

Eat That Which Is

GOOD FOR YOU

By

D. H. KRESS, M.D.



H. M. LAMBERT

Raw fruits were one of the three foods that God prescribed for Adam and Eve in the Garden of Eden.

THE sick are anxious to get well quickly. This is but natural, yet this anxiety frequently retards progress.

When a person has a pair of shoes that need repairing he can take them to a shoemaker and say, "I want you to repair these shoes so I can have them on such a date." There are those who take their diseased hearts, stomachs, livers and nerves to the doctor in much the same way. They say, "Doctor, I want you to fix me up in two weeks." If the doctor tells the truth and says, "It may take many months," the patient becomes impatient. This impatience is responsible for the system of drugging, and the prevalent use of patent medicine.

There are many chronic invalids who are constantly taking a drug, believing it to be the only thing that keeps them up. They believe their very existence depends upon it. And yet that which they depend upon to keep them up is in fact keeping them down.

If a gardener has a sickly plant he cannot build that plant up in a day. He places the plant where it can have the benefit of sunshine and rain. He digs about it and puts into the soil some elements that may be lacking, and loosens up the soil, allowing air to get at the roots which may possibly have been smothered. In time the pale leaves take on colour and the plant is cured of its anaemia and is restored to health. The gardener goes about the work of restoring plants to health with all confidence—there is no guess work about it with him. He is never disappointed. It

is possible to go about the work of restoring sick bodies to health with just as much confidence as the gardener has in restoring sick plants. When plants are sick we usually search out the cause. When sickness comes, nature says, "You are doing something you ought not to do." To continue a wrong course and then take "something" to hush the warning voice, is certainly unwise.

In rational treatments we aim to aid nature in her friendly efforts of health restoration. Massage, electricity and hydrotherapy are of value chiefly because they improve the circulation of the blood. By improving the circulation we are hastening repair. Fortunately, every six weeks the blood undergoes a complete change. The average life of a blood corpuscle is estimated to be about six weeks. By a process of careful living diseased corpuscles may be replaced by healthier corpuscles in six weeks' time. The cells of the liver undergo a complete change every few months. Suppose an injury is sustained to the hand. By the exercise of care, healing takes place in a short time—somehow it does not seem difficult to exercise faith in this. Nature is as faithful in making stomach repairs, liver repairs, and other needed repairs in the deeper and internal structures of the body as she is in repairing superficial injuries.

Patients frequently retard recovery by worry and undue anxiety. When an animal is sick it does not worry about its sickness nor about the outcome of it. The animal goes on the rest cure—it stops eating its accustomed food and

perhaps eats a little green grass to sweeten the contents of the alimentary tract, and usually makes a splendid recovery. But if man becomes sick he worries. If he has rheumatism in one joint, he expects other joints to become affected in time. He looks forward to the time when he may be crippled and, as a hopeless invalid, dependent upon charity. He worries! This mental attitude retards restoration.

Two people may go to the beach at the same time, but the effect is very different. One has studied the effect that cold water will have upon his circulation. He plunges into the water, and after he has been in a while he comes out and takes a vigorous towel rub and feels stimulated and well repaid. The other man may be doubtful about the benefit of the cold bath; he goes in, his lips turn blue, and he gets a chill. No reaction occurs—his mental attitude prevents it.

The same holds in the matter of diet. Men should study what is best for them to eat. They cannot eat mechanically and get the best results from the food. The children of Israel were given the best food, prepared by angel hands. It did not benefit them because it was unappreciated. The Lord promised to restore them to health. But they had no use for the food He provided to bring this about. They said, "Our soul loatheth this light bread," and requested that they might have flesh to eat. The Lord gave them their desire, but it brought sickness upon them. They might have reached the land of promise in a few days. Unbelief kept them stumbling around in the wilderness for forty years. Men may eat the same kind of good food; one may receive benefit from it and the other an injury. It depends upon the mental attitude assumed towards the food. In order to get the most out of the best food it is necessary for the food to appeal to the mind. This alone can come from study and intelligent knowledge of its value.



The DOCTOR'S VOICE



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

Angina Pectoris

Question: Is there any special diet for one suffering from angina pectoris?

ANSWER: Low cholesterol diets are favoured which would exclude animal fats such as butter, cream, cheese, fat meat, etc. Eggs should be restricted to three or four a week. This is to slow down the development of hardening of the arteries, to which some are more prone than others. As far as medicines go, nitroglycerine is the old standby. Its action is very prompt and there is not much point in taking another if the first is not effective. Occasionally a marked sense of faintness is produced, so newer, slower-acting nitrites with a more prolonged action have been developed and are now available. It is thought that the use of these nitrites aids in the development of a collateral circulation, to by-pass obstructed blood vessels.

Normal Blood Pressure

Question: What is a normal blood pressure?

ANSWER: According to army standards the systolic blood pressure should not exceed 150 and the diastolic pressure (as measured between heart beats) should not exceed 100. If one is growing old at the normal rate, age plus one hundred does roughly apply with regard to the systolic pressure. Readings can be taken with the patient lying down, sitting, or standing, but the arm should be horizontal to the body. If the arm is hanging down when the pressure is taken the reading is approximately 8-10 mm. of Hg. higher.

Mental Functions in Aged

Question: What is the cause of impaired mental functions in the aged?

ANSWER: Hardening of the arteries of the brain seems to be the principal cause. This seems to be confined largely to the left internal carotid artery, the main supply of the dominant hemisphere. As in angina, some people are more predisposed than others. A wise precaution is to restrict animal fats in the diet. Use margarine instead of butter, and restrict eggs to four or five a week.

Anaemia

Question: What effect does anaemia have upon the heart?

ANSWER: As a result of his researches as recorded in *Post-graduate Medicine* of July, 1951, Dr. Calvin F. Kay of Philadelphia has come to the following conclusions: Weakness of the heart muscle with heart failure is common when the haemoglobin has been below 20 per cent for a long time. Digitalis is ineffective in these patients, and in some cases harmful. Lesser grades of anaemia may cause symptoms, especially after exertion, which are reflected on electrocardiographic tracings. Anaemia definitely has an unfavourable influence on angina and other types of heart disease.

Dandruff

Question: What is the treatment for dandruff?

ANSWER: Dandruff is due to overactivity of the oil-producing glands of the skin. As a remedy, mild soap and water are advised. Cleansing creams should not be

used. Frequent shampooing is also helpful. So is healthful living, including fresh air, sunshine and a simple diet. A diet low in fats and sweets (carbohydrates) is recommended, also the avoidance of spices and carbonated beverages.

Superhealth

Question: Can superhealth be secured by taking vitamins in excess of daily requirements?

ANSWER: The Canadian committee on dietary standards says, "While it is not possible at present to state whether harm results from excesses of vitamins, minerals and other nutrients (except for calories), the provision of excess supplies is certainly undesirable at the present time in view of the urgent need for food in many parts of the world."

Insulin

Question: What is NPH insulin?

ANSWER: NPH insulin has an effect about midway between short-acting plain insulin and slow-acting protamine zinc insulin. Its action is a little longer than Globin insulin. It will probably to a large extent take the place of mixtures of plain and protamine zinc insulin.

Vitamin B for Mental Disease

Question: Is vitamin B useful in treating mental disease?

ANSWER: The behaviour of the mentally infirm deteriorates if there is a deficiency of B complex vitamins; on the other hand, there is no evidence that a generous provision of these vitamins is of benefit in their treatment.

★ Getting Recruits

WE READ the other day about a United States Marine recruit who persuaded seven of his buddies to join up with him. As far as the United States Marine Corps is concerned, we suppose this is praiseworthy. However, as we read of this achievement, we thought of "Christian recruiting."

Two thousand years ago Jesus commissioned His followers to make recruits (disciples) of all nations. It was His plan that one recruit should recruit another. During the first century after Christ's return to heaven, it worked very well indeed. The gospel was preached, according to the apostle Paul, to every creature under heaven.

The commission has not been abrogated, nor has it been altered. It is still Christ's will that His disciples should make Christian recruits of all nations, and tongues and peoples. This is to be done by personal contact, in which a Christian tells a sinner of the love of God and of the sacrifice of Christ.

When Christians reach the place where their zeal and love compares favourably with that of first-century Christians, like results are certain to follow.

★ Why So Many Churches?

WITH due regularity writers bemoan the fact that denominations are numbered by the hundreds. One church, they say, would be better. Then there would be unity, and in unity there is strength. Admittedly, this sounds very plausible, and the arguments seem sound until we begin to think the question through and to analyze it in the light of history and the Word of God. Then, frankly, we hope we never see the day when there is but one church upon the earth until Christ returns.

We have had two periods in history when there was but one church predominating the religious scene. The first was in Old Testament times when the Jews, the chosen people of God, occupied the centre of the religious stage. The second was during the Dark Ages when the Roman Catholic Church predominated. What happened to the true spirit of religion in those times? It ceased to exist. The church became proud and bigoted, and in the case of the Catholic Church it exalted itself over the civil powers. Spirituality fled the domains of these religious bodies, and corruption and lust took over. Persecution was rampant. Religious freedom, the right to worship God according to the dictates of the individual conscience, was unknown.

From where did the present-day multiplicity of churches come? As we have already seen, time was when the Catho-

lic Church was the one and only. But that day of supreme "oneness" and "glory" ended with the Protestant Reformation. Since the days of Luther, Knox and Wesley, churches have multiplied more and more. Is this in harmony with God's will, or is it the work of Satan? All must agree that at least God has permitted it.

The idea seems prevalent among Christians and non-Christians alike that Christianity is a religion of peace. Nothing could be farther from the truth, although it is certainly true that the spirit of Christ brings peace, great and wonderful, to the heart of the individual follower of the Lord Jesus. But there is no promise in the Bible that Christianity will bring peace to families, communities, nations or to the world. Jesus declared the very opposite: "Think not that I am come to send peace on earth: I came not to send peace, but a sword." Matthew 10:34.

The ministry of Jesus, the Prince of Peace, did not beget peace, but rather, violence. The preaching of the disciples aroused the mob spirit, and so it has ever been. This is not to be considered strange when it is remembered that the power of Christ and the power of Satan are in opposition to each other, each striving for the possession of men's souls. The Bible declares that all who live godly in Christ Jesus will suffer persecution.

If everyone were willing to believe all the truths of God's Word and obey them, then we would have the kind of unity that would admit of one single church. However, we do not anticipate that that which has never been will ever be. The Protestant churches that came out of the Catholic Church have been consistently unwilling to proceed farther in their quest of truth than they were led by their leaders. Some within the Protestant bodies saw certain paramount truths taught in the Bible that they wished to accept and obey, but the main body of the church did not or would not see these things, and would not obey them. Consequently, there came a division as the dissenters broke off and established a church that would teach their own peculiar tenets. But then, unfortunately, when the test came to them to accept still more advanced truths some in turn refused, and there were still other divisions.

"The truth," said Jesus, "shall make you free." Truth makes a man free from error and from sin. Jesus is the way, the truth, and the life. It is only through a knowledge of the truth that man can be saved, and truth is progressive in the life and experience of the individual. God urges us to grow in grace and increase in knowledge (truth). Following this divine injunction the Christian must advance from one truth to another. As he learns he must believe and obey.

A diversity of churches ensures religious and spiritual competition, which in turn induces Bible study and the placing of God's truth before the world.



TORONTO STAR

GOD'S law and His grace have existed together in full force in all ages—His law being a rule of life for men, and His grace being the only means whereby the transgressors of that divine law might find salvation.

Despite scriptural evidence to the contrary, however, some declare the law to have been "abolished" by the death of Christ. "Nailed to His cross," they say. "Moreover," they assert, "the apostle Paul uses these expressions in speaking of the law." (See Ephesians 2:15; Colossians 2:14.) If we hastily conclude from this that the apostle intends to teach that the moral law spoken by God from Mount Sinai, and written by Him upon tables of stone, was at the death of Christ disannulled, we shall find ourselves in a quandary. We discover that such a teaching is not only in bold contradiction to all Old Testament Scriptures, but it contests also the teachings of all the other apostles, and of Christ Himself. (See James 2: 10-12; 1 John 2:3, 4, 3; 4:10; John 14:15; Revelation 14:12; 12:17; Matthew 5:17-19.) But that is not all. If we thus construe the apostle's words, his own writings will become a senseless maze of contradictions.

What, then, does Paul mean when he speaks of the "abolition" of law? A closer study of the texts in question will bring us well on the way to a satisfactory conclusion. Let us proceed to such a study.

The statement referred to in Ephesians 2:15 says: "Having abolished in His flesh the enmity, even the law of commandments contained in ordinances," and the one in Colossians 2:14 reads: "Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross."

Both these texts show that the law which was abolished was a law pertaining to *ordinances*. In our further study we shall see that the word *ordinance* as here used bears clearly the meaning of rite or ceremony. Thus it will become apparent that the law which was abolished was a law governing certain rites or ceremonies of worship.

During the forty days and nights that Moses spent on the mountain with God he received from the hand of the Almighty not only the moral law, the transgression of which constitutes sin, but also another set of commandments governing the ceremonies of Israel's worship. The ceremonies commanded under this second code of laws consisted largely in sacrifices and offerings that were to point the worshippers forward to the sacrifice of the true Lamb of God on Calvary. Thus the system of sacrifices and offerings, together with all the ritu-

The WAY of GRACE

Its Relation to the Law of Types

By

ALICE M. ROGERS

al that was embraced in this law, was to form a very important part of the religious service of the nation; for in these ordinances was a revelation of the gospel of salvation.

In connection with the ceremonies of the sanctuary service there were various holydays, among which were yearly sabbaths that were distinct and separate from the weekly Sabbath, which alone is termed "the Sabbath of the Lord," and which alone is commanded in the moral law. (See Exodus 20:8-11; Leviticus 23:3; Isaiah 28:13.) Examples of these ceremonial sabbaths are to be found in Leviticus 23:23-32, 39. Verses 37 and 38 of this chapter speak of these ceremonial sabbaths and point them out as distinct from the weekly Sabbath by using the phrase "beside the Sabbaths of the Lord."

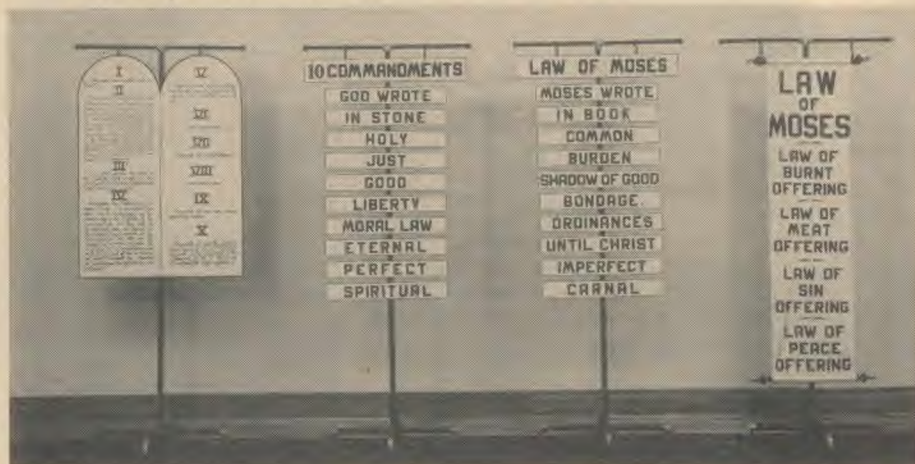
As the ordinances of the ceremonial law were types of the gospel ministration, shadows of good things to come (Hebrews 5:5; 9:9; 10:1), so the ceremonial sabbaths that were connected with these ordinances were in like manner merely types or shadows of better things. And as these typical ceremonies

would cease at the death of Christ, so also these sabbaths connected with them would become no longer binding. The apostle, after declaring that Christ's propitiating sacrifice blotted out "the handwriting of ordinances that was against us, . . . and took it out of the way, nailing it to His cross," continues, "Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: which are a shadow of things to come." Colossians 2:14, 16, 17.

It should be noticed that the apostle is not here speaking merely of meats and drinks and holydays and new moons and sabbath days as such, but rather of certain of these which were "a shadow of things to come." In other words, he is referring to those "meats and drinks, and divers washings, and carnal ordinances" of the ceremonial law (see Hebrews 9:1, 9, 10), together with the ceremonial sabbaths and holydays connected with this law, which as a part of that system of types and shadows were themselves but shadows of better things. Clearly the apostle is not here speaking of the weekly Sabbath commanded in the moral law, which Sabbath is never described as a shadow or type, but which is described instead as a mutual sign designating the holy bond of union that must exist between the Creator-God and His loyal subjects. (See Exodus 31:13, 16, 17; Ezekiel 20: 12, 20.) It is certain from this that the law here indicated as having been abolished is the ceremonial rather than the moral law. So also it is clear that the sabbaths here indicated as being no longer binding are the sabbaths of this law of types and shadows, "the sabbath days which are a shadow of things to come."

Thus we see that the doctrine of grace does truly abolish a certain law—the ceremonial law. However, the moral code spoken from Sinai remains unchanged to point out to men that they are sinners, and so have need of the grace that is offered through the sacrifice of Calvary.

The ceremonial law was made necessary by the violation of God's moral law.



REVIEW AND HERALD



BIBLE ANSWERS



Do you have unanswered Bible questions? If so, you are invited to send them to the EDITOR, Box 398, Oshawa, Ontario.

Dear Bible Answers: What do preachers mean when they say that sin is missing the mark?

They mean that sin is the failure to attain to divinely prescribed standards. We think a better definition of sin is given in the Bible in 1 John 3:4: "Who-soever committeth sin transgresseth also the law; for sin is the transgression of the law."

This divine definition tells us that sin is the transgression or the violation of God's law, the Ten Commandments. That is to say, if a man steals he has violated the eighth commandment, and therefore has committed sin. If he commits adultery he has violated the seventh commandment and is guilty of sin. If a man violates the Sabbath and fails to observe the seventh day according to God's injunction, he is a sinner.

In our discussion of this vitally important subject we should no doubt carry the thought a little farther, as does the Bible, and give you the consequence of sin, as recorded in Romans 6:23: "The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."

While the wages of sin is death, on the other hand, the wages of righteousness is eternal life. It is just as simple as that. If we sin, we die; if we live by faith, doing God's will in the performance of His precepts, we live.

Dear Bible Answers: What is meant by the word "surfeiting" in Luke 21:34?

This is a good question and deserving, I think, of a thoughtful answer. Suppose we first get Luke 21:34 before us: "Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."

In these words Jesus gives a warning to His followers to be alert lest at some time their hearts be overcharged with surfeiting and drunkenness and the cares of this life. The reason for this warning is that the day of His coming shall not come upon His people unawares and find them unprepared.

We readily understand what drunk-

ness is and what constitutes the cares of this life. But what is surfeiting? It is simply overeating, or gluttony.

It is a well-established fact on the part of medical men that overeating effects within the body a form of drunkenness. When a person eats too much food, the body cannot successfully digest or assimilate it; therefore it causes a condition of auto-intoxication which closely parallels drunkenness.

The vital forces of the body are called upon to digest and dispose of the unnecessary food. Blood that should go to the brain must go to the stomach, and drowsiness and stupor are the result. No doubt most of us will recognize what I am talking about from experience and observation.

Dear Sir: Why did not Jesus keep the commandments?

It is our profound conviction that Jesus did keep the commandments. We have no reason to believe that there was ever an instance in which Jesus failed to observe His Father's law. True it is that

RESIGNATION

All this for me, poor, puny me?
Such suffering, pain, and agony!
Such cruel anguish, shame, and loss!
Took He my place upon the cross?

Oh, shame on me, thrice shame on me
To seek to be from suffering free;
To shrink from pain, to shirk the load
His love makes lighter on the road.

Forgive me, Lord, I pray forgive,
Help me rejoice Thy way to live;
To take my cross and share with Thee
Whate'er Thy love permits for me.

Then shall Thy peace, Thy perfect peace,
Be mine until this life shall cease;
Nor may I lay my burden down
Until the cross reveals the crown.

— Mrs. M. H. Cooper.

on some occasions He violated the traditional laws of the Jews, but that is understandable when we realize that the Jews had a great many laws that were contrary to the law of God.

In John 15:10 Jesus made this statement: "If ye keep My commandments, ye shall abide in My love; even as I have kept My Father's commandments, and abide in His love."

Here Jesus says that He abides in His Father's love because He kept His Father's commandments. As a matter of fact, it was written of Jesus hundreds of years before He was born that He would do this very thing. "Then said I, Lo, I come: in the volume of the book it is written of Me, I delight to do Thy will, O My God: yea, Thy law is within My heart." Psalm 40:7, 8.

It was Jesus' pleasure to do His Father's commandments, to walk in the precepts that are eternal in their nature. The law was within His heart. It was in His heart even as it may be in ours, for the apostle tells us that in the new covenant God, through the Holy Spirit, writes His law upon the fleshy tables of the heart.

Yes, Jesus kept the commandments. He honoured His Father's law from beginning to end. As a matter of fact, He died that He might vindicate those divine precepts. He did this as an example to man. The Christian who says he abides in Christ, ought himself to walk as Christ walked.

Dear Bible Answers: What is faith?

A simple definition of faith is this: Taking God at His word, believing what He says, and proving that you believe by doing what He says.

The Bible itself gives a definition of faith in Hebrews 11:1, where it says that "faith is the substance of things hoped for, the evidence of things not seen."

An example of that is given in the third verse, where we are told that it is through faith that we know the world was created by God. Because no one of us was present at the time of creation to bear witness to that tremendous fact, we understand it by faith.

The writer of Hebrews goes on to say in the sixth verse that it is impossible to please God without faith. As a matter of fact, it is impossible to believe that there is a God except as we grasp the fact by faith. No man now living has seen God, but we have seen His workings, read His Word, and experienced His goodness. Therefore, by faith we understand not only that God is, but that He is a God of love, mercy, and kindness.

SIGNIFICANT SIGNS

of the Most Tremendous Event in History

By

CARLYLE B. HAYNES

JESUS CHRIST is coming again. He is coming in our time. His coming will change the face of the world. His coming will solve all the vexing problems of humankind. His coming will usher in an eternal kingdom of peace. His coming will mark the inauguration of a new kingdom and the desolation of this present world. His coming will mark the end of evil, sin, and suffering, and the bringing in of righteousness, peace and everlasting joy.

Sudden and unexpected changes in human affairs are about to take place. They will affect every person on the earth. God is about to take a hand in the affairs of men. He has done this on former occasions, but never on the scale now about to be seen. His final dealings with men are now at hand.

Soon and Suddenly

Jesus is coming. Not merely sometime, but soon. He is coming quickly. He is at the door. His feet are on the threshold. His hand is on the latch. Men may, in their thoughts, put far off the day of His return. They may persist in saying it will not occur in their lifetime. But before long, and suddenly, a change will come over the spirit of their dream. They will hear the voice of the Son of God as it rolls through the earth, speaking life to the blessed dead, but bringing terror and despair to those who are living in their sins.

The return of Jesus Christ to this world is soon to take place. All about us are overwhelming evidences of its certainty.

The prophecies of the Bible regarding the last days are full and complete. The signs predicted by Christ and His apostles as harbingers of His return are clear and abundant. Let us look at them briefly.

When Christ was on earth nineteen hundred years ago, He not only declared that He would come again, but explained how His people might know the time when His coming would be near at hand. He foretold the conditions which would prevail just before His second coming. He gave signs which, when they should appear, were to be

understood as harbingers of the coming of the end of all things. He told His people to watch. He gave convincing evidence of the nearness of His coming. Indeed, all through the Word of God there is set forth in the predictions of the prophets and apostles the condition of the world and its various activities at the time of the ending of earthly affairs.

The End Near

The present condition of the world betokens that the end is near. The fulfillment of the inspired prophecies gives reason to expect very soon the coming of our long-absent Lord.

In the twenty-fourth chapter of Matthew, Jesus directed attention to the signs of His second coming. He pointed to the darkening of the sun (verse 29). It was fulfilled in the remarkable Dark Day of May 19, 1780.

He foretold, as a sign of His coming, the falling of the stars from heaven (verse 29), which was fulfilled in the great meteoric shower of November 13, 1833.

In Daniel 12:4, Daniel declared that the time of the end would be a time marked by unparalleled running to and fro and an unusual increase of knowledge.

This is certainly that time. There never has been such a time as during recent years for the development of human thought and knowledge. This is evidenced by the marvels of the present age which are all about us. By these we know that the predicted increase of knowledge has come; and by the unparalleled changes which have taken place we know that the divine prediction has been fulfilled, and that we are in "the time of the end."

Warlike Conditions

Among the predictions which Christ made, recorded in Matthew 24, are statements relating to the warlike conditions of the world and the world-wide preparations for more war, together with the distress of nations which naturally follows. (Verse 6, 7.)

Today, in fulfilment of this sign, we have before our eyes a picture of impressive significance. Peace conference after peace conference has been held, but wars have not stopped. Millions of men are bearing arms. Billions of dollars are being spent to maintain greater armies and armaments; other millions in testing and experimenting with new inventions and devices and equipment for killing by wholesale; still other millions for scientific development of agencies for killing whole populations; and the world is just as much an armed camp as ever. There is the same malice, hatred, and enmity in human hearts; there are the same intrigues and scheming and overreaching in diplomatic circles; and men are just as ready to fly at one another's throats as at any former time.

Another sign given by the Lord is contained in Matthew 24:12, where He said, "Iniquity shall abound." We are living today amid this abounding iniquity. The world is corrupt, licentious, warlike, filled with strife, commotion, and violence. We are living in an age of moral corruption. Licentiousness is

THE VOICE OF PROPHECY Radio Log

TUNE IN EVERY SUNDAY

Alberta—			
Calgary	CFCN	1060	8:30 AM
G. Prairie	CFGP	1050	8:30 AM
British Columbia—			
Vancouver	CKWX	980	9:30 AM
Vernon	CJIB	940	9:00 AM
Victoria	CJVI	900	10:30 AM
Manitoba—			
Dauphin	CDKM	1230	10:05 AM
Winnipeg	CKY	580	12:00 M
New Brunswick—			
Moncton	CKCW	1220	9:00 AM
St. John	CHSJ	1150	3:30 PM
	FM-CHSJ	100.5	3:30 PM
Newfoundland—			
St. John's	VOAR	1230	1:00 PM
Ontario			
Ottawa	CKOY	1310	10:30 AM
Sudbury	CHNO	1440	9:15 AM
Toronto	CFRB	1010	10:30 AM
Windsor	CKLW	800	10:30 AM
Prince Edward Island—			
Ch'lott'n	CFCY	630	1:30 PM
Quebec—			
Montreal	CKVL	980	8:00 AM
Saskatchewan—			
Regina	CKCK	620	8:00 AM
Saskatoon	CFQC	600	10:30 AM



H. M. LAMBERT

appallingly prevalent. Crime is increasing at a terrifying rate. This spirit of restlessness, lawlessness, anarchy, is not limited to any one place, but is spreading throughout the earth.

Then there are signs in the religious world that have been fulfilled in their time. The religious developments in the last days are strikingly outlined in 2 Timothy 3: 1-5. In fulfilment of this prediction, we find in the religious world today just what was foretold—self-love, covetousness, the spirit of self-praise, pride, blasphemy, disobedience to parents, ingratitude, unholiness, absence of natural affection, implacability, false accusation, profligacy, fierceness and brutality, hatred, treachery, recklessness, haughtiness, love of pleasure, formalism, and hypocrisy. A tide of vanity and pride has swept into our churches, fulfilling these ancient predictions.

Another sign plainly set forth in James 5:1-6 is the deepening of bitter relations existing between capital and labour. This prediction states that there will be an unparalleled heaping together of the wealth of the world, and a resulting discontent among the labouring classes which will bring bitter economic labour warfare.

There is another outstanding world development which constitutes a positive sign of the nearness of the return of our Lord. It is the world-wide departure from ancient and established standards of morality and righteousness. This is certainly one of the striking characteristics of the age in which we live.

There is a departure, everywhere manifest today, from the old standards of morality, faith, and righteousness, and the casting aside of all the restraints that have held the lower passions of men in check.

Professed Christians of today are per-

fectly at home in the externals of religion. They rejoice in pompous worship and ecclesiastical ceremonies. Amid the splendour of Gothic piles and symbolic crosses, altars, and images, true reformation of heart and life is ignored. The tide of vanity and pride rolls on, untouched by the faith it professes.

The inner life of the heart, the work of the Holy Spirit, the renewing of the mind, the beginning of eternal life in the soul, the new birth, the receiving of the Word of God—how much of such matters does the average churchgoer know? The whole religious life has become for many a round of forms. It places no restraint on unholy passions and ambitions and desires. All inward grace may be lacking, but if the name is on the church roll, that fact is supposed to cover a multitude of sins. External forms are honoured, but the hidden virtues of the soul—those divine energies whereby God transforms sinners into saints—are ignored.

They Bump Eternal Rock

Men talk "United States of Europe,"
And speculate regarding it,
As though such thing could e'er
develop
When God has said, They shall
not knit.

What God has spoken stands forever;
And none can change a jot of it;
None can destroy and none can sever;
'Tis like His law: there's life in it.

Men can themselves destroy, defying
The Word of God, and His great
law.

But they'll acknowledge well, when
dying
The second death: these have no
flaw.

—Lulu May Andersen

This very condition, so signally prevalent today, has been fully outlined in the Word of God, and definitely pointed out as an evidence of the nearness of the return of Jesus Christ to this earth. Indeed, the Spirit of God gave special

emphasis to this development. 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." 1 Timothy 4:1.

Again Paul wrote: "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 4:3, 4.

A Word of Counsel

In this time so marked by hypocrisy and formalism and by departure from the faith, God has a word of counsel for His loyal, truehearted, faithful, and sincere people. To them the injunction comes, "From such turn away." To this warning, let us give heed. While we note the increasing apostasy in the churches, while we mark the perils of our times and learn from them that we are "in the last days," let us keep ourselves pure. Let our feet be planted on the Word of God. Let our hearts hear only the voice of the Great Shepherd. Follow Him alone.

Dark as is the picture painted, forbidding and disheartening as is the fact of widespread apostasy from true religion, remember that it is one of the signs that our Lord is coming soon to take to Himself His redeemed and waiting people, and to usher in that eternal kingdom of peace, justice, and righteousness that will endure forever.

Reading these prophecies and predictions in God's Holy Word, and witnessing their fulfilment all about us, we have no doubt that soon, before long, and suddenly will come the fulfilment of the following passage: "Behold, He cometh with clouds; and every eye shall see Him, and they also which pierced Him: and all kindreds of the earth shall wail because of Him." Revelation 1:7.



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Now jet bombers,
travelling at the
speed of sound, constitute still another
sign of the soon
coming of our Lord.



The WISDOM of THIS AGE

*An Ancient Prophet
Foretold It 2500 Years Ago*

Mr. Longacre has lived through the most progressive years of earth's history. The great "increase of knowledge" foretold by the prophet Daniel has come largely during his lifetime.

medical attainments, in transportation facilities, in domestic conveniences, in the transmission of intelligence, in the rapid transaction of business, and in the increase of knowledge along all lines, than was achieved during the previous four thousand years. Within the lifetime of the writer the following marvellous inventions have been made: telegraph, telephone, phonograph, wireless, radio, television, type-setting machines, teletype, colour photography, air navigation, automatic air brakes on trains, seismograph, steam turbine, electric lights, X-ray, radium, transcontinental telephone, automobiles, high-speed rotary printing press, and harvesting machine that cuts, gathers, threshes, and sacks the grain ready for the market. These are but a few of the many inventions that have come into existence within the writer's lifetime.

A generation ago it took months to cross the Atlantic Ocean in the old sailing vessels, but now the large steam-powered ocean liners cross from New York to London in four days, while passengers enjoy every luxury furnished in the finest hotels. If a person is in a great hurry, he can eat his breakfast in New York, step into a jet plane, and land in London by noon for his lunch. Regular transoceanic passenger and mail service has been established between North and South America, Europe, Africa, and the Orient. Literally, the messengers and emissaries of the gospel do now "fly in the midst of heaven," as John the revelator said, "having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people." Revelation 14:6.

Twelve great chains of prophecy were fulfilled a generation ago, as recorded in the Bible by the prophets; but more than that, new fields of knowledge were opened to the understanding of the human race. In the year 1798, after Napoleon had captured Rome, he discovered the Rosetta Stone in Egypt, which furnished a key to the Egyptian hieroglyphics, and thus to the historic writings on the obelisks and monuments which had stood unread for more than three thousand

Daniel's 1260-year prophetic period expired in 1798, the inhabitants of this earth had not progressed much beyond the methods employed in the days of Noah and of Abraham. One hundred and fifty years ago they were cultivating their land with the ox and the wooden plough, barely scratching the top of the soil, and eking out a mere pittance for a living. The fastest mode of travel was by horseback on land and the old sailboat by sea. There were no railroads nor steamboats. There were no telegraph, telephone, printing presses, or daily newspapers giving news and information to the people at that time. The old spinning wheel and the hand-operated weaver's beam were still the only means of weaving cloth to make into garments.

There are people living today who can remember when their mothers and grandmothers spun the wool cut from the backs of the sheep, out of which they made all the garments they wore in winter; and how they spun the cotton and wove it into cloth for summer garments. They also remember that the only implements their fathers and grandfathers had with which to cut the meadow grass and the grain in the field were the scythe and the cradle. Oxen were used to haul hay and grain to the barn.

It is only during this present generation that the human mind has wrought marvellous achievements through the increase of knowledge. The cunning hands and brains of man have wrought out inventions that have outrivalled the wildest imagination of men of a century ago. Far greater progress has been made during the past one hundred years in scientific achievements, in

THE prophet Daniel was given a vision of the future history of the world and of the final outcome of events at the end of this age. Daniel confessed his inability to understand some of the symbolic and figurative language used by the angel Gabriel. He said to the angel: "I heard, but I understood not: then said I, O my Lord, what shall be the end of these things? And he said, Go thy way, Daniel: for the words are closed up and sealed till the time of the end. Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand." Daniel 12:8-10.

Daniel was informed by the angel that in the period of world history known prophetically as the *last days*, the *latter years*, and the *time of the end*, "knowledge shall be increased" and "the wise shall understand."

More than 2500 prophetic utterances are recorded in the Bible. That knowledge would increase on a large scale in "the time of the end," or the "last days" of this world's history, was only one of these prophetic utterances. How remarkably this prophecy has been fulfilled in this present age, known as "the latter days"!

Let us look at the increase of knowledge in general during the past one hundred and fifty years, since the time periods in Daniel's prophecies have been fulfilled. The last of these ran out in 1844, at the termination of the 2300-year prophecy, bringing us to "the time of the end" in Daniel's vision. One hundred and fifty years ago, when

By

C. S. LONGACRE

Five Minutes to Twelve

Five minutes to twelve! Five minutes to twelve!
 It is high time now to awake!
 It is time, it is time to seek the Lord,
 To be saved for His mercies' sake;
 It is time for the wise to trim their lamps,
 Neither sleep nor slumber to take.
 Five minutes to twelve! Yea, so little time
 To prepare with Jesus to dwell,
 In His righteous robe now to be arrayed,
 Richest gift none can buy or sell;
 The time is so short, there's so little time
 Good news of His coming to tell.

— Mrs. M. H. Cooper.

years. These interpretations not only gave meaning to past history, but substantiated the correctness of Bible recordings of cities, rulers, and nations which had been obliterated and buried for many centuries, until the skeptics doubted the accuracy of the Bible records. But the pick, the spade, and the shovel of the archaeologists have uncovered the debris and decay which had hidden from view these ancient civilizations and their past achievements and glory.

We are now living in that time of great intellectual and scientific enlightenment, but it is also a period of gross darkness and spiritual blindness. It is the time when "the wise shall understand," "and the wicked shall do wickedly." The prophet Isaiah, looking down the stream of time to this period when the Lord was to be glorified in the sight of all the heathen, says: "For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and His glory shall be seen upon thee. And the Gentiles [heathen] shall come to thy light, and kings to the brightness of thy rising. . . . And I will glorify the house of My glory." Isaiah 60:2, 3, 7.

Satan is in control of the military affairs in this world, and he will stage the final battle, which is to settle the doom of this present evil world at Armageddon, in "the valley of Jehoshaphat." Joel 3:2, 12. Satan deceives the rulers of the nations into believing that the security and strength of the nations are dependent upon military might, violence, and atomic weapons of destruction.

There has been a tremendous in-

crease of knowledge in the scientific field during the past century, especially in the realm of military weapons. The discovery and release of atomic energy in the form of the atomic bomb in warfare has been world shaking and world shocking, and its potential destructive power threatens to destroy not only the works of man but mankind itself, and blot out all the progress civilization has made during the past six thousand years.

The destructive possibilities of the hydrogen and atomic bombs have created fear, distress, and perplexity in the hearts of men everywhere. A single one of these besoms of destruction exploded over a city like New York is capable not only of levelling the city, but of wiping out most of its inhabitants within a few minutes.

We are now informed that these bombs can be loaded into a rocket capable of attaining an altitude of two hundred and fifty miles and travelling at tremendous speed through the upper stratosphere. Moreover, it can be directed, so we are told, to any city on any continent by radar instruments to a distance of five thousand or six thousand miles. Well did Christ describe the dread and fear that would be in the hearts of men just before He was to return to the earth the second time, when He said: "There shall be signs [showing the near approach of His coming] in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:25, 26.

The prophet Daniel was informed by the angel Gabriel that "knowledge shall be increased" in "the time of the end," and "at that time shall Michael [Christ] stand up, the Great Prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be

found written in the book. And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt." Daniel 12:1, 2.

The strength and security of a nation lies not, however, in its superior armaments, but in its superior ideals and principles of government, as reflected in the lives of its rulers and people. Nothing is secure in a world that rules by force and violence. When that principle of government becomes the dominant and universal rule, and the oppression of God's people becomes unbearable, the Lord of heaven "cometh out of His place to punish the inhabitants of the earth for their iniquity." Isaiah 26:21. He also comes to deliver His saints and to take them to those mansions He has gone to prepare for them in heaven. After they have reigned with Him in heaven for one thousand years, they return to this earth with the Holy City to witness the second resurrection and the punishment of the wicked in the lake of fire, where they suffer "the second death." (See Revelation 20:6; 21:8.)

After that, this old earth is made "new" and restored to its Edenic purity and beauty, and the new "earth shall be filled with the knowledge of the glory of the Lord, as the waters cover the sea." Habakkuk 2:14. Then, we are assured, "God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away," and the Lord says, "Behold, I make all things new." Revelation 21:4, 5.

In the earth made new the inhabitants "shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them." Isaiah 65:21. But best of all, "nation shall not lift up a sword against nation, neither shall they learn war any more. But they shall sit every man under his vine and under his fig tree; and none shall make them afraid: for the mouth of the Lord of hosts hath spoken it." Micah 4:3, 4.

With the apostle John we say: "Even so, come, Lord Jesus." Revelation 22:20.

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IN ADDITION to the essential minerals and an adequate, well-balanced ration of proteins, carbohydrates and fats, everyone knows that vitamins are absolutely necessary. Commercial interests who manufacture them have pounded this fact into the minds of all. Nutritionists have made the mistake of discussing our requirements in international units and milligrams per day. These tabulations, along with the experimental work with purified factors, have created a new and even more serious problem. Laymen and physicians alike tend more and more to think of vitamins as pharmaceutical preparations, or drugs if you please, unrelated to one another or to the diet as a whole. We physicians give them to our patients in lieu of studying our patients' food intake and thereupon correcting their diet. We should not forget that food that is deficient in one vitamin is quite likely to be deficient in others, for vitamins usually occur in groups and with a balanced interrelationship. There seems to be a synergism among them.

It isn't too much to ask of the busy physician that he set his patient to keep a food diary after the method advised by McCollum. Tables listing the seven major groups of foods can be printed inexpensively and the patient readily instructed to check each serving that he

gets from each group in each day. If the patient keeps these diary sheets for one week, both you and the patient will be surprised how deficient his diet really is, in spite of the fact that almost everyone today believes he is getting a balanced ration.

I like to tell people that there is a colourless alcohol that occurs as an ester in the yellow fats and oils of plants, and in the animals that eat these plants. These can be converted by the liver of all animals, including man, into a vitamin. The work of this vitamin can be simply stated as seeing to it that the vital centre, or nucleus, of every cell of the body does its job. It follows directly then that this chemical would be a growth factor especially important in the formation and development of bones and tooth buds and in the development of the skull concomitant with the development of the brain. It would follow also that a deficiency of this vitamin would naturally produce through its ageing and keratinization of epithelium xerophthalmia, metaplasia with the loss of the "first line of defence against infections," and the formation of the nidus for gallstones, kidney stones, and bladder stones, nyctalopia and hemeralopia (night blindness and day blindness).

We who insist upon leafy salads as identified by their rich green colour need not

worry about a deficiency of vitamin A unless there is a disease present making for poor absorption and utilization as in liver and biliary diseases, or the demands of an increased need as in fever, acute infections and chronic wasting diseases and disfunctions of the thyroid gland. The carotenes, which are the precursors of vitamin A, are formed in plants that are eaten by animals and converted into vitamin A to be stored in the liver and put into the milk and, by the fowls, into the eggs. The best source of this vitamin itself is the liver of fishes. Here the story of origin is not so different from that of land animals. Diatoms, small algae and other living aquatic plants are eaten by small crustaceans and these in turn by little fish who are then eaten by the cod and other large fish. So we see that our supply of pro-vitamin A is dependent upon the health of plants and that the health of the plant must always be predicated upon the quality of the soil in which it is grown.

A vast field of information about vitamins has been developed in recent years. Most persons are getting the idea that vitamins are foods and that if you take the magic one-a-day pill you can eat what you will when you will. It cannot be emphasized too strongly that these essential elements called vitamins are not in themselves foods. They do not furnish energy and are not utilized as building units for the structure of the body but are essential for the transformation of energy and for the regulation of the metabolism of the body's structural units. Scientists have about exhausted the alphabet in naming these vitamins and the letters make very poor names because it is indeed hard to keep the properties of vitamin B₁ separated from the properties of vitamin B₆; in fact it gets so confusing that you can't tell whether the lecturer is talking about a vitamin or one of the new-fangled governmental agencies. Furthermore, in recent years the alphabet has been turned over to governmental agencies and we are now designating our vitamins by their chemical names because in the meantime our chemists have identified them and are now able to manufacture most of them themselves. But these names are too long to pronounce and even to remember. We must therefore go to the public with the whole programme very much simplified.

Vitamins

Are They Best Obtained from Pills?

By Jonathan Forman, B.A., M.D.



An adequate intake of vitamins in their natural state will solve many ills.

Eat That Which Is

GOOD FOR YOU

By

D. H. KRESS, M.D.



H. M. LAMBERT

Raw fruits were one of the three foods that God prescribed for Adam and Eve in the Garden of Eden.

THE sick are anxious to get well quickly. This is but natural, yet this anxiety frequently retards progress.

When a person has a pair of shoes that need repairing he can take them to a shoemaker and say, "I want you to repair these shoes so I can have them on such a date." There are those who take their diseased hearts, stomachs, livers and nerves to the doctor in much the same way. They say, "Doctor, I want you to fix me up in two weeks." If the doctor tells the truth and says, "It may take many months," the patient becomes impatient. This impatience is responsible for the system of drugging, and the prevalent use of patent medicine.

There are many chronic invalids who are constantly taking a drug, believing it to be the only thing that keeps them up. They believe their very existence depends upon it. And yet that which they depend upon to keep them up is in fact keeping them down.

If a gardener has a sickly plant he cannot build that plant up in a day. He places the plant where it can have the benefit of sunshine and rain. He digs about it and puts into the soil some elements that may be lacking, and loosens up the soil, allowing air to get at the roots which may possibly have been smothered. In time the pale leaves take on colour and the plant is cured of its anaemia and is restored to health. The gardener goes about the work of restoring plants to health with all confidence—there is no guess work about it with him. He is never disappointed. It

is possible to go about the work of restoring sick bodies to health with just as much confidence as the gardener has in restoring sick plants. When plants are sick we usually search out the cause. When sickness comes, nature says, "You are doing something you ought not to do." To continue a wrong course and then take "something" to hush the warning voice, is certainly unwise.

In rational treatments we aim to aid nature in her friendly efforts of health restoration. Massage, electricity and hydrotherapy are of value chiefly because they improve the circulation of the blood. By improving the circulation we are hastening repair. Fortunately, every six weeks the blood undergoes a complete change. The average life of a blood corpuscle is estimated to be about six weeks. By a process of careful living diseased corpuscles may be replaced by healthier corpuscles in six weeks' time. The cells of the liver undergo a complete change every few months. Suppose an injury is sustained to the hand. By the exercise of care, healing takes place in a short time—somehow it does not seem difficult to exercise faith in this. Nature is as faithful in making stomach repairs, liver repairs, and other needed repairs in the deeper and internal structures of the body as she is in repairing superficial injuries.

Patients frequently retard recovery by worry and undue anxiety. When an animal is sick it does not worry about its sickness nor about the outcome of it. The animal goes on the rest cure—it stops eating its accustomed food and

perhaps eats a little green grass to sweeten the contents of the alimentary tract, and usually makes a splendid recovery. But if man becomes sick he worries. If he has rheumatism in one joint, he expects other joints to become affected in time. He looks forward to the time when he may be crippled and, as a hopeless invalid, dependent upon charity. He worries! This mental attitude retards restoration.

Two people may go to the beach at the same time, but the effect is very different. One has studied the effect that cold water will have upon his circulation. He plunges into the water, and after he has been in a while he comes out and takes a vigorous towel rub and feels stimulated and well repaid. The other man may be doubtful about the benefit of the cold bath; he goes in, his lips turn blue, and he gets a chill. No reaction occurs—his mental attitude prevents it.

The same holds in the matter of diet. Men should study what is best for them to eat. They cannot eat mechanically and get the best results from the food. The children of Israel were given the best food, prepared by angel hands. It did not benefit them because it was unappreciated. The Lord promised to restore them to health. But they had no use for the food He provided to bring this about. They said, "Our soul loatheth this light bread," and requested that they might have flesh to eat. The Lord gave them their desire, but it brought sickness upon them. They might have reached the land of promise in a few days. Unbelief kept them stumbling around in the wilderness for forty years. Men may eat the same kind of good food; one may receive benefit from it and the other an injury. It depends upon the mental attitude assumed towards the food. In order to get the most out of the best food it is necessary for the food to appeal to the mind. This alone can come from study and intelligent knowledge of its value.



The DOCTOR'S VOICE



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

Angina Pectoris

Question: Is there any special diet for one suffering from angina pectoris?

ANSWER: Low cholesterol diets are favoured which would exclude animal fats such as butter, cream, cheese, fat meat, etc. Eggs should be restricted to three or four a week. This is to slow down the development of hardening of the arteries, to which some are more prone than others. As far as medicines go, nitroglycerine is the old standby. Its action is very prompt and there is not much point in taking another if the first is not effective. Occasionally a marked sense of faintness is produced, so newer, slower-acting nitrites with a more prolonged action have been developed and are now available. It is thought that the use of these nitrites aids in the development of a collateral circulation, to by-pass obstructed blood vessels.

Normal Blood Pressure

Question: What is a normal blood pressure?

ANSWER: According to army standards the systolic blood pressure should not exceed 150 and the diastolic pressure (as measured between heart beats) should not exceed 100. If one is growing old at the normal rate, age plus one hundred does roughly apply with regard to the systolic pressure. Readings can be taken with the patient lying down, sitting, or standing, but the arm should be horizontal to the body. If the arm is hanging down when the pressure is taken the reading is approximately 8-10 mm. of Hg. higher.

Mental Functions in Aged

Question: What is the cause of impaired mental functions in the aged?

ANSWER: Hardening of the arteries of the brain seems to be the principal cause. This seems to be confined largely to the left internal carotid artery, the main supply of the dominant hemisphere. As in angina, some people are more predisposed than others. A wise precaution is to restrict animal fats in the diet. Use margarine instead of butter, and restrict eggs to four or five a week.

Anaemia

Question: What effect does anaemia have upon the heart?

ANSWER: As a result of his researches as recorded in *Post-graduate Medicine* of July, 1951, Dr. Calvin F. Kay of Philadelphia has come to the following conclusions: Weakness of the heart muscle with heart failure is common when the haemoglobin has been below 20 per cent for a long time. Digitalis is ineffective in these patients, and in some cases harmful. Lesser grades of anaemia may cause symptoms, especially after exertion, which are reflected on electrocardiographic tracings. Anaemia definitely has an unfavourable influence on angina and other types of heart disease.

Dandruff

Question: What is the treatment for dandruff?

ANSWER: Dandruff is due to overactivity of the oil-producing glands of the skin. As a remedy, mild soap and water are advised. Cleansing creams should not be

used. Frequent shampooing is also helpful. So is healthful living, including fresh air, sunshine and a simple diet. A diet low in fats and sweets (carbohydrates) is recommended, also the avoidance of spices and carbonated beverages.

Superhealth

Question: Can superhealth be secured by taking vitamins in excess of daily requirements?

ANSWER: The Canadian committee on dietary standards says, "While it is not possible at present to state whether harm results from excesses of vitamins, minerals and other nutrients (except for calories), the provision of excess supplies is certainly undesirable at the present time in view of the urgent need for food in many parts of the world."

Insulin

Question: What is NPH insulin?

ANSWER: NPH insulin has an effect about midway between short-acting plain insulin and slow-acting protamine zinc insulin. Its action is a little longer than Globin insulin. It will probably to a large extent take the place of mixtures of plain and protamine zinc insulin.

Vitamin B for Mental Disease

Question: Is vitamin B useful in treating mental disease?

ANSWER: The behaviour of the mentally infirm deteriorates if there is a deficiency of B complex vitamins; on the other hand, there is no evidence that a generous provision of these vitamins is of benefit in their treatment.