

AUGUST FIFTEEN CENTS

Our **TIMES**

SINCE 1891

A BIBLICAL INTERPRETER OF THE NEWS



"EVOLUTION Versus CHRISTIANITY"

(See Page 4)



We Soon Face the Judgment Bar

By Edna Atkin Pepper

A SHORT time ago a large portion of the world took the time and trouble to think of others and plan for the needs or the happiness of others. Everyone was conscious of the glow and sweetness of the faces that passed him by in endless procession on the street. What should interest us is finding out what brought about this pleasant state of affairs; and, if we know, finding some way to perpetuate it through all the year.

Even the children know that this annual relaxation of mankind's ruthless rush and roar is due to the fact that he is reminded of the advent of the Christ Child to this fallen and sin-cursed earth for a brief period. It is one of the insoluble riddles, why, in this unpredictable and hazardous world he lives in, man does not betake himself to the Book and do some intensive study on where he may be going, since it becomes increasingly clear that he is dizzily on the way. Certainly it is common knowledge, or should be, that ever since that momentous occasion when the Christ took His departure, as recorded in the first chapter of Acts, men have looked for His return. He Himself said, "I will not leave you comfortless: I will come to you." John 14: 18.

The two heavenly escorts who were last to accompany Him have left all the information men need. "This same Jesus," they informed the grief-stricken earthly friends of this most lovable and kindly Personality, "which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven." Acts 1: 11.

In Matthew 24: 36 we are further instructed that "of that day and hour knoweth no man, no, not the angels of heaven, but My Father only."

In Daniel 12: 4, the last part, we read that as the time for this greatest wonder of the ages approaches "many shall run

to and fro, and knowledge shall be increased." Did you ever spend a half hour in Grand Central Station? Did you ever wonder why no one was smart enough to invent an automobile or an airplane before our modern age? Did it ever occur to you that comparatively none of the great inventions made its appearance prior to the last hundred years or so?

"Oh, most people are decent enough, after all. Wait until we all get together. We can work this thing out ourselves. We aren't so bad as you'd like to make out."

Aren't we? We have been waiting 6,000 years, and the only thing man has done has been to place in his hands a weapon so deadly that he could annihilate himself, if God so permitted.

Allow me to quote from a letter written by one John Crown, and reprinted later under the caption, "LOST: One Brave New World."

"My name is John Crown. I am a paraplegic at Halloran General Hospital. My physical wounds are very small in comparison with my spiritual wounds. I have come back from death to a world that I no longer care for. I, who have been engaged in the great struggle to save the world from tyranny and have seen my comrades die for this cause, can now find no peace in the world or in my country.

"Having lived close to death for two years, the reasons why there is no peace seem infinitesimally flimsy. Russia wants the Dardanelles, Yugoslavia wants Trieste, the Moslems want India, labor wants more wages, capital wants more profit, Smith wants to pass the car in front of him, Junior wants more spending money. To these, I say, is it necessary to kill and cripple for these petty gains?

"Anyone who thinks a human body is so cheap that it can be traded for a tract of land, a piece of silver, or a few minutes of time should be forced to listen
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The Subtlety of **SATAN**



Millions Are Being Tricked

IN 1 TIMOTHY 4:1, 2, we are plainly informed: "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils [Greek, demons]; speaking lies in hypocrisy; having their conscience seared with a hot iron."

Today we are witnessing such a falling away from faith. Recently I received a pertinent letter from one of my friends in the East, a lady with whom I occasionally correspond. She, I believe, is typical of many other deniers of the faith. In my last letter to her I had discussed the commonplace, present-day evils of drinking and smoking, pointing out how these harmful habits are condemned in no uncertain terms in the Bible. But she took violent exception to my classing such indulgences as evils. In writing about our past great evangelists, she derided the days of Billy Sunday when it was said that one who drinks would be lost—this, despite the fact that the Good Book tells us no drunkard shall enter the kingdom of heaven. She ridiculed the belief that one is the devil's best friend if he smokes, declaring, "It [smoking] has nothing to do with the devil, and he does not exist—except in one's mind."

My friend, a student of modernism, concluded by saying that to declare drinking and smoking by human beings to be the work of Satan was "childish." To her, such "sinny stuff" was repulsive. Of course, she herself did not indulge, for she knew better; and while she did not approve of either bad habit, her attitude—strictly intellectual—tended to ignore the moral issue involved. Evidently she has never read the Bible's teaching on the subject. She is one of those unfortunate persons described in 2 Timothy, 4: 3: "For the time will come when they

The devil is not a hideous, horned creature as many men think. Neither is he a sissy or a clown as some have jokingly said. He is intelligent and handsome, and a deadly enemy of man.

will not endure sound doctrine." In another part of her missive she again flatly denied the existence of Satan.

I knew that my friend was merely voicing the exact wish of Satan: to make the idea of a devil ridiculous, to induce one to philosophize on sin, calling evil "error," so that he might move about more secretly and subtly.

I knew for certain that my friend had never read the informative book, *Satan—His Origin, Work, and Destiny*, which explains in the very first chapter that Satan is a personal being, and that:

By J. R. Striegel

"medieval tradition and superstition are the source of the conception which has come down to us of Satan as a monster of horrid form and hideous expression, with an accompaniment of hoofs, horns, pitchfork, barbed tail, and breath of flames: This hobgoblin of the ignorant and superstitious has no reality in fact, no basis in the Scriptures, and is the source of derision on the part of intelligent and cultured people. This very grotesque and absurd impression regarding Satan is in itself an evidence of the craft and guile of the deceiver. Such a caricature serves only to excite the mockery of the intelligent, and thus disarms suspicion, prevents vigilance, and leads men to disbelieve and deny the very existence of the devil."

This explanation gives us an insight into the subtlety of Satan, who now knows he has but a short time in which to work. Those who study the Word of God know that he will use all power and signs and lying wonders, so much so that, if it were possible, the very elect would be deceived. (Mark 13: 22.)

The archrebel against the government of God—the "adversary" (1 Peter 5: 8), "the angel of the bottomless pit" (Revelation 9: 11), "the father" of lies (John 8: 44), the ruler "of the darkness of this world" (Ephesians 6: 12)—will utilize the accumulated wisdom and knowledge of six thousand years' experience in leading human beings into sin. Furthermore, we may expect him to aid and abet the propagation of false doctrines by various sects and cults, and to attempt to confuse the true teachings of God.

As an instance, a short time ago one prominent religious organization stated in its literature that the idea of Satan is a "subconscious race belief." And in referring to the second coming of Christ, it asserts: "The time is coming when the second coming of Christ shall be an established fact, *but it will not be a material coming, such as many look for and expect.*" This, however, is contrary to the Scriptures, which clearly state: "This same Jesus, which is taken up from you

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H. M. LAMBERT

EVOLUTION VERSUS CHRISTIANITY



H. M. LAMBERT

Irrefutable Proof Supporting Christianity

TO ONE WHO believes the Scriptures to be the inspired word of the Eternal God, which the Scriptures themselves claim to be (see 2 Timothy 3: 16), the doctrine of evolution, in all its phases, is the most inadequate and unsatisfying doctrine that can be imagined. Evolution proves nothing, predicts nothing, promises nothing—all of which the Scriptures do, and in great abundance. If Christianity had no better excuse for existence than does the doctrine of evolution, it would promptly and properly be laughed to scorn by all thinking people.

If a salesman should try to sell you a set of cracked dishes, a sieve with which to carry water to your garden, or clothes in which the moths had eaten many holes, you would refuse to take them at

any price. The United States Bureau of Standards has ways of accurately testing the quality, discovering the weaknesses, and comparing the value of various goods and materials. The true Christian who accepts the Bible as the inspired standard by which to test every doctrine will not permit himself to be deceived by salesmen presenting the doctrine of evolution, or any other doctrine that is full of weak spots and holes.

By Bernard P. Foote

The theory of evolution is not only in special conflict with the first three chapters of the Bible, but also the last three, and everything between them. Yet it has been accepted into the churches

of most of the more than two hundred different denominations, where it has deceived many millions of nominal Christians who do not realize that it is entirely antagonistic to true religion. But because no two opposing doctrines can both be right, it is necessary for every rational human being to decide whether he will stake his intellectual integrity and his religious faith on evolution or on the Bible and true Christianity. When both Christianity and evolution are fully understood, it is utterly impossible to have faith in both. Acceptance of the unequivocal statements in Genesis 1:1 to 3:24, written thousands of years nearer the beginning of things than we are now, makes it impossible to accept any of the guesses and imaginings that have developed into the theory of evolution



ACME

According to evolutionists, the world and everything in it has developed by a very slow process over a period of millions of years. We wonder how they explain the tremendous and rapid strides of progress that have been made in the past few decades.

taught in comparatively modern times.

This age is recognized by everyone as an age of speed—more and *more* speed; but the evolutionists know nothing of speed in anything. Ask one of them why, since the dawn of history, there has been no perceptible change in the size or intelligence of any particular type of animal, bird, or insect—the ant, for instance—and he will probably fall into the trap, as many others have, by answering promptly, "It is because the evolutionary process is so very slow." In those few words he opens the way for a death blow to be administered to the theory of evolution; for its slow processes cannot account, in the slightest degree, for the sudden and tremendous increase in knowledge and in speed of transportation which began about the opening of the nineteenth century, and has developed at an ever-increasing tempo until the present moment.

According to the admittedly slow progress of the evolutionary process, the evolutionists would have to wait at least hundreds of millions of years for the world to develop to anywhere near the perfect condition in which Genesis 1:31 says it was when created about six thousand years ago, or for the renewed perfect condition predicted in Revelation 21:1-5.

When we compare the evolutionary process with God's way of doing things, we find that the two are utterly antagonistic. They have nothing whatsoever in common. In the first verse of the first chapter of the first book of the Bible, we are told something very important: "In the beginning God created the heaven and the earth." David, by inspiration of God, tells exactly how it was done: "By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth. . . . for He spake, and it was done; He commanded, and it stood fast. Psalm 33: 6, 9.

We may be absolutely sure that a Being capable of creating, "by the breath of His mouth," "all the host" of heaven—astronomers say there are forty billion suns in the milky way alone—could create this one comparatively insignificant world in any period of time He might choose. According to the first chapter of Genesis He chose to do that work in six *literal* days of "evenings and mornings," such as we have each day of the week now, and to rest on the seventh day. The seven-day week, which history and astronomy indicate has come down unbroken through the ages, is something for which no evolutionary theory can account, because the

beginnings and endings of the weeks are not indicated by any single movement of earth, sun, moon, or anything else in nature which the evolutionists say has "evolved."

From the beginning of history to about a hundred and fifty years ago, general knowledge and speed of transportation increased very little, if at all; and so there was far more excuse for the theory of evolution during the Dark Ages than there has been since. But the theory of evolution had not then been imagined. Therefore, it could not have been evolution that inspired Daniel, about the year 534 B. C., to write the following: "But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased." Daniel 12: 4.

The miracle of rapid progress in knowledge and transportation that has taken place since the beginning of the

nineteenth century definitely points to that time as about the beginning of the "time of the end." No theory of evolution can account for such a comparatively sudden change of program.

According to Zephaniah 1: 12, 14, it was to be at a time when people would be saying in their heart, "The Lord will not do good, neither will He do evil" (in other words, that everything must work out slowly by the long evolutionary process), that "the great day of the Lord is near, it is near, and hasteth greatly."

It is interesting to note, in this connection, what a sociologist said in *The New York Times* of June 9, 1946: "We may liken the progress of mankind to that of a man one hundred years old, who dawdles through kindergarten for eighty-five years, takes ten years to go through the primary grades, then rushes with lightning rapidity through grammar school, high school, and college."

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What if He Came Today?

By C. L. Paddock



FAR UP in the rugged highlands of Switzerland, close by a mirror-clear lake, surrounded by snow-clad mountains, and away from the beaten paths, the frequented ways of tourists, a lone traveler came suddenly and unexpectedly upon a beautiful, well-cared-for estate.

Entering the meticulously kept grounds, the traveler met the caretaker, who showed him around the extensive, lovely, flower-filled gardens.

"Is your master here the year round?" the traveler inquired.

"No, he is away," the gardener answered.

"How long has he been gone?"

"About twenty years now," the caretaker replied.

"I suppose you hear from him often?" the questioner continued.

"Not once has he written me."

"From whom do you get your pay then?"

"From my master's agent in Mairland," said the gardener.

"Does the agent come often to tell you what is to be done?" the stranger asked.

"No, he has never been here, either."

"Pray tell, who does come then to oversee things?"

"It is very seldom that any one comes here," the cordial

caretaker continued, "since we are so far off the beaten path."

To the traveler this was hard to understand. His doubt and dismay were revealed in his next remark.

"And still you have kept the gardens, yes, every nook and corner of the whole estate in such perfect order! Everything looks as if you were expecting your master tomorrow."

"Yes, sir, I keep everything as though he were coming today," said the happy, faithful gardener.

If, in these uncertain times, you and I can work on the plan of the gardener, applying this principle in the care and cultivation of the little plot of spiritual ground our Lord has entrusted to us, we need have no fears of tomorrow.

"I KNOW people say there's no such thing as a ghost, but they can't tell me that, for I've seen whole armies of them—and not just once either." The speaker was a former "boomer" American railroad engineer who had worked for a year on the famous Madeira-Mamou Railroad, which links the upper Amazon with northeastern Bolivia.

According to a report appearing in the magazine section of *The American Weekly*, January 10, 1943, construction of this railway commenced back in

to God. "For wisdom and might are His. . . . He revealeth the deep and secret things: He knoweth what is in the darkness, and the light dwelleth with Him." Daniel 2: 20, 22. Only the Omnipotent knows what is in the darkness of the grave. Having made man in the beginning (Genesis 1: 26), God knows what happens to him once he crosses the river of death and enters the portals of the tomb.

The question is, Does a man really die, or does he merely change his exist-

to rise up out of their graves. "The memory of them is forgotten."

Job, writing under the inspiration of the Spirit, corroborates the words of the Preacher. Further, he declares unequivocally that the dead cannot rise up from their graves. Notice these plain words: "The eye of him that hath seen me shall see me no more: Thine eyes are upon me, and I am not. As the cloud is consumed and vanisheth away: so he that goeth down to the grave shall come up no more. He shall return no

ARE THERE

The Exposure of a Satanic Deception

By Robert H. Pierson

1878, was abandoned some time later, but was finally finished early in the present century. Workers by the thousands perished during the period of construction. Many of these were buried near a little station called Candelaria. And this is where the engineer's "ghosts" come in.

On more than one occasion as he approached this station about midnight, the trainman declares that he saw "rows and rows of gray figures, all misty in the moonlight, rising up out of their graves, stretching out their arms toward the train, asking for a ride." His natural reaction was a healthy pull on the throttle, and a mad dash through "haunted Candy."

The subject of Ghosts is not a new one. From time immemorial man has speculated on the possibility of "spirits" coming back from the body temples of the dead "to haunt" and to communicate with the living.

Is this possible?

There is only one infallible source to which man may go for the answer—

tence? Can his "spirit" rise up as a "gray figure" in the moonlight, stretch forth its misty arms toward a passing train, and "ask for a ride"?

Our authority—the Bible—declares that when a man dies he is dead, and that in death there is no consciousness of approaching trains, nor of anything else. "For the living know that they shall die: but *the dead know not anything*, neither have they any more a reward; for the memory of them is forgotten. . . . Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou thou goest." Ecclesiastes 9: 5, 10.

"The dead know not anything." These are plain words. There can linger in the clay of their mortal remains no rankling hatred for anyone that would lead them

more to his house, neither shall his place know him any more." Job 7: 8-10.

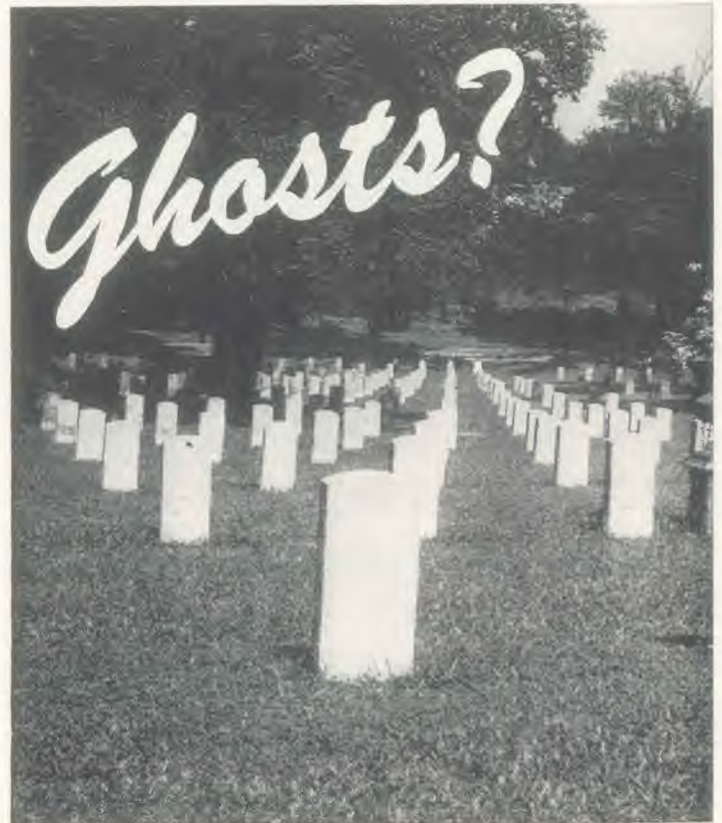
The inspired writer continues his revelation concerning man's condition in death by saying: "His sons come to honor, and he knoweth it not; and they are brought low, but he perceiveth it not of them." Job 14: 21.

The dead are unable to return to this life once they have passed over the great divide. They have no consciousness of what is going on in this life. So says our great authority—God's Word.

What, then, did the frightened engineer see on those bright nights in the misty moonlight of the Amazon jungles?

Was it merely a case of mental hallucinations?

It is not the purpose of this article to state what the man actually saw. The writer was not a passenger on this in-



HAROLD L. PHILLIPS

teresting railway line through the steaming jungles of the tropics. I know only what he did *not* see—the spirits of the dead rising up from their graves.

But by the above statement I do not wish to convey the impression that there are no such things as spirits. There are! And they are very real. But they have no connection with the demise of human beings. The Bible describes their origin.

In the little book of Jude, tucked away between the epistles of John and the Revelation, we read of “angels which kept not their first estate.” Jude 6. The inspired writer refers to the evil angels that were cast out of heaven when Lucifer rebelled against the authority of the Almighty, back in eternity before the world was created. For we are told that “there was war in heaven: Michael and His angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.” Revelation 12: 7-9.

A third of the angels of heaven were cast out with the great deceiver. (Revelation 12: 4.) These evil angels, “who kept not their first estate,” are the evil spirits in the world whose phenomenal performances have baffled many. John further refers to them as “spirits of devils, working miracles.” Revelation 16: 14. We should neither connect nor confuse the work of these evil spirits with any conscious state of the dead. The Bible says there is no connection.

But man, unfamiliar with the clear statements of Inspiration, has for centuries tried to contact “the spirits” of the dead. God has consistently condemned the practice. In Leviticus 19: 31, He warns His people: “Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I am the Lord your God.” He further instructs the leaders of His people to drive out from their midst anyone having anything to do with spiritistic mediums. (Deuteronomy 18: 11-12.)

Modern spiritism had its origin in Hydesville, Wayne County, New York, where on a night in March, 1848, the two Fox sisters heard mysterious rappings. Discovering no natural source of these mysterious sounds, they began to answer by means of similar rappings. Before long they were able to communicate intelligently with “old Split
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PHILIP GENDREAU



“Fearfully and Wonderfully Made”

Interesting Facts about Birds

By R. N. Montgomery

GENESIS 1: 21 records the creation of the birds. In their creation has been incorporated an astonishing array of special anatomical units and special-duty assemblies of muscle, nerve, and bone. The functions possible by correlation between these units give eloquent testimony of the infinite wisdom of God in designing a warm-blooded, heavier-than-air creature.

Since the bird is designed to move rapidly through a gaseous medium, the air, which has definite weight, hence resistance, the body must be efficiently streamlined, and a definite quantic relationship established between the weight of the body and the area of wing surface. No one questions the outstanding perfection of the streamlining of birds which has been assiduously copied by the airplane and automobile body designers in their attempts to reduce to a minimum the wind resistance, or drag, with resulting reduction in fuel consumption. Incidentally, fuel consumption per mile per ounce of weight is incredibly low in bird flight. Plovers fly from Nova Scotia to Cuba nonstop, and use only two ounces of weight.

Birds are unique in being the only creatures in all creation possessing feathers. While feathers grow from

areas known as feather tracts, they cover the entire body of the bird with a more or less wind- and water-proof covering, forming an insulation which is very efficient. The mature feather is dead, having upon maturity severed by atrophy the vascular attachments which maintained growth, yet it is held securely in the dermal papillae, or feather socket, until plucked by force or released by shrinkage of the quill, or calamus, or the relaxation of the walls of the papillae incident upon the growth of a new feather.

In order to make the bird supersensitive in flight, alive to each changing factor encountered in navigating its native element, the papillae of each feather is supplied with tactile, or touch, nerves at its base. These tactile nerves are very prominent in the wings and tail, the all-important flight mechanisms. The feathery part of the feather, or vane, is the grandfather of the present day zipper, or talon fastener, as the rays are held together by a series of barbules and hooklets. It has taken man almost six thousand years to put to practical use this ingenious method of a flexible interlocking fastener.

In order to keep the feathery coat in the best of condition, the bird has been
(Continued on page 18)

HE MUST have come down the chimney, for all of the doors were locked, and screens were on all of the windows. It was obvious that the house was not the place for him. He fluttered helplessly from window to window, attempting escape, until he was caught. When free, he flew to the

free, and be not entangled again with the yoke of bondage." Galatians 5: 1.

In whatever form it is manifested, sin is a clutching bondage, "His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins." Proverbs 5: 22. Young people are dazzled with the tinsel of false liv-

committeth sin is the servant of sin." John 8: 34. The final end of this bondage is the sunless death of ultimate separation from God.

But Jesus came. Came to make us free. Release from sin is found only in Him. "Forasmuch then as the children are partakers of flesh and blood, He also

Does God's Grace Release Christian

Should His Law Be Disregarded?

housetop across the street and rested a long time before he flew away.

Nothing had ever been in our house that seemed so out of place as that frantic bird. It was a pleasure to release him. Yet, I wanted to hold him for awhile. Never before, as I recall, had I held a wild bird in my hands. My emotions surprised me. My body grew tense as he paused in my open hand a moment before he realized his freedom. Then, with his sudden flight came a feeling of regret. The frightened way he cocked his head and the spunky way he pecked my finger had won my heart. But the house is no place for birds like him. Away! Away! Into the element for which he was made!

Everyone knows that a bird accustomed to flight in the near and distant airways cannot be circumscribed by the four walls of a house. The liberty of

ing as portrayed in picture and print, only to find later in life the mud underneath. The middle-aged selfishly grasp for money and fame, and find themselves at the end of life entangled in financial or social worries, without friends, devoid of all peace. The dope fiend, the envious wife, the philandering husband, the talebearer, the cheat, the drunkard, the lying merchant, the hypocritical minister, the fake doctor, the unjust judge, the half-hearted church member—all are shorn of true happiness and liberty.

If they continue to serve sin, these sordid wrecks of living have nothing ahead but this future: "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death." James 1: 15. This is slavery of the harshest sort. "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Romans 6: 16. "Jesus answered them, Verily, verily, I say unto you, Whosoever

Himself likewise took part of the same; that through death He might destroy him that had the power of death, that is, the devil; and deliver them who through fear of death were all their lifetime subject to bondage." Hebrews 2: 14, 15.

This means that the profligate can be pure; the liar can become truthful; the

By Herbert R. Thurber

creatures of flight is in being where they can fly. Birds are at home in the open spaces, not in a house built for people. "And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven." Genesis 1: 20.

Soon after the birds were made, the crown of creation was formed. God made man. "So God created man in His own image, in the image of God created He him." Genesis 1: 27. The birds were free in their element—the air. Man was free, made in the image of God. All creation was free! Then sin came. Freedom was lost. God's remedy for sin immediately became effectual. The only-begotten Son of God renewed the freedom as originally given. So the apostle could write, "Stand fast therefore in the liberty wherewith Christ hath made us



H. A. ROBERTS

Perhaps by the grace of the authorities of law this young man will be released, but such grace will not give him blanket permission to be lawbreaker in the future.

profane, reverent; the sinner, free! Free? Free for what? Lying, stealing, lasciviousness? No! Since there is bondage in these acts, freedom consists in not doing them. Suppose John steals. He has not been caught yet. Heaven being no place for a thief, Jesus helps John to gain heaven by giving him the desire and

for us than for anyone using an industrial product. Almost everybody uses a bridge every day, walks beside a steam engine or oxygen container whose safety is guaranteed by tests quite similar to those our bathyscaphe will have undergone."

So Professor Piccard is not afraid. He is obeying the laws of science. Imagine him, two miles deep in the sea, locked in his spherical room by the laws of intense water pressure, peering through one of the plexiglass windows into the water

from Obedience?

power to quit stealing. This is the very purpose for which the Son of God became the Son of man. "And she shall bring forth a Son, and thou shalt call His name Jesus: for He shall save His people from their sins." Matthew 1: 21.

Down, down deep into the blackness of the ocean two men have planned to descend. In a watertight sphere, known as a bathyscaphe, or water balloon, only 6½ feet in diameter, they are to descend 12,000 feet beneath the surface of the Gulf of Guinea, off the coast of West Africa. At this depth their steel cabin will be required to stand the tremendous, crushing pressure of 6,000 pounds to a square inch. Perhaps at this reading the 4½ inch thick steel casing has already carried its two passengers into the briny deep.

These two men of stratosphere fame, Professors Auguste Piccard, and M. Max Cosyns, are now planning to enter a different element than they entered in their balloon flight in 1932. Then they ascended to the thin-pressure area of 55,000 feet. Now they are to descend into the water, to the heavy-pressure area of 12,000 feet. Upon entrance into either place, life depends upon obedience to the laws required by that element.

In a news report copyrighted by the North American Newspaper Alliance, Professor Piccard is quoted: "Many people have remarked, 'It must take great courage to embark on such a dangerous project.'

"But it isn't a matter of courage; it's confidence. We have faith in the theory, faith in our calculations, faith in the actual device. We can embark without fear."

Before carrying people to the bottom of the sea the bathyscaphe will be checked and tried in every way. "The danger of our being crushed," says Professor Piccard, "is therefore no greater

about him. Now imagine his "water balloon" has surfaced. He is crawling out of the steel shell where he has been cramped for hours. He relaxes his limbs. He is free from the pressure beneath. But free as he is, Professor Piccard must obey certain laws. He dare not jump back into the sea without surety of rescue. He cannot be without oxygen for a long period of time. He must have food and water. Indeed, obedience to these laws of nature make his freedom possible. If he intends to keep on living, he must obey them.

On this point in the spiritual realm is where many Christians fail. They experience the freedom of forgiveness of past sins. They realize conviction, confession, and forgiveness. Then what do they do? They turn "about face" into disobedience again. Paul pleads for this not to be done: "Howbeit then, when ye knew not God, ye did service unto them which by nature are no gods. But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage?" Galatians 4: 8, 9.

I know of no greater deception than that freedom in the grace of Christ releases one from obedience to the law. No Christian can enjoy freedom in Christ as long as he disobeys, any more than the bird with a broken wing can enjoy the freedom of flight. Men live by certain established facts, so they do not expect fish to live out of water, or potatoes to grow in the ocean. By experimental processes scientists are continually discovering what can, or cannot, be done in the world of scientific law and order if we expect to continue existence. For experimental purposes natural law is sometimes defied by the scientist. These experiments often reveal greater laws. So great are the stakes involved,

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TERSE TOPICS

"ARE SCIENTISTS COWARDS?"—"Are scientists moral cowards? I have always pictured men of science as among the most courageous, adventurous, and unselfish of human beings. Yet as one views scientists today, one is tempted to believe they are as great 'pikers' as the rest of us.

"In yesterday's mail I received an urgent appeal in behalf of the 'Emergency Committee of Atomic Scientists.' We have sent in a small contribution every time an appeal has come from this important committee. And shall the next time and the next. Yet each time we do, the question grows louder and louder: Why should atomic scientists ask us frantically for a few dollars we might spare so that they can educate all of us to the fact that they are creating something which may blow us all to pieces overnight, if we don't stop them?"

"What respect would these same scientists have for the church (or any institution) that would engage in immorality, and then ask for a contribution to educate the public about the dangers of immoral activities? It seems to me that is exactly where atomic scientists stand today. For if atomic bombs will do what scientists say they will, then it is certainly immoral to make them—no matter what government asks them to do so. And the greatest responsibility is not with the public; the greatest responsibility is with the scientists."—A letter to *The Christian Century*, January 7, 1948.

JOIN THE SEVENTH-DAY ADVENTISTS—"Atomic energy is not only the means of life; it is the means of death. And if control is not achieved, wise and informed men must soon join the Seventh-day Adventists in making ready for something like the end of the world."—*Washington Post*, February 14, 1947.

BEFORE the Healer from Galilee stood a man "possessed with a devil, blind, and dumb." Wonderingly, the crowd pressed close to see and hear all that was taking place. The record is that Jesus "healed him, insomuch that the blind and dumb both spake and saw." Matthew 12: 22.

The onlookers were amazed. They had seen divine power manifested, and they exclaimed, "Is not this the Son of David?" Verse 23. However, when news of this healing reached some of the leaders of the nation, these men tried to discount the miracle; they tried to turn the people by saying, "This fellow doth not cast out devils, but by Beelzebub the prince of the devils." Verse 24.

It was then that the Lord uttered the warning against committing what is called the *unpardonable sin*: "Wherefore I say unto you, All manner of sin and blasphemy shall be forgiven unto men; but the blasphemy against the Holy Ghost shall not be forgiven unto men." Verse 31.

Why did the leaders say that He worked through the prince of devils? Why did Jesus warn them about committing a sin which God cannot forgive? Let us review the events of preceding days, and we will find the answer.

These same leaders who asserted that Jesus worked through Beelzebub had both seen many of His miracles and heard much of His teaching. As teachers of Israel, these men knew that the fruit borne is a sure indication of the nature of either a plant or an individual, for the prophet Isaiah had compared Israel to a vineyard that brought forth wild grapes. (See Isaiah 5.) Knowing this, they should have recognized that Jesus was One sent from God, and not working with the devil.

Many of these same leaders may have heard the wonderful sermon which the Lord gave as recorded in Matthew 5 to 7. They heard Him bless the oppressed, but godly, among men. They heard Him say, "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." Matthew 6: 24. They listened as He told of God's care for the lilies and birds, and were assured of divine protection for themselves if they sought "first the kingdom of God, and His righteousness." Verse 33.

Then, too, some of these leaders may have been present at His baptism. If so, they saw Him come from the river Jordan, and they beheld the light of the Holy Spirit as it rested upon Him



INTERNATIONAL NEWS

When men continually indulge in drunkenness and worldly pleasures, their desires for godly things become numbed.

during His prayer. They heard the voice of the Father say, "This is My beloved Son, in whom I am well pleased." Matthew 3: 17. And if they were not eyewitnesses of this, without a doubt nearly all had heard of the event. They could have known that Jesus was sent from God.

In the earlier chapters of Matthew the following miracles performed by Christ are reported: Healing a leper, curing the sick servant of the Centurion, stilling the raging waters of Galilee,

By John W. Boyd

healing a mad man, healing another man's withered hand. All of these, with His teaching, should have shown them that His was divine power.

These and other miracles were sufficient proof for John the Baptist. While imprisoned, doubts crept into the mind of this forerunner of the Messiah. Some of John's followers came to Jesus, inquiring if He was the expected Redeemer. The answer the Lord gave was, "Go and show John again those things which ye do hear and see: The blind receive their sight, and the lame walk, the lepers are cleansed, the deaf hear, the dead are raised up, and the poor have the gospel preached to them."

Matthew 11: 4, 5. This report confirmed John in his faith that Jesus was the Messiah. The same should have been enough for the Jewish leaders.

Surely that which they saw and heard of Jesus told their hearts that He worked by divine power, but they resisted the Spirit which spoke to their hearts. They heard a voice within them which pointed them to Jesus, but He was not exactly what they were looking for, and they would not follow. They expected a conquering king rather than one who would say, "Blessed are the peacemakers." And they were rejecting the voice of the Spirit which urged them to accept Jesus as the Son of God.

The Holy Ghost, or Spirit, was at work, and accomplishing His appointed task. Of the Spirit, Jesus said, "When He is come, He will reprove the world of sin, and of righteousness, and of judgment." John 16: 8. These leaders were being convicted of their sins, and they were being convinced of the righteousness of Jesus, but they resisted the work of the Holy Spirit.

The Holy Spirit was to reveal Jesus. "He shall glorify Me: for He shall re-

The Sin against the Holy Ghost

Why Can't God Forgive This Sin?

ceive of Mine, and shall show it unto you." Verse 14. According to this, by rejecting Jesus, they were also rejecting the Holy Spirit which reveals the Lord.

They had much evidence that Jesus was the Son of

The ninth chapter of Matthew also discloses the fact that Jesus raised from the dead the daughter of Jairus. These events gave much evidence that Jesus was sent from God. But when we read on to chapter twelve, we find the leaders saying that Jesus worked by the prince of devils.

"Grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption." Verse 30. The Holy Spirit directs one to Jesus, the only Saviour, for "there is none other name under heaven given among men, whereby we must be saved." Acts 4: 12.

Then, by resisting the Holy Spirit which points him to Jesus, one finally rejects his only means of salvation, Jesus Christ, the Son of God.

What caused the enemies of Jesus to do this? I think we can explain it in three steps: (1) They rejected the light which God gave them. (2) They willfully persisted in that which was wrong. (3) This willing disobedience led to hardening their hearts.

Let us enlarge on these points. First, by rejecting the light which God gave them, they were cutting themselves off from divine guidance. And a person today who rejects light which the Lord sends cannot expect to receive more light. What would be the use, when he does not accept that which has already been given?

Second, they willfully persisted in that which was wrong. I knew a lady in Texas who told me that the Bible was quite clear about worshiping God on the day that He had appointed, but that she was going to pray for guidance to see if she should follow the Bible. How foolish! The Holy Scriptures contain the voice of God to man. "Holy men of God spake as they were moved by the Holy Ghost." 2 Peter 1: 21. Then we need to follow the Bible teaching. If we understand the Scriptures, but do not follow their instruction, we are willfully sinning.

Third, this willing disobedience leads to hardness of heart. While I was in college, it was necessary for me to rise at 4:30 A. M. to do my work at the dairy. My alarm clock roused me instantly the first few days. Later, I would lie in bed while the alarm ran down. I got used to hearing it, and one morning it did not wake me. Just so, a person may get used to the call of the Spirit, and no response is made.

We read in 1 Timothy 4: 2 that some may have their conscience seared as by a hot iron. There is no response. They

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LIBRARY OF CONGRESS

God. When one stricken with palsy was brought before Him, Jesus forgave his sins. The Jewish leaders began to think that He was usurping the power of God, but the Lord showed them that He was God. "And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts. For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (then saith He to the sick of the palsy), Arise, take up thy bed, and go unto thine house. And he arose, and departed to his house. But when the multitudes saw it, they marveled, and glorified God, which had given such power unto men." Matt. 9:4-8.

These scholars knew the evidence, but they rejected the voice of the Holy Spirit which spoke to them. They continued to reject the pleading voice until they crucified the Son of God. Stephen spoke aptly of them in Acts 7: 51: "Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye."

This resistance to the Holy Spirit is dangerous. The Apostle Paul warns, "Quench not the Spirit." 1 Thessalonians 5: 19. The Scriptures speak of some "who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness." Ephesians 4: 19.

It is no wonder that we are advised,



INTERNATIONAL NEWS

Illinois' youngest confessed slayer, Howard Lang, thirteen, and his attorney look over copies of crime "comic" books which Lang professed an avid interest in.

Sadism and the Comic Books

"EVERY MONTH, more than 50,000,000 ten-cent comic books, printed on cheap newsprint in lurid though uncertain colors, richly illustrated with gorillas dragging screaming girls by the hair, green-faced monsters from Saturn, and scantily-clad females, find their way into our children's hands." So states an article in the June issue of *Everybody's Digest*, entitled, "Sex and Sadism for the Growing Child."

The comic books are considered to be one of the greatest influences in the lives of children. A recent survey showed that 95 per cent of all children between the ages of eight and eleven read them; 84 per cent between twelve and seventeen.

"The newsstands are full of comics that at the best might be called tawdry and at the worst are sordid, sexy, and even morbidly sadistic." In one month's crop of comic books the author of the above mentioned article found the following items: "More than a dozen publications in which scantily-clad girls bull-whipped other scantily-clad girls or men. A mother who screamed at her daughter that she 'wished she had croaked when she was born.' A dear little grandmother who mended the hero's garments as her gang waited to bump him off because she 'liked to see young boys die in natty

apparel.' Pictures of gorillas carrying around half-naked women, werewolves towering above screaming girls, a little boy with his head on the execution block and an axe being swung over him, and endless gangster scenes showing prostitutes, madames, and electric chairs." One comic is said to feature two characters called Bilge Wauta and Sessy Poole. These are certainly representative names for the type of material appearing in the books.

We blush with shame to think that America, the greatest Christian nation in the world, should be permeated with so much filthy trash. We tremble with fear for the future of our children and the welfare of the nation and the world when we take cognizance of the fact that immature minds are feeding on vulgarity, destructive violence, and sadism. To say that this is not having its influence on the youth of today is an indication of ignorance. We know that crime and adultery are increasing, and have almost reached a point where they are getting beyond control. We cite a case in point to show whereof we speak when we say that the comics are, along with radio and movie crime shows, largely responsible for the situation. Young Howard Lang (thirteen years old) recently murdered his seven-year-old playmate in cold-blooded fashion in Thatcher Woods near Chicago. Lang is said to be an avid comic-book reader. (See picture on this page.)

The Bible speaks accurately of our day when it says that "in the last days perilous times shall come." The reason for such perilous times is found in the condition of men who, according to the text, shall be "without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, . . . lovers of pleasures more than lovers of God." We regret that the Scriptures reveal that the condition will not improve, "but evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Timothy 3: 1, 3, 4, 13.

The comic books, which really ought to be called the crime books, are doing their part to develop the situation that God has pictured. Young people can never gain the preparation necessary to make them fit citizens of God's kingdom if they read such pulp. Christian parents need much of God's help to save their boys and girls from this and other of Satan's pitfalls.

A Hungry World

"THE IMMEDIATE food shortage, which even the American housewife feels—at least in her pocketbook—will not be over with next autumn's harvest. Some of the toughest going will be in Western Europe." This statement and other's of equal importance appeared in an editorial in *Life*, April 26, 1948.

It is quite evident that food is going to be scarce for a long time to come. Even bumper crops will not provide enough to feed all of the hungry world. It is agreed by specialists that we can continue to get along as we are now, and perhaps improve the situation a little, barring some unforeseen calamity, such as a drouth. Of course there will continue to be a large number of people who will suffer from malnutrition, and food will continue to be costly. The great fear is that the unforeseen calamity will happen some day. It is believed that a major crop failure would be well-nigh ruinous in the present era of acute shortages.

When Christ looked down to our day, He prophesied that "there shall be famines, and pestilences." Matthew 24: 7. It is wisdom for us to anticipate the fulfillment of this prophecy, and expect drouth or excessive wet seasons that will ruin crops. While such calamities may only be localized, they would aggravate



INTERNATIONAL NEWS

This gutted building and wrecked car indicate the fury of the recent bloody revolt in Bogota.

the present situation to an extent that might involve a renewal of the program of rationing, and would certainly increase the inflationary tendency. One economist foresees the possibility of unusually serious times ahead and makes the following striking suggestion: "My advice to every family in America which is now depending for its support upon the money it can earn, is to establish itself just as quickly as it can on a homestead of its own so that it is able to utilize all the labor of the members of the family in producing food, clothing, shelter and fuel and anything else which they can learn how to make for themselves. The various members of the family should be taught how to garden; how to cook; how to can, dehydrate, and preserve food; how to milk, and make butter . . . ; how to raise chickens and eggs; how to sew and weave; how to carpenter; how to repair their own cars and tractors and machinery; how to operate agricultural equipment and other appliances. All this educational preparation should begin immediately. It cannot be learned overnight."—Ralph Borsodi, *Inflation Is Coming*, p. 60.

It is true that serious times are coming, and to be forewarned is to be forearmed.



Work or Fight in Next War

REAR ADMIRAL Morton D. Willcuts recently declared that in the next war "every ounce of available manpower will be needed. Selective Service rejections during the last war at times exceeded 40% of those registered. That won't do in the next war." (See *Science News Letter* for April 17, 1948.) It seems clear from this statement that it will be work or fight for all of us in the event that we become involved in another war. The Admiral further declared that "those with chronic diseases, even of the psychiatric type, must find their stride and fight or work."

This authoritative spokesman predicted that the Pearl Harbor blow of the next war would come in the form of a special weapon of mass destruction. Whether this would be an atom bomb, a chemical agent, or some unknown weapon, the Admiral said that he was not prepared to say. The death rate, he predicted, would be "appalling," and the question of the disposal of the civilian dead would be formidable. Furthermore, the new weapons would leave agents of destruction in the areas used that would make them unsafe for re-entry or approach.

We face the time when "sudden de-

struction cometh . . . as travail upon a woman with child; and they shall not escape." 1 Thessalonians 5: 3. This being the case, may the following text of

Scripture also be true: "But ye, brethren, are not in darkness, that that day should overtake you as a thief." Verse 4.

"Birth of Solar System"



AN ARTICLE with the above title appears in the *Life* magazine of April 26, 1948, and attempts to explain the origin of our solar system. It is the presentation of a new theory propounded by Dr. Fred Whipple of the Harvard Observatory, in which the idea is advanced that our universe, and especially the solar system in which the earth is located, was made from "cosmic dust which drifts like enormous puffs of smoke through interstellar space."

According to this new theory, a cosmic dust cloud probably five trillion miles in diameter broke up into dense swirling clouds of dust which eventually became planets and also our sun and moon. They were, it is said, molten hot at first. They all, according to Dr. Whipple, finally reached their present size, shape, and position in a perfect uniform arrangement without the help of any intervening power. The moon, according to this theory was a part of the cloud of dust that finally became this earth. It decided to detach itself but remain in the earth's orbit because of the latter's gravitational attraction.

Dr. Whipple also says that before the solar system established order, chaos prevailed. Terrific collisions between planetary masses occurred which were far more destructive than atomic bombs could ever be. Entire heavenly bodies, according to Dr. Whipple, were destroyed. The none-too-comforting thought is given that things may get out of control again some day, and some large meteorite may strike this earth causing catastrophic damage.

As we read these theories we cannot help but understand why

God says that "the wisdom of this world is foolishness with God." 1 Corinthians 3: 19. We do not claim to be scientific experts, but we raise such amateurish questions as: "Where did the dust come from?" "Who made it?" "Why has the sun remained hot and dazzling bright when the other bodies have cooled off?" We also wonder about the myriads of other suns and planets in the heavens above. "Did they originate from dust?" "Who brought order out of universal chaos?" "How did the millions of heavenly bodies become so perfectly organized?" Ah yes, there is one more important question for the brilliant scientific minds to answer: "Where, after this molten mass cooled off, did man come from?"

If I were not a Christian, and did not believe in the creation of the Universe by an omnipotent God, I am afraid I would be a nervous wreck worrying about the possible catastrophic collision of this earth with another huge heavenly body hurtling through space. It would be rather difficult to rest easy at night. It would be awful to think of all these huge bodies rushing through space without some mighty power to control them.

I am thankful that I believe in God, in the creation, and in the orderly control over the universe by the God who created all things. "Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number. He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth." Isaiah 40: 26.

IN THE MATTER of eating, the housewife has a very great responsibility, for it is she who largely determines the food habits of the family, and to a great extent whether her family shall be sick or well, since health depends so much on the food eaten.

Although most people engage in eating as the "most popular indoor sport," or just to satisfy hunger, actually, they eat to supply certain essentials that the body needs and without which health would suffer.

These essentials which supply this "hidden hunger" we should get in our food. But because deficiencies due to improper eating are not apparent at once, we sometimes think we can get by, and we try to cheat by eating just what we like,—sweets, junk, instead of the food we know we should eat. But sooner or later the body, even though built with extra strength for emergencies and slow to yield to neglect, can and does break.

One of these essentials which plays such an important part in all the functions of the body, and is a constituent of the tissues and cells of all the organs, is protein. The importance of protein in fighting disease and in maintaining normal health has taken on new emphasis, and as a result of recent investigation and study, important contributions have been made to dietetics. The best sources of protein are eggs, milk, legumes, and nuts. Although meat is the most widely used protein, it may be dispensed with.

Proteins are found to contain about twenty-two units, called amino acids. It is now known that ten of these are essential to health, and if only one is left out of the diet, health suffers. Foods containing these are said to be complete protein foods because they perform the necessary functions of the body of repairing the worn-out tissues in the adult and of promoting growth in the young. These foods are milk and milk products, eggs, and meat. The protein of

By Clara M. Knowles

*Author of
Diabetic Diet Outlines*

soybeans, nuts, garbanzos, and brewer's yeast is of excellent quality, but falls short slightly in one or two of these ten essential amino acids.

In order to have good health, not only the type of protein must have consideration, but the amount, too. Protein insufficiency will show up in the form of susceptibility to acute infectious diseases, such as colds, pneumonia, and influenza.



DWIGHT L. HERBERT

Those who prepare the family meals must provide proper protein foods if the diet is to be a healthful one.

Protein

The Body's Great Need of It

Anyone who has repeated colds should check the diet to see if sufficient protein is consumed. When a cold hangs on over a long period, get a diet high in protein as well as rich in vitamins. Orange juice will not take the place of protein. However, the time to raise the resistance is before the cold hits you, and if the body's defenses are up to par, one is protected against all infectious diseases, including colds.

Protein has rightly been called the mainstay of the diet. Perhaps you have started off in the morning feeling full of energy, but before you had scarcely tackled your day's work, you felt "worn out." You tire easily. This could have been caused by a lack of energy foods, by insufficient protein in the diet, or both. Someone has said that "protein spells pep." "But," you say, "I thought that starches, sugars, and fats were the energy foods." You are right. You should eat energy foods for energy, but protein gives the individual a feeling of

strength and vigor which the starches and sugars do not produce.

Many persons contract tuberculosis because of lowered protein intake, causing low resistance and undernourishment. This is a disease that easily gets a foothold after an attack of the flu or a prolonged cold. Just as protein in increased amounts will promote healing of areas invaded by this germ, so it will protect against invasion in the first place.

When we speak of undernourishment, we do not mean that the individual is simply underweight. To be undernourished, one may or may not be underweight, but the body defenses are depleted. Some believe that because they are in good flesh, they are well fortified against disease. Girls, especially those afraid of gaining weight, will avoid milk because they think it is fattening, and eat sweets and other foods which do not carry with them the important food elements, and as a result they become easy prey to diseases. This

is because the protein is too low in the diet, and vitamins and minerals are not sufficient. Yet they may not appear undernourished.

Protein plays a very important part in helping the body to deal with disease germs by resisting attacks made by the invasion of disease-producing bacteria. These disease germs are foreign proteins, and it takes protein to build up the defending army which is largely made up of white cells (phagocytes, they are called), which act as scavengers, eating up the offending germs. They are the suicide squads, often dying in their attempt to dislodge the enemy, as is seen when pus collects in an infected area or in a boil. If the army on the defense is large enough, it will not allow the invaders to set up bases and establish themselves, militarily speaking; but if they are not able to deal with the invaders, they may be reinforced by another fighting force, the antibodies. But the phagocytes will arrest the aggression of the intruders if the army is sufficiently large. Thus a real battle is in progress, and it requires a constant supply of reinforcements of phagocytes being brought on the field of action. If necessary, the reserves, which are lodged in the bone marrow, in the spleen, and in the liver, are brought out.

But even these reserves will not be replaced as soon as used up if there is protein under-nutrition. It has been found that when the protein intake is sufficient at all times, the ability of the body to produce phagocytes is good; but when the intake of protein is insufficient, there is a great decrease of these fighters. Vitamins also co-operate with the proteins in maintaining a high state of resistance.

Antibodies are chemical protein bodies found in the blood that either neutralize the poisons produced by bacteria or clump them into groups that make them more easily eliminated. Cannon says: "With higher protein intake in typhoid fever, there is a constant supply of amino acids essential for the production of specific antibodies necessary for localizing the typhoid bacilli and for restricting their growth and spread."

Recent study has revealed a very great necessity for surgical patients to have a good protein intake. An authority on this subject says, "The protein-deficient individual is a poor operative risk." When protein is stored, even though that amount is always small, the outlook for the surgical patient is safer. Under-feeding of protein delays the healing of wounds and fractures. There should be a sufficient amount in the diet to repair

damaged tissues and prevent infections. It is said by authorities that those on a low-protein diet are more susceptible to shock after surgery or injury, and that in these persons shock occurs from very small losses of blood.

Deep and extensive burns also require high-protein diets, as there is much loss of protein. This is true of draining wounds, chronic infections, or chronic bleeding. These losses must be made up by extra protein in the diet. Diarrhea or vomiting will bring a shortage of protein that has been actually utilized by the body. The newer methods of feeding these cases is bringing most satisfactory results, and when the patient is not able to eat sufficiently of protein foods, the amino acids are given intravenously.

The liver, with the important duties it has to perform, must have protein so as not to cause damage to the cells. It has been discovered that in animals

which are underfed, the liver loses protein, decreases in size, becomes fatty, and its function as the great detoxicator of the body is lessened.

For instance, an old-fashioned notion was that during a fever the patient should eat lightly. Even in long fevers, such as typhoid, a quart of milk a day was considered an adequate diet, as it was thought that the temperature was raised by food. The old method was to practically starve the patient. As a result of these drastic procedures, if the patient lived, he was weak, had lost much weight, and convalescence sometimes ran into months. Now all this has changed, and the patient is not only fed a high-calorie diet because of the high temperature, but a diet high in protein as well, as there is much tissue that is broken down, probably caused by the toxic action of the disease germs.

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What Is Your
HEALTH PROBLEM?

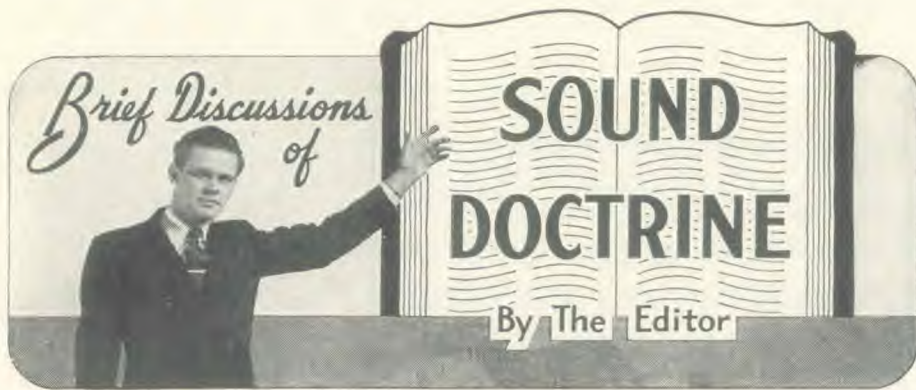
The answers to health questions are supplied to the readers of OUR TIMES by Owen S. Parrett, M. D. Address your queries to him in care of this magazine.

What is the cause of hyperacidity, and what can be done to eliminate it?

Hyperacidity may be due either to over-sensitive nerves and emotional strain, or to wrong eating habits, especially the use of much meat in the diet and condiments, spices, etc. Normally if one is very hungry and food is eaten dry and masticated thoroughly, it may result in a rather high acidity for a time or until the food has been digested. If it is proved that the acidity is due to normal digestive hydrochloric acid and not to the acids of fermentation, we advise the use of more fluids at the meal, especially much milk in the diet. Milk neutralizes the excess of acid since it is easily digested and at the same time it does not stimulate the secretion of more acid. Meat will temporarily take up the acid in its digesting process, but it stimulates the secretion of more acid and thus creates a vicious circle. As a means of giving temporary relief one can use some form of antacid medicine which contains aluminium hydroxide, such as Amphojel or creamalin tablets. Avoid baking soda as it is injurious to the lining of the stomach and may in time destroy all the acid-secreting cells of the stomach, thus creating a far worse condition than the hyperacidity itself. Select a diet of easily digested food, using milk and cottage cheese instead of meat in the diet. Do not use too much salt, and eliminate all spices and condiments. Avoid all emotional strain and be very regular in all eating, drinking, and sleeping habits. If these suggestions are followed, the condition should be overcome in a matter of a few weeks.

Occasionally I have fits of extreme nervousness and feel as if I would like to scream. What causes these spells and what can I do to calm myself?—W.B.H.

Presuming that you are a man, and not a woman going through the menopause, I would say that your symptoms suggest those of an overworked business or professional person who needs to reverse his program and put less strain on the nervous system and more on the muscular organs. No farmer or garage mechanic ever feels the way you describe, nor does any other person whose work is mostly muscular and out of doors. What you need is to lock your car up in the garage or let your wife drive it and walk to and from your office, get out for a game of golf, or take a good hike daily of from two to four miles. I find it a good practice to let the nurse drive the car home while I walk after a strenuous day of seeing and talking for hours with sick people. A few setting-up exercises morning or evening might help, and then you should have a hobby of some kind with which to take your mind off your humdrum routine work for the day. It is best if your hobby can be the raising of fruits, flowers, or vegetables, or some kind of animals, for there is something stimulating and satisfying in producing something useful or beautiful, or both. I raise orchids, thoroughbred canaries, and am just starting a large strawberry patch in my back yard. Your hobbies will not tire you out but will act as an escape valve for pentup nerves.



THE "ACID TEST" of the divine inspiration of the Bible is in fulfilled prophecy. God's Word stakes its entire reputation on the outcome of its predictions. No other book has dared to pre-write the history of the world and outline detailed events as have the Scriptures. As many would say, it is like going out on a limb. God's Word does not hesitate to predict many future events, and in some cases even minute and seemingly impossible things have been prophesied.

Take the prophecies of the Old Testament that predicted many outstanding and also many minute things about Christ. Perhaps there are some people who do not even know that the Old Testament revealed anything pertaining to Christ,—His birth, His life, and His death. Here are a few of the predictions concerning Him:

Micah 5: 2 predicted that Bethlehem would be His birthplace. Zechariah 11: 12 predicted that He would be betrayed for thirty pieces of silver. Zechariah 11: 13 predicted that this money would be cast to the potter. Psalm 22: 16 predicted that they would pierce His hands and feet. Psalm 22: 1 predicted that He would cry, while on the cross, "My God, My God, why hast Thou forsaken Me?" Isaiah 53: 9 predicted that He would be buried in a rich man's tomb. These are just a small part of the numerous prophecies concerning Christ. Suppose that He had been born in Jerusalem, or suppose that He had been sold for thirty-five pieces of silver? What if He had been buried in a poor man's grave instead of rich Joseph's tomb? Suppose that He had been beheaded instead of crucified? Can you not imagine the gloating howl that would have escaped the throats of those who do not believe in the inspiration of the Bible had any one of these discrepancies occurred?

Another great line of prophecy that has been strikingly fulfilled is the one pertaining to the Jewish people. When Frederick the Great, King of Prussia, asked the court chaplain for an argument

that the Bible is an inspired book, he answered, "Your Majesty, the Jews." Their unbelief, the rejection of the Messiah, the results of that rejection, their dispersion into the corners of the earth, so that they would be scattered among all the nations, the persecutions and sorrows they were to suffer, the curses which were to come upon them, their miraculous preservation as a nation—all these and much more were announced over and over by the prophets of God.

Like Cain, the Jews have wandered from nation to nation. Though without a land, they are still a distinct people. Other nations, much larger and stronger, have passed completely away, but the Jewish nation is preserved.

Christ predicted the great dispersion of the Jewish nation, the fall of Jerusalem, and that Gentiles were to rule over that city. (See Luke 21: 10-24.) Also the ancient prophecies have declared the following: "And you will I scatter among the nations, and I will draw out the sword after you: and your land shall be a desolation, and your cities shall be a waste." Leviticus 26: 33, A. R. V. "And Jehovah will scatter thee among all peoples, from the one end of the earth even unto the other end of the earth; and there thou shalt serve other gods, which thou hast not known. . . . And among these nations shalt thou find no ease, and there shall be no rest for the sole of thy feet; but Jehovah will give thee there a trembling heart, and failing of eyes, and pining of soul. And thy life shall hang in doubt before thee; and thou shalt fear night and day, and shalt have no assurance of thy life." Deuteronomy 28: 64-67, A. R. V. "And yet for all that, when they are in the land of their enemies, I will not reject them, neither will I abhor them, to destroy them utterly, and to break My covenant with them; for I am Jehovah their God." Leviticus 26: 44, A. R. V.

God, in His book, has not hesitated to reveal that the Jews will be scattered and persecuted, but at the same time He declares that they will not entirely cease to

exist. It is truly a miracle that there are any Jews living when we consider the studied attempts to wipe them out. Hitler's purge was a bloody one, but the Jews are still very much in evidence, and they will be around when some of the nations that have persecuted them are gone. The following statement bears on this point: "Massacred by thousands, yet springing up again from their undying stock, the Jews appear at all times and in all regions. Their perpetuity, their national immortality, is at once the most curious problem to the political inquirer; to the religious man a subject of profound and awful admiration."—Milman, *History of the Jews*. God once said: "Though I make a full end of all nations whither I have scattered thee, yet will I not make a full end of thee." Jeremiah 30: 11.

Here indeed is an argument for the Word of God which no infidel can gainsay. Divine prediction has decreed that the Jews shall be a scattered nation. No other people have ever been more scattered. "But," you say, "suppose they establish a united nation in Palestine, as seems so likely right now." Is it likely? Look at the obstacles. Even the United States fears to attack these obstacles. It is true that many would like to see the Jews established in a homeland, but they have always come so near and yet so far. God's Word says that they are broken as a potter's vessel and can never be put together again. (See Jeremiah 19.)

How great should be our faith in God and in His inspired Word. The fact that many events have been foretold and fulfilled in exact accordance with His will should be evidence enough to prove to us that the predictions that reveal an early end of sinful history and the establishment of Christ's kingdom of glory are sure to follow, and soon. "Believe in the Lord your God, so shall ye be established; believe His prophets, so shall ye prosper." 2 Chronicles 20: 20.

Are You Prepared?

(Continued from page 2)

to the moans of the dying, night and day, for the rest of his life.

"All the troubles of the world originate in the common man. The selfish and greedy ways of nations are just the ways of each individual man multiplied a hundredfold. [Italics mine.] When the morals of the common man drop, so do the morals of the nation and of the world.

"As long as our individual morals remain at a low ebb, so will be the world. Until each of us stops hogging the

road' with his car, stops fighting over the seat on the bus, stops arguing over who is going to cut the grass, there will be no peace in the world. If man wishes peace again, he must return to the great commandment, 'Love thy neighbor as thyself.'**

Yes, "it is later than you think." Man has about filled his cup of selfishness, cruelty, and greed to overflowing, and whether or not the Creator shall choose the makings of an atomic bomb as the agent of His destruction, is not important.

The cry of the brave hearts of these boys of ours, the agonizing cry of a second betrayal, has been added to that of those who are dying of cold and hunger and pestilence, and the sound of their suffering is come to the ears of Him with whom we have to do.

It is time for man, in 1948, to spend more time meditating upon the terrible and majestic event of Christ's appearance in judgment, toward which every second is speeding us with inevitable certainty, and less upon the lone fact that He was born upon earth 2,000 years ago.

People are saved, or they are lost, individually. Though the world is composed of nations, nations are made up of individuals. Are you, as an individual, prepared to face John Crown, and your son and mine, with "a conscience void of offense" at the Judgment Bar of God?

* Used by courtesy of *The New York Times*, publisher, and Howard A. Rusk, M. D., to whom the letter was written.

The Subtlety of Satan

(Continued from page 3)

into heaven, shall so come in *like manner* as ye have seen Him go into heaven." Acts 1: 11. In another place of Holy Writ we are warned to be ready for the day when the Lord shall come; but the same New Thought society places a metaphysical interpretation on the word "Lord" to mean "good."

Many cases could be cited in which Satan is today moving insidiously in modernistic religions and acting through fallen-from-faith individuals. Not long ago I came in contact with a woman who claimed to have received the baptism of the Holy Ghost, and with it the gift of tongues. This she sought through fasting and prayer. I witnessed a demonstration of her "gift" in a certain church a short time ago. In the middle of the minister's preaching, she arose, and with hands outstretched overhead, burst forth with a flow of unintelligible words, which I can best describe as gibberish. Immediately

after her siege, so to speak, she interpreted her unknown tongue in English and in Bible verse.

The woman is convicted that she has "it"; but a pathetic aspect of her "gift" is that it seems to reveal itself at any time without warning, and is uncontrollable, so much so that she breaks into her gibberish during a normal conversation over the telephone. The "gift" manifests itself so frequently, and she is so overcome by it, that her mentality is now adversely affected. Moreover, more than one minister has characterized her as "obsessed." She has not learned that Satan can and does counterfeit the original things of God, nor has she followed the counsel given by Paul: "Beloved, believe not every spirit, but try the spirits whether they are of God. . . . We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the Spirit of truth, and the spirit of error." 1 John 4: 1, 6.

The present days are perilous indeed, demanding our constant vigilance against the wiles and ways of Satan. We need to be guided daily by the Scriptures, and ever hew to the narrow path of righteousness and truth. We need not be misled by the great deceiver, no matter how subtly he tries to lead us astray.

Evolution Versus Christianity

(Continued from page 5)

The slow-working evolutionary process is completely unable to account for any such sudden increase in the tempo of progress in some things, while at the same time some statesmen and scientists fear a return of the Dark Ages.

Evolution gave no warning of the spirit of hate and fear and destruction that suddenly took the world by storm in 1914, when World War I broke out, only about a third of a century ago. We must, of course, turn from evolution to the Bible for an explanation of that; and here it is in the plainest possible language: "Woe to the inhabitants of the earth and of the sea! For the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time." Revelation 12: 12.

It is apparent, therefore, that "devolution," not evolution, accounts for the terrible events that have followed one another in rapid succession since the beginning of World War I, and which, according to the Bible, will continue to the end of time; for "evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Timothy 3: 13.

Many great statesmen and scientists

are now indicating their doubt of evolutionary progress *upward* by saying that unless man can find some way to prevent an atomic war, civilization will destroy itself.

Ask the evolutionists why wars and revolutions, earthquakes, tornadoes, floods, fires, and accidents are coming upon the world with increasing severity, and they have no answer; but again the Scriptures tell us in plain, positive words: "Behold, the Lord maketh the earth empty, and maketh it waste, and turneth it upside down, and scattereth abroad the inhabitants thereof. . . . the earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant. . . . therefore the inhabitants of the earth are burned [does this suggest atomic bombs?], and few men left." Isaiah 24: 1, 5, 6.

In another article, the writer will present several more unanswerable questions for evolutionists.

Protein

(Continued from page 15)

Everyone likes to have a good credit balance in the bank. And you will need to have your protein account balance too, which means that if you do not deposit as much nitrogen (which is found only in the protein foods) as you use up, you will go in the red, and there will not be sufficient to use in repairing tissues and for other needs. Nitrogen you get in your foods, providing, of course, you eat the right ones.

Then, too, protein is a vital foodstuff in keeping the blood up to its normal requirements. Not only the red and white cells of the blood must have protein, but also the plasma, which is the most important constituent; for without protein, there would be no plasma. Certain tests reveal a low level of protein in plasma following diets deficient in protein. As protein is diminished in the diet, anemia progresses. Most cases of anemia are due not only to a lack of iron, but to a lack of protein, also. Hemoglobin production is one of the first protein needs that must be supplied.

Since proteins actually enter into the structure of body tissue, they are the "fabric of the fleshy part of the body," as well as of the internal organs and of the blood. When making a dress, if the material is limited, the dress must necessarily be shorter. Rats fed on low protein diets are shorter, and lack of protein in the diet is the reason why some of the short people you meet on the street are short. There just was not enough

"fabric." So in growth, it is necessary to have good quality protein foods. Growth will not proceed normally without them. This is imperative in pregnancy, too, and not only the quality, but the quantity of protein must have consideration.

We are not here mapping out a program for those who have diseases in which the protein is often restricted. In high blood pressure, for instance, as in most all other diseases, the diet should have special consideration.

In this short article are discussed very briefly the most outstanding needs for protein. There is yet to be considered the best sources and the amounts needed, and the question, Does the vegetarian diet supply the best quality of proteins in adequate amounts to insure good health?

"Fearfully and Wonderfully Made"

(Continued from page 7)

given certain organs and instincts to facilitate preening. Anyone familiar with poultry has witnessed the meticulous preening engaged in by chickens when inclement weather is imminent. Oil is squeezed from the preening gland at the base of the tail upon the beak and each feather is passed carefully through the beak, thus giving it a coating of waterproofing which sheds water like "a duck's back." A wise Creator has endowed such birds as the heron and cormorant with a fine-tooth comb, located on the inner edge of the claw of the third toe, to aid in the preening process, and also to remove incrustations of salt, which prove troublesome to salt-water birds, and which are fully removed periodically by a flight inland to fresh water.

The heartbeat rate of birds is generally very high as compared to that of mammals. A canary's heart beats one thousand times a minute, which is essential in order to circulate blood rapidly enough so that so small a body is not quickly chilled in cold weather, and to supply quick energy in flight. Man has never yet devised a more efficient method of generating so much heat

with so little fuel, with the possible exception of atomic power. This rapid heart action has given people who have held living birds in their hands the mistaken idea that the birds were greatly frightened.

Of all the amazing physiological units, the faculty of sight is undoubtedly the most to be wondered at. In the visual assembly are some three hundred distinct functional features which combine to give sight. No mere chance develop-

accommodation of sight, from near to far or vice versa. So perfect is this accommodation that a bird can fly unerringly through the branches of a tree or swoop accurately from high altitudes to a predetermined spot. This is also wonderfully complemented by an enlarged area of direct sight, known as the *fovea centralis*, the spot of greatest visual acuity, which is distinguished by an absence of rods and a great increase of cones which react to color while the rods

react to light, and darkness; hence we assume that color definition by the birds is very acute, particularly towards the red-yellow end of the spectrum. Yet unproved, it is believed that this sensitivity in this range of the spectrum reaches into the infra-red, and that the warm bodies of mice and other rodents scurrying about in the darkness are readily visible to the shadow silent owl winging overhead with *both* eyes focused *forward*.

From these instances we readily see that not only man, but the feathered folk, are "fearfully and wonderfully made."

Are There Ghosts?

(Continued from page 7)

Foot" as they called the spirit. They continued their codified conversation with the spirit world and invited others to join them. Many became interested in this new experience, and Hydesville became the cradle for the revival of Satan's masterpiece of deception.

From this small beginning spiritism grew with leaps and bounds, until within half a century it was estimated there were over sixty million professed spiritists scattered throughout the world. These numbers have increased substantially during intervening years.

Wicked spirits gather round thee;
Legions of those foes to God,
Principalities most mighty,
Walk unseen the earth abroad;
They are gathering to the battle,
Strengthened for the last deep strife;
Christian, arm! Be watchful, ready,
Struggle manfully for life.



To a Tree

By Weldon Taylor Hammond

To see a tree just makes me glad,
Embracing—like my dad,
With arms outstretched—affording rest
To every bird that seeks a nest.

Just like my mother, too—such charms—
Enfolding birdlings in her arms;
And long before they learn to fly
She sings to them a lullaby.

Men have made some wondrous things,
With whirling wheels and spreading wings;
But this old world will never see
A mortal man create a tree.

ment this, but direct evidence of the creative power of God. The bird is denied the extrinsic muscles which rotate the eyeball in man, for the avian eye is fixed in the socket, and is optically biconvex, with such wide angle characteristics and so located in most birds as to take in the entire circle with a slight motion of the head. When necessary to examine an object at close range, the head is turned sidewise, and one eye, only, focused upon the object. The eyes of birds contain a fan-shaped device known as the pecten, which serves a dual purpose—to make available a rich supply of blood, and to aid in rapid

Our only safeguard against this Satanic deception is to be found in the plain, "Thus saith the Lord." We need to study most diligently lest the evil one lead us into the paths of error.

The prophet Isaiah gives timely instruction for the pilgrim of our day. "When they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? For the living to the dead?" Isaiah 8: 19.

This is sound advice. When we need help, let us go with our petitions to Him who alone knows the end from the beginning, and who only can help us in time of need.

Does God's Grace Release Christians from Obedience?

(Continued from page 6)

and so rapid the progress of discovery, that some fear we will destroy ourselves through curiosity.

This same daring has now crept into religion. "Let's see what will happen if I do this," is now the only law of many. To Christianity this is fatal. To God it is rebellion. To the devil it is pleasing. Whether willfully or blindly, this kind of daring is a disregard of the law of God. Man cannot tamper with that law and disobey it without fearful results following. The whole of God's revelation to man teaches that disobedience to God's moral law is sin. John states it simply: "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." 1 John 3: 4.

To avert this mistake, one should have a clear conception of the purpose of the law. We are to expect from the law only that which it is intended to do. We should not expect from it that which it is not intended to do. The Bible verse, Romans 3: 20, is helpful in understanding this: "Therefore by the deeds of the law there shall no flesh be justified in His sight: for by the law is the knowledge of sin." The law effects me personally only through my relationship to it. It tells me what I am. It is present to notify me of my condition, whether of "sin unto death, or obedience unto righteousness." That which is changeable is not the law, but my sinful self. Jesus' blood can wash away my sins. I know they are washed away. To know my sins are washed away, I must know what are my sins. The law tells me.

Rolling across the country, the bus must follow a highway to reach its des-

tinuation. Rails keep the train in the direction it should go. A ship must follow a compass course to reach its designated port. An airship stays "on the beam" and is directed to safe landings. We started to heaven and eternal life when we turned to Jesus. Yet, the end included will determine success or failure. "He that endureth to the end shall be saved." Matthew 10: 22.

We, too, must follow a prescribed course to reach our destination. We find it in the principles charged in the Ten Commandments. This is the element for which we were created.

The Sin Against the Holy Ghost

(Continued from page 11)

have sinned so long that the Spirit cannot arouse them; they cannot be directed to Christ; they cannot be saved. They have committed the sin against the Holy Ghost.

King Saul of Israel is a warning example of resisting God's Spirit. That at one time he was a converted man, there is little doubt, for 1 Samuel 10: 9 says that God gave him a new heart. His life for a time was exemplary. Then we find him leading Israel in offering a sacrifice which only one of the priesthood was to do. When his error was pointed out, Saul excused himself, and he kept right on excusing himself until he was excused by God from being leader of Israel.

His sad end should be a lesson to all. When God no longer would answer him, this miserable king went to a witch, an agent of the evil one. He turned his back on God, the only One who could save him; he sought help from Satan. We read, "So Saul died for his transgression which he committed against the Lord, even against the word of the Lord, which he kept not, and also for asking counsel of one that had a familiar spirit, to inquire of it; and inquired not of God." 1 Chronicles 10: 13, 14.

Because of his refusal to follow God, there came a time in Saul's life when Satan, instead of God, answered his prayers. So today, when people reject light and truth, when they will have nothing to do with it, and even fight it, they have joined themselves with Satan, and are following him. We read of such in 2 Thessalonians 2: 9-12: "Even him, whose coming is after the working of Satan 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. And for this cause God shall send them strong

delusion, that they should believe a lie: that they all might be damned who believed not the truth, but had pleasure in unrighteousness."

How fitting that we should pray with David, "Keep back Thy servant also from presumptuous sins; . . . then shall I be upright, and I shall be innocent from the great transgression." Psalm 19: 13. It is dangerous to presume that the great mercy and longsuffering of God always will pardon us from our sins, especially when we know we should do differently. You may say, "I know it's wrong, but I think God will forgive me." Do not presume; it may lead to the "great transgression," to the unpardonable sin.

When the Holy Spirit speaks to you, when His voice says, "This is the way, walk ye in it," you will be wise to follow that Voice.



Address your questions to Editor, Our Time
Box 59, Nashville 2, Tennessee

How would one account for the full time in the text that refers to Jesus being in the heart of the earth for three days and three nights?—P. E.

The expression "three days and three nights" cannot be understood to mean seventy-two hours, because it occurs in so many different forms in the New Testament. Referring to this same period of time, Matthew 26: 61 says "in three days;" Mark 14: 58 says, "within three days;" Matthew 27: 63 says, "after three days;" Luke 24: 21 and Matthew 16: 21 say "the third day;" Matthew 27: 64 says, "until the third day." All these different ways of saying the same thing show that what was meant was not a literal period of seventy-two hours to the exact minute, but a period of time embracing parts of three days. It is also true that Jesus was in the hands of His enemies from His arrest late on Thursday night till God raised Him from the dead early Sunday morning—a period almost seventy-two hours long, lacking six hours or so. Some have thought that this period of His yielding Himself to the powers of evil was meant by the expression "three days and three nights." But it is not really necessary to force that meaning on the words, because all these expressions are just different ways of saying what we mean by "day after tomorrow."

Making Faces

Beauty Within Will Bring Beauty Without

By CAROLYN E. KEELER

LIFE MAY begin at forty, but one's face begins long before that. It is a composite picture of forty years' development, and whether it is a masterpiece or a daub depends upon the materials we use.

It is a little difficult after years of whining and nagging and complaining and scolding to possess a charming countenance. The downward pull of our thoughts gives a downward pull of the mouth that marks one as a doleful Dora or a Charlotte Shrew.

All the face creams in the world and all the skin fresheners and the sundry lotions to improve the complexion are unable to reveal a peace and serenity and inner beauty that just are not present. If your mirror reflects an unpleasing personality, if the corners of your mouth turn down, if your lips are thin and drawn into a tight line, there is only one beauty treatment that will help you. It is best expressed, perhaps, in the words of the song:

"Let the beauty of Jesus be seen in me,
All His wonderful passion and purity;
O Thou Spirit divine, all my nature refine,
Till the beauty of Jesus is seen in me."

With this beauty treatment, even in old age, with its wrinkles and thin gray hair, there will shine forth a beauty and a serenity that many might envy.

It is said that Lincoln once objected to a suggestion that he recommend a certain man for an important position because he did not like the man's face. When the one making the suggestion asked him why, Lincoln said that a man had nothing to do with the makeup of his facial characteristics, but

that every man over forty is responsible for his face.

All these forty years the man is making up his face, but he usually does not stop to think about it until middle age comes, and then he takes inventory of his facial assets. What can he do about these worry lines, these harsh wrinkles?

The solution lies in the thought expressed in a little poem I memorized a long time ago. I wish I remembered the author, for it is a bit of homely philosophy that we can well ponder and do something about.

"Some folks in looks take so much pride
They don't think much of what's inside.
Now as for me, I know my face
Can ne'er be made a thing of grace,
And so I rather think I'll see
How I can fix the inside of me
So folks will say, He looks like sin,
But ain't he beautiful within?"

Well, there you have it. The best way to get rid of that face is to get all beautiful within.

"Acquaint now thyself with Him, and be at peace: thereby shall good come unto thee."¹

To help acquire this inner beauty memorize this verse, repeat it each morning and follow out its good instruction:

"Whatsoever things are true, whatsoever things are

honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things."²

¹ Job 22: 21.

² Philippians 4: 8.

