

Signs of
The TIMES

Canada's Journal of Hope and Health

10¢



H. EMMAYSON PHOTO

WHERE HAS THE CHURCH FAILED? (See pages 6, 7.)

THE WORLD AS WE SEE IT

A Prophetic Interpretation of Current Events



★ Those Poison Puffs

Enough has been written about cigarette smoking. Educators, social workers, religious leaders, doctors, scientists, smokers and non-smokers have all had their say. Enough has been written, if smokers took it seriously, to put the tobacco companies out of business. And it should be taken seriously. When an injurious habit fixes itself upon the majority of a nation's population it is time to take a grave view of the situation.

Last year in the United States more than four billion dollars were spent on "poison puffs." While we do not have statistics for Canada, we suppose they are in ratio. That four billion dollars bought almost four hundred billion cigarettes. That is a fantastic number. It is impossible to comprehend it. If placed end to end those cigarettes would reach ten million miles—forty times to the moon, four hundred times around the earth and two thousand times across Canada from east to west.

Four hundred billion dollars is too much money to burn up. It would accomplish almost unbelievable things for the local, the provincial and the national good. That amount of money would solve the national educational problem: schools could be built, equipment supplied and the teacher's salary increased. It would solve the national health problem: hospitals could be built, equipped and staffed. The "smokes" bill would support a national health insurance plan that would save life instead of destroying it. Turning to other things four billion dollars would build thousands of miles of super-highways, clean up hundreds of slum areas and provide housing for tens of thousands.

While it is bad enough—too bad—to burn up four billion dollars and receive nothing in tangible benefit, it is far worse to burn it up and receive a blow to the individual and national health. Smokers don't think, smokers don't realize, smokers don't grasp the fact that every "puff" is a "poison" puff. Every puff is a bearer of several deadly poisons from the cigarette to the body of the smoker. Chief among those poisons that damage the smoker's heart, blood vessels and nervous system is nicotine and arsenic.

Some smokers claim that tobacco is not harmful to them, but they forget—forget the first smoke, and how sick it made them. And why did they get sick? Because the body, unaccustomed to being poisoned, rebelled and tried to get rid of the intruder. This single experience should teach every smoker that his body was not made for nicotine,

did not want it, and would not function to its highest capacity with its use.

The advertising of the great tobacco companies shows what suckers "we mortals be." It is said that there is "not a cough in a carload" of Old Golds. If cigarettes did not cause coughs, there would be no point to the advertisement, and Old Golds are no exception despite the assertion to the contrary.

"Poison puffs" subtract from the smoker's capacity to do his job efficiently, whether it be mental or physical. They subtract from the smoker's ability to enjoy his food and to get the greatest enjoyment out of life. They "cut-the-wind" and shorten life. And it is a pretty well established fact that they cause or pre-dispose to cancer of the lungs.

God, who is the great Manufacturer and Blender of gases, has made

We cannot condemn this fellow too severely for his "cigarette" habit, but what of man who knows better and is yet taken in by this harmful custom?



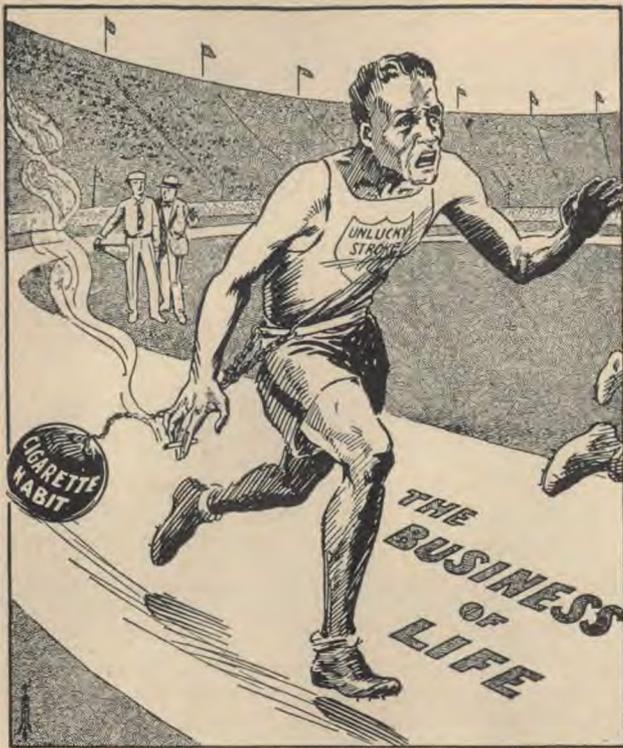
H. M. LAMBERT

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REVIEW AND HERALD

that gas (air), which is best suited for the human body. It does not need the addition of tobacco smoke, laden with twenty-or-so poisons. Anything added to it, or anything taken from it, is certain to be detrimental to the human machine. In other words, fresh air is not improved by cigarette smoke any more than pure water is improved by alcohol.

Currently cigarette manufacturers are trying to pollute our children with their deadly product. Parents know this and here is a letter one mother wrote to a doctor appealing for help:

"He was a bright healthy boy full of life and ambition, but he is now a wreck. I have had him at a medical institution for treatment but on his return he went at it again. It has destroyed his body and weakened his will power. Now, doctor, is there anything I can do more than I am doing? I feel it will kill me to see my only boy destroyed by this stuff. Could there not be something done that would cause our government to enact a law which would forbid the raising and making and selling of the stuff? I do not see how our Government can let this destroying evil continue. Do you think a change of climate would help him any? Do they smoke so heavy in the eastern states? He wants to quit but does not seem to have the will power to do it. I have been thinking of taking him to Colorado or Montana. I shall appreciate any advice you can give me."

Hundreds and thousands of people, slaves to cigarettes, would gladly be-

Those who aspire to success in the "business of living" find that cigarettes cut, not only the breath, but the power of the intellect as well.



REVIEW AND HERALD

come again the masters of their own lives, but they cannot. They are shackled. They are in bondage. They are slaves of the "weed." They are the victims of a deadly habit-forming drug. Some say, "I wish I could quit cigarettes." Others say, "I can quit if I want to." But—and that word "but" is the catch in the whole deal—they never seem to want to. Some try and succeed in leaving the "poison puffs" alone for

a few days or even for a few weeks, but revert to them.

That sounds like a pretty hopeless situation, but it isn't impossible. You can beat those "poison fags," but it takes will power, it takes backbone, determination and perseverance. You can't "taper off." If you try that you are beat before you start. You must part company with your enemy at once, and once and for all. Here is Dr. D. H. Kress' prescription. It will help you.

"The first step in giving up the cigarette is to give it up. Many fail because they never really reach this point.

"Keep away from smokers and a tobacco-smoke-laden atmosphere as far as possible for about three weeks. After each meal, for one week, rinse out the mouth with a three-fourths of one per cent solution of silver nitrate. This creates a distaste for tobacco smoke, and will relieve throat irritation. Do not swallow any.

"Purchase five cents' worth of gentian root (or camomile blossoms) and chew it during the day when the desire to smoke appears, or take some nutritive drink like orange juice or buttermilk.

"To assist in eliminating the poison, take a dose composed of half a teaspoonful each of rochelle salts and cream of tartar each morning before breakfast for one week. If possible take a sweat bath of some kind twice during the first two weeks. Drink water, orange juice or grapefruit juice freely.

"Keep out in the open air as much as possible. Keep the mind occupied.

"The greatest aid will be in found in a change of dietetic habits. Smokers are fond of highly seasoned foods and stimulating drinks. It is necessary to give up the use of pepper, mustard, the free use of salt and coffee and tea, and also the free use of meats.

The following diet will be found of the greatest aid. If followed carefully, the discovery will be made by the end of the first week that the craving has materially lessened; and by the end of the third week it is not unusual to find that the craving has almost entirely disappeared. With this assurance held out, the effort is certainly worth a trial.

For a period of two or three weeks make use of cereal foods, as shredded wheat biscuits, bran flakes, Krumbles, puffed wheat, whole-wheat bread, rye or graham bread et cetera with milk and cream, buttermilk, cottage cheese, nuts (well masticated). At the close of the meal use fresh sub-acid fruits, as oranges, peaches, pears, pineapples, grapefruit. Highly seasoned foods and stimulating drinks should be avoided."

Go ahead, get started. Nothing risked, nothing gained. This writer is praying for your success.

THE CHALLENGE OF A

NEW ERA

By
Russel H. Argent

NO ONE who witnessed the stirring events which took place in London during the coronation can doubt that a new era has begun for Britain and the Commonwealth. The scenes of solemn splendour at Westminster, with all their rich connotations for the British family of nations reminded me of the greatness of our heritage. Looking across the centuries, from this transitional point, at the perils which have been surmounted and the progress which has been made, we can say in sincerity, "Hitherto hath the Lord helped us."

Yet today there is need of a reaffirmation of faith in the principles of the Word of God which has been the bulwark of our national life in sunshine and shadow. Queen Elizabeth's moving call for a return to those qualities of service and duty, which for so long have been enshrined in the British Crown, yet which are all too infrequently stressed in these modern days, have found a response in the hearts of her peoples in all parts of the world. It may well be the historic mission of Her Majesty to lead the nations of the Commonwealth back to the firm Biblical foundation which was the conviction and hope of our ancestors. In the words of Scripture spoken to another Queen of long ago, "Who knoweth whether thou art come to the kingdom for such a time as this?" Esther 4:14.

There are many who believe that the next chapter in the history of the Commonwealth and Empire will be the most glorious in a long and notable record. Whether or not this will prove true time alone can tell, but that in the new Elizabethan age Canada will play a leading role is assured, and that she will meet the challenge of the new day with courage and foresight none who are acquainted with her past can question.

Much has occurred to change the world since that memorable day in 1558 when the first great Elizabeth rode into London. Mighty upheavals have swept many old and famous states to destruction. Gone forever are the leisurely days when stately Elizabethan galleons took their course across the ocean. The sound of the wind in their rigging has been displaced by the roar of jet-propelled aircraft. While the first Elizabeth rode into London on horseback the second Elizabeth flies by Comet to visit her subjects in the remotest parts of the



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earth. What indeed is the limit to man's achievement!

Tremendous are the opportunities of these fabulous days! For centuries in the past the currents of life moved sluggishly. Work was done in a prescribed way much as it had been done in ancient times. Men ploughed their fields and irrigated their crops with the same tools and methods of Egypt and Babylonia. Modes of travel were little different from the days of Rome.

But something happened, something radical and revolutionary. The world shook itself from the sleep of ages and advanced to change the order of things. Time reserved its greatest wonders for our day. As the pace of life has been accelerated so the globe has shrunk. Faster and faster turn the wheels of progress. Changes so great and of such rapidity have taken place that we can scarcely keep pace with them.

Dare we look into the future and speculate on what new wonders this age of wonders will bring? Already time and space are largely conquered. No longer is man bound by land and sea. Beyond the threshold of interstellar space new frontiers beckon to challenge the imagination.

The words of Jesus, "Blessed are the eyes which see the things that ye see: for . . . many prophets and kings have desired to see those things which ye see, and have not seen them." Luke 10:23, 24. These verses seem pregnant with meaning for these days.

To students of the Bible these are times of absorbing interest. Not only can we expect the new Elizabethan age to be a great chapter in the story of Canada and the Commonwealth but according to the revelation of the Word of God it will be the final chapter in which God Himself will write "finis" across the pages of world history.

The prophet Daniel revealed that at "the time of the end," or in those days immediately preceding the second advent of Jesus significant events would occur which would indicate to His followers that His coming was near. Among these it was foretold, "Many shall run to and fro and knowledge shall be increased." Daniel 12:4. This amazing prophecy predicts the upsurge of activity through which we are living today, activity which will reach its climax in the end of the age when the vision of John the Revelator will be fulfilled, "Behold, He cometh with clouds; and every eye shall see Him." Revelation 1:7.

The new Elizabethan age will bring this day of destiny. When through the realms of illimitable space the Monarch of the universe will ride forth for His people and the sun and stars will pale in His glory. "For yet a little while," said the apostle Paul "and He that shall come will come, and will not tarry." Hebrews 10:37. Just a little while! Blessed words of assurance! Only a little while before the wonders of heaven's new era make earth's most golden age seem but a pale shadow in its light.

"Be ye also ready," is the warning, "for in such an hour as ye think not the Son of man cometh." Matthew 24:44. Soon His kingdom will come. Soon His subjects will be gathered home. Let us pray that we may be worthy to greet Him and share in the final movements of these majestic times.



BIBLE ANSWERS



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

Where is the proof that any man ever kept the seventh day, except by special commandment, prior to the proclamation of the Ten Commandments at Mount Sinai?

The answer to that is found in Exodus 16. The law of God was delivered orally by the Most High at Mount Sinai as is recorded in Exodus 20, but about a month before reaching Sinai the Israelites had the experience of the sixteenth chapter.

God had given the children of Israel manna, but some of them wanted to gather too much on one day or too little, and some wanted to gather it on the Sabbath. God said to Moses: "Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in My law, or no." Verse 4.

You will notice that God is proving the Israelites. He wants to see if they will obey Him, if they will keep His commandments, if they will walk in His law, or no, and particularly if they will keep that certain part of His Ten Commandment law, the fourth (the Sabbath) commandment.

Moses instructed the people: "Eat that to day; for to day is a Sabbath unto the Lord: to day ye shall not find it in the field. Six days ye shall gather it; but on the seventh day, which is the Sabbath, in it there shall be none." Verses 25, 26.

But some of the people then, as now, were unbelieving, rebellious and stubborn. They did not believe that God meant what He said. They thought they would find the ground littered with manna on the Sabbath as on a week day, but they did not. They found none. They did, however, exhibit their unbelief by disregarding God's command. And more than that: They gained, instead of manna, God's righteous wrath.

God's command was plain. Why did they go into the fields? Why were they rebellious? Why were they unbelieving? Why did they disregard the plain "thus saith the Lord"? The Israelites of old and the Christians of today have a great deal in common. The men of pre-

Mount Sinai times wanted their own way, and present-day Christians are equally as self-willed. They want their own way in keeping Sunday as the Sabbath, although God has never commanded it. They disregard God's Sabbath command to keep the seventh day holy as verily as did those who went out to gather manna.

Please explain 2 Kings 5:18. Is the Naaman of this verse the same officer of 2 Kings 7:17 upon whom the king leaned?

Naaman, after he had been healed of his leprosy, looked forward to returning to his own country, and to the problems that would arise in connection with his worship there. Naaman had now learned that there was but one true God, the God of Israel, and it was his purpose to worship Him. But he lived in a heathen country and served a heathen king. Often the king went into the house of Rimmon, and when he did he generally leaned upon the arm of an officer. Sometimes Naaman was that officer. For Naaman to refuse to do this might cost him his life, certainly his position.

It appears from his words to Elisha that he was not at the time prepared to sacrifice either. However it is clear that his conscience was troubled about this thing and he hoped that the God of Elisha would not hold it against him.

It was the custom in ancient times for a king to lean on the arm of an officer, and this was the custom, not only in Syria, but also in Israel. In 2 Kings 7:17 we do not have the same man. Here, it is the King of Israel and not the King of Syria who is leaning upon the arm of an officer. Therefore, this could not be Naaman.

The Bible says, "Six days shalt thou labour, and do all thy work." What about people who do not work seven hours for a day?

The commandment specifies the working of six days, but it says nothing about the length of the working day.

Who mentioned the white of an egg in the Bible?

Job asks, "Is there any taste in the white of an egg?" Job 6:6.

My question is about 1 Peter 3:19 which says that "He (Jesus) went and preached unto the spirits in prison." Who are these spirits and where is the prison house?

If you will look at the verse you will see that the pronoun "He" refers to Christ in verse 18. The word "which" refers to the Spirit; that is, Christ made alive in the Spirit. Now who were the "spirits"? The answer is, they are the souls shut up in the prison house of sin who have no power to save themselves, and it was for this purpose that Christ came into the world. This may be seen by comparing Galatians 3:22 and Isaiah 61:1.

What was it that put them in prison? The answer is, "sin." (1 Peter 3:20.) When did Christ preach to these? The answer is, when the longsuffering of God waited in the days of Noah while the ark was preparing.

Through whom did He preach by His Spirit? The answer is Noah, a preacher of righteousness by faith. (2 Peter 2:5; Hebrews 11:7.)

What was the result of Noah's preaching? The result was that eight souls were saved. And also by that same preaching the world was condemned. That is, those who did not believe were condemned. (Hebrews 11:7.)

Please explain Matthew 6:33, which says: Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you."

The human tendency is to put worldly things before heavenly things. But this is contrary to God's advice to His people. God would have men put a correct evaluation upon things earthly and things eternal.

Diamonds are valuable because they are rare and virtually indestructible. We might say that heaven is valuable for the same reason. Not all will get there. It will be the abode of a select group—the obedient, the generous, the kind, the faithful. The redeemed will be the jewels of the earth, as it were.

Heaven is valuable because it is lasting. It will not pass away. It will endure forever, and its inhabitants do not grow old and die. As long as time shall last the saved of this earth will enjoy the good things which God has prepared for those who love Him.

Heaven is more valuable than the worldly wealth, fame and honour that men seek for: therefore God advises the putting of first things first. Let that which is worth the most be sought for to the exclusion of all other things.

Where Has the Church Failed

A SIGNIFICANT SIGN OF THE TIMES

IN THESE days of peril and anxiety many are asking, Where is the church? What is it doing? Has it no answer for these troubled times?

In an editorial in the *Saturday Review*, February 28, 1953, under the title "Has The Church Failed?" Norman Cousins says:

"Never before have there been so many churches and so many Christians; never before has the institution of man been in greater jeopardy, Christianity has not truly involved itself in the human situation. It has become strangely adjacent to the crisis of man, seemingly content with trying to create a moral and spiritual atmosphere instead of becoming a towering and indeed dominant force in the shaping of a world congenial to man."

Mr. Cousins feels the church has failed because it has not become a "dominant force in the shaping of a world congenial to man." The church has failed not because of this, but because too many churchmen have held this view. The idea is prevalent that the church is God's agent to create a new world and set up the visual kingdom of God on earth. This is the so-called social gospel which has been promoted by the Modernist Branch of the Christian church for a half century. During these years large numbers of churchmen have been more concerned with remaking the world than in carrying out the Lord's commission to preach the gospel of salvation from sin. The church was never commissioned to create a new world, but to turn men to righteousness in preparation for the new world that God is to make. This world is to be destroyed and all the patchwork that is being proposed by "social gospelers" will be to no avail.

Christ met just such a situation in His day. The Jews of that time thought the Messiah was coming to release them from the Romans and to make the Jewish nation a visual kingdom of righteousness on earth. Even the disciples for a time were tainted with this doctrine. At the very last, just before Jesus ascended to heaven, they asked Him,

"Wilt thou at this time restore again the kingdom to Israel?" Acts 1:6.

Then Jesus outlined the work of the church:

"It is not for you to know the times or the seasons, which the Father hath put in His own power. But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto Me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth." Acts 1:7, 8.

This last word of Christ corresponds to the great commission which is recorded in Matthew 28:19 and 20:

"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you; and, lo, I am with you always, even unto the end of the world."

The church is to go forth as a witness to the power of God to change sinners to saints through Christ Jesus. The remaking of a new world is to be left to God Himself. This shall take place after the general destruction of this world as is stated in the second epistle of Peter:

"The day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up. . . Nevertheless we, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness." 2 Peter 3:10, 13.

John the Revelator heard God saying, "Beho'd, I make all things new." Revelation 21:5. It is God that is going to do this and not the church.

The church, to be sure, must live out the works of Christ in this world, seek to do all it can to relieve suffering, and help correct the wrongs in

society as Christ did. It should teach right principles that, if lived out in the lives of all Christians, would tend to eliminate poverty, privation and want. But, the church is not to be turned into a political party for the reformation of society and the creating of a new world. Its chief aim is to make Christians.

Too many churchmen have been caught in the Utopian scheme of a social gospel, which is merely an offshoot of the false theory of evolution and inevitable progress. Large segments of the Christian church have shifted their interests and emphasis from the eternal world to this transient world. In doing so they are going contrary to the plain teachings of the Word of God.

It is this liberal wing of the Christian church which in many ways has departed from the faith once delivered to the saints. Those who speak much of the social gospel deny the inspiration of the Bible and its literal interpretation. They do not believe in the virgin birth, the divinity of Christ, the atonement, the authenticity of miracles, the personal return of Jesus and the last judgment, besides other fundamental teachings of the Word of God.

For many years large numbers of church leaders have been looking to science as the messiah which will come and save the world. Science, they consider, may be the handmaiden of the church for the renovation of life on this planet and the fulfilment of all the material promises of God.

In spite of the futility that man displays in his efforts to save himself, the liberal wing of the church is not willing to accept the idea that life on this planet will some day cease. They do not believe that Christ the Lord will come personally to do for man what he cannot do for himself. The proposal to discuss the theme of the second advent of Christ at the general assembly of the World Council of Churches to be held next year has precipitated much discussion.

This subject has been heatedly reviewed in a prominent Christian jour-

By
Frederick Lee



EWING GALLOWAY, N.Y.

nal in the United States. In this series of articles and in the letters of response which appeared in the journal, the second coming of Christ was called

"pie in the sky," "theological mumbo jumbo," "the gospel of despair," "a crisis theology," "an escape mechanism," "the helpless theology," "doctrinal nonsense shocking to the world," "a ridiculous theme." The people who believe in the personal return of Christ were referred to as "futilitarians."

This reveals the length to which the Christian apostasy has gone and underscores a great sign of the times in which we live. Long ago the Scriptures foretold that such an outlook would prevail in the church in the last days. The apostle Peter wrote of this in these words:

"Knowing this first, that there shall come in the *last days scoffers*, walking after their own lusts, and saying, *Where is the promise of His coming?* for since the fathers fell asleep, *all things continue* as they were from the beginning of the creation. For this they *willingly are ignorant* of, that by the word of God the heavens were of old, and the earth standing out of the water and in the water: Whereby the world that then was, being overflowed with water, perished: But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men." 2 Peter 3:3-7.

Here we read of Christian people scoffing at Christ's promise to come again. They declare that there never can be an end to life on this earth. "All things continue," are the words used. This is the basis of the godless evolutionary theory which denies the last judgment and the fall of man. Today this idea is called "the continuity of life."

Paul spoke of that day when the church would deny the great truths of the Bible. In writing to Timothy he said:

"The time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and shall be turned unto fables." 2 Timothy 4:3, 4.

As a result of this teaching on the part of church leaders a large segment of Christian people have centred their thoughts almost wholly upon this material world. They have lost the sense of impending judgment and have no thought whatever of the personal return of the Lord Jesus Christ. What is the result of this kind of teaching in the churches? Paul pictures it in these words:

"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." 2 Timothy 3:1-4.

Who are these people which the apostle describes? Here is what he says of them, "Having the form of godliness, but denying the power thereof: from such turn away." Verse 5.

Here we have a picture of the moral decline of what we call Christendom. This is not referring to the large number of honest Christians throughout the world who are trying to live up to the full teaching of the Word of God, but it does refer to the vast numbers in the popular churches who merely take the name of Christ upon their lips, but do not live in accordance with His teachings.

Where has the church failed? Here is what a prominent churchman who is chaplain for the United States Senate says about it:

"Across the last half century or so there has been an insidious temptation, in our questing and scientific age, to throw overboard any items of faith which cannot be vindicated in a test tube, to refuse to believe what cannot be seen. There has been a disposition to give up this or that supposedly incredible or obsolete doctrine.

"Our age is bewildered and frightened, not because the tempest is high but because its faith is low."

Yes, the church has failed largely in its mission because it has led so many away from the saving truths of God's Holy Book. It has failed because it has spent too much time on transient things and too little time on those things which concern the salvation of men from sin.

However, God's purpose will be accomplished through the church. He will not permit apostasy to stop His work though it has been hindered. There will be a faithful remnant in the church which will declare the whole truth of God in these last days. The reformation begun many years ago will finally be completed, and God will have a people ready and waiting for Him when He comes.

John the Revelator saw this people standing before the throne of God after they had gotten the victory over all earthly trials and temptations. (Revelation 14:1; 15:1-4.) Of them he said, "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Revelation 14:12.

CHRIST'S PROPHECY and ATOMIC WAR

of military service suffered by the members of the armed forces of all warring nations.

This is super-fantastic, but what of the future?

The question may well be asked: Is there another war in the making, and how will it compare with the two pre-

By
C. A. Edwards

THE CROWNING act in the plan of salvation is the return of our Lord for those who have accepted Him. As far as the Bible record reveals, the Saviour only once wore a crown while upon this earth—and that a crown of thorns. When He returns, He will again wear a crown according to Revelation 14:14 which says: "I looked, and behold a white cloud, and upon the cloud, one sat like unto the Son of man, having on His head a golden crown, and in His hand a sharp sickle." The despised Galilean returns a mighty conqueror in glory.

This event involves the destiny of souls—the souls of all human beings who have lived upon this earth since creation. It is not only referred to in one out of every twenty-eight verses in the Bible, but Jesus called attention to a number of signs that would precede and herald His coming. These signs are outlined in the twenty-fourth chapter of Matthew and elsewhere in the Bible. We will concern ourselves in this article with but one of the many signs given by the Son of God.

As Jesus sat on the Mount of Olives with His disciples they asked Him a leading question: "Tell us," they said, "when shall these things (the end of the world) be?" In reply He said: "Ye shall hear of wars and rumours of wars: . . . For nation shall rise against nation, and kingdom against kingdom." Verses 6, 7.

The origin of war is revealed in Revelation 12:7-9: "And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him."

Significantly our generation has experienced the two most destructive wars in history. In World War I there were thirty-three nations involved. The number killed and others who died as a direct result of the war totalled about

eight and one-half million. More than twenty-one million were wounded, and nearly eight million became missing or were taken prisoners. Fifty-seven per cent of those mobilized became casualties. The aggregate war cost of all the belligerents amounted to 186 billion dollars.

This is fantastic, but what of World War II?

World War II brought seventy-three—not thirty-three—nations into this titanic struggle. The millions of dead, wounded, prisoners and missing testify to the desperation of the conflict. The financial cost, exceeding one trillion dollars, staggers imagination and calculation. Also, we must not forget these additional costs: The suffering and sorrow of broken homes and orphaned children; the years of imprisonment and privation undergone by millions of war prisoners and those in concentration camps; the hardships borne by civilian peoples because of curtailed production of everyday necessities, and the rigours

ceding ones? The answer is found in the present-day unparalleled preparations for atomic war which will make previous conflicts seem like neighbourhood brawls.

The poetic lines, "East is east and West is west, And never the twain shall meet," do not represent the truth since according to the Bible prophecy, East and West will meet in the last great conflict of Armageddon. That conditions in our world are shaping up for this, the last awful war, is evident to the thoughtful student and observer.

On August 6, 1945, the first atomic bomb was dropped on the city of Hiroshima, Japan. This bomb which had more power than 20,000 tons of TNT, according to Harry S. Truman, then President of the United States, killed and critically injured more than half of the city's 300,000 peoples and leveled most of its buildings. A prominent man who later viewed the scene said, "I stood where the end of the world began." This bomb was followed by another, dropped on the Japanese city of Nagasaki, which resulted in the immediate and unconditional surrender of the enemy.

Those who know say that the present United States' stockpile of more than 1000 atomic bombs is composed of bombs far more destructive than the two dropped in 1945.

Far more destructive than this weapon, however, is the hydrogen bomb which is now being planned for. Construction of a one and a quarter billion dollar plant for the manufacture of this awful instrument of death has already begun. In the opinion of leading United States atomic scientists, one of these bombs could destroy nearly every building in New York City, and kill most of the population. If enough of them were exploded, a gas, called Carbon 14, which remains in the air indefinitely, could possibly sterilize the entire population of the world.

But is this the end of these awful destructive weapons?

Unfortunately it is not. After this we have now the "rigged" bomb or the



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"dust" bomb. The dust bomb differs from the hydrogen bomb in that it does not depend upon its destructive force to destroy, but rather upon radio-activity. It is said that a one ton dust bomb is capable of releasing radio-activity equal to 5,000,000 pounds of radium. All that would be needed to wipe out North America is a favourable prevailing wind.

But that is not all

Now a process called 'breeding' has been discovered. This will make, when the process has been perfected, for cheap atomic power, and an abundant supply of atom, hydrogen and dust bombs.

Plans are now being laid for atom-powered aircraft, able to circle the globe without refueling and at high speed; pilotless aircraft with atomic warheads, which can be fired at enemy targets hundreds of miles distant; atomic missile ships to provide mobile bases from which to send forth guided missiles travelling at supersonic speed, able to deliver atomic destruction with virtually no danger of being intercepted before reaching the enemy target; atom-powered submarines; atomic torpedoes; and atomic mines, to mention but a few of the horrible atomic weapons yet to be put into use.

To transport jets, big A-bombers and other weapons, a new super-carrier is being planned for 1955, at a cost of 228 million dollars. It will be 1,040 feet long with a 59,900 tons displacement, and 26,000 horsepower steam turbines. The crewmen will number 3,500.

When we consider the potential world-wide destruction of an atomic war, we are compelled to agree with President, Dwight D. Eisenhower, when he said: "The desolation of the next war would be, in my opinion, so great that the only thing worse for the free world than winning a war would be losing it."

Loss and fear are handmaidens of war. Everybody loses in war. Many lose

possessions. It is estimated that in the city of Pusan, Korea, there are 600,000 refugees who have lost their homes and possessions. War causes the loss of loved ones, and often the finer and nobler instincts implanted in the soul.

As for fear, our present world is full of it. A shadow of fear is cast over the future in the possibility of unprincipled individuals revealing atomic secrets to the enemy, as has already been done in a number of cases. In this sordid picture, selfishness again plays the dominant part. The recently retired General, George C. Kenney said, "We are sliding downhill toward war. When the bottom will be reached, I don't know."

The Saviour's return to this earth is heralded by wars of unprecedented scope and intensity. It is the very antithesis of Satan and his programme of selfishness, which has led and continues to lead to war. He withstood the temptation of His arch opponent in the wilderness, when the enemy appealed to the desire for bread, protection, fame, and wealth. He was born in a borrowed stable; slept in a borrowed manger;

made His earthly abode in borrowed quarters; entered Jerusalem on a borrowed ass; celebrated the Passover in a borrowed room; was crucified on a borrowed cross; and was buried in a borrowed tomb. Of this incomparable Christ, Forman Lincicome has written:

"In infancy, He startled a king; in boyhood, He puzzled the doctors; in manhood, He walked upon the billows and hushed the sea to sleep. He healed the multitudes without medicine and made no charge for His services. He never wrote a book, yet not all the libraries of the country could hold the books that could be written about Him. He never wrote a song, yet He has furnished the theme of more songs than all song writers combined. He never founded a college, yet all the schools together cannot boast of as many students as He has. Great men have come and gone, yet He lives on. Death could not destroy Him, the grave could not hold Him." Yes, His programme of unselfish love will triumph.

There is no fear in the programme of the Christian, the follower of this humble Nazarene. How comforting His words, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." Luke 12:32. In that kingdom, "He maketh wars to cease unto the end of the earth," Psalm 46:9, and "neither shall they learn war any more." Micah 4:3. War will be absent there because the spirit of self-seeking will be absent. May the Prince of Peace conquer that spirit in our lives here and now, in order that we may become citizens in that Home of the Saved, where "the earth shall be filled with the knowledge of the glory of the Lord, as the waters cover the sea!" Habakkuk 2:14.

The Suez and Egypt are among the troubled spots of earth. British-Egyptian strife over the canal could easily be the thing that would inflame the Near East and incite the world-end war—Armageddon.



BRITISH WAR OFFICE PHOTO

New Lessons from Old Practices

By
W. H. Roberts, M.D.

KNOW YE not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 3:16.

Paul in writing to the Greeks was thinking of the Greek conception of their deities. They lived on top of a mountain (Mount Olympus), and there feasted and generally had a good time. Once in a while they would visit the poor humans in the valleys and cause trouble. What was right for their deities was good enough for the Greeks. Now Paul brings to them a more pure and lofty ideal. No longer are they to serve Zeus, Appolo, Jove, Bacchus, and all the others, but Jesus Christ, King of kings and Lord of lords.

There had been a day when life in Greece was more simple and pure. Greece was now but a Roman Province. It once had been a great empire. In the south of Greece, the Spartans had been the most simple of all in their living habits, and also the best soldiers. A handful of them with a small allied force held up a great Persian army at the pass of Thermopylae. The Persians (the armies of Xerxes the Great, husband of Queen Esther) had feasted for many days before beginning their campaign, but they soon learned the value of self-control and iron discipline. The regular Greek army had not assisted the Spartans because of its preoccupation with the Olympic games.

As an honoured memory of bygone greatness the Greeks celebrated their Olympic games annually as alluded to in 1 Corinthians 9:24-27: "Know ye

not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; we an incorruptible."

These periodic games were to the Greeks a passion rather than an amusement. They were in fact somewhat of a religious exercise. It is fitting that the apostle Paul should often use language drawn from these celebrations when he wrote of the heavenly reward. In describing the struggle of the spirit with the flesh he referred to the violent contests of the boxers in 1 Corinthians 9:26: "So fight I, not as one that beateth the air." Speaking of the perils he encountered at Ephesus he spoke as one who had fought as a gladiator with wild beasts (a sport introduced by the Romans). The most ancient and most honourable of the purely Greek athletic contests was the foot race. Paul vividly brings the whole scene of the stadium before us. He tells of the "herald" who summons the contending runners. He speaks of the "course" and "judges" seated near the goal. He draws a lesson from the "prize" itself, a chaplet of fading leaves. He contrasts this with the unfading glory with which the faithful Christian will be crowned. He holds up the joy and exultation of the victor. He applies all this to his own case when he speaks of his converts as being his joy and crown.

Paul urges his converts to strive for the heavenly prize with strenuous, unswerving zeal, "I therefore so run, not as uncertainly." 1 Corinthians 9:26. "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Philippians 3:13, 14. The runner disregards life itself. Said Paul: "But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy." Acts 20:24.

A well-known writer has this to say of Paul's life and example: "Who can measure the results to the world of Paul's life-work? Of all those beneficent influences that alleviate suffering, that comfort sorrow, that restrain evil, that uplift life from the selfish and the sensual, and glorify it with the hope of immortality, how much is due to the labours of Paul and his fellow-workers, as with the gospel of the Son of God they made their unnoticed journey from Asia to the shores of Europe?"—*Education*, p. 70, by E. G. White.

In Paul's day the Jews were very particular about what they brought into

the temple. Even foreign coins were prohibited. The silver coin which Peter brought to Jesus bore the image of the emperor and the superscription was in latin. Such coins would, according to the Jews, profane the temple treasury, so they must be changed into shekels by the money-changers.

To the Jew the morning and evening sacrifices were an intimate part of his life. This should be to us a lesson in the habit of prayer and in the wisdom of regularity. Regular hours of rest are important, also freedom from worry, anxiety and discontent. It may seem strange that regularity in eating is so important. Not a morsel of solid food should pass our lips between meals. There is a reason for this. Our body is a very intricate machine. Let us contrast it with one of the lowest forms of life. In a streptococcal germ, there are chemicals that it would take several large factories to manufacture. Eating between meals is a great waste of bodily energy. An example of the intricacy of the body machine is found in the digestive processes.

Protein foods are an important part of our diet. They are assimilated and enter the body structure to prevent the effects of wear. Legumes and nuts are high in protein; whole-wheat bread and cereals contain lesser amounts. It is customary to supplement these sources by including in the diet milk and eggs. The various proteins are composed of amino acids in widely differing proportions. Amino acid molecules become linked together in a characteristic way (Peptide linkage), into long chains. In digestion these linkages are broken down in an orderly way, two carbon atoms at a time, through the progressive

Work, proper recreation, a healthful diet, a cheerful attitude and a firm reliance upon God make for both physical and spiritual health.



H. ARMSTRONG ROBERTS

Signs of The TIMES

action of the hydrochloric acid of the stomach, and the intestinal and pancreatic enzymes.

If we eat too great a variety of foods at one meal, or if we eat when overtired and emotionally disturbed, digestion may be incomplete which results in toxic reactions. The least harmful effect one might suffer would be a case of hives. It is quite obvious that proteins derived from vegetable sources, being of simpler design are easiest to digest. They contain none of the waste products of animal metabolism, and are free from disease and conform to man's original diet. They are better suited for human food than protein derived from the flesh of dead animals.

Fats are essential in the diet as a source of heat energy, and to slow down the digestive processes that blood sugar may be kept at a fairly uniform level. In experimental animals it has been found that fats are deposited in the tissues much as they are taken in. In other words pork fat which is rather oily and liquid is deposited as such; sheep fat which is rather hard is deposited as such. To this extent at least "as a man eats so is he."

When it comes to carbohydrates we are immediately confronted by cane sugar (sucrose) which is foreign to the body. It ruins the teeth, burns the stomach, and irritates the nerves. Cane sugar is a complex made up of two simple sugars, glucose and fructose. The latter corresponds to sugar as it naturally occurs in fruit. Cane sugar can be changed to these simpler forms by boiling with dilute acid. Some people put this knowledge to practical use when they make punch. They first boil their sugar with lemon juice before adding the other fruit juices. We all know that cane sugar taken to excess as in candy and similar articles is harmful, but what do we do about it?

Perhaps the best answer is found in the book, *Education*: "Though the facts of physiology are now so generally understood, there is an alarming indifference in regard to the principles of health. . . . The youth, in the freshness and vigour of life, little realize the value of their abounding energy. A treasure more precious than gold, more essential to advancement than learning or rank or riches,—how lightly it is held! how rashly squandered!" Page 195.

From the same book we read, "In Him (Jesus) was found the perfect ideal. To reveal this ideal as the only true standard for attainment; to show what every human being might become; what, through the indwelling of humanity by divinity, all who received Him would become,—for this, Christ came to the world. He came to show

how men are to be trained as befits the sons of God; how on earth they are to

practise the principles and to live the life of heaven." Pages 73, 74.



PRACTICE IN BEING NEEDED

WHAT a pretty picture Jane Varnum and Louise present in their mother-daughter dresses!"

I was speaking to my friend, Martha Shelton, as we sat in my office at the library, where we had been making out a list of books for the crippled children's ward of the city hospital. Through the glass door we could see the children's reading room and the pretty mother and daughter looking over some books.

"Yes," my friend agreed, "they do look nice together, but I fear that in giving Louise such constant attention Jane is making the mistake that I made with my daughter, Helen. The time may come when neither mother nor daughter will have any life of their own."

"But you have a life of loving service," I protested.

"Thank you, Lucia," Martha Shelton's eyes misted as she added, "My days are too full for loneliness now, but there was once a time when I followed a very lonely road."

Briefly my friend sketched her earliest years. "During Helen's childhood," she told me, "our family life proceeded along a normal pattern. I shared my husband's interests as well as those of my daughter, and I had pleasant contacts of my own. Then came the day my husband was drowned while trying to save the life of a comrade; they were on a fishing trip and their boat had overturned. After that tragic loss I found comfort in the fact that I still had my daughter. I dropped everything else and centred my attention on Helen.

"Normal companionship between mothers and daughters is, of course, desirable," she commented, "but my attachment to Helen became too excluding. While she was in high school and college I lived only to clothe her and to follow her progress with joy and pride. We shared a love of music, and the college we chose was one that could provide her with a good musical education. It did not occur to me that she might become proficient enough for concert work or that she might wish to marry. I looked ahead only to the time

when she could come home to stay.

"In her senior year my dream was shattered when she brought with her as a holiday guest the man who was to become her husband, a fine young organist, who was doing graduate work at the college. I shall always be glad that my love for my daughter was strong enough to impel me to hide from both of them my despair at the time of their marriage and departure to a distant home.

"After that," Martha continued, "I was utterly benumbed. One monotonous day followed another in my big, empty house, and I dreaded the coming of each new morning. The event that roused me from my selfish stupor was a visit to the crippled children in the city hospital, where I now spend so much time. A friend who had been making regular visits to the children became ill and asked me to take her place. Automatically I refused, but my friend pleaded so urgently that I finally agreed to go.

"Crippled children come to Barnard for treatment from all over the state," she explained. "Many of their mothers are far away. Some of them have no mothers. That day of my first visit there was something in the need of those gallant youngsters that tore away the hard sheath of self-pity from my heart. I soon found myself going to visit them more and more often, as I came to understand that in addition to their genuine pleasure there was therapeutic value in such mothering as I could give them.

"Later I learned, too, that many other places in the world are in the same need of a mother's kindly interest. I wished I had not spent so much time in giving Helen more attention than was good for her, while other little children were starved for lack of such care and guidance.

"Now I am convinced," Martha concluded, "that all mothers should have a little practice in being needed outside of their own homes, both for the benefit of themselves and for all who need their love. The world will always need mothers."—Lucia Mallory, in *National Kindergarten Association*.



The DOCTOR'S VOICE



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A New Term

What is superficial nodular vasculitis and how can it be arrested?

Superficial nodular vasculitis is a new term as far as I am concerned. It would seem to indicate inflammation of the arteries and/or veins. Inflammation of the veins (phlebitis) is treated by the application of elastic bandages from the foot to the knee, or even better the wearing of an elastic stocking. Exercise is restricted but not entirely avoided during the acute stage.

Inflammation of both the arteries and veins is usually due to heavy smoking in susceptible persons. Smoking must be eliminated entirely in order to prevent progression of the disease.

Elderly people are often greatly benefited by taking the so-called Buerger's exercises. An ordinary kitchen chair is turned upside down on top of the bed. The patient then reclines with legs elevated on the back of the chair for two minutes. He then sits on the edge of the bed with the feet dangling, and exercises his feet for three minutes. This should be done three or four times daily. In serious cases with threatened gangrene the exercises may be done even more frequently.

Food Fermentation

I am troubled with food fermentation in spite of taking hydrochloric acid with meals, and grape fruit for breakfast. What would you advise concerning diet?

Food fermentation is prevented in a number of ways: The breakfast and the noon meals should be the principal meals of the day as the stomach

is more rested early in the day. There should be five or six hours between meals. Fluids should be used sparingly at meal times but taken freely between meals. Fruit and coarse vegetables should not be taken at the same meal, particularly if the digestive organs are weak. There should not be too many varieties of food at one meal. Food should not be fried. If one is overtired or emotionally disturbed the meal should be deferred or omitted if it is in the evening.

Vaccination

Is it wrong to be vaccinated or have inoculations against such diseases as scarlet and typhoid fevers?

We feel that vaccinations and inoculations against communicable diseases are quite in order because they definitely offer protection against diseases that can be fatal to young children or that can lead to complications resulting in life-long illness. This seems to be reasonable enough. We do not feel that there is any moral issue involved.

Whole-Grain Cereals

Would you please explain what you mean by whole-grain cereals? Is that oatmeal, cream of wheat, or Red River cereal? What nuts should I eat? What do you mean by legumes? What do you mean by vitamin concentrates? If I eat many nuts and cereals I get too fat. I have to watch my diet because I had a stroke in 1950. I am 53 years of age and am only five feet tall. My hearing got bad when I was in my forties.

By whole-grain cereals we mean entire wheat bread in par-

ticular, also shredded wheat and whole-grain cooked cereals. Cream of wheat, farina, macaroni, noodles, tapioca and polished rice are lacking in minerals and vitamins. Red River cereal is all right. In the United States, in the large cities, bread is enriched with vitamins, also such foods as cream of wheat. I do not believe that vitamin-enriched bread is generally available in Canada. By legumes we mean peas, beans, and lentils. The average serving of nuts is about eight almonds, walnuts, pecans or thirty-five shelled peanuts.

Persons who have had a stroke are advised to keep their weight down by restricting concentrated sweets as in cakes, pies, pastries, and also by restricting the use of animal fats. By animal fats we would include fat meats, butter and cream. Margarine could be used instead but in very small amounts by one who is overweight. In some reducing diets the patient is allowed one slice of bread a week. Adopt the old country way of piling food on the back of your fork and you will not miss the bread. By vitamin concentrates we mean multiple vitamin capsules such as supply the minimum daily requirements. Cod liver oil is one of the best sources of vitamin D, the sunshine vitamin, that is found lacking in the daily diet of so many. Yeast extracts (soyex, marmite et cetera), edible brewers yeast, wheat germ and rice bran are high in vitamin B. Persons hard of hearing could try restricting salt in the diet. It has helped some.