

Signs of
The TIMES

Canada's Journal of Hope and Health

10¢



GOD'S FREE GIFTS
(See pages 6, 7.)

WHAT KIND OF FRUIT?
(See pages 8, 9.)

THE WORLD AS WE SEE IT

A Prophetic Interpretation of Current Events



★ Influence

WHERE can influence be found? Everywhere.

Donald Fisher, a good looking Toronto youth, found it at the movies. After shooting three people from the heights of a billboard, Fisher, when apprehended by police, said that he had viewed the film called "The Sniper" twelve times, and was impressed that the "character's life was the same as mine." Having thus decided, he launched out on a parallel career. The result was that three were wounded by the sniper's bullets.

It has long been recognized that moving pictures possess a powerful influence for good or evil. Unfortunately the producers—like the makers of the film "The Sniper"—have had their eye upon monetary returns, rather than upon the moral influence of their product upon the public.

This "billboard" shooting is by no means an isolated instance. A large number of criminals confess to having received inspiration for their misdeeds at the "movies." Small children string up a playmate to a telephone wire in the same manner in which they saw their favourite wild west hero string up a horse thief to a cottonwood tree. Young men learn the latest bank-robbing technique at the movie house. Young women become dissatisfied with the humdrum life of school and home, and movie-learned by the "fast and loose" actresses, they determine to get luxurious clothes, furs and cars without working for them.

What to do!

To persuade producers to take murder, suicide, drunkenness and immor-

ality out of pictures is a thing that has been tried—unsuccessfully. We are convinced that before that is accomplished our sons and daughters will have been long since polluted by this profound "movie" influence.

What, then, to do!

There is one thing that we can do—we parents with impressible children. We can withhold our patronage. We can refuse to frequent the movie house, and we can stop our children from attending. Conscientious parents, having no other recourse, will certainly protect their children in this way. And incidentally, the loss of patronage speaks louder than any other language to the movie moguls. This touches their pocket book.

★ Ghosts

IN a certain home in London, England, the furniture and other objects have been moving about in a mysterious manner. Shoes have gone flying through the air. An alarm clock crashed so many times it was broken.

Scientists determined to lose no time in debunking this ghost. The nice thing about it was that this particular "ghost" would perform whether anyone was present or not. He was not shy. Toss your topcoat on the table and say,

"Throw it back to me," and back it would come on the instant. The investigators lost no time in checking every person on the place. But it soon became evident that no human was responsible for the unearthly conduct of the tables, chairs and other articles of furniture.

A neighbour who spent the night in the house reported:

"Things started to happen just before midnight. There was the rumbling of moving furniture and I was lifted off the bed and put on the floor."
—*Washington Daily News*, October 15, 1952.

Scientists have been debunking spiritualism since the days of Houdini. And this is not to say that much of it is not to be debunked. Much of it is but human fraud and trickery. "The spirits won't always perform," say the mediums; so rather than disappoint their patrons they resort to mechanical bell ringing and table-tipping devices.

But let every reader be assured that there is power in spiritism. True, it is a false, deceptive, destructive power, but a power nevertheless. Where does this power come from? What is its source?

God's Word gives the answer to these questions. This source gives us to understand that the atmosphere of this

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HAROLD WAGAR

A large number of criminals confess having received inspiration for their misdeeds at the movies.



MILLER SERVICES

The power in spiritism is not the power of God but rather the power of Satan, God's enemy.

earth is filled with mischievous, evil, man-hating spirits. They came here—millions upon millions of them—as a result of a war in heaven. "And there was war in heaven: Michael and His angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him." Revelation 12:7-9.

These wicked, rebellious angels are confined to this planet awaiting the day of judgment. "God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment." 2 Peter 2:4. "And the angels which kept not their first estate, but left their own habitation, He hath reserved in everlasting chains under darkness unto the judgment of the great day." Jude 6.

As soon as this rebel leader, Satan, was confined to the earth he tempted Adam and Eve to disobey God. "Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: but of the fruit of the tree which is in the midst of the garden,

God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: for God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." Genesis 3:1-5.

When Jesus was here He made reference to the time when Satan was cast out of heavenly places. "And He said unto them, I beheld Satan as lightning fall from heaven." Luke 10:18.

With an understanding of the historic background of spiritualism it is not hard to find the power that moves furniture, throws shoes, coats and clocks.

The thing we would like to debunk is the idea that the power in spiritism is the power of God. It is not the power of God, but rather the power of Satan, God's enemy. When it comes to investigating this power it is wise to listen to divine counsel: "When they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God: for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:19, 20.

★ One Moment With God

"Someone has said that in an average life of seventy years the time would be used somewhat as follows:

"Three years would be spent in education; eight years in amusements; six years at the dinner table; five years in transportation; fourteen years in work; three years in reading; twenty-four years in sleeping; three years in convalescence.

"But how much time does a man give to God?"

"If he went to a forty-five-minute religious service every Sunday and prayed for five minutes every morning and evening, he would be giving five months to God—five months out of seventy years."

It is apparent from the above statistics that the most important matter—eternal life—receives the least time and attention. This is very different from Jesus' admonition to those aspiring to life: "Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." Heaven being worth the most, should receive the best attentions.

Enoch was translated to heaven without seeing death. But it is written of him that he "walked with God." Men do not walk with God when they pray only five or ten minutes a day, and worship an hour or so on Sunday. To walk with God is an "all day" job. It is to take God into every task of the day. In work, in business, in home life and in recreation God is made a partner. To do this the Christian must see that he engages in no work or business in which his senior Partner cannot participate. He must not go places where God cannot go with him.

One Bible writer calls upon Christians to "pray without ceasing." To do this is to live in an atmosphere of prayer from morning until night. This is the way Enoch walked with God. And this cannot be done by spending a few moments in prayer before starting the day's activities and a few moments at its close.

Another Bible writer tells us to "be instant in prayer." No Christian can be "instant" in prayer unless he is prayer minded. That is to say, it must be his habit and manner of life. Daniel fortified his soul with three specified seasons of prayer each day, and we doubt not that constantly as he carried on the important matters of state he lifted his heart to God in prayer.

Daniel was a man who was "greatly beloved" in heaven. No doubt this was in a large degree due to his persistent prayer life. Rather than interrupt his prayer habits, he chose to be thrown into the den of lions. God sent His angel and he closed the lions' mouths, thus showing His approval of the prophet's prayer habits. We would all do well to take a page out of Daniel's prayer life.

GOD AT WORK

Conversion Is a Work of Recreation

By JOHN WALTER HALLIDAY



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IN A LUMBER camp in the midst of the pines, two men were strangely drawn to each other. One was Tim. Tim was humpbacked and short, and had strong, sinewy arms. He had been in the camp many years and was a general favourite. The other, a newcomer, was a tall, broad-shouldered young man, who carried himself proudly erect, and had a clear-cut face and steel-blue eyes. To the surprise of all, Tim was attracted to Raymond Lee, and in unobtrusive ways showed a preference that won the kindly tolerance of the young man. One day Tim said, "Ray, you've got a lot to be thankful for. . . . You know books, and you've had a chance." Ray pondered over Tim's words. A chance? Yes, he had had that, and had thrown it away.

One snowy day Raymond and Tim were working with a large party of choppers. Suddenly a giant tree crashed to the ground. Above the crash a cry of pain and terror was heard. It was from poor crippled Tim. A branch of the falling tree had pinned him to the ground. Raymond was there first. Carefully he freed Tim, but the hunchback was fearfully mangled.

"I guess it's all over with me, boys," said Tim, trying hard to keep his voice steady. "Ray, stay by me."

They carried him to the camp and sent for a doctor, but it seemed that he would die before the doctor came. When he was laid on a rude bunk, he said: "It's death, boys. Tell me 'bout God. No one ever told me."

The men were silent, so Tim spoke again: "Ray, tell me. It must be you

know, because you're different from the rest of us."

All eyes turned toward Raymond. He bent over Tim. "What is it you want to hear?"

"All 'bout Him. I don't know much. Can't you tell me about Him? Pray for me."

Raymond was stunned. His face grew white and stern. His father was a minister. He himself had been a theological student, but had been influenced by a skeptical classmate who had lent him books that had implanted doubt in his mind. Thinking himself superior mentally, he had gone on till he had cast aside the faith of his dead mother, and had denied God. He had forsaken his studies, wrote defiantly to his father, and in desperation had hired himself out to work in the lumber camp. All this flashed through his mind, and now this dying man was asking him to pray for him. A groan escaped his lips, and he said: "Tim, I can't! I—" and he paused, unable to say that he did not even believe in God—the God to whom dying Tim had turned.

Raymond could bear no more. Turning away, he rushed out into the storm and strode back and forth, heeding neither wind nor snow. Face to face he grappled with his problem, his right relation to God. His skeptical theories fell from him. He had nothing now upon which to stand. Then came a struggle as for life itself, till at last he reached a decision that meant everything to him, as with all his soul and strength he won his way back to God with the determination: "I will believe in God, and I will obey Him! I will believe in Jesus, and I will trust in Him as my Saviour! And I will tell others the story of His saving love, and do all I can to win others to Him!"

When Raymond entered, the shadows of evening were gathering in the room where dying Tim lay. "Tim, I have been with God. He has forgiven me, sinner that I am. Now I have come to tell you of His love." Then simply and tenderly he told the story of God's love in sending His beloved Son into the world to die for the lost—to become the Sin Bearer of all who would accept His salvation. "God commendeth His love toward us, in that, while we were

yet sinners, Christ died for us." Romans 5:8. "The blood of Jesus Christ His Son cleanseth us from all sin." 1 John 1:7.

Others gathered around the bed saw the light that came into Tim's face as he gasped, "I see!" Raymond knelt down, and one after another of the men knelt with him. Never had he prayed such a prayer for a soul on the verge of eternity, and God answered!

"It's all right!" Tim murmured. "Ray, you tell everybody."

"Yes, Tim, I will spend my life telling the old, old story," said Raymond.

"I thank Him!" whispered Tim feebly. And in a few moments all was over.

Raymond faced the men and spoke.

"Boys," he said, "I have gone back to the service I pledged to God many years ago. You heard my promise to Tim. Will you forgive the spirit I have shown toward you, and let me begin by telling you?"

"Yes, we will," said the leader of the men. "When we come where Tim is, we will wish we had heard." So Raymond began at once and told them the story of Jesus and His love. That night he wrote his father, saying that he would remain till he heard from him. The next night and the next and the next he told the men still more. Finally his father came to help him, and the glorious work went on until seventy souls had accepted Christ as their own personal Saviour, and were rejoicing in His great salvation!

If you are an unbeliever in God and Jesus, would you not have the cleansing from sin, the sweet peace of forgiveness, and a new life in Jesus, that Tim had when he said, "I see"? Will you not receive Jesus into your heart and say, "It's all right"? If you will, what rest and peace and power will come into your life!

Or if you are one whose circumstances are hard to overcome, if necessary will you not struggle as for your life? Will you not make your decision, and tell it thus to God? "O God, I will believe in Thee, and I will obey Thee! I will believe in Jesus, and accept Him as my Saviour! Give me Thy forgiveness, cleansing, and keeping, and help me to be faithful to the end!"

Gladly He will do it, for it is especially necessary now, since the world is becoming more confused and fallen. The acceptance of Jesus will bring you the victorious power of Christ. Peace and satisfaction will come into your life, as it came to Tim and Raymond, and with joyful assurance you will be strengthened to go forward, victorious always through Christ.



BIBLE ANSWERS



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

The Sinner's Need of Christ

It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil, and we can not change them. "Who can bring a clean thing out of an unclean?—Not one." "The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Education, culture, the exercise of the will, human effort, all have their proper sphere, but here they are powerless. They may produce an outward correctness of behaviour, but they can not change the heart; they can not purify the springs of life. There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness. The Saviour said, "Except a man be born from above," unless he shall receive a new heart, new desires, purposes, and motives, leading to a new life, "he can not see the kingdom of God." . . . Of Christ it is written, "In Him was life: and the life was the light of men," the only "name under heaven given among men, whereby we must be saved."

It is not enough to perceive the loving-kindness of God, to see the benevolence, the fatherly tenderness, of His character. It is not enough to discern the wisdom and justice of His law, to see that it is founded upon the eternal principle of love. Paul the apostle saw all this when he exclaimed, "I consent unto the law that it is good." "The law is holy, and the commandment holy, and just, and good." But he added, in the bitterness of his soul-anguish and despair, "I am carnal, sold under sin." He longed for the purity, the righteousness, to which in himself he was powerless to attain, and he cried out, "O wretched man that I am! who shall deliver me from this body of death?" Such is the cry that has gone up from the burdened hearts in all lands and in all ages. To all, there is but one answer, "Behold the Lamb of God, which taketh away the sin of the world."—E. G. White.

Will sinners burn in hell throughout eternity?

People who make a superficial study of the Bible on this subject get the idea that sinners will burn time without end. It is true that the wicked will be punished by fire, but it will not burn forever. From Psalm 37:10, 20 we learn something about it: "For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. . . . But the wicked shall perish, and the enemies of the Lord shall be as the fat of lambs: they shall consume; into smoke shall they consume away."

The time is coming when the wicked shall not be. Well, if they shall not be, then it cannot be said that they are suffering everlasting punishment. The wicked shall consume away in smoke. They will be burnt up, and consume away. This does not sound like punishment, time without end.

God will burn up this world, and the wicked—men and angels—with it. "The day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up. Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness, looking for and hastening unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat? Nevertheless we, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness." 2 Peter 3:10-13.

God will burn up the earth—purifying it, and making it a fit dwelling place for Himself and the redeemed. The meek shall inherit the earth. (Matthew 5:5.)

Some cite Revelation 20:10 to show that the punishment is forever. But the word "forever" as used in the Bible does not always mean time without end. It is limited to the thing to which it is applied. If applied to perishable things, then it means the duration of the thing to which it is applied. (See Exodus 21:1-6 and Jonah 2:1-6.)

Is it possible for Christians to sin after they have been "born again," and have become "new creatures"?

Paul, after he had been born again, regarded himself as the "chief of sinners." Sin is the transgression of the law, and the Christian can break the law as well as the sinner can. Did not Lucifer, and millions of high and holy angels, sin? Did not Adam and Eve, God's perfect creation, sin? Moses sinned and was shut out of Canaan. David sinned. John Mark was unfaithful. The entire nation of Israel backslid. God has made provision that in case a saint falls into sin he may obtain forgiveness:

"My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous." It is far from God's will that the Christian should sin, but if he does, Christ is his advocate in heaven.

Does the Seventh-day Adventist Church have music in the church? I have never found where the Bible says to have it.

I know of no place in the Bible where we are told in so many words to have music in the church. However, they had music in connection with their worship in Old Testament times. Almost all the Psalms which David wrote were sung or chanted. The Jews have always had music in connection with their synagogue worship. (See James 5:13.)

The singing of hymns is essentially a part of worship, and cannot be considered wrong, since hymns ascribe praise and glory to God. The Seventh-day Adventist Church has both vocal and instrumental music in its church service. We do well to stand firmly for that which constitutes a principle, but let us not raise any false issues. Let us avoid fanaticism.

Will redeemed men and women marry in eternity?

The redeemed will not marry, but will be like the angels who neither marry nor give in marriage. Jesus made that clear in Matthew 22:29, 30. "Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God. For in the resurrection they neither marry, nor are given in marriage, but are as the angels of God in heaven."

God's FREE GIFTS

By R. D. Vine

GOD'S church has the greatest and noblest task on earth to perform. It is commissioned to tell everywhere the good news of eternal salvation. Its work is to release men from the shackles of sin, to dispel the darkness of error, to bring the reassuring message of a Saviour's love, and to tell of His second coming to this world as "King of kings, and Lord of lords."

Unlike the normal, secular pursuits of life, the work of the church is not merely for this time, but for eternity. It is appointed to show the way, not only to successful life here, but to abundant life hereafter. The church ministers that men may live eternally. Its task is one which completely dwarfs all others in importance.

It is the primary target of Satan's subversive efforts. Our adversary can more readily tolerate any other human activity than that of proclaiming the gospel of Christ. For, as Paul stated, Satan daily seeks to blind men's eyes, "lest the light of the glorious gospel of Christ . . . should shine unto them." 2 Corinthians 4:4. This is the supreme object of all his nefarious activities. Every conceivable means is resorted to that the church's efforts may be frustrated. It is clear that the church has need of more than human power if its work of heralding the gospel is to be completed. Jesus knew this, so He promised His followers the enabling power of the Holy Spirit. Just before His ascension His final assurance to that handful of disheartened, feeble followers was: "But ye shall receive power, after that the Holy Ghost is come upon you."

Christ's Promise Fulfilled

It is this spiritual power from God that will make the church "mighty through God to the pulling down of strongholds." 2 Corinthians 10:4. It is this same power that will successfully resist and overcome the church's spiritual foes. Says Isaiah: "When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him." Isaiah 59:19. It is possession of this Spirit which alone truly qualifies a man as a son of God. "As many as are

led by the Spirit of God, they are the sons of God," says Paul (Romans 8:14); and he adds the solemn thought that "if any man have not the Spirit of Christ, he is none of His." Romans 8:9.

The Lord knew that "there is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God."—*Testimonies*, Vol. VIII, p. 19. Jesus promised this precious gift to the men and women of His church, that they might carry forward to completion the noble task of taking the gospel to the world.

This priceless gift was bestowed after our Lord's ascension, at which time "He led captivity captive, and gave gifts unto men." Ephesians 4:8. The fulfilment of His promise of power is here spoken of as "gifts," because it took various forms. "He gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers." "To one is given by the Spirit the word of wisdom; to another the word of

knowledge by the same Spirit; to another faith by the same Spirit; to another the gifts of healing by the same Spirit; to another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues." Ephesians 4:11; 1 Corinthians 12:8-10. The great purpose of this diversity of gifts is for "the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ." Ephesians 4:12.

Diversity Yet Unity

"The body of Christ" is the church. (Romans 12:4-6; 1 Corinthians 12:27.) And as the body is made up of many organs, each differing in nature, size and function, yet each contributing to the harmonious working of the whole body, so it is with the church. Its members have natures, abilities, and spiritual gifts which differ considerably; but God designs that all shall work harmoniously as a unit for one grand purpose.

Even the humblest and least talented are needed for the church successfully to do its task. The toe or finger may not be so important as the eye or ear or internal organs, but the movements and efficiency of the body are somewhat hampered if even one is lost or injured. How readily we realize this when afflicted with corns, or when a damaged finger is temporarily put out of action. So it is with the church. "Whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it. Now ye are the body of Christ, and members in particular." 1 Corinthians 12:26, 27. If we realize this—that from the least gifted to the greatest we are all vital for the harmonious working of God's plan—there will be no place for envy, jealousy, or dissatisfaction.

Gift of Apostleship

While all gifts are essential, they vary in importance. First among the special gifts of the Spirit is that of apostleship. (1 Corinthians 12:28.) An apostle is one who is "sent forth, a

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messenger, an ambassador." (See John 13:16, R.V., margin.) God has always conferred this supreme gift without regard to social standing, or education. Humble, illiterate men like the Galilean fishermen (Acts 4:13) were chosen equally with the cultured Saul of Tarsus. Upon the apostles, or gospel ministers, was placed the task of preaching the good news of salvation, and of evangelizing the world. The apostles were the "front line" soldiers of Christ. They were especially endowed to break into the enemy's territory, dispelling heathen darkness, and extending Christ's kingdom throughout the world.

The Gift to Be Preferred

In times of special need, the gift of prophecy has been pre-eminent among the manifestations of spiritual power. It is second in Paul's list, yet hardly second in importance. Indeed, he urges us to "follow after charity, and desire spiritual gifts, but rather that ye may prophesy." 1 Corinthians 14:1. This gift is generally—and rightly—thought of as a means of foretelling the future; but its primary purpose was to reveal God's will to men. In times of spiritual dearth, when ministers have perverted and neglected God's message to man, prophets have been raised up as God's special mouthpieces.

Frequent Manifestation of Prophetic Gift

Thus has it always been before a great crisis. Before the Flood, God raised up Noah to warn that dissolute generation. (2 Peter 2:5.)



RELIGIOUS NEWS SERVICE PHOTO

The gift of prophecy will stimulate within each member of God's church an impelling zeal to proclaim His message of love.



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Later in history, when the time came for Israel to be freed from the shackles of Egyptian bondage, God endowed Moses with the prophetic gift. (Deuteronomy 18:15.)

Time marched on, and as the Assyrian crisis faced God's people, He raised up such prophets as Joel, Isaiah, Micah, and Nahum.

When Assyria waned, and the Babylonians threatened, God gave the prophetic gift to Zephaniah, Habakkuk, and Jeremiah.

When Jerusalem fell, the temple was laid waste, the country was despoiled, and the people were swept into captivity, prophetic power was given to Daniel and Ezekiel. By their Spirit-filled ministry the people were saved from apostasy.

To prepare the way for Christ's first advent John the Baptist was richly endowed with prophetic power.

When the primitive church was being established and consolidated—a gruelling period for those early Christians—the gift of prophecy was given in a remarkable measure to such as Peter, Paul, and John.

As the final crisis of the ages draws near—the "great and very terrible" day of the Lord (Joel 2:11)—God's remnant church is to be outstanding for its possession of the gift of prophecy. (Revelation 12:17; cf. 19:10.) Malachi foresaw God's bestowal of this gift on His remnant church, and described it under the symbol of the prophet Elijah. "Behold," he said, "I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord." Malachi 4:5. We may expect the unchangeable God to work uniquely through some special individual as He always has done in the past; but there is also to be a general bestowal of prophetic power before Christ comes. (Joel 2:28; Acts 2:16-18.) The

gift of prophecy will give the church a true understanding of the Bible. It will deepen convictions, clarify spiritual vision, and stimulate within each member of God's final church an impelling zeal to proclaim His message of love before the storm of doomsday actually breaks.

Every Gift Counterfeited

The devil's most effective means of deceiving well-meaning folk is by counterfeiting God's gifts. For the gift of faith, he substitutes presumption; for apostleship, he substitutes zeal without knowledge; for prophecy, he substitutes false prophets; for divine healing, he substitutes "faith" healing so called; for the gift of tongues, he substitutes gibberish. The devil is even capable of counterfeiting miracles—as in the case of Pharaoh's magicians.

Infallible Tests

What great test can we apply to distinguish the false from the true? Isaiah answers: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:20. A man may preach with fervour, he may claim the prophetic gift, he may speak in "tongues," he may heal, but if his life is not in full harmony with God's law, the Ten Commandments, or with "the testimony," the Bible, then we can be sure that his power is not from God. Furthermore, Paul shows that one great mark of true Spirit possession is a willingness to give Jesus Christ His rightful place. (1 Corinthians 12:3.) Any pretenders to inspiration who speak slightly of Jesus, or whose lives are not in harmony with His holy law, are none of His.

Above everything else, the true gift of the Spirit will engender a spirit of Christian love among God's followers.

What Kind of Fruit?

Are you bearing fruit unto life,
or fruit unto death?

By C. A. EDWARDS

A NUMBER of years ago I had a large cherry tree back of my house, but it never produced any cherries. Having tried various ways to make the tree productive, and failed, I cut it down.

To most of us, fruit trees have a particular appeal, especially if they are laden with delicious fruit. While shade trees have their place and are welcome, the fruit-bearing tree is definitely appreciated for what it gives.

Manifestations in the physical world often have counterparts in the realm of the spiritual. We may, therefore, profitably address ourselves in this article to a consideration of the "fruit of the Spirit," listed by the apostle Paul in Galatians 5:22, 23: "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

In the Bible, God's true followers are likened to trees of righteousness. David expressed this beautifully in Psalm 1:3, when he penned these words concerning the righteous man: "He shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Such trees significantly bear seasonable fruit, and may we not conclude that they are watered by the water which the Master spoke of in His conversation with the woman at the well in Samaria, when He said: "Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:14.

The prophet Jeremiah draws a similar picture of God's true servants in Jeremiah 17:8: "He shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit."

The blasts of severe adversity and difficult circumstances will not affect the fruit-bearing potentialities of such trees. On the contrary, seemingly untoward conditions often bring forth the fruits of the Spirit in a most attractive display. "Now no chastening for the present,"

wrote the apostle Paul in Hebrews 12:11, "seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby."

As fruits do not grow by their own efforts but rather as the outworkings of higher forces, so the fruits of the Spirit are the outgrowths of living connections with a higher power. In the fifteenth chapter of John's Gospel, the Saviour calls attention to this connection in His dissertation on the vine and its branches. "He that abideth in Me, and I in him," said the Master, "the same bringeth forth much fruit: for without Me ye can do nothing." John 15:5.

From the Saviour's statement as recorded in Matthew 12:33, "the tree is known by his fruit," we see that there are trees of unrighteousness as well as trees of righteousness. The former bear fruit which, according to Romans 7:5, is unto death. That type of fruit, incidentally, is greatly in evidence throughout the world. It is so because it is associated with sin, which has become a very popular pastime. The chapter in the Bible which lists the fruit of the Spirit also enumerates some of the fruit of unrighteousness. According to Galatians 5:19-21 they are: "Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings," and others.

In the wickedness abounding on every hand, these and similar fruits are emphasized. The apostle Paul in Philippians 4:8, however, counsels us to place the emphasis elsewhere. We read, "Finally, brethren, whatsoever things are true,

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

The fruit of the Spirit is love. The great God of love lets His rain fall upon the just and the unjust; He lets His sun shine upon the obedient and the disobedient. His thoughts toward us are thoughts of peace and not of evil. He gave His only-begotten Son because He was not willing that any should perish but that all should come to repentance. Edward Markham's poem merits thoughtful consideration:

"He drew a circle that shut me out—
Heretic, rebel, a thing to flout.

But love and I had the wit to win:

We drew a circle that took him in."

The story of Mary's broken alabaster box has elevated many to a plane of higher, nobler living, and the widow's mite has greatly multiplied itself down through the passing centuries. As the seed-bearing fruit contains within itself the potentialities for further increase, so the Spirit-filled life will be reflected in the lives of others who have come within its sphere of influence.

Joy in its fullest sense is experienced by those who unselfishly serve God and their fellow men. "Rejoice, and be exceeding glad," said the Master. A living connection with Him will cause us to bring forth this fruit of the Spirit. The Saviour who wept over the results of sin also rejoiced in spirit as He visualized the ultimate result of His sacrifice. Similarly, His followers today, while deeply concerned over the sins of our times and exercising every possible counteracting influence, rejoice in the words of their Lord, "Let not your heart be troubled," and hear across the billows of vicissitude and perplexity in this world, the assurance, "Be of good cheer; it is I; be not afraid." Matthew 14:27. The joy which springs from the knowledge that we are on God's side is permanent and abiding.

"I saw in my dreams," said the poet, "two fountains flowing side by side. One

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was a fountain of joy, and the other of tears. And a voice said to me, "These two fountains flow together all through human life. God makes them flow together, that from one His children may learn gratitude, and from the other trust."

Among men and women of good will, the fruit of *peace* is in evidence. Quite different is this peace from that which follows an armistice, when the feelings which generate war are still harboured in the hearts of men, ripening for future outbreaks of hostilities.

It is said that for forty years William Gladstone had this text hanging on the wall of his bedroom: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee." Isaiah 26:3. Peace between individuals and nations will not prevail until "the kingdoms of this world are become the kingdoms of our Lord, and of His Christ; and He shall reign forever and ever." Revelation 11:15. To accept the Prince of Peace now is to pass serenely through this present life of increasing perplexity, with the assurance of citizenship in the new earth, soon to be established on the wreckage of present kingdoms.

Another fruit on the tree of righteousness is *longsuffering*. The Master showed forth this fruit when He prayed for His persecutors, and on being reviled, reviled not again. What a different world this would be if everybody in it were long-suffering and patient!

Clara Barton once said to her niece, "Keep yourself quiet and in restraint. Reserve your energies, doing those little things that lie in your way, each one as well as you can, saving your strength, so that when God does call you to do something good and great, you will not have wasted your force and strength with useless strivings, but will be ready to do the work quickly and well."

In a world of changed conceptions of gentlemen and ladies, *gentleness*, another fruit of the Spirit, is needed.

"If I knew that a word of mine,
A word not kind and true,
Might leave its trace
On a loved one's face,
I'd never speak harshly, would you?"

"If I knew the light of a smile
Would linger the whole day through,
And brighten some heart
With a heavier part,
I wouldn't withhold it, would you?"

The fruit of *goodness* should enjoy a more world-wide exhibition. Without doubt, conditions would be more enjoyable if it did. The world is crying out for people who are not only good, but definitely good for something.

"When the Son of man cometh, shall He find faith on the earth?" asked Jesus.



DIRECTOR OF PUBLIC INFORMATION, OTTAWA
As fruits do not grow by their own efforts, but rather as the outworking of higher forces, so the fruits of the Spirit are the outgrowths of living connections with a higher power.

From this we conclude that faith, another fruit of the Spirit, will not be so plentiful in the latter days. There may be considerable faith in material possessions and things, but faith in the spiritual realities, the faith of which Jesus spoke, will be definitely on the decline when numbers possessing it are taken into consideration.

The only faith that will save is the faith in the Christ of the cross. When a ship-wrecked sailor who had tenaciously clung to a giant rock until taken off by rescuers in a lifeboat was asked, "Did you shake with fear as you clung to the rock with the waves dashing over you?" he replied, "Yes, I shook, but the rock didn't."

In the sermon on the mount, the Great Teacher observed, "Blessed are the meek: for they shall inherit the earth." Matthew 5:5. Most leaders in world affairs today fail to display *meekness*, also a fruit of the tree of righteousness, to any appreciable extent. Stubbornness, arrogance and pride are more likely to be in evidence. Men possessing these characteristics may have their day in this life, but unless they replace those traits with meekness they will fail in attaining a future unending life.

A little boy in Jamaica was asked, "Who are the meek?" "Those who give soft answers to rough questions," was his reply. When Solomon entered upon his duties as king over God's professed followers, he said, "I am but a little child." 1 Kings 3:7. This same king later observed, "A soft answer turneth away wrath." Proverbs 15:1.

Temperance climaxes the list of spiritual fruits given by the apostle Paul in Galatians 5:22, 23. The first part of the word reads "temper." We think of tempered steel as enduring, supreme. The temperate man is the strong man, everything else being equal, in God's sight.

Multitudes in the world at the present time seek to drown their problems in a sea of alcohol and various stimulants, rather than face up to life's problems and seek the divine solution. To such the Master says, "Come unto Me, all ye that labour and are heavy laden, and I will give you rest." Matthew 11:28.

It has been my observation that in many stores where fruit is sold there are displays of artificial fruit in the windows. From a distance, the exhibit looks quite inviting, but the attraction quickly loses its appeal as one views it from a closer range and discovers that it is not the real thing.

Artificial spiritual fruits are also to be found in our time. Liquor interests often show an interest in worthy causes, even donating large sums of money toward their maintenance. While doing this, they spend every effort in educating the public to use more of the alcohol poison, which tends to destroy any genuine spiritual fruit in evidence.

"Against such"—love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance—"there is no law," states the apostle. Indeed, for they are in harmony with God's immutable law! May we yield ourselves completely to the influence of the Spirit of God, so that we may bear fruit unto life eternal!

The Best Place to Get Your Vitamins

Are they best obtained from pills?

• By JONATHAN FORMAN, B.A., M.D., F.A.C.A.

IN ADDITION to the essential minerals in an adequate, well-balanced ration of proteins, carbohydrates, and fats, vitamins are absolutely necessary. Commercial interests who manufacture them have pounded this fact into the minds of all. Nutritionists have made the mistake of discussing our requirements in international units and milligrams per day. These tabulations, along with the experimental work with purified factors, have created a new and even more serious problem. Laymen and physicians alike tend more and more to think of vitamins as a pharmaceutical preparation, or drugs if you please, unrelated to one another or to the diet as a whole. We physicians give them to our patients in lieu of studying our patient's food intake and thereupon correcting his diet. We should not forget that food that is deficient in one vitamin is quite likely to be deficient in others, for vitamins usually occur in groups and with a balanced interrelationship. There seems to be a synergism among them. They are not to be taken, therefore, in concentrated forms, for no extraction nor synthetic form can ever take the place of the natural vitamin-rich foods.

It isn't too much to ask of the busy physician that he set his patient to keep a food diary after the method advised by McCollum. Tables listing the seven major groups of foods can be printed inexpensively and the patient readily instructed to check each serving from each group that he gets in each day. If the patient keeps these diary sheets for one week, it will surprise both the physician and the patient to learn how deficient his diet really is, in spite of the fact that almost everyone today believes he is getting a balanced ration.

I like to tell people that there is a colourless alcohol that occurs as an ester in the yellow fats and oils of plants and in the fat of the animals that eat these plants. These can be converted by the liver of all animals, including man, into a vitamin. The work of this vitamin can be simply stated as seeing to it that the vital centre or nucleus of every cell of the body does its job. It follows directly then that this chemical would be a growth factor especially important in

the formation and development of bones and tooth buds and in the development of the skull concomitant with the development of the brain. It would follow also that a deficiency of this vitamin would naturally produce through its ageing and keratinization of epithelium zepophthalmia, metaplasia with the loss of the "first line of defence against infections," and the formation of the nidus for gallstones, kidney stones, and bladder stones, nyctalopia and hemeralopia (night blindness and day blindness).

We who insist upon leafy salads as identified by their rich green colour need not worry about a deficiency of vitamin A unless there is a disease present making for poor absorption and utilization as in liver and biliary diseases, or the demands of an increased need as in fever, acute infections and chronic wasting diseases and disfunctions of the thy-

roid gland. The carotenes, which are the precursors of vitamin A, are formed in plants that are eaten by animals and converted into vitamin A to be stored in the liver and put into the milk and, by the fowls, into the eggs. The best source of this vitamin itself is the liver of fishes. Here the story of origin is no different than that for land animals. Diatoms, small algae and other living aquatic plants are eaten by small crustacea and these in turn by little fish who are then eaten by the cod and other large fish. So we see our supply of provitamin A is dependent upon the health of plants and that the health of the plant must always be predicated upon the quality of the soil in which it is grown.

With the plants of the sea it is different. They have all of the essential minerals at their disposal at all times.

William J. Hale in his book *Farmer's Victorious*, reports an analysis of sea water as reflected by the analysis of "sea-soil," produced by the company.

"On recovery of various metallic oxides from the effluent ocean brine following the commercial removal of bromine, if milk of lime is added to the spent liquors, a precipitation of magnesia and a host of other oxides takes place. After settling, supernatant brine is discharged into the sea and the pre-



H. A. ROBERTS

cipitate dried. An analysis of this dried mass is given below:

| | | | |
|-----------|--------|-------------|---------|
| Magnesium | 21.20% | Manganese | 0.084% |
| Calcium | 12.90 | Potassium | 0.050 |
| Carbon | 4.99 | Phosphorus | 0.039 |
| Silicon | 4.24 | Boron | 0.032 |
| Hydrogen | 2.48 | Bromine | 0.0077 |
| Chlorine | 1.94 | Copper | 0.0040 |
| Sodium | 1.48 | Nickel | 0.0035 |
| Iron | 1.43 | Iodine | 0.0002 |
| Aluminum | 1.10 | Cobalt | 0.0009 |
| Sulphur | 0.367 | Oxygen with | |
| Fluorine | 0.100 | all others | 47.5587 |

"Many tons of this 'sea-soil' are being applied to the exhausted soils of the Southern States."

A vast field of information about vitamins has been developed in recent years. Most persons are getting the idea that vitamins are foods and that if you take the magic one-a-day pill you can eat what you will. It cannot be emphasized too strongly that these essential elements called vitamins are not in themselves foods. They do not furnish energy and are not utilized as building units for the structure of the body, but are essential for the transformation of energy and for the regulation of the metabolism of the body's structural units.

A PRAYER FOR FAITH

*Give me, dear Lord, for just one hour,
A faith to sense Thy keeping power;
Bid every doubt and fear depart,
Let Thy sweet peace dwell in my heart—
That heaven-born peace sent from above,
A priceless gift from the heart of love.
And may the sick, the poor, the sad,
Share in that peace, and be made glad.*

*Another hour of faith, I pray,
Give me the added strength to say,
"Thy will be done, dear Lord, not mine,
Make me a humble child of Thine;"
And may that faith so childlike be
That I must trust alone in Thee
To give me grace and strength and light
To walk by faith and not by sight.*

*So hour by hour, and day by day,
Teach me to walk in Thine own way;
May love to God and love to man
Be in my waking thoughts and plans.
And help me, Lord, to daily be
A living sacrifice for Thee;
Then may I be among that throng
Who sing at last the victor's song.*

—Mrs. C. R. Hyatt



Do You Spoil Your Children?

Elise has such a winning manner that it is hard not to let her have her own way. She likes to play with Roy, the little boy next door, but she doesn't like to share her toys with him. She likes to play with his toys, but he does not mind sharing. What shall we do about it? How shall we teach Elise the desirability of sharing?

Susy stamps her foot and says that she "won't go to bed." Father explains to their guests that Susy hasn't been very well and that they hesitate to discipline her until she is stronger. It is a difficult problem, her parents think, and they hope they are handling it the proper way. What shall they do? How firmly shall they insist that Susy do what is right?

The hopefulness regarding both these situations comes from the fact that the parents are questioning their methods of procedure. The child in each case needs to understand that there is a right way of thinking and behaving, and a wrong way, and that happiness comes from understanding and following the right way.

"I love my little boy so much that I hate to say 'No' to him," a young mother remarked.

"Well, if you don't begin to do it before long — whenever you know you should —" her friend replied, "your boy will have an unhappy life, for you are encouraging him to behave the wrong way. This isn't love; it is weakness on your part."

One who will present the truth as frankly as this was done is a real friend, although, perhaps, the one to whom it is given may not so regard it at the time. It takes courage to point out a parent's mistakes, and one can only hope it will help. Close relatives cannot usually speak as bluntly without disastrous consequences, but outsiders are often able to do so without causing offence; however, a little more tactfulness generally brings better results. Grandparents and in-laws sometimes learn the hard way that "hands-off" is a very necessary attitude to acquire.

A very great help in the lives of young mothers is a Mothers' Club, where all kinds of home problems in connection with the bringing-up of the family may be discussed. If one or two older mothers

are included — mothers who have had the experiences that younger mothers are now meeting — it is an advantage.

Such a club needs a good leader — one who is able to handle not only the programme for each meeting but also the discussion periods, at which some parent might, if not controlled, assume too much liberty and cause unpleasant feelings by becoming too personal. The club might be associated with the church, or the school, or might be just a little group of friends who meet together to sew and knit. All sorts of problems will come up; all mothers need help, and obtaining it through the association with other mothers means a great deal.

Take the subject of children's tantrums, for example. Mrs. Blank said to me the other day, "My little two-year-old daughter threw herself down on the floor and kicked and screamed at a great rate because I said, 'Now we'll go upstairs and take a nap.'" She went on to say that she was so surprised she didn't know what to do. "Why did she do it?" she questioned. "The child had never seen anyone kick and scream."

"What did you do?" I asked.

"Well, I took her up and washed her face and hands in cool water. I did not say anything about the kicking or screaming. Then I said, 'Now we'll go upstairs. Would you like to walk up or shall I carry you?'"

What a wise parent! Can you mothers think of a better way to handle such a situation? Without anger, reproach or pleading that mother had gently applied a little cool water and then diverted the child's thoughts from what she had been doing by asking her to decide how she would like to go upstairs.

Billy, across the street, has tantrums, too; he is eight years old. How did they happen to start? How much longer will they continue? I know the parents are working on this problem; it is not a simple one. Such problems as this can be talked over by a group of mothers, and some of their experiences may be found helpful. The joining of such a group, or if one is not available the forming of one, is really worth considering.—M. Louise C. Hastings in *National Kindergarten Association*.



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Impaired Circulation

Question: I have impaired circulation to my feet. What precautions should I take, and is there any treatment that I could carry on at home?

ANSWER: Impaired circulation to the feet may be due to Buerger's disease, which is usually associated with excessive smoking, or it may be due to hardening of the arteries. The patient must realize that any improvement in his condition is dependent upon development of a collateral circulation sufficient for ordinary needs. He must be content to restrict his activity within the limits of the available circulation.

Chilling of even a limited part of the body is dangerous. Cold or chilled hands or head will evoke vasoconstriction in the feet. Warm overshoes, preferably fur-lined, should be worn, and fur-lined leggings in very cold weather. Warm gloves to avoid chilled fingers and the proper protection of the head, ears, and neck are also important. Woolen socks and comfortably large shoes should be worn loosely laced over the dorsum of the foot.

Commander Emile Holman recommends that great care be exercised in trimming the nails and corns, and if any abrasions or injuries to the feet occur, one per cent aqueous solution of gentian violet be used as an antiseptic rather than stonger antiseptics such as iodine, etc.

The feet should be washed daily, gently dried and rubbed with lanolin. Persons with Buerger's disease are encouraged to drink water freely between meals, up to three or four quarts daily to increase blood volume

and lessen viscosity. To produce general vasodilatation, twice daily the arms should be immersed in water heated to 108° F., or an electric heating pad may be applied over the abdomen for thirty to sixty minutes once or twice a day. The feet should not be soaked in hot water, or for that matter have any direct heat applied to them.

Buerger's exercises are simple. The legs are elevated about 45 degrees over the back of an overturned chair in the bed for one minute, are hung over the edge of the bed in a sitting position for two minutes during which time the feet are exercised, and the reclining position is assumed for three minutes. Fifteen minutes three or four times daily is useful, or longer periods in severe cases. Tobacco is forbidden, for nicotine constricts the arteries.

Rheumatism in Neck

Question: Please state some helpful facts that will cure rheumatism in the neck. At times it causes me headaches.

ANSWER: Rheumatism is a word that is used rather loosely and would include fibrositis of the neck muscles, osteoarthritis of the cervical spine, and rheumatoid arthritis.

The treatment for fibrositis or muscular rheumatism is heat and massage. Osteoarthritis, the kind due to wear and tear and occurring in older persons, is benefited by neck stretching. Heat tends to relieve the spasm of neck muscles. An ordinary infrared lamp or electric heater could be used for twenty minutes morning and evening.

Rheumatoid arthritis occurs in younger persons and generally affects other joints as well, including the hands, elbows, etc. It is one of the diseases of stress. Adequate rest, freedom from worry and anxiety, and adequate diet are essential. Heat as described above will give some relief. In severe cases that do not respond to physiotherapy, cortisone under medical supervision and in small doses is quite effective.

Styes

Question: What is the cause of styes? I have suffered from them for some time. How can one prevent them?

ANSWER: Styes are the result of infection of the meibomian glands along the margins of the eyelids. Most glands, and the linings of the various cavities of the body, lose their resistance to infection in the absence of vitamin A. Vitamin A is found in greens, citrus fruits, tomatoes, cod-liver oil, berries in season. Insufficient sleep, glare, dust, rubbing the eyes might also predispose.

Birthmark

Question: I was told that there is a cure for birthmarks. My sister has one on her right eye and forehead. Would medicine remove it?

ANSWER: There is no effective medicine for birthmarks. Small birthmarks in children may readily be sparked off with an electric needle or by other similar methods. Larger ones are sometimes eradicated by x-ray therapy. Dark brown hairy moles may be removed by plastic surgery.