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Signs of
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Canada's Journal of Hope and Health



THE WORLD AS WE SEE IT

A Prophetic Interpretation of Current Events

★ Evolution in Reverse

HIGH school, college and university professors generally set forth to their students the evolutionary hypothesis. This is the theory that the earth, together with its human and animal inhabitants, gradually evolved through a long period of time to its present complex status. It is said that this process is still going on, and that every day in every way man is getting better and better.

The student who is simple enough to hold to the Biblical record of creation soon becomes the subject of amusement to his fellows, and the object of withering scorn to his learned teacher. All too often such a student, not possessing the facts or the courage necessary to refute this evolutionary philosophy, collapses and loses his faith in God. Then again, not a few students have found that it does not pay to entertain views differing from those held by their professor. Such views do not contribute to liberal, even fair, grades at examination time.

But what are the facts? It is true that evolution presents a pretty theory. It is even flattering. Man likes the idea that through his own efforts he is getting better and better. For this cause the theory of "inevitable" progress has met with popular favour. Certainly it is not that it requires less faith to believe that man wiggled his way upward from a polliwog swamp to his present state, than to believe the simple statement of the Bible that "in the beginning God."

Is the human race today in a process of evolution, or in a process of degeneration? This ought not to be difficult to prove. The earth is filled with fossils of men and animals that once lived here. How do the fossil remains of the human and animal families compare with like species of the present? This issue cannot be dodged. Are they larger or smaller? If larger, that disproves the idea set forth

by our evolutionary friends that we have evolved from one-cell life. In every case the skeletal remains of both men and animals are found to be larger, much larger. They testify to the fact that the time was when there were giants, of both human and animal species, in the land.

The truth is that instead of being on the upward swing the human race is on the downward curve. Instead of getting larger and better, it is degenerating. This is true in all three phases of man's existence: his physical, mental, and spiritual life. Five or six thousand years ago men lived to great ages—to almost one thousand years. Adam lived to be 930; Jared, 962. And Methuselah, the oldest of them all, reached 969.

That is about ten to fifteen times longer than men live today. Consider the tremendous strength which must have been inherent in these long-lived men. Their

stomachs did not become ulcerous. Their hearts did not fail. They did not develop hypertension. Undoubtedly cancer, diabetes and other present-day killers were unknown. The natural resistive forces of the body were not then degenerated as they are at present, allowing diseases of every type to attack and destroy. Their food was nutritious, containing all the elements of vitamins and minerals necessary to build the body and sustain health.

Still another incontestable evidence of the degeneracy of the race is the tremendous reproductive vitality of those who lived in ancient times. Methuselah was 187 years old when he begat Lamech. Jared was 162 years old when he begat Enoch. And Noah was 500 years of age when Shem, Ham and Japheth were born.

We flatter ourselves with the thought that men today are far wiser than at any previous time. It is true that we do have



TORONTO STAR

The testimony of "fossil findings" is that men and animals, instead of evolving into a larger and more perfect stature, are actually degenerating.

Dallas Youngs, Editor SIGNS OF THE TIMES Vol. XXXII No. 5 May, 1952 H. E. McClure, Circulation Manager J. M. Bucy, Associate

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H. A. ROBERTS

Young men and women contemplating matrimony do well to consider carefully the elements that make for lasting domestic happiness.

the beginning" created all things in such a state of strength and beauty that when finished, He pronounced them "very good."

★ The State of Matrimony

I ALWAYS entertained the idea that domestic relations in bygone days enjoyed a greatly improved status over those of the present time. I cherished the thought that the dove of marital peace was never compelled to depart her accustomed roost. Imagine my surprise while doing research recently to find that I have been living in a state of delusion all these years. The *Quebec Gazette* for November 9, 1780, writes under the following heading:

"The Present State of Matrimony in Great Britain

"Wives eloped from their husbands	5,000
"Husbands ran away from thief wives	500
"Married pairs in a state of separation from each other	10,000
"Married pairs living in a state of open war under the same roof	500,000
"Married pairs living in a state of inward hatred for each other, though concealed from the world	100,000
"Married pairs living in a state of coldness and indifference to each other	50,000
"Married pairs reported happy in the esteem of the world	10,000
"Married pairs comparatively happy	500
"Married pairs absolutely and entirely happy	100."

It is obvious that the author of the above statistics has used round numbers. And it may be that the situation is somewhat overdrawn. Still the fact remains that there was then, as there is now, a marriage problem.

We conceive that there was a time in this world's history, brief though it may have been, when there were no family quarrels. That was before Eve persuaded Adam to eat of the forbidden fruit in the Garden of Eden. Immediately after that, trouble began. When God asked Adam about the eating of the fruit, Adam accused and condemned his wife. From that fatal hour to the present time condemnation and countercondemnation have plagued almost every domestic situation.

This is the story of the entrance of sin into the family circle. Before the coming

of this tyrant, Adam and his wife enjoyed a domestic relationship that they were never afterward to know. Whereas in the "good old days" love, joy, kindness, and understanding had been the ruling emotions, after sin these were replaced by suspicion, jealousy, bickering, and faultfinding.

The history of family relations through the millenniums makes sordid reading. In all too many cases it is a story of drunkenness, brutality, and neglect on the part of the husband. And on the part of the wife the record reveals nagging, quarrelsomeness, and unfaithfulness to the marriage contract. Judge Joseph Sabath, who spent twenty years in the Court of Domestic Relations, says:

"Ninety thousand people, who have come to the parting of the ways through bitter recriminations, have stood before me to testify of broken homes, sordid betrayals, and the unbelievable rancor which cause separations."

Out of his twenty years on the bench Judge Sabath has formulated ten rules of successful marriage. We trust they will prove helpful to the reader of this editorial:

- "1. Bear and forbear.
- "2. Work together, play together, and grow up together.
- "3. Avoid the little quarrels, and the big ones will take care of themselves.
- "4. Compromise. (Give and take.) It is the anti-toxin of divorce.
- "5. Practise sympathy, good humour, and mutual understanding.
- "6. Don't grouch before breakfast — or after it.
- "7. Respect your 'in-laws,' but don't criticize them or take criticism from them.
- "8. Establish your own home, even in a one-room flat.
- "9. Fight for each other but not with each other.
- "10. Build your home on religious faith, with love and forgiveness as the watchwords."

Bible writers have not been entirely silent on this matter of "husband and wife" relationships. God, we conceive, is not a little interested in the way a married couple gets along. Religion can make little headway in the home where cordial relations do not exist. Since the family unit constitutes a fortress which God holds in this world against Satan, and since love, sympathy and goodwill are the chief weapons of defence, it is easy to understand God's point of interest. Says the divine Councillor:

"Wives, submit yourselves unto your own husbands, as it is fit in the Lord. Husbands, love your wives, and be not bitter against them." Colossians 3:18, 19.

some few men, such as Doctor Einstein, who are geniuses, but there are very few. Generally speaking, the intellectual capacity of man has lessened year by year. Professor Godfrey Thompson of the University of Edinburgh has demonstrated that the race has suffered a two to three per cent intellectual decline every generation.

Man's spiritual decline is perhaps most demonstrable of all. We have but to consider that atheistic Russia occupies about one-fourth of the earth's landed surface. China, India, Japan, dark Africa and the islands of the sea account for perhaps one-half of the earth's population. Turning our thoughts to the so-called Christian nations we discover that the great denominations are suffering from spiritual degeneracy, seen in the presence of idolatry, superstition, indifference and carnality. Uncontrollable crime presents incontrovertible evidence that all Christendom is suffering from a moral and spiritual breakdown. Juvenile delinquency testifies that we have a generation of delinquent parents.

The evolutionary bubble bursts. The present status of the race bears evidence that we are suffering from evolution in reverse. Instead of progressing we are retrograding. The only way a man can go up (we mean this literally) is to take hold of the strength of the One who "in



EWING GALLOWAY

By
HENRY F.
BROWN

The advent of atomic power as a weapon of war has changed the thinking of the entire human race.

Prophets of DOOM

DR. ARCHIBALD MACLEISH, one-time librarian of the great Congressional Library of Washington, D.C., recently wrote an article in which he remarked that one of the strange phenomena of our time was the re-appearance of prophets, but he added that they are "invariably prophets of doom." We see them all about us. The magazines are filled with their prognostications. They wail out their despair, telling us that an atomic war is due in two or three years; that there is no method of protection from it; that most of our great cities on the globe will be destroyed; that mankind will revert to the Dark Ages, being in a blind alley from which there is no escape.

The names of these prophets of despair are the best names in our intellectual world. Albert Einstein sent a telegram, May 23, 1946, to businessmen throughout North America in which he said, "Our world faces crises as yet unperceived by those possessing power to make great decisions for good or evil. The unleashed power of the atom has changed everything save our modes of thinking, and we thus drift toward unparalleled catastrophe. . . . Mankind's destiny is being decided today—now—this moment!"

In a paid advertisement in *Time* magazine, March 15, 1948, he, as chairman of the Emergency Committee of Atomic Scientists, said, "There is no secret—and no defence from atomic bombs. There is no possibility of control." Then he added, "The facts every citizen must know are these:

"1. Atomic bombs can now be made

cheaply and in large numbers. They will become more destructive.

"2. There is no military defence against atomic bombs and none is to be expected.

"3. Other nations can re-discover our secret processes by themselves.

"4. Preparedness against atomic war is futile, and if attempted will ruin the structure of our social order.

"5. If war breaks out atomic bombs will be used and they will surely destroy our civilization.

"6. There is no solution to this problem except international control of atomic energy and the elimination of war."

Field Marshal Jan Christian Smuts, when Prime Minister, told a newspaper man, "Something is happening in the world today which is going to shake our civilization to its very foundations. . . . If a halt is not called, then the end of civilization as we know it and cherish it is inevitable. We are passing through the greatest crisis in human history. Fifty years from now the world may be an entirely different place."—*Time*, March 22, 1948.

This agrees with what he said at the organization of the United Nations in San Francisco, "There can be no doubt any more that for us, for the human race, the hour has struck. Mankind has arrived at the crisis of its fate—the fate of the future of a civilized world."

To this Anthony Eden agrees in saying, "It is no exaggeration to say that the work on which we are making a start here (in the organization of the United Nations) may be the world's last chance."

Another of the prophets of doom is V. A. Demant, Canon and Chancellor of St. Paul's Cathedral, London. He stated, "I want here to interpret the crisis of our time as the breakdown of a civilization. . . . The breakdown will deepen into complete dissolution."—*Christian Century*, September 10, 1947.

Dr. Paul Hutchinson, editor of the *Christian Century*, writes of "the sense of encroaching chaos which fills every thoughtful mind with apprehension, if not despair."

General MacArthur warns us that "Armageddon will be at our door."

And these prophets assure us that there is very little more time left.

In his chapter entitled "While Time Remains," Dr. Harold A. Bosley says, "Churchmen, educators, and many editors seem to be oppressed by the shortness of time."—*Main Issues Confronting Christianity*, p. 178. Harper Brothers, New York, 1948.

Winston Churchill said recently, "Prepare . . . for what seems to be a remorselessly approaching third world war. . . . I will not encourage you with false hopes of a friendly settlement with Soviet Russia. . . . [We cannot] believe that we have a limitless period of time before us."—*Time*, October 18, 1948.

And John Barrett in the Capetown magazine, *Spotlight*, November 12, 1948, said, "Not a single expert seems to think that war might never come."

"War nerves have reached a new peak in Holland," says the *Sunday Times*, Johannesburg, Transvaal, January 2, 1949, "because of the belief that a new world war is imminent."

As these prophets of gloom look out upon a darkness unrelieved by any prophetic light, they are brought to despair. Dr. Bertrand Russell says, "Over this unheeding world of mad hatreds hangs the black cloud of the atomic bomb. . . . The outlook for the world is one of utter and unrelieved gloom."—*Evening Star*, Washington, D. C., December 23, 1944.

And Dr. Douglas V. Steere, professor of philosophy at Haverford College, says, "A sense of doom is in the air."

Dr. Harold C. Urey, one of the atomic scientists, wrote in *Collier's* magazine, January 5, 1946: "I write this to frighten you. I'm a frightened man, myself. All the scientists I know are frightened—frightened for their lives—and frightened for your life. . . . I have never heard—and you have never heard—any scientist say that there is any scientific defence against the atom bomb. . . . We will eat fear, sleep with fear, live in fear, and die in fear. . . . The bomb is fused, the time is short. You must think fast, you must think straight."



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: Why is it that Christians are so poor, and sinners who never say grace at the table, or give thanks at any time, have so much?

This is a question that occupies the thoughts of many people. Why this inequality? Does God penalize the Christian for his service? Or is there some other explanation? To begin with, God tells His people not to envy the wicked rich and his ill-gotten gain. It is transitory, passing, fleeting. As God says, he spreads himself as a "green bay tree," but he comes to his end.

There are other riches that are of far greater worth. We speak of the eternal riches. Of how much greater value is a place with God in all ages of time, than the pleasures of this world for a brief period. Moses was brought to the place in his experience where he had to choose between the two. He chose the riches that fade not away: "By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward." Hebrews 11:24-26.

Admittedly, God who owns the world and the wealth of it, could if He chose to do so, give His followers abundant wealth. However, we read in the Inspired Volume that the love of money is the root of all evil. We can well believe that a great multitude have lost their souls through the dishonest practices used in gaining great wealth. Wealth is difficult to control successfully. All too often money controls the man, rather than man the money. This writer has been convinced that generally speaking God gives to His people the amount of possessions that He sees they can handle and yet not lose their own souls.

Dear Sir: What is the devil like?

Satan is very different from most people's conception of him. He is not a being with hoofs, horns and a spiked tail, as he is so often pictured. Rather, he is a highly intelligent angel who once occupied a high position in heaven itself. In fact it is believed that he once held a

commanding position among the other angels there. The time came when, through pride, he became dissatisfied with his position and rebelled against the government of God, leading millions of angels with him. When the rebellion reached a certain intensity there was war between the loyal and the disloyal angels, and the rebels were cast out to this earth:

"There was war in heaven: Michael and His angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him." Revelation 12:7-19.

The leader of the loyal angels was Michael, or Christ. When Jesus was upon earth He made reference to that occasion, saying: "I beheld Satan as lightning fall from heaven." Luke 10:18. Satan and his angels were cast out of heaven to this earth, where they have been confined to this time awaiting the judgment of the last day. Upon reaching this earth Satan, as we see from Genesis 3:1-6, set about usurping Adam's position as the ruler of this earth.

That he succeeded, we all know. He was able to lead both the man and the woman into violating the express command of their Creator, causing them to join him in his rebellion against God. Thus sin was transmitted to the human race, and all Adam's descendants have been born in sin.

Satan is not the mythical figure that so many think him to be. According to God's Word he is a malevolent spirit that is constantly seeking to destroy the souls of men. Hear this warning: "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." 1 Peter 5:8.

Dear Bible Answerman: Should Christians read the Old Testament?

Certainly! If they did not they would miss a great deal of divine instruction, lessons and examples that God intends them to have. When Jesus was here He

said, "Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of Me." John 5:39. At the time Jesus spoke these instructive words, the Old Testament Scriptures were the only Scriptures extant—there were no others; therefore, we must accept these words as constituting a positive command from our Lord to read the Old Testament.

God caused the things written in the Old Testament to be recorded for the benefit of those who would live long after those things had occurred. "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the Scriptures might have hope." Romans 15:4.

Dear Bible Answers: Should Christians marry unbelievers?

The Bible gives a negative answer to this question. "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people." 2 Corinthians 6:14-16.

We have yet to observe a single instance in which good has come as a result of the violation of these instructions. Christ does not fellowship with Belial (Satan). Now the Christian is on Christ's side. But the non-Christian is on Satan's side. What, therefore, can be the basis of agreement between them? The Christian worships and serves the true God of heaven. The unbeliever despises Him. The Christian attends divine services. The unbeliever will not go. The Christian is required to obey God and to keep His commandments. To the non-Christian companion this is foolishness. The Christian is told to keep himself unspotted from the world, but the world is the place of the unbeliever's pleasure.

The principle of righteousness and the principle of evil are in direct opposition to each other. They cannot mingle any more than can oil and water. What is the result, then, of the union of a Christian with a non-Christian? Unfortunately it is often disastrous to the Christian. Being unable to maintain a strong experience, the Christian partner in all too many cases drifts out into the world of sin with his ungodly companion. Only the records of eternity will reveal the souls that have been lost because of a disregard of these plain instructions.



H. M. LAMBERT

By
LLEWELYN
WILCOX

The cigarette habit, formed for the most part in youth, subtracts thousands of dollars from the victim's pocket, and years from his life.

widespread, as persistent, and as intriguing as it is false. By newspaper and magazine, by billboard and neon sign, by the best spots in radio and television, its campaign has been beamed to make everybody an addict. Some time ago the tobaccoists declared they must have 1,200 new beginners each day to maintain their ratio of increase in business. (Since 1900 cigarette smoking has increased in the United States fifty thousandfold.) It has bettered this goal. Some 800,000 yearly (which is nearly 2,200 a day) join the ranks of the smokers. And from whom in recent years have these largely been recruited? From women and teen-agers!

What has been the beguiling approach? "Be sophisticated"; "Be smart"; "Keep that girlish figure"; "It gives a lift" and "puts joy into living," et cetera. This bait accompanied by eye, ear and entertainment appeal, and eternal iteration, has gone over.

The basic reason for the success of the

"GIVE ME A LIGHT"

AN INHABITANT from Mars looking down upon this planet would see it enshrouded in a pall of smog like that which overhangs Los Angeles. He might conclude it to be the incense arising day and night from earth's inhabitants to their god, since at least one third of them pay tribute at his shrine. According to *Reader's Digest*, two out of every three men, two out of every five women, one out of every seven boys in the United States smoke. From *Magazine Digest* of February, 1951, we quote:

"Every day Americans buy, smoke and toss away close to a billion cigarettes. They pay out three and one-half billion dollars a year for the privilege, and they get in return cigarettes variously advertised as non-irritating to the throat, soothing to the nerves, helpful to the digestion, loaded with pep and energy for the physique, toasted, cooled, cleansed, radiated, filtered, favoured by tobacco buyers and warehouse men, big league baseball players, and Hollywood's most adulated citizens. All this is yours, the ads now say (or have said in the past), for the mere price of a pack of cigarettes." (Italics mine.)

Are these ads true? You see and hear them everywhere and all the time. Certainly many people believe them. Are the claims they make according to the facts?

Says the Federal Trade Commission, according to *Magazine Digest*: "'Not so! . . . Cigarette ads are phony!'" Says the *Journal of the American Medical Association*, expressing the contempt of the profession as a whole for the endorsement of so-called "medical authorities": "To the claim that cigarettes do not cut the wind, impair the health, or satisfy the longings for things that make you fat, without interfering with your appetite for healthy foods, the answer is 'Hooey!'"

An interesting side light on the value of cigarette testimonials is given by the FTC. Forty-three people who had given testimonials were queried by this agency. It found that (1) many of them didn't smoke the particular brand they advertised; (2) some of them didn't smoke at all; (3) a large number couldn't tell the difference between brands; (4) others signed testimonials without reading them; and (5) some couldn't even read.

Why the Amazing Increase of Cigarette Addiction?

The four and one-half billion dollars that was last year's retail tobacco bill for the United States (eighty per cent for cigarettes) is the memorial of triumph to the tobacco trust, and to the psychology of their advertising, which has been as

tobacco campaign is threefold. It depends upon:

1. *Public ignorance—or gullibility.* Do listeners and readers check the tobacco claims? No, they do not. One of the world's famous showmen, P. T. Barnum, explained his success by the observation, "The public like to be fooled." The appeal of tobacco, as of alcohol, is not to the intelligence; it is distinctly to the sensations of the moment; it is "escapist"; it is to the "herd impulse"—"everybody's doing it," ergo it must be right.

2. *The fact that the use of tobacco is habit forming.* "They sure have a line," says the girl next door. "They know how to start momentum, or chain reaction, or something. Smoke a few, and they get you. One calls for more."

3. *The fact that its consumption makes money—lots of money.* And whatever is prostituted in the process isn't hurting the conscience of the seller. Leave out these three factors and the tobacco business would fold up.

If the law required the manufacturers of tobacco to place upon a package of cigarettes a truthful label of their contents, plus the scientifically tested effects of those contents upon the physical, the mental, and the moral health, it would cause a riot of consternation among both sellers and buyers. For tobacco is not a food; it is not a medicine, nor has it any

medicinal value, internally or externally. It is a poison.

How Cigarettes Affect Your Health

Taken in doses insufficient to kill instantly, nicotine acts temporarily as a heart stimulant (as do most habit-forming drugs). It causes a functional constriction of the blood vessels, thereby raising the blood pressure. The "up," however, is soon followed by a corresponding "down." This creates a demand for its repeated use in order to keep up that feeling of physical and mental fitness. Thus comes addiction.

Extensive tests have shown that nicotine causes "definite impairment of life duration"; that carbon monoxide "retards normal oxidation and favours the retention of wastes," and "affects the entire nervous system, muscles, and glands"; that acrolein has a "violent reaction on the nerve centres, producing degeneration of the cells of the brain"; that tobacco impairs the sense of both taste and smell; that it produces the well-known "smoker's sore throat" which affects the vocal chords; that its poisonous gases "injure the optic nerve"; that it is a large factor in producing ulcers; that users of tobacco are much more susceptible to tuberculosis than nonsmokers. All authorities among physiologists agree that tobacco is a heart poison.

Women should be warned that smoking dulls the eyes and the complexion. It produces sharper features and a taut, sallow skin. It forms wrinkles around the corners of the mouth. It shrivels rather than slenderizes. It produces nervousness and insomnia, harming women more markedly than men, because of their more delicate nervous system.

How cigarettes affect the moral health is illustrated by one very striking fact. *Nearly every delinquent boy and girl is a cigarette smoker. So is nearly every criminal, and nearly every drunkard.*

Said the late Dr. Harvey Wiley, who sponsored the Pure Food and Drug Act for the United States: "I can say only one good thing about tobacco, and that is, that a decoction of tobacco is speedy death to lice and ticks, and makes an ideal dip for pigs and poultry."

How Cigarettes Affect Your Pocketbook

Away back in 1935 the American people spent for cigarettes the sum of \$997,500,000, which means that \$1,912.50 went up in smoke every single minute; \$114,750 every hour; \$2,754,000 every day. Do you know what that would buy? Over 6,000,000 loaves of bread at \$0.15 each; 100,000,000 pairs of shoes at \$10 each; 665,000 automobiles at \$1,500 each; 99,750 homes at \$10,000 each; and

would give each of 99,750 young people a \$10,000 education. It would build two and one-half Panama Canals, and five and one-half Hoover Dams. (And these staggering sums do not take into account the huge amounts spent for cigars, pipe tobacco, chewing tobacco, snuff, pipes, cleaners, smoking stands, or fire losses.)

What about fire losses? Total fire loss in the United States according to the figures available to the author, runs around \$500,000,000 a year. Some experts say ten per cent, or \$50,000,000; others say as high as twenty per cent, or \$100,000,000, to smokers. That would be enough to send 50,000 or 100,000 young people to college every year with all expenses paid.

It is estimated that 1,500 people are burned to death and 1,700 others injured every year on account of cigarettes.

Look at the cost of this vicious luxury from the angle of relative values. Americans are proud of their achievements in education. Yet they spend on tobacco products and supplies twice as much as they pay all the public school teachers throughout the nation. Judging their devotion by what they give, the chief god of America is not the God of the Christians, but Nicotine. Canada spends annually about \$26.57 on liquor and cigarettes as against every one dollar expended for charity. England, under its austerity programme, spent four times more per capita on smoking and drinking than its citizens saved in 1950—over one half as much for these as for food.

Tobacco, like "gold bricks" and patent medicines, gives nothing in return. It is one story to which there are not two sides. For the consumer the only column in the tobacco ledger is that of LOSS—lost money, lost efficiency, lost health.

Why Do You Smoke?

Whose are the voices that ask you? Are they, as the tobacco companies would have you believe, merely the long-haired reformers, puritanical preachers, or sour-tempered reactionaries? Oh, no! They are the scientists, like Luther Burbank, John Burroughs, Hudson Maxim, Thomas Edison; they are the educators, like Dr. John C. Almack, professor of Education at Stanford University, Dr. David Starr Jordan, and many others; they are the athletes, like Gene Tunney, Jack Dempsey, Vicki Draves, Yvonne Sherman (boys and girls take notice), the athletic coaches, like Knute Rockne and Connie Mack; they are the beauties and beauty experts, like Maureen O'Hara, Barbara J. Walker, Miss America of recent years, and Jonnie Lee McFadden (girls take notice); they are the physicians, like Dr. William Mayo, J. H. Kel-

logg, and Harvey W. Wiley; they are the judges, by the hundreds.

Why do you smoke? Can you give one sound adult reason? "Why I don't smoke was summed up for me once by a liberated addict—and his argument was the most concise and conclusive I have yet heard, because based upon personal experience. These were his reasons: (1) 'My health is better; (2) My brain is clearer; (3) My purse is heavier; (4) My heart is lighter.'"

Does that interest you?

Would You Like to Stop?

You can stop smoking—if you really want to badly enough. If you choose to travel the way of happiness and security, if you value your future and love your country's good, here are a few helpful suggestions:

If you want to be free, act. You have a power of decision.

When you stop, really stop. Don't taper off.

Destroy all cigarettes.

Tell everybody you've stopped.

Say "No" firmly, and have a reason you can express to go with it.

Your crowd may outwardly make fun of you; but nine chances out of ten they will inwardly wish they had your courage. If they say, "Oh, yes, I tried that, too, but I gave it up, the habit's got me chained," or if you also have tried it before and failed, don't let that discourage you. Probably neither they nor you went at it right. No doubt your campaign was not planned with both physiological and psychological effectiveness to dislodge this saboteur. Possibly you did not realize that the craving would give you a rough time for a little while. Our bodies differ in their allergies, tolerance, and resistance, due to many factors.

Such counterattacks as "Nico-stop," "Tobako-stop," or "Bacco-ban" may help if not made a crutch. But, because there is not space here to give you the guaranteed cure, I would call your attention to the little book *The Cigarette As a Physician Sees It*, obtainable from the publishers of this article.

"Give Me a Light"

Here it is, not for your cigarette, but about it—the light of candid and honest scientific evidence.

King George VI will ever be remembered by a quotation from one of his earliest empire broadcasts. Adapted to this message, it holds your ultimate key to victory: "I said to the man who stood at the gate, . . . 'Give me a light. . . .' And he replied: 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light, and safer than a known way.'"

ALCOHOL -

The SABOTEUR of LIFE

By J. A. BUCKWALTER

SOME time ago a United Nations special committee of four experts listed thirteen types of slavery which are still in existence in the modern world. These various forms of serfdom are indicative of the great struggle now going on for the control of men's minds and souls. Very frequently many forms of slavery are not at first perceived by the general public. The struggle for freedom is the greatest battle of all time—freedom of mind, of body and of soul are the great objectives which are necessary for a happy nation.

One evening while riding the night patrol in the city of Los Angeles, as our prowl car turned the corner, the officer who was driving the car called my attention to a man walking along the street, with this remark: "There goes a wino. I'm going to pick him up so you can question him." Now, a wino, as you know, is an alcoholic who has become such through excessive use of wine.

As the prowl car pulled up to the curb, the officer in the back seat opened the door and stepped out, and without saying a word, the wino turned, took one look at the car, stepped over and got into it. He was apparently as comfortable as you or I would be in a taxi. Undoubtedly it was the most comfortable seat he had had since the last time he sat in a vehicle of that kind.

After the officers had questioned him they turned him over to me for further questioning. I should like to share with you a portion of that conversation.

"My friend," I asked, "how many jobs have you had in the last three or four years?"

"Oh, about forty," he replied.

"How long since you had your last job?"

"Over a week."

"How long did you keep it?"

"About a week."

"What was the matter? Couldn't you return to work Monday morning?"

In reply the man shook his head in the negative.

"Are you married?"

This time his head nodded in the affirmative.

"Where is your wife?"

"I don't know."

"Do you have a family?"

"A boy."

"Where is your boy?"

"I don't know."

I wish you could have seen the look of abject misery and utter despair in the wino's eyes as he stared out of the cab window that night in old Los Angeles. As I looked upon his face—the face that should be on all liquor advertisements—my heart was touched, for this man, while he had been fighting for liberty abroad against a tyranny that had been enslaving millions, had become a victim of another despotism as cruel and calloused as any form of slavery that has ever cursed the life of man. I went home in the early morning hours to my hotel room, sick with the thought that I had seen the new American slavery.

I have seen alcohol's slaves in the bowery in New York, on Madison and Clark Streets in Chicago, on Fifth Street in Los Angeles, and on Howard Street in San Francisco. I have seen them across the nation, in the flop houses of the derelicts, in the courtroom where criminals, made such by drink, have awaited their sentence, and in the penitentiaries where I have talked to hundreds of them. I have seen them in the gilded homes of the elite. The new American slavery has already gained millions of addicts, and over sixty million Americans are toying with this awful danger.

When Abraham Lincoln emancipated the coloured race he achieved only one of the two great freedoms which he so much desired to give to America. There was another slavery that bothered the great emancipator, as expressed in those

memorable words of President Lincoln in his speech at Springfield, Illinois, on February 22, 1840, when he said: "When the victory shall be complete, when there shall be neither a slave nor a drunkard on the earth, how proud the title of that land which may truly claim to be the birthplace and the cradle of both those revolutions that shall have ended in that victory. How nobly distinguished that people who shall have planted and nurtured to maturity both the political and moral freedom of their species."

Moral freedom, that is the great need of America today!

The national proportions of the slavery of alcohol are most evident. Statistics show that a child born today is more likely to become an alcoholic than to contract either tuberculosis or polio. And further: more money is being spent on alcohol and its evils than on tuberculosis, polio and cancer combined. In fact, the amount spent in an endeavour to free America from those three dread diseases totals barely one per cent of the costs that alcohol brings to this continent every year.

If you had the amount of money that was spent on the purchase of alcoholic beverages in the United States and Canada in the average year, you could give away approximately \$305 a second and make a new millionaire every hour, twenty-four new millionaires a day. Approximately \$390 per capita is spent on alcohol, tobacco, crime, gambling and commercialized vice. And for every dollar spent for God in the causes of Christian charity, ten dollars go for drink.

The beer alone consumed in the

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United States from the repeal of the Eighteenth Amendment until the end of 1949, if funnelled through a half-inch water pipe would make some 330 million miles of beer, which would reach 13,221 times around the earth at the equator. There are more alcohol addicts in North America than there are people living in Atlanta, Rochester, Denver, Dallas, Newark, Kansas City, Seattle, Buffalo, and Houston combined. There are more alcoholics in the United States and Canada than there are people living in the states of Arizona, New Mexico, Colorado, Nevada, Wyoming, and Idaho combined. For every alcoholic at least three close members of the family suffer. Alcohol, it is estimated, injures at least one out of every nine Americans directly or indirectly every year. There are some twenty million women who have formed the "occasional" or "regular" cocktail habit.

We are all horrified when a brutal murder is committed, but the fatal accidents due to drinking drivers on the highways and streets of America annually account for about thirty per cent more deaths than the combined total of all the murders committed in the United States in one year. It is estimated that an average of 126 children are killed every month in accidents in which alcohol is involved. Thus the lives of four children a day are snuffed out because of America's alcoholic slavery. And in addition to these, seventeen or eighteen men,



INTERNATIONAL NEWS PHOTO

women and youth, young and old, lose their lives in alcoholic accidents daily.

Canadians spent in the ten-year period from 1941 to 1952 the sum of \$4,586,273, 000 for intoxicating drinks. This tremendous outlay is only \$228,273,000 more than one half the amount the people of the United States spent for the purchase of alcoholic beverages in 1950. The United States spends in one year almost double what Canadians spend in ten years on drink.

Continued drinking results in death. But drinking and then driving is likely to result in more sudden deaths to the inebriate and to others. The most workable slogan is, "Don't drink"—ever.

Obviously alcohol is both a social and an economic slavery, draining the vital forces of the personalities of men and women, taking the lives of thousands of others, and robbing the pocketbooks of the people. In American industry it is estimated that at least two million man-hours are lost every month from absenteeism due to alcohol. Thus it would cost the continued service of seventeen men at eight hours a day for forty years to make up the amount lost each month as a result of drinking.

A Juvenile Slavery

Alcohol is a juvenile delinquency slavery. The Honourable Judge G. Bowdon Hunt of Polk County, Florida, sent out a questionnaire to 5,198 teenagers and had them list the principal reasons of juvenile delinquency. In analyzing the replies the judge said, "Overwhelmingly they named alcohol, divorce, employment of both parents, 'jooks,' and lack of religious training as the five chief causes of juvenile delinquency." Thus alcohol was placed at the top of the list, and this was an estimate of more than five thousand teen-agers themselves as they wrestled with their own delinquency problems.

Judge C. R. Jorgenson of the Juvenile Court of Codington County, South Dakota, says: "Of the juvenile cases coming before the court, approximately sixty per cent can be traced to the use of intoxicating liquors." The judge explains that not this per cent of the juveniles use the same, "but because of broken and neglected homes as a result of such use." Many judges indicate that the use of alcoholic beverages by parents is the contributing factor in at least half the cases

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
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

involving delinquent and dependent children.

Alcohol is enslaving in more ways than one the teen-agers of our nation; and those teen-agers who are unfortunate enough to drink in their early years and form the habit are those from whom the great portion of the crop of alcoholics comes. Alcohol is a growing slavery in the North American home. Drinking mothers, female bar-flies, drunken fathers, family quarrels and incompatibilities arising out of cocktail-sipping atmospheres are driving many homes to rack and ruin.



VERNON NYE, ARTIST

As a Man

EATETH

So Is He

VITAMIN" has become a household word. Even children have learned to lip it. A few years ago the word was unknown. The time was, when giving a study on food, that emphasis was laid on the then known important food elements—proteins, starch, sugar, fat, salts—and the proportion of each required in a well-balanced meal.

By experimentation it was discovered that animals could be fed all of these elements in the right proportion and yet not be properly nourished. Something was lacking. By continued experiments it was found that animals fed on polished rice became sickly and died, and when fed on unpolished rice they lived and enjoyed good health. Something was removed from the rice kernel in the process of polishing which deprived it of its life-giving properties. That this was so, was further demonstrated by feeding animals which had been fed on polished rice and became diseased, upon the polish which had been removed. They began to improve and to make a rapid recovery without other aid. Ship crews who fared sumptuously upon canned foods, meats and other delicacies became ill. Why, it was not known. They had all the food elements thought to be essential for health and life. These same men when fed on raw greens and fresh fruits became well and strong. Evidently some vital element was destroyed in the canning.

Roller-process flour, polished rice, and super-cooked foods are lacking in vitamins. Milk, when boiled, is also lacking in vitamins. In the process of boiling, the vitamins are destroyed. This explains why children fed merely on boiled cow's milk do not do well. By merely feeding the child a little orange juice, or tomato juice between the feedings, it gets on well. Infants frequently have to be fed upon foods artificially prepared in order to keep them well. Whether the cow has this essential property, known as vitamins, in her milk, depends upon how she is fed. A cow fed on foods lacking in vitamins produces milk lacking in vitamins for the same reason that mothers whose diet consists of polished rice,

By
UPTON
R.
PIERCE,
M.D.



EWING GALLOWAY
So marvellous is the body machine that what you eat today is tomorrow walking and talking. How important, therefore, that the proper foods be eaten.

white bread, sugar, free fats and over-cooked vegetables, have little or none of this vital element present in their milk.

Since the discovery was made that vitamins are essential elements lacking in the foods served on the table of civilized man, an effort has been made to supply these in various ways. Patent foods of all sorts and kinds have been advertised. It is not necessary to subsist on oysters in order to obtain the needed vitamins. Neither is it necessary to eat yeast to obtain them. Yeast introduced into the stomach may cause fermentation and the formation of alcohol, acetic, bituric, and other acids, which are frequently the forerunners of a condition known as acidosis, and the diseases growing out of it, such as rheumatism, gout, and neuritis.

All the vitamins needed may be obtained by subsisting upon a more liberal amount of raw foods than the average individual consumes. Some of us may recall the satisfaction obtained on the farm in childhood days by going into a neighbour's field and shelling peas. In so do-

ing we enjoyed a royal feast without having had a personal invitation, and obtained vitamins at first hand. Very little canning of fruits and vegetables was done in the olden days. When I was growing up, fruit was picked off the trees and eaten raw. The wheat grown on the farm was carried to the mill in a bag and ground between two stones, and then the same wheat was taken back to the farm to be made into bread. Children in those days seldom had pastry, dessert, or other delicacies. Ice cream and the soda fountain with its varied drinks, composed largely of sugar and entirely devoid of vitamins, were unheard of. The amount of sweets then consumed by the average family in a year did not equal the amount now consumed in a week.

We are attempting to subsist on foods without vitamins. Vitamins sustain the same relation to food elements in the body that the magneto spark sustains to the gas in the automobile engine. Vitamins, although not a food, are a necessity in the production of energy and growth. Instead of swallowing capsules, supposed to be rich in vitamins, let us obtain vitamins direct from the fruits, nuts, cereals, and greens, as God has intended we should. Man in the beginning was placed in a garden. His food was fruits, grains, legumes, and nuts. We have gone astray and must come back to our Edenic home and diet.

**"The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet."—
Ellen G. White.**

Get Your Vitamins

By

D. H. KRESS, M.D.

MAN is composed of what he eats. Food is body-building material. The old Scotch adage reads, "Every man has lain in his own trencher." The trencher was a large wooden bowl in which the ancient Scots served food. Oatmeal, in the form of porridge and oatcakes, was the staple food among the Scots. In England oats were regarded as fit only for horses. One observer aptly remarked, "That is why they have such fine, big men in Scotland, and such splendid horses in England." The stalwart ancient Scot built his robust frame and tissue chiefly of oats.

A German proverb reads, "As he eateth, so is he." Physically man is composed of what he eats. An American philosopher who said, "He who eats pigs, becomes pigified," expressed the same thought. The digestive organs cannot create, neither can they bring a clean thing out of an unclean. Their function is to digest and dissolve the food furnished them, so that it may be absorbed and conveyed throughout the body, to be utilized as building material. It is as impossible to build a good body out of poor food as it is to build a good house out of poor material. If, after arranging with a builder for the erection of a house, I should say to him, "What kind of material will you use?" and he replied, "Any old thing will do," I would at once dismiss him, and go in search of a man who would be sure to make use of the very best material.

But in selecting body-building material, many virtually say, "It does not matter what kind of building material we employ; *anything will do.*" When Daniel and his companions were brought to the court at Babylon and were commanded to eat at the royal table, they did not eat as did their associates. Daniel, we read, determined that "he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Knowing that better food was obtainable, he said to the prince of the eunuchs, "Let them give us pulse to eat, and water to drink." Daniel was a wise body builder. So well did he build that at the age of nearly ninety, when others who had eaten at the table with him were dead or were physical wrecks, Daniel showed no evidence of decay. At

that advanced age he was prime minister of the Medo-Persian Empire, and so well preserved was he mentally that even his enemies had to admit, "We shall not find any occasion against this Daniel, except we find it against him concerning the law of his God." His work in his old age was done so accurately that nothing could be found wherewith to appeal to the king for his removal from public office. Other Hebrew captives, who made use of the material furnished at the king's table for building purposes, were unworthy of being mentioned in Scripture. They had long since passed away. Daniel remained as an example of what right living will do for men.

There was a time when the people of Chicago exercised little care in the selection of building material. Then the great fire swept through the city, destroying everything before it, leaving the city a heap of ashes. The Chicagoans learned a lesson. Since then they have been putting up fireproof buildings. After the earthquake and fire at San Francisco, there could be seen here and there a building that survived the flames. This was not a happenstance. Buildings that stood and survived were fireproof structures, composed of fireproof materials. In that, San Franciscans learned their lesson. Since that fire they have been careful to construct fireproof buildings.

A century ago epidemics and diseases sweeping through some of our large American cities almost depopulated them. We, too, learned a lesson. Science discovered the cause. Some of the people survived during these epidemics. They survived for the same reason that some of the buildings in San Francisco survived. In both cases it was a matter of the survival of the fittest.

It has taken us some time, however, to learn the lessons taught by epidemics. A great deal of attention has since been given to public sanitation and the spread of germs of disease. But not enough has been said in regard to the need of selecting better body-building material, and building better bodies—bodies that will be able to stand in the midst of epidemic diseases, bodies that are germ proof.



MILLER SERVICES

Vitamins are said to be the "spark plugs" of the human engine. Since some foods contain a more liberal supply of these elements than others, the diet should be carefully regulated.

Buildings constructed of inferior material, even if protected from fires, fall into early decay and ruin. Long before they should, they become worthless and of no value as dwellings. Should we succeed in preventing completely the spread of germ diseases, and thus protect those who have employed inferior food in the construction of their bodies, they would nevertheless, like buildings constructed of inferior materials, prematurely decay.

Today we see human wrecks on every hand. Never was there a greater need for hospitals, sanitariums, and physicians. Millions of people in this country are constantly disabled through sickness. They suffer chiefly from constitutional diseases. Two centuries ago most of the deaths were due to germ diseases. Men today die at an age when they ought to be at their best. Fewer today reach the age of one hundred years, or even eighty, than formerly. The vital organs wear out prematurely, and the living machine breaks. The lesson we should learn is that greater care must, in the future, be exercised in the selection of food for body-building purposes. The advice in Proverbs 23:1-3 should be heeded: "When thou sittest to eat with a ruler, *consider diligently what is before thee.*" In other words, *do as did Daniel.* Dare to be a Daniel. "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." Daniel 1:8. When God had a special message to give to the people of Babylon to warn them of its doom, He sent a messenger with the command, "Make this man to understand." Today God has a similar message of warning to give to the world. He is in search of Daniels.



The DOCTOR'S VOICE



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

Diet for Gallstones

Question: A woman of forty-five years has gallstones and is too weak and underweight to have them removed. Lately she has had less trouble to digest her food. Will you please send a chart outlining what she should eat each day in order to gain weight. Should she eat between meals, and what?

ANSWER: The gallbladder is more accessible for removal when the patient is thin than it is when he is overweight. The following general principles might be helpful. Breakfast and the midday meal should be the principal meals of the day. The evening meal should be light. There should be five or six hours between meals. Fruit juice or milk could be taken between meals, and of course water also. Liquids are best restricted at mealtime so as not to dilute the digestive juices—fresh fruit will take their place. Fluids are best taken an hour after meals up to half an hour before the next meal. Rely on whole-grain bread and cereals rather than on devitalized products such as white bread, cakes and pastries, macaroni, noodles, polished rice, tapioca, et cetera. Tea, coffee, tobacco, alcohol and spices are best avoided. Get eight or nine hours of sleep every night. Freedom from worry and anxiety are important. For breakfast, whole-wheat bread, margarine, cooked and fresh fruit and a glass of milk could be taken. At noon, whole-wheat bread, cottage cheese, baked potato, legumes, and a salad would be suitable. For the evening meal, fruit, toast, and milk would probably be sufficient. A cod-liver oil capsule would be beneficial.

Weakness and Dizziness

Question: I underwent a major operation about five years ago. Since then I have been feeling weak and run-down. My legs and arms are very weak, and my stomach gives me much trouble if anything upsets me. It really makes me sick—I feel dizzy and as though I were going to faint. When I stand up I get dizzy and the back of my head bothers me. I have high blood pressure too. I am forty-two years of age, and considerably overweight. What is the cause of my trouble?

ANSWER: I notice that you have high blood pressure and are overweight. The ideal weight is approximately one hundred pounds for the first five feet, plus five pounds for each additional inch of height, plus ten pounds if you have heavy bones. For several months after an operation or any severe illness, the blood pressure frequently tends to drop, and the pulse rate becomes rapid on standing, which leads to a sense of weakness, headache, and tightness in the chest. In some cases the symptoms are very persistent. However, if you have high blood pressure, this would not be so likely. A reducing diet is in order. Fried foods should be omitted, also cakes, pastries, gravies, jams, jellies, cream cheese. Butter should be used very sparingly. Drink water freely between meals. Have your blood checked for anaemia. It would be well to restrict salt in your diet. It is well to remember that meat and fish are high in salt, also olives and pickles.

Constipation

Question: My baby is now two years old, and since his birth I've al-

ways been bothered with constipation. I have been advised to go to the bathroom at a regular time and stay there even as long as half an hour, and never to use laxatives, as these only aggravate the condition. I have done this for two years and find no relief. I sometimes do not have a bowel movement for four or five days. Please tell me what can be wrong. I am twenty-five years old and a mother of two children.

ANSWER: The only thing further that I can suggest is that you drink water freely between meals (one hour after meals up to half an hour before meals). Use fresh fruit freely at meal-times. The best time for establishing a regular habit is right after breakfast. Two glasses of hot water half an hour before breakfast has also been recommended.

Menstrual Function

Question: I am a young woman of thirty, and menstruate at most only thirty-six hours every thirty days. According to my doctor I am in very good health, and am not anaemic. Am I starting on the menopause of my life? I started to menstruate when I was eleven and one-half years old.

ANSWER: Ordinarily the younger in life one starts to menstruate the longer one will continue. Sometimes a severe attack of mumps affects the ovaries and diminishes their function. The amount of flow, provided it is not excessive, is not an important matter. An adequate amount of vitamin B in the diet helps regulate menstrual function. Good natural sources are wheat germ, whole-wheat bread and cereals, legumes, nuts, and prunes.