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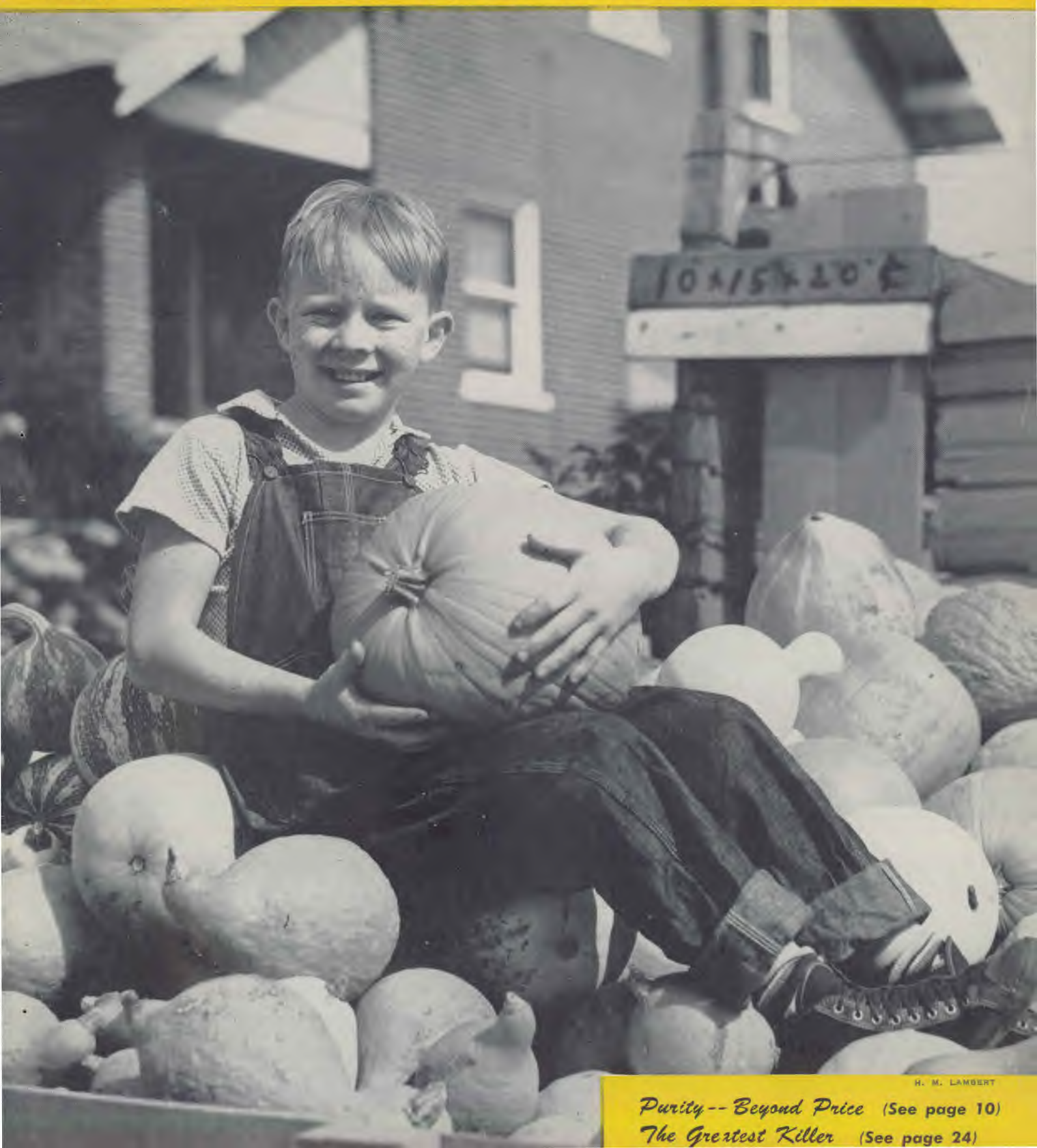
Signs of

# The TIMES

VOL. XXX

CANADA'S JOURNAL OF HOPE AND HEALTH

10/50 NO. 10



H. M. LAMBERT

*Purity--Beyond Price* (See page 10)

*The Greatest Killer* (See page 24)



Signs of  
**The TIMES**  
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# The Prophetic Telescope

By

Taylor G. Bunch

THE new two-hundred-inch telescope in the observatory on Mount Palomar in southern California is known as the "giant eye" and can penetrate a billion light-years into space. It magnifies the power of the human eye four hundred thousand times and brings the heavenly bodies ten thousand times closer to our planet as far as vision is concerned. The moon appears to be only twenty-five miles away. This long-range and magnified vision dissolves what appeared to be clouds of nebula into individual stars composing great galaxies or island universes containing billions of suns and systems. Hitherto undreamed of facts and glories of the heavens have thus been revealed to mankind in confirmation of many scriptural statements on the science of astronomy.

Garfield declared that "history is the unrolled scroll of prophecy." Prophecy is history written in advance and with greater accuracy than historians can record the events after they occur, because they all write from a narrow and prejudiced viewpoint. Bible prophecy is the great telescope or "giant eye" through which students of the Scriptures can see "the end from the beginning"—by which they can see events and conditions long before they occur.

The noted revivalist, William A. Sunday, said: "I ascend the observatory of the prophets, where appeared photographs of far-off events and stars all focused upon one great Star which was to arise as an atonement for sin." Indeed, the great purpose of the Old Testament predictions was to reveal the first advent of Christ as the bright and morning Star and the Sun of Righteousness, and also with many New Testament prophecies forecast

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REVIEW & HERALD PUB. ASSN.

RUSSELL HARLAN, ARTIST

As the astronomer scans the sky, so does the prophetic Word scan the future, revealing coming events before they transpire.

Great Prophecy," and is recorded in Matthew 24, Mark 13, and Luke 21. From the vista of the Mount of Olives Jesus turned the telescope of prophetic vision on the future and revealed coming events from that day to the time of His second advent.

After warning of the coming of false christs and prophets whose teachings and miracles would "deceive many," Jesus declared that signs of the approaching end of the ages would be "wars and rumours of wars" when "nation shall rise against nation, and kingdom against kingdom."

Here is a prediction indicating that the human family would grow more and more militant and savage, so that in the last days nations would be snapping and snarling at one another like bloodthirsty beasts of the jungle, and would fly at one another's throats in deadly combat. They would not become more docile and tranquil because of increasing civilization and evolutionary development, as many have believed inevitable. The language indicates that the "rumours of wars" would be as menacing and fear-provoking as the conflict itself. This would include the present so-called "cold war" between the two great blocs of nations that divide the earth and keep mankind in a jittery and uncertain state because of almost daily threats of total destruction through atomic weapons.

There can be no permanent peace in a world of sin. "The wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." Isaiah 57:20, 21.

History has been chiefly man's story of war and unrest among the nations of earth. In the three millenniums ending in 1860 there were thirteen years of war to every year of peace in the world, and since that time the casualties of war have exceeded those of all previous ages combined. The last world war lasted sixteen hundred days, and on each day an average of seven thousand men were killed and fourteen thousand wounded. It is estimated that nine million children were made orphans, and five million women made widows. The cost exceeded one trillion dollars. Such savagery and inhuman treatment of prisoners char-

His second coming in power and great glory.

Almost every act of Christ's life was a fulfilment of predictions recorded in the Old Testament Scriptures centuries and even millenniums before His earthly visit. The modern age and its marvellous achievements is made much more meaningful when it is contemplated in the light of the divine predictions of centuries ago. The late Josephus Daniels, while secretary of the United States Navy, in an address before a group of scientists, said:

"While we live in a day when there are some things yet to be righted in the world and some problems yet to solve, it is nevertheless a privilege of men of this generation that we live at a time when the dreams of poets, seers, and prophets have been translated into realities. The finest things in the world are dreams. 'Where there is no vision, the people perish,' wrote one of the old seers, and another, whose vision seemed to overlap centuries and even millenniums and focus itself upon our own times, said: 'Many shall run to and fro, and knowledge shall be increased.' It is indeed wonderful what some of those ancient wise men foresaw. Did Nahum get a foreglimpse of automobiles when he wrote: 'The chariots shall rage in the streets, they shall jostle one against

another in the broad ways; they shall seem like torches, they shall run like the lightnings?'"—Reported in the *National Geographic Magazine*, March, 1916.

When we consider current events and conditions in the light of these ancient forecasts they take on a new and different meaning and are vastly more interesting. A student of Bible prophecy can thus read the Scriptures in the present-day events recorded on the front page of the daily newspaper or as announced by the radio news commentator. With the background of Biblical knowledge, otherwise shocking news items sound strangely familiar. Such persons are therefore not caught off guard and unprepared and thrown into a state of bewilderment and confusion. "To be forewarned is to be forearmed" is a maxim that applies here.

#### A Forward Look

After Jesus announced to His disciples that their beloved city, Jerusalem, would be so completely laid in ruins that "there shall not be left here one stone upon another, that shall not be thrown down," in confused puzzlement they asked the question: "Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?" The answer is known as "Our Lord's

(Please turn to page 6)



# Christ Shall Reign

By H. F. DeAth



REVIEW & HERALD PUB. ASSN.

T. K. MARTIN, ARTIST

*The time will come when every knee shall bow to Christ, and He shall reign as King of kings and Lord of lords.*

AS THE wise men from the East made their way to the stable in Bethlehem, where Jesus was born, they were intercepted by Herod, who said craftily to them, "Go and search diligently for the young Child; and when ye have found Him, bring me word again, that I may come and worship Him also."

Of course it was not his purpose to worship the "King of the Jews," but rather to destroy Him, lest the Child should become a dangerous rival to him as an earthly king. God, who was watching over the Child, prevented the wise men from returning to Herod, and so thwarted the sinister plans of the king. And even though Herod, in his anger at being forestalled, ordered all the children under two years of age to be slain, his evil design came to nought. God had the last word, as He always will and must. Likewise, when it comes to reckoning with the workers of iniquity, Jesus, God's only-begotten Son, born in Bethlehem of Judea, will utter the final word.

True, at a comparatively early age, in the prime of manhood, Jesus was brought to the cross and died thereon an agonizing death at the hands of His tormentors. But the grave could not hold Him. He rose victorious over it. He thus dealt man's common enemy, death, a fatal blow. But not yet has He spoken fully and finally to the rulers of earth. Not until the kingdoms of this world have become the kingdoms of our Lord and His Christ will that final word be spoken.

Nothing prevented His first advent. Nothing will prevent His second coming.

Why did Herod fear the advent of Jesus? Because he feared displacement as an earthly king. He made the mistake of thinking that Christ's kingdom was of this world. It was not. His first coming laid the foundation of the kingdom to come, which will know no corruption, no strife, no cruel and arbitrary rulers who make other people's lives a burden.

"Jesus shall reign where'er the sun  
Doth its successive journeys run."

That is why in Germany during the last world war, second-advent believers were forbidden to preach the second coming of Christ to possess the kingdoms of this world. The people must not be made other-worldly. They must concentrate on the all-powerful German kingdom, which should stand for ever. Dictators never take kindly to the thought that their plans may be thwarted and their power superseded.

For the same reason the Japanese authorities persecuted the Christian churches that persisted in preaching the second advent. It was incompatible with the dignity and divine mission of the Japanese and their Emperor. It meant that Christ would have the last word. And they would not have it.

"Who would have thought," observed the scholarly Ilico, not long ago, in the *British Weekly*, that the doctrine of the second advent "could

become pre-eminently the occasion of the church's persecution? Yet so it has been in Korea and Japan. . . . Why? Because . . . it is a declaration that Jesus Christ, He and none other, shall rule from sea to sea and from river to river to the ends of the earth. Neither the fanatics of Shinto nor the enthusiasts of Karl Marx can willingly contemplate the rule and reign of Jesus Christ. Yes, I think I see how the second coming might well be found the crucial point of Christianity's offence."

Well might the psalmist exclaim with scorn, "Why do the heathen rage, and the people imagine a vain thing? The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against His Anointed, saying, Let us break their bonds asunder, and cast away their cords from us. He that sitteth in the heavens shall laugh: the Lord shall have them in derision." Psalm 2:1-4.

Yes, God and His anointed Son, Jesus, will have the last word. And that final word cannot be long delayed. Everything in heaven and earth points to the great consummation. Notwithstanding all the patchwork policies of men, this old war-torn world must soon be swept into the limbo of the past. Christ's everlasting kingdom must soon be fully and finally established on its ruins. But the end is not yet. God still pleads with men by His Spirit, by His providences, and by His Word. "Seek ye first the kingdom of God, and His righteousness," is the urgent appeal of Jesus, who also says, "Behold, I come quickly; and My reward is with Me, to give every man according as his work shall be. I am Alpha and Omega, the beginning and the end, the first and the last. Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Revelation 22:12-14.



# EVOLUTION'S VAIN HOPE

By  
R. D. Vine

WITH the dawning of the century, men's hopes and expectations soared to unprecedented heights. Surely, they thought, the golden era has begun. At long last, evolution's arduous work is now to be consummated. The progressive work of the past millions of years is now to be crowned with the success which is its final goal. Peace and prosperity are to shower their blessings on mankind, and the establishment of heaven on earth can reasonably be expected in the very near future.

So thought the theorists, the evolutionists, the dreamers. They unwisely forgot the Bible, and disregarded its message of salvation through Christ alone. And at that time the preachers who spoke of world destruction were regarded as cranks and calamity howlers.

The carnage of World War I served scarcely to weaken their hopes. They preferred to regard that awful blood bath as the final birth pang from which would emerge the long-expected golden age.

But when war once more reared its hideous head in 1939 and disgorged its gruesome horrors on mankind, the theorists' hopes were given a paralyzing jolt. Belsen and other places of horrifying repute served to show the world the ghastly depths of bestiality to which "enlightened" man could sink. The barbarians of long ago, could they have seen such revolting callousness, such abandoned cruelty, such stifling of conscience, would have blushed for very shame.

Could it be possible that the rosy expectations of the theorists were merely an elusive will-o'-the-wisp? The Utopia of their dreams could hardly come to a world where so-called civilized men could sink so low. The advent of the atomic bomb well nigh shattered the last vestige of this hope they tried so hard to cherish. The obvious conclusion was that civilization's destruction was far likelier than heaven's establishment.

Lest men should turn again to the Bible, however, and find there the authoritative message they so much need in these troublous times, the myth of evolution's truthfulness is being maintained by new and plausible suggestions.

The theorists now believe that talk of impending bliss was somewhat premature; that evolution has not yet completed its benevolent work for humanity; that though the body of man has reached relative perfection, there is still scope for great development on the spiritual plane. They now believe that the attainment of spiritual and moral perfection is evolution's goal, and that for its attainment man must now depend not so much on automatic processes, but on his own efforts. He must humanize himself by fighting against his instincts. "He will only triumph by crushing the animal impulses within himself, and by consecrating himself to the triumph of the spirit."—*Human Destiny*, p. 116.

The development of human dignity is now man's main duty, it is de-

clared, and if humanity makes the requisite effort "it will contribute to the advent of the superior conscience preparatory to the pure and spiritual race destined to appear one day."—*Ibid.*, p. 140. This race of perfect men and women is something the theorists are quite sure will one day be developed.

The present widespread sin and selfishness of man serves not a whit to weaken their convictions. After all, they say, in ages past the mutant forms of life which possessed the evolutive urge, were usually very few, if not unique. The rank and file of those who occupied the various ascending stages of evolution, did not progress. It was just the isolated one with the "creative instability" who raised himself above his fellows, and gave rise to superior types.

Thus do they declare it, and thus, they say, will the superior race of the future be achieved. Though the masses of humanity may go down in a welter of blood and disease, the "mutant" human beings will remain, and carry forward to glorious consum-



STAR PHOTO SERVICE

"And God said, Let the earth bring forth the living creature after his kind. . . ." *Genesis 1:24*. In vain have evolutionists sought to alter this royal fiat. As the above picture suggests, this alteration cannot be.



mation the work of evolution. "It is no longer the strongest, the most agile, the fittest physically who must survive, but the best, the most evolved morally."—*Ibid.*, p. 19. Thus will the advent of the "superior conscience" and spiritual perfection be ushered in.

It was, they say, for the purpose of encouraging mankind to believe that such a goal was possible and, indeed, inevitable, that Christ came to this world as a "premature example." It is claimed that the usefulness of Christ's life was limited merely to that of setting an example, and of showing man the spiritual possibilities before him. The few to-day who, like Christ, are spiritually enlightened are regarded by the theorists as representative of the "evolutive group," and as "forerunners of the superior race which is to come."—*Ibid.*, p. 187.

The theorists place all the responsibility on man, declaring that the struggle for life which has characterized the past, is now transformed into the struggle of man against the remains of the animal within him. But man, with the best of intentions and no matter how superior a conscience, is doomed to fail if he looks to his own efforts alone.

A man's endeavours to raise himself spiritually, if he tries to do so in his own strength, are just as hopeless as a negro's chances of bleaching white his coloured skin, or a leopard's prospects of eliminating his spots. (Jeremiah 13:23.) All who have attained real goodness have realized this vital fact. Said Jeremiah the prophet: "O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps." Jeremiah 10:23. In God alone is man's only hope of attaining spiritual perfection.

Any other means leads to the distorted, selfish, intolerant outlook, and wizened, deadened consciences which are so alarmingly evident to-day. The evolutionist viewpoint is of little comfort to us anyway. The best they can offer is the prospect of a perfect world to be enjoyed by a superior race that will one day inhabit this world. This is poor consolation for people to-day. For us individually there is nothing but continued existence and struggle until death—natural or violent—carries us out of it all into utter oblivion.

Vastly different is the assurance of God's Word. How refreshing to get away from theory to this revelation of glorious facts. Here we are assured that the "superior conscience" and spiritual perfection are essential (Matthew 5:48; Hebrews 6:1). We learn that they will be attained by the comparative few who seek them in the right way, even in a world where uto-

pian dreams seem to be fast fading (Ephesians 5:27; Revelation 14:4, 5).

Jesus Christ came not merely to set us a perfect example, but primarily to offer Himself as a sin offering in our stead in order "that we might be made the righteousness of God in Him." 2 Corinthians 5:21. This righteousness, this spiritual perfection, is received by men and women right now, if, and only if, they by faith accept Christ as their Saviour. Paul speaks of "the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe." Romans 3:22.

Evolution's way of moral growth is doomed to fail, for "it is not in man to direct his steps." But those who accept Christ's way will succeed. And all who succeed will very soon enjoy the blessings of the perfect and sinless world that God will provide for those who follow Him.

The world as we now know it is heading for destruction. "The day of the Lord will come as a thief in the night; in the which . . . the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up." 2 Peter 3:10. All who have failed in this time of opportunity to receive spiritual perfection and righteousness will be destroyed with this present world. (Malachi 4:1.)

From the awful holocaust of God's final judgment day will emerge "a new earth, wherein dwelleth righteousness." 2 Peter 3:13. Peace and prosperity will at last prevail (Isaiah 9:7), and we have the forthright guarantee that affliction shall never again rear its ugly head. (Nahum 1:9.) All who have now accepted Christ, and are clothed with His righteousness, will be granted a place in that blissful world. Not necessarily the man of wealth, or talent, or might, but "the meek shall inherit the earth; and shall delight themselves in the abundance of peace." Psalm 37:11.

Not for ever will this present world endure. Its day is almost done. Christ's second coming is almost here. Then it will be too late to accept Him. "Behold, now is the accepted time; behold, now is the day of salvation." 2 Corinthians 6:2. Let us right now make our peace with God, and thus be ready to enjoy the eternity of peace and gladness.

## THE PROPHETIC TELESCOPE

(Continued from page 3)

acterized this latest war as had never been known in the history of warfare even among savages.

Jesus also said: "There will be signs in sun, moon, and stars; and on earth anguish among the nations in their bewilderment at the roaring of the sea and its billows; men's hearts fainting for fear, and for apprehension of what is coming on the world. For the forces which control the heavens will be disordered. And then shall they see the Son of man coming in a cloud with great power and glory. But when all this is beginning to take place, look up. Lift up your heads, because your deliverance is drawing near." Luke 21:25-28, Weymouth's translation.

The chief cause of the distress and perplexity of nations and their leaders is to be the restless and agitated state of the sea of humanity, which, like surging billows, is never calm and peaceful. The fear of coming expected events causes hearts to quail and fail, the chief cause of fright being the disordered and disturbed forces of nature, which may have reference to the discovery of the use of atomic energy as a weapon of destruction. This has done more to fill the world with haunting fear than all else combined, and the most frightened of all are the scientists themselves, who understand more about the significance of it than do others.

Is it any wonder that the world is afraid, when the single atomic bomb that was dropped on Nagasaki killed 35,000 persons, and the injured and missing numbered somewhat more? And we are assured that the latest atomic weapon is many times as destructive and that the proposed hydrogen bomb will be a thousand times more deadly. An editorial in the *Christian Century* of January 18, 1950, said, "Like the shadow of an eclipse of the sun, atomic darkness is racing across the world." This shadow "cannot be dissolved," and because it cannot, "henceforth we must live precariously, dangerously; hopefully but fearfully balanced between incredible fulfilment and inexpressible disaster."

The writer quotes the Alsop brothers in their column of January 2 as saying that the new superbomb "will have the estimated capability of devastating, in one detonation, an area of 60 to 100 square miles," and that the new weapon will be built, "for it is the peculiar triumph of our time that we are already very close to achieving the weapons of ultimate destruction." Speaking of the atomic bomb the writer said: "On November 17, 1946, the Emergency Committee of Atomic Scientists set forth their famous six points. These points cannot be recalled too often;

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**R**ECENTLY in a bookstore I ran onto an article by Julian Huxley, the famous British biologist, in which he very positively declared that there was no reason for belief in God. All natural phenomena, he asserted, were produced by the operation of inherent forces. Nature runs itself. There is no power outside of or beyond it. To believe in any kind of god is to hold onto unscientific and unreasonable myths and superstitions.

This article stimulated my thinking, and for the consideration of the readers of the SIGNS OF THE TIMES I wish to present some evidences on the other side of the question. For, although I recognize Julian Huxley as one of the greatest biologists of all time, I believe he has overlooked some vital points in his appraisal of belief in God.

Is belief in God a mere superstition? If so, it must be based on imagination, or groundless fear, or on belief without any foundation in fact or any possibility of proof. The dictionary says that superstition is based on irrational belief, on ignorance, and nonsensical ideas. But what notions or ideas have given rise to belief in

*Mutely, even the trees testify of God as their creator.* ➡

God? Are they irrational, nonsensical, and the result of ignorance? Let us consider some of these phases of the subject.

As to ignorance: Can it be said that belief in God is due to ignorance? If so, how can we account for the fact that not only a few, but the majority, of the great scientists of the world have been believers in God? Sir Isaac Newton, the discoverer of the law of gravitation, was famous as well for his writings on the prophecies.

Kepler, who discovered the laws of planetary motion, exclaimed, "O God, I do think Thy thoughts after Thee!" Pasteur, famous for his researches in bacteriology, was a devout Christian, and prayed in his laboratory. The great astronomers have almost without exception been men of devotion to God. Over and over they have declared that the complexity of the universe demands belief in an omnipotent Creator and Guide over all. Surely men who rank so high in scientific achievement would not be expected to give way to irrational thinking in the realm of religion! Huxley's position is the exception rather than the rule.

It may be argued by some of my

# How Reasonable

By

Harold W. Clark



RELIGIOUS NEWS SERVICE PHOTO

readers that the acceptance of God by great scientists was due to the fact that while they applied rational thinking in their scientific research, they took their religion as it was taught them, and failed to give it rational consideration. This attitude would take for granted that if we were to apply reason to our religious beliefs, they would vanish. Religion, with its basic belief in God, is supposed to be only an acceptance of an irrational view. Is that so? Let us see.

Since we are to approach this problem in a rational way, we must obviously admit that we are rational creatures. Whatever the nature of human thinking processes, it must be admitted that we are capable of weighing one idea against another, and drawing sound and sensible conclusions from such cogitation. To deny this proposition would make all further study of the problem impossible, for if we cannot think rationally, we have no basis for the study of this problem or any other. In fact, unless it be agreed that human thinking proc-

esses are on the whole rational and sensible, we should have to deny ourselves the right to remain at large and to carry on the ordinary affairs of life.

Surely no one can be so naïve as to believe that the complexities of our modern social, business, scientific and political life are due to mere accident or chance! Our civilization has grown by the united efforts of students in all fields of endeavour, through centuries of struggle and hard mental and spiritual agony. To deny this is to overlook the most obvious lesson of history.

Agreeing that our thinking is reasonable as a rule, what kind of impressions do we gain as we contemplate the world around us? Is it a world of general chaos and disorder, or one of system and order? No one who knows the first principles of science will deny that the world is orderly and systematic. Its movements in space are absolutely regular and uniform. Its forces are generally orderly and such as to maintain a normal, beneficent system of affairs. Seasons come and go, life arises and goes through its cycles in regular manner, the play of natural forces goes on day and night in a uniform way. The world is not subjected to wild, chaotic forces that threaten it with destruction.

One has only to stand by the seashore and watch the rise and fall of the tides to realize how perfectly balanced are the forces of nature. Day after day the tides rise and fall, and are predictable to within a tenth of a foot and to the exact minute when they will rise and fall, years ahead of time.

So it is with other forces of nature: when we know their causes as well as we do the causes of the tides, we can predict their course with equal accuracy.

Thus far Huxley would probably agree with me. Certainly, he would say, there is regularity in nature. That is why he believes it is self-operating. But is that a correct conclusion?

Order and system demand intelligence in design and plans. The marvellous integration of all the forces of the universe is too complex to be explained by any laws of chance. How many chances would there be that all the forces of nature would just happen to work together to make life possible on this planet? If we were to assume one hundred factors working together, there would be only about one chance in over a trillion times a trillion that success would be attained. And there are in nature vastly more than one hundred factors to be correlated. The chance of the world's

(Please turn to page 19)





# WORLD AS WE SEE IT!

**A Prophetic Interpretation  
of Current Events!**

## **Side Show or Curtain Raiser**

MANY people in Canada and the United States regard the Korean war as a side show, a little uprising in a far distant part of the world, something that the industrial might and power of the United Nations will take in stride. The general feeling is that this "shooting of guns" is so far removed it is not likely to cause much personal suffering or even inconvenience.

True, some vacations have been cancelled, some young men are being inducted into the armed services, there has been some hoarding, and fatal telegrams have begun to arrive from the War Department with the heart-rending news that a son has been killed or is missing in action. All in all, the man on the street does not feel any great alarm at present. The viewpoint, generally, is optimistic. The war is just a little side show. It's certain to come out all right in the end.

Of course we have no foreknowledge of what is coming except as we understand the utterances of Bible prophecy. But from what we understand, we believe that the average North American is altogether overoptimistic about the Korean war. Bible prophecy is history—accurate, God-given history—before it comes to pass. How is this? The answer is, God has the ability to foresee, foreknow and foretell events before they come to pass.

Now, the question that naturally arises is, Has God foretold the future in the Bible? He has. Long ago He depicted the rise and fall of the great nations that have occupied the centre of the world's theatre. The student of prophecy is able to trace this plainly, clearly, as pertains to the past, the present and the future. Two of the major prophetic books of the Bible, Daniel and Revelation particularly, are replete in their depiction of oncoming events. Revelation 16:12-14, 16 deals with that which is future—the Armageddon:

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

the earth and of the whole world, to gather them to the battle of that great day of God Almighty. . . . And he gathered them together into a place called in the Hebrew tongue Armageddon."

Space will not permit me to dwell upon more than two or three points of this remarkable prophecy. First, the literal Greek says the "way of the kings from the rising of the sun" is prepared. Certainly these are the nations of the Orient. These kings from the rising of the sun and from the whole world assemble in the providence of God to fight earth's concluding battle, the battle of Armageddon, on the plains of Megiddo. This ancient battlefield is about sixty miles north of the present city of Jerusalem.

Armageddon is no side show. It is the main event, because here will be gathered all the nations of earth. This enlarged area has been called the birthplace and cradle of the nations, and here it is that they re-

INTERNATIONAL NEWS PHOTOS



*While the A-bomb has not yet been introduced into the Korean conflict, we can well believe that the time will come when the nations will hurl this deadly weapon of destruction at each other.*

*Signs of The TIMES*



turn to fight to the end for the supremacy of the world. Instead of the Korean war being only a side show, it may well indeed prove to be the curtain raiser to Armageddon.

Even as I write, the morning newspaper carries the news that Russia, in her Far Eastern port of Vladivostok, is secretly massing floating drydocks, ships and supplies. Vladivostok is about five hundred miles north of Korea. But that is not all. At Mukden, Manchuria, the Chinese Reds have concentrated 250,000 men and huge supplies. Mukden is but one hundred miles from North Korea.

Even the mind untrained in military strategy has no difficulty in discerning that the nations composing the United Nations are geographically at a disadvantage. They must fight a war halfway around the world, while Russia, using her satellite powers, fights virtually at home. Russia husbands her own great reserves of man power, using the almost inexhaustible Asiatic reservoir.

No one can predict, we think, the battles and manoeuvres that will transpire between now and the concluding battle of Armageddon, but the Bible student has before him the general over-all picture contained in divinely inspired prophecies.

### Guests to Burn

TRAVELLING across Canada a few months ago I found posted in the rooms of the Prince George Hotel, Melville, Saskatchewan, this significant notice to guests:

*"Instructions to Guests Preparing to Smoke in Bed*

"1. Call the office and notify the management where you wish your remains sent, as it is a matter of record that a very high percentage of hotel fires are caused by this careless practice.

"2. Notify guests in adjoining rooms of your intention of endangering their lives, so that they may take necessary precautions to protect themselves.

"3. Go to the corridor and locate the nearest fire escape, so that if you are fortunate enough to escape your room, you may reach safety.

"4. Now sit down and think how foolish it is for you to take this risk — you may enjoy your smoke while thinking it over.

"Business is good, but we do not have guests to burn, so please help us to protect you!

"Thank you.

"The Management."

No, the Prince George Hotel has no guests to burn, nor does any other hotel. Yet guests are burnt — hundreds, thousands of them. One, perhaps the greatest, lamentable feature of this needless tragedy is that the innocent suffer and die for the carelessness of the guilty.

An irrestorable human life, even the life of the offender, is a high price to pay for the questionable pleasure of a cigarette. Buildings, costly though they may be, may be rebuilt, restored. Not so the life of the husband and father, mainstay of the family. Not so the life of the wife and mother, God-given counsellor and guide. Not so the lives of Johnny and



STAR PHOTO SERVICE

*What smoker thinks, as he lights his cigarette, that he may be starting a fire that will take the life of another or even a hundred others?*



H. A. ROBERTS

Mary, innocent victims of the tobacco trusts' greed and degenerate human weakness.

Think it over, smokers — men and women, fathers and mothers. Of course you may be thinking right now, "That can't happen to me." But it does happen — and it may well happen to you. The notice posted in the rooms of the Prince George Hotel might well be posted, not only in hotels, but in dwellings, in office buildings, in storerooms, in ships — in fact, any place where there are combustible materials.

Subsequent investigations do not always determine the cause of every fire, as in the *Noronic* tragedy in which more than one hundred innocent lives were sacrificed. Evidence seemed to indicate that the ship's fire started in the linen closet. This being true, we wonder if some visitor to the linen closet did not carelessly lay down a cigarette, which in the course of a brief time turned the pleasure ship *Noronic* into a raging inferno, burning guests, young and old, literally by scores.

Admittedly, that cigarette, if cigarette it was, was too costly. Better form some resolutions, Mr., Mrs., and Miss Cigarette Smoker, against that underhanded, deceitful so-called friend (the cigarette), before it leads you into being the cause of some minor or major disaster in which your own life, perhaps, and the lives of innocent people are sacrificed.

Perhaps you have tried to break this detrimental habit, and failed. Perhaps you tried to taper off. The Signs of The TIMES is offering you, free, Dr. D. H. Kress's prescription on how to conquer the cigarette habit.



IT WOULD be interesting to have an accurate picture of the women who caused Samson's downfall. They must have been outwardly attractive, for Samson was not a fool, even though he may have acted like one under the influence of those bad women. We cannot lay all the blame upon them, of course, for Samson was warned by his godly parents, and did not profit by the warning. He took what he wanted, disregarding the future and what it might hold, and he got a poor imitation for the real thing. It cost Israel a leader who had once been judge over them, and it cost Samson a possible lifetime of happiness with a good wife and a good home.

One of the first great gifts that God gave man was a wife. Thus He stamped with approval one of the strongest desires implanted in human nature—the longing for a mate. All teaching to the contrary, the Bible does not teach that human beings are expected to live a life of celibacy. Marriage and the satisfaction of the normal desires that it brings are always treated as a normal way of life.

Precisely because this instinct is so strong, Satan has levelled some of his heaviest weapons against it. He constantly holds forth inducements to frail humans to try to by-pass the right method of satisfying it. He consistently promises reality and as consistently defrauds his dupes with cheap substitutes. He always promises his victims things which are merely imitations of the realities which God has in store for those who believe and serve Him.

What has a young person a right to expect, to demand, of life in this respect? The Bible says that a man has a right to one wife; the woman to one husband. Having chosen wisely, one can rightfully expect a happy home, blessed with children. With health and a reasonable measure of financial security, life can hold no greater temporal blessing. "Who can find a virtuous woman? for her price is far above rubies," the wise man exclaimed. Proverbs 31:10.

And so Satan comes along with his bag of tricks. "Why wait for maturity and marriage?" he says. "These are modern times; be broad-minded. The old moralities are out of date. That nonsense about promiscuous petting is entirely outmoded. A man (or woman) should not suppress his desires; it is psychologically dangerous!" A little alcoholic liquor along with this sort of philosophy makes short work of many a youth's ideals.

We are considering young people with some training in morals, now, not the frankly unmoral who have

never had a set of ideals to abandon; they are the devil's property without knowing it.

What if a person is deceived into believing this sort of thing? Does he get what he really wants? Is there any truth in what he has been told?

Instead of desires being satisfied he is merely started down a road of questing for always unfulfilled satisfactions. The young man who becomes a victim of such practices is not really happy, lacks stability, and is a very poor risk on the marriage market. His loose morals before marriage are not very likely, short of true religious conversion, to become much better after it. He has psychologically *unfitted* himself to enjoy the satisfactions of married life. Clandestine indulgence in cheap love-making have robbed him of a real sense of values that are sacred.

Case one: A young man of pleasing personality and a way with girls, who often boasted to his male acquaintances of past conquests, although professing to have reformed. In due time he married a nice girl, who in all probability either did not know or did not understand his history. Since marriage the young man has more than once been involved in scandals with those of the opposite sex. His wife certainly is miserable; he doubtless is not happy either.

Case two: A little more brazen, but also "reformed." Multiple mar-

riages have followed, with multiple divorces, and children left to grow up in broken homes, inadequately cared for. In both the cases cited financial instability as well as marital instability have been a part of the history. The one has doubtless been the cause of the other.

We shall not dwell on the physical results of such misconduct. That there are such and that they are serious, we know—unto the third and fourth generation. Modern medical science is coping with them much more efficiently than of yore. It is doubtful if these results, even when medical measures were not effective, were ever much of a deterrent. But medical science has no cure for warped standards and morals. The man or woman who has lowered the bars will never be the same psychologically. In the case of the married person he not only does not succeed in making himself happy but brings heartbreak and suffering to his partner.

Let's not forget Samson, however. In the first place he violated a law of his people, laid down by God, in choosing a wife of an alien country. The Israelites were not supposed to unite with foreigners—those of other religions. This principle is as sound to-day as it was then, as has been borne out by the most recent religious and marital surveys. These reveal that in the majority of cases

# Purity— Beyond Price

By

R. E. Finney, Jr.





H. M. LAMBERT

*Milk, not cocktails, fresh air, not cigarette smoke, and purity of thought and act are known to be basic in the development of a righteous teen-age character.*

such unions result in marital unhappiness, which is acute in some cases, or the abandonment of religion by one or both of the parents with consequent failure to provide proper religious training for the children in the home.

The strongest homes are homes that are knit together by religion. For this to be achieved, husband and wife should be united in their faith. Samson may not have known the latest findings of the pollsters, but he knew what the God of Israel had commanded and he was reminded of it by his faithful parents.

"Is there never a woman among the daughters of thy brethren, or among all my people, that thou goest to take a wife of the uncircumcised Philistines?" they asked him. Judges 14:3. The answer was, "Get her for me; for she pleaseth me well." And Samson compounded his foolishness by doing the same thing the second time to his ultimate and total downfall.

Satan made a fool of Samson by enticing him to accept a substitute for the real thing. Irreparable damage was done to Samson's life and to the nation as a whole, although the Bible does not tell us the dire consequences that must have come to the nation through Samson's bad example. And Samson certainly did not achieve the happiness that he thought would be his. No one ever does when he acts contrary to the will of God.

What are the reasonable standards

which the Lord would have us adhere to? A healthy friendship with those of the opposite sex during the "teens" is commended. The teen age should be one of the happiest times of one's life. Late in this period there will normally come a centring of affections more and more upon one individual. This early affection may ripen into love that will be returned by its object, if all goes well. The period of courtship will be a time of getting acquainted, of exploring personalities and minds, of sharing confidences. Its normal climax is marriage to one of similar tastes, standards and above all of the same religious belief.

In such a union the wife has a right to expect that her husband will be the protector of the home and all that it holds sacred. He will bring strength to her when she is weak, comfort when she is sad and joy to her at all times. In thought, word and deed he will be true to her and her only.

To her husband the wife will bring love and affection in its uniquely feminine meaning. She will demonstrate her faith in his willingness and ability to make a success in his world of endeavour. When he is bruised and battered by the battles of life she will be the first to soothe and heal. To her he will constantly turn for these things, and with confidence. She will give to him the same constancy that he gives to her.

In such a union both will realize

a measure of the blessing the Creator intended that matrimony should bring His children. There is nothing of a "substitute" or "imitation" nature about it.

This is worth waiting for! The wise young person will be satisfied with positively nothing less.



EWING CALLOWAY



H. A. ROBERTS





REVIEW AND HERALD

*Christ's life was spent performing deeds of kindness. He went about doing good, saving life instead of taking it, relieving suffering and distress instead of causing it. In this He set an example to every follower.*

# Christ, the Christian and War

By  
Carlyle  
B.  
Haynes

not to coerce men even to obey God and do His will.

And so far as her own protection and defence are concerned, the church needs no such implements as are employed in worldly warfare. The time has come when God's ancient promise to His people is being realized. (Hosea 1:7.)

It is made plain in the New Testament that Christians are servants and followers of Jesus Christ. They are to have His Spirit; they are to have His mind. (Romans 8:9, 10; Philippians 2:5.)

## To Save, Not Destroy

The purpose for which Christ came into the world was not to destroy men's lives, but to save them. (Luke 9:56.)

If His followers partake of His Spirit they, too, cannot engage in taking men's lives. Their whole effort must be to save them.

Jesus summed up His teaching, His new way of life, in two stupendous statements. They contain the essence of His teaching and of His example. These statements are in Matthew 7:12 and Matthew 22:37-40.

Complete love to God, unfailing love to man—these are to be the basic and determining principles by which Christian conduct is to be governed.

Because Christ exemplified this principle of love by laying down His life for us, we in turn, as His followers, are to carry this same principle out in a supreme willingness to lay down our lives for our brethren.

This love is not exclusive. It does not stop with our neighbours, with our friends, with our brethren; it is to be manifested even to our enemies. (Matthew 5:43-45; Luke 6:27-35.)

## The Pursuits of Peace

Among those things which Jesus de-

tion contained in Matthew 5:44; 1 Corinthians 4:12, 13.

The rule given the Jewish nation is in Exodus 21:24, 25.

The rule for Christians is in Matthew 5:39.

## War Rejected for God's People

When the Jewish nation was rejected, God also rejected war for His people. They were no longer to fight, they were no longer to bear weapons of war. When Peter drew his sword in Gethsemane to defend his Master, Jesus said to him: "Put up again thy sword into his place; for all they that take the sword shall perish with the sword." Matthew 26:52.

The Christian church was thus instructed that in the work given her she needed no weapons of steel either to protect her or to advance her cause in the world. Not against "flesh and blood" is her fight waged, but against those "principalities and powers" of the spiritual realm entrenched in the "heavenly places" about us; powers which originate the evil which drives men to war.

The sword which the church wields is not one of material armament, but "the sword of the Spirit, which is the Word of God." She is not to use force,

**J**EHOVAH once had a nation on earth, His chosen people. That is no longer true. He once chose and worked through the Jewish people, a literal, material, temporal kingdom. They sinned away their national relationship to Jehovah. He has rejected them.

Instead of a nation, a literal kingdom, Jehovah now works through a church, made up of people of all races, nationalities and kingdoms, scattered over all the earth. It is not a kingdom of this world. It is a spiritual brotherhood separated from the world, each true member of it born anew, regenerated, transformed as the result of that spiritual birth. The Jewish nation was given a kingdom decidedly of this world. (Deuteronomy 8:7-9.)

To the church it is made plain that Christ's kingdom is not of this world. (John 18:36; 1 Peter 1:4; Matthew 8:20.)

The instruction given the Jewish nation is found in Deuteronomy 28:7.

The instruction given the church is found in John 16:2.

The Jewish nation was given the instruction contained in Deuteronomy 7:1, 2.

The church was given the instruc-



clared to be incompatible with Christian conduct are physical retaliation and revenge. (Matthew 5:38, 39.)

Evil is not to be returned for evil. The pursuits of peace are to be the engagements of Christians. Revenge for injuries done is never to characterize the follower of Christ. Enemies, instead of being killed, are to be fed and loved. Evil is not to be met with evil, but overcome with good. (Romans 12:17-21.)

The sword is forbidden to the follower of Christ. (Matthew 26:52.)

Christian servants are not to fight. (John 18:36.)

Their warfare is not a fleshly warfare, nor are their weapons material weapons. (2 Corinthians 10:3, 4.)

When injury is done a Christian he is to suffer it—and not seek revenge. (Matthew 5:11, 12.)

This suffering for righteousness' sake is a Christian duty in a world of evil and opposition to Christ. It is to be endured with patience. (Matthew 10:16-19; John 15:19; Hebrews 10:32-36.)

### ***The Example of Christ***

Christ carried out these teachings in His own life. He *was* what He taught. Consequently the best commentary upon His works is His life, just as the best interpretation of His life is His words.

When He was reviled He reviled not again; when He was injured He did not retaliate. (1 Peter 2:21-24.)

When the soldiers took His life He prayed for their forgiveness. (Luke 23:33, 34.)

His whole life is one long record of deeds of forbearance, tenderness, mercy. He went about doing good, doing things which were the exact opposite of destroying human lives. His teachings and His example are the inerrant guide to Christian living.

He healed the cripples. War makes cripples.

He opened blind eyes. War dooms thousands to blindness.

He unstopped deaf ears. War brings deafness to multitudes.

He healed paralytics. War shatters nerves and unhinges the reason.

*He did not retaliate.*

He was the victim of ecclesiastical bigotry and vindictive persecution. (Mark 14:1.)

He was condemned on the lying testimony of perjured witnesses. (Matthew 26:49, 50.)

His enemies blindfolded Him, scoffed at Him, spit in His face. (Mark 14:65; Luke 22: 63, 64.)

He was scourged, buffeted, insulted and smitten unjustly and without cause. (John 19:1-5; Matthew 26:67.)

He was denied by one He had most trusted. (Mark 14:66-68.)

### ***The Example He Set***

He was made a plaything for kings who "set Him at naught." Luke 23:11.

An assassin was preferred before Him. (Luke 23:18.)

He was ridiculed by the mob. (John 19:5, 6.)

The authorities who should have protected Him, taunted Him. (Matthew 27:27-29.)

He was oppressed with an unbearable burden. (John 19:17.)

His belongings were stolen. (Matthew 27:35.)

His agonies were laughed at. (Matthew 27:39.)

He had inflicted on Him the most shameful death—one that was reserved for the lowest criminals. (Luke 23:33.)

### ***His Disciples to Follow His Example***

These are the principles which are to govern Christian discipleship. This discipleship is based upon personal acceptance of Christ's salvation, devout belief of His teachings, implicit obedience to His commands, complete surrender to His will, and scrupulous patterning of the life upon His example.

The Master they take as their Lord and Leader is the Friend of all men, without regard to nationality, race, colour, speech, station, condition or belief.

He was rich, but He became poor so that the poor might be made rich.

He was spotlessly pure and sinless, but He took on Himself the sins of all men that they might be counted righteous.

He was a king, but He became a servant that bondslaves might become kings.

He made many cripples walk, but He never made any man a cripple.

He opened many blind eyes, but He never inflicted blindness on any man.

He unstopped deaf ears, and made many men hear, but never deprived any man of hearing.

He restored speech to mutes, but never inflicted speechlessness on any man.

He was made to suffer many injuries, but never injured any man.

He was wounded grievously and wrongfully, His hands and feet pierced and His side torn, but He never wounded another.

He had many enemies, but He refused to look upon any man as an enemy and was an enemy to none.

### ***As He Was, So Are We to Be***

And as He was in the world, so are His followers to be.

While Christians cannot in any sense share His atoning work, never-

theless they *are* called to be "workers together with Him" in bringing the blessings of His gospel to lost men. This cannot be done by the sword, by force. It must be done in the way Christians have been instructed to do it.

"But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, in stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; by pureness, by knowledge, by long-suffering, by kindness, by the Holy Ghost, by *love unfeigned.*" 2 Corinthians 6:4-6.

In this list there is nothing even to suggest the use of *force*. The example of Jesus is to be followed. As He was in the world so are His followers to be, for "the disciple is not above his master, nor the servant above his lord." Matthew 10:24.

Jesus is set forth as an example, "and you must be following His footsteps. . . . He was reviled and He made no retort, He suffered and He never threatened, but left everything to Him who judges justly." 1 Peter 2: 21, 23, Moffatt's translation.

### ***"Ye Have Heard . . . But I Say to You"***

It is plain, therefore, that the coming of Jesus into the world brought a new and entirely different attitude toward war on the part of His followers. That difference is made clear in His own declarations:

"Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: but I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also." Matthew 5:38, 39.

"Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you." Matthew 5:43, 44.

In such words He disarmed and discharged His legions of fleshly warriors, clad in steel, bearing sword and spear and weapons of death, and summoned to His side His spiritual hosts, clad in the "armour of light," bearing His weapons of love.

These spiritual warriors do not fight with the armament of violent men. They have no need of the gory sword or the dripping bayonet. They fight with "the sword of the Spirit," which is the Word of God. Unknown to them is the heat of anger or the blast of explosives. They are panoplied in the regenerating energy of the Holy Spirit—the burning flame of the fire sent down from heaven.



# The F

By

Mrs. E. E. Andross



KEYSTONE VIEW CO.

WHEN Jesus came to the end of His earthly sojourn, He said to His Father, "I have finished the work which Thou gavest Me to do." Often those words of the Saviour ring in my ears. They always are a challenge to greater diligence in service! They ever call me to careful, prayerful study of the record of His incomparable life.

All along the way from the manger to the cross, Jesus was the living expression of His Father's will. Said He, "I came . . . not to do Mine own will, but the will of Him that sent Me." John 6:38. He could have amassed great wealth. He could have

thrilled the world with His wisdom as a teacher; as a scientist. Yes, He could have excelled in any worldly career. But from the one great purpose for which He came to earth, He never swerved. No wonder God looked down from heaven and said repeatedly, "This is My beloved Son, in whom I am well pleased."

Satan always found Jesus busy about His Father's business. Hear Him say to His disciples: "I must work the works of Him that sent Me, while it is day: the night cometh, when no man can work." John 9:4. "In His industrious life there were no idle moments to invite temptation. No

There is great satisfaction in a completed task. Jesus came to this earth, lived and died according to the divine plan. He was buried in Joseph's new tomb, but on the third day He arose. Later He ascended to heaven where He now ministers in our behalf. Soon He will see the travail of His soul and be satisfied.

aimless hours opened the way for corrupting associations. So far as possible, He closed the door to the tempter. Neither gain nor pleasure, applause nor censure, could induce Him to consent to a wrong act. He was wise to discern evil, and strong to resist it."—*Desire of Ages*, p. 72.

To be true to His purpose meant much suffering. It meant ridicule. It meant persecution. "He came unto His own, and His own received Him not." John 1:11. Men cast reflection upon His birth, and upon His city. They accused Him of blasphemy, and they tried to stone Him. "He is despised and rejected of men; a Man of sorrows, and acquainted with grief."

*Signs of The TIMES*



# FINISHED TASK

## Jesus' Great Commission Must Be Executed

Isaiah 53:3. But nothing turned Him aside from His one great purpose to seek and to save the lost. So His hands were ever outstretched to bless others until men nailed them to the cruel cross; and even then with the precious blood that flowed from His wounds He purchased the salvation of all who would accept Him as their personal Saviour.

The prophetic forecast of Jesus was that "He shall not fail nor be discouraged, till He have set judgment in the earth." Isaiah 42:4. And He didn't. He pressed on against all obstacles till His work was completed. How different is the record of men. The world is strewn with monuments to unfinished tasks. This morning the eye of memory sees again a certain famous cathedral in Europe. "It seems that it should have another spire for symmetry," I said to the guide when I first saw it. "Yes," he replied, "the plan called for two spires, but the second never was built." So that cathedral stood there as a monument to unfinished tasks of men, while the slender finger of the completed spire seemed to point to the God who never fails to complete what He undertakes.

And where lay the secret of the Saviour's power to press on till the task was finished? "From hours spent with God He came forth morning by morning, to bring the light of heaven to men. Daily He received a fresh baptism of the Holy Spirit. In the early hours of the new day the Lord awakened Him from His slumbers, and His soul and His lips were anointed with grace, that He might impart to others."—*Christ's Object Lessons*, p. 139. Sometimes He spent the whole night in prayer, for He knew that He must have power from on high to finish the task before Him.

Thus He kept in touch with heaven. He lived by God's clock. He met every appointment on time. With Daniel's pen God had foretold the exact year when Jesus should begin His work as the Messiah. When that hour struck, Jesus was kneeling on the banks of the Jordan and was anointed by the Holy Spirit for His mission. Finally, when according to

God's clock the time was near when "Christ our Passover" was to be slain for us, Jesus said to His disciples, "The hour is come." Mark 14:41. Again, exactly on time according to God's prophetic clock, Jesus hung upon the cross to purchase our freedom from sin with His own precious blood.

So He finished His work on earth, and He finished it on time. Then He hastened to heaven to enter upon His work as our great High Priest. There He ever pleads the case of every penitent sinner, while His loving heart yearns for the opportunity of finishing His work in each of our lives.

One day I went to a certain art gallery in Florence, Italy, for the express purpose of seeing Michelangelo's "David." I had seen copies of it and desired very much to see the sculptor's own production. I saw it and was thrilled. It was a miracle in marble. Nearby were several partially finished statues which also attracted my attention. They seemed to be just starting to crawl out of their captivity. But they still were prisoners in the rocks from which Michelangelo's skilful hands had begun to liberate them.

To me those half-liberated statues seemed sad symbols of individuals who come to Jesus for pardon and then refuse to let Him finish the work He has begun. They shrink from the blows of the Sculptor's tools and so remain captives in the quarry of sin from which Jesus had begun to deliver them. Death came to Michelangelo, so he could not bring those half-finished statues to perfection. But Jesus ever liveth to make intercession for us. Nothing except our refusal can hinder His work from being finished in our own lives.

An architect stood and gazed at the finished product of his labours; and then with deep satisfaction he exclaimed: "It's just like the plan! It's just like the plan!" We are told that "God's ideal for His children is higher than the highest human thought can reach." How anxiously He must wait to see our lives built "just like the plan." This all-important work is in the hands of the great Architect who

could say when He ended His sojourn on earth, "I have finished the work which Thou gavest Me to do." John 17:4. Soon His work in heaven also will be completed. Again He will say, "It is finished!" Then He will gaze upon the lives which He has been permitted to build after the divine Pattern and will rejoice that they are "just like the plan!"

John puts that wonderful accomplishment in these words: "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God. . . . It doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him." 1 John 3:1, 2.

### My Guide

"There is no path in this desert waste.  
For the winds are shifting the sands,  
The trail is blind where the storms  
have raced.

And a stranger, I, in these fearsome  
lands.

But I journey on with a lightsome  
tread;

I do not falter, nor turn aside,  
For I see His figure just ahead—  
He knows the way—my Guide.

"There is no path in this trackless sea;  
No map is lined on the restless  
waves;

The ocean snares are strange to me  
Where the unseen wind in its fury  
raves.

But it matters nought; my sails are  
set,

And my swift prow tosses the seas  
aside.

For changeless stars are steadfast yet  
And I sail by His star-blazed trail—  
my Guide.

"There is no way in this starless night;  
There is nought but cloud in the  
inky skies;

The black night smothers me, left and  
right,

I stare with the blind man's straining  
eyes.

But my steps are firm, for I cannot  
stray;

The path of my feet seems light and  
wide;

For I hear His voice—"I am the way"—  
And I sing as I follow Him on—  
my Guide."

—Robert J. Burdette.





### German Death Spray

A spot of "tabun" the size of a dime on the skin would kill a man in two minutes. Sprayed in the air, it might have wiped out whole divisions in exposed positions. The Germans developed tabun but never got around to using it. But they left 125,000 tons of it hidden in Bavarian caves, and American Army engineers destroyed most of it. The rest remained a military secret until recently, when Major James M. Graham told about it in a National Security Week address.

A thousand tons of the stuff was spared from destruction and shipped to the United States for experimentation. It is a nerve poison; like snake venom, it can be absorbed through the skin, thus not needing a cut or wound for effectiveness. It is so nearly odourless as to defy detection by the inexperienced, and it is very potent and persistent, remaining potent in the sprayed area for a long time. Tabun came into the United States labeled "chlorine," but dock workers refused to unload it when they could not smell the characteristic odour of chlorine. Army personnel was used for the job. It is thought that by now army chemists have solved the formula.

### Costs of Victory

Among other interesting disclosures made by the Hoover commission on the operation of the Federal government of the United States is one regarding the accounting of the army. This section of the report on military costs states that the army is unable to account for 9,000 tanks out of the total of 25,000 that were supposed to be on hand at the war's end. A total of 85,000 tanks was produced and paid for during the war. Presumably 60,000 were destroyed by enemy action or worn out. The cost of the "lost" tanks to the government was about \$2,000,000,000.

### Medal of Merit

Myron C. Taylor, personal representative of the president of the United States to the Vatican, and ambassador extraordinary to that seat of ecclesiastical and civil government, has just been given the Medal of Merit by President Truman. The citation accompanying the medal says that it was awarded for Taylor's carrying out "his manifold and arduous duties with selfless disregard of incessant demands upon his own health and strength." Little has ever been revealed to the public about what these "manifold and arduous duties" actually are.

### Record Adventist Budget

Assembled in St. Louis, Missouri, Seventh-day Adventist leaders representing the work of the denomination from many parts of the world set aside, on November 15, the largest sum ever to be spent by the denomination for the extension of mission work. Almost \$16,000,000, (\$15,935,000) was allocated. Outstanding appropriation was one made for extension of work in Japan, chiefly through evangelism, to meet what leaders termed, "the greatest opportunity for Christian missions since Pentecost."

**W**HAT a situation the world faces to-day as throughout the world there exists a spirit of fear over some impending catastrophe, brought about by the development and use of atomic power for destructive purposes, a power so vast that the world is dumbfounded and aghast. Nevertheless Christ stands before the throne of the Majesty in heaven, wielding "all power . . . in heaven and in earth." Matthew 28:18. His power is unspeakably greater than atomic power, and in Him His true followers find a sure refuge from all fear, and a sure hope of everlasting life in the great hereafter.

Amazing is the power obtained in the atomic bomb. In the splitting of an atom of uranium in 1938 by Hahn and Strassman, while only a thirtieth of a volt of electricity was used in the splitting process, yet 200,000,000 volts of electricity were released. In the January issue of the *CANADIAN SIGNS OF THE TIMES*, in 1947, Carlyle B. Haynes stated as follows the enormous amount of power thus obtained: "The energy released in the splitting of the atom was six billion times the amount of energy used to split the atom." No wonder the world marvels over the possibilities for good or evil of atomic power, and many atomic scientists themselves are fearful.

One of the leaders in the development of atomic science, Dr. Harold Urey, declared in *Collier's* magazine: "I'm a frightened man myself. All the scientists I know are frightened." He said also later, "I am still a frightened man. The gravity of the world situation is frightening beyond words to express. Civilization has been brought to the brink of the precipice."

According to John McCloy, Assistant Secretary for War of the United States, atomic bombs will yet be developed to a thousand times the power of the Nagasaki kind. And the chairman of the Administration Committee of the Federation of American Scientists said in the *New York Times* magazine, "There is no defence against atomic bombs." "There will be no defence in the future."

After the first atomic bomb had caused such fearful destruction when dropped on Hiroshima, scientists warned us that in about five years other nations also would have the bomb, and that therefore time was short in which the world could be saved from destruction. About two years later the chancellor of the University of Chicago, Robert Hutchins, thought that about forty per cent of that time had already been "frittered away." He then declared: "The handwriting on the wall is plain enough.



It says to the people of the earth: Unite or die."

Dr. Charles Clayton Morrison says: "Mankind must be made to realize that the world now faces unimaginable danger. . . . It may be made a dead planet like the moon."

We have also the final viewpoint of the former celebrated champion of the world's advancement, H. G. Wells, made in his last book: "The end of everything we call life is close at hand and cannot be evaded. . . . There is no way out or around or through. . . . It is the end. . . . The door closes upon us for evermore."

General H. H. Arnold, retired commander of the U. S. Army Air Forces, made the observation: "Improved atomic bombs will be destructive beyond the wildest nightmares of the imagination." And in harmony with these words and the thousandfold words of John McCloy, already mentioned, President Truman of the United States has instructed the Atomic Energy Commission to go ahead with the development of all kinds of atomic weapons, which means the development of the *hydrogen* bomb, that many think will be perhaps a thousand times more destructive than the original atomic bomb.

The use of the atomic bomb has stimulated the development of other powerful weapons that could, as Rear Admiral Ellis M. Zacharias, U.S.N., Ret., has pointed out, "wipe out the last vestige of human, animal, and vegetable life." He said that these are not an American monopoly, and made the assertion: "Several nations are known to have them, to be making them, and to be improving them." And he said also that only a fifth of a teaspoonful of the "highly infectious psittacosis [parrot fever] virus could kill 20,000,000 men," and that this virus can be produced cheaply in bulk by a small laboratory anywhere in the world.

An announcement was made by Glenn L. Martin, in Manhattan, New York, that the United States has perfected a "radioactive cloud" that will kill all who come in contact with it. No nuclear scientist has denied the possibility of such an invention. It is known that the most deadly effects of atomic bombs could be made those of radiation rather than of the explosive force of the bombs themselves.

How momentous are the destructive forces that are therefore facing the world to-day—attacks made with robot bombs and rockets, atomic bombs, poison gas, bacterial warfare, the contamination of sea and land and air with radioactivity—which could paralyze nations everywhere and result in world chaos!

# Christ Now

By

John W. Halliday

Yet how far short will all these combined destructive efforts of modern methods of warfare be, compared with the consuming power and glory of the second coming of Christ at the end of the world. Prophecy unerringly declares: "To you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with His mighty angels, in flaming fire taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ: who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of His power; when He shall come to be glorified in His saints, and to be admired in all them that believe." 2 Thessalonians 1:7-10.

We read also: "The heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places. And the kings of the earth, and the great men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; and said to the mountains and rocks, Fall on us, and hide us from the face of

Him that sitteth on the throne, and from the wrath of the Lamb: for the great day of His wrath is come; and *who shall be able to stand?*" Revelation 6:14-17. Is it any wonder that God has allowed men to develop atomic power, that they might understand and prepare for the very near end of the world?

To-day we see the marvellous development of the atomic bomb that threatens the extinction of the human race. We realize that great men are filled with fear, that the end of all life is close at hand. We see other destructive means of warfare being developed, perhaps as deadly as the A-bomb, or even more so. We see that by the combined annihilating forces of total war to-day, nations could be overthrown very quickly, even as only two atomic bombs were needed to bring about the collapse of Japan. We see modern civilization, with all its vaunted progress, tottering toward its final fall!

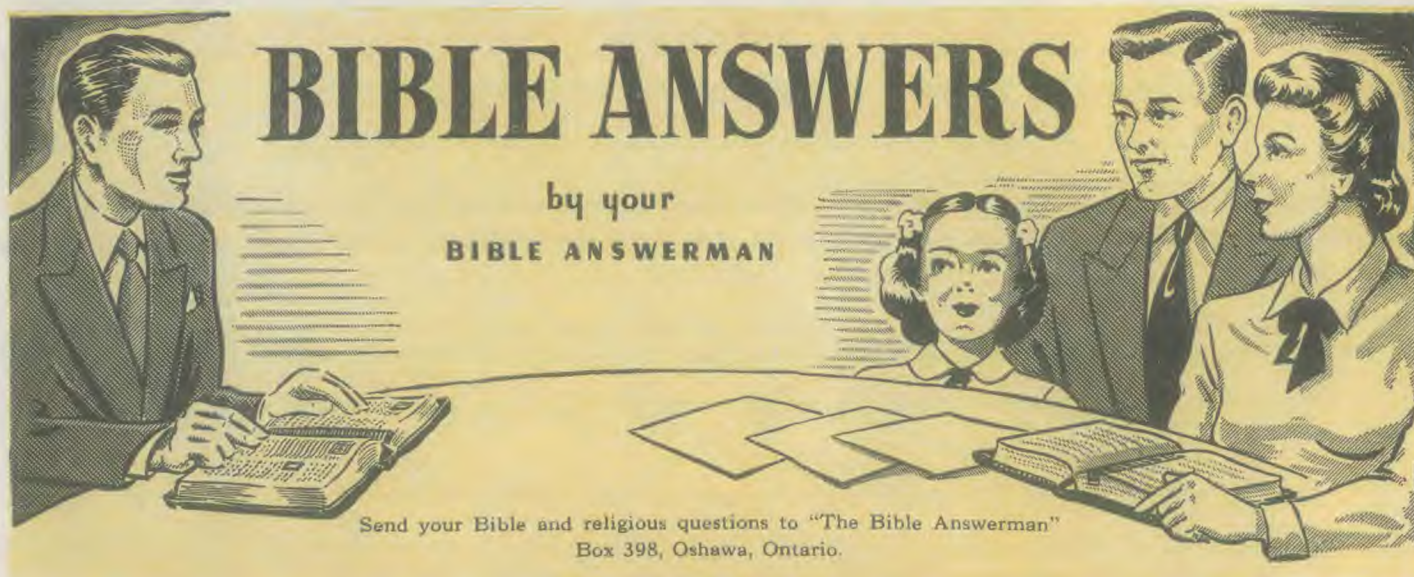
But with the eye of faith we also see Jesus at the right hand of God in heaven, wondrously glorified, pleading the cause of all who trust in Him, clothed with "all power . . . in heaven and in earth," as "the end of the world" draws near. Matthew 28:18-20. We see the wonderful privilege we have of relying on His earnest admonition, "Look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28. We catch the tones of His compassionate love as by His tender Spirit He assures our hearts with His promise of peace, "In Me ye might have peace." John 16:33. Then bowing humbly before Him, in response to His compassionate entreaty, the honest in heart are impressed to cry out to Him in heartfelt trust, Dear Lord and Saviour, I know that in Thee I shall be kept in peace to the very end.

*No man should accept Christ in order to escape the flames of the final end. Nevertheless, the Bible reveals that those who do not will be consumed into ashes.*



SIGNAL CORP. PHOTO





**Dear Bible Answerman:** Does 2 Corinthians, chapter 3, indicate that the law written on tables of stone was abolished? E. R.

Instead of showing that the law of God was abolished, this chapter shows that it was established by being written in the heart by the Holy Spirit. I quote verse 3: "Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart."

In the Old Testament the law of God was written on tables of stone, but under the new covenant this same law is written by the Spirit of the living God upon the fleshy tables of the heart. This is plainly understood from Hebrews 8:8-10:

"For finding fault with them, He saith, Behold, the days come, saith the Lord, when I will make a new covenant with the house of Israel and with the house of Judah; not according to the covenant that I made with their fathers in the day when I took them by the hand to lead them out of the land of Egypt; because they continued not in My covenant, and I regarded them not, saith the Lord. For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people."

The world is in its present precarious condition because of the wide violation, by people and nations, of these very principles. What a paradise the world would become, and overnight, too, if everyone—people and nations—began suddenly to obey, in the letter and in the spirit, the ten commandments.

**Dear Bible Answerman:** In Genesis I notice two different stories of creation. In the first, the earth emerges from the waters and is, therefore, saturated with moisture. (Genesis 1:9, 10.) In the second, the whole face of the ground requires to be moistened. (Genesis 2:6.)

In giving study to the record of creation we must keep in mind two things: First, the event is tremendous in its magnitude, but the history of it is exceedingly brief; second, the second chapter of Genesis is in some degree a recapitulation of the first. That is to say, the second chapter covers some of the same history as does the first, but it also adds some new things.

Genesis 1:9, 10 is a part of the record of the third day of creation. On this day God separated the land and the water, and, undoubtedly, it was saturated with water. At least that would be a natural, logical conclusion. Now, in the second chapter the recapitulation starts with verse four. The sixth verse says, "There went up a mist from the earth, and watered the whole face of the ground."

I see nothing contradictory here. In Genesis 2:6 God is simply starting in operation the system of watering the vegetation of the earth that was in use before the flood. The earth was watered by a "mist," and not by "rain," as may be seen by reading verse five.

**Dear Bible Answerman:** Please explain Isaiah 65:20.

The verse in question reads as follows: "There shall be no more thence an infant of days, nor an old man that hath not filled his days: for the child shall die an hundred years old; but the sinner being an hundred years old shall be accursed."

Admittedly this is one of the most difficult verses of the entire Bible to explain. Bible commentators differ. However, many reliable commentators believe that the verse applies at the close of the millennium to that period of time between the resurrection of the wicked and their ultimate destruction in the lake of fire.

**Dear Bible Answerman:** Does it tell anywhere in the Bible what took place in Sodom and Gomorrah after their destruction by fire? I mean, were they ever inhabited again, and by whom, or did they become a part of the Dead Sea?

There is no reason to believe that these cities were ever inhabited after they were destroyed by fire and brim-

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stone from heaven. Efforts have been made to identify as Sodom and Gomorrah certain mounds in the vicinity of the shore of the Dead Sea, but this has not been done with any reasonable degree of certainty.

## THE PROPHETIC TELESCOPE

(Continued from page 6)

"(1) Atomic bombs can now be made cheaply and in large number. They will become more destructive.

"(2) There is no military defence against atomic bombs and none is to be expected.

"(3) Other nations can rediscover our secret processes by themselves.

"(4) Preparedness against atomic war is futile and if attempted will ruin the structure of our social order.

"(5) If war breaks out, atomic bombs will be used and they will surely destroy our civilization.

"(6) There is no solution to this problem except international control of atomic energy and ultimately the elimination of war.

"On June 30, 1947, the Emergency Committee reiterated these six points and added a seventh: 'Once stock piles of atomic bombs have been accumulated by two national blocs of a divided world, it will no longer be possible to maintain peace.'"

One of the chief causes of fear in the use of atomic weapons is the results of radioactivity on all life, including vegetation. This would destroy the means of livelihood and threaten famine on a scale never before known. Another dread of future war is the threatened use of disease germs which would wipe out populated cities in epidemics of unimaginable horror. In the light of these facts, how significant is the statement of Jesus that in connection with the last-day military struggle between nations there would be "famines and pestilences" in "divers places."

The telescope of Bible prophecy reveals the fact that a greater war than any yet fought is still future, the war of Armageddon. This great struggle is pictured in a number of forecasts in both Old and New Testaments. In Isaiah 34:1-9 is a picture of "the day of the Lord's vengeance" when His fury will be upon the armies of the nations and He will deliver them "to the slaughter," and "their stink shall come up out of their carcasses, and the mountains shall be melted with their blood."

Another picture of this last war is given in Jeremiah 25:29-33. The Lord "will call for a sword upon all the inhabitants of the earth," and "evil

shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth. And the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth: they shall not be lamented, neither gathered, nor buried; they shall be dung upon the ground."

The revelator describes the time of the sounding of the seventh trumpet when the "nations were angry, and Thy wrath is come." He sees "unclean spirits" which he interprets as "the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty. . . . And he gathered them together into a place called in the Hebrew tongue Armageddon." (See Revelation 11:15, 18; 16:13-16.)

This dark cloud on the horizon of the future has a silver lining, for the battle of Armageddon is immediately followed by the coming of the Prince of Peace to establish His everlasting kingdom of righteousness. It is at that time that He takes the government of this world "upon His shoulder," and "of the increase of His government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever."

## HOW REASONABLE

(Continued from page 7)

coming into existence and continuing to act from the play of accidental forces is too remote to be given any reasonable thought. There must have been design and plan from the first.

But how does intelligent design arise? Not from blind "necessity" or tendencies. Intelligence exists in and comes only from a *mind*. There must be some mind behind the universe. And obviously this mind or intelligence must be greater than the universe itself. It must therefore be supreme. Consequently, we are forced to admit of a *Supreme Intelligence*, beyond which there is no other power or intelligence. Mr. Huxley may deny this if he wishes, but all he can do is to refuse to accept the obvious. He cannot show that any other position faces all the facts of rational thinking.

Let us go into one of our great cities and watch the flow of traffic. Signs change from green to red, and back again with perfect regularity. At points where five or more streets intersect, traffic is directed in several directions, and all with perfect rhythm. But did it happen that way?

Of course not! We all know that careful thought has gone into the planning of the traffic problems.

At home I have a dial telephone. By turning the dial I can call any customer on the system. But it takes only one look at the switchboard to make one realize that a tremendous lot of thought has gone into its planning. What appears to me to be automatic when I turn the dial, required years of inventive study and mechanical construction to cause it to function. It is the same with the universe. What seems to be so regular and uniform in its action is, on the very face of things, possible only because of the Supreme Intelligence who has planned it all.

There are many who will accept the idea that there is intelligence in nature, but who deny the idea of God as a personal being. Such a belief, they say, smacks of anthropomorphism—making a god in human form. We shall not at this time discuss the problem of the form of God. Let us, however, consider the question of His personality.

Who ever heard of any of the great inventors, social organizations, political parties, government, church, or business enterprises having arisen in an impersonal way? History is the story of persons. Science is the story of the achievements of people. Society and churches are made up of people. Life is personal. Everything operates on the personal plane. Why then should we imagine that the great systems of nature are impersonal? Is it not more reasonable to believe that they arose in the mind of a personal God?

Belief in God does not in any way detract from the uniformity and systematic action of natural phenomena. Since God is omniscient, He is wise enough to maintain the regularity of His laws. To do otherwise would be to introduce chance at some point. There is no reason for fearing that belief in God would introduce the possibility of whimsical and undependable action in nature. The sun will rise on time to-morrow, not because natural laws operate in spite of or independent of God, but rather because of His superintending power and wisdom that maintains the created universe in its regular course.

The atheist may deny the existence of a personal God, but that is all he can do, merely negate. He cannot show how, by any kind of logic or reason, nature can be as systematic and orderly as it is, by means of automatic, impersonal forces. Only by admitting the action of intelligence on the personal plane, can this universe of ours have any rational explanation.





## The DOCTOR'S VOICE

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



# School Lunches

By

Ruth E. Stickle

### Halitosis

**Question:** What should be done for the following symptoms? Very badly coated tongue in the morning with bad breath; morning cough, sometimes with blood-streaked sputum; and occasional vomiting also in the morning. Tea, coffee and tobacco are used in moderation.

**ANSWER:** The two most common causes of bad breath are pyorrhoea and too much fat in the diet. It has been stated that unabsorbed fat may get rancid, and as it is exhaled through the lungs, cause bad breath. In any case, restriction of fat in the diet often helps, particularly at the evening meal, which should be very light. The use of tobacco alone may cause an excess production of mucus which is coughed up in the morning. An X ray of the chest and of the stomach would seem to be in order to rule out any serious trouble. Tea and coffee tend to aggravate stomach disorders.

### Nervous Heart

**Question:** What is meant by a nervous heart? How serious is it? Is there any cure or treatment?

**ANSWER:** "Nervous heart" or "irritable heart" is a very general term describing a number of symptoms, such as unusually rapid pulse on slight provocation, but more often is used to describe so-called skipped beats or extrasystoles. These may appear in younger persons in otherwise good health when they are unusually tired or under a nervous strain. More often they appear after the age of fifty and are of no particular significance as far as prognosis is concerned. However, if extrasystoles become unusually frequent after moderate exertion they would indicate the need for more rest.

### Numbness of Hands

**Question:** When I awake in the morning my hands are painful, and whenever I knit or write my hands get numb. What causes this? I also get hot spells, then cold. Please advise.

**ANSWER:** Incorrect posture can put traction on nerves and blood vessels at the root of the neck which can cause the symptoms you describe in your hands. It is well to sit up straight and keep shoulders well back when seated as well as when standing. The hot and cold spells might be attributable to your age. Any relief from such would have to be given under medical supervision, as it might involve the use of glandular products.

### Cramps Over Heart

**Question:** What is the cause of cramps over the heart, causing breathlessness? They are of short duration.

**ANSWER:** Persons with rheumatic heart disease often complain of an aching pain in the chest when they are overtired. Pain in the region of the left breast is usually considered to be of no serious significance. Substernal pain (beneath the breastbone) is of greater importance and may indicate angina or pseudoangina if the patient is anæmic. Substernal pain should be reported to a physician.

### Coffee

**Question:** Is it true that coffee will raise the blood pressure, and cure low blood pressure? Will drinking it steadily harm a well person?

**ANSWER:** Caffeine is a stimulant and does temporarily raise the blood pressure, but there is always an equal and opposite reaction. It cannot be recommended for this purpose. It is harmful to well persons as it tends to deplete nervous energy.

### Appendicitis

**Question:** Is there anything that can be done for the appendix so that one does not need an operation?

**ANSWER:** Appendicitis is more common among city dwellers. Lack of exercise, "civilized" diet, and constipation are thought to be contributory factors.

**T**RUE health education is more than the teaching of mere facts. It is a matter of developing habits and attitudes which make for better living for the individual and also for the community. Health education is not an easy task, particularly in the field of nutrition. Much painstaking effort and patience is needed for this task.

Food habits usually follow family and community patterns. Food actually forms an important part of social life, and any major change in food habits on the part of an individual may affect his feelings of security in his group. With adolescents this may be a major consideration, and it is sometimes discouraging to find that there is a wide difference between the child's knowledge and his practice even after repeated teaching. So, I repeat, it means much patience and continual effort to bring about the proper nutritional habits.

Health and efficiency are dependent throughout the whole life span upon a diet that is adjusted to meet the need of the growing individual. Adults use food that fits in with long-established habits, while children are forming habits. Therefore it seems that the nutrition education can be more effective with children. But first of all it is essential that teachers and parents be prepared to teach proper nutritional habits. Our objective should be one hundred per cent perfection for the health of our children, so that they may be fit to do the best work possible in the shortest time possible. It is essential to develop sound habit formation in regard to work, play, rest, relaxation, sleep, social adaptation, elimination, personal hygiene, and last but not least,

*Signs of The TIMES*



proper nutrition. Our problem is to train children to want to eat healthful foods, and we must endeavour to persuade parents to supply these foods. The classroom teacher and the parents need to work together to encourage students to eat the best food.

Naturally an increase in height and weight is to be expected from proper nutrition, but there are other goals that are also dependent on nutritional factors. A healthy condition of the teeth, good tone of the muscles, good blood, and a happy disposition are of real importance.

Schools should become more alert to the nutritional requirements of growing children. Experiments have shown that many of the children who present major administrative and educational problems, and are inattentive, restless and disorderly will present symptoms of malnutrition or deficiencies which must be adequately attended to before we can expect them to derive much benefit from the expensive educational organization.

We may be ever so careful about properly balanced rations for growing animals, but we may not be nearly so careful about the same matter in regard to our children, who are much more important. We are preparing our children for the greatest service possible in this world and for greater service in the world to come.

Recently a nutrition experiment was done in one of the British Columbia schools in which the teachers and students took part. This experiment was based on the type of lunch which was most commonly brought to school. It was found that about ninety per cent of the students expressed the opinion that the following menu would make an ideal lunch: White bread, jam or jelly, chocolate bar, cake or cookie, soft drink. About forty per cent were getting this type of lunch with a fair degree of regularity. The experiment performed on rats showed the results of such a diet. These were compared with results from a diet consisting of brown bread, carrot stick or apple, and milk, which was fed to other rats. The children found the experiment very interesting. They reported a definite difference in weight, and an almost unbelievable difference in temperament. After this experiment, more than eighty-five per cent of the children were eating brown bread regularly, and almost all were drinking milk.

Government subsidized school lunches have been a boon to many school systems, but there are still many children who carry their own lunches. The lunches that are carried to school are often tasteless, low in

nutritive value and badly packed. If enough students carry lunches, it would be helpful to teach some lunch-box lessons to help the students and their mothers plan better meals. For the students who go home at noon or eat in a cafeteria, the choosing of proper foods could be emphasized rather than the technique of packing a lunch box.

Students should learn to apply the basic principles of good nutrition in planning their lunches. Some authorities say that the noon meal should provide one third of the day's requirements. A good basic lunch pattern is sandwiches, raw fruit or a vegetable, dessert, and milk. This combination is easy to pack, carries well, and does not usually require utensils for eating. A thermos jug makes it simple to have hot drinks and soup, and a small glass jar can be used for such foods as puddings and salads.

A familiar complaint about box lunches is that they always taste the same. Many variations can be made to make the lunch interesting. The bread can be varied. The fruit and vegetables can be varied. Many fresh fruits are easy to carry and good to eat. Dried fruits like prunes, dates, raisins and apricots carry well. Radishes, carrots, celery and turnip sticks will add zest to the meal. Milk is almost a necessity for the teen-age boy or girl who needs to meet the daily requirement of calcium. Nuts and raisins make good desserts.

Texture, flavour and colour are as important in making the box lunch taste good as they are in any other meal.

Food should be packed so that it will taste best when lunch time comes. Sandwiches look neatest if made of slices of bread which were next to each other in the loaf. Butter and margarine spread better if allowed to stand at room temperature for a time.

Wax paper is essential for wrapping sandwiches, unless sandwich bags are used. In packing, care should be taken that the heaviest foods are in the bottom of the bag or box. With careful planning and careful packing, even a box lunch can be appetizing as well as nutritious.

If you pack a lunch daily, keep all lunch-making equipment handy in one place. Here are some supplies that will make your job easier and more pleasant:

1. Waxed paper or individual sandwich bags.
2. Paper napkins.
3. Covered cups or small jars with tight-fitting lids.
4. A spoon or fork for eating foods packed in cups or jars.

5. A sharp knife for slicing, a table knife or spatula for spreading.

6. A tablespoon for mixing and a table or counter space on which to work.

If you have a refrigerator, a three-day supply of carrot sticks, celery stalks and other fresh vegetables may be prepared at one time. Divide them into individual portions, wrap in waxed paper and place in the refrigerator in a damp towel.

Since lettuce wilts badly in sandwiches if not eaten right away, it is better to wrap lettuce leaves separately in waxed paper, ready to be added to the sandwich at lunch time.

You can plan a good lunch if you include these four foods:

1. Milk, or some milk drink or a milk dish.
2. Fruit or vegetable—celery, carrot stick, turnip stick. (These must be crisp.)
3. Proteins—beans, peas, nuts, eggs.
4. Bread—a variety of bread or muffins, et cetera.

Add extras to make the lunch more interesting. On all but the warmest days one hot dish should be included in the lunch box unless hot food is available at school. Eating will be more pleasant if the lunch box is lined with gaily coloured paper napkins, and extras are added to be used as a tablecloth. Children enjoy opening lunches that are attractively packed. They taste better. Every precaution should be taken to keep fresh foods and container clean and in good general condition. Remember that salads or soup can often be heated at school and puddings can be carried in a little jar if cover is screwed tightly. Remember also that raw, dried fruits, such as prunes and apricots, are easy to carry and taste good. They can be used in sandwiches.

#### ***Suggested Menus for School Lunches***

1. Rye bread with chopped raw cabbage and raw carrot  
Molasses cookies or rice pudding  
Milk
2. Potato soup made with milk  
Whole-wheat bread with cottage cheese and prunes  
Sponge cake  
Apple
3. Baked-bean sandwiches  
Lettuce or chopped raw cabbage  
Oatmeal cookies  
Milk
4. Chopped egg with graham or whole-wheat bread  
Raw carrot sticks  
Milk
5. Cream tomato or cream vegetable soup  
Crisp toast strips or crackers  
Peanut butter sandwiches  
Prunes or apricots (raw or cooked)



**I**N pricking my finger I obtain a drop of blood. If I send it to the laboratory for analysis, the report comes back that there are in that drop of blood as many inhabitants as there are in the United States of America. They are living beings known as cells. These cells are so minute that they can be seen only with the aid of a powerful microscope.

In addition to blood cells, the hu-

and cause undesirable nervous symptoms. Even digestion of food may be retarded. In fact waste retention makes it impossible for any cell or community of cells to function normally.

Several years ago in passing through "Fat Man's Misery" at Lookout Mountain, my guide, a coloured man, called upon me to stand still. In front of us was something I had heard of

eat, breathe and live. Under these conditions they were kept alive for twenty-four hours after the dog was said to be dead. Death of the cells finally resulted from the imperfect elimination of wastes which were poisonous to them.

Dr. Alexis Carrel in experiments with living tissue demonstrated that body cells, so long as they are sup-

# LIFE IS IN THE BLOOD

By D. H. Kress, M.D.

## THE IMPORTANCE OF A PURE BLOODSTREAM CANNOT BE OVEREMPHASIZED

man body contains muscle cells, liver cells, kidney cells, brain cells, nerve cells, bone cells, et cetera. All these cells have an individual and independent life of their own. They are dependent upon food, water and air for existence. They eat, drink and breathe. Also they give off wastes which have to be constantly removed. Food, water and air are conveyed to them through the medium of the arterial blood, while the wastes are removed through the venous circulation and conveyed to the various organs of elimination, the skin, liver, kidneys, et cetera.

The life span of these cells is very brief indeed. For instance, the blood undergoes a complete change every eight weeks, the normal life of a blood cell being less than two months. The cells of the liver may possibly live three months. Muscle cells live a little longer and bone cells longer still, but the death of cells is constantly taking place. The dead cells have to be removed. The body cremates them or burns them up, utilizing them as fuel, and then eliminates the result- ing ash.

How perfectly the wastes are eliminated may be determined by making an examination of the urine. Normally the urine of an individual weighing 150 or 160 pounds, excreted in twenty-four hours should contain from fifty to sixty grams of solids. If it contains only one half this amount, there is something wrong. The elimination is imperfect. This retention of wastes interferes with the normal function of the cells. Brain cells overwhelmed with body wastes will produce confusion of thought and may even cause serious mental disturbance. Nerve cells may be disturbed

and had the greatest respect for—a rattlesnake. He said in a very authoritative tone of voice, "Do not move," and I obeyed orders. With a large stone he crushed the head of the creature. After he made sure it was dead, we passed on. He afterward told me, as we were walking along, where the rattlers were to be found in the snake, and said he could return and get them for me. I offered him a monetary reward if he would do so. He came back disappointed and said, "I did not kill it dead enough." The rattlesnake with a useless head, almost severed from the body, had disappeared. The body, no doubt, continued to live for some hours after the creature was said to be dead. The cells composing it were yet alive. It ultimately died from the accumulation of its own wastes.

Some time ago I was invited to a farm where various experiments upon animals were conducted. My attention was called to the body of a dog. The head had been almost completely severed from the body. The dog was dead, but the cells composing the body of the animal were still alive. By means of a special contrivance, the circulation of the blood was maintained and the heart was kept beating. Through the circulation the carbon dioxide and wastes produced by the cells of the body were conveyed to an apparatus in which an interchange of gases took place—oxygen was taken on and carbon dioxide was removed. The return circulation conveyed nutrients and oxygen to the body cells just as was the case when the animal was alive, although not so perfectly. The cells being supplied with food and air, and their wastes being removed, they continued to

plied with normal nutrients, and their wastes are perfectly removed, even though separated from the body of an animal, will continue their existence just as they did within the body of a living animal. Tissue which he separated from the heart of a chicken more than twenty years before this was as much alive the day he called my attention to it as it was the day the chicken was killed. The rest of the chicken was dead and buried, while this little slip of tissue from the heart of the same chicken was living. The life of a chicken at best is not more than about twelve years, but here was a part of a *dead* chicken that was still living twenty years later.

The prospects were that it would continue to live for many years to come—even indefinitely, Doctor Carrel thought. The secret was in his ability to keep the cells freed from their own wastes, and at the same time supply them with their normal nutrients unassociated with impurities or poisons of any kind. Should Doctor Carrel have been careless in the removal of the wastes, or should he have permitted a trace of alcohol or nicotine to be added to the medium in which the cells were bathed, death would have resulted. Should the process of eliminating its waste have been no more perfect than in the chicken from which the tissue was taken, the life of this tissue would not have exceeded ten or twelve years, or the normal life of the chicken.

What practical lesson does this teach us? First, it teaches us that cell life is dependent on the purity of the medium in which it is bathed—the *blood*. "The life is in the blood." This being so, the one who succeeds





H. A. ROBERTS

*From the beginning of life until the end of days it is the blood that nourishes the body. The blood is the life stream of the body, and the stream must be kept pure if the body is to be kept healthy.*

best in supplying the cells of his body with their normal nutrients unassociated with anything of an injurious nature, will live the longest.

To have pure blood necessitates pure food, pure air and also perfect elimination of wastes. Perfect elimination of wastes is dependent upon perfect circulation of the blood, which in turn is dependent upon exercise. The three great essentials, therefore, in the prolongation of life, we may say, are pure food, pure air and exercise. The one who inhales cigarette smoke is poisoning the cells of his body. He is, in fact, doing what the gardener does in destroying insects on plants by exposing them to the fumes of tobacco smoke. The

smoke conveyed to these cells lowers their vitality and shortens their life. Whether this exposure takes place within the body or without the body matters not; the result will be the same.

Lowered vitality of the cells, from poisons, naturally makes it more difficult for them to cope with influenza, typhoid, tuberculosis or pneumonia germs, when they enter the body. For this reason those addicted to the use of alcohol or tobacco are more apt to succumb to these diseases. Not merely is this so because the cells of the heart are impaired, but it is so because all of the body cells have been injured and their resistance lowered.

The brain cells cannot function

normally when poisons are contained in the blood that feeds them. Men whose brains are in this condition find it difficult to discern between the sacred and the common, between the clean and the unclean. The receiving set may be said to be out of tune with the transmitter of divine messages; therefore the development of a righteous character is made difficult, if not impossible. It is, therefore, important in order to excel in the Christian warfare to have a food supply that is pure.

Meat, which is always laden with uric acid and other tissue wastes, should be used sparingly, if at all. Meat is, in fact, not merely laden with these wastes, but is itself a collection of *dead* cells. The retained wastes found in meat are identical with the wastes given off through the kidneys in the living animal. This additional waste, when introduced into the blood stream, benumbs the brain cells, and throws an extra burden on the kidneys and other organs of elimination, thus wearing them out prematurely.

Overeating, and eating too great a variety of foods at the same meal, encourages fermentation and putrefaction and the formation of poisons within the alimentary canal, which when absorbed and carried to the cells of the body affect them unfavourably.

Our aim, in order to live lives of purity, and live out the full measure of our days, should be to keep the blood stream as free as possible from poisons of all kinds.

God at the beginning placed man under the most favourable surroundings to make this possible, and gave him foods best designed to keep the blood stream pure—fruits, cereals, legumes and nuts. Man was placed in a garden where he could have the benefit of work out of doors and where he could breathe the pure, unpoisoned, life-giving air—the breath of heaven.

To the departure from God's original plan we have to ascribe the ever increasing prevalence of organic disease and premature death. The nearer we approach God's plan of breathing pure air, eating pure food and taking the needed exercise found in useful out-of-door life, the better will the body cells function, the better will be the health and the longer will be the life. Since the life is in the blood, other things being equal, the one who keeps the blood stream the purest, will be the freest from disease and will live the longest and will enjoy the greatest degree of health and happiness.



MUCH is being said and written to-day about the importance of heart disease, and Mister General Public is gradually waking up to the fact that heart disease is the greatest killer of the human family. This is indeed true, for statistics show that more than one third of the annual deaths in the land are due to diseases of the heart and blood vessels, known as the cardiovascular diseases.

Besides those that actually have diseased hearts, there are many thousands that think they have bad hearts but do not. It is almost as important to relieve this group of their anxiety as it is to give help to those that have the disease. All should be made to realize that a pain in the region of the chest and shortness of breath do not necessarily mean heart disease, for there are many other ailments that produce these same symptoms, a large number of which are of no special significance. Common among these are nervousness and dietary indiscretion.

While we are forced on the one hand to recognize how great a destroyer heart disease is, it is very encouraging to know on the other hand that great strides have been made in the fight against this group of diseases, and that the afflicted to-day have a much greater chance of living the normal span of life than they would have had a generation ago. It should be of value to consider briefly some of the factors which contribute to this improved status.

1. **Better Diagnostic Procedures:** Physicians to-day are much more carefully and thoroughly trained than they were formerly in the matter of the examination of the patient and the meaning of their findings, and in the proper treatment to follow. X ray and electrical heart tracings, or electrocardiograms, have added greatly to our knowledge of the heart and its diseases. Also methods have been devised for measuring quite accurately the heart's endurance and reserve, and the circulating time of the blood when necessary. Lately it has been possible for doctors to obtain firsthand information on the pressure inside the heart, the composition of the blood, and the path of its circulation by passing specially designed tubes through the blood vessels in the arm directly into the heart.

2. **Heart Surgery:** The heart is the last important organ of the body to have its realm invaded by surgery. Some fine work has been done in freeing adhesions and scar tissue, which wraps itself around the heart in certain diseases. Very spectacular results have been obtained in certain types of birth defects found in the

# *The* GREATEST KILLER

By Lyle C. Shepard, M.D.

heart; actual cures have been effected. Encouraging work is being carried on in an endeavour to increase the circulation of the arteries that nourish the heart itself when they become narrowed through disease. It is now possible to enlarge certain of the heart valves which have been partly closed in rheumatic heart disease. Much heart surgery is still in the experimental stage, but the future holds out great promise.

3. **New Medicines and Methods of Treatment:** With the advent of new medicines such as penicillin and penicillinlike preparations subacute bacterial endocarditis has lost much of its horror, for whereas formerly nine out of ten died, now nine out of ten are cured. The administration of substances that will keep the blood from clotting too rapidly have greatly reduced the incidence of certain serious complications that result from the formation of clots in the blood vessels.

4. **Co-operation Between Doctors and Patients:** As the public has become better informed through lectures and articles dealing with this important subject, this problem is better understood, so that now more and more those who think they have heart disease seek medical advice early, which in turn yields better therapeutic results in case of disease and a freedom from anxiety where there is none.

While some types of heart disease have shown little or no increase during the last decade, the degenerative forms, that is, those produced by the ageing processes, show rather a marked increase. The three leading ones are angina pectoris; acute lack of blood in the heart muscle, leading to infarction of the heart; and high blood pressure. These diseases occur chiefly in the fifth, sixth and seventh decades of life, and primarily are diseases of the arteries, the changes in the heart being more or less secondary. This article will deal in particular only with the first; namely, angina pectoris.

High blood pressure is a disease concerned especially with the small blood vessels; but in angina pectoris and heart infarction most of the change is in the large and medium sized blood vessels of the body, such as the coronary arteries, these being the arteries that nourish the heart's muscle; the arteries of the kidneys; and those that supply blood to the brain. It is estimated that the ageing process has already started in the vast majority of persons by the time they reach forty years of age.

Because the condition of the arteries in heart infarction and that in angina pectoris are much the same, what is said regarding one will apply quite generally to the other. The ageing process that takes place in these arteries is usually spoken of as hardening or arteriosclerosis. There are two main types, one resulting in changes in the delicate lining of the arteries, and the other producing changes in the muscular coat of the arteries.

In the former it first appears as droplets of fat in the tiny tissue cells, giving rise to yellow streaks, or plaques. These streaks of fat may degenerate and lead to ulceration. When these ulcers of the blood-vessel lining heal, the original cells are replaced by fibrous tissue, and calcium may be deposited later, thus causing the vessel wall to become thickened and hard. The diameter of the artery is narrowed, reducing the blood supply. A clot may form at the site of the ulcer, which, if of sufficient size, will entirely close the vessel.

The hardening of the muscle coat of the blood vessel wall occurs when it is replaced by fibrous tissue. Calcium is also deposited in the wall. The vessels lose their elasticity, and become elongated and tortuous. When these changes have taken place the vessels in the arms and region of the temples can be felt as hard little pipes, at times referred to as pipe-stems. Because of this rigidity they



do not stretch, and a greater effort must be put forth by the heart to force the blood through them. This causes the blood pressure to rise. Improper diet and the use of alcohol, tobacco, tea and coffee tend to hasten this ageing process.

Of the two diseases under consideration, of course, our chief interest is centred in the coronary arteries, for this ageing process leads to impairment of their circulation with a resulting insufficient blood supply to the heart muscle. This in turn causes a decrease in its nutrition and oxygen supply. In severe cases it may lead to actual closing of a vessel and death to the area of the muscle supplied by it.

The chief symptom in angina pectoris is pain, usually severe, but rarely lasting as a rule, more than fifteen minutes. This pain centres in the middle of the chest under the breast-bone and tends to radiate to the left side of the chest wall, into the left neck, and down the inner aspect of the left arm to the wrist. This pain may simulate that of a load on the chest, or it may be viselike in nature.

The exact cause of this pain is not known, but it is thought to be due to a spasm of the heart muscle similar to the cramps one may experience in the leg. The basis for this is an impairment of the blood supply to the muscles because of a narrowing of the coronary arteries by spasm or otherwise. In the vast majority of cases there are present degenerative changes in the coronary arteries, causing them to be narrowed by the formation of plaques, as previously mentioned. The narrowing of the vessels may come just at the mouths of the arteries or at points scattered along their course.

Some heart specialists choose to divide angina pectoris into two forms: angina of effort and angina resulting from muscle spasm of the heart. Angina of effort is that in which the pain develops during effort and ceases with the cessation of effort. Any activity that will throw a greater demand on the heart than the muscle can perform in the presence of the decreased blood supply brought about by the narrow coronaries will cause pain. Common examples are walking against a wind, walking when the stomach is full, or walking uphill. Exposure to cold, gastric distention and emotion may precipitate an attack; but if no effort has been put forth, it is regarded as angina caused by spasm. Resorting to rest does not clear up this attack as it does in the so-called angina of effort.

Certain other diseased conditions

may cause angina pectoris pain; for instance, high blood pressure, because an increased load is thrown on the heart; severe anæmias, because the blood is deficient in oxygen; or a very rapid heart action, because then the coronary arteries do not have sufficient time to fill.

The attack of angina pain usually comes on suddenly, and the person instinctively stops whatever he is doing. At times the pain is the only manifestation of this disease; but at other times it is associated with paleness, increased pulse rate and shortness of breath. Once the attack has passed, the patient appears as well as ever. Sometimes a slight soreness of the chest is retained.

This disease is more common in men than in women, and is found among all races and in all parts of the globe. It is most common among persons under tension or suffering from anxiety. The business and professional groups are especially liable to have it, likewise the robust and muscular types, and obesity appears to be a contributing factor. Although angina pectoris does occur in those under fifty years of age, more than three fourths of the cases are past that age.

The average length of life in angina pectoris, it has been said, is less than ten years after the first appearance of the pains, *but* the majority of those with this ailment will live out the ordinary span of life if they give proper attention to their way of life.

The treatment is threefold; namely, (1) obtaining immediate relief from

pain, (2) avoiding those things that tend to precipitate an attack, and (3) living so as to delay the ageing process as long as possible. Rest usually brings relief; but those who are subject to angina pectoris would do well to have nitroglycerin tablets handy, for one of these dissolved under the tongue will usually give immediate relief. Should the pain be very severe or prolonged, an opiate may be necessary. Surgery consisting of severing certain nerve fibres is at times resorted to in select cases when the pain is quite frequent and uncontrollable.

One needs to learn the measure of his heart's reserve and keep his activities below the point that will bring on pain. The diet should be adequate but moderate in amount and of easily digested foods. Avoid those articles in diet that tend to cause distress. Eat slowly; do not bolt your food; and it would be well to rest one half to one hour after eating. Rest is essential. One should spend a full eight hours in bed at night and lie down another hour in the middle of the day. Worry and anxiety states need to be controlled.

It is a well-recognized fact, and conceded to by nearly all, that life is too hurried and complex these days, and that this is a prominent contributing factor in the increase of degenerative diseases, angina pectoris being one of those very likely to result. Many do not think themselves happy unless they go the limit in excess; liquor and tobacco are almost  
(Please turn to page 27)

# YOUR HEART

## Its Work and Care

By LYLE C. SHEPARD, M.D.

**A** practical treatise written in nontechnical language for the layman. Doubtless it is the most comprehensive explanation of heart disease symptoms and heart care that has been printed recently. Sufferers with heart ailments, those who care for heart patients, and all others who wish concise, straightforward, precise guidance in the prevention of heart ailments will find this book of invaluable aid.

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**W**ILL soybeans and other good sources of vegetable protein completely replace animal sources of protein in the diet of those who are searching for an ideal diet? This is a question which has been seriously asked by many. The answer lies somewhere in the mass of information which has been gleaned from careful study and research in the fields of diet and nutrition.

The human body is built up of chemical compounds combined to form small brick-like units called cells. These cells form the building bricks for the body tissues. The tissues are combined into organs, and the organs united and functioning together form the living body. Each part of the body is constantly wearing out and is replaced by the forming of new cells. These new cells are built up from the food taken in the diet. This part of the diet may be called the replacement portion and is used for the growth of tissues as well as for replacement. The second part of the diet is burned in the body to produce energy and may be called the energy portion.

Our food is composed of protein, fat, carbohydrate, minerals, vitamins and water. Of these substances, water provides the vehicle which carries the various chemicals in solution so that they may be easily used. Vitamins have the function of regulating certain actions of organs and making some of the chemical reactions faster or slower. Minerals are necessary for the formation of teeth, bones and the solid tissues, and they take part in many of the complicated chemical processes of the body. Carbohydrates, which most of us know as the sugars and starches, in the main supply the energy of the body which our muscles convert into work. Fats, also, supply energy and provide the body with the protective padding which supports our organs and protects from cold. To protein is left the major function of providing material for the building of tissue both for new growth and for the repair of the old.

Protein comprises part of the blood plasma and many of the body hormones, as well as forming a part of every cell. Since protein is of such great importance, the most important essential of diet is to provide the proper foods which contain this body-building material. A well-balanced diet containing adequate amounts of all the necessary components does not come by accident. Each essential must be planned for. The vegetarian must devote even greater consideration and planning to his dietary programme.

Foods contain varying amounts of

# Vegetable Proteins

## *Are They Adequate?*

By Cloice H. Biggins, M.D.

proteins. Not all protein is of the same quality, because protein is formed by the union of a number of simpler compounds called amino acids. While there are twenty or more amino acids, only eight are proven essential. Therefore, a food which contains some of all the eight essential amino acids is a much better source of protein than one which contains only part of the essential eight. A protein food may contain none of the essential amino acids, but be composed entirely of the nonessential ones. This food would be of little value. Therefore, it is of the greatest importance to select high quality protein foods.

The question is then asked, How much protein is needed in the diet? One needs enough protein to provide all the body needs for the repair of tissue, for growth, and for the periods of special stress, such as pregnancy. The amount of protein needed depends upon the quality of the protein provided. If the protein is of low quality, then the total amount of protein in the diet must be greater than if high quality protein is used. Studies by a large number of research workers have indicated that the diet for an average man should contain about two and one half ounces of protein (or about 1 gm. per kilogram of body weight). The following foods provide our main sources of protein:

Dairy products, eggs, flesh foods. Oil Meal Flours: cotton seed (Proflo), peanut, soybean. Cereal grains: wheat, corn, rice. Legumes: beans, peas. Nuts.

In America most people obtain much of their protein from flesh foods, while in the Orient and many other areas of the world the protein must be obtained from vegetable sources. Even in America there is an increasing number of people who pre-

fer a fleshless diet. Much research has been done to see if a diet without flesh will maintain adequate health. There is abundant evidence to show that a vegetarian diet with dairy products and eggs is entirely adequate for the maintenance of the body needs, such as growth, pregnancy, and the repair of injured tissue.

The problem of whether or not a strict vegetarian diet (i.e., one containing neither eggs nor dairy products) is adequate for normal life, is a much more difficult question. There is a great deal of difference between a diet that will keep one alive and free from the gross signs of deficiencies, and one that will provide and maintain the most ideal state of good health.

In our nutrition laboratory we have attempted a comparison of diets composed entirely of vegetable foods, vegetable foods plus milk, and vegetable foods plus milk and meat. White rats on the strict vegetarian diets have not grown as fast nor attained the same size as have those on diets containing milk or meat. While the vegetarian rats have maintained reproduction through four or more generations, so far each generation has been a little inferior to the previous generation. Rats on the vegetarian diet plus milk have, in our experiments, been equal to or slightly better than the rats on diets containing meat both in growth rate and in final size. The reproduction of the milk-fed rats has been good, and each succeeding generation is as large and healthy as the first and entirely equal to the meat-fed animals.

Going a step farther, two groups of rats were placed on diets in which most of the protein was supplied by powdered whole milk or powdered soybean milk. Soybean milk is widely





EWING CALLOWAY

used in the Orient and is used here for the feeding of infants allergic to cow's milk. The protein, fat, and carbohydrate compositions of the soybean milk and cow's milk were equal. At eleven weeks of age, the rats fed the diet containing cow's milk weighed 288 grams as compared with 226 grams for those fed soybean milk. At fifteen weeks of age, the rats receiving cow's milk averaged 325 grams each and those on soybean milk 244 grams each. When rats were placed solely on either powdered soybean milk or powdered cow's milk, the soybean milk rats lived an average of 70.6 days and the cow's milk rats lived an average of over 220 days each.

The results of other workers in the field of nutrition are in agreement with these findings. With the present state of knowledge in nutrition, it is probably quite possible to maintain an adult on a strict vegetarian diet in an adequate state of health provided no abnormal stress occurs. The evidence obtained from nutrition research definitely indicates that it is not safe to maintain growing children, or adults under the increased demands of illness or pregnancy, on a strict vegetarian diet. In our laboratory and in the reports of other workers, a vegetarian diet plus the dairy products is entirely adequate for good health.

While it is true that conclusions obtained from experiments with laboratory animals may not be entirely applied to humans, it is not safe to disregard them when the well-being of

our children is at stake. As time goes on and our knowledge becomes more nearly complete, it may be possible to develop completely adequate sources of vegetable protein. Recent work with peanut flour, cottonseed flour, and soybean flour shows these substances as excellent sources of protein. It may be that in the future, combination of these and other vegetable proteins will be found which may prove entirely adequate.

## THE GREATEST KILLER

(Continued from page 25)

universally used; meals do not seem to satisfy without tea and coffee. Food is demanded that is rich, well spiced, heavy in meat and meat products, and then taken rapidly in large doses.

Rest and relaxation are ignored, and the nights are turned into day. Vacations seem to be needed frequently, but even vacations are overdone because of the hard and long trips taken, and many are less relaxed after a vacation than before. There needs to be a turn-about-face on the part of all such, or they will surely reap a reward commensurate with their dissipations. All need to face their mode of living with the same sane calculations with which they face their business, scientific and government problems.

One further note needs to be recorded—there is real danger for one

*The lacto-vegetarian (milk-vegetable) diet has been found to provide all the elements needed by the body; and, less, of course, of the poisonous wastes found in flesh meats.*



H. A. ROBERTS

with this disease to lapse into invalidism. This should be avoided by all means. Endeavour to live life to the full even though it must be curtailed. Continue work and exercise, but learn your limits and keep all activities below that point. It is a good thing to remember that the heart is a wonderful organ capable of doing a very large amount of work and that if you are good to your heart, it as a rule will in turn be very good to you.





CANADIAN NATIONAL  
RAILWAYS

# Too Late--- Almost

By

Mrs.<sup>1</sup> R. E. Crawford

ONE SUMMER day while we were on our vacation, our family, along with friends, took an all-day voyage to Nantucket Island. My son, aged twelve, and his friend, aged fifteen, decided to have a good time together on the island while waiting for the boat to leave. We had been told that at four o'clock the last boat would leave, so we gave the boys strict orders to be at the dock by that time.

A little before four all of our group were on the boat ready to leave—all, that is, except the two boys, who, we learned later, were enjoying a soda in one of the village drugstores. The boat was loaded, the whistle blew, and still there was no sign of the boys. We were frantic by that time. They had return tickets, but they would have to wait on the island over night. I had visions of their sleeping in jail—they had no money for lodging—and they were entirely without friends!

My husband talked with the gatekeeper and asked him to give the boys some money which he would leave with him. They simply could not hold the boat any longer. The gate was closed, the last whistle blared, and the gangplank was pulled up—then two boys were seen running—running as they never ran

before, toward the ship! They saw the door was closed, but someone called them to a small side door that they could still use. So the frightened boys made it—but only by the "skin of their teeth." Everyone aboard breathed a sigh of relief.

I often think that this experience is very much like our Christian life. Our loved ones and friends are all waiting for us to board the "Good Ship" which will take us to heaven. We have our tickets ready, because Jesus died to save us; but we neglect to prepare in time. We let the cares and pleasures of this world lure us away until the "whistle blows," and it is *too late*. We have ample time to prepare and have the things necessary to make the trip to heaven a real success if we will only use them. Many who are living to-day will not make the boat as did these boys. The door will be closed and the opportunity forever gone. That will be a sad day, indeed!

The Bible says, "In the last days perilous times shall come. For men shall be lovers of . . . pleasures more than lovers of God." 2 Timothy 3: 1-5. We are admonished, "Watch therefore. . . . Be ye also ready." Matthew 24:42, 44. For "*now* is the accepted time; behold, *now* is the day of salvation." 2 Corinthians 6:2.