

Signs of
The TIMES
Canada's Journal of Hope and Health

10¢

**Spiritism—
Fact or Fraud**
(See pages 6, 7)

There Are No Ghosts
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THE WORLD AS WE SEE IT



A Prophetic Interpretation of Current Events

★ Joel 3:9-12

SOME prophetic passages of God's Word lie dormant—unfulfilled—for centuries, awaiting the time when, in the mind of God, the predicted events shall take place. Joel's prophecy of the nations' awakening and preparation for Armageddon is such a forecast:

"Proclaim ye this among the Gentiles; Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: beat your plowshares into swords, and your pruninghooks into spears: let the weak say, I am strong. Assemble yourselves, and come, all ye heathen, and gather yourselves together round about: thither cause thy mighty ones to come down, O Lord. Let the heathen be wakened, and come up to the valley of Jehoshaphat: for there will I sit to judge all the heathen round about. Put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the fats overflow; for their wickedness is great. Multitudes, multitudes in the valley of decision: for the day of the Lord is near in the valley of decision."

Think back one hundred years. China's millions were still wrapped in their century-long slumber. India, too, was dormant under British rule. Commodore Perry had barely negotiated the American-Japanese Trade Treaty. The Russian revolution was yet in the future. The Middle East Arab and his camel still plodded the desert sands.

But in the fulfilment of prophecy all this is changed. China is on the march—millions of men are under arms, millions of others are in training or waiting to be. Japan, a decade ago, crossed swords with the world's most powerful nation. Russia today sets herself up as the leader and champion of the orient's millions. And Middle East countries

have set for themselves the task of throwing off the rule of Western nations.

Explosive spots dot the Middle East. Arab nationalists are rioting at Tunisia, Sousse and Sfax. Libya, newest of constitutional monarchies, has just determined her political alliances. Egypt is rioting against British rule, and particularly for the control of the Suez Canal. Saudi Arabia is advocating an all-Arab Middle East command. The new nation of the Jews, Israel, is watching her Arab neighbours with whom she is at swords' points. The Iran-British oil dispute continues.

Joel made his prophecy about 2,800 years ago. Centuries added into millenniums. Millenniums passed—more than two and one-half of them—before the prediction began to be fulfilled. Yet there it stood awaiting the stroke of the prophetic time clock. Now oriental nations, long wrapped in sleep, are awake. They await only the call of Him who

orders all things according to the pleasure of His divine will to "come up to the valley of Jehoshaphat," and there meet the nations of the West in the world's culminating struggle—Armageddon.

★ Millionaires

A VANCOUVER taxi driver, Mr. Albert Blais, was a millionaire for the period of a 34,000-mile ocean voyage. He travelled with 248 millionaires as one of them. He had his own elegant state-room, his own private automobile. He played tennis, golf, and went swimming in the ship's pool. All his expenses were paid, and although he was not a millionaire, he travelled like one.

The Christian may be poor as far as his worldly wealth is concerned, yet he is a millionaire many times over. There are some things that money won't buy, and generally those things are worth more than money—they are often price-

Premier Dr. Mosaddegh addresses the Iranian people. This is the part of the world where a general war could easily be started.



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H. ARMSTRONG ROBERTS

The poor man having love, and faith in God's Word, has treasure that a Vanderbilt or a Morgan could not purchase. On such a basis many men who think themselves poor are millionaires.

less. Take for instance the love and favour of God. How much is it worth to a heaven-bound traveller? How much would you give for it? Again, take God's promises of eternal life through Jesus Christ. They are priceless. They cannot be computed in terms of monetary values. Consider the cross of Calvary and its meaning to sinners and to the world. Give thought to the plan of salvation, and tell me: Are you not a millionaire, or could you not be one if you availed yourself of the divine riches?

Think for a moment of the eternal rewards. They are indescribable. Even God finds it impossible to convey their worth to the human mind: "As it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him." 1 Corinthians 2:9.

Get a picture, if you can, of the foretold future as God depicts it through the writer of Revelation:

"I heard a great voice out of heaven saying, Behold the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow,

nor crying, neither shall there be any more pain: for the former things are passed away." Revelation 21:3, 4.

That old hymn of hope and anticipation,

"My Father is rich in houses and lands;

He holdeth the wealth of the world in His hands!

Of rubies and diamonds, of silver and gold,

His coffers are full—He has riches untold,"

fails to convey any adequate idea of the glory and honour that God will bestow upon the redeemed. He "hath raised us up together, and made us sit together in heavenly places in Christ Jesus: that in the ages to come He might show the exceeding riches of His grace in His kindness toward us through Christ Jesus." Ephesians 2:6, 7.

★ Moderate Drinking

Liquor interests advocate "moderate" drinking. This catch word serves their purpose well. A drunken, besotted, skid-row bum is not a good advertisement. And I have observed that such a character is never used in liquor advertisements. Almost always, there is depicted a healthy, robust, stalwart man of fine

character, or a charming, beautiful, smiling woman (generally both young), expressing approval of this wine or that whiskey. The general idea conveyed is that they were made like that by the alcoholic beverages they consumed.

Nothing could be farther from the truth. No one ever became robust, healthy, stalwart, beautiful or charming by imbibing liquors—and that goes for even moderate consumption. The catch of "moderate" drinking is that the drinker does not remain moderate. He does not because he cannot. Alcohol is a habit-forming drug. Its moderate use permits it to shackle its victim, and soon, when the user becomes alarmed and would discontinue its use, he cannot. Moderation leads to immoderation. There is no neutral ground here. Either you leave it alone absolutely or you set sail for skid row.

Owing to liquor advertisements, most people fail to recognize in time the perils of the alcoholic cup; and the world is sinking lower and lower into a drunken stupor. This is true not only of Canada and the United States; it is true of other countries also. Quoting C. H. Hale in J. V. McAree's column, I read concerning France:

"The average consumption of spirits per head is more than five times that of Britain and nearly seven times that of the United States. The result is that now a million people are suffering from alcoholic poisoning; 25 per cent of cases in psychiatric hospitals are due to this cause; 6,000 people received treatment for cirrhosis last year and the deaths from delirium tremens numbered some 1,300. That is a terrible record, and yet actual drunkenness is rare. The evil is persistent drinking of spirits in small quantities."—*Toronto Globe and Mail*, January 26, 1952.

There is one safe and sound means of dealing with the alcohol problem—that is absolute, total abstinence. The wise man, Solomon, wisely told us the truth about it and gave us the recipe of how to handle the demon:

1. The truth: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Proverbs 20:1.

2. The recipe: "Look not thou upon the wine when it is red." Proverbs 23:31.

The same writer also gives us the results of failing to heed number two: "At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast." Proverbs 23:32-34.

THE people of this world have many needs, but the most urgent need in the crisis we are facing today is our need of seeking God in contrition and deep repentance for our sins.

There was the time when ancient Israel was humbled to the dust by the Babylonians and sent into exile for seventy years. Then the prophet Daniel turned to God for help and relief from the oppression of the enemy and declared: "I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love Him, and to them that keep His commandments; we have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from Thy precepts and from Thy judgments: neither have we hearkened unto Thy servants the prophets, which spake in Thy name to our kings, our princes, and our fathers, and to all the people of the land." Daniel 9:4-6.

The Lord heard and answered Daniel's fervent prayer and supplications. He turned the captivity of Israel and Judah and restored them again in their own land. After the Lord heals the soul that is wounded by sin, He saith: "Behold, thou art made whole: sin no more, lest a worse thing come unto thee."

The children of Israel sinned and departed from the Lord again and again. Yet every time Israel forsook their sins and turned to God with all their hearts, the Lord had compassion upon them and delivered them out of the hands of their enemies. He fought their battles for them. We have a striking illustration in the days of king Jehoshaphat. At this time the Lord wrought for His people when a mighty army attempted to take Judah captive and destroy the city of Jerusalem.

The inhabitants of this world never experienced a worse crisis than we today face. We are faced with a third world war which threatens the destruction of civilization itself, or a submission to the worst serfdom ever known. The thought of having our homes and lives destroyed by an atom or hydrogen bomb is horrifying. But it is as nothing in comparison with the loss of our God-given liberties, and slavery to a tyrannical and atheistic imperialism.

As wise mariners we need to stop and take our soundings. The storm has caused our vessel to drift from its true course and to suffer severe damage at the hands of our enemy. There is still hope if people and rulers desire to know the right course. God will bring us deliverance when we turn to Him as our source of help.

The thing we need is not to repeat

MAN'S MOST URGENT NEED



EWING GALLOWAY

printed and published prayers, as do the heathen. We need to seek the Lord in the way and manner in which Christ taught us to pray: "But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." Matthew 6:6. When we pray and remember that our brother has aught against us, we must first leave the altar of prayer and go to our brother and be reconciled, or God will not answer our prayers. Christ said, "If ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Verses 14, 15.

The prophet Isaiah said: "Behold, the Lord's hand is not shortened, that it cannot save; neither His ear heavy,

that it cannot hear: but your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear." Isaiah 59:1, 2. When we seek God in true contrition and repentance, He will send us deliverance and frustrate the power of our enemies over us. The prophet Isaiah assured us: "When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him." Isaiah 59:19.

Zechariah said: "This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by My Spirit, saith the Lord of Hosts." Zechariah 4:6. The Christian who lives in this atomic age need not live in fear and dread of what will come to pass, while our statesmen are distressed with perplexity and their hearts are failing them for fear.

The Christian who puts his trust in God and looks to heaven for protection when violence and destruction are rampant in the land, can quietly go to sleep at night and say with the psalmist:

"I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust. Surely He shall deliver thee from the snare of the fowler, and from the noisome pestilence. . . . Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked. Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways." Psalm 91:2-11.

When the rulers of nations have fully demonstrated that they cannot rule the world without destroying it, when they have reached the extremity in their attempts to establish a permanent reign of peace with justice and freedom for all men — then God's opportunity will have come to take unto Himself His great power to reign and destroy them that destroy the earth (Revelation 11:18), and to deliver every one that shall be found written in the book. Christ has gone to prepare mansions for all who put their trust in God and for all who accept Him as their Saviour and Deliverer. That glad day is hastening on, and with John the revelator we join in saying: "Even so, come, Lord Jesus." Revelation 22:20.

By

C. S. LONGACRE



BIBLE ANSWERS



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

Dear Bible Answers: Will God ever punish the devil?

The devil will be punished in the lake of fire: "And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them. And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever." Revelation 20:9, 10.

As used in the Bible, the term "for ever and ever" does not always mean *time without end*. Jonah is said to have been in the belly of the whale forever, and while it doubtless seemed so to him, still Jesus said that it was three days and three nights. A quotation from Exodus 21 shows a case in point: "If thou buy an Hebrew servant, six years he shall serve: and in the seventh he shall go out free for nothing. If he came in by himself, he shall go out by himself: if he were married, then his wife shall go out with him. If his master have given him a wife, and she have born him sons or daughters; the wife and her children shall be her master's, and he shall go out by himself. And if the servant shall plainly say, I love my master, my wife, and my children; I will not go out free: then his master shall bring him unto the judges; he shall also bring him to the door, or unto the door post; and his master shall bore his ear through with an aul; and he shall serve him forever." Exodus 21:2-6.

It is clear from this that the servant did not serve his master forever, but only as long as he, the servant, lived. This term is limited in application to the continuity of the person or thing to which it is applied. If applied to perishable man, or even to the devil, it does not mean time without end. If applied to the eternal God, it does.

The Bible teaches us that Satan will be brought to ashes upon the earth, and that he and his followers shall be burnt up as stubble. (See Malachi 4:1, 3; Ezekiel 28:18.)

Dear Sir: Is it possible for an infidel to be saved?

Yes. God will save all who turn to Him in faith, repenting. Infidelity, if not persisted in unto death, is not the unpardonable sin. It is sin, true, but God will forgive it. There is no sin that He will not forgive except stark unrepenting rebellion. That He cannot forgive because the rebel will not repent and ask forgiveness. God will forgive any sin for which forgiveness is asked.

God's invitation of John 3:16 is not confined alone to moral delinquents. It embraces as well unbelievers, atheists, infidels. "For God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." Again in Isaiah 45:22 He says: "Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else."

Dear Bible Answers: Some say that the soul is a disembodied spirit which leaves the body at death and soars away to places of great happiness. Is this true according to the Bible?

Look Up!

Hearst thou the distant rumble,
Rumours and alarms of war?
Is thy storm-tossed soul bewildered
As the sea and waves do roar?

Seest thou distress of nations,
With their sore perplexity?
Seekest thou a place of refuge
Till o'erpast the storm shall be?

Fearest thou with failing heart
Things now coming on the earth?
Lift your head, look up to heaven,
There see things of priceless worth.

There your Refuge — Jesus, Saviour,
Look! look upward to the sky;
See the Son of man! — He cometh!
"Your redemption draweth nigh."

— Mrs. M. H. Cooper.

To understand the nature of the soul it is first necessary to review the creative process. First, God made man of the dust (elements) of the earth. But he was lifeless. He was like an automobile engine that is not running. It is perfect in all its parts and capable of running, yet lifeless. But turn the switch and press the starter, and all this is changed. The motor lives. It has action, power.

Adam was perfect as God created him, but he had not life, thought, intelligence, power. However, when God breathed into his nostrils the breath of life, Adam lived, possessed all these attributes, and "became" a living soul. "The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life [the same air we breath today]; and man became a living soul." Genesis 2:7.

Dear Bible Answers: Where does the Bible locate the battle of Armageddon?

According to Revelation 16:14-16, Armageddon is to be fought on the plain of Megiddo, which is about sixty miles north of the city of Jerusalem in Palestine. "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."

Dear Bible Answers: How often should people partake of the Lord's supper?

The Bible does not specify this, but says: "As often as ye eat this bread, and drink this cup, ye do show the Lord's death till He come." 1 Corinthians 11:26. Some Christians celebrate it daily, some weekly, and some quarterly. However, the instructions are that when it is done it should be done to the glory of God.

Dear Bible Answerman: Are Belshazzar (Daniel 1:7) and Belshazzar (Daniel 5:1) the same person?

These are not the same person. Belshazzar is the Chaldean name that Nebuchadnezzar gave to Daniel; Belshazzar was the name of the king of Babylon at the time it was overthrown by the Medes and Persians under Cyrus.

Dear Sir: Does the Bible speak in favour of drinking wine?

On the contrary it speaks against that very thing: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Proverbs 20:1.



RELIGIOUS NEWS SERVICE PHOTO

Does Spiritualism solve the problem of death? If not, it is the world's greatest deception.

claims to have drawn aside the veil which conceals "the happiness of death." It is ever willing to demonstrate its belief that the so-called dead are not dead at all, but have passed to realms of immortality, happiness, and spiritual advancement.

What Spiritualism Claims to Be

Spiritualism, according to Mrs. St. Clair Stobbart, a prominent English medium, is "the lifting of a curtain between two planes of consciousness."—*The Either-Or of Spiritualism*, p. 4. Mr. John C. Leonard, an American Spiritualist, asserts that it "is the only doctrine which (1) presents a straightforward philosophy of the survival of the human spirit in a personal and individual form; (2) which gives a definite and substantial existence to the spirit world; and (3) which allows for the straightforward and uninterrupted progress of the human spirit from the elementary conditions of human life on this earth, up to, and through the higher phases of existence in the spirit world."—*The History of Spiritualism*, p. 4.

It is natural therefore that many should turn to Spiritualism for comfort in time of bereavement. How devastating the sorrow of the young wife whose beloved husband has been suddenly

SPIRITISM - Fact or Fraud

WHAT is death? Is it an enemy to be feared or a friend to be embraced? Is death the final end? If not, what is beyond?

Since time immemorial such questions have been asked by almost every man and woman everywhere. Death stalks this world like a grim reaper. As "the great leveller," it respects neither saint nor sinner, rich nor poor. And man, in spite of all his accumulated knowledge and almost miraculous skill, is quite unable to improve the situation.

"There is no flock however watched or tended

But one dead lamb is there.

There is no fireside howsoever defended,

But has one vacant chair."

The Domain of Death

More than one hundred thousand people daily succumb to death's frigid embrace. It is a sobering thought that before another hour has passed, four

thousand men and women, boys and girls, will have breathed their last—some in full expectation of their fate, but many with cherished hopes and lofty ambitions for a long and prosperous future.

Truly this earth has become a vast burying ground. And as such it is a scene of untold grief and heartache. Few sorrows exceed that of the heart-rending void created by the loss of a loved one. Sickness, failure, disillusionment, are grievous sorrows indeed, but none is so paralyzing as that of bereavement. Death is so complete, so final, and apparently, so unanswerable.

It is but natural in such a time of bereavement to seek any likely source of consolation. Hence the ever-growing popularity of Spiritualism, which professes to know, and to be able to demonstrate, all the answers to the problem of death. The Roman poet, Lucan, fancifully suggested that "the gods conceal from men the happiness of death, that they may endure life." Spiritualism

stricken down. She longs for even a mere word from him. It is understandable that she should go to a Spiritualistic seance for comfort. There she may hear what seems to be the familiar voice again. There she may even see a familiar spirit whose features are unmistakably like those of her deceased partner.

Not All Trickery

Spiritualism can in no wise be marked off as merely a vast system of fraud and trickery. While deceitful methods are often resorted to by unscrupulous spirit mediums to satisfy some sorrowing inquirer, the spirits and voices in many cases are very real.

Sir Arthur Conan Doyle, a fanatical apostle of Spiritualism, in his autobiography claimed: "I have clasped materialized hands. I have held long conversations with the direct voice. I have smelt the peculiar ozone-like smell of ectoplasm. . . . I have seen spirits walk round the room in fair light, and join in the talk of the company."—*Memo-*

ries and Adventures, p. 402. Thousands besides Conan Doyle can bear a similar testimony.

Spiritualism Through the Ages

Though the Spiritualism of today is regarded as "modern" because it had its beginnings in the haunted house of the Fox family of Hydesville, New York, in 1848, it is almost as old as history. In every age there have been mediums—or wizards, witches, and sorcerers, as they were anciently known. And in every age their services have been commissioned to break through the barrier of death.

Ancient Egyptian records prove that the practice of "spirit communication" was well known. (*Egyptian Letters to the Dead*.) In Classical Greece too, according to Porphyry, spirits were the inspiration of the famous oracles. (*Greek Oracles*.) There are fascinating records of spirit communications in Rome, China, among the Indians of North America, and among almost every people of every age about which we have any appreciable records.

What God Said About Spiritualism

"Regard not them that have familiar spirits," said the Lord, "neither seek after wizards." Leviticus 19:31. And again: "There shall not be found among you anyone that . . . useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a *consulter with familiar spirits*, or a wizard, or a necromancer. For all that do these things are an abomination unto the Lord." Deuteronomy 18:10-12.

While it is a fact that "even the most rabid Spiritualist no longer denies that the cult is honeycombed with fraud, it is also true that "familiar spirits" are actually seen, and that familiar voices are heard. God Himself recognizes it in His Word. But in the clearest language He condemns the whole system as an abomination. He commands His people to shun it. As a source of comfort in sorrow, it must be religiously avoided, for it is a polluted source.

Spiritualism, though supported by many who are sincere, derives its power not from God, but from Satan. The very first lie spoken by the serpent to Eve in the Garden of Eden had to do with the matter of death. Denying God's assurance that they would die if they disobeyed, he claimed: "*Ye shall not surely die.*" Genesis 3:4. Spiritualism, in a most plausible and fascinating way, perpetuates this original lie.

The Sleep of Death

The Holy Bible declares that the dead are asleep and unconscious, that

they have no emotions such as love or envy or hatred. They "praise not the Lord." Their "thoughts perish." (See Psalm 115:17; 146:4; Ecclesiastes 9:5, 6.) Spiritualism speaks an emphatic "No" to all of this. The dead, it says, are fully conscious, and have emotions and thoughts far keener than when they were clothed with mortal flesh. It is claimed that they are well aware of all that happens here. For proof they point to the ghostly voices and materializations of the seance chamber. It is evident that if the Bible is right, then Spiritualism is wrong. There can be no compromise.

Who Are the Spirits of the Seance Room?

The "familiar spirits" which are seen are not the spirits of the dead—for the Bible reveals that the dead are all unconsciously "at rest" until the resurrection. The spirits of the seance chamber are none other than the evil angels who were cast from heaven to the earth at the time of Lucifer's rebellion. (Revelation 12:7-9.) Just as the holy angels are "ministering spirits, sent forth to minister for them who shall be heirs of salvation" (Hebrews 1:14), so the fallen angels are lying, malevolent spirits, whose sole intent is to deceive man, and to undermine his faith in God's great plan of salvation.

Who can deny that the apostle John, with prophetic foresight, witnessed the fantastic things of the Spiritualistic seance when warning that in the last days there would be manifest "the spirits of devils, working miracles"? Revelation 16:14.

The Cardinal's Testimony

Cardinal Lepicier declared in his book, *The Unseen World*: "It must be evident to all impartial minds that Spiritualism . . . is in reality a most effectual means of drawing away from God." "Those phenomena which, during spiritistic manifestations, are attributed to departed souls may be ascribed to the agency of intelligences superior to the human soul in power and acumen, but of base morality." Satan "would seduce . . . by his trickery in the seance chamber."

Spiritualism claims that the dead live on, enjoying continual spiritual

advancement. If this be true there is no need of a Saviour, a plan of salvation, the atonement, the glorious second advent of Christ, or the final resurrection. Jesus Christ, as Saviour of the world, becomes meaningless and irrelevant. We admit that multitudes of Spiritualists claim to be followers of Christ. But it is equally true that multitudes—among whom there are just as many spirit manifestations—repudiate Him, reject the Bible completely, and utterly ridicule the teaching that salvation is obtainable only by faith in the redeeming power of the Saviour.

Christ's Teachings Denied

Christ declared: "I am the resurrection, and the life: he that believeth in Me, though he were dead, yet shall he live." John 11:25. And Christ further states, "He that hath not the Son of God hath not life." 1 John 6:12. Spiritualism denies this by maintaining that whether we believe in Christ or not, whether we are saintly or sinful, we will live on after death, and will automatically enjoy unhindered spiritual growth. One of the "seven central principles" upon which all the various Spiritualistic sects are united, is the belief that "eternal progress is open to every soul."—*History of Spiritualism*, p. 260. This applies, they claim, to everyone, irrespective of his religious beliefs or moral status. Life after death is thus regarded as having no connection with Christ whatever, but rather as an experience to which all men are heirs.

It is clear, therefore, that Spiritualism leads away from the Bible, away from God, and away from Jesus Christ, who is the only real hope of the world. The automatic nature of the things it visualizes and teaches is so appealing that the urge to struggle against sin and doubt, and to sacrifice for the cause of truth, is virtually destroyed.

The Second Advent Awakening

For comfort in sorrow we must not go to the seance room, but look with faith to the approaching day of Christ's second advent. Till then, as has been beautifully remarked, the graveyard is like a cradle where, in the great motion of the globe, Jesus rocks His sleeping children. But in that great day, when Christ at last intervenes in world affairs, the "dead in Christ shall rise" in triumph from the grave, clad in immortalized bodies. They will enjoy an eternal existence with their faithful loved ones, in a newly created earth whose imperishable glories will bring ever-increasing bliss and happiness to all the redeemed. (See 1 Thessalonians 4:16-19; 1 Corinthians 15:51-54.)

By

R. D. VINE

THERE are no ghosts, and all the stories one hears about the appearance of the spirits of dead people are fiction. This is a bold, positive statement, and it must have foundation. Here it is:

1. Never has a single instance of a ghost been proven genuine.

It Is a True Saying,

"THERE ARE NO GHOSTS"

2. A "spirit" has never furnished a clear, coherent account of the "spirit world."

3. There is no evidence that at death a spirit is released to enter the "spirit world."

4. The Bible, the only authentic source of information concerning death and the hereafter, proves conclusively that there are no spirits of the dead.

Let us see what Jesus taught on this question. In the eleventh chapter of John's Gospel we have the story of the death and resurrection of Lazarus at Bethany. Lazarus was one of Jesus' intimate friends: "Behold how He loved him." Verse 36. Jesus was a frequent and honoured guest in the Bethany home. (Luke 10:38; John 11:3-5.) While He was away on one of His preaching missions, Lazarus sickened and died. Pulling upon the cords of friendship, Martha sent a plea for help to the Lord. In response, Jesus came to Bethany, bringing consolation to the mourning sisters.

Notice the comfort of His words to Martha. "I am the resurrection and the life," He said. "He that believeth on Me, though he were dead, yet shall he live." Verse 25. He did not say, what is too often said in an effort to console those who sorrow over the loss of a loved one, "Do not grieve." Lazarus is not really dead. Only his body is dead. He was a good man, and has an immortal soul. His spirit is right here with you now, even though you cannot see it."

No, He did not say that, or anything resembling it. What hope did He offer? He offered a demonstration of His divine, living power. In saying, "I am the resurrection and the life," it is as though He had said, "I am the Life-giver. Lazarus has given up life. But when the resurrection day comes I will give life back to him. Because he lived for God, he shall live forever. I am the power of life, and the guarantor of life in the resurrection." As Jesus said to His dis-

ciples, "I am the Way, the Truth, and the Life." John 14:6.

In Lazarus' case, Jesus raised him from the dead immediately, not requiring him to wait until the resurrection day. On the other hand, Lazarus was not raised to immortal life, as will be those whom the Lord calls to life on

that last great day. Only his earthly life was restored. Jesus stepped to the sepulchre of Lazarus and ordered the men to take away the stone which lay over the tomb. Then Martha warned Him, for being of little faith she feared both the Lord and she might be disappointed, because, she said, "by this time he stinketh, . . . he hath been dead four days." John 11:39.

But Jesus knew what He planned to do for the glory of God. (Verses 4, 40.) He lifted eyes and voice to God in prayer, "Father, I thank Thee that Thou hast heard Me." Verse 41. Then in a voice strong in authority and power over death, He cried, "Lazarus, come forth." Verse 43. And come forth he did, free of sickness, and in the strength of his restored manhood. There was no odour of the grave or of death about Lazarus, although he had been dead four days. At the instant Christ spoke he was fully restored to normal earthly life. The burial clothes were removed from him at the Lord's command, and the sisters of the dead man saw him in the full vigour of health and strength. What exceeding great joy was theirs! And how the news of that wonderful miracle spread! Lazarus was alive!

Lazarus was brought forth as a pledge to all at Bethany, and to all who would through the centuries hear the story—a pledge that Jesus Christ has power over death, a pledge that there is a resurrection day coming when He will assert that power on behalf of all the saved.

What word did Lazarus bring back from the tomb? He had been dead four days. Four days his body had been sealed in the tomb. Four days he had been securely shut away from earthly things. (John 11:17, 39.) But he had been a

good man, and according to the belief of some, Lazarus' spirit should have been in bliss for four days. What had he now to say of heavenly things?

Nothing! How strange! Men of the Bible have been nothing loath to tell all they could learn of God and heavenly things. They have been always eager to

impart all that God revealed to them. Matthew, Mark, and Luke told all they could about the wonderful transfiguration of Jesus when He appeared on the mountain in glory, in the presence of Peter, James, and John. Peter told it afterward in his second epistle, 2 Peter 1:16, 18.

But what word does Lazarus give about the condition of man in death? Nothing—no word of comfort, no message of cheer, no promise for the future. He told nothing because he knew nothing. His only testimony, and that was very wonderful, was the witness of his own resurrected self.

It is the same with the Old Testament writers. The preacher was inspired to say, "The living know that they shall die: but the dead know not anything, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun." Ecclesiastes 9:5, 6. The psalmist tells us, "Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Psalm 146:3, 4.

What of the psalmist David, himself a prince? He sinned, but when he understood his transgressions, he repented and made amends, and was undoubtedly accepted as a child of God. Is he not then in heaven?

Peter leaves us in no question concerning this. In his great sermon on the day of Pentecost the apostle reminded his Jewish listeners "of the patriarch David, that he is both dead and buried, and his sepulchre is with us unto this day." Acts 2:29. He continued, "For David is not ascended into the heavens." Verse 34. The body of David had not ascended, for it must await the resurrection day. But neither had the thinking, planning, loving, conscious David

By

FRANK H. YOST



MILLER SERVICES

The theory of the immortality of the soul lays the foundation for Spiritualism with its attendant "spooks" and "ghosts."

but only because he enjoyed a special resurrection. (See Jude 9; Matthew 17:3.) But for most others of the righteous, God has "provided some better thing for us, that they without us should not be made perfect." Hebrews 11:39, 40. All await together the resurrection day, to enter at the same time the perfection of eternal bliss.

All this becomes beautiful and understandable when we realize how God made man. The body and the mind, the thinking, conscious part of man, are bound together in indissoluble unity. One does not live without the other. When the body dies, the mind, the consciousness, ceases to function. There is no separate entity, no spirit, that goes off somehow, somewhere, deserting the body at death.

This is shown by the description Moses gave in his inspired record of how man was made. "The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7. Notice that the soul was made "living," not immortal; and that the word "soul" includes the whole man, and does not mean a separate "spirit." The conscious, thinking, knowing man came into being, not because he was primarily a separate essence or spirit. God put into the body of the man He created the gift and function of life, of which He is the sole Author and Master. The result was the total man, living, active, intelligent, with a personality to form and a character to develop. This is God's revelation of the nature of man.

How good it is to know this! Men live and work and love and hope and die, and rest in peace. If they have known their God, and Jesus the Saviour as their partner in life, they arise from the dead at the resurrection of the just. (Luke 14:14.) They know of no earthly troubles. (Ecclesiastes 9:5, 6.) No one enters his reward ahead of another. (Hebrews 11:39, 40.)

At the resurrection day, "we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible." 1 Corinthians 15:51, 52.

This is a blessed hope. Is it yours? Do you have peace with God? You may have it, for all may know that "being justified by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1. He is our resurrection and our life.

ascended. At an earlier time David himself had said that at the moment of death the thoughts of princes, and of all other men, perish. (Psalm 146:3, 4.)

Is not this a good plan? How painful to believe that the dead know all that occurs on earth! The father, taken by death from the bosom of his family, must, some tell us, see the privations of his family, but is unable to help. The mother, taken when her children need her most, must see them defeated as they face the temptations of the world without her loving counsel.

This is not what David, Peter, and Paul believed, or what Jesus taught. "The dead know not anything."

Some suppose that the spirits of the righteous are called at death to heaven in a great freedom which, it is said, is enjoyed all the more without the body. If this be true, why should they be called back into their sinful bodies simply to undergo a bodily resurrection? Many who sense this man-made difficulty have given up their belief in the Bible teaching of the bodily resurrection, and even belief in the Bible itself. Others dismiss the problem by saying, "We may not understand, but this is the plan of God."

But the Bible answers: It is not the plan of God. It is God's plan, as revealed in His Word, to have all men sleep in death until Christ the Life-giver calls them to the resurrection of life. The righteous enjoy the resurrection to glory and eternal life, and, later, the unsaved suffer the resurrection of

damnation. (Romans 2:5-11; Acts 24:15.)

Would it be right for so many of the righteous to enjoy heaven's bliss for tens, or hundreds, or thousands of years while those who have died more recently would not have so long a period? Some answer, "A few days in heaven would be so wonderful that it would not matter what others may have already enjoyed." But God does not work that way. The eleventh chapter of Hebrews brings us a different assurance.

In this chapter we are told of the faithful of past ages: of Abel, who died a martyr; of Abraham, "who looked for a city which hath foundations, whose builder and maker is God." We are told of Joseph, whose concern for his body led him to give directions that it be carried from Egypt to Palestine, there to await the resurrection day. We are told of Moses, who esteemed "the reproach of Christ greater riches than the treasures of Egypt: for he had respect unto the recompense of the reward."

These were godly, faithful men, all of whom trusted in the Lord, sacrificed for Him, and expected by faith, rightly, a reward from His loving hand. What of their reward? "These all, having obtained a good report through faith, received not the promise." Can that be so? Then Abel does not wear his martyr's crown. Abraham has not yet obtained his city. Joseph does not know that his bones are in Palestine, awaiting the resurrection day. Moses has indeed received his "recompense of the reward,"

The Search for Longevity

SO LONG as we love we serve; so long as we are loved by others, I would almost say that we are indispensable; and no man is useless while he has a friend."—Robert Louis Stevenson.

With this in mind it is important that everyone keep in the best of health, that his life and usefulness may be prolonged. This is in harmony with the Scriptural injunction, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 3:17.

Current research in the field of cancer, hardening of the arteries, and the effects of being overweight are of interest and concern to all of us. Dr. Walter C. Alvarez asks this question, "Is cancer research getting anywhere?" Here is his own answer: "Already a number of promising drugs have been found, and more substances related to them are constantly being synthesized and tested. As Rhoads says, already decided differences have been found in the 'appetites for food' of cancer cells and normal cells. These differences will help in the search for new drugs."—*Modern Medicine of Canada*, December, 1951.

Dr. J. B. Firstbrook reports in the same journal on "Recent Research on Atherosclerosis" (a form of hardening of the arteries). He estimates that atherosclerosis is responsible for about ninety-five per cent of deaths from coronary disease, about fifty per cent of deaths from diabetes mellitus, and about fifty per cent of those from cerebrovascular disease (strokes, et cetera). Some people are more susceptible to atherosclerosis than others. It is affirmed that after the age of forty about half of apparently healthy persons harbour the large lipoprotein molecules that are said to put them in the susceptible group. Atherosclerosis was ten times more common among the obese than among the lean in each group. Subjects of average adiposity had an intermediate incidence of

severe lesions. Doctor Firstbrook says, "The virtues of a low-fat diet in this connection are well known. A diet low in animal fat has what may be an additional virtue—low cholesterol content."

The medical staff of the Metropolitan Life Insurance Company have compiled significant data on the influence of overweight on health and disease. They find that in overweight men and women, death rates are above normal at every age. The excess is relatively greatest among younger men and is related directly to the degree of overweight. These persons are more susceptible than others to degenerative diseases of the heart, arteries and kidneys; to diabetes, and diseases of the liver and gall bladder. Diabetes is three times as prevalent, and cirrhosis of the liver was more than twice the normal. Hypertension (high blood pressure) is definitely increased and is more persistent.

By

W. H. ROBERTS, M.D.

Cancer of the reproductive organs in women is increased measurably. The same is true of gall bladder disease, gall stones, hernia, urinary impairments. Childbearing is more complicated and toxemias of pregnancy are more common. There is a greater likelihood of having rheumatism, gout, asthma, bronchitis, or appendicitis.

The effectiveness of a weight-reduction programme is well recognized. But not many have the will power to stay by the austere life. The initial enthusiasm enabled eighty-one per cent of a group of 294 patients to lose weight. Twelve lost 30 pounds or more, forty-one per cent lost 10 to 29 pounds, and twenty-eight per cent lost 1 to 9 pounds. A slight loss was sufficient to qualify for the elect group. However, a year later a disturbing number had lost ground. Sixty-eight per cent had gained an average of 9.7 pounds apiece, thirty-two per cent had lost a further 3.8 pounds. Five years later the story was even more sad; seventy-nine per cent of the original starters had gained an average of 18.3 pounds, but it is true that twenty-one per cent had lost another 8.9 pounds.

The following principles were deduced by the Metropolitan group of physicians: Emotional factors if present should be recognized and dealt with. Only permanent change in eating habits brings lasting results. Ingrained habits are hard to break; if progress is halted from time to time the patient becomes discouraged. Drugs and exercise are en-

tirely secondary to diet and may divert the patient's attention from his main problem, which is overeating. The problem should be attacked in childhood.

Cakes, pastries and desserts of all descriptions are decoy for the unwary. To indulge once a week or on special occasions is plenty. Eating between meals is a pernicious habit. If you wish to go at weight reducing gingerly, avoid fried foods, restrict bread to about one slice of the whole-wheat variety, with just enough margarine or butter to spread thinly.

Eat cottage cheese instead of cream cheese and use only skim milk. You have now embarked upon a long stern battle with self. Keep on the offensive and rest not until your goal has been achieved. It may take months, but it is eminently worth while. If adequate protein is secured from legumes, cottage cheese and skim milk there will be no serious letdown or tendency to anaemia. The ultimate in health and length of days is worthy of the effort spent in its achievement. As Stevenson said, "So long as we love we serve; so long as we are loved by others, I would almost say that we are indispensable; and no man is useless while he has a friend."

Health and long life may be increased through right living—proper diet, fresh air, sunshine and exercise.



H. M. LAMBERT

Signs of The TIMES

Drugs – a Delusion

THE closing remarks of one of our professors to the senior medical class have been with me all through my years of medical practice. Referring to the dangerous and tempting practice of young physicians to prescribe drugs for every ailment, merely because they relieve the disagreeable symptoms temporarily, he said: "Remember when called to the bedside of a patient that you are treating a *human being*, not a disease or merely symptoms. *You can kill a mosquito on a man's forehead with a club, but you may kill the man.*" Drugs are dangerous weapons when dealt out by those who know nothing of their nature.

Possibly the drugs most commonly resorted to are what are known as hypnotics. Chief among these is veronal, or barbitol. This is a dangerous, habit-forming drug. It is given in cases of sleeplessness. It is a tempting thing for a person who is unable to sleep to resort to the use of this drug or some one of its numerous associates, possibly equally dangerous and injurious, after discovering that they afford a period of *unconsciousness, regarded as sleep*. The sleep produced in this way is not physiological sleep. Neither is it a substitute for natural sleep. It is merely a condition of insensibility. The morning finds the sleeper unrefreshed. It is unwise to resort to the use of drugs even temporarily, because of their tendency to become habit forming.

At best these drugs are but make-believes. They, in fact, aggravate the condition they are supposed to cure. Many a nervous wreck has been made by resorting to these hypnotics to produce a state of unconsciousness.

People become panicky if they lose a little sleep for a few nights, and begin to worry about it. The worry does very much more harm than the lack of sleep. To put the mind of such a person at rest I wish to say, It is *not* essential to be in a state of complete unconsciousness for ten or twelve, or even eight hours, out of the twenty-four. It is true that some require more sleep than others, but very few require all the sleep they think they do.

The more a person eats, the more he needs to sleep. Overeating produces an auto-intoxication and unnatural sleep. The brain cells are overwhelmed with toxins that are formed in the alimentary canal. These produce anaesthesia. This sleep is similar to the sleep produced by hypnotic drugs, and does not refresh as does natural sleep. A natural sleep is quite different: the brain cells are charged during the sleeping hours with energy granules. The person awakes refreshed and with a song in his heart. He is full of "pep" and is ready to spring into action.

There are those who eat heavily in the evening. They make this the chief meal of the day. But for those whose work is of a sedentary nature, who are possibly confined to an office and a swivel chair, with no exercise except that obtained by occasionally reaching for papers in a drawer, this is a mistake. Overeating and inactivity form a dangerous combination. They will produce sleep, but sleep of this nature is not refreshing. It does not serve the purpose of *natural sleep*. "The sleep of a labouring man" is different. It "*is sweet, whether he eat little or much,*" while

By

D. H. KRESS, M.D.

"the abundance of the rich will not suffer him to sleep."

The unnatural sleep produced by auto-intoxication resulting from overeating and inactivity may later produce a condition which calls for some drug in addition to the one formed in the alimentary canal. In my medical practice I cannot recall ever having had under my care a hard-working man who was bothered with sleeplessness. It is usually the inactive person who is so troubled.

To give comfort to those who worry because they are not in a state of complete unconsciousness for seven or eight hours during the night, or who worry because they chance to wake up occasionally, let me repeat that it is not necessary for a person to be entirely unconscious in order for the brain cells to be replenished with energy granules. If a person is awake and remains quiet and refuses to worry, the brain cells are at rest and are being recharged *almost* to the same extent they would be if there was a state of complete unconsciousness. This is well known to owners of horses. It is true of monkeys and other creatures. They do not worry and become nervous and restless. Should they do this, injury would result. The

injury would be due to the restlessness and worry and not to the lack of sleep.

One of the best means of producing sleep when nervous and restless is the neutral bath. The bathtub should be sufficiently filled so that the entire body is immersed. The temperature should not be lower than 92° F. nor higher than 96° F., and should be continued for at least twenty minutes, or in some cases twice that long. Sometimes patients are kept in such a bath for an hour, and in extreme cases even two hours or more. If this bath is continued sufficiently long, temporary results may be obtained in most cases.

A hot drink at night may also act beneficially in some cases. Solid food, however, should not be resorted to, even if temporary relief is obtained. Treatments are merely palliative. The causes must in every case be sought out and removed in order to obtain permanent results.

There are those who cannot sleep because of a troubled conscience. It is foolish for such to resort to drugs that place the guilty conscience at ease only temporarily. If there exists a consciousness of having wronged a fellow being, the thing to do is to carry out the instruction, "confess your faults one to another, and pray one for another, that ye may be healed." When this is done, the "prayer of a righteous man availeth much." Prayer is itself a soother, but prayer is of no value *until all wrongs are righted*. There are those who need to hear the comforting and soothing words, "Son, be of good cheer; thy sins be forgiven thee," or, "Daughter, be of good comfort." This is a physiological and psychological hypnotic that is not merely palliative but curative.



S. CAMPBELL

The commonly accepted idea that drugs increase strength is an illusion. Their continued use undermines health and at last destroys life.



The DOCTOR'S VOICE



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

Rheumatoid Arthritis

Question: I have rheumatoid arthritis in my hands, and soreness also in my elbows and shoulders. What can I do to arrest it so I won't become crippled? Is hot-and-cold water treatment of any value? If so, describe its procedure. Is cortisone expensive, and where can I get some? Does it cure arthritis?

ANSWER: Rheumatoid arthritis is related indirectly to impaired function of the pituitary and/or adrenal glands. Cortisone is an adrenal hormone synthetic. It has a limited usefulness as it gives temporary relief, often dramatic, but does not cure. It is still quite expensive. Improvement in the general health is the most important aspect of treatment. Diet should be adequate with respect to fruit, vegetables, and whole-grain cereals. The overweight should reduce gradually by eliminating cakes, pastries, fried foods, etc. One multiple vitamin capsule a day is helpful, also some crude form of vitamin B such as wheat germ or crude molasses, two or three teaspoonfuls a day. Hot and cold to the hands will often relieve pain. The hands are placed in water as hot as can be borne for two and one-half minutes, followed by cold water for one-half minute. This is done alternately for twenty minutes morning and evening.

Fasting

Question: Would persistent fasting help any, where appetite is strong but where solar plexus irritations and discomforts follow three or four hours after eating a meal of almost any kind of food? I avoid fatty foods and eat a considerable amount of

fruit. I use quite a lot of milk and occasionally cheese.

ANSWER: Abstemiousness is conducive to optimum health. Ordinarily five or six hours should be the interval between meals, and the evening meal should be light. Sometimes toward evening, fatigue of the digestive organs with discomfort in the region of the solar plexus is misinterpreted as hunger. Many persons in concentration camps were surprisingly free from digestive troubles. Where malnutrition was extreme the effects were very deleterious and some developed ulcers of the stomach or duodenum because of worry and anxiety. In case a person has an ulcer it is usually best to restrict the diet to bland foods and to take a glass of milk between meals. Persistent fasting cannot be recommended. X-ray examination might be advisable.

Acne

Question: I am twenty-four years old and am bothered with pimples on my face, upper chest, and back. I drink plenty of water, eat no sweets to amount to anything, and as little fat as possible. What do you suggest? It is very discouraging to have the pimples clear somewhat, then break out again, larger and worse.

ANSWER: Hot and cold applications to the face often help. A washcloth wrung out of hot water and applied, followed by an application of ice-cold water, is the simplest way. The hot is applied for two and one-half minutes and the cold for one-half minute. Pork products, spices, vinegar, should be avoided. Further, it would seem advisable to omit flesh foods en-

tirely, substituting other protein foods such as beans, peas, lentils, nuts, cottage cheese. The application of dry ice and surgical treatment of larger lesions would have to be given by the local physician.

Enlarged Heart

Question: I have a persistent cough and breathless spells. X rays indicate that my heart is enlarged. My blood pressure was 220; it is now 140. I have a bad rupture but the doctors advise against an operation. I am also troubled with headaches and dizzy spells. Could you suggest a diet that would help me?

ANSWER: Persistent cough and breathlessness are frequently associated with enlargement of the heart. The diet should be low in salt, which would exclude meat, fish, olives, pickles, canned soups, and extra salt at the table. There is a considerable amount of salt in vegetables, so no extra salt should be used in the cooking. It would be well to have the blood checked for anaemia before embarking on such a diet. At least be certain that you secure an adequate amount of protein from legumes, nuts, cottage cheese, et cetera. A multiple vitamin capsule containing the daily requirement of vitamin D (500 units) should probably be included.

Tobacco

Question: I am not a tobacco user, but I should like to know whether tobacco is harmful when a person has tuberculosis, or is it good to clear up the lungs?

ANSWER: Tobacco is harmful to one in good health and certainly its use is detrimental to one suffering from tuberculosis.