Jesus Himself repeatedly

taught the doctrine to His followers. One of His best known statements on this point is that which He made to His apostles the evening before His betrayal, when He said:

"In My Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, *I will come again*, and receive you unto Myself; that where I am, there ye may be also." John 14:2, 3. How assuring are those words, "I will come again!"

About forty days after His resurrection, The Lord led His disciples out to a retired spot on the slopes of the Mount of Olives. After conversing with them awhile there, He stretched out His hands in blessing and farewell, and ascended from their midst. As they stood gazing at Him as He went up, a cloud veiled Him from their sight. Knowing how sad and lonely they must have felt, the Saviour sent back two of His escorting angels with this special message to that little group of Christians:

"*This same Jesus*, which is taken up from you into heaven, *shall so come* in like manner as ye have seen Him go into heaven." Acts 1:11.

With this definite assurance that Christ would come back, the apostles went forth with courage and faith to proclaim this great truth along with all the others that their Master had taught them. Yes, "this same Jesus"—the very same One we read about in the Gospels, the very same One who so loved you and me that He gave His life to save us—will come the second time.

Furthermore, His second coming will be real, manifest, and visible to all the inhabitants of the world. "He cometh with clouds; and *every eye shall see Him.*" Revelation 1:7.

Describing His return to earth, the Master Himself said that "as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be." Matthew 24:27. There will be nothing secret about His return, for "then shall all the tribes of the earth mourn, and *they shall see the Son of man coming in the clouds of heaven with power and great glory.*" Verse 30. The event will not only be visible, but it will be heard too. "He shall send His angels *with a great sound of a trumpet*, and they shall gather together His elect from the four winds, from one end of heaven to the other." Verse 31.

Man's true hope today, as in every age of the past, lies in the return of the Man of the Cross.



The promise of the return of Jesus does not rest upon a single scripture. It is given more than three hundred times in the New Testament.



H. A. ROBERTS

Everybody—"all the tribes of the earth"—shall see Him descend from the skies, and those spiritually unprepared to meet Him will bitterly rue their negligence. Terrible will be the effect of the glorious appearing of the Saviour upon those who have rejected the merciful invitation of the gospel, and have resisted the pleadings of the Holy Spirit to turn from their evil ways and live right. The apostle John, after beholding in vision the second coming of the Redeemer, describes the scene in these words:

"The heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places. And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; and said to the mountains and rocks, Fall on us, and hide us from the face of Him that sitteth on the throne, and from the

wrath of the Lamb: for the great day of His wrath is come; and who shall be able to stand?" Revelation 6:14-17.

This will be the grandest and most sublime spectacle since the creation of this world. Neither the coronation of the greatest of the world's monarchs, nor the triumphal procession of the mightiest of the victorious armies marshalled by man, can be compared to the glorious second advent of Jesus. "The Son of man shall come in the glory of His Father with His angels; and then He shall reward every man according to his works." Matthew 16:27.

God, the eternal Father, will glorify His beloved Son for this great occasion, investing Him with all power and glory. Accompanying the Saviour will come clouds and clouds of holy angels, celestial beings who are arrayed in a panoply of light as dazzling as the noonday sun. They have the appearance of "flaming fire." Psalm 104:4. The description of one of them reads like this: "His countenance was like lightning, and

his raiment white as snow: and for fear of him the keepers did shake, and became as dead men." Matthew 28:3, 4.

What, then, will it be like to see Christ come the second time accompanied by millions and millions of those holy celestial messengers? The very heavens will appear to be on fire, for Jesus will come "with great power and glory." Mark 13:26. "Our God shall come, and shall not keep silence: a fire shall devour before Him, and it shall be very tempestuous round about Him. He shall call to the heavens from above, and to the earth, that He may judge His people." Psalm 50:3, 4.

Since remotest times the hope of the second coming of Christ to bring an end to the reign of sin that plagues this world has been comforting to those who love God and His law. Long before the great flood wiped the wicked antediluvians from the face of the earth, the patriarch and prophet Enoch, distressed by the swelling tide of iniquity about him, declared to the world: "Behold, the Lord cometh with ten thousands of His saints, to execute judgment upon all." Jude 14, 15. And centuries later Job, in his affliction, found comfort in the hope of the coming of the Redeemer in the last day. He said: "I know that my Redeemer liveth, and that He shall stand at the latter day upon the earth: . . . whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me." Job 19:25-27. Thus Job expected to be raised from the dead to see the Saviour at the last great day.

When He returns, Christ will raise from their graves all who have died faithful in this blessed hope. When Paul wrote his last letter, a few hours before he was executed by order of Nero, he penned this cheering note of hope and confidence:

"I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith: henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing." 2 Timothy 4:6-8.

And in another letter the same apostle wrote: "The Lord Himself shall descend from heaven with a shout, with the voice of the Archangel, and with the trump of God: and the dead in Christ shall rise first: then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever

(Please turn to page 15)



Celestial Broadcasters

BRITISH astronomers, handicapped by months of bad weather each year in their use of telescopes, have now turned to special radio receiving equipment. Using highly sensitive directional antennas which receive signals from one direction only, they sweep the heavens listening for signals from space. It has long been known that such bodies as the sun send out "radio signals" and that these signals reveal much regarding the nature of the sender.

What has astronomers puzzled just now is the discovery of about thirty points from which signals come which do not correspond with any known heavenly bodies. They seem to be very distant and at least as large as stars, and they send out a hundred million times as much radio energy as the sun. British scientists are delightedly improving their instruments and are seeking more knowledge.

Protestants Increase Numbers

The Methodist Church reports increased membership for 1950, amounting to 150,000 in the United States and its possessions. This brings the total membership of the denomination to 8,935,647. Contributions were up from \$229,297,111 to \$244,676,674.

The Episcopal Church in the United States also had impressive gains. Two hundred priests were ordained—more than forty-three per cent over last year. The church now has a total of 2,540,548 baptized members, the greatest number in its history.

Antihistamine Drugs Dangerous

Sold across the counter without a doctor's prescription in the U.S., antihistamine drugs for colds are potential killers, doctors are now warning, citing case histories in proof. These drugs, warns Dr. Charles A. Glassmire, of Portland, Maine, should not be prescribed by a doctor unless he can watch his patient's reaction. In support he relates a case under his own care in which a patient, otherwise well, died after taking antihistamine medicine for eczema. These drugs are especially dangerous to children, and several cases are said to be known in which death followed their careless use.

Rocket Test

The United States Air Force made its first horizontal rocket test recently from Cocoa, Florida, over the Atlantic. Detailed results of the test have not been disclosed, but it is known that the rocket reached an altitude of 51,000 feet in one minute and twenty seconds. An informed observer said that its speed was probably around 5,000 miles an hour.

Cupid Loses

Cupid ran a poor second to the divorce courts in Hollywood in 1950, where again divorces far outnumbered marriages. Movie stars and associated workers indulged in divorces almost too numerous to tabulate, meanwhile occasionally involving themselves in lawbreaking through haste or carelessness in making new matrimonial alliances.

THERE may be listed a number of reasons why people drink. Often they are slaves to alcohol's power and cannot leave it alone. In such instances, however, there must have been some reason or reasons for beginning and continuing the use of alcoholic beverages to such an extent as to become thus bound by their chains.

Many people drink because they find in alcohol an escape from the unpleasant realities of life. The primary reason for drinking by the younger set is, however, a claim to a more abundant life through this means. Alcohol, they assert, gives a general feeling of well-being and exhilaration that is life at its zenith. They drink to "have a good time."

Let us examine, in the light of science, this much-debated substance, and see what are its true effects upon the human mechanism. In this examination let us consider particularly that promise of fuller life or a *good time* whereby the young are attracted to the altar of Bacchus, that we may see whether alcohol is truly what its advocates contend it to be in this respect, or whether it is perchance a deceiver and a mocker, as a very wise man long ago named it.

Before beginning our examination we must notice that the most ardent advocates of liquor cannot themselves claim for it any real life or health-giving properties. None can contend, for instance, that it will add years to the lifetime of its consumers or extend the vitality of youth into old age. The best they can claim is a temporary vitalizing power producing a feeling of fitness, a stimulation of the senses into awareness of life. But even this, they themselves must admit, is followed by a period of depression commonly known as a "hang over."

Moreover, there appears beyond all this a strange fact that would seem to contradict even the claim to a temporary stimulation of the sensibilities. If alcohol, used moderately, is a stimulant to sharpen the wits of its consumers, why have not some of its defendants advocated its use to help in the solving of difficult problems or in the handling of emergencies? Why, indeed, on the contrary, must the voices of liquor's friends themselves be raised in an increasing crescendo against even the moderate use of drink by the drivers on our highways? If alcohol, used with discretion, enlivens the sensibilities of its users, why should it not be expected that the driver who has imbibed moderately should be more, rather than less, alert at his task? One more strange paradox appears: If alcohol be truly a stimulant, why

What Is ALCOHOL —

The Elixir of Life or the Potion of Death?

By Alice Mae Rogers

do so many use it on the contrary as an escape from the realities of life?

The question forces itself upon us: Does alcohol stimulate the sensibilities to greater activity so that its users enter, even temporarily, into a fuller life? The answer according to science is an emphatic NO. The late Dr. George Thomason, in his excellent book *Science Speaks*, explains that ethyl alcohol "has a special affinity for the nervous system of man. Within a few minutes after drinking alcoholic beverages the nervous system begins to go to sleep, for ethyl alcohol is an anaesthetic." Writing further he says: "It is not a stimulant, but a narcotic, a depressant. It puts to sleep; it does not wake up. That is the verdict of all science."

The narcotic effect of alcohol, if it is taken excessively, is of course readily admitted, but the general consensus of opinion among drinking people seems to be that, taken moderately or sparingly, alcohol acts, on the contrary, as a stimulant. It is therefore the effects of the moderate or sparse use of alcoholic beverages that we shall here examine in particular.

Writing of Professor Otto Schmiedeberg's discovery in 1883 of the depressant effects of alcohol, Doctor Emerson points out that the professor "found this effect whether the dose of alcohol tested was small, medium, or large." Similarly Benedict and Dodge, after many years of painstaking scientific study of the effects of alcohol, came to the conclusion "that the body reflexes were delayed from five to ten per cent when doses of alcohol were taken which were so small as to cause no objective or subjective change in the tested person's conduct." Doctor Thomason tells of experiments in threading needles which prove the same point. He says: "As little alcohol as is contained in two glasses of beer has been shown to reduce markedly the number of needles threaded."

It is this slowing down of the body reflexes by even small amounts of alcohol that makes the drinking driver, be he ever so moderate in the gratification of his thirst, a potential traffic menace. Grace Clifford

Howard writes: "In some cases an alcoholic content of only .02 per cent per one hundred centimeters of blood may greatly impair a man's driving capacity. *That means, for some persons, all that is needed to make them a menace on the highway is a bottle of beer or a glass of wine.*"

This slowing down of physical reaction has its source in the nerves and brain, which have been so benumbed that the messages sent from the brain to the various parts of the body, by way of the nerves, are first of all often inaccurate, and secondly are carried by the nerves only with difficulty. Thus the fact that such very small amounts of alcohol can cause such a slowing down of the body reflexes indicates that even these small doses impair the functions of those most vital parts of all the body—the brain and the nerves. That this is true is indicated by more specific studies of the effects of alcohol on the intellect.

Dr. J. McKeen Cattell, a scientist of repute, informs us that a dose of alcohol as small as four teaspoonfuls "lowers the intelligence." The well-known psychologist, Dr. H. L. Hollingworth, "found that a dose of three tablespoonfuls reduces intelligence fifteen per cent. A dose twice as large reduces intelligence twenty-five per cent." "Such a loss," Professor John C. Almack writes, "would put a person with an intelligence quotient of 120 to a point below average. A genius with an intelligence quotient of 140 could thus be reduced to a level where he could not 'get by' in college classes."

The same numbing process is produced, however, on all the senses. Doctor Thomason states: "All the senses—seeing, hearing, taste, and touch—are numbed by alcohol."

So, to the question, Does alcohol in any way make for a fuller, richer life, a truly good time? we find that the answer must be negative. Professor Almack fittingly remarks: "If keenness of the senses, if mental alertness, if good physical condition, has anything to do with a good time, then anything that dulls the perceptions, as alcohol does, has no contribution to make to enjoyment."

And now there arises another

question: Does alcohol, used in moderation, actually damage the human mechanism, or are the effects here noticed merely temporary while one is under its immediate influence? The answer, according to science, is that alcohol used even moderately does do actual and lasting physical harm. David S. Rausten, M.D., writes:

"The impairing influence of even moderate doses of alcohol hinders the microbe-destroying function of the white corpuscles. Their vigour and energy impaired leaves the body of the drinker susceptible to disease. . . . This is one cause of numerous infections and chronic ill health."

Similarly Horsley and Sturge tell us:

"Nervous debility is frequently caused and accentuated by the moderate use of alcohol. Much of the nervous exhaustion of the present day would cease to exist were alcohol eliminated from the dietary of the people."

Medical science tells us that alcohol attacks the nervous system and destroys the nerve cells, and Doctor Rausten informs us that "even small quantities of alcohol in the body fluids tend to impair the

(Please turn to page 15)



STAR PHOTO

Some are misled into thinking that alcohol provides pleasure. They find that it provides sickness, sorrow and death.



BIBLE ANSWERS

by your
BIBLE ANSWERMAN

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

Dear Bible Answerman: I notice in Genesis 1:27 that man was created in the image of God, but that in Genesis 2:7 man was made of the dust of the ground and animated by the breath of life. E. S.

It is definitely true that man was made of the dust of the ground. It is not difficult to demonstrate today that the human body is composed of earthly elements. And likewise it is readily discernible that all men are animated by the breath of air, or as the Bible states in one place, the "breath of life."

It is not difficult for me to conceive that man was made of the dust of the earth, and at the same time made in the moral image of God. Jesus, when He was upon earth, was of the flesh. Yet He was God—divine. He said on one occasion, "He that hath seen Me hath seen the Father."

Dear Bible Answerman: Is it not a mistake to assume that every time the words "the law" are used in the Bible they refer to the ten commandments? For example, 1 John 3:4 says "Sin is the transgression of the law." On page six of your March, 1950, issue, the writer stresses the fact that this scripture is in the present tense, to show that the law, by which he means the ten commandments, is still in force. However, in Romans 5:14 Paul spoke of Adam's transgression. According to this scripture Adam sinned *before* the ten commandments were given to anyone. The law he transgressed was in eating the fruit of the tree of the knowledge of good and evil, a law given specifically to him and Eve. E. R.

We find revealed in the Bible three different laws: first, the moral law of the ten commandments; second, the ceremonial law, which had to do with feast days, fast days, holy days, the offering of the sacrifices, and every other ceremonial thing that

was practised in Old Testament times; and third, the civil law. The civil law, of course, came to an end with the dissolution of the Jewish nation.

Sometimes Bible writers made reference in their writings to the ten commandments, sometimes to the ceremonial or civil law. And sometimes the reference seems to be general, referring to all law.

It is a mistake to think that the ten-commandment law was not extant before it was given at Mount Sinai. Some time before the children of Israel came to Mount Sinai God said to Moses, "How long refuse ye to keep My commandments and My

laws?" Exodus 16:28. We find also that hundreds of years before the giving of the law on Sinai the following was written of Abraham: "Because that Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws." Genesis 26:5.

Paul tells us in Romans 4:15, "Because the law worketh wrath: for where no law is, there is no transgression." That is to say that if there is no law, it cannot be broken. There can be no transgression (sin). Therefore, if the ten commandments were not extant in the Garden of Eden, Adam could not have sinned.

When Adam and Eve ate of the forbidden fruit they did break the ten-commandment law. What commandment did they break? To begin with, Eve saw that the fruit was pleasant to the sight, good for food, and desired to make one wise. She coveted the benefits that she believed would come to her through the eating of the fruit as suggested by the serpent. When she coveted she broke the tenth commandment of the ten. (To break one is to be guilty of all. James 2:10, 11.)

After she coveted the fruit she took it and ate. But it was not hers—it was God's. He had reserved that one tree for Himself; therefore, she stole the fruit. She violated the commandment which says, "Thou shalt not steal."

Adam was not deceived. He recognized that Eve had done the very thing that God had forbidden, and that she must die according to the divine decree. However, he loved Eve more than he did his Creator; so seizing the fruit, he ate of it resolving to share her fate. When he did this he violated the first commandment which says, "Thou shalt have no other gods before Me."

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

Dear Bible Answerman: How will sanctification manifest itself in the life?

Sanctification primarily means "to set apart for a holy or sacred use." Applying that definition to an individual, it necessarily follows that the Christian will lead a holy and righteous life. His moral conduct must of necessity be exemplary. He will avoid even the appearance of evil because of the adverse influence he might exert.

The sanctified Christian will eat and drink in harmony with the instructions of God's Word. He will remember Proverbs 20:1: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Likewise he will not forget Proverbs 23:29-35:

"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.

"Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again."

The person who is living the sanctified life will by all means observe the instruction contained in this verse: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31.

In matters of dress the sanctified person will observe 1 Peter 3:3-5: "Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands."

Then, too, we do not think that a sanctified person could engage in any and every occupation. We do not see how such a person could be a bartender or a brewer or a dispenser of intoxicating beverages in any form.

In addition, there is the matter

of chaste conversation. The sanctified Christian will manifest his sanctification by his choice of language. "Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness." 2 Peter 3:11.

WHAT IS ALCOHOL?

(Continued from page 13)

cells." This cell degeneration, Doctor Thomason says, is accompanied by mental deterioration. So far is alcohol from contributing to a fuller life that Doctor Thomason writes that the degeneration and progressive destruction of the nervous system, which is caused by it, "brings on prematurely the special changes of old age."

So while alcohol is seen to be truly a deceiver and a mocker, giving only an illusion of physical and mental well-being, it in actuality robs its users of those very things. Moreover, while this illusion of well-being produced by alcohol is admittedly only temporary, science shows that the harmful effects of intoxicants are, on the contrary, more than temporary, so that instead of contributing to life, alcohol becomes in fact a potion of sickness, premature old age, mental infirmity, and death.

When to all this is added the alarming fact that it is from moderate drinkers that alcoholics are made, and that the "men of distinction" who drink today become in all too many instances the pitiful and broken derelicts of tomorrow; when it is considered that from the ranks of the once moderate and fashionable drinkers comes that hideous procession which, as a direct result of alcohol, forms a very large percentage of the population of our insane asylums and penitentiaries, we must surely confess to the wisdom of the words of Holy Writ: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Proverbs 20:1.

MAN'S HOPE IN CENTURIES PAST

(Continued from page 11)

be with the Lord. Wherefore comfort one another with these words." 1 Thessalonians 4:16-18.

According to this inspired declaration, not all of the faithful will die. Some will be living when Jesus shall come the second time. They, without having experienced death, will be caught up alive with those raised

from the dead, to meet the Saviour in the sky. The angels will gather the redeemed from every land to meet their Lord. (Mark 13:27.)

What a day of rejoicing that will be for the redeemed, when they shall embrace again those dear ones whom the cruel hand of death has snatched from them! The Saviour has promised: "Every one which seeth the Son, and believeth on Him, may have everlasting life: and I will raise him up at the last day." John 6:40.

In the previous article of this series we noted how in Daniel 2 it was foretold about two thousand years ago that beginning with Babylon (606 B.C.) there would arise a series of world empires—Medo-Persia (538 B.C.), Greece (331 B.C.), and Rome (168 B.C.). Rome would be divided, and in the place of a single empire several separate, discordant nations would appear. This part of the prophecy came true when, after the collapse of Rome in A.D. 476, such nations as England, France, Italy, Germany, Spain, Portugal, et cetera, arose in her stead. And speaking of these powers, the Lord said:

"In the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever." Daniel 2:44.

The solution to the distressing problems of our world will be found in the coming of the King of kings. Man in his sinful condition is incapable of solving them, for "the way of man is not in himself: it is not in man that walketh to direct his steps." Jeremiah 10:23. Neither by kings, nor presidents, nor statesmen, nor generals, nor popes, nor ecclesiastical councils, nor by any other human being or organization will the kingdom of God be established upon the earth. The stone that smote the prophetic image upon its feet was "cut out without hands." Daniel 2:34, 35, 45.

The establishment of a truly permanent peace on earth under a worldwide regime of brotherhood and equity is a task reserved for the Almighty alone to accomplish.

The second coming of Christ to judge the living and the dead, and to eradicate every vestige of sin and sinners from this world, will result in the establishment of the kingdom of God upon earth. (Matthew 13:37-43; 25:31-34, 41.)

No more wars of conquest after that! Then, and not till then, shall we enjoy lasting peace and universal brotherhood in this world. And best of all, this coming "kingdom shall not be left to other people," but "it shall stand for ever." Daniel 2:44.



The DOCTOR'S VOICE

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



Spread of Poliomyelitis

Question: What is the danger of spread of poliomyelitis in camps and schools?

ANSWER: In two thirds of the cases only one child is affected. Doctors Ingalls and Rubenstein, reporting in the *American Journal of Public Health*, stated that if only one case is recognized and no others occur within five days, the chances are eight to one that disease will spread no farther. But if two or more cases appear in the first five days, an epidemic is likely. A single case may be followed by one to three others after five days; or several children may become ill within five days and up to sixteen more in the next two or three weeks. Individuals of the first group are probably infected from a common source, and these children in turn infect others.

Cancer of Pancreas

Question: What diet should a patient with cancer of the pancreas use?

ANSWER: Fats would no doubt be poorly tolerated in this particular case. In cancer in general the diet should be nutritious with avoidance of refined, devitalized foods. Usually the patient benefits from supplementary vitamins, small amounts of crude molasses for its iron content, and sometimes liver extract for anaemia if it is present. Cancer of the prostate and of the breast respond to appropriate glandular therapy. This does not do away with the necessity of appropriate surgery and X-ray therapy where indicated.

Effects of Tobacco on the Lungs

Question: Is tobacco harmful to the lungs?

ANSWER: The year book of medicine for 1950 cites several harmful effects of tobacco. Mild damage to ciliary activity in the respiratory passages is caused by excessive smoking. "Cancer of the lung appears to be on the increase and probably is etiologi-

cally related to excessive tobacco smoking." Persons suffering from chronic bronchitis and chronic pulmonary failure with breathlessness on exertion should obviously avoid tobacco.

Boils

Question: What is the cause of boils?

ANSWER: The majority of boils occur about the face, head, and neck. Forearm and wrist are next most frequently involved. In females, only four per cent of the boils occur about the neck, while in males twenty-six per cent of the boils are in this region. The causative organisms, staphylococci, are apparently transferred originally from the nose, usually by direct transfer. From thence other parts of the body may be inoculated by towels, et cetera. Persons with diabetes are peculiarly susceptible.

Coal Dust

Question: Is coal dust harmful to the lungs?

ANSWER: The inhalation of iron, coal dust and graphite does not predispose to pulmonary infection as does the inhalation of silicate or quartz dust. These last two cause silicosis, an affection of hard-rock miners. However, coal dust does to a certain extent impair pulmonary function.

Aversion Treatment

Question: What is aversion treatment of alcoholism?

ANSWER: The principle of the treatment is to ply the patient with alcohol and emetics at the same time so that even the sight of alcohol becomes repulsive.

Cortisone for Cancer

Question: Does the cortisone treatment for arthritis of the spine work against cancer?

ANSWER: Cortisone has no effect upon cancer.

SCHOOL LUNCHES

Are Fun

By

Mae Kamerer, *Dietitian*

HEALTHFUL, appetizing lunches are the result of careful planning, constant study and intelligent ingenuity." It has been said that what a child does with his books depends upon what he does with his body. This is especially true of his eating habits.

Lunches which are nourishing and which contain at least one third of the day's requirements can be made appetizing and attractive. They should be composed of milk in some form, a protein-rich food, whole grains, fruit or vegetables, something hot for cold days, cool for warm days, something fresh and something special.

Did I hear you say, "I just hate to put up lunches, and besides, my children will not carry a lunch box and all they want is bean sandwiches"? Your attitude toward lunches is contagious. The child is quick to sense this unspoken feeling and becomes a problem, developing decided likes and dislikes. Think lunches when you shop! Think lunches when you cook! And think lunches when you are serving the home meals! Set aside a definite time each week for planning something different, new ways of packing the lunch, and surprises for special days. Make lunches a hobby, and what was drudgery will be turned to fun.

An emergency shelf will be a great help, where baked beans, dried fruit, nuts, olives, peanut butter, prepared sandwich fillings, cookies, et cetera, can be kept in readiness. Paper sacks (if the children do not carry lunch boxes), wax paper, sandwich bags, aluminum foil, bright-coloured gift wrappings and ribbon, containers with lids (wax paper or glass) of assorted sizes, wooden knives, forks

and spoons, tooth picks, rubber bands, serviettes of different colours and designs, and a special salt shaker should be found on this shelf.

Lunches and sandwiches seem to be inseparable. This does not mean that the sandwiches must always be two slices of bread put together with a filling. The shape, colour and size can be varied. Whole-wheat, soy bean, raisin, date-and-nut, tomato, and rye bread, and muffins, sandwich buns, corn or wheat sticks, rye crisp, rusks, crackers and croutons give a variety to choose from. To make dainty rolled sandwiches, spread butter and filling on fresh bread before slicing. Carefully remove crusts, roll and wrap in wax paper and place in the refrigerator over night. This will save a morning rush. Emulsified peanut butter with dates or raisins makes a good filling for this type of sandwich.

For the boy or girl who never gets enough food in his lunch, try a club sandwich. Use three slices of buttered bread. On the first slice place a good serving of high-protein food, another slice of bread (buttered side up), lettuce, tomato and mayonnaise next, and top with remaining slice (buttered side down). Thin slices of fresh carrot, cucumbers, pickles, or any raw vegetable the child likes can be used when tomatoes are not in season. If the lunch has to stand in a warm place for several hours, wrap the lettuce and tomato separately and place on top of the sandwich. The lettuce will remain crisp, the tomato will not soak the bread, and the sandwich can be finished at lunch time. Make an envelope of wax paper to cover about three fourths of the sandwich in order to hold it together. Then slip it into a sandwich bag. All sandwich spreads which are moist, such as jelly or jam, should be placed in a covered jar, accompanied with plain bread and butter, and the sandwich made at school. Do not forget the knife. If it is a sack lunch a small wooden knife will add interest to the process.

When serving the family meal a serving from a favourite dish may be put in a glass or paper cup with cover and placed in the refrigerator. Put milk soups in the thermos bottle. Cups may be used for fresh fruit, canned fruit, puddings, fruit pies, stuffed tomatoes or green peppers. When making the salad for dinner or preparing the vegetable, remember the cabbage wedges, carrot strips or curls, green pepper crescents, radish roses, lettuce wedges and turnip dollars. Wrap them and place in the refrigerator to chill. Plain cottage cheese may be dressed up by adding fruit, finely shredded vegetables, or a small leaf and flower from your

geranium plant. Wrap the stems together in wax paper and place in the top of the cottage cheese cup.

Peeled fruit and bananas should be wrapped. Gift wrapping and ribbon will add to the interest and attractiveness of any lunch. For example, wrap an orange, an apple or a sandwich in bright-coloured paper and tie with a ribbon. May I suggest that oranges would be welcome more often if they were scored down the sides and a thin slice taken from the top, so they can easily be peeled. For who likes a shower of orange juice?

Don't forget to include coloured and brightly designed serviettes, two if you please: one to spread out on the desk (for what child doesn't take everything out of his lunch box just to see what is there), the other for lap and hands.

Holidays call for something special. The surprise may be a piece of favourite cake, hard-boiled eggs painted to resemble a face and topped with a crepe-paper hat, a five-cent box of raisins, a bag of nuts, a box of crayons or a pencil gaily wrapped. An invitation from grandma to come to her house for lunch, a note of appreciation, or a thank-you note from father or mother for a kind

act or faithfulness in doing daily home tasks, will make the noon hour a happy one. Fruit is a good medium for conveying such a message. Take a coloured apple, remove the core, wrap your message in wax paper and insert in the apple, and wrap attractively. One mother was asked how she would ask her daughter to meet her at the village store so that she could get her a new pair of shoes. This was her reply:

Because of the hole
In your little right shoe
Today I have a little
Surprise for you.

Meet me in Sidney
At the corner store,
Promptly, my daughter,
At half past four.

Don't stop to talk
Nor stay to play,
Come in quickly
Just as I say.

You'll be happy
At this good news,
For soon you'll be wearing
A new pair of shoes.

Now you think of something new.
Make lunches a hobby. Try something different each week and soon you will say, Lunches are fun!

Lunches, if they would fulfil their purpose, must be both appetizing and nourishing. There is little gain to either health or budget if the lunch is so poorly prepared that it will not be eaten, or if it is prepared of foods that will not provide adequate nourishment.

STAR PHOTO



TIRED NERVES

By H. F. DeAth

NEURASTHENIA is not, as is often supposed, a simple "anxiety state." As its name suggests, it is a condition of exhausted nerves. The condition may involve anxiety, but anxiety is not the cause. The typical neurasthenic is thin and pale, sleeps badly, and has a disturbed digestion. He has tingling sensations in the head and feet. These may roam over the whole body. Hands and feet are cold and clammy. There is a tight feeling around the head, which is accentuated by mental effort. The sufferer may often feel dizzy and faint, and has "crawling" feelings under his skull. In severe cases, only slight effort will cause fatigue.

It is, of course, folly to tell a neurasthenic to pull himself together, or to say casually that he needs a tonic. So-called tonics from a bottle will do him no good. The thing is deep seated, and needs long and careful treatment. Of course, the patient must co-operate with nature to fight the malady. But the fact remains, he is a sick man, and needs understanding help.

The causes of neurasthenia are

many. Heritage may play an important part. The foundation may even be laid at school where an oversensitive child comes under the influence of a harsh, thoughtless, loud-speaking, unsympathetic teacher. Prolonged mental strain and fearful anticipation of examinations predispose to neurasthenia, as well as do insufficient rest, uncongenial employment and unpleasant or cooped-up environment; anything, in fact, that habitually jars and tries the nerves.

All cases of nervous exhaustion demand rest, and plenty of it. The patient must forget the advice of well-meaning but misguided friends to pull himself together. He must take regular and frequent periods of rest, and he should get out of doors as much as possible. Diet should be light and nourishing, and consist mostly, if not altogether, of fruits, nuts, grains and vegetable products. Nourishing drinks between meals are good. These help to offset the empty, all-gone feelings which exhaustion of the nervous system produces.

While the neurasthenic should take abundance of rest, just as much at-

tention should be given to regular and proper exercise. This should be of the gentle kind, taken in small doses. Violent or prolonged exercise will only accentuate the patient's feeling of exhaustion, if not at the time, the day after. Every effort of the patient, physical or mental, must be "little and often." He should always stop short of the exhaustion point, taking only sufficient exercise to produce a comfortable, healthy tiredness, which makes rest enjoyable and refreshing.

If the sufferer is fond of gardening, he is fortunate. Nothing is more ideally suited to help the neurasthenic than steady work on the garden, where body and mind and spirit are benefited. Plain walking is perhaps the most natural exercise, but it is always better to do something which calls for the combined exercise of both body and mind. Wood sawing and wood work are excellent, because the worker can enjoy the satisfaction of seeing the fruits of his labour.

Above all, peace and serenity of mind must be cultivated. All undue excitement should be avoided. Competitive games and noisy crowds are not for the neurasthenic. Quiet, cheerful company is better for him than the boisterous mirth of well-meaning friends. Finally, faith in God and love of mankind help greatly in the fight against exhausted nerves.

The Science of SALVATION

By D. H. Kress, M.D.

OF ALL the sciences the science of the plan of salvation is the most important. It is the most worthy of study. It will be the study of the redeemed throughout eternity. Never shall we be able to understand it in its completeness. From day to day as it unfolds, we marvel at the love of God as revealed in the gift of His Son and exclaim, as did John, "Behold what manner of love the Father hath bestowed upon us."

There exists an inseparable connection between the law and the gospel. "By the law is the knowledge of sin." The law convinces of sin. The gospel is sin's remedy. The law is the mirror that reveals our spiritual defects and our needs; hence, it leads us to Christ in whom is our only hope of salvation from sin. The law of God can never justify. The

law transgressed can show no mercy. It says we are sinners and that "the wages of sin is death." There it leaves us without hope, and without God.

The gospel is "the power of God unto salvation." "Christ Jesus came into the world to save sinners." He came to save them not in their sins but from their sins. The sin of Adam, which created a gulf between the human family and God, was bridged by Christ. "God sent forth His Son, made of a woman," and "in the likeness of sinful flesh." In sinful flesh He lived a sinless life, thus condemning sin in the flesh. "God was in Christ, reconciling the world unto Himself, not imputing their trespasses unto them." This offers hope for all, even for the chief of sinners. In Christ the human family stands

reconciled to God, and the appeal is made, "Be ye reconciled to God."

At the point of our reconciliation to God the new life begins. The old life of sin is renounced, and we are adopted into the heavenly family. We become sons and daughters of God. We appear before Him, not clothed with our filthy garments, but clothed in Christ's own righteousness. Sinful as our life may have been, for His sake we are accounted righteous. Our sins are covered. We appear before God as though we had never sinned. We are "accepted in the Beloved."

The purpose of the gospel is to save from sin. Through it we are brought into harmony with God's law. Sins that are forsaken are forgiven. This is justification by faith without works. "Being justified by

faith, we have peace with God through our Lord Jesus Christ."

"He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again." The mere knowledge of the plan of salvation is of no value. It does not save. It may even bring condemnation and prove to be a curse. Dwight L. Moody, illustrating this, once said: "The other day I got on the train at New Haven. A friend, seeing me, said, 'Going to New York?' I said, 'No, to Boston.' 'But,' said my friend, 'the train you are on is going to New York.' Now that information was knowledge. It wasn't conversion. Conversion consisted in grabbing my bag, getting off that train, and getting on another train going in the opposite direction." Conversion, in other words, means to forsake the life of sin and the old habits which are wrong and to go in the opposite direction from that in which we have been going.

Addressing his converts, Paul said, "Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof." He added, "Ye were the servants of sin. . . . Being then made free from sin, ye became the servants of righteousness." Again, "When ye were the servants of sin, . . . what fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death."

As our representative, the Sinless One died. The grave could not hold a sinless being. As our representative, He rose from the grave, thus unlocking the prison door for the entire human family.

Justification, conversion, and adoption into the family of God is the work of a moment, as is also translation at Christ's second coming. The interval between the two, however, is the work of a lifetime. There will always be a battle between the flesh and the spirit. The spirit has the ascendancy, however, and the flesh is kept under. When we begin the new life, we are mere babes. "It doth not yet appear what we shall be," but in the spiritual life there is growth, just as there is in the physical life. We grow up into the full stature of men and women in Christ. The change is not observed by us, but it is by those with whom we associate.

Paul said, as he obtained new glimpses of the life of God as revealed in Christ, "Not as though I had already attained, either were already perfect," but he kept pressing on toward the state of perfection. The contrast between Christ's perfect life and his own became more distinct. Paul's sanctification was the result of a constant conflict with self. It was a daily battle he was fighting. He said, "I die daily." His will and his desires every day con-

flicted with duty and the will of God. Instead of following inclination, he did God's will, however crucifying to his own nature. "I keep under my body, and bring it into subjection," he said. At the close of his life he could say, "I have fought a good fight, I have finished my course. . . . Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing."

Life is a battle and a march. It is a warfare from which there is no release. The struggle for conquest over self was with Paul, as it is with us, a lifelong struggle. Courage, meekness, faith, an unwavering trust in God, are not the experience of a moment. They are acquired by the experience of years. Hence we are admonished: "Let us not be weary in well doing: for in due season we shall reap, if we faint not," and "Fight the good fight of faith, lay hold on eternal life."

Man possesses a dual nature. "That which is born of the flesh is flesh." It is sinful flesh. It cannot be changed. "Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil." The natural "heart is deceitful above all things, and desperately wicked." It always remains so. By nature we are "the children of wrath," but "we are the circumcision, which worship God in the spirit . . . and have no confidence in the flesh." We are here, as children of God, not to do our own will, but the will of God as revealed in His Word. To know what the will of God is makes the study of His Word a necessity.

Here is where many fail in their Christian life. A newborn babe must be fed. It cannot live without food. The food adapted for its needs, nature provides. So in the spiritual life. "As newborn babes, desire the sincere milk of the Word, that ye may grow thereby." There can be no spiritual life or spiritual growth without this spiritual food. The One who provides the helpless and dependent infant with physical food—food adapted for its needs—also provides the spiritually newborn and helpless babe in Christ with spiritual food. By feeding upon God's Word we are made "partakers of the divine nature." The reception of the Word is in reality the reception of Christ. By feeding upon it day by day Christian growth continues. There can be no growth in the spiritual life without spiritual food any more than there can be growth in the physical life without physical food.

KEYSTONE



The science of salvation centres in the cross. It was here that Jesus solved the sin problem, and guaranteed the eternal life of all who would believe and obey.



ASSOCIATED SCREEN NEWS

God Plans It So

*THE path I walk from day to day,
The varied ways my feet must go,
The hour of joy, the time of grief,
God knows it all; He plans it so.*

*I could not tell that on the way
My life such pleasant paths would know;
Such comfort, peace, such tender love;
God knows it all; He planned it so.*

*He knew how long I had to bear
Each trial that my soul might grow;
How long, and when, each joy should be;
God knew it all, and planned it so.*

*I'm glad I did not know the time
When sorrow's spear should pierce my soul:
The very day, the very hour;
God knew it all; He planned it so.*



*And for the best He plans it all.
The coming days I would not know.
Unerringly He guides my life;
He knows it all; He plans it so.*

—Helen J. Anderson.