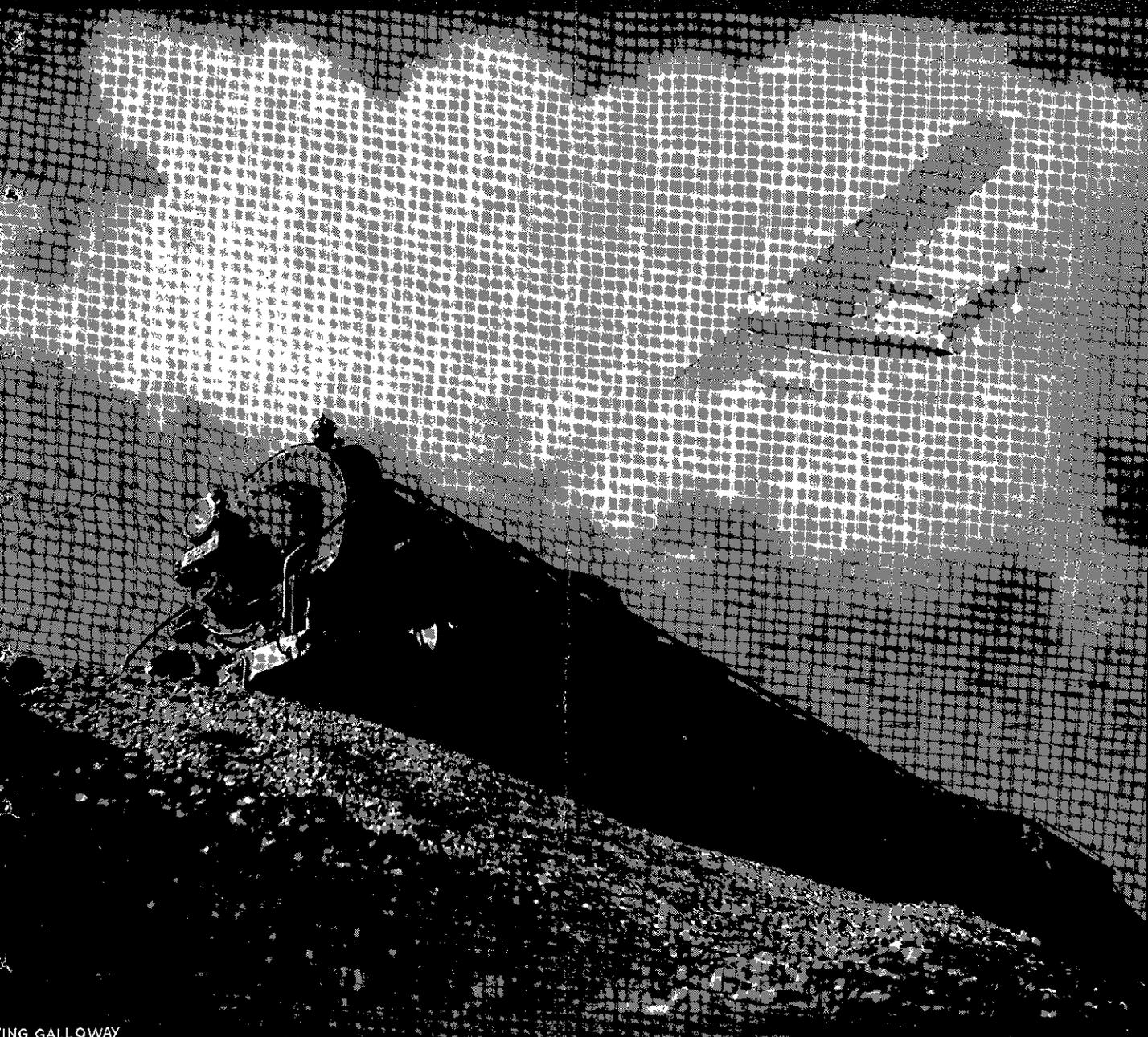


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An Interpreter of the Times



ING GALLOWAY



The Watchman

MAGAZINE
AN INTERPRETER OF THE TIMES

Edited by Robert Bruce Thurber



The NEWSPAPER for the News

The WATCHMAN for the Meaning

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NASHVILLE, TENNESSEE

March, 1933

¶ The Japanese have renewed their attacks on China, staging a campaign to wrest the rich province of Jehol from the Chinese. Shanhaikwan, a Chinese city at the eastern end of the Great Wall, where it meets the sea, has been captured, and it is feared that the Japanese will eventually take Peiping (Peking), the old capital of China, and annex the whole northern portion of the country. But Japan insists that the Chinese provoked the attack, and that the whole affair is only a local matter and not an act of war.

¶ It has always been believed that farmers cannot get together in any concerted action to better their economic conditions. But they have been so driven to desperation by the hardship of the current depression that they are rising to assert their rights as never before. Various sections of the country are seeing them resort to mob tactics and threats of force to prevent foreclosures of farm mortgages. Many of them seem to agree that violence is the only persuasive language that ruthless financiers will understand.

¶ While Uncle Sam is casting about to find some way to raise money for the balancing of the Federal Budget, the people are clamoring for lower taxes. Around the first of the year this took the form of an insistence on lower automobile license taxes in many states. Especially in the South, hundreds of thousands of cars are kept off the streets and roads because of the inability of their owners to pay license fees. And those who can pay are joining those who can't, to form "pedestrian clubs" in protest against a new kind of "highway robbery."

THE NEWS

Condensed for Busy People

¶ For three years a Research Committee on Social Trends, appointed by President Hoover and supported by the Rockefeller Foundation, has been working "with a view to providing such a review as might supply a basis for the formulation of large national policies looking to the next phase of the nation's development." This body has just made its report in two large volumes, which contain important findings that will be invaluable for charting the future progress of the nation.

¶ One observer of the times is sure men have not yet learned the chief lesson of the depression, because patches on well-worn trousers are on the seats and not on the knees.

¶ The House of Representatives has passed a bill providing for a change in the Volstead Act to permit the manufacture and sale of beer with an alcoholic content of three and two-tenths per cent. The Act now permits one half of one per cent of alcohol in beer. At this writing the Senate is working on a modified repeal of the Eighteenth Amendment. The senior body no doubt prefers to approach the liquor problem from the Amendment angle, because it is probable that the President and the American people will oppose three per cent beer as a violation of the spirit of the Amendment, contending that if beer is wanted, the Amendment should first be repealed.

¶ Congress has passed, over the President's veto, a bill to give the Philippine Islands their independence,—a certain qualified freedom from American rule—that will come in the course of time. There are so many "strings" to it, however, that the leaders in the islands are not at all satisfied that they want it under such conditions.

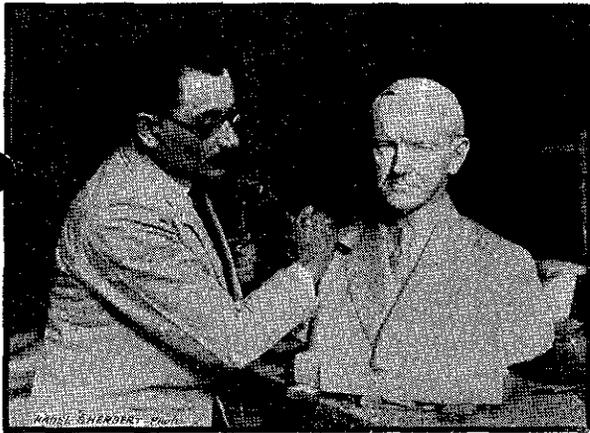
¶ America is expecting great things of the Democratic party and President-elect Roosevelt. Just now, March 4 is the most popular and anticipated date on the calendar. The party now coming to power can certainly have everything its own way, for it has an overwhelming majority in Congress.

¶ The President and the President-elect of the United States have come to an agreement on the European debt question, and negotiations are now in progress with Great Britain with the objective of eliminating this factor in the causes of world economic depression.

¶ The Twentieth Amendment to the United States Constitution has been passed by the necessary thirty-six states, and will go into effect October 15. It provides for the legislature elected in any November to take office the next January 3, and the President elected at the same time to begin his work January 20.

¶ Ex-president of the United States Calvin Coolidge died of heart failure on January 5, in his sixtieth year. The nation mourned the passing of a great, but unassuming, statesman; and deplored the terrific strain of our presidential office, which cuts years off the lives of its incumbents.

THE NEWS INTERPRETED



Former president Calvin Coolidge, whose recent death shocked and grieved the nation, is to be commemorated by the sculptor.



Wanted---A Leader

NOT for generations have democratic forms of government been in such ill-repute as they are today. Dictators are on the increase. Despots, benign or otherwise, are the rulers who get things done with the least bloodshed and the greatest dispatch. Self-government seems to be going out of style. *Vox populi* is much less raucous and assertive than it used to be, and "by the people" less quoted. Desire for self-control is giving place to a desire to be told what to do and to be made to do it. What has struck America and the world?

The answer is not difficult. The sterling virtues and independent thinking of the founders of modern civilization are slipping away from us. The stamina and integrity and faith in God which brought about the Protestant and Puritan reformations and gave peoples and states a new lease on life, are being repudiated by governments, schools, and churches. The line between right and wrong fluctuates with the average state of mind of society. Departure from God as an authority to be obeyed has lowered moral standards till the majority are ready to say that anything is right which can be "put over" or "gotten away with." Consequently, the fiber of character is weakened, and temperance and self-control lost. Unable to govern themselves, men want someone to govern them. They shout for leadership.

Men who have been, and are, leaders admit their inability to lead us out of the present depression, unemployment,

discontent, and dire poverty. We cry for new leaders. Hence the recent political upset in the United States. But many a voter, even while casting his ballot for a new regime in politics, was dubious about political parties helping us out.

We received in this office recently a question which indicates the wild desire of men today for someone, something, to yank us out of the slough of despond into which we have fallen: Isn't there a prophecy somewhere that the Democratic Party will be in power in the United States when the end of the world comes? We do not know whether the import of the query is that the Democrats are to be blamed or credited for bringing the end of the world. Of course, such an idea is quite wild; but it indicates that thousands are reaching out for some miraculous formula to bring about a change from our current despondency and hopelessness. But political parties won't save us.

While the capacity for self-government is passing from men, and is a sign of the weakened character of the age that is to precede the return of Christ to this earth (men have the form of godliness but deny the power, in the last days—2 Timothy 3: 5), the imperative demand for a powerful leader shows that the world is in a state of mind to readily accept Christ or the devil. These are the only two great leaders who will appear from now on.

Those who are not following the prophecies and commandments of the word of God are going to fall a ready prey to the Satanic Dictator who will

deceive, if it were possible, the very elect. (Matthew 24: 24.) He will appear as Christ or an angel (2 Corinthians 11: 14) "with all power and signs and lying wonders, and with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved." Read 2 Thessalonians 2: 1-12.

But to those who, warned of this deception, refuse to be carried off by it, Christ will come immediately afterward, and be the supreme righteous leader for whom we yearn. He is the paramount hope of the world now. (John 14: 1-3; Acts 1: 11; Titus 2: 13; Isaiah 25: 9.)

Technocracy

WHAT is this technocracy that we hear so much about these days? One would think by the claims made for, and by, technocrats, that it is the panacea we have been looking for to cure the depression.

Well, the *technologists*, manifest in the "machine age," have gotten us into the unemployment muddle, and the *technocrats*, say they, are going to get us out. There is no question but that the machine is somewhat to blame for our unemployment. Machines doing the work of a thousand men can be supervised by one man, and at times will run with no supervisor at all. If all hoarded money would be put back into circulation and glorious prosperity would return, perhaps not more than two thirds of those now unemployed could go back to work. The machine has "fired" four million hands for all time. In the decade between 1919 and 1929, production in the United States increased fifty per cent, yet men employed in production decreased by 900,000.

For years we hailed the machine as a godsend, for did it not free man from toil, do his work for him, and thus make him happy? But we entirely overlooked the facts that it would also cut off his income and at the same time multiply production to the extent that man would have more than he could use or buy, and prices would go down below the cost of production. So the machine has made nearly everybody decidedly *unhappy*.

Now the technocrats are going to remedy all this, so they say, by an

entirely new adjustment of our finance and industry. A group of scientists and engineers are going to arrange a balance between machine production and human consumption. We can all live in luxury by working four days a week, six hours a day, with liberal holidays, so distributing jobs to all, since all will work less time. The same wages are to be maintained; though how, we fail to understand. Our present price and profit system is to be junked, and we are to have new motives and rewards for our labor. To all appearances, the technocrats are not very clear in their own

Hurrah for Temperance

ALREADY the brewers are beginning to lower their figures on the evils of Prohibition and the blessings of beer. The wets told us before election that a beer tax would bring in \$500,000,000 a year to the National Government. In recent Congressional hearings they hoped revenue from that source would be as much as \$125,000,000 annually. For years they have been telling us that our high schools and colleges were tipsy with alcohol, that all youth of both sexes carried

hoodwinked, and as we get more beery they will realize it more pointedly. Beer makers, sellers, and drinkers are very much in the minority in this country. But they managed to work a sharp trick and deceived a majority to their side.

But the Temperance Cause does not despair. In fact, real temperance has not been so popular in a dozen years. The dries are at their best when fighting a hard battle. And all reactions, and time, and common sense are on their side. The new alignment in the Temperance program is the agitation and education for non-alcoholism which should have been staged all during the Prohibition-strong regime, to strengthen its hold and rear a generation without a thirst for intoxicants.

And yet we can never expect, this side of kingdom come, the abolition of liquor. It will continue to be man's enemy and debaucher till the end. And many a poor victim will curse God in judgment with an alcohol breath. But we rejoice in the promise of a world made new where addled brains, dissipated bodies, and whisky-ruined homes will be no more.

Great statesmen whisper earnestly of vital world affairs. Left to right: Sir John Simon, Minister of Foreign Affairs of Great Britain; former Prime Minister of France, Edouard Herriot, and the recent French Premier, Joseph Paul-Boncour.



minds about just how it is to be worked. But it is *the* remedy, anyway, and provides a new will-o'-the-wisp for the starving unemployed to chase.

We have seen too many man-made cure-alls for the depression fail, to have much faith in this one. We are persuaded that the leisure time granted under this plan, perhaps three fourths or more of a man's working hours, with plenty of money to spend, would be the greatest curse that could shadow this nation. Work was given to man in the beginning as a blessing, and it has continued to remain so, when not overdone. Fateful day, when we can live in luxury and do little work to earn its reward!

The best solution of the machine-age dilemma is the advent of a more simple, less artificial mode of living, and a sinless state where man can be trusted with leisure without doing him harm. Both of these the great heavenly Economist promises for the New Earth when Christ will reign. Theocracy will succeed where technocracy will have failed. Even now we are seeing the technocrats losing prestige.

hip flasks of bootleg whisky, and gin parties were as common as class meetings. Some of us knew it was nearly all falsehood then; most of us know it now. In fact, the former falsifiers are now admitting the truth; only, however, that their nefarious purposes may be furthered.

The beer interests are boldly scheming to "educate" the many dry students in the schools to drink beer. A well-worked-out system of publicity and propaganda is being pushed. Before, the schools were all wet; now, the brewers are putting forth every effort in the gigantic task of *making* them wet. Were they lying before, or are they lying now?

When will America learn that alcohol, and alcohol manufacturers, and alcohol handlers, and alcohol drinkers are all deceivers? They can't tell the truth. It isn't in them. "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise," says the Good Book wisely. The worst is that the most fooled of all are the non-drinkers who voted for the return of beer. They were certainly

Church and Family Lose

PRESIDENT HOOVER'S Research Committee on Social Trends, after three years' study of America, reports: "Of the great social organizations, two, the economic and the governmental, are growing at a rapid rate, while two others, the church and the family, have declined in social significance, although not in human values. . . . Church and family have lost many of their regulatory influences over behavior."

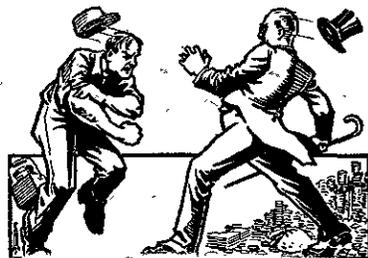
This fact is significant, even alarming; yet is what was to be expected, and corroborates what we have been calling attention to in these pages concerning the well-nigh universal repudiation of essential Christian principles by Modernist preachers, and the breakdown of the home because God's law is set aside and even derided.

As the Committee says, the church and the family are capable of being just as valuable to society as ever before, but they have lost their ideals, and therefore their influence. Politics and industry have crowded them from their rightful places in human estimation. And now statesmanship and industry are powerless to help us out of the very

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COMMUNISM

IS A RELIGION



By Keld J. Reynolds

THE Western world is accustomed to thinking of communism as the implacable foe of religion. In reality, communism is itself a religion, having the essential religious factors of devoted service, sacrifice, and even worship. But in its worship it is materialistic. It is a religion without a god. And because it is a negation and a denial of the things that are fundamental in Christianity, it is its bitterest foe. It is the boast of the leaders that the communist party has always fought religion with the utmost resolution. But it is none the less a religion.

A BLACK MENACE

Ⓒ This aspect of communism should be kept in mind by the American people during this winter of suffering and pessimism, when the "Reds" are being frequently heard from, and when communism is seeking to play the role of an angel of mercy and a champion and leader of the downtrodden and the unfortunate, pointing the way to a new economic utopia. Communism sees in this winter's distress a golden opportunity. The objects of its propaganda and solicitude had better see in it a menace as black as it is red. And always it should be borne in mind that communism is never nationalized. It never allows itself to be colored or toned down by the ideals or by the traditions of the people to whom it is presented. Communism is the same whether it is found in Moscow, Tokyo, London, New York, or Los Angeles.

An extensive pro and con literature has appeared of late revealing the nature behind the economic face of communism. And these studies have discovered the following characteristics, which, in turn, reveal the contrasts between communism and the religion and philosophy of Christianity.

CHARACTER OF COMMUNISM

Ⓒ Communism is characterized by a pessimism of disillusioned realism. History, it says, is moving toward catastrophe. Man is living in the twilight of the gods and in the period of dissolution of the old social order. The old ideals, standards, and principles have failed to save mankind and must be abandoned. There is in communism no sense of a supernatural power or being above man to whom he can look for comfort, guidance, or salvation. The existence of a hereafter is vehemently denied. All there is of life is in the now and here, communism asserts. And in life the only desirable ends are the tangibles of power and things. These can be secured in the greatest measure by the observance of the law of history, which is that there are no eternal verities, no abiding principles, save that each life situation is a law unto itself, that each life problem is to be solved for material gain. But the solution is to come from the collective mass, not from the individual man. Thus is opportunism raised to the level of an avowed guiding principle.

In the communist philosophy, the individual is thoroughly mechanized. He is conceived as a biological automaton, forced to act as his physical nature reacts to material external stimuli. There is no higher nature, no soul, no still small voice to direct him. He is completely mechanical, a cog in the mass-machine to which he belongs body and brain. The goal of communism is the reverse of soul development. It requires the mortification of the inner man and his sacrifice to mass

action, which is the goal of social collectivism and economic mass industrialization. There is no recognition of a leadership from beyond the human sphere. There is no recognition of a leadership of a great individual mind and heart. Direction must come from the organized collective brain. Only in this way can the salvation of society be achieved. So skillfully is this idea played up that its devotees give to this *deus ex machina* their best efforts in service and their lives in sacrifice with the fervor of religious zealots.

Believing that man is the creation of his environment and training, quite logically communism does not seek to persuade mankind to its way of thinking, nor to secure through slow legislative processes the ends it seeks. These must be secured by direct action, by world revolution. The discontented, out-of-things masses must be mobilized and led against the governing classes. The opposition must be whipped into line. In preparation for this revolution, the communist goes about sowing the dragon teeth of intense and bitter class hatreds. To the question, "Who is my brother?" communism returns a very narrow answer.

ESCAPE FROM COMMUNISM

Ⓒ Such, then, is the new religion from Moscow. In it we seek in vain for the Christian fundamentals of a life hereafter, the purified earth-life of men and women who have found a personal Saviour and whose souls are the dwelling places of a Holy Spirit. Instead we find materialism, the denial of morals and idealism, and the glorification of force. And propagating the new religion is a fanatical missionary zeal working through the most highly developed international publicity agencies the world has yet seen.

Two years ago it was being confidently predicted that in the Western world communism would remain the religion of a comparatively small class of

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CHRIST

IS

COMING

BACK



By W. S. Ritchie



as He went away. That scene is described in Acts 1:9: "And when He had spoken these things, while they beheld, He was taken up; and a cloud received Him out of their sight." So Jesus' coming is described in Matthew 24:30 as being in the clouds of heaven.

The promise that Jesus will come again is so plain that even Satan does not deny it. All he can do is to try to make people believe that it is not a literal coming; and as the description is so literal that some cannot be so deceived, he is going to try to impersonate Christ just before He is to come. (See 2 Corinthians 11:14.) Angels have great power over matter and are able to change their bodies greatly. Satan, though a fallen angel, can look like an angel of light much as a bad man can impersonate a good man. But one thing he cannot do. He is not allowed to come in the clouds of heaven. By this sign every one may know when Christ has really come.

DECEPTION ALREADY BEGINNING

Already it has been reported from various sections of the country that Christ, a supernatural being of great beauty, has been seen. The Bible tells us very definitely what to do with such reports: "Believe it not." (See Matthew 24:26, 27.)

There are also many who do not believe in the supernatural. They do not believe in miracles or that there are beings higher in the scale of existence than man. Such do not believe in the existence of either good or bad angels, or that Christ ascended from the earth to heaven and has been living there

To the disciples, as they looked out over Jerusalem, Jesus unfolded the world's history till He should return, and uttered the wonderful promise that He would return.

since then. These people are not sure that there is a personal God who created all that we see. They try to believe that matter itself produced out of itself these intricate forms of life around us that show so much of skill and design.

EVIDENCE SUPPORTS FAITH

The idea that creation could be accomplished without the aid of a Mind and Person is evidently a much more supernatural conception than believing that God did it. Yet these persons, without any evidence to support them, choose to believe that there is no personal God. The evidence is all on the side of those who believe that there is a real Person who created the world. The evidence is also that Jesus was sent to the world by God and returned to Him. He himself claimed this, and we cannot conceive of a wicked impostor or liar acting as Jesus did when He was here. So when He says that He is God's Son and will come again, we have no reason to doubt it. (John 14:3.)

Also what occurred after the disciples had seen Him ascend into heaven and heard the promise that He would come again forms a consistent story. The transformation from the depths of despair when Jesus was seen to die on the cross, to the transcendent heights of joy at the day of Pentecost, from which the disciples went forth to preach

JESUS, who was here on earth and went to heaven just about 1900 years ago, is coming again. The Bible asserts this so clearly and repeats it so many times that no one who regards the Scriptures as of authority denies this statement. And yet, in actuality, the hope of Christ's return to the earth is denied by a large part of the Christian world almost as completely as though it had never been promised, in that they do not realize that Jesus is a real person. He took the human body and is as much a reality as any man now living. He is even more real than any man the reader knows, for He is now glorified, or in the perfect state that man would have been in had he never sinned. This means that He is abounding in life and animation and physical and mental strength. Still more than this: He has the greater glory of His own that He laid down when He came to save the world. (John 17:5.)

TWO BEINGS, TWO COMINGS

When Jesus comes, a real person will come. The idea that His coming means merely that the Holy Spirit will come in more power does not agree with the Scriptures which, besides teaching the coming of the Spirit, speak very definitely of the personal bodily return of Jesus to the earth "the second time" (Hebrews 9:28) and in the same manner

Jesus with no fear of man or death, could not have been without some adequate manifestation of power over death and the grave. But the disciples had seen Jesus alive and well after they knew He was dead. A few days later they saw Him ascend into heaven, after telling them that they were to go to all nations as witnesses of what they had seen and heard. (Acts 1:8-11.) Then they remembered that He had told them before, when they had asked about the end of the world, that the gospel must first be preached to all nations, as a witness, before the end would come. (Matthew 24:14.) They realized for the first time what it all meant, and carried the message with such vigor that the work given them seemed apparently about to be finished.

THE GREAT COUNTERFEIT

Then Satan devised the deception of setting up Christ's kingdom on earth by having the state enforce the Christian religion. In this scheme there would be no necessity for Christ's personal return, as His Kingdom would appear to be already set up on earth. Thus the reality of His coming back to reign was lost from sight. But now the truth that Christ must return is realized again, and the message is going with its old-time power. It is now being preached in 141 countries in 417 languages and dialects. Soon all will be reached, and then Jesus may be expected to come—not to convert the world but to raise the righteous dead and also to take with Him those living who have believed on Him and are ready.

There are over twenty different lines of prophecies of Christ's second coming that converge on our own time, showing that it is at hand. We are not told the day and the hour. Evidently God does not want us to have our minds fixed on some *date* but on our readiness to meet Him. He is not waiting for a certain date before He comes but for a certain condition when all have either rejected or accepted salvation. We see the world around us rapidly coming to this decision. Many are becoming hardened in sin. Others are much dissatisfied with their condition and longing for some definite knowledge of what God is able and willing to do for them. There is a message of joy for such. Soon the destiny of all will be decided and the end will come.

The present distress of nations with perplexity, the failing of men's hearts for fear, the unnatural behavior of the elements, the multiplicity of cares and the endeavor to drown them in surfeiting and drunkenness are foretold as signs

of the end. (See Luke 21:25-36.) The running to and fro and acquisition of knowledge at the time of the end are foretold. (Daniel 12:4.) The marvelous acquisitions of wealth and the plight of laborers—agricultural especially—and the course they should pursue are foretold. (James 5:1-5.) A world-wide religion enforced by civil law and in connection with a world-wide false

certainty when it is near at hand. Paul, speaking of this event, which he said would come upon the world in general as a thief in the night, said to believers: "But ye, brethren, are not in darkness, that that day should overtake you as a thief." 1 Thessalonians 5:4. Jesus, when asked by the disciples, "What shall be the sign of Thy coming, and of the end of the world" (Matthew 24:3), did not rebuke them in the least but gave a reply recorded in two chapters (Matthew 24 and 25). In chapter 24:33, after giving signs preceding His coming, He said: "When ye shall see all these things, know that it is near, even at the doors." Daniel 12:10, speaking of this time, said: "Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand."

There will be both joy and sorrow, such as was never imagined could be, when Jesus comes. We cannot in this short space go into the many particulars of this greatest event that the world had ever known. We have but alluded to some of the main events connected with it. If the world was not terribly deceived by some strange supernatural power, it would realize that in the nature of things an end must come, sometime, to the evils of all kinds that increase year by year and even day by day. God is withdrawing His Spirit of love and good will among men that the angels sang of over the hills of Bethlehem when they announced the birth and mission of Jesus. He grieves much to do this, but it is because His name and authority have been despised and rejected. And because He is a God of right things, He *cannot* bless the wrong things that people are determined to do. He has long delayed His judgment in the hope that men might repent. But this has been construed by many to mean that He would never call them to account, and that He had no power, and even that He does not exist.

GET READY! GET READY!

It was at such a time as this that Jesus was to come. When men take advantage of God's longsuffering to do still more evil, when "because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil" (Ecclesiastes 8:11), then the natural result of sin so long withheld because God's very nature is love cannot be longer delayed, and the end must come. Happy beyond words will be those who are ready. Let not things of lesser account hinder this preparation.

Minute Meditations

By a Bible Lover



The tribe of Reuben has spread over the world. "Let not his men be few," said Moses,— and they aren't.

The Reubenites are those who never quite make it. They win neither first prize nor the booby prize.

They are ambitious — and fail. They are enthusiastic—and peter. They are careful — except for one second.

If they smile, folks dislike their silly grins. If they refrain from smiling, they are sour.

When they seek to serve, they but get in the way. They are loving and warm-hearted, but they manage to love the wrong persons.

They love high ideals — but somehow don't attract others to them. They are more generous and unselfish than Judah, but their generosity at best is met by silence or contempt.

They just never "belong."

But God understands and loves the Reubenites. There is a gate for them in the New Jerusalem. "Let Reuben live and not die," is the inspired benediction upon them. Yea, let them not fail nor be discouraged; for, through Jesus Christ, in the New Earth they shall yet come into their birthright of the excellency of dignity and the excellency of power.

Deuteronomy 33: 6; Genesis 42: 37; Revelation 7: 5; 21: 12; Genesis 49: 3

peace movement (foretold in Revelation 13:13-17 and Isaiah 2) will be in action when the end comes (See also 1 Thessalonians 5:3), except that at the very last all nations will be engaged in a great sudden battle (Armageddon).

Even the numerous automobiles of the last days—or the time when the Lord "prepareth Himself for battle" (Nahum 2:3, 4, Jewish version)—are suggested in the Scriptures. So much is foretold of the signs and evidences of Christ's coming that we can tell for a

the liquor drinkers and their friends. Their enemies may shout themselves hoarse over their supposed victory, and drink themselves into insensibility celebrating their new-found liberty. But what will be the result? Freed from the legal claims of the Eighteenth Amendment and the Volstead Act, the drinker will discover that Nature has a thousand laws that will dog him at every step.

Alcohol is the most lawless leader in the world. All who enlist under its banner will find themselves the companions of evil and fighting a losing battle against every good law of life and humanity.

Alcohol is a gangster. It will take your reason for a ride; rob you of your conscience and common sense. It will throw bombs into the organized industries of your body and shoot you full of pains and poisons.

Alcohol is a traitor. It will betray you into the hands of your worst enemies—intemperance, incompetence, indolence, indulgence, insolence, intolerance, inhumanity, insanity, et al.

WHO PAYS THE TAX?

Alcohol is a kidnaper. It will steal you away from your business, your church, society, neighbors, friends, relatives, and your family, demanding everything you possess for a ransom.

Alcohol is a racketeer. It demands large and continuous drafts on your health, strength, time, and money, under threats and intimidations that you cannot ignore.

Alcohol is a confirmed, incurable criminal, and undesirable foreigner. It gains access to the body by a forged passport, signing its name as a Food, when it really belongs to the family of Poisons. Once inside the gates, it muscles its way into the executive offices of the brain, binds and gags the mind, cuts the sensory nerve communications, parks the motor nerves on the wrong side of the street, assassinates the white blood corpuscles, assaults the liver, beats up the heart, and breaks the speed laws of the blood.

Four per cent beer means a four per cent tax on your brain and brawn. Forty per cent whisky will cut down your abilities forty per cent. The more the alcohol the greater will be the confiscation of your powers. The inexorable law of cause and effect keeps a faithful record of your indulgences. You will pay dearly for every drop of intoxicating drinks that you drink whether or not the Eighteenth Amendment or Volstead Act are on the statute books.

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"The WAR of the Future"

By Charles S. Longacre

THE former prime minister of England, the Rt. Hon. Stanley Baldwin, in a recent speech, on "The War of the Future," said: "There are some instruments so terrible that mankind has resolved not to use them. I happen to know myself of at least three inventions deliberately proposed for use in the last war, and which were never used.

"Henceforth war, if it returns, will mean the devastation of the dense cities and towns. It will mean the swift, promiscuous, hideous doom of the civil population, irrespective of age or sex. Their destruction from the air above them will be wrought by explosion, fire, poison. Women and children will make the mass of the victims.

"If a man has a potential weapon and has his back to the wall and is going to be killed, he will use that weapon, whatever it is and whatever undertaking he has given about it. Experience has shown us that the stern test of war will break down all conventions."

This frank admission by Mr. Baldwin—that if an individual possessed a potential weapon of such deadly possibilities as to devastate a whole city, he would be tempted to use it if he had his back against the wall and knew he would be killed unless he used it—is equally true of nations. Who shall say that these deadly poisons and weapons will not be used to wipe out whole cities in the future wars when nations have their backs against the wall? National conscience, international conventions, and federal constitutions are all set aside in times of war.

The world has now progressed to that stage of triumph and efficiency in human achievement and mechanical science that it is prepared to lay civilization prostrate in the dust.

The Good Book tells us that there will be a future war in which all the nations of earth will be engaged, and that their weapons will be so deadly and the destruction so great that the slain "shall be at that day from one end of the earth even unto the other end of the earth: they shall not be lamented, neither gathered, nor buried; they shall be dung upon the ground."

When the last battle of Armageddon is fought in which all nations are engaged, we are told that men shall ride through blood "even unto the horse bridles," that "the cities of the nations" are laid in ruins, and that it will be a time of trouble such as never was since there was a nation. Men's hearts shall fail them for fear and for looking after those things which are coming on the earth. The earth is to be filled with violence.

We are told that men have invented such deadly poisons for the next war that a single airplane flying over New York City is capable of releasing a dense cloud of poison gas that will spread over and engulf the whole city and shroud it in the blackness of night, and when it has settled down it will enter every nook and corner, dealing out death to every inhabitant. May not this be the day of which the prophets of old have prophesied—"a day of trouble and distress, a day of wasteness and desolation, a day of darkness and gloominess, a day of clouds and thick darkness." "They shall walk like blind men, because they have sinned against the Lord: and their blood shall be poured out as dust, and their flesh as the dung. Neither their silver nor their gold shall be able to deliver them in the day of the Lord's wrath; but the whole earth shall be devoured." Zephaniah 1: 14-18.

But in that day we are assured that "the Lord will be the hope of His people," and in Him there "shall be deliverance, as the Lord hath said, and in the remnant whom the Lord shall call."

There shall no evil befall them, neither shall any plague come nigh their dwelling. A thousand shall fall at the side of a righteous man and ten thousand at his right hand. Only with his eyes shall he behold and see the reward of the wicked, when destruction wastes at noon day and pestilence walks in the darkness, and terror makes the night hideous. The Lord will be the Rock of defense for His people, and the truth will be their shield and buckler.



ALITTLE girl died from eating garbage a few days ago in one of our large cities. Officers found in their investigation that the family were in a destitute condition and had been for days without food except as it was obtained from garbage cans. This is only one of hundreds of pitiful experiences of like nature.

A few weeks ago I saw a woman carried from a public meeting in a fainting condition. Attendants worked over her for about thirty minutes, in what seemed sometimes to be a losing struggle; but in time the patient rallied. The whole cause of this woman's weakness was that her physical system was starved until her vitality was nearly exhausted. Her family were without food.

When this financial depression first began there was considerable prophesying that the economic crisis was only momentary, and that prosperity was just around the corner; but sober men today are making other predictions. A greater crisis seems to be before us. Mr. William Green, president of the American Federation of Labor, stated that surveys conducted by that body indicated there were at least 13,000,000 wholly unemployed workers in the United States at the opening of winter. Some social workers in the large cities hold that even these figures were too low.

CONCENTRATION

☞ The cause of this financial depression is the concentration of wealth in the hands of the few. There is as much money today, and even more, than there was before; but the money of the world is in the control of a small minority. Fifty years ago fifty millionaires controlled one per cent of this nation's wealth, while today from seventy-five to ninety per cent of the enormous wealth of the United States is in the hands of two per cent of the people. That means that the other ninety-eight per cent of this country's population control but ten or at the most twenty-five per cent of the money. Never before in the history of the world has wealth been misered by the few as it is today. One hundred years ago this nation had within its boundaries five millionaires. Today there are six thousand.

The same situation which exists in America is existent in nearly every corner of the globe. The *Literary Digest* of April 11, 1931, writes: "We think so much about being the richest nation in the world and about our Rockefellers, Fords, Mellons, and Morgans, that it comes with something of a jolt to be told

Where to look for

PROSPERITY

[By Robert L.
BOOTHBY]

that Great Britain has more millionaires than we have." Some of the men in England's \$100,000,000 class are the Duke of Westminster, Sir John Ellerman, Lord Iveagh, the Joel Brothers, and Lord Derby.

In India, the Nizam of Hyderabad, an Indian prince, is reputed to be worth more than \$2,000,000,000. He is believed to have in his private treasury \$500,000,000 in gold; he owns 400 automobiles, and his private income amounts to \$40,000,000 a year. He travels in India with a train of twenty-two Pullmans and four baggage cars.

Another prince of India has a private fortune of \$33,000,000 in cash. His jewelry is valued at \$660,000,000. In many instances, fifty per cent and over of the state revenue is spent for the person of the ruler and his family.

Ivar Kreuger, who recently committed suicide, was the rich man of Sweden. He owned or controlled 250 factories in 30 countries. Ex-Kaiser Wilhelm II of Germany is stated to have a fortune amounting to \$60,000,000. In Hungary, Prince Paul Esterhazy owns 300,000 acres, or about one sixtieth of the total area of that country. Arthur Drach of Jugo-Slavia has an estimated wealth of \$200,000,000. Dinu Mihail of Roumania is supposed to be worth \$6,000,000.

Not only has there been in these recent years an individual amassing of wealth, but also the rich have been heaping their riches together, and thereby they have secured a monopoly on the resources of the world. Between the years 1918 and 1929, there were 7,000 mergers effected in the United States. The last decade has witnessed on the average of six or seven hundred mergers every year. In the year 1927, two hundred corporations executed forty-five per cent of our nation's business. In

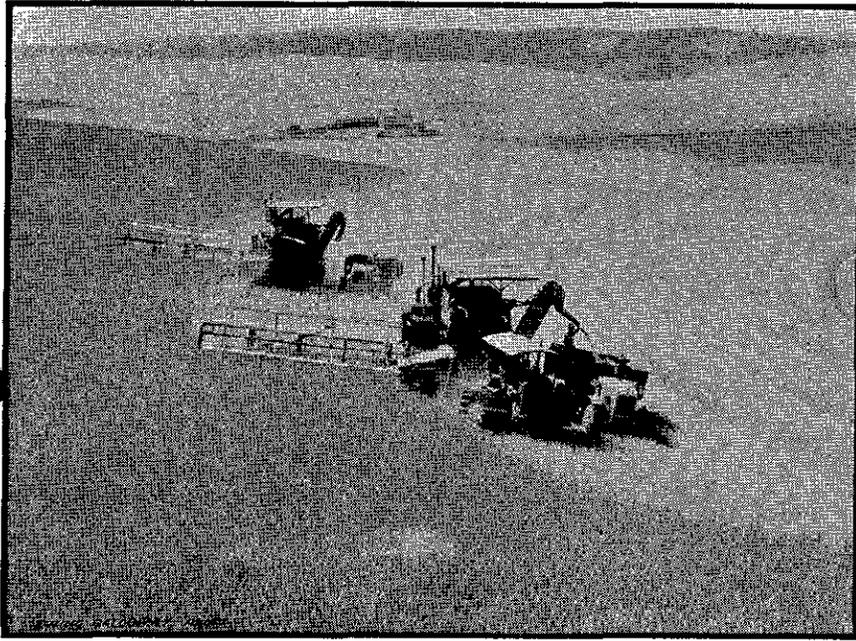
1931, the A. & P. Stores operated 16,000 units with a total business for the year amounting to one thousand million dollars. The Woolworth Five and Ten Cent Stores sold seventy per cent of the novelties that were bought. The Mellon family control over nine tenths of the aluminum business. One corporation manufactures fifty per cent of all the agricultural machinery of this land. Ford in 1930 made forty per cent of all the automobiles assembled in the United States, and General Motors made thirty per cent of all that were made. Thus two automobile concerns cornered seventy per cent of America's automobile industry. One per cent of the banks of this country control one half of all this nation's bank resources.

This concentration and combining of riches in the control of a few men is a very certain fulfillment of Bible prophecy and indicates without question that these are the last days, which prophets declared would mark the return of Christ Jesus. James, a writer of New Testament Scripture, prophesied: "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days." James 5: 1-3.

POVERTY CRIES TO GOD

☞ James also tells us there will be so much misery and suffering among the working class that their very needs will cry in the ears of God. We read: "Behold, the hire of the laborers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of sabaoth." James 5: 4.

As there are rich millionaires and billionaires in every land, so there is also hunger and the pinch of poverty everywhere among the great army of labor-



True prosperity can be found neither in the great grain fields nor in the manufacturing centers of the world

rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh." James 5: 7, 8. The conditions in the world today may be hard to bear, we may wonder how we are going to pull through, but if we will just push on, toil on, and pray on a little longer Jesus will soon come.

TRUE HOPE

Terrible things are to befall the world. Luke recorded Jesus as saying: "Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory. And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21: 26-28.

There is no hope held out by these writers of the Bible of a great time of prosperity coming to this earth, as long as sin reigns in the human heart. Possibly some little temporary time of prosperity might come; of this we are not told, but we can know of a certainty that no lasting prosperity will come to the masses of people until after Jesus comes and destroys sin. The prophets foretell no utopia of good times until the return of Christ.

These present conditions in the earth should stir every individual to a new consecration and a more determined seeking of salvation from sin that they might be prepared to meet Jesus in peace and enjoy that better land, which we all may enter soon if we will only repent of sin and obey God.

ers. In London there are more than 200,000 who do not know where the next meal is coming from. It is claimed that one third of this great metropolis's population are underfed.

Concerning recent disturbances in India, an Indian contributor to the *Calcutta Statesman* says: "The real fact is that hungry men are roaming all over the country in search of money to buy food, and they are not sparing anyone whom they can conveniently handle. No political concession will satisfy these men, and the chaotic condition of the country will not be removed till the bread problem is solved." It is stated that many of these young Indians have as a slogan: "If I cannot live, I will not let others live."

Even from Bolshevized Russia, reports come of thousands of hungry people. Multiplied stories could be told

of homes without food, of underfed children, and of hungry, despondent families in America. The resources of governments and charitable associations have been strained in every land of our world. Certainly these cries are being heard of God.

James admonishes that when we see such conditions we are to be patient, because soon Jesus will come and will take us to a home where poverty will never be felt, where we can obtain food without money and without price,—a home where taxes will never come due, where mortgages will never be foreclosed, and where the inhabitants will never pay rent. This prophet of God said: "Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter

Can't I Drink What I Please?

(Continued from page 9)

If you are courageous enough to refuse the poison cup you will save yourself many sorrows and escape a multitude of evils little dreamed of. Think seriously of these words written by a wise man, centuries ago: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Proverbs 20: 1.

Our hospitals, penitentiaries, insane asylums, and cemeteries are filled with champions of personal liberty who were *not* wise.

"It is shocking," says the *Chicago Daily News*, "that at the present time

devilish intoxicants are exalted by many persons thoughtlessly or designedly into symbols of personal liberty and constitutional right."

The world is sadly in need of men and women who are more interested in "personal responsibility" for the good of their fellow men than in "personal liberty" for their own indulgences.

Communism

(Continued from page 5)

industrial helots, who have, by the blindness and cruelty of their fellow men, been excluded from the cultural and economic privileges of our civiliza-

tion. But that was before the depression swelled the ranks of the discontented and the disillusioned. Communism is now a menace not to be lightly passed over. And it is doubly dangerous because in the nature of things it is impossible for communism and Christianity to co-exist, either in the same individual or in the same society. There will be war to the death between them. And the outcome of that war is that communism will be destroyed, as will all other enemies of eternal truth, when the Lord Jesus Christ returns in the near future to receive His crown and reign as King of kings and Lord of lords.



BIBLE RELIGION



THE Book of the Acts of the Apostles, which describes the history of Christ's church for about twenty-eight years following the day of Pentecost, refers eight times to the seventh day as the Sabbath day. Read Acts 13:14, 27, 42, 44; 15:21; 16:13; 17:1-3; 18:4. This shows that the apostles of Jesus Christ, during the years that followed the death, resurrection, and ascension of the Lord

SABBATH FACTS

Why Christians Should Keep the Seventh Day

By
JOHN L.
SHULER

Jesus, recognized the seventh day—the identical day on which the Jews met in their synagogues—as the Sabbath, God's holy day under the Christian dispensation. Read Acts 13:27; 15:21. These eight references in the Book of Acts in which the seventh day is referred to as the Sabbath are eight solid proofs that the seventh-day Sabbath did not come to an end at the Cross. Since the seventh day was the Sabbath day in A.D. 61, when the book of Acts was written, it is bound to be the Sabbath day, or true rest day, or Lord's holy day, here in 1933. All Christians today ought to follow the Book of Acts and keep the seventh day as the Sabbath, which the Book of Acts distinctly refers to as the Sabbath eight different times.

There are three great facts—facts that no one can ever disprove—that forever settle this whole question.

1. The seventh day is the only day that God ever rested on, blessed, or sanctified, or set apart, for men to observe.

2. The seventh day is the only day to which God ever gave any sacred title.

3. The seventh day is the only day of the week that God has ever commanded man to keep.

These three facts forever prove that the seventh day is the only day that there is to keep on the authority of the Bible.

Read your Bible through carefully from beginning to end and you will find:

1. There is not one text that says the Sabbath was ever changed from the seventh day to the first.

2. There is not one text where the first day or the day we now call Sunday is ever called the Sabbath or given any sacred title.

3. There is not one text where the first day, or Sunday, was ever appointed to be kept as the Lord's day.

4. There is not one text where Jesus or His apostles ever kept the first day, or Sunday, or ever taught Christians to do so.

5. There is not one text that tells us to keep the first day, or Sunday, in honor of the resurrection of Christ.

6. There is not one text where we are ever told to keep the first day, or Sunday, as a holy day, or a day of rest or worship.

7. There is not one text where we are instructed not to work on Sunday.

8. There is not one text where it says that it was customary for Christians to meet on the first day, or Sunday.

9. There is not one text where God or Christ sanctified the first day, or Sunday.

10. There is not one text where it says that the seventh day Sabbath is abolished or done away.

11. There is not one text that shows that the seventh day is not now God's holy rest day for man.

12. There is not one text where any person today is released from the duty of observing the seventh day as the Sabbath, any more than they are released from the obligation not to swear, steal, lie, etc.

The practice of keeping Sunday as a rest day by Christians did not originate until after the New Testament was written. It is a well-established fact that the

keeping of the first day, or Sunday, as a rest day in the place of the seventh day, as God ordained, was established in Christendom under the authority and rule of the Catholic church, in whose hands was the sole management of religious matters in Europe for over a thousand years during the Middle Ages. When the Protestant churches came out of the Catholic church, they took Sunday with them, and that is why it is being kept by Protestants today. Sunday-keeping rests on the authority of the Catholic church, and not on the authority of any Scripture. Now the time has come to get back to the Bible and keep the seventh day.

God is sending a special message to the world today on this very point. Thousands all over the world are turning from the keeping of Sunday to the observance of the seventh day, or Saturday, as the Bible Sabbath. An average of twenty-five thousand every year are making the change from keeping Sunday to the keeping of the seventh day, or Saturday, and are swinging into line to obey the commandments of God and the faith of Jesus Christ. This teaching is a special message from God for this very time to call a people back to the Bible on all points that they might be prepared for the coming of Christ, which is now right at hand. We appeal to every true-hearted, God-fearing man and woman to search the Bible on this matter and then walk in the light of that precious word.



— Just What the Bible Says —

The CHRISTIAN SABBATH

1. What does "Christian" mean?
"Pertaining to Christ or His religion."
—Webster.

2. What is the first mention of Christ in the Bible?

"In the beginning God created the heavens and the earth. . . . And the Spirit of God moved upon the face of the waters. . . . And God said, Let us make man in our image." Genesis 1: 1, 2, 26. *Note.*—All three Persons of the Godhead were active in creation.

3. What was Christ's relation to the work of creation?

"In the beginning was the Word, and the Word was with God, and the Word was God. . . . All things were made by Him; and without Him was not anything made that was made." John 1: 1, 3.

4. What was the last act of creation?

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from

all His work which God created and made." Genesis 2: 1-3. *Note.*—It was by the creation of the Sabbath that the work of creation was brought to its climax and close. As Christ was the agent in all creation, He created the Sabbath. It is Christ's Sabbath, then, because He made it.

5. Who was the leader of the Israelites?

"Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, . . . and did all drink the same spiritual drink: for they drank of that spiritual Rock that went with them: and that Rock was Christ." 1 Corinthians 10: 1-4, margin.

6. Was the Sabbath Christ created in the beginning kept by the Israelites under Christ's leadership?

"On the sixth day they gathered twice as much bread, . . . and he [Moses] said unto them, This is that which the Lord hath said, Tomorrow is the rest of the holy Sabbath unto the Lord: . . . that which remaineth over lay up for you until the morn'g. . . . And the Lord said unto Moses, How long refuse ye to keep My commandments

and My laws? See, for that the Lord hath given you the Sabbath, therefore He giveth you on the sixth day the bread of two days. . . . So the people rested on the seventh day." Exodus 16: 22, 23, 28-30.

7. Did Christ himself keep the Sabbath when He was on earth?

"And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Luke 4: 16.

8. Did He expect His followers to keep the Sabbath after His ascension?

"Pray ye that your flight be not in the winter, neither on the Sabbath day." Matthew 24: 20. *Note.*—This referred to the flight of Christians from Jerusalem before the Romans destroyed it in A. D. 70.

9. What is the relation of Christ to the Sabbath He created?

"The Son of man is Lord also of the Sabbath." Mark 2: 28.

10. Can anything Christ has created be altered?

"I know that whatsoever God doeth, it shall be forever: nothing can be put to it, nor anything taken from it." Ecclesiastes 3: 14.

11. What, then, is the Christian Sabbath?

"The seventh day is the Sabbath of the Lord thy God." Exodus 20: 10.

SCRIPTURE PROBLEMS SOLVED

This is a service department where questions on religion, ethics, and Bible interpretation will be answered. Inquirers may address the editor.

THE "DAILY SACRIFICE"

Please explain the "abomination that maketh desolate" (Daniel 11: 31.) What is the "daily sacrifice," and when was it taken away?

A complete and satisfactory answer to these questions would be too long to publish in this column. Our questioner is referred for a full explanation to the book "Thoughts on Daniel and the Revelation" (procurable from the Southern Publishing Association, publishers of the WATCHMAN MAGAZINE), the comments on Daniel 8: 13 and 11: 31. We will say here that the word "sacrifice" in this verse is an erroneously supplied word. It will be noticed that the word is in italics, denoting that it is not in the original but is supplied as giving the meaning as the translators understood it. But the expression should read "daily desolation

and the transgression of desolation." The daily desolation was paganism, and it was taken away in 538 A.D. to make way for Catholicism, the transgression (or abomination) of desolation. We urge the full study of this question from the book cited.

THE NUMBER SAVED

Are we to understand from Revelation 14: 3 that only 144,000 of the living will be saved at the second coming of Christ?

That is our understanding. Coupled with Revelation 7, which gives a prophecy of the sealing work, we believe this text proves that there will be 144,000 living saved when Jesus comes. In view of such texts as Luke 18: 8, which infers that there will be little faith in the earth when Christ comes; and Matthew 7: 14; 22: 14, which say few are chosen among the many called; and Luke 13: 23-30,

which intimates that few will be saved; and Luke 12: 32, which says only a "little flock" will get the kingdom, we conclude that the number given is not too small to stagger our faith. There are some who believe that this number means only heads of families, and therefore should be multiplied by three or four; and others believe it includes all who have died in belief of the threefold message of Revelation 14: 6-12, that is, since 1844. On these points we profess no definite light. At greatest, a comparative few will be saved. The whole teaching of the Bible bears this out. A very small number travel the "narrow way." We need to be careful of a tendency these days to think that a majority must be right in moral matters because a majority carries the day in political affairs. The right has ever been with the minority.

HEALTH SERVICE



God has provided better food for the human race than the dead flesh of these swinish scavengers.

Shall We Eat - - - MEAT? Or Something BETTER?

By DANIEL H. KRESS, M. D.

DR. PAVLAV, in his experiments upon dogs, discovered that when meat was fed to an animal, the gastric juice formed was very highly acid, and especially adapted for the digestion of meat. When bread was substituted in place of meat, an entirely different gastric juice was formed, containing much less acid, and especially adapted for the digestion of bread. Milk produced a gastric juice which differed from both of the others. This shows that the normal stomach should experience no inconvenience or difficulty in digesting one or even two kinds of foods at one meal. But when meat, milk, bread, butter, puddings, cabbage, potatoes, jam, and fruit are all taken at the same meal, the stomach becomes confused, and indigestion, fermentation, and auto-intoxication result. From merely a health standpoint, it would be better to eat a simple meal composed of bread and meat, if meat could be obtained from a healthy creature, than to eat so large a variety of these complex messes. I would, however, not recommend either. The simpler the foods, the fewer and less complex the dishes, the better the health. In the future there will be much less cooking of the complex dishes and dainties. Sensible men and women will discover that the foods that require little or no preparation aside from mouth preparation are in every way the best adapted for man's needs; i. e., the fruits, nuts, cereals, and legumes. These were the foods given to man at the beginning. While it is lawful, and under certain conditions necessary, to use inferior foods,

it is certainly not expedient or wise to do so, only in the absence or scarcity of the foods referred to.

God at the beginning gave to man the foods best adapted for his needs. After the fall, man was driven out of the garden containing the trees laden with fruits, and was compelled to till the soil. Being placed where the original food could not always be obtained, the additional command was given, "Thou shalt eat the herb of the field." After the Flood, when all vegetation had been destroyed, the additional command was given, "Every moving thing that liveth shall be meat for you."

We see that all the commands given in the past regarding foods were given because of existing conditions, and apply with equal force to similar conditions where or whenever they may exist. In the absence or scarcity of fruits, grains, legumes, and nuts, the command to man still is, "Thou shalt eat the herb of the field," and in the absence or scarcity of the herbs as well as the fruits, etc., the command is, "Every moving thing that liveth shall be meat for you."

EAT LIVING FOOD

¶ The command to eat flesh is provisional. Flesh foods should always be regarded as inferior foods. Many of our leading medical authorities and physiologists are fully agreed that flesh is not the most suitable food for man.

The vegetable kingdom possesses the power of combining and giving life to the lifeless elements found in the air and soil. It alone stores up energy.

The vegetable kingdom produces food for the consumption of the animal kingdom. It is true that meat contains protein, an important food element, but the difficulty is that it has associated, or combined, with it uric acid cinders and clinkers and other acid wastes, which in time clog the living furnace. Disease also prevails to a marked degree among the creatures slaughtered for human consumption. This makes it unwise, to say the least, to subsist largely upon a diet of meat or meat products.

THE VALUE OF FRUITS

¶ Above all other foods, fruits, because of their dietetic and medicinal value, are best adapted for man's needs. They contain the elements of nutrition in a predigested or easily digested form. Unripe fruits contain a large quantity of raw starch, which is tasteless, and they are for this reason indigestible. In the process of ripening by the influence of the sun, the starch is digested or converted into fruit sugar. The more thoroughly fruit is ripened, the more sugar it contains, and the sweeter it tastes. A similar change takes place in the fruit in the process of ripening to that which takes place in the alimentary canal by the action of the saliva and pancreatic juice upon starchy foods. The acids found in fruits are both nutrients and germicides and are also utilized as body fuel, the same as sugar. In the process of oxidation they are converted into alkalis, thus increasing the alkalinity of the blood, which favors the elimination of uric acid and other acid and body wastes.

There exists a prejudice against the use of nuts as a table food. They are considered to be indigestible. This is because they are frequently eaten between meals or at night before retiring. Nuts furnish protein and fat in their purest and sweetest form. They may be said to be both meat and butter. They are not difficult to digest, provided they are eaten at meal time and thoroughly masticated.

MOST IMPORTANT FOOD

Cereals are the cheapest and possibly the most important foods. Physicians in the past have many times been forced to say to patients, "Give up the use of starchy foods; you cannot digest them." But with our added scientific knowledge, we have discovered that this is a mistake. True, it is necessary to eat sparingly, or to avoid the use of improperly prepared porridges, puddings, pastries, soups, and other soft preparations composed largely of starch, for they often create trouble. They are liable to ferment in the digestive tract, and produce alcohol and other acids, which decrease the alkalinity of the blood, and may thus favor the retention of organic wastes.

Starchy food properly prepared is easily digested. A crust of bread, if well masticated, may be digested by the feeblest invalid, when the interior of the loaf, containing the same food elements may cause distress or indigestion. All starchy foods are better and easier of digestion when slightly parched or dextrinized. The unleavened bread of ancient times was evidently prepared with this in view. Parching of grains has been practiced for ages. When the children of Israel were deprived of manna, they subsisted principally upon parched grains, unleavened cakes, and fruits—an ideal diet. (See Joshua 5: 11, 12.) Next to the manna, this was the most wholesome and natural diet, and it was prepared in the simplest manner. In the parching, or browning, of starchy foods, the digestive process is carried from starch to amylopectin, then to erythropectin, and finally, when the slight yellowish tint is reached, to achropectin. This is as far as artificial means can carry the digestive process. The next step is produced by the action of saliva. The ptyalin of the saliva is a ferment which, if incorporated with the food, converts the starch into maltose in a

few minutes. Thus it is found that starchy foods, which, in the manner usually prepared, are a source of indigestion and fermentation, may, by this simple process of thorough baking and mastication, be made one of the easiest of all foods to digest. Ordinary bread may be rendered much more wholesome and digestible by cutting into slices, then placing them in a hot oven until they become slightly browned and brittle throughout.

While it is well to have a general knowledge of the needs of the body and the quantity of food necessary each day, it is not necessary to weigh out each meal, or to feel that a definite amount must be eaten at each meal. To do this calls the mind too much to the organs of digestion, tends to retard the digestive process, and will not meet with the best results. There are times when there exists a special relish, and, in fact, a demand for some particular food element; this desire it is well to satisfy. While it is well to have a general knowledge of the quantity required of each important food element, fast and fixed rules should not be laid down even in this respect. Appetite, when wholesomely educated, is a good guide.

The Doctor REPLIES to HEALTH QUERIES

Medical and hygienic information of interest to the general reader is given here by a practicing physician. Queries may be sent to the editor.

HEALTH PROGRAM FOR TUBERCULOSIS

At times I am very weak, with much pain in my chest and shoulders, and am much underweight, being 5 ft. 5½ in. tall and weighing only about 90 pounds. In June, an X-ray picture showed my lungs affected. What can I do to build up my health? M. T. S.

You need to give very definite care to building up your health or the outcome may be serious. You must eat food that will build up your body weight and strength, and there should be plenty of milk in your diet. See also that you do not overcook your foods, or eat food that has been devitalized, for you must have the vitamins in your food. Eat plenty of fresh fruit, and this will help keep your elimination free. Do not allow any poison to be in your system. Watch for auto-intoxication or any focus of infection, as bad teeth or tonsils. Do not overfatigue yourself, or allow your strength to be used up in worry. Take plenty of rest and sleep

in the fresh air, and with good food, and a change of environment, if possible, you can build up your health again, and overcome any tendency to a disease of the lungs.

RECOVERY FROM NERVE EXHAUSTION

I am 27 years old, and have been well until about 2 years ago, when my health began to fail. I had my tonsils and teeth removed, but still am not well. I am very nervous, and my heart palpitates upon any exertion. What can I do to overcome this condition? M. J. R.

You are suffering from a nervous breakdown, perhaps brought on by poison from teeth and tonsils, and have not recovered since their removal. You need a rest, and a change of environment for a time if possible. Be sure that you are not suffering from any further poison from the intestinal tract. Also try not to worry about your condition. Get an hour or two of rest after your noon meal, and take a neutral bath, or a

hot foot bath, at night, and retire early, eating a very light meal at night, if you eat at all then. Always remember that you are going to get well, and forget about any troubles that you may have, and you will soon find that you will be more rested, and that you will be sleeping normally, and will soon feel like a new woman.

CRAMPS IN THE LEGS

What is the cause and treatment of cramps in the legs at night? N. B.

Cramps in the leg are severe contractions of some muscle of the leg, and are due either to the presence of fatigue poisons or of some nervous disturbance. Immediate relief can be obtained by grasping the muscle firmly with the hand and holding it until relief is obtained. Then massage of the leg will help take out the soreness of the muscle. A hot leg bath before retiring followed by the application of a heating compress to the leg likely to be affected are quite effectual in preventing an attack.

HOME and CHILDREN



OW it so happened that one day last week I attended a club meeting in "The Rising Sun Tavern," built around 1736. History tells us that this place was also called "The Half-Way House," because it was half-way between New York and Boston. I was also told by some of the old residents that it was here George Washington put up for the night on his way into Massachusetts.

The Tavern had been recently purchased by our hostess, a woman who sees beauty in the old, and who has taken great delight in restoring the old house to its former charm.

I was sitting on a prickly old hair-cloth sofa, looking at a spinning wheel that stood at the side of one of the many fireplaces, when a remark from one of the women unceremoniously catapulted me across three States and into the fourth and landed me at Valley Forge.

Again in memory I saw Washington's Headquarters, the old barn used as a hospital, the Waterman Grave and Monument, and all the other interesting spots that stood out so clearly in "The Great Mile at Valley Forge," and which for me terminated at the Washington Memorial Chapel,—“this amazing poem in stone, endless in lovingly elaborated beauty—it is as perfect, as unique, as 'The Eve of St. Agnes,' as rich in color and as thrilling in meaning,” as Christopher Morley writes of it.

I recalled how reverently we listened while the white-haired minister told us of a regiment of boys, who, the day before they went across in the last war, visited the chapel, and asked permission for one of their number to play the organ while they sang a hymn. After the singing they asked the minister to pray for them, and every one, to a man, fell down on his knees and consecrated himself to God.

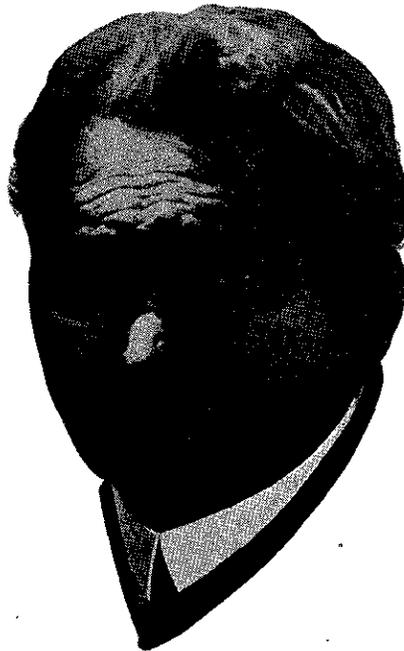
Softly and quietly we left the chapel, just as the bells were played—the first great American-made carillon of the nation. Even after the last notes died away we lingered, seemingly reluctant to turn our steps towards home.

“Such a beautiful spot,” said one of the tourists, “I can now better understand why so many girls want to come here to be married.”

NON GROUCHY HUSBANDS

By Martha E. Warner

Then a heavily painted, scantily dressed young girl spoke up: “Oh piffle! It gives me the creeps. I wouldn't be married here, not for *anything*. I know *four* girls who were married here,



[A good job of face lifting needs to be performed here.]

and every one of them has had an unhappy marriage.”

For days after, I would think of those unhappy marriages and wonder what made them unhappy. The contracting parties must have been in love with each other at the first, else

they would not have chosen the beautiful chapel for the beginning of the new life. All this I reasoned out, but the cause of the unhappiness remained a mystery to me—until I overheard that remark in “The Rising Sun Tavern.”

Taking her seat in a ladder-back chair, the woman said: “I know I am dreadfully late, but the ‘boss’ had a grouch on. I decided the best thing for me to do was not to tell him I was coming, but to wait until he left for work, so I did.”

A laugh followed her remarks, and another woman spoke up: “Well, my husband gets a grouch quite often. He is in the classroom all day, and of course it would never do for him to be cross there. He doesn't want his pupils to be afraid of him. So he comes home and takes his crossness out upon us. Nothing is done right in the house; he is just fussing and stewing all of the time.”

At this point, the guest speaker, a stranger to all of us, spoke from her place by the hearthstone, “It does seem a pity that the family has to bear the brunt of his crossness,” and then the business of the hour was taken up by the clubwomen.

Now I resented these remarks. I know husbands are not perfect; as for that matter, neither are wives. But and if I had a grouchy husband, I do know I would not want to broadcast it around the neighborhood, and then right away I thought of those unhappy marriages I had heard about at Valley Forge, and I wondered if the beginning of it all was not because some wife was a failure.

So many girls, and especially wives, set themselves up on pedestals, and think they should be admired and worshiped. They seem to forget that when they took the marriage vow they promised to be *helpmeets*; and a true helpmeet keeps all the unpleasant things to herself. She could not be loyal to her husband and do otherwise.

Now if I had a grouchy husband, I should first satisfy myself that my cooking did not give him a case of indigestion. If that wasn't the matter with him, then I should take myself to task. Was I nagging? Was I over fussy? Did I consider myself his superior? Or was I shirking my share of the burdens?

(Continued on page 19)

HE STOOD on a chair before the mirror, this three-foot scion of a noble sire, and gravely, sedulously he passed the dull old kitchen knife adown his cheeks and over his chin and upper lip,—“Shaving, just like Daddy!”

We laughed at his earnest burlesque, and his father cried to him, in that indescribable tone of paternal pride and affection: “Oh, you little shaver!”

Well, the Little Shaver has kept a-growing, and I have watched him grow. He has not forgotten, either, his early pattern, and in this way and in that way I have seen him making every effort to shape his experience and his ideals “just like Daddy’s.”

I have seen him go a-fishing with a bent pin and a grocer’s string and with a crooked apple branch, to catch “whoppers” in the muddy rivulet of a summer shower. And he imitated as well as he could that backward flirt of his line and that expert cast to just the right spot which he had watched his father make in the trout stream.

I have seen him drive a Kiddie Kar with all the gravity and all the flourish that belong to his father’s finished handling of his Cadillac. His swiftly paddling feet could not detract from the dignity of his pose up above, nor

The LITTLE SHAVEN

By Arthur W. Spalding

affect at all the grand manner of his dismounting and giving one superb backward glance at his stately vehicle as he strode in to his office appointment.

And I have heard him argue like a lawyer for some point he had determined upon, with childish rationality, without tempestuousness or weakness. He had watched his lawyer father do it.

And so I cast my thoughts along the path the Little Shaver is going to tread through the years to come. What shall form his ideals, what determine his decisions, what make out his course? The things his father upholds, the track of his father’s reasoning, the way his father walks. To him his father is a living epistle, to be read and believed and followed. And while other men will have their influence upon him, and he

may vary in particulars from the aspect of his father’s life, still the main pattern will be that early mold in which he was cast and to which he consciously shaped his soul. If the Little Shaver is to become a man tomorrow, his father must be a man today.

Well, what about your Little Shaver? What will you have him be? Will you have him obedient, law-abiding, and law-honoring? That depends upon your obedience. Does he observe that you hold to the principles he hears you talk about, in diet, in dress, in speech, in worship? His obedience, or lack of it, will be formed upon the model you set. No father is able to enforce obedience to his law if he is not himself obedient to a higher law.

Will you have your boy courageous? Let him see you meet the trials of every day with undaunted heart. When your cow is killed or your books are not selling, when the frost cuts off the fruit, or the floods sweep away your goods, when men have told a black lie about you, or when the value of your real estate is going down, what sort of front do you put up to your family? Courage that holds on to the battlefields of the great world is courage that was born and bred in the home.

(Continued on page 19)

A Home Maker ANSWERS Parents’ QUESTIONS

Perplexing questions on married life, home management, and child training will be answered here by a specialist on the home and its ideals. Send questions to the editor.

TIMIDITY AND RESERVE

Are timidity and reserve to be cultivated in children these days? Yesterday’s children were naturally more reserved than those of today. Is it holding them back to encourage this reserve?

The answer depends upon the individuality of the child. Some children are very demonstrative, others are shy. The dispositions of children have not changed since yesterday: any changes observed are the result of either environment or treatment, perhaps both.

The city child, subjected to influences of crowds, rushing traffic, and forcing methods of education, is more likely to be bold and self-assertive than the country child; and the proportion of city population has rapidly increased and is increasing. City influences also tend to center the child’s attention upon himself, by giving him less of natural work to do and more of social life, with its attendant self-concern. Country

life, with home and farm duties suited to the child’s age, and with studies in nature, makes the best condition for normal development.

But the child’s individuality is the chief index. The very shy child should be trained out of his excessive timidity, while the self-assertive child should be trained out of his egotism. The basic treatment for each type of child is, however, the same; namely, centering the attention and interest upon persons, things, and subjects outside himself. Repression in the case of the self-assertive child is properly only an incidental and emergency measure, while direct pressure upon the shy child to assert himself is sure to defeat its own purpose.

Timidity should not be taught any one; but a proper reserve is right. The timid child may be judiciously praised; the boastful child should not be denied appreciation, but its expression should be in much less liberal doses. Teach

both of them by stories suited to their needs, by study of nature and work in the garden and with birds and animals. Give each regular, helpful duties to perform, love them deeply but wisely, and hold in your own mind and before them the ideal of unselfish and loving service for others.

FATHER’S TABLE MANNERS

Daddy shovels his food into his mouth with his knife. He will not change his way. Little daughter delights in using her knife the same way. How can she be taught to do otherwise when she considers Daddy’s example as good as Mother’s, or even better?

Convert Daddy. But how comes it that Mother has lost her natural position as Most Admirable? There must be something or other delightful about Daddy which attracts Little Daughter. It might be well for Mother to study his ways, and be wise.



The Month's Reading

Thought-Provoking Paragraphs



The Tragedy of Peace

TWO men, noted for their powers of observation and practical thinking, attended the latest disarmament conference at Geneva, Switzerland, and expressed their opinions of such gatherings. Here is a little of what they said, as reported in *Pictorial Review*:

Konrad Bercovici, famous author:

"At the Geneva conferences, war, and not peace, is being regulated. The delegation of each power urges that the other powers should disarm, that they should reduce their armaments while its own country keeps its arms and even augments them as the wind of war may blow.

"When the delegation of one country claims the right to arm itself up to a definite point, a half dozen other powers immediately claim a proportionate increase in their own arms. For what is the use of arms at all unless you are better armed than your neighbor?"

"Now Germany has broken away from the conferences altogether. Japan follows suit. And the god of war sits somewhere back of the munitions manufacturers and laughs and laughs.

"I have attended conferences at Geneva during which the discussion concerned the quantity of powder that should enter into the bullets of certain type guns. The discussion was very technical and abstract. No one objected on the ground that these bullets were intended to enter human flesh and that it didn't really matter whether they were propelled by a two-and-three-quarter-ounce charge of powder or two and seven-eighths of the same stuff.

"I have listened to speakers at the Peace Conference who discussed the wing-spread of the bombing planes. As if in the event of war it would matter very much to the population below—men, women, and children—whether they were being blown to smithereens by a bomber flying a thousand feet above their heads or eleven hundred feet!

"Other delegates fought very earnestly to establish when a tank is a tank and when it isn't. That these tanks were especially designed to crush and crunch human beings in uniforms seemed to be beside the question!

"The discussions of the Disarmament Conference were divided into three sections: terrestrial warfare, aerial

warfare, and chemical warfare. I don't know the quality of the gases that are being discussed at the disarmament conferences by chemists and bacteriologists. But I don't see much difference whether I and my children are killed by gases producing stomach cramps or the sudden cessation of the heartbeat! Listening to these discussions of technicians, I felt like being in a slaughterhouse. Peace conferences!

"The world has been duped. Ten million people had been killed and fifteen million crippled in a war supposed to end all wars. To pacify the people the very same individuals who were responsible for the last war have channeled the cry of distress into a cry of peace, and masqueraded the new war discussions into peace conferences and League of Nations conferences and disarmament conferences.

"Fourteen years after that unfortunate peace treaty signed at Versailles the French and the Germans still hate each other and are as close to throwing themselves at each other's throats as they have ever been. There is no friendship between the former Allies. There is no friendship between the former enemies. Fourteen years after the signature of peace there are actually more people armed than there were the day of the Armistice!"

Professor Albert Einstein, outstanding German scientist and mathematician:

"We should be standing on rooftops, all of us, and denouncing this conference as a travesty—a travesty of justice and of the will of the peoples of the world! It is not only that this conference of peace is a failure, but that these delegates have come here under the guise of peace to foster war!

"They told the people that they would go to Geneva to secure peace; and, once here, they talk war. I have come to Geneva to do what I can to put forward a movement to mold the character and the will of the peoples of the world against war, the will of the peoples left at home and who are not represented at this conference or at any of the other conferences held in the past.

"The people here have surrounded themselves and armed themselves in such a manner that no one can possibly have any influence over them. Neither you nor I nor anybody else can switch

this conference now from the road it has taken to the honest path. The Peace Conference here is a farce. Doomed to be a farce. This is not what we have waited for all these years. It has not been intended to be anything else.

"We are not nearer peace fourteen years after the Armistice of the Great War than we were the day before the Armistice was signed. We have waited long enough for the politicians and the statesmen to accomplish what they had promised to accomplish. Peace! Peace! Eternal peace! We have sent them here to make peace, to make peace perpetual! They have cheated us. They have fooled us.

"Hundreds of millions of people in Europe and in America, billions of people the world over, as well as the billions of men and women yet to be born, have been and are being cheated, traded, and tricked out of their lives and health and well-being and happiness in this conference! We have waited long enough. We have had enough patience with their half measures, with their promises! Enough! Enough!"

The Little Shaver

(Continued from page 17)

Will you have your boy self-controlled? Then be the master of your own appetites and passions. No Reuben can make a Moses. A man may preach temperance on the platform, and wreck temperance in his home. If a man cannot go without a pipe, can he expect his son to refuse cigarettes? Appetite is the master of both. If a man scolds and frets in his home, can he expect his son to keep his temper on the playground or in the shop? Passion controls both. If a man is not the master of his own thoughts, can he expect to teach his son purity? Lust is in the blood. But the man who for his son's sake keeps under his control the appetites and passions of his body and mind, and makes them the legitimate servants of his necessities, that man can be the worthy teacher and father of a son who will be an honor and a blessing.

Would you have your son reverent? Then let the world be to you God's temple, and walk softly therein. Commune daily with God through His word

and His works. Make the family worship hour in form and spirit a time of quiet, reverent, but happy, communion with the heavenly Father. Let the sacred things of life—courtship, marriage, parenthood, home, church, the service of God and humanity—be matters of serious, not of frivolous, consideration. Be reverent yourself, and you will see your sons come to appreciate the sacraments of life and walk in them as God's noblemen.

The Little Shaver is watching you, father. In him you may repeat your life, and if you will, make and mend it into the better, the higher ideal that your experience has made you know. What are you doing with the Little Shaver?

Church and Family Lose

(Continued from page 4)

morass they got us into, while church and home would never have gotten us into it, and are the only means of getting us out of it.

But this is simply a matter of Bible prophecy. Said Paul two millenniums ago: "In the last days perilous times shall come. For men shall be . . . disobedient to parents, . . . without natural affection, . . . having a form

of godliness, but denying the power thereof." 2 Timothy 3:1-5. Men recognize the value (form) of religion, but will have nothing to do with it as a force. The family is abandoned as an institution and the home as a refuge. The church is simply a convenience for weddings, funerals, and social and business connections. Can we wonder that America is where it is today?

On Grouchy Husbands

(Continued from page 16)

And I should not be content until I had found and *eliminated* the cause; because I believe women should go about the business of marriage with as much seriousness and determination to make a success of it as did Washington when he took up his duties as commander, and as did the boys who consecrated their lives to God and Country. And I know that it is possible to keep and hold a man's love so that he will want to say as in the days of old, "I loveyou."

Marriage is not all sunshine. No, indeed! It is a school of the sternest sort where wives and husbands have many lessons to learn; but they should, in the learning, *always* be loyal one to another.

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LAME BACK

—lumbago

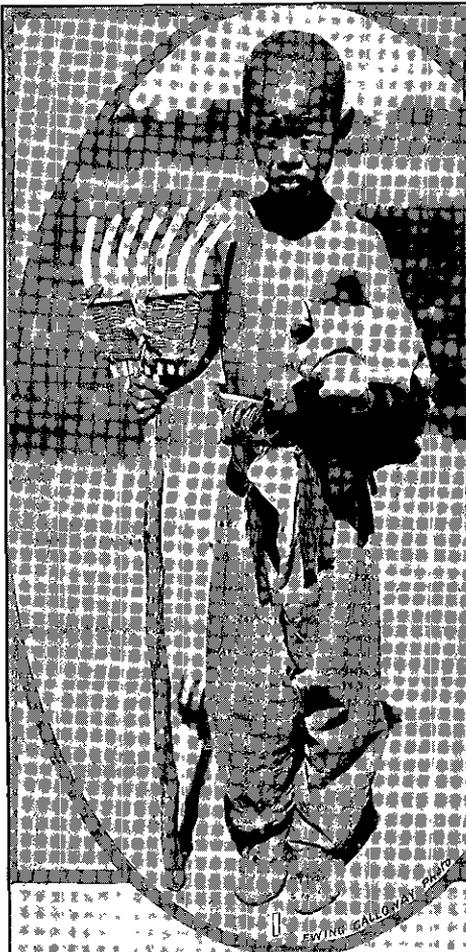
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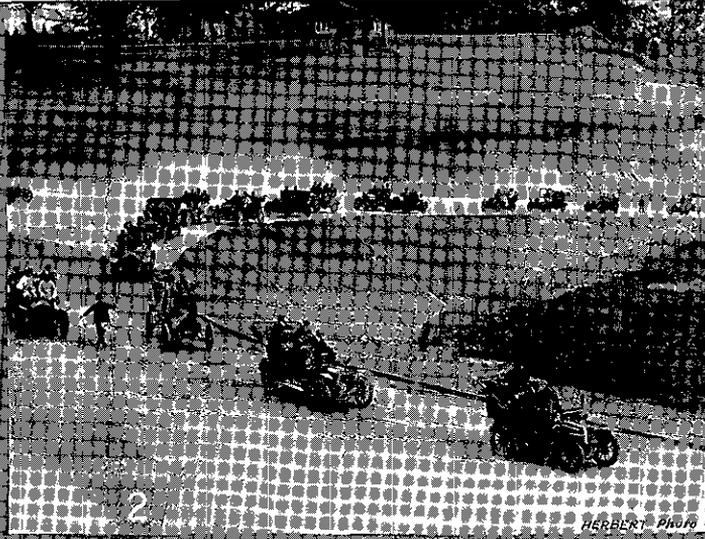
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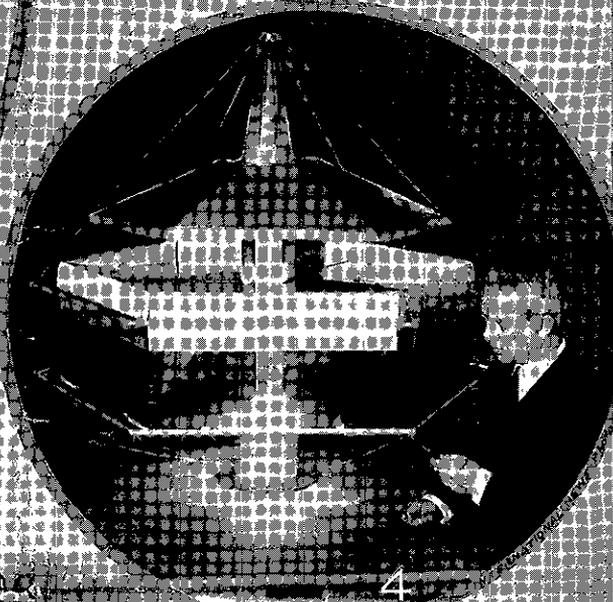


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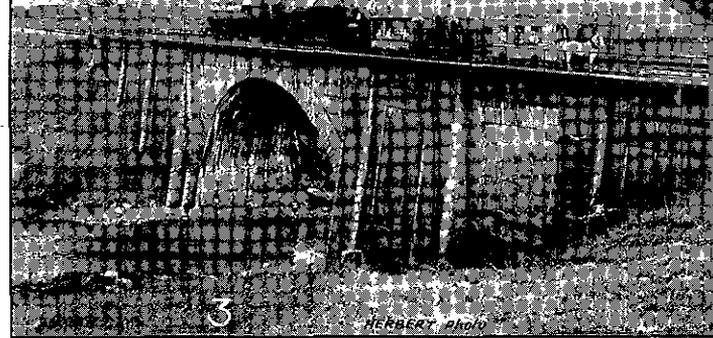


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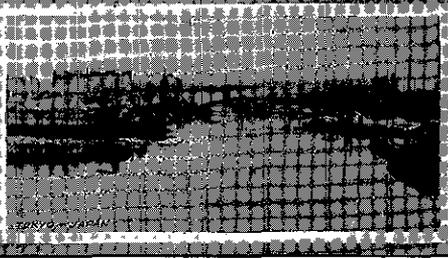


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HERBERT PHOTO



SONO'S PHOTO

1. A typical Chinese farmer lad. The vast bulk of the population of that war-battered land are agricultural. 2. Races at Brooklands, England, in 1907. The forerunner of auto races on Daytona Beach. 3. A century of locomotion. A horse-car of 1829 and a "Tom Thumb" locomotive of that date make the acquaintance of "Lord Baltimore," 329½-ton locomotive, on the Carrollton viaduct, oldest stone-arch railway bridge in the world. 4. The "Dymaxion House," proposed to fit the Machine Age. It uses the triangle as its unit; substitutes lightness for weight, flexibility for hardness. It will be proof against earthquakes, winds, fire, floods, burglars, dust, rain, cold, heat, and danger to children. Machines will do every household task.