

OSHAWA, ONTARIO, MAY, 1933

Signs of

# The TIMES

*Canada's Journal of Hope and Health*



10¢

# THE WORLD AS WE SEE IT

*A Prophetic Interpretation of Current Events*

## ★ What Is the Purpose of Money?

WE SUPPOSE everyone will give a different answer to this question. The housewife regards money as something with which to pay the rent and buy groceries. The sportsman considers it as that which will buy his equipment and provide his trips. The industrialist looks upon it as a necessity to the operation of his business. Some look upon it as something to hoard — that's how a Toronto millionaire regarded it. Living in squalor in a junk-littered house, this eccentric man had more than enough of this world's goods to have eased his life and that of many others.

Money is power. Basically, it is the product of man's brawn and brain. It may be used to do good or evil. With it governments build up arsenals of armed power, preparatory to waging war. It motivates crime, and thus fills jails and penitentiaries. The love of money, so the Bible declares, is "the root of all evil."

How does God regard money and its use?

This, we believe, is the most important of all questions, for the time is coming when every man will give an account to God of his stewardship. Although the idea may be new to a great many, nevertheless we are God's stewards. God, not man, is the owner of the earth and all that is in it. God bases His claim of ownership upon the fact that He created it. Man cannot deny this claim, or present a counterclaim, for no man can create.

In the beginning God created the earth and its contents. He declares that

the cattle on a thousand hills are His. He claims the gold and the silver. And more: He claims the earth. The deed to that house, that farm, that estate, that factory, is not yours in fact — it belongs to God. God made man and put him here as steward of His goods.

More is said in the Word of God about money than about almost any other thing. In the use of money man proves his allegiance to God in many instances. There is the matter of the tithe — the tenth. You may say, "God does not need the tenth of my income." And that is very true. He does not need it, and He does not require it for His personal benefit. He commands it for our benefit.

Since God owns the earth and all that is in it, He is our divine Landlord, and we are His tenants so to speak. God requires the tenth of our increase as rent. He commands us to bring it into the storehouse — the treasury of the church. This is to be used to carry forward the work of God in the earth, particularly in the paying of the ministry.

Could not God pay the ministry in some other way? Undoubtedly! But He does not because He wants every church member to have a part in His great soul-winning programme. Furthermore, God wants you to pay your tithe because in doing so you acknowledge His ownership of all. It is the same as paying your house rent to the landlord — you thereby acknowledge his ownership.

God promises a rich blessing to those who will honour Him by honesty and liberality. "Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now here

with, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:10.

The tithe is a specified amount — the tenth. But we are to return more than the tithe — there are the offerings. The offerings are not a specified amount, but God leaves these to every man's liberality. Nevertheless, if they are not paid God declares He has been robbed. "Will a man rob God? Yet ye have robbed Me. But ye say, Wherein have we robbed Thee? In tithes and offerings." Verse 8.

From the divine viewpoint the main purpose of money is to facilitate the saving of souls for whom Christ died. This is most important, as eternal things are of greater value than temporal things. What greater investment could a man make than to save a soul for eternity?

**Everyone must give an account to God of his stewardship.**

PHOTO BY MALAK, OTTAWA



## SIGNS OF THE TIMES

Vol. XXXIII Number 5 May, 1953

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Signs of The Times, published monthly by the Kingsway Publishing Association (Seventh-day Adventist), Oshawa, Ontario, Canada. Authorized as second-class mail, Post Office Department, Ottawa, Ontario, January 19, 1946. 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.



EWING GALLOWAY

"A home where love dwells, and where it is expressed in looks, in words, and in acts, is a place where angels delight to manifest their presence."

## ★ Home, Sweet Home

NEXT to the word "mother," the word "home" is the most significant, the most loved word in the English language. It was Edgar Guest who said, "It takes a heap o' livin' in a house to make it home." It is this "heap o' livin'", both happy and sad events, that converts a house into a home.

It is here that woman has the opportunity of exercising her divinely imparted gift — the gift of homemaking. In all ages she has had the ability to transform a palace, a shack, or even a cave, into a home. A bit of lace, a spray of flowers, or a few brightly coloured stones, placed and arranged by the hand which possesses that "homemaking" touch, makes the difference between a house and a home. It is for the latter that men work, and it is to the latter that men return.

Madame Schumann-Heink wrote the following paragraph in reply to the question, "What is home?"

"A roof to keep out the rain? Four walls to keep out the wind? Floors to keep out the cold? Yes, but home is more than that. It is the laugh of a baby, the song of a mother, the strength of a father, warmth of loving hearts, light from happy eyes, kindness, loyalty, comradeship. Home is first school and first church for young ones, where they learn what is right, what is good, and what is kind; where they go for comfort when they are hurt or sick; where joy is shared

and sorrow eased; where fathers and mothers are respected and loved. Where children are wanted; where the simplest food is good enough for kings because it is earned; where money is not so important as lovingkindness; where even the teakettle sings from happiness. That is home. God bless it!"

The modern home has lost some of its "homey" and "homely" aspect. It is now sometimes said to be a place to get ready to go some place else. This present-day situation is very well described by the young woman who was approached by a real-estate agent. She said:

"I was born in a hospital, educated in a college, courted in an automobile, and married in a church. I live out of the delicatessen and paper bags. I spend my mornings on the golf course, my afternoons at the bridge table, and my evenings at the movies. And when I die, I am going to be buried at the undertaker's. All I need is a garage."

Notwithstanding this young woman's unfortunate experience, home is still the best-loved spot on earth. It is a little foretaste of the eternal home of the redeemed. Let me call my readers' attention to that italicized word, "little." Delightful as it certainly is, it is but "the interest on the principal" when compared to the exceeding great joy surrounding our everlasting abode.

The home, in that day, will be encompassed by peace. "The wolf and the lamb shall feed together, and the lion

shall eat straw like the bullock." Isaiah 65:25. Then, men "shall not labour in vain, nor bring forth for trouble." No veil of sin will separate between God and man. Speaking of that time the Lord says: "Before they call, I will answer; and while they are yet speaking, I will hear." Verses 23, 24.

Under the present regime of sin the institution of the home is prevented from reaching its full stature of importance. Death takes away well-loved members of the family. Father and mother fall under the scythe of the grim reaper, the children are scattered and the home is destroyed. Time and decay do their deadly work upon the buildings we love, and they fall — mute testimonial to the times in which we are living, in contrast to the times in which we may live.

The promise of Him who never dies is:

"I create new heavens and a new earth: and the former shall not be remembered, nor come into mind. . . . They [the redeemed] shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat." Isaiah 65:17, 21, 22.

In that "new earth" death will not defeat joy. God has said that He "shall wipe away all tears . . . and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."

And that — in deed and in truth — will be Home, Sweet Home.

## PRAYER FOR A HOME

Walk through the rooms of this house, dear Lord,

Making them fair and sweet.

May every wall know the touch of Thy hand,  
Each floor the print of Thy feet.

Help us to look through Thine eyes, dear Lord,

To stand at our windows and see  
Not commonplace people who walk the streets,  
But souls who have need of Thee.

Kindle a fire on our hearth, dear Lord,  
Warming all who might come.

Build Thou an altar where prayer shall arise,  
For prayer is the heart of the home.

Sit at our table with us, dear Lord,  
Making each meal a feast,

Breaking the bread, and pouring the wine,  
Our Host and our Guest and our Priest.

Dwell in the rooms of our house, dear Lord,  
Making it sweet and fair,  
Till even the people passing will say,  
"The blessed Lord Jesus lives there!"

—Martha Snell Nicholson.

**T**HIS IS the gravest hour to which youth has ever come. The present crises in world problems largely focus upon them, and must be answered by them. Yet in the face of these facts we find young men and women today distracted and puzzled. Regimentation and mobilization are fast tearing them from their moorings, and one of the most serious facts that face the world at present is the militaristic conscription of youth.

In all the dictator countries, a plan of systematically perverting the thinking of youth has become an outstanding part of the government programme. Not satisfied with patriotism in its ordinary sense, dictators have demanded a sort of super-patriotism based on hatred. As one writer puts it, they "teach them that hatred must not remain theoretical; the dagger is placed in the hands of children, the



with many dangers, and threats of war are heard on every side. In the midst of loud acclamation of the peace idea, the world is simply an armed camp and the youth of this hour are being chained to the machine of war as no generation has ever been chained before. What tomorrow will bring to this world in its present foment and war spirit, no man can tell. What the youth of today would do to establish his equilibrium and faith must be done quickly. It was Sir Philip Gibbs who thoughtfully wrote concerning the present conditions confronting youth:

"The younger man, if he is thoughtful and interested in problems beyond the immediate present, pondering on his place in the world and the mysteries of life — there are such young men — is tempted to be a cynic or a pessimist — or a rebel. He finds himself in a world

## Youth's Gravest Hour

rifle in the hands of young boys, and the machine gun given university men in preparation for making their hatred active. . . . The religion of hatred and the militarization of youth go together." This terrible fact is the most severe blow that has been struck against the peace and civilization in our world. To a degree, this problem has always existed, but today it has increased a thousandfold over any previous generation.

Our youth face new problems of economic life for which they have no answer. These problems are new, disheartening and even terrifying to young men and women. Tragic is the experience of youth who find no solid ground for their feet. It is difficult under such conditions to sense the value of true education and press on to a high, noble calling. The world's lack of answers to the economic, social, religious, as well as international situations which confront our youth, is puzzling in the extreme. Most of the old remedies have been abandoned and all seems experimental and uncertain. Socially the standards have all changed from a generation ago. The early teachings of present-day youth have not been solid enough to hold them in the midst of such shaking as that in which they find themselves today. Principles of morality which once seemed as unshaken as the hills have crumbled way, and in their place has come a sort of anaemic self-indulgent standard dominated largely by sex thinking and acting.

We have come to a troubled hour. The faith "once delivered unto the saints" and passed down through the years has largely been discarded and forgotten. The events of the past two decades have resulted in a widespread loss of faith in God, in the Bible, and in the religion of our fathers. In its place has been reared before the youth a great question mark, and the renunciation of the laws of God has brought a fog of doubt and rebellion against all authority. The flood of lawlessness which is now sweeping the earth has never been seen on such a scale before in all the world's history. It is a clear fulfilment of the words of the apostle Paul as he prophesied of the last days saying, "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, unholly, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, high-minded, 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.

Internationally the way seems fraught

and age without faith in God or man or the law, in which such faith is questioned and challenged by many of his intellectual contemporaries. The old moralities are derided and denounced. The old traditions have no authority, or very little, over a generation which sees what a dismal failure has resulted from those who have upheld them. Science itself, which used to proclaim fixed laws, now seems to be uncertain about the very foundations of its former faith."

Such confusion of thought and action greatly baffles the youth of this generation who must bear the responsibilities of leadership and government in the tomorrow of their lives. The perils of this hour for modern youth are tremendous and appalling in the extreme. What counsel shall we give them? How shall they struggle out from the thralldom of the strange philosophies of this hour and plant their feet once more on the rock of reason and sound judgment? These are questions we must conjure with and must answer for the youth of today.

All that is transpiring is profoundly shaping the minds and actions of the youth of this time. They are gathering on every front, they are mobilizing in the strength of their youth for the salvation of the world as they see it. The spirit of youth in this generation is not the spirit of defeat or disheartenment, but they are puzzled. Youth has never been known to stand still. They are coming from every land and clime, marching

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By  
L. K. DICKSON

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ing, steadily marching, but where? That is the question to which the world must address itself.

Primary in the solution of this problem is the recognition of the fact that there are two forces in direct conflict—the forces of good and the forces of evil. Christ and Satan are now mobilized for the last great struggle between good and evil; truth and error; righteousness and sin. The uprising of forces which our youth are facing and which man has not been able to understand or control are the forces of evil. The clash affecting the thinking of men everywhere is a part of the last great conflict between good and evil. The minds of many youth are being captured by Satan for the fulfilment of his wicked plans for the destruction of mankind.

In almost every land there are great youth movements which are inspiring and exciting youthful strength into concerted action to carry out some selfish purpose of war. There needs now to be an enlistment of youth everywhere on the side of truth and righteousness, of integrity and obedience. There should come now an uprising of youth over the whole earth, an utter abandonment for the cause of Christ and the establishment of His eternal government among men. There is due now a response of righteousness and right thinking and acting to meet the onslaught of the enemy of God and man. Youth must arise against the mighty flood tide of selfishness, greed, hatred and lawlessness in home, church, state and the world.

This is the challenge that faces the church. The church must find adequate power to bring this about. For her to fail now will be the supreme tragedy of her history. There must come upon the scene of action young men and women strong and ready to demonstrate that nothing has happened in these latter days to annul any of the commandments of God or the principles which actuated the life and ministry of our Lord and Master. These young people must ponder well and decide where is to be placed the chief emphasis in life.

This is a great day for youth. May they arise and pay the debt they owe to the past of all ages wherein patriarch, prophet and martyr, most of whom were called in their youth, loved not their lives, even unto death. God forbid that through lack of vision His great call to the life of youth in this generation should pass unheeded with all its golden opportunities for the heights of achievement in final triumph.



# BIBLE ANSWERS



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

## What is the best method of church finance?

There can be but one answer to this question, and that is: God's method—the tithe. By the payment of the tithe everyone, rich and poor, has an equal part in the support of the church and the work of God. True, the rich man may pay more tithe than the poor man, but both are tithe-payers.

The system of tithing is manifestly fair. You pay ten per cent of your earnings, or if you are a farmer or a businessman, you pay ten per cent of your net increase. If you earn a great deal, if your income is in the millions, you pay proportionately more. If you earn but little, you pay but little tithe.

In the paying of the tithe which, according to the Bible, is to be used for the support of the ministry, everyone from the newsboy to the millionaire has a part. Church socials, ice cream festivals and dances to raise the minister's salary can be dispensed with. When this is done there is no longer an appeal to the appetite or pleasure urge. The church and work of God should be motivated by love. The Christian loves God. He loves the church and the work of the church. This moves him to give often and liberally. God commands: "Bring ye all the tithes into the storehouse, that there may be meat in Mine house." Malachi 3:10.

## What is the reason for the vast amount of idolatry that has always prevailed in the world?

Paul answers that question in Romans 1:21-23: "Because that, when they knew God, they glorified Him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, and changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and four-footed beasts, and creeping things."

Idolatry, then, has as its basis the fact that men glorify God not as God, and are not thankful to Him for His blessings of life and sustenance. The Christian must remember God as His

creator. He must glorify Him as such. This serves as a certain preventive of idolatry. No man can worship idols and at the same time recognize God as his Creator.

In addition to this the Christian must be "thankful." If he fails to be "thankful," he puts himself in the way of idolatry in that he forgets God. God is generally replaced in men's minds by something else. In the above text it is said that men professing to be wise become fools. Evolutionists in their wise, speculative theories concerning the origin of the earth and of man—denying God, the First Cause—become fools.

The worship of the true God provides the only safeguard man has against polluting himself. The history of nations testifies to the accuracy of this fact. Egypt, Babylon, China and India forgot God and became steeped in idolatry. What is true of nations is true also of individuals.

Do we, according to Exodus 35:3, break the fourth commandment when we light our fires on the Sabbath day? Mrs. E.M.B.

Exodus 35:3 says: "Ye shall kindle no fire throughout your habitations upon the Sabbath day." God had previously instructed His people to do their cooking on the day before the Sabbath. We see this by reading Exodus 16:23. "He said unto them, This is that which the Lord hath said, Tomorrow is the rest of the holy Sabbath unto the Lord: bake that which ye will bake today, and seethe [boil] that ye will seethe; and that which remaineth over lay up for you to be kept unto the morning."

On one occasion when a man flagrantly violated these instructions and gathered sticks on the Sabbath to cook his food, God instructed that he be stoned to death. To light a fire, then, for the purpose of cooking food that should have been cooked on the day before, was a violation of the Sabbath commandment, and it is the same now.

The Jews were at that time in the wilderness of Sinai. They did not need a fire for heat. It is not considered wrong, or a violation of the commandment, to build a fire for the purpose of heating your dwelling on the Sabbath,

# FOOD for THOUGHT

By GORDON M. ARNOTT, M.D.

**T**HOUSANDS of people today are nervous, irritable, restless, and depressed because their minds are undernourished. Take George: He is an intelligent young man with a good job and a bright future. Lately he has not been sleeping well. He is restless and nervous. He is irritable with his wife and the children. He cannot concentrate well on his work and is forgetful. There is another side to George's story; namely, his diet. For breakfast he grabs a slice or two of toast and jam and washes these down with coffee. At ten o'clock he has doughnuts and coffee at work. His noon meal consists of white bread sandwiches, perhaps an apple or an orange, and tea. Usually the fruit comes home in his lunch pail. In the evening he has the usual meat, potatoes, vegetables, cake or pudding, with tea or coffee. He generally has a sandwich with tea at bedtime. Could it be that there is really a connection between George's diet and his nervous condition? Could it be that a proper diet would correct his mental symptoms? The answer to both of these questions is, "Yes." The brain and nerves need certain food

elements, and if these are low or missing in the diet over a period of time the mind will fail in doing its work, which will result in various symptoms, such as nervousness and irritability.

The brain uses starch or sugar to keep its fires burning. There is usually no lack of starch in the diet. However, certain vitamins and minerals are necessary in the brain cells if the sugar is to be utilized. One outstanding example of these is thiamin, or vitamin B<sub>1</sub>. Without thiamin the brain cells cannot use sugar properly, and thus cannot fulfil their normal functions. Other vitamins closely associated with brain-cell nutrition are riboflavin and niacin. Dr. Rosenbaum and his associates point out that symptoms of emotional and intellectual illness may occur as the only manifestations in a person on a deficient diet. Mental symptoms may be among the earliest signs of a thiamin deficiency. The commonest complaint when these vitamins are lacking is nervousness. Usually the person is upset or irritated by trivial things.

Dr. McCarrison gave a set of rats a diet low in B vitamins. It consisted of

white bread, margarine, sweetened tea, boiled vegetables, tinned meats, and jams. Besides growing poorly, these rats became nervous and irritable. They bit their attendants and began to kill each other.

Diet is more closely associated with intelligence than we realize. Johnny is doing poorly in his lessons. Many are prone to remark, "What can you expect? Look at his father and mother. You wouldn't expect them to give Johnny much in the way of intelligence." But maybe if mother knew how to feed Johnny a nourishing diet he would do better in school.

Experiments show that children on adequate diets often are relieved of nervous symptoms. They become interested, attentive, and show greater ability to concentrate on their school tasks. Many times parents bemoan the irritable dispositions of their children. The children may be punished for their failings, when in reality the parents are at fault, because they have not provided an adequate diet for them. All too often Johnny and Sue are given corn flakes, white bread, cookies, cake, pie, ice cream, candy and other foods which have most of the vitamins and minerals removed in preparation and cooking. It may be shocking to some to learn that white flour contains only 5.5 per cent of the original vitamin content of the whole grain. Yet in America only about 3 per cent of the flour milled is of the whole-grain variety. Also, about half the caloric value of our diet is made up of refined flour and sugar which, unless supplemented, are practically devoid of vitamins and minerals.

Although the food we eat has an important effect upon the mind, we should not overlook the fact that eating habits also have an important effect upon the mind and disposition. Eating too often or between meals often causes an upset sour stomach. The pain and gas which accompany an upset stomach make one restless and irritable.



It has been shown that if a regular meal is followed in two hours by food, such as a banana or a sandwich, the time required for the stomach to empty is increased up to three times that required if nothing had been taken after the meal. It may be as long as nine hours. When food lies this long in the stomach it ferments and causes indigestion. No more than three meals should be taken during the day. This will allow the stomach to do its work properly. Food should not be taken before going to bed. It will not be needed because the evening meal will quite adequately care for the needs of the body during sleep.

The stomach needs rest just as other parts of the body need rest. If food is taken at bedtime, the stomach must continue its work for four or five hours while the remainder of the body attempts to rest. This results in restlessness and sleeplessness, and the mind will not awaken refreshed and alert in the morning. It is not possible to have good mental health and alertness if by wrong eating habits the stomach is burdened beyond what it should be required to do. A healthy rested stomach goes a long way towards a happy relaxed disposition.

Alcohol, tobacco, tea, coffee and cola drinks, although not strictly food items, have a definite effect upon the mind. Some have argued that alcohol is a food because it supplies calories to the body. This is no argument in its favour when one remembers that these calories are not accompanied by vitamins or miner-

als, and that alcohol is a poison to the brain. The effect of alcohol on the brain is one of depression. First, it depresses the higher centres of intelligence and allows the lower centres to carry on. That is the reason why much of the crime and immorality of our society is carried out while persons are under the influence of alcohol. Dr. A. C. Ivy states that twenty-five per cent of the people in insane asylums are there because of alcohol.

Tobacco is not a food, but a poison, which is taken into the body by millions. Hundreds of experiments show the effect of smoking upon the mind and the nerves. These show that smoking depresses the activity of the nerves and brain. Dr. A. D. Bush of the University of Vermont in one hundred and twenty tests on fifteen men showed that smoking decreased mental efficiency by over ten per cent. The mind cannot function at top efficiency while it is under the influence of tobacco.

Tea, coffee and cola drinks have become a part of nearly everyone's diet. Many people think little of drinking ten to twelve cups of these daily. Neither tea nor coffee contains any food value. They cannot nourish or strengthen the mind. However, they are widely used for the lifting effect which they seem to give. This effect is due to the drug "caffeine" which is contained in these products. Caffeine stimulates the nervous system, but it is not a food; therefore, when the effect of the drug has worn off, the mind is more fatigued than it would have been had no caffeine been taken. Many cases of headache and nervousness are due to the excessive use of caffeine beverages. Some parents would be shocked at the thought of giving their children tea or coffee to drink, yet think nothing of allowing them to use cola drinks which contain as much caffeine as coffee or tea and sometimes more.

One may ask the question, "What can I eat to give my mind the nourishment it needs to function properly?" In looking for the answer to this question we must turn to something that has been forgotten by most churchmen and doctors alike. That is that man was created by a supreme Being—God—and God in the beginning told man what he should eat. We find this diet given in Genesis 1:29: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." From the One who knows more about man than science will ever know, we find that man's diet should consist of fruit, grains and nuts,



H. M. LAMBERT

*Make fresh fruits your medicine.*

and to these, later were added vegetables.

These will supply the elements needed for mental health. But if much of the good is destroyed by milling, peeling, or improper cooking, then these do not form a wholesome balanced diet, and the mind must suffer. Things which are harmful to the mind such as tea, coffee, cola drinks, tobacco and alcohol must be removed. Wrong eating habits must be corrected. As the diet is planned, we should remember that the more it contains of the fresh or natural foods the better it will be. Study must be given to see that the diet is balanced as to the proper food elements. Even though natural foods are used, a diet can be nutritionally wrong. If it is balanced so as to contain all the necessary food elements in proper amounts, and proper eating habits are followed, then good mental health can be expected.

In this day when nervous breakdowns abound, and sedatives are manufactured by the carload, people who wish to avoid these things will carry out a programme of diet that will reward them with vigorous mental health. Many times those who are striving toward the goal of spiritual perfection lose sight of the fact that proper diet has much to do with attaining this goal. If wrong eating habits make them nervous and irritable, can they expect God to give them a happy and quiet disposition as long as they continue to eat incorrectly? Men must cooperate with their Creator in obtaining mental health and happiness through right eating habits.

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# Diet and Your Health

AS YOU EAT SO SHALL YOU LIVE

By W. H. ROBERTS, M.D.

ONE way of avoiding the many illnesses to which mankind is heir is to eat the right kind of food. In dealing with this subject it would seem logical to consider such factors as eating habits in general, the best foods, Canada's Food Rules, foods to avoid, food poisoning and food infection, supplementary vitamins and minerals. Reference will also be made to the underweight and overweight, and the relationship of diet to arteriosclerosis.

Abstemiousness in diet has always been known to be conducive to the best health. Simple, moderate eating could be summarized somewhat as follows:

1. Too many different kinds of food should be avoided at one meal. Fruit and coarse vegetables (beans, et cetera) when eaten together may lead to fermentation simply because fruit digests more rapidly than vegetables.

2. Five or six hours should elapse between meals. No solid food should be taken between meals; three meals a day are maximum, and two meals are ideal (7:00-7:30 A.M. and 12:30-1:00).

3. Liquids should be restricted at mealtimes so as not to dilute the digestive juices. Water should be taken freely between meals, i.e., one hour after meals up to half an hour before meals.

4. The free use of sugar and of salt is not conducive to good health. Sugar is hard on the teeth. Candy and chewing gum are a real hazard, particularly to children.

5. Food should be thoroughly masticated. Store teeth are not nearly as efficient as your own.

6. Meals should be social occasions, to be partaken of without undue hurry, and not shadowed by the worries of business, or of life in general.

Appetite ordinarily is not a safe guide. It is fairly reliable only under certain conditions. These are:

1. Foods should be eaten separately, thus excluding roasts and stews.

2. Their flavours should not be disguised by sugar, condiments, salad dressings, gravies, et cetera, or even in soups.

3. Whole-grain products only should be used, thus excluding refined foods, cakes, pastries and the various desserts.

What are the best foods? These

would include whole-grain cereals, nuts, fruits, vegetables and vegetable oils, including margarine; also pasteurized dairy products, including milk, cream, cottage cheese, and butter. Cream and margarine are preferable in some ways to butter, especially for children. Eggs from healthy hens are reasonably safe.

Carbohydrates (starches) give quick energy; protein gives sustained energy and repairs wear and tear; fat is high in calories, makes other foods more palatable, and slows emptying time of the stomach, thus allowing more time for digestive processes. Fats therefore complement proteins indirectly in sustaining energy.

Pancreatic enzymes and bile enter into the digestion of fat. Where pancreatic enzymes are lacking, stools are large and pale because of their high fat content. If this condition is present from infancy the child is unable to absorb the fat-soluble vitamins A and D. This was the case of a little girl aged three whom we saw recently. In spite of the fact that she was receiving cod-liver oil she showed signs of rickets and had had repeated attacks of pneumonia.

In older persons the pancreas may go on strike. There was the case of the

housekeeper of a well-to-do lady. Food was abundant and rich, so she partook freely. She gained weight, and soon became overweight. She began to have sharp attacks of pain in her upper abdomen. Finally after an unusually heavy evening meal she became acutely ill. Her pancreas had become acutely inflamed, which is a bad thing. A similar case was admitted to the hospital today. This man had had a big day yesterday and had eaten many hot dogs with all the trimmings. He was stricken with acute pancreatitis at about eight o'clock this morning. It is not a good thing to overeat even occasionally. About two tablespoonfuls of a vegetable oil such as Mazola or the same amount of margarine or butter supplies the daily requirement of fat. Fat is high in energy in addition to being palatable. Scott, Dr. Wilson, and the others who made that fateful dash to the South Pole, in their great sufferings from the cold felt keenly the lack of fat in their short rations.

No one seems to have any trouble getting his carbohydrate, but it is essential that one get an adequate amount of protein, minerals, and vitamins. With this in mind the Nutrition Division of the Department of National Health and



EWING GALLOWAY

Whole-grain breads and cereals are some of our best foods.



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Welfare of Canada has drawn up what it calls "Canada's Food Rules." Here they are:

1. Milk: Adults one-half to one pint. Children one and one-half pints to one quart.

2. Fruit: One serving of citrus fruit or tomatoes or their juices, and one serving of other fruit.

3. Vegetables: at least one serving of potatoes, and at least two servings of other vegetables, preferably leafy, green, or yellow, and frequently raw.

4. Cereal and bread: One serving of whole-grain cereal and at least four slices of whole-wheat bread with butter. (Vitamin-B-enriched bread is mentioned but is not generally available.)

5. One serving of beans, peas, nuts, eggs or cheese (or one serving of meat, fish or poultry - we have listed these last for our purposes). Eggs and cheese are advised at least three times a week each. Cottage cheese is preferable to cream cheese.

6. A fish-liver oil, as a source of vitamin D, should be given to children and expectant mothers, and is advised for other adults.

7. Iodized salt is recommended. Drink plenty of water.

The above would indicate that in order to have a well-balanced diet flesh foods are not really necessary. In fact they were not included in man's original diet.

### Foods to avoid:

1. Pork: Swine serve a useful purpose as scavengers of the land and shellfish as scavengers of the deep. Why anyone should want to eat them is a great mystery. Pink pork is a notorious cause of the dread disease trichinosis, and even cured hams are a frequent cause of outbreaks of food infection and food poisoning, particularly when served uncooked during hot weather.

2. Highly refined foods: Among devitalized foods we would include white flour, cakes, pastries, macaroni, spaghetti, noodles, cream of wheat, farina,

tapioca, white rice, white sugar, refined syrups, et cetera. Whole-grain products should take their place. One authority has said that desserts are not a part of the normal diet and should only be eaten once a week or on special occasions.

Are supplementary vitamins essential? In Canada we need extra vitamin D (the sunshine vitamin) as found in cod-liver oil. What about extra minerals? Most of these mineral capsules or pills are a luxury unless one does not drink milk. Pregnant women often need extra iron.

What about those who are overweight? It is said that the average North American eats about 400 calories more than he requires every day. The result is overeating, a greater problem than undernutrition. Overeating and overweight (obesity) are conducive to degenerative diseases including diabetes, hardening of the arteries, heart attacks, strokes, et cetera. Perhaps the factor most concerned in the development of hardening of the arteries in susceptible people is the free use of animal fats.

How fast should one reduce? It is well known that on conventional 1,000-calorie reducing diets many people get discouraged before they get well started. The Americans have gone at it in a businesslike way. They have developed the 400-calorie diet which consists of one glass of skim milk and one glass of unsweetened fruit juice for breakfast, the same at noon (a glass of tomato juice may be substituted), and a glass of skim milk for the evening meal. Weight is lost rapidly on this regime, apparently without ill effect. However, it is well to reduce under medical supervision. A single multiple-vitamin capsule will assure adequate intake of vitamins.

If you have been neglecting your body temple there is still time to reform and to "repent." The following from the pen of Mrs. E. G. White is applicable in concluding: "Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health."



INTERNATIONAL NEWS PHOTO

Include at least one serving of citrus fruit each day.



Our teeth are made of what we eat.

IT WAS the late Dr. Weston Price who made the observation a few decades ago that primitive people, living on their primitive fare, had, with very few exceptions, perfect teeth, well-shaped arches and healthy gums. These same primitive people were remarkably free from colds, tuberculosis and the many infectious diseases of their more civilized brothers.

Dr. Price also observed that when the trading post moved in or when the primitive people moved out into civilization, these people became markedly susceptible to the ravages of infectious diseases, including dental decay.

Among the Australian Aborigines, the High Andes Indians and the Amazon Jungle Indians, not one decayed tooth was found among thousands examined, while those who had moved from their native environment and had adopted the eating habits of their more civilized brothers had better than forty decayed teeth out of every hundred examined.

Dr. Earnest Hooton, of Harvard University, back in 1938 wrote of Dr. Price's research as being "profoundly significant." A similar line of research has been conducted by other eminent

dentists, and all agree that decay of teeth is largely, if not entirely, a disease encouraged by malnutrition and poor resistance to infection, which follows prolonged unwise selection of foods for our tables.

From the studies of these men it is logical to conclude that there would be little need of a dental profession if we all got back to nature in our eating habits.

How desirable it would be if we could all keep our original teeth throughout life. God has given us a wonderful machine for the grinding of food. It is an engineering marvel. There is a reason for every curve in the shape of a tooth, every cusp and sulcus, every marginal ridge being made just so; and our teeth have been so designed that they effectively clean themselves. That the normal excursions of natural foods over tooth surfaces is all that is necessary to keep teeth and gums healthy, has been attested by many a dentist. God never

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By  
R. O. WILLIAMS, D.D.S.

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How to

# AVOID THE DENTIST

*A Dentist Frankly Discusses  
the Problem*

designed that His children should have to use tooth paste and brushes to insure against decay and gum disease. We dentists frequently speak of people who faithfully brush their teeth and do not stop the ravages of decay, on the one hand; and on the other, of people who never brush their teeth but who eat properly and reach a ripe old age with all their teeth. True, there are some who seem to eat anything they want to yet keep their teeth. On the other hand there are some who are careful about their food selection and still have bad teeth. But a careful study of such cases will reveal certain enlightening facts showing why these seeming exceptions prove the rule. It is safe to assume that if one eats sufficiently of natural foods, garden fresh or "frozen fresh," and secures an adequate amount of protein elements, the tissue protectors, the teeth and gums will remain healthy for life. Do this, and cultivate other good living habits, and the body will be highly resistant to all infectious diseases.

The offending foods are white sugar and white flour. These make up such a high percentage of the caloric intake for the average civilized person that not enough of the protective foods is eaten to resist the ravages of decay. Our teeth are made of what we eat. They require continuous nourishment and good blood to keep them in hardness and health to resist the ever-present germs of the mouth. They need the foods rich in minerals and vitamins. People do not get enough in quantity of such foods when over half their caloric intake comes from devitalized foods which contain little or no minerals and vitamins. All white-sugar and white-flour foods are energy foods only, and are danger-

ous in that they are to some extent habit forming. We create the taste for them. Sweets call for more sweets, and the diet is easily put out of proper balance. We are bowing to commercial expediency in using a pretty white product that has had the vital life-sustaining elements removed so that it will keep indefinitely on the grocer's shelf.

Honey (not the highly refined variety), the kind one buys in a five-gallon can from the bee man, and raw sugar, fill every requirement for sweets, and are tissue-building foods as well as producers of energy and warmth. For many years we have not had white flour or white sugar in our home and have no desire to have them. At first you may not like the taste of honey or raw sugar as a sweetening agent. However, if you stick to the use of it for a few months you may talk like many others who have learned to prefer it.

The question may be asked, How are we city dwellers to adapt ourselves to our artificial environment and obtain the foods our tissues require? Those of us who can live on the outskirts of town and have well fertilized gardens, and a large deep freeze for winter storage, are fortunate. The exercise of caring for such a garden and the interest in seeing things grow, add zest to life. Moreover, the vegetables grown help materially in the reduction of food costs. But, if we have to do all our shopping at the markets, there are some suggestions that will be helpful.

Buy only unwilted fresh vegetables. Keep them refrigerated until used. If possible buy only a day's supply at a time. Whenever they are obtainable eat fresh fruit and berries. Have nuts around all the time. The humble peanut is a wonderful food, but it is well to have a variety of nuts. People who think they cannot digest nuts will be surprised how well they get along with them if they eat them with apples, oranges or other fresh fruits. Make a hobby of baking your own bread from freshly ground flour. Some rye or soy flour may be added to the wheat to give it variety. Honey also may be added. You will lose your taste for cake. Try cooking under low heat, the waterless way, and notice the improved flavour the food has. Have more and larger salads of very fresh and crisp vegetables. Make an entire meal occasionally of such a salad. Use the best pasteurized milk you can obtain. It is an excellent food, especially for those who need to be built up in weight. Such might well drink two to four quarts a day, using other foods more sparingly, until they obtain their proper weight.

The overweight may profitably use

considerable skim milk to insure their obtaining the necessary minerals. Seek out a source of eggs in the markets. Those with a deep yellow yolk will be richer in minerals and vitamins.

We may eat our way to sickness, in-

dulging in white bread, soft drinks, candies, confections and rich desserts, or we may eat our way to health, with the foods that God gave our first parents in Eden. The choice is ours — may we choose wisely.



## LITTLE COURTESIES

"Don't you ever become tired of saying *thank you*, Doris?" I asked my sister as she was hanging out her washing with what seemed to me the doubtful assistance of her two-year-old son.

Doris smiled as she accepted a handful of clothespins from her small helper and repeated the magic formula, "Thank you, David."

With a quickly chanted, "Wel-come, Mo-ther," the little fellow ran to the box of pins to refill the order.

"Sometimes it does take a bit of patience to permit David to help me," my sister replied frankly, "but letting him do things now with me forms the basis for a happy companionship that I want to continue through the years. Young children love repetition. David is playing a little game with me while he helps me hang out clothes and he hears over and over again the courteous words of appreciation that he needs to learn to say for himself. It is better to guide him toward forming a good habit now than to wait until he is older and has acquired the bad habit of giving no response when *thank you* is in order."

"I'm sure David will always be glad his mother took time to teach him the little courtesies of life," I commented.

"Teaching David is sort of a family project, Lucia," Doris explained. "The plan goes back to the time when Tom, our first baby, began to talk. His daddy and I noticed in how many instances the little fellow repeated our exact words and phrases. We resolved to take time to speak graciously to each other. We realized that if we helped our children by example to remember always to say, 'Please' and 'Thank you' and 'You're welcome' while they were young, they would naturally make some courteous response when they grew older."

"Their teachers have given the children much help in developing pleasing manners," Doris added. "When we go to hear Tom's English class discuss good

books this afternoon, we'll try to go early enough to stop in at some of the other children's rooms, too, and then you can see for yourself."

My sister's family lives in the country, and the children attend a large centralized school where both elementary and high school classes meet in one building. My nephew, Tom, knowing my interest in books from my work as a children's librarian, had invited his mother and me to hear his class's monthly discussion of their home reading.

As we stopped briefly in each of the children's rooms, my sister's words came true. Each small reader in Joan's class was rewarded with a smile and a quiet, "Thank you, Norma" — "Thank you, Joan" — and so on. Older pupils in Freda's room were placing problems on the board and explaining their solution. As each assignment was completed the teacher gave some word of appreciation.

Our visit to Tom's English class was the highlight of the afternoon. We were given chairs at the back of the room where other guests and the teacher were seated, while a student leader, appointed by the reading committee of the class, took charge of the programme. Much to his surprise, my nephew was chosen for that role.

The reading reports were well given and were intensely interesting, but what I liked best was the pleasing way in which the young leader, with no prompting from the teacher, thanked each student who took part. Tom's quiet ease in filling the position of leadership made me realize the value of the lifelong habit of courteous expression. I understood why my sister was beginning so early to guide her youngest child into the habit of saying *thank you*. One who has had the benefit of such thoughtful home and school guidance need never be embarrassed or ill at ease on account of his manners. — Lucia Mallory, in *National Kindergarten Association*.



# The DOCTOR'S VOICE

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



## Overweight

**Question:** I am overweight. The skin in the groin is reddened and irritated in spite of hot baths and applications of starch. What could be done to correct this condition?

**ANSWER:** The excoriation in the groin that you speak of may be due to a number of factors:

1. Fungus infection due to lack of vitamin B in the diet.
2. Overweight.
3. Excess use of sugar and other sweets.
4. Nervousness (nerve rash or neuro dermatitis).

General principles in treatment are:

1. Application of a fungicidal powder as recommended by your local doctor.
2. Weight reduction under medical supervision.
3. Restriction of sweets, animal fats, tea, coffee.
4. Adequate rest.
5. Vitamin B as found in wheat germ (Ogilvie's Tonik), rice polishings, prunes, whole-wheat bread, nuts and legumes.
6. Testing of the urine for sugar.

## Physical Exhaustion

**Question:** I am about fifty years of age. Because of physical handicaps I do not have a regular job. If I do heavy manual labour I come home exhausted and almost ill, and have a heavy sensation in my chest. Do you have any suggestions?

**ANSWER:** After the age of forty one lives longer if the daily work is not too heavy. I would advise you to seek steady employment at some light occupa-

tion and stay with it. Otherwise there is no specific remedy that could be recommended.

## Peptic Ulcer

**Question:** I have adhesions and a peptic ulcer. Many different diets have been given to me but none seems satisfactory. I drink nearly three quarts of milk and cream daily, but still find myself hungry at many intervals during the day. Could you explain a simple diet and also a few facts about adhesions and the peptic ulcer. The adhesions do not pain me unless I am on my feet a great deal, and the only time my ulcer bothers me is when my stomach seems empty.

**ANSWER:** Any adhesions you may have are there to stay and may represent a past attempt on the part of nature to wall off a threatened perforation. Ulcer diets are sometimes lacking in minerals and vitamins, particularly where refined foods are recommended. I see no good reason for excluding whole-wheat bread, particularly in the form of zwieback, which is easily digested. This is easier to digest than cooked cereals. In fact some people do better on a so-called "dry diet" which restricts the amount of liquid at mealtime. The caffeine in tea and coffee, also the waste products in flesh foods, increase gastric acidity. This is particularly true of meat extracts such as bovril and oxo. The usual vegetables which are excluded are cabbage, Brussels sprouts, turnips, parsnips, and onions. Berries with seeds and the skins and cores of other fruits are best omitted, of course. Some authorities allow simple white cake to liberalize the diet, but in general all

cakes, pastries and fried foods are hard to digest. Margarine or cream is less irritating to the stomach than butter. Olive oil and corn oil (Mazola) are soothing to the stomach.

Fatigue, worry and anxiety are more harmful than mild dietary indiscretions. Persons with ulcers are usually the overconscientious type, and have to cultivate a cheerful, hopeful outlook upon life. They should endeavour to adjust to any unpleasant things in their environment. These emotional influences probably cause spasm and impaired blood supply to the ulcer as well as favouring the outpouring of acid. The nicotine of tobacco causes spasm of blood vessels; there the continued use of tobacco is not conducive to the healing of an ulcer. As far as mechanical factors are concerned the stomach is slung like an hammock, being fixed at the entrance to the stomach, and the outlet near the pylorus and first part of the duodenum (where most peptic ulcers occur). Bending and heavy lifting cause a tugging at the site of a duodenal ulcer. Consequently, recurrence of ulcers is more common in the spring and fall, corresponding with spring and fall work among agricultural workers. Employment sometimes is changed to advantage. Inasmuch as the free use of milk and cream may favour development of hardening of the arteries in susceptible persons, it is sometimes a good idea to use skim milk rather than whole milk between meals. For the same reason one egg a day is plenty.