

Signs of

The **TIMES**

Canada's Journal of Hope and Health

10¢



The Sinner's Only Hope
(See pages 6, 7.)

God's Comments
(See pages 6, 7.)

THE WORLD AS WE SEE IT



A Prophetic Interpretation of Current Events

★ 2,000,000 Crimes

BY THE end of 1952 two million crimes will have been committed in the United States in a single year. This is an alarming increase. The Federal Bureau of Investigation reports that in an average day one larceny is committed every 26 seconds, an automobile is stolen every 2.45 minutes, an aggravated assault is done every 6.23 minutes, and a crime of murder or manslaughter every 4.6 minutes.

These are major crimes. We cannot but wonder what the figures would look like if the minor offences were added in. While we have no figures for Canada, we assume that there would be but little difference in the national ratios. It seems that we are becoming a race of criminals.

It should be pointed out that these crimes have been performed in an era of unparalleled prosperity. Money is plentiful. Men need not steal it in order to get it. This being true, we are reminded of the strikingly similar conditions that prevailed in a city of ancient times that God destroyed—Sodom. Sodom's crimes were idleness and fulness of bread. Crimes of blood and lust increased until God was unable to find ten righteous people in the entire city, so He destroyed it. In its distinction and in its criminal tendencies Sodom became a type of the condition of the entire world just before its destruction.

To state the case fairly for the Bible we have to say that God has made this last-day condition of decadent morals a sign which marks the near coming of Christ the second time. "Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; but the same

day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed." Luke 17:28-30.

The period just before the flood gives another parallel to last-day apostasy. "But as the days of Noah were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matthew 24:37-39.

Crime, like war, will increase as the end of the world draws near. No laws, no penalties, no corrective institutions, no reformatory movements are able to stem this steady trend toward abandon of morals. It is as we read in 2 Timothy 3:1-5, 13. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good,

traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away. . . . But evil men and seducers shall wax worse and worse, deceiving, and being deceived."

This increase of crime, tragic though it is, is simply that which has long been foretold in the Bible. It is a sign of the soon coming of Jesus.

★ The Struggle for Peace

IN THE midst of war the struggle goes on for peace. The United Nations Organization has not yet given up its efforts to effect a world peace. Peace, while desirable, is most difficult to obtain. Every sane, right-thinking person, we believe, longs for a peace that will bring international security. Some of the best minds of almost all nations have made unbelievable sacrifices of time and effort to bring peace to the earth.

Yet the struggle goes on. War in Korea drags on endlessly. True, it is not an "all out" conflict, but it is costly in life and in money. While negotiations for peace continue, both sides prepare for larger scale war effort. It appears



This last-day condition of decadent morals is a sign which marks the near return of Christ.

H. B. LAMBERT

SIGNS OF THE TIMES

Vol. XXXIII Number 1 January, 1953

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Signs of the Times, published monthly by the Signs of the Times Publishing Association (Seventh-day Adventists), Oshawa, Ontario, Canada. Authorized by second-class mail, Post Office Department, Ottawa, Ontario, January, 1921. Subscription Rate: Single yearly subscription, \$1.00 within the British Empire (to U.S.A. and foreign countries add 15 cents extra for postage); single copy, 10 cents. Change of Address: Please give both old and new addresses. Expiration: Unless renewed in advance, the magazine stops at the expiration date given on the wrapper. No magazines are sent except on paid subscriptions, so persons receiving the Signs of the Times without having subscribed may feel perfectly free to accept it.



MILLER SERVICES
While both sides prepare for larger scale war effort, negotiations for peace continue. This Comet "jetliner," inaugurating the world's first jet airliner service, sets a new pace in passenger travel.

that this is the only course to take, although such a course is certainly moving us along the highway to World War III.

There are certain factors that make the effecting of a permanent peace impossible. One of these is the natural selfishness in the hearts of men. This has always existed. It has prevailed from the day Eve selfishly took of the forbidden fruit, believing that it would improve her status and make her like God. Prior to that time peace had prevailed. Since that time the earth has never known peace. War, strife and bloodshed have ever blackened the history of this planet. As the population has increased, the tempo of war and bloodshed has increased.

The Bible tells us that the "love" of money is the root of all evil. We see that this is true. It is the thing that incites strife. One man covets the possessions of his neighbour. One nation desires the territory of an adjoining nation. Then there is war.

Many cherish the aspiration that a lasting peace will be effected. This is a vain hope. This world will never know peace until Christ establishes His kingdom of righteousness. The inspired Bible teaches us that war and strife will increase until world history ends in the coming of Christ at Armageddon. This fact is established by the following texts:

"Ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom: and there shall be famine, and pestilences, and earthquakes, in divers places." Matthew 24: 26, 27.

"The nations were angry, and Thy wrath is come, and the time of the dead, that they should be judged, and that Thou shouldst give reward unto Thy servants the prophets, and to the saints,

and them that fear Thy name, small and great; and shouldst destroy them which destroy the earth." Revelation 11:18.

"At that time shall Michael 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." Daniel 12:1.

"And the sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, that the way of the kings of the east might be prepared. And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the

THE NEW YEAR

By Mrs. M. H. Cooper

Another year's journey before me lies,
A road that is new, unknown;
But the Guidebook has full instructions,
And signposts are clearly shown;
The Guide gives His angels charge o'er me,
Lest I dash my foot 'gainst a stone.

One step at a time on the highway,
One day at a time to plod;
His precious promise to meditate,
My hand in the hand of God.
Thus I'll tread on the untried pathway,
Travel bravely the road untrod.

Lo! around me is light for the journey,
To quicken my falt'ring pace;
It streams from my dear Saviour's footprints,
And shines from His radiant face;
The deepest darkness I ne'er need fear,
With the lamp of His love and grace.

whole world, to gather them to the battle of that great day of God Almighty. . . . And He gathered them together into a place called in the Hebrew tongue Armageddon." Revelation 16:12-16.

★ One More Version

WE HAVE recently had published the American Revised Standard Version of the Old Testament. This adds another version to those already in print and raises the question, Are all of these the very Word of God?

In the beginning the books of the Bible were written in one of three languages: Hebrew, Greek or Aramaic. These languages are little read at present, yet it is not necessary to be familiar with them in order to learn the will of God. The reason is that the Bible has been translated into the language of many nations and peoples on earth to-day.

When we read from our King James Version, we think we are reading the very Word of God. But this is equally true when a Chinese, a Japanese, or a member of a tribe in Africa reads from his version. He is but reading the same thing in his own language.

The English we read in our Bible to-day is very different from the English of Gutenberg's day. As a matter of fact it would be only with the greatest difficulty that most of us could read the early English at all. Yet we can read our English Bible. How is this? The answer is that it has undergone many revisions.

Effort has been made to put the Bible in the language of the common man. Modern speech versions have been brought out from time to time. The idea here is to put the words of salvation into the language of the present-day individual. There are many versions today, but just one Bible.

The noble purpose of every translator has been that souls might read the way of life and be saved. We see this as we read the preface of certain of these versions:

"The committee of scholars, including Goodspeed and Moffatt, who prepared the 1946 Revised Standard Version of the New Testament expressed their purpose in the preface: 'In the Bible we have not merely an historical document and a classic of English literature, but the Word of God. . . . And men need the Word of God in our time and hereafter as never before. . . . It is our hope and our earnest prayer that this Revised Standard Version of the New Testament may be used by God to speak to men in these momentous times, and to help them to understand and believe and obey His Word.'"

IT IS deeply gratifying to those who love the Word of God that more and more attention is being centred upon the study of the Bible. Free courses in Bible study are being offered in many places. Correspondence schools of the Bible are enrolling tens of thousands of people who are searching diligently to learn the mind of God in the great certainties of His Word. It is a development of great significance and encouragement.

Every person who enters upon a course of Bible study should do so solely upon the basis that "the Scriptures of the Old and New Testaments are the only and sufficient rule of faith and practice." No one should bring his preconceived opinions to the Bible and demand that God's book be made to square with his opinions. Rather, he should come to the Bible with deepest reverence and confidence and with no purpose other than to learn what it says of itself. He should come with the purpose of taking it and its divine teachings at their own valuation, and with the earnest determination to square his life with them.

When a person sets out to reach a definite goal and turns his face in that direction and begins his journey to get to it, it is of supreme importance for him to get on the right road to his destination, to make sure he stays on that right road, and at all times to know that he is on that right road. This is eminently true in matters of religious faith and teaching.

It may be true in certain areas that "all roads lead to Rome." It is not true in the fields of salvation and truth that all faiths lead to heaven. If heaven is the destination you have fixed for yourself and divine truth is your goal, you will not reach them by aimlessly drifting about on every crossroad and bypath which may intersect your course of travel.

Easy to Go Astray

In religion as in all other things it is easy to go astray, to take the wrong turning, to head in the wrong direction, all without intending to do any such thing. It is easy, with the best of motives, to do these things and get off the true course, and all quite sincerely. It is easy actually to be on the wrong road, to be going in the wrong direction, while firmly convinced it is the right road and the right direction. We have all done it more than once.

In religion and the field of salvation there is but one accurate road map, one right way, one safe course to eternal life. The way is plainly marked, the directions are accurately given all the way to the city of God.

Four

When You Study The BIBLE



T. K. MARTIN

More than once all this has been deeply impressed on my thinking. There was an occasion when I urgently needed to go to a city hundreds of miles away, a city which I had never visited, the road to which I had not traversed, and which I did not know. I gathered road maps, marked my course, estimated my mileage, and set out in my car.

For many miles I kept a sharp lookout for the road markers, No. 7. They flashed by at intervals and always brought me the comforting assurance that I was on the right course.

Uncertainty Destructive of Peace of Mind

So clearly marked was the road that I allowed my attention to waymarks to ebb. Miles farther on I became uncomfortably aware that I had not noticed a road sign for a long time. Instantly the disquieting question clamoured for an answer, "Am I on the right road? Is this Route 7?"

Then I dimly recalled having passed several crossroads, one a Y, where with little thought and too swiftly to look for waymarks, I had taken what seemed at

the moment to be the continuation of Route 7. But was it?

I began intently to look for road markers. There were none. More and more uneasy, I began to think of turning back to that intersection to make sure. If I had taken the wrong road I would not reach my destination, for "all roads" did not go there. If I had taken the right road I needed to know it, and find rest in restored confidence. Nothing is worse than uncertainty.

But to turn back meant serious loss of time—provided I was still on the right road. I drove on, unsettled, uncertain, disturbed, looking eagerly for evidence in the form of a road marker.

Then, far ahead, there appeared what in the distance gave promise of being a road marker. I raced toward it. What a relief it was finally to make out on it the numeral "7." I was on the right road—and knew it.

The Way to Heaven Plainly Marked

It is that way in religion. All roads do not lead to heaven. There are clearly marked out directions. There is a road map with specific instructions. There are road signs, plainly marked.

But there are crossroads, intersections, and bypaths, and these turn you aside from your destination if you turn into them. It is of the utmost importance, not only that you get on the right road, but that you know you are on it. It is not a thing you can be careless about or indifferent to. An automobile which has got off its course on a wrong road does not reach its destination. An aeroplane off the beam is headed for a wrong place and possible disaster. A ship off its true course may quite possibly crash on the rocks.

In this matter of salvation it is not true that we are all headed for heaven and are merely taking different ways to get there. There are not ways to heaven. There is a way. That way has been clearly disclosed, plainly marked out, and a road map furnished in order that the heavenward traveller may know at all times that he is on it, and has not strayed aside upon a bypath.

My purpose is to encourage you to consult your road map, learn the true and only way, turn with positive determination into that way, keep a careful watch for the road markers, and press toward heaven.

The road map? The Holy Bible.

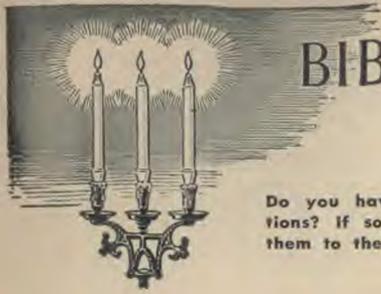
The road markers? The clearly disclosed teachings of the Bible by which you are able to check up that you are on the way.

The way? Just *Jesus Christ*. "I am the way, the truth, and the life." All truth, all life centres in Him, and "whosoever believeth in Him hath everlasting life."

Signs of The TIMES

By

CARLYLE B. HAYNES



BIBLE ANSWERS



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

We think of Jesus as a man of peace. Yet Matthew 10:34 says that He came not to bring peace, but a sword upon the earth. How do you explain this?

The explanation is found in the next four verses: "For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter-in-law against her mother-in-law. And a man's foes shall be they of his own household. He that loveth father or mother more than Me is not worthy of Me: and he that loveth son or daughter more than Me is not worthy of Me. And he that taketh not his cross, and followeth after Me, is not worthy of Me."

The Christian religion brings divisions. It always has. It divides husband and wife and parents and children. It comes to pass that a wife learns of the plan of salvation. She accepts Jesus Christ as her personal Saviour. She begins to follow Him, to walk in His footsteps. This means no more worldliness, no more drinking, smoking, dancing, no more wild parties, gambling, theatre-going, and no more impurity. The husband objects to this. Because it interferes with his way of life, it brings a division.

The same thing is true between parents and children. Persecution has often arisen from this cause. Jesus brings peace to the individual soul, but not to families.

Why did the disciples not believe that Jesus was risen from the dead?

That they did not believe is clearly shown from Mark 16:12-14: "After that He appeared in another form unto two of them, as they walked, and went into the country. And they went and told it unto the residue: neither believed they them. Afterward He appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen Him after He was risen."

The basic reason why they did not believe in the resurrection of Jesus was their erroneous background of belief. The disciples with others had the idea

that when the Messiah came He would set up an earthly government and rule the world. This idea, entirely foreign to the teaching of the Old Testament Scriptures, was so firmly fixed in their minds that they could not see or understand anything else. Even when Christ spoke of His coming death at Jerusalem they could not understand it. On one occasion Peter rebuked Him for it.

The disciples did not believe Jesus was risen because they believed a false doctrine, a false teaching that was nationally accepted, but which was contrary to the teaching of the Scriptures.

The lesson in this for us concerning the Bible teaching of the second coming and all other doctrines is that we should be careful to learn what the Bible teaches on each point. We must learn to distinguish and to believe what the Bible says and to disregard public opinion that is contrary to Bible teaching.

What does it mean in Luke 2:51 where it says that Jesus was "subject" to His parents?

This means that He was obedient to them in the same way that other children and youth are obedient to their parents. Jesus was divine. He was the Son of God. This was equally true when He was a child as when He was baptized by the Spirit and entered into His ministry. Yet in spite of His divinity He was "subject" to His parents.

In this He provided an example to all children and youth who should ever live on the earth. This must apply particularly to the last days, because the inspired Paul spoke about the relationships between parents and children. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away." 2 Timothy 3:1-5.

I am told that Jesus abolished the seventh-day Sabbath and established Sunday in its place. Is this true?

I know very well that this is often said, but it is very difficult to prove. In truth Jesus taught the very opposite of this: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven." Matthew 5:17-19.

It was far from Jesus' purpose to do away with the law or the Sabbath. He did not come to earth for this purpose. He came to establish the law.

The Sabbath, which was set up at creation as a memorial of that great event, He obeyed and did not by any means do away with it.

The Sabbath, the world's birthday, could no more be done away with than could your own birthday. It is a fact of time, a fact of history, and cannot be changed.

Sunday, the first day of the week, is an interloper. It never has had any holiness as far as God is concerned. Only God can make a Sabbath day, for only God can make holy. God made the seventh day holy, but not the first. "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made." Genesis 2:1-3. "For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it." Exodus 20:11.

During His ministry Jesus was very careful to obey the law. "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." John 15:10. He was very careful to obey the Sabbath. "He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Luke 4:16. This was Jesus' attitude toward the creation Sabbath. The apostles in later years had the same attitude.

The Sinner's

ONLY HOPE

JESUS CHRIST is the central theme of the Scriptures. From the beginning of Genesis to the close of Revelation, Jesus is presented as the Creator, the Redeemer, and soon-coming King. Not only in the New Testament, but also in the Old He is uppermost in the Sacred Record. The New Testament tells of His life on earth, His atoning death for our sins, His resurrection and ascension. He ascended to be man's mediator at the Father's right hand. The Old Testament foretells all of these things, giving the story in prophecy and symbol of a Saviour to come.

In the beginning everything in the creation of God was perfect and harmonious. All God's creatures delighted to serve and honour Him and to show forth His praises. There was no note of discord, no sign of disharmony. Adam and Eve were sinless, and their home, the Garden of Eden, was matchless in beauty and grandeur.

Then came a change in this happy state. Sin entered the picture, and drove our first parents from Eden. Through the fall, man lost all that God had provided for him. He lost his home, his happiness, even life itself, for "the wages of sin is death." Romans 6:23.

Sin is the most terrible thing in the universe. It brought about a great gulf of separation between heaven and earth. It isolated man from direct communion with God, and left him without hope. But God did not forget fallen mankind. Through His divine love He devised a plan of salvation, whereby a way of escape was provided for sinners, and their ransom price was paid. This price was the life of the Son of God, who was given as the greatest gift of heaven, that "whosoever believeth in Him should not perish, but have everlasting life." John 3:16.

Since sin brought separation of man from God, he could no longer meet his Maker face to face and talk with Him. There had come a barrier. Because of this, man needed something to remind him constantly of the extreme seriousness of sin, his need for salvation, and the provision God had made for that salvation. In His mercy God gave just such a reminder. Soon after the fall a typical service was instituted to keep ever before the human mind the plan

by which man could be redeemed from sin.

Adam and Eve brought to the gateway of their former garden home, a lamb, a sacrifice, that would typify the Lamb of God who would lay down His life for them. When the promise of a Saviour was given, it was not on the basis of setting aside the death penalty for sin, but to provide a substitute who would suffer the penalty on their behalf. This is the whole foundation of the plan of salvation. When a lamb was offered on the altar of sacrifice the animal itself did not atone for sin but demonstrated the faith of the sinner in the promised Redeemer who would die in his stead.

It must have been a painful ceremony for Adam to take the life of that first innocent victim. One Bible student describes the scene: "His hand must be raised to take life, which only God could give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would

of God." By this death He would take away "the sin of the world." John 1:29.

The sacrificial plan was followed by all God's people in those early centuries. The Scriptures bear record of Noah, Abraham, Isaac, Jacob, and others regularly performing this rite. By it they showed their faith in the Saviour to come, and by it they had a very realistic object lesson of the cost of sin.

When the children of Israel were oppressed by the pharaohs of Egypt, the system of sacrifices fell into enforced disuse, but the desire of the Lord to have His people restore it was one of the chief reasons for the Exodus. "Let us go, we pray thee," was their request of Pharaoh, "three days' journey into the desert, and sacrifice unto the Lord our God." Exodus 5:3.

Thus it was, when God's people were delivered from their Egyptian bondage, they erected a sanctuary under His direction in which they once more could carry on their typical services in an organized way. "Let them make Me a sanctuary; that I may dwell among them," the Lord told Moses. Exodus 25:8. Through this sanctuary and the services ordained for it, the people could visualize the whole plan of redemption culminating in the great sacrifice of Jesus Himself on Calvary. It was in reality God's plan in miniature.

The sanctuary was of such importance that seventeen chapters of the Bible are devoted to an explanation of its construction; and one entire book, Leviticus, deals exclusively with the services and ceremonies in connection with it. In the New Testament the Epistle to the Hebrews describes the significance of the Mosaic tabernacle and its ordinances.

Even the furniture planned for the sanctuary had a special significance. It pointed forward to Jesus Christ as the centre of the plan for man's redemption and continually called to the minds of the people the Saviour's life and ministry. The shewbread, a perpetual offering

By

FRANCIS A. SOPER

have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must shed the blood of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of his transgression, which nothing but the death of God's dear Son could expiate. And he marvelled at the infinite goodness that would give such a ransom to save the guilty. A star of hope illumined the dark and terrible future, and relieved it of its utter desolation."—E. G. White, *Patriarchs and Prophets*, p. 68.

This was the real meaning of the ancient system of sacrifices. Jesus Christ was the substitute, who was one day to die on the cross of Calvary as "the Lamb

to God, typified Jesus as "the living bread which came down from heaven." John 6:51. The golden candlestick, giving light constantly day and night, fittingly portrayed Jesus as "the light of the world." John 8:12. The incense, which was offered on the altar facing the inner veil, represented Christ's righteousness which must be presented with the sinner's prayers in order to make them effective. As the fragrance of the incense arose from the altar, the assurance was given to the worshippers

givenness brought to the sanctuary a lamb—one without any imperfection, for only that which was perfect could rightly typify Jesus. By confessing his sin upon the head of this lamb he symbolically transferred his burden of guilt to the innocent victim. With his own hand he lifted the knife and took the animal's life. The blow which should have fallen on the sinner's head fell upon the innocent victim. Its blood was taken by the priests into the sanctuary and sprinkled before the veil that hung in front

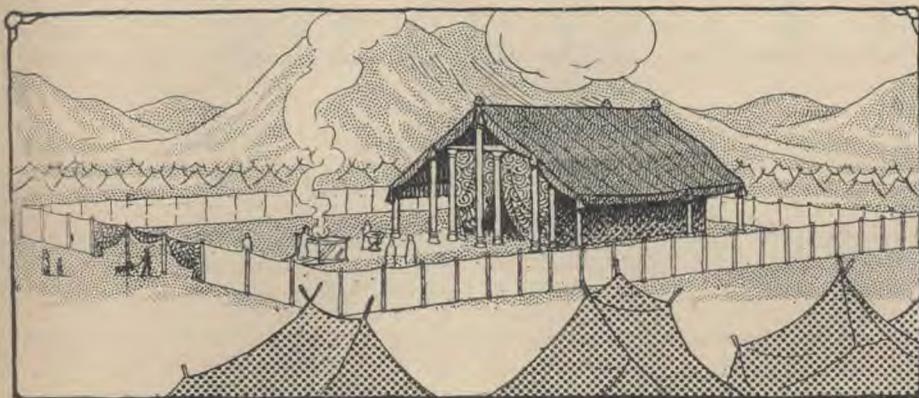
"Ye were not redeemed with corruptible things, as silver and gold, . . . but with the precious blood of Christ, as of a lamb without blemish and without spot." 1 Peter 1:18, 19.

Today the doctrine of a blood-bought salvation is not popular. Many churches have almost eliminated all mention of the shed blood of Jesus and His atonement for sin. In spite of this modern attitude, however, the Scriptures still teach that no man can have his sins remitted without the shedding of blood. No human being can be cleansed of guilt except by Christ's precious blood.

In our modern day we no longer offer sacrifices as did God's people in ancient times, for they were given as a "shadow of things to come." Colossians 2:17. This ceremonial system is no longer needed, because Christ Himself has given His life. Nevertheless we are as dependent on the cleansing power of the blood as they were. As they offered their lambs, they looked forward in faith to the coming of the Saviour, whom their sacrificial victims typified. We look back at that event, knowing that Christ has died for every sinner.

Thank God, this blood is available to everyone. No son or daughter of Adam is excluded from the divine invitation: "Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18.

So come to Christ in full faith. Jesus' blood will cover sin now as completely as in the day when it was symbolized by the sacrifices of former times.



Jesus' blood will cover sin now as completely as in the day when it was symbolized by the blood of sacrificial offerings.

that their prayers, imperfect though they were because they came from human lips, were made acceptable with God through the merits of Christ.

In the second apartment of the sanctuary, or the most holy, was the ark of the covenant, a chest made of acacia wood and covered with gold inside and out. A solid piece of fine gold formed the cover called the mercy seat. This spot was the most sacred place in the whole sanctuary, for there was the visible evidence that God was with His people. "There I will meet with thee," He told Moses in the mount, "and I will commune with thee from above the mercy seat." Exodus 25:22.

It was at the mercy seat that pardon was granted to the repentant sinner when the blood symbolizing the shed blood of Christ was sprinkled before and on it. In this way the claims of the perfect law, beneath the mercy seat on tables of stone, were satisfied, and the mercy of God saved the lawbreaker from the penalty of the broken law.

In the daily services planned by God for the sanctuary, the blood of animals was offered as a type of the shedding of the blood of Christ, the Lamb of God, the sinner's substitute. These sacrifices were offered on the large brazen altar just inside the gate of the court surrounding the tabernacle. Every victim placed on this altar prefigured the death of the Saviour.

The repentant sinner desiring for-

of the most holy place, in which was the ark containing God's law. Thus the lamb's shed blood showed that the demands of that perfect law had been met and that the wages of sin had been paid as far as the sinner was concerned. The lamb's death was substitutionary for the sinner's death. Its blood was accepted in place of the sinner's blood.

This ceremony prefigured the sacrifice of Christ as the Lamb of God, whose death would atone for sin and pay the price of the broken law. Each time the sinner offered a victim, the fact was all the more indelibly impressed upon him that the wages of sin is death, that only through a blood atonement could there be salvation for the sinner. Said the Lord to Moses: "The life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul." Leviticus 17:11. This fact is also echoed by the New Testament apostle: "Without shedding of blood is no remission." Hebrews 9:22.

It is impossible for a person to understand and believe in the life and atoning death of Jesus described in the New Testament without recognizing in the system of sacrifices running all through the Old Testament an illustration or type of the Saviour. Verily, this system, as portrayed in the sanctuary and its services, was a "passion play" designed to be a visual and dramatic proof of the eternal truth later expressed by Peter:

THE VOICE OF PROPHECY Radio Log

TUNE IN EVERY SUNDAY

Alberta—			
Calgary	CFCN	1060	8:30 AM
G. Prairie	CFGP	1050	9:30 AM
British Columbia—			
Chilliwack	CHWK	1270	10:30 AM
Vancouver	CKWX	980	9:30 AM
Vernon	CJIB	940	9:30 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
	CJON	930	7:30 PM
Ontario—			
Ft. William	CKPR	580	10:30 AM
	FM-CKPR	94.3	10:30 AM
Ottawa	CKOY	1310	10:30 AM
Toronto	CFRB	1010	10:30 AM
	FM-CFRB	99.9	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

BEHOLD, the days come, saith the Lord, that I will make a new covenant with the house of Israel, and with the house of Judah: not according to the covenant that I made with their fathers in the day that I took them by the hand to bring them out of the land of Egypt; which My covenant they brake. . . . But this shall be the covenant that I will make with the house of Israel: After those days, saith the Lord, I will

By
G. S. STEVENSON

wrote them upon two tables of stone." Deuteronomy 4:13. God's covenants, therefore, are not necessarily dependent upon human consent or agreement. Covenants of promise or of obligation rest upon the will of God and His sovereign

which God commanded His covenant, "even ten commandments," as a covenant of obligation. The other related to the special position of Israel as God's chosen representative among the nations, and embodied the law of the theocracy and the ritual of the worship of God by the Israelites.

The apostle Paul recognized the plurality of the covenants with Israel when he wrote to the Romans of those "who

God's Covenants

Ancient and Modern

put My law in their inward parts, and write it in their hearts; and will be their God, and they shall be My people." Jeremiah 31:31-33.

This prophecy is the basis for the apostle Paul's teaching regarding the new covenant of grace. He quotes this passage in Hebrews 8:7-13, and refers again to it in chapter 10, verse 16. He emphasizes the fact that whereas under the old covenant, God's law was written on tables of stone, apart from man, under the new covenant plan, God's law is written in the heart and mind. It is inward—a part of man.

The contrast that is drawn between the "old" and "new" covenants does not imply that God has made only two covenants with man. He made covenants with Adam, Noah, Abraham, Isaac, Jacob and David in addition to those He made with Israel. Some of these were in the form of agreements between Himself and His people, while others were unilateral promises or declarations of the divine purpose. We do not attempt, as do some, to define God's covenants by the dictionary, which describes a covenant as "an agreement between two or more persons or parties, or one of the stipulations in such an agreement." God's covenants are not all based on mutual agreement or consent; for example, His covenant with Abraham, which was an unconditional pledge: "I will establish My covenant between Me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee." Genesis 17:7.

Similarly, God required the children of Israel to keep the ten commandments as a perpetual covenant—not by their consent, but by His sovereign mandate. "And He declared unto you His covenant, which He commanded you to perform, even ten commandments; and He

word, unless He chooses to make them conditional or the basis of agreement. Such covenants are unchangeable because God is unchangeable and because His will and purpose for men does not vary in different ages and under differing circumstances.

Confusion regarding the two covenants hinges on the relation of the law of God to the old covenant which was abolished. Some maintain that the old covenant and the ten-commandment law were identical, or so closely related that with the abolition of the old covenant and its replacement by the new, the law was also abolished. While the fallacy in this contention is easily seen, even if the premise is accepted, we shall not linger with it, beyond saying that there is a vast difference between an agreement and the subject about which an agreement is made. An agreement about a piece of real estate may be cancelled, but the real estate continues to exist. Likewise, an agreement about the observance of a law is not the same thing as the law itself.

We believe all that to be beside the point, for as we carefully study the making of the covenants at Sinai, we discover that not one but two covenants were made there. One was that referred to previously in Deuteronomy 4:13 in

are Israelites; to whom pertaineth the adoption, and the glory, and the COVENANTS, and the giving of the law, and the service of God, and the promises." Romans 9:4. To the Ephesians he writes of the time when "ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the COVENANTS of promise, having no hope, and without God in the world." Ephesians 2:12. Though these promises and covenants refer to those made with their ancestors, they particularly deal with those made at Sinai, as appears from the reference to the "giving of the law."

God proposed to Israel, gathered at Mount Sinai, that they enter into an agreement with Him on the basis of His covenant of ten commandments. "Now therefore, if ye will obey My voice indeed, and *keep My covenant*, then ye shall be a peculiar treasure unto Me above all people: for all the earth is Mine: and ye shall be unto Me a kingdom of priests, and a holy nation." Exodus 19:5, 6. The promises made by God to the people in this proposal embrace the special position of the nation of Israel in relation to the plan of God, and among the other nations.

"And Moses came and called for the elders of the people, and laid before

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their faces all these words which the Lord commanded him. And all the people answered together, and said, All that the Lord hath spoken we will do. And Moses returned the words of the people unto the Lord." Exodus 19:7, 8.

The people having accepted God's proposition, God proceeded to make known to them His covenant which they must keep. "And He declared unto you His covenant, which He commanded you to perform, even ten commandments; and He wrote them upon two tables of stone." Deuteronomy 4:13. "These words the Lord spake unto all your assembly in the mount out of the midst of the fire, of the cloud, and of the thick darkness, with a great voice: and He added no more. And He wrote them in two tables of stone, and delivered them unto me." Deuteronomy 5:22.

The law of ten commandments—God's covenant—having been spoken to Israel, Moses proceeded to meet God in the mount, where God communicated to him the judgments, statutes and regulations of the commonwealth of Israel, together with certain religious ordinances and prescriptions. These form the material of the second covenant made with Israel at Sinai and they are recorded in Exodus, chapters 21-23. It is this covenant that was sealed with the blood of beasts and solemnly accepted by the nation. (See Exodus 24: 3-8.)

It should be noted that the ten commandments have no part in this covenant. They were not included in the judgments written in the book. They had been spoken by God beforehand, but were not written until after the ceremony recorded above. At the conclusion of these events Moses was commanded, "Come up to Me into the mount, and be there: and I will give thee tables of stone, and a law, and commandments which I have written; that thou mayest teach them." Verse 12.

Moses spent forty days in the mount with God, and received complete instructions for the erection of the sanctuary, and regarding its priesthood and services. God ended this instruction with most explicit commands regarding the sanctity of the Sabbath. "And He gave unto Moses, when He had made an end of communing with him upon Mount Sinai, two tables of testimony, tables of stone, written with the finger of God." Exodus 31:18. These tables of stone, bearing the handwriting of God, and embodying the ten commandments, were placed within the ark of God, beneath the mercy seat, the symbol of God's throne and presence. But the book of the law, or of the covenant, was placed outside the sacred ark. Moses commanded the Levites to "take this book of the law, and put it in the side of the ark of the

covenant of the Lord your God, that it may be there for a witness against thee." Deuteronomy 31:26.

Two covenants were thus made with Israel at that time. The one was imposed upon them by the sovereign will of God, unilaterally and without relation to their consent or acceptance. It was a covenant of obligation—the expression of God's unchangeable will for mankind. It was a code of moral law, spoken by God, written by Him with His own finger on tables of stone, and enshrined in the most sacred place of His sanctuary in "the ark of the covenant."

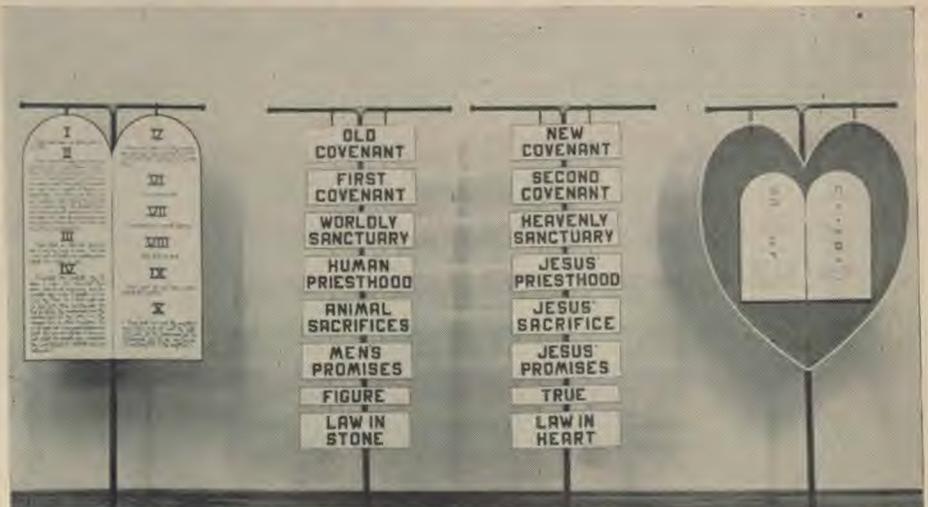
The other covenant was an agreement between God and the people whereby they undertook to observe a code of statutes and civil laws, together with certain religious rituals. In return God undertook to make of them a peculiar treasure to Himself, and a holy nation of priests. This covenant was dependent upon human promises, and was to receive its complete fulfilment with the settling of Israel in the land of Canaan. The obedience of the people to God's covenant—the ten-commandment law—was the condition upon which the second covenant rested for its validity. Only as the people observed God's covenant were they eligible for acceptance into the national covenant.

It was for this reason that Moses cast down and shattered the tables of the law when, descending from the presence of the Lord, he found the people worshipping a golden calf. (Exodus 32:19.) Moses recognized at once that the whole basis of the covenant was broken, and it is evident that God also regarded the covenant as broken, and that He was released from His promises. He threatened to abandon and destroy the people, and proposed to take the descendants of Moses and make of them the heirs of promise. Moses' intercession for the peo-

ple turned aside the anger of God, and the people were restored to covenant relationship with Him. He rewrote the law on fresh tables, and gave to Moses the wonderful revelation of His mercy, grace, longsuffering and love. (Exodus 34:6, 7.)

It was obvious that this failure was but the prelude to many more. The people could not keep God's covenant, and so they forfeited the right to the blessings of the national covenant. But God endured their failures with much longsuffering, for the revelation of His grace. That which was intended to be a blessing became a burden that could not be borne, and so God promised through Jeremiah that He would replace those old covenants with another and better one which should take the onus from the people and lay it on God, Himself. In Christ this promise was fulfilled. The national covenant of Israel was cancelled. That covenant which had been sprinkled with the blood of beasts was replaced by a new covenant of grace, sealed by the blood of Christ. (Hebrews 9:18-21; 10:16, 17.)

Those who have entered into this blessed new covenant relationship with God through Christ, have found the true secret of right living. They do not, as did the Jews, live under the shadow of the unattainable. Human effort is excluded; divine grace supplies the power. With new hearts and minds, and newborn souls, these newly created sons and daughters of God are enabled to live in harmony with the holy requirements of their heavenly Father. They neither oppose and reject God's law, nor seek to observe it by their own power. They gladly submit their lives to the control of the Holy Spirit, rest upon the grace of Christ, and permit Him to dwell with in their hearts.



REVIEW AND HERALD
To enter into the new covenant relationship with God through Christ is to find the true secret of right living.

Inventory Your Health

By Louis A. Hansen

THIS is stocktaking time, the first of a new year. Business houses are now taking inventories. Industrial plants are figuring up their assets and liabilities. Any successful concern must know from year to year what the amount of its working capital is in order to operate safely and profitably.

Suppose you take inventory of your physical self, and find out what you are worth in health. Take stock and see what you have to expend. Check up and see whether you are gaining or losing. If you find you are losing, try to ascertain where the leaks are and what you should do to stop them.

The best way to get your correct physical rating is to have a good doctor give you a thorough examination. This should be done at least once a year. Most people do not see the doctor until they see marked symptoms or feel ill enough to become alarmed about themselves. While self-examination is not very satisfactory, and one cannot rely too much upon one's own diagnosis, yet we venture to suggest a few things that may be helpful in determining one's health.

Your Digestion

First, take your digestion: the health of the entire body is greatly controlled through the stomach. The whole being is constructed from what is taken into the stomach, and a good digestion is necessary to build a sound body and maintain health. Do you suffer from indigestion? Do you have pains in the region of the stomach? Are you troubled with gas in the stomach and bowels? Don't take Somebody's Digestive Tablets; find out the cause of your trouble, and remove it.

There are a number of things that will cause digestive troubles. If you are in the habit of eating hurriedly and without properly masticating your food, you will suffer for it. If you eat slowly and allow the saliva to mingle with the food, you give the stomach a better chance to do its work.

Eating when angry, excited, anxious, or worried; eating in a mechanical way, without enjoying one's food; engaging in brain work or violent exercise immediately after eating; drinking freely at meals, or of very cold liquids—these will hinder digestion.

If you have reason to believe your

stomach is weak, check up on the amount of work you are giving it to do—you may be overworking it. Giving the stomach food means giving it work. The stomach gets tired, and often its cry for rest is mistaken for a call for more food, and more food is eaten. This relieves the feeling of faintness for a time because the stomach has to work on, but this continual working is wearing.

There should be time enough between meals for the stomach to rest, and to provide the natural fluids needed for the next meal. Five hours, and longer for some, should be allowed from one meal to another, and not a bit of food between meals.

Is your tongue coated or furred, and do you have foul breath? Do you suffer from headache soon after eating? Check up on the things you have eaten, and see if it may be you have eaten too great a variety at one meal.

Your Lungs

How are your lungs and your breathing capacity? Do you get "winded" easily? Does a little exercise, like going upstairs or walking briskly, make you short of breath? Do you breathe through your mouth? Are you able to expand your chest freely, or is your breathing

capacity restricted by tight clothing or by improper breathing? Can you make your chest, waist, and abdomen expand at the same time?

The healthy action of the respiratory organs is essential to the health of the entire being. Pure blood is impossible without pure air, and the pure air must be breathed into the lungs to do any good. The lungs must have breathing capacity and must have access to the air. While there is a world full of air to be had, we can shut ourselves in from it and we can close our lungs in a large degree against it.

Are you easily subject to sore throat? Do you catch cold readily? Are you sensitive to drafts? If you live a good part of the time in poorly ventilated rooms, breathing over and over air that is charged with poisonous matter thrown off through the lungs and pores of yourself and others, you may know that you have a poor quality of blood and that your system is weakened. If you cramp your lungs by sitting or standing in a stooping position, you may be sure you are not getting the oxygen you need; and you need not wonder if you have a dull time of it doing brain work.

Your Circulation

If you do not have a good circulation, you cannot have perfect health. Pure blood and a good circulation are of supreme importance to the health. Good food and plenty of oxygen will supply the needed materials for making good blood. The blood must then have unrestricted access to all parts of the body, carrying to every cell the material necessary for building the body and for producing heat and energy.

The blood nourishes the body, and when the circulation is cut off from any part, that part suffers from lack of nutrition. A corn occurs when the pressure of a tight shoe cuts off the blood supply. Baldness results from wearing a close-fitting hat. Indigestion may follow vigorous mental or physical exercise just after a meal because the blood is diverted from the stomach where it is especially needed at that time.

Do you have cold feet? That is often an indication of poor circulation. Perhaps one of the most common and most serious practices affecting the circulation is that of wearing thin stockings and



H. M. LAMBERT
Help nature tone up your body's functions.

shoes. The legs and feet are provided with large blood vessels for supplying a liberal amount of blood to those parts farthest from the heart. When these parts are chilled, the blood vessels contract. The heart is unduly taxed to force the blood through the chilled and restricted veins, arteries, and capillaries of the extremities. This overwork weakens the heart.

Vigorous exercise, avoiding excess, is one of the best measures of equalizing the circulation. Brisk, open-air exercise is particularly good, and there is nothing better than walking. Brain workers should guard against calling too much blood to the head by too much study and too little physical exercise. Stagnant blood beclouds the intellectual powers.

Your Brain and Nerves

Have you a clear mind? Can you make clear decisions and do it quickly when necessary? Have you a steady nerve? Can you stand annoyances? Can you meet emergencies with a cool head? Do you sleep well? Are you free from worry? Can you look upon troubles without succumbing? How is your will power?

The mind controls the entire body. The brain is the headquarters of all the activities of the being. From the brain mental impressions are carried by the nerves to every other part of the body, and every motion is governed by the impulses thus sent out from the centre of all action. Every other part of the body transmits to the brain its needs. Any injury anywhere in the body is felt by the brain. The nerves are the communicating lines for all the messages and impulses thus passing.

Your annual inventory of yourself will show how you have attended to the details of your living. You cannot neglect any part of your health programme without sustaining loss. Giving attention to all the essentials of health, means a maintenance of full-value health.

"It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed."

In your list of New Year's resolutions include one on health keeping. Try the health way of living, it is the best way in every way. *Here's to your health for 1953.*

GOD'S TOMORROW

Through yesterday God guided me;
The strangest ways it seems I've gone;
Though plans have failed
And paths were few,
I've somehow triumphed with a song;
For all along He guided me.

I'm sure my sins His patience tried;
Discouragements were many too;
And any good
That I have done
I hope He'll count as gratitude;
For that was His, . . . God's yesterday.

Today He gives another day:
A day of undiscovered power;
My heart He fills
With hope anew,
And strength for each succeeding hour.
Keep me from sin, O Lord, today.

Tomorrow God holds in His hand;
I'll be content with just today;
And work and pray
That very soon
Its shades be lifted from my way,
And morning come . . . tomorrow dawn.
—Helen J. Anderson



SMALLER THOUGHTFULNESSES

"When I have children I intend teaching them some of those smaller thoughtfulnesses many parents overlook," Carol, planning a June wedding, announced, as we sat sewing for her trousseau.

"What, for instance, Carol?" gentian-eyed Lynne asked.

"My young ones will be trained to leave a bathroom as clean and orderly as when they began using it." Carol was emphatic. Then, she added, with a grin, "I mean—that will be one of my goals. Inexperienced as I am in the art of rearing youngsters, I do know that nothing like this can be accomplished overnight."

"That's a perfectly dandy goal, Carol!" a mother of three spoke up. "My roommate in college always left an unwashed basin and tub for me, if she got there first."

"Mine, too! That's what gave me the idea," Carol confessed. "Some of the girls left the bathroom spotless. There's really no excuse for doing otherwise."

"And my children," Carol's twin sister added, "will learn a lot about keeping a house livable and attractive. When I'm away Joe, my husband, hasn't the least idea of what to do."

"I visited in a home where the husband was as clever as his wife at that sort of thing," I put in. "Before a dinner party Tom would go through every room, plumping pillows, straightening pictures, and arranging magazines neatly. He can cook a superlative dinner, too. And every Saturday he insists that his wife stay in bed an extra hour, and he takes her breakfast to her on a tray. 'She's a busy girl during the week—now I'll give her a chance to relax,' he'll tell you."

"That man was unusual," answered one who had not before spoken. "But if

our sons are to grow into good homemakers they need to learn many of the 'smaller thoughtfulnesses,' as Carol put it, just as much as our daughters."

My friends were right. My husband, to be sure, had never done anything in the way of cooking until our marriage. But what fun we now have preparing our "co-operative dinners"!

Our neighbour's two sons have been taught to cook, sew on buttons, set and clear the table, wash and dry the dishes. And they can make a bed that invites sleep.

Training for marriage really should begin early. Boys and girls ought to take care of their clothes—brush the woollen ones, clean hatbands, wash socks and mittens, and shine their shoes. They should keep fresh, orderly, sweet-smelling drawers for their things, and they should learn careful grooming as well as helpful homemaking habits.

If Martha and Jon learn to handle with consideration and to return quickly a borrowed book, to open and close drawers gently, to arrange flowers, to have a place for things, and to keep their possessions there when not in use, to take care of their rooms, to help Mom around the house and Dad in the garden, they'll grow in emotional maturity along with their responsibilities.

It has been said, "Habit is a cable. We weave a thread of it each day until at last we cannot break it." The habits of happy homemaking should be well learned by boys as well as girls. One way to be sure that they obtain a good start is to teach them, through example and play, some of those "smaller thoughtfulnesses" at a very early age.—Helen Gregg Green, in *National Kindergarten Association*.



The DOCTOR'S VOICE



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

Horny Toenail

Question: A man of about seventy-seven years has been bothered for a long time with a hard, horny big toenail on right foot. It is very tough and sore and cannot be trimmed, and it appears to be growing in thickness. It is hardly possible to wear an ordinary boot. What can be done about it?

ANSWER: The simplest treatment would be to have your local physician remove the nail under novocaine anaesthesia. If the nail bed were curetted there would be no possibility of recurrence. Chiropodists sometimes grind them down with electric burrs and treat them with ammoniated silver nitrate if the condition is due to a fungus infection.

Frequent Colds

Question: My daughter is troubled with colds all the time. What causes them and what shall she take to lessen them?

ANSWER: Adequate rest, avoidance of drafts, warm bath or hot footbath after chilling, adequate diet, a glass of citrus fruit juice daily for extra vitamin A and C all help to keep up one's general resistance. Colds are of course usually contracted from other people. It is interesting to note in this connection that the use of a large handkerchief over the mouth and nose successfully prevents the dissemination of droplets from a sneeze, but the polite gesture of the hand over the mouth is inefficient. It is reported by Drs. Harries and Mitman in their book *Clinical Practice in Infectious Diseases* that "vitamin C (ascorbic acid) failed

to prevent infection with the common cold and tonsillitis, failed to reduce the period of incapacity caused by the cold but materially reduced the duration of hospitalization of tonsillitis; there were no cases of pneumonia or acute rheumatism in the vitamin C cases and a significant number among the controls." Further, "the state of nutrition and hypovitaminosis have little influence on specific immunity and therefore on the incidence of infection; on the other hand the duration of incapacity, the liability to complications, and the case fatality rate may well be influenced adversely by poor nutrition." Hence the despair of parents who are very solicitous of their children who nevertheless get as many colds as the poor. Vitamin C is secured from citrus fruits, tomatoes and berries in season. There is also a certain amount in potatoes (baked). Vitamin A is found in the first mentioned as well as in cod-liver oil.

Ringling in Ear

Question: Would you please tell me what to do with a roar and a ringling all the time in one ear. I have no wax in my ears. I have been troubled with catarrh for some years. I have never suffered any severe head injury. Blood pressure is about 140.

ANSWER: There is obviously some disturbance of the nerve supply to the inner ear on the affected side. In an elderly person it might be hardening of the arteries. If a tumour were present (acoustic neuroma) the affected ear would eventually become deaf and there would be a certain amount of dizziness. The

inner ear is also adversely affected by certain drugs, such as the caffeine of tea and coffee, the nicotine of tobacco, also quinine and aspirin. Other factors are lack of vitamin B as found in whole-wheat bread, legumes, nuts, prunes, etc., and excess of salt. An elderly person with hardening of the arteries is advised to restrict the amount of animal fat in the diet, including butter. Anaemia also can affect the hearing apparatus. In view of these facts it would be advisable to have a complete medical examination.

Discharging Sinus

Question: Could you please advise me what to do for discharging sinus which sometimes causes nose bleed?

ANSWER: The amount of mucus secreted by the mucous membranes of the nose varies widely in different persons and under varying circumstances. For instance, excessive fatigue due to late hours and wrong habits of living will greatly increase the amount of postnasal discharge which is often thought to be due to sinus trouble. Chronic vasomotor rhinitis (hay fever) is usually associated with secondary infection and purulent nasal discharge. Purulent discharge confined to one nostril is more likely to be due to a local condition such as a chronic sinusitis, ulcer, new growth, foreign body, etc. Appropriate treatment would depend upon the condition present, which would have to be determined by your physician. In the meantime be sure to get adequate rest, discontinue the use of tobacco if you smoke, and avoid highly seasoned food.