

Signs of
The TIMES

Canada's Journal of Hope and Health

15¢



H. A. ROBERTS

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THE WORLD AS WE SEE IT

A Prophetic Interpretation of Current Events

★ Mass Murder

A HYDROGEN bomb exploding with a power of 10 metatons, namely, the equivalent of 10,000,000 tons of TNT (500 times the power of the wartime Hiroshima and Nagasaki models) would produce the following damage by blast if exploded by an airburst from an altitude of 2,000 feet:

"Total destruction over a diameter of eight miles, or an area of 50 square miles.

"Severe damage over a diameter of 16 miles, or 200 square miles in area.

"Moderate damage over a diameter of 28 miles, or an area of 600 square miles.

"Partial damage over a diameter of 32 miles, or an area of 800 square miles.

"Destruction by fire would be much greater than destruction by blast. The limit of incendiary action would cover a diameter of 50 miles, or a total area of nearly 2,000 square miles."—*New York Times Service.*

By the time this appears in print much will have been printed about the H-bomb test which was made at the Pacific proving grounds on March 1. In fact new tests will undoubtedly fill the headlines, telling of the devastating power of this new engine of destruction. The hydrogen bomb, exploded on March 1 represents, we are told, an explosive force of from 600 to 700 times that of the bombs that destroyed the Japanese cities. It had a force equal to more than ten million tons of TNT.

Every reader of this piece has but to remember the sobering effect the news of the A-bomb's destruction of Hiroshima caused as it was realized that here was a new weapon of unprecedented destructive powers. Yet that bomb was but a puny infant as compared with

The explosive force of the H-bomb far exceeded the expectations of the scientists. The mushroom cloud reached its width of more than three miles in a matter of seconds.



WORLD WIDE PHOTOS

the H-bomb which scientists have placed in the hands of military men.

We have long boasted of our scientific progress. Science has given us high-powered, sleek, shiny, racy automobiles. It has given us jet powered, faster-than-sound airplanes. It has provided ten thousand gadgets and conveniences undreamed of by our grandfathers. But it has also devised the means of man's total destruction. It has placed in men's hands a weapon that they are unqualified politically, emotionally or spiritually to control.

In all the history of nations and warfare no nation has ever possessed a weapon that it did not use. From the time of the crude catapult to the present, nations have ever sought to improve their weapons. The nation with the most destructive weapons, other things being equal, is certain to win. But with the H-bomb capable of com-

plete destruction, and in the hands of belligerent nations possessing the facilities to deliver it anywhere in the world, all stand to lose. If enemy planes were to appear over North American cities, the command would be given for American planes, based in a score of strategic places to take to the air in retaliative bombings.

In atomic warfare every opposing force loses. Great cities containing treasures of art and culture which men have spent lifetimes in producing are obliterated, together with the total annihilation of their entire populations. Great nations that have contributed greatly to the world's betterment go down to rise no more. World civilization cannot survive total atomic warfare.

When the white man invaded the North American continent he found the Indian defending himself with spears and bow and arrows. As the white

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WORLD WIDE PHOTOS
This is a scene from official film of the 1952 Hydrogen explosion, with an artist's treatment and an inset of the Pentagon, to show that the crater left by the explosion would take 14 Pentagons to fill it.

man killed the Indian and possessed his land, the Red Man retaliated, burning the settler's cabin, killing the settler and often taking the women and children prisoners. The Indians were called murderous savages. Yet they killed relatively few.

Today in 1954, one and two brief centuries this side of the Indian wars, the descendents of those pioneer settlers are guilty, not of burning a cabin and killing its occupants, but of destroying a large part of the population of an entire city. But more than that: The scientific descendents of those same pioneers have produced a weapon that is six or seven hundred times more destructive than the one dropped on Hiroshima and Nagasaki—a weapon capable of pulverizing, reducing to dust and rubble, the largest cities. Scientists have brought the nations to the place where they have the means of "mass murdering" the peoples of other nations.

We note the similarity of language as the Bible writer describes the destruction of the world under the hand of God, to that of the news writer describing the "dissolving" character of an H-bomb explosion: "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." 2 Peter 3:10.

Then Peter makes this reasonable appeal based upon that which is coming: "Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness?" Verse 11.

AUGUST, 1954

Christ The Lord

Before the world, Christ was with God;
He made all, without exception;
Bears the Royal Heavenly Rod;
Life in Him has its conception.

His word went forth, the heavens appeared;
Simply spake He, and it was done.
His call sounded, the earth upheared,
By power which He owed to none.

How can it be? the skeptics gasp,
With their proud unaided reason;
The wise, through grace, by faith they grasp
Truth, eat heav'nly food in season.

He who made all, alone is true;
In and through Him all things consist.
And they who trust Him will ne'er rue
The day, false gods they did resist.

—Herman F. DeAth

Our Marvellous Machines

By ELIZABETH CALVER

Tonight as I sit in my kitchen in Toronto, my thoughts go back to the last world war and the country cousins who came my way as they trained in and around the city. I can see Cliff Bremner as he then was, his airforce blue proudly worn as he dropped in on leaves too short to make his own home.

Cliff was a little older than most airforce boys—yet Cliff passed his examinations. He had been a first class automobile mechanic. Here then was an excellent mechanic on parts. He knew how to take good care of the ignition, the distributor, the cooling system, the gas line. He knew about brakes, their linings, the clutch and the gear shift. He was a careful and conscientious workman. He told us not to use high octane gas in our new Austin in 1947. Cars were just beginning to come off the assembly lines at that time. For years there had been none, and for many there had been no new parts.

Neither are there new parts for that marvellous machine which constitutes our bodies. The heart, the lungs, the kidneys, the liver cannot be replaced. Why do we not take better care of our God-provided bodies — they are His temple.

Tonight as I opened the *Evening Telegram* I was startled to see what Dr. W. C. Alvarez of Mayo Clinic had written about "Smoking and Cancer."

Tonight Cliff is in Madoc waiting his funeral tomorrow in Bancroft. He died from cancer of the lungs, and Dr. Alvarez's column tells of the damage to arteries by nicotine. Smoking predisposes to cancer of the lips, mouth, tongue and lungs.

Did anyone, I wonder, ever tell Cliff

how he was damaging that marvellous machine — his body — by his careless habit?

Long ago King David exclaimed: "I will praise Thee; for I am fearfully and wonderfully made." Psalm 139:14.

Dr. M. G. Hardinge, in *Man—God's Masterpiece*, makes this statement about the lungs:

"Difficult as it is to comprehend, the fact remains that every hour at rest the lungs carry in and out about 1500 gallons (6,000 liters) of air and that this is increased twenty times when an individual is engaged in strenuous exercise. The air passages from the nostrils to the lungs are lined by tiny cells, each having a fine hair-like process pointing outward. These processes have wave-like motions, like a breeze blowing over a field of wheat, and carry the fine particles of debris outward. The air one breathes is air-conditioned before it reaches the lungs, and the lungs themselves are not merely two balloon-like sacs, but rather a cluster of minute air-spaces, called air cells. There are about 750 million of such air cells, having a surface area of over twenty-five times that of the skin (455 square feet)."

The human body presents an unparalleled example of perfect unity of co-operation. What a marvellous machine! We show no wisdom to pour into its intricate parts the poisons we do. No proud owner knowingly and willingly treats his new car the way he treats his body. Yet there are no new body models.

How much wiser, how much smarter to guard our bodies as we do our automobiles! How much cheaper! Why don't we think!

Three

The Certainty of Jesus' Return

By CARLYLE B. HAYNES

THERE are few persons today who do not sense that the times in which we live are pregnant with great events, that we have arrived at a crisis in world affairs, that stupendous changes in the status of humanity itself are about to take place, changes which are certain to affect the destinies of both men and nations throughout the habitable globe.

Men everywhere are inquiring what the nature of these changes is likely to be, and are eagerly seeking for an answer.

And there is an answer. This all-important information is made available, with the most positive certainty and precision, to those who seriously inquire. It is contained in the prophecies and teachings of the Bible.

In this divine revelation of the plans, purposes and will of God we have both an announcement and an interpretation of the signs of the present times. And here we are plainly told that the great event immediately impending is the speedy, the glorious, the literal, the visible, return of the Son of God to this earth.

The evidences which demonstrate the correspondence between the signs of the times in which we live and the prophetic declarations of Holy Scripture are many. Look at a few of them.

The Steady Advance of the Gospel Into All the World

Standing on Olivet nineteen centuries ago and looking down through the centuries to come, Jesus declared:

"This gospel of the kingdom shall be preached in all the world, for a witness unto all nations, and then shall the end come." Matthew 24:14.

The preaching of the gospel "in all the world" is to serve as a witness, or sign, "unto all nations," of the near approach of "thy coming and of the end of the world." Matthew 24:3.

Has that been fulfilled? Has "this gospel of the kingdom," this announcement of the coming kingdom and the coming King, been published to the world, the whole world?

Jesus declared that the world should pass away, but that His Word should not pass away. He will come again.



EWING GALLOWAY

If we should look over a map of the world, we would find it difficult to place a finger on one continent, or country, or island group, where the "gospel of the kingdom" has not been sent. The rapidity with which it has been published is not less surprising than its universality, and both characterize this time in which we live.

The Abounding of Iniquity

Looking down to this time Jesus also saw another sign of the near approach of His return. He spoke of an awful increase and abounding of iniquity. "Because iniquity shall abound, the love of many shall wax cold." Matthew 24:12.

That truly describes this time. This is a time when crime is alarmingly on the increase. The details of human depravity spread before us in the press are appalling. Pride and covetousness are everywhere manifested. There is worship of money, thirst for gain, love for the world. Sacred things are held in contempt. The Scriptures are neglected. The doctrines of the Cross are trampled underfoot. The name of God is blasphemed. Liberalism, false philosophy, and skepticism are rampant. This is an age preeminently sinful.

The Merging of the Church and the World

Here, too, is another sign—"the love of many shall wax cold." The decay of vital godliness is to mark the last days. Can that be a description of our time?

Never was there a time when a profession of religion was more general than now. Yes, a *profession*. But examining the real state of that professed religion we will be constrained to admit that while there is on all sides the *form* of godliness, there is but little of its *power*. (2 Timothy 3:5.)

This is a time when "the offence of the cross hath ceased;" when so-called religion is universally tolerated and professed; when it is fashionable to *appear* religious. The broad line of demarcation between the church and the world has been so narrowed as to become scarcely perceptible. People call themselves Christians while conforming to the world. Spiritual-mindedness has gone out. There remains little crucifixion to the world which genuine Christianity demands. There is little renunciation of earthly and sensual enjoyments which formerly characterized the true servants of God. And this significant decay of vital godliness, "the love of many waxing cold," is another sign of the times, proving that the coming of the Lord draweth nigh.

Peter wrote of another evidence of the nearness of the return of Jesus when he pointed to the increase of scoffers.

"There shall come in the last days scoffers walking after their own lusts, and saying, Where is the promise of His coming?" 2 Peter 3:3, 4. We see and hear that all about us. No truth is more ridiculed and disregarded in the world and in the professed church than

the return of our Lord. The lapse of years, the fulfilment of prophecy, the promises of God, the prophecies of the Bible, the signs of the times, are alike neglected.

The Distress of Nations

Those who pay anything like serious regard to these things are counted as madmen, or enthusiasts, or cranks. Behold, then, another sign of the present times.

Jesus gave another sign of His second coming in Luke 21:25-28.

"Distress of nations with perplexity." Was there ever a time when the distress of nations was so *universal*; or attended with greater perplexity than the present moment? It is today that "men's hearts" are "failing them for fear, and for looking after the things which are coming on the earth." The powers of heaven are being shaken. There is an unprecedented trembling of the kingdoms of the world. The eyes of all men are fixed upon the mighty changes tomorrow threatens to bring forth. This is the time foretold by our Lord. Clearly, then, "the Lord is at hand."

In fulfilment of our Lord's prediction these present times are filled with great revolutionary troubles, political perplexities, and vast national and international agitations and turmoil. When before have human affairs been so confused, so contradictory, so perplexing and threatening as now? Look at them where you will, from one end of the earth to the other. Examine the strange alliances, the deep, sudden and mysterious antipathies, the unforeseen combination of events, the unpredictable tendencies of mighty inscrutable movements, and the sinister developments indicating control by unseen and evil intelligences, which have been manifesting themselves all over the world in recent days.

The End of All Things Impending

We have only to lift our eyes and look abroad over the earth to see that thrones, powers, governments, superstitions, traditions, institutions, and all the old stabilities; yes, even civilization itself, are creaking, shaking, crumbling, dying. The whole world has become like a tremendous magazine where a single spark may produce a universal explosion that must blast all human things out of existence.

This is a time when an enlightened follower of God, if he is faithful to God, if he is faithful to his trust, must declare to all men, "The End of All Things is at Hand."

I am not unaware that many will neither heed or credit these statements. And that is to be expected. That, too,

was foretold. It was so in Noah's day. When Lot warned Sodom, "he was as one that mocked." And Christ and His prophets have said it would be so again. But if men will not examine into these things, and, as a consequence are unready for the return of Jesus, they will have but themselves to blame.

For myself I do not hesitate to believe and preach that the Day of the Lord is at hand, and that the time of the end has been reached. And I would rather now encounter the sneers and scoffs of all mankind and be found

ready when my Lord appears, than to be accounted the most learned of theologians and have that day find me unfaithful to my duty and unprepared for my Lord.

I have been unable to fix upon any precise time. Some profess to know it; I do not. But I have no hesitancy, on the basis of the plain teaching of the Word of God and the correspondence therewith of the signs of the times, in bearing my testimony that I believe Christ's coming is at hand, even at the door.



BIBLE ANSWERS

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



Is it necessary to keep the Ten Commandment law to obtain salvation?

According to those who desire an "easy" religion, according to those who dislike the burden and inconvenience of obedience, it is not necessary. The Law, they say, was abolished at the cross. It is not effective in this dispensation. Others in this category say that God's law is out-of-date, old fashioned and not intended for this twentieth century.

But what says God's Word? John, who wrote so fully about love, also wrote about the law. He says that "sin is the transgression of the law." 1 John 3:4. That is to say that the violation of any one of the Ten Commandments is sin. To lie is sin, to steal is sin, to commit adultery is sin and so on. This is what one foremost writer says of God's Law:

"The law of God in the sanctuary in heaven is the great original, of which the precepts inscribed upon the tables of stone, and recorded by Moses in the Pentateuch, were an unerring transcript. Those who arrived at an understanding of this important point, were thus led to see the sacred, unchanging character of the divine law. They saw, as never before, the force of the Saviour's words, 'Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law.' The law of God, being a revelation of His will, a transcript of His character, must forever endure, 'as a faithful witness in heaven.' Not one command has been annulled; not a jot or tittle has been changed. Says the psalmist: 'Forever, O

Lord, Thy word is settled in heaven.' 'All His commandments are sure. They stand fast forever and ever.' Psalms 119:89; 111:7, 8."—*The Great Controversy*, p. 434, by E. G. White.

What is the meaning of Matthew 16:19? Mrs. E.M.B.

In this verse Jesus is speaking to Peter. He says: "I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven."

Here Jesus is giving His church, as an organized body, the right of church discipline. In the event an unruly member would not be subject to counsel, he might be disfellowshipped and thus severed from the church. Jesus says that this would be registered in heaven.

Please explain Jeremiah 10:3-5, where it speaks of cutting a tree out of the forest and decking it with silver and with gold and fastening it with nails. Do these things refer to the Christmas tree after it has been trimmed with ornaments? Mrs. C.D.

Some people think that this passage does refer to the Christmas tree, and it must be admitted that the language is most striking.

Who is the queen of heaven mentioned in Jeremiah 44:17? Mrs. E.M.B.

The "queen of heaven" to whom the apostate Jews were burning incense in Jeremiah's time is considered by most commentators to be the moon.

Bank Your Money in Heaven

By FENTON EDWIN FROOM

TWO days before Christmas a flash fire swept through a home in one of our larger cities. The swiftness of this holiday tragedy forced the adults and children out of the house as flames spread like lightning from a faulty oil heater. Only two fire blistered pieces of furniture, a water-soaked Christmas tree and a couple of battered presents survived. All the Christmas gifts, valued at one hundred fifty dollars went up in flames with clothing and other personal belongings.

This was a dark hour for the Cowart family who were anticipating a joyous Christmas. But in such a moment of desperation there is always a silver lining somewhere. Before nightfall two neighbours in the community went to work. From far and near they secured bed clothing, bedroom, kitchen and living room furniture, an old washing machine, lawn mower, refrigerator and kitchen stove. Others who had no house furnishings to contribute gave money.

Merchants learned of their plight from newspaper and radio and gave presents to brighten their holiday just twenty-four hours away. Amid the sin and sorrow, the tragedy and trials of this weary, worn world, there are still kind folk, let us call them Good Samaritans, who rise and shine in the darkest hours.

The neighbours who befriended this "burned out" family were prompted by the same spirit which filled that good man in the days of long ago. A priest and a levite passed by, casting a glance, expressing their regrets as it were, but the Good Samaritan jumped from his animal and ministered to the needs of a beaten, half dead man, then placed him tenderly on his beast, taking him to the nearest inn. Why such kindness to a total stranger? Did he dream that his name might be written in the halls of fame for unborn generations to praise and admire? No, this unnamed benefactor was motivated by love.

Those two kindly neighbours were laying up treasure in heaven for that

Money deposited in the "Bank of Heaven" is absolutely safe. There, Jesus says, thieves will not steal it.



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day of eternal rewards. Probably this thought never entered their minds. They sought only to make this place a better place in which to live through their compassion for fellow beings in trouble.

We do not do good deeds for an eternal reward. The gospel prophet Isaiah recorded these words: "Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." Isaiah 55:1.

The gift of eternal life is free! The gift of salvation is free! The gift of Christ upon the cross to die for you and me cost the Father His only Son—but to you and me it is *free*. No one can buy or work his way into heaven. Paul, the tent maker, and preacher, without a parallel next to Christ, declared: "By grace are ye saved through faith; and that not of yourselves: it is the gift of God." Ephesians 2:8.

Paul wanted to be sure that we fully comprehended the meaning of his words and added in verse 9: "not of works, lest any man should boast." The Christian today is preparing for heaven. This is the paramount theme of the Holy Scriptures. The objective of every saint

past or present is to dwell in the everlasting presence of God with the re-deemed forever.

But how shall we prepare for heaven, you ask? Faith is vital, good works are important, obedience is necessary to mention but a few of the responsibilities and privileges of a follower of Jesus Christ. Can we expect a person to be saved without faith? No, the writer to the Hebrews said: "without faith it is impossible to please Him." Hebrews 11:6.

Surely you and I want faith. "Faith is the substance [assurance] of things hoped for, the evidence [proving] of things not seen." Hebrews 11:1. By *faith* we read that the earth was created; that a flood destroyed it; that the children of Israel walked through the Red Sea on dry land; that Christ rose from the tomb on the third day; that He will return to this earth to take the re-deemed to be with Him forevermore.

Christians must engage in good works. The Master of mankind once cursed a fig tree (Matthew 21:19) because it bore no fruit. In his sermon on the Mount Jesus told the multitude: "every good tree bringeth forth good fruit." Matthew 7:17. The plan of God

in the spiritual world is that the followers of Christ should bear spiritual fruit. Christ was emphatic on this point. He stated: "Wherefore by their fruits ye shall know them." Matthew 7:20.

If a Christian loves His Lord he will want to work for Him and witness to the saving power of the gospel. All about us are men and women who know not the saving power and grace of Jesus Christ. Many are waiting to hear the story of redeeming grace. Are we telling them about the love of Christ? Are we bearing the Good News of salvation to those bound in the prison house of sin?

In that memorable sermon on the Mount the Saviour enunciated principles of vital import to the weary pilgrim on his way to the city of God. "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also." Matthew 6:19-21.

This principle of investing in heaven covers the works that we do, the faith that we have, the obedience that we pledge. All these different parts constitute the whole in Christian living. How can I lay up treasure in heaven? The two kind folk who befriended the burned-out family were laying up treasure in heaven; in a different way perhaps than we may do. But I am thinking of a plan in which heaven has ordained that all of us should participate.

God has given us time; time for ourselves and time for Him. Too often we selfishly use for ourselves both our time and God's. He has given us a day of spiritual rest in which He commands that we cease from our labour and worship Him. He has given us talents. Some can sing, some are musicians, some have outstanding personalities, others have the ability to sell merchandise, and still others have the God-given grace to quietly do their bit without ostentation and to smile.

All of us possess some of this world's goods. We call it income. With this economic value we have a responsibility. God created the world, the gold and silver, yes "the cattle upon a thousand hills" are His. We are just stewards placed here to govern our sphere and to show our accountability to the Owner of all mankind.

An equitable plan has been devised for all which is filled with undreamed of blessings. The prophet asked the question: "Will a man rob God? Yet ye have robbed Me. But ye say, Where-



This serviceman is holding a fortune in pearls in his hands. But in this world fortunes, as life and all other things, are fleeting. Heaven is the only place to secure our treasures of life and money.

in have we robbed Thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed Me, even this whole nation. Bring ye all the tithes into the storehouse, that there might be meat in Mine house, and prove Me now

herewith, saith the Lord of hosts, If I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:8-10.

Friend, have you tried this proposition which the Lord offers? I have. I find it to be the most satisfying and enjoyable fellowship I can have with my Lord. God says: You do your part and I will do Mine. True, I do not have too much of this world's goods but I have peace of mind. I know that I am obeying my Lord. My family has the best of health. None of my three children have ever had to spend a day in the hospital, the oldest is eleven. You say: What has that to do with stewardship, paying tithe and giving offerings? Did we not read in the promise above that He will open the windows of heaven and "pour you out a blessing, that there shall not be room enough to receive it?"

I believe those words. I have proved them over and over again. Blessings have come to me which the world knows not; and above all a peace and fellowship which money cannot buy. Many experiences could be cited of those who deliberately decided they would not walk in the light God gave to them. The result: Difficulties came their way, sickness, hospital bills, accidents; and no peace of mind.

NOTICE

Owing to heavy financial losses over a period of years, it has been found necessary to discontinue the publication of the *Canadian Signs of the Times*. Therefore, this will be the last issue that you will receive. However, you as a subscriber will suffer no loss. Every obligation which the publishers of the *Canadian Signs of the Times* owes its subscribers will be assumed by the Pacific Press Publishing Association of Mountain View, Cal., publishers of that widely circulated magazine, the *American Signs of the Times*. The unexpired portion of your subscription will be filled by that more excellent journal published at Mountain View.—Ed.

I do not pay tithe and give free will offerings to the church as a faithful steward trying to buy my way into heaven. I cannot do that. He says: "Lay up for yourselves treasures in heaven. . . . For where your treasure is, there will your heart be also." We are pilgrims and strangers passing through this world. Our real home is heaven. God wants heaven to be our home. All heaven was poured out for our eternal salvation in the person of Jesus dying on Calvary to redeem us from sin. Can we neglect such marvellous love? Do we not appreciate heaven's gift for us?

If we truly love Jesus Christ we will want to be faithful and obedient to His will. He says: "This is the way; walk ye in it." We must follow in His footsteps. If we lay up treasure in

heaven, have faith in Him, and are obedient to everything He plans for our lives, when He comes as "King of kings and Lord of lords," then "we shall be like Him" for "we shall see Him as He is."

In that triumphant day Christ will say to those who have followed Him fully: "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: Naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me. Then shall the righteous answer Him, saying, Lord, when saw we Thee an hungered, and fed Thee? or thirsty and gave Thee

drink? When saw we Thee a stranger, and took Thee in? or naked, and clothed Thee? Or when saw we Thee sick, or in prison, and came unto Thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." Matthew 25:34-40.

We lay up treasure in heaven through acts of kindness, deeds of mercy; faith in Christ; and obedience to His loving commands and invitations. Is there any greater privilege than in following in the footsteps of Jesus? In reaching out by faith, placing your hand in His and walking in His paths? God will give us the "victory" through Christ. May we daily lay up for ourselves treasure in His everlasting kingdom.

Is Jesus Both God and Man?

By ROBERT LEO ODOM

NOT long ago the *British Weekly* reported that questionnaires were distributed to a "fair cross section" of the congregations of five Free Church denominations of England and America. The same questions were asked on both sides of the Atlantic, and the answers received from both areas were almost the same.

One purpose of the poll was to find out what the members of those churches thought about the nature of Jesus Christ. Is He really and truly God? Or is He merely a human being?

The survey shows that while ninety-two per cent believe that Jesus Christ is divine, only seventy-seven per cent deny that a person can be a Christian without believing that our Redeemer is God.

It would be interesting to know what a world survey of all Christian bodies—Roman Catholic, Protestant, and others—would show on that point. Such an investigation might show a different picture, for the impact of infidelity in the modern guise of evolutionism and other antichristian teachings has shaken

An eyewitness at the cross said: "Truly this man was the Son of God," Mark 15:39.



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the faith of many in the deity of Jesus Christ.

However, what churchmen of the twentieth century think and say about the nature of Jesus Christ is not and cannot be the criterion for the Christian. God Himself has spoken clearly on that point in Holy Writ, and what He has said must be the only basis of Christian faith. The example of the Berean believers, so highly commended by the Holy Spirit, is a good one for us to follow. "These were more noble

than those in Thessalonica, in that they received the word with all readiness of mind, and searched the Scriptures daily, whether those things were so." Acts 17: 11. And so we ask, What does the written Word say about Christ's nature? Is He God? Is He merely a man? Or is He both God and man?

Centuries before Jesus was born in Bethlehem, the Most High announced to the world that the Saviour would be God born in human flesh. "Behold a virgin shall conceive, and bear a Son,

and shall call His name Immanuel." Isaiah 7:14.

The Hebrew name "Immanuel" literally means, "With Us God." And in the New Testament record of the birth of Jesus we read: "Now all of this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, Behold, a virgin shall be with child, and shall bring forth a Son, and they shall call His name *Emmanuel*, which being interpreted is, *God with us*." Matthew 1:22, 23.

The Lord declared long beforehand that the promised Son would be both human and divine. Said the prophet: "Unto us a Child is born, unto us a Son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counsellor, *The mighty God*, The everlasting Father, The Prince of Peace. Of the increase of His government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever." Isaiah 9:6, 7. Thus the great Son of David was "the mighty God" clothed in human flesh.

The word "God" is not the name of one particular being, but it is used to designate a *kind* of beings—such as are considered divine. Three Divine Persons form the Godhead. Hence the sacred Scriptures speak of this Trinity as the Father, the Son, and the Holy Spirit. The Holy Spirit is specifically mentioned in Genesis 1:3. And in verse 26 we read: "And God said, 'Let Us make man in *Our* image, after *Our* likeness.'" The use of the Words "Us" and "Our" indicates that more than one Divine Person took part in creating our world. In fact, the Hebrew term translated into English, as "God" 31 times in the first chapter of Genesis, is *Elohim*, the plural form of *Eloah* ("God").

The Lord has thrown much light on this point, saying: "In the beginning was the Word, and the Word was with God, and *the Word was God*. The same was in the beginning with God. All things were made by Him; and without Him was not any thing made that was made. . . . The world was made by Him. . . . And *the Word was made flesh*, and dwelt among us." John 1:1-3, 10, 14. According to this, Christ, who is here called "the Word," was God and the Creator of this world, and He was such while He was incarnate and lived among men. That Christ is the Creator of the world is clearly taught elsewhere in Holy Scriptures. (Hebrews 1:1, 2, 8-10; Colossians 1:13-17; Ephesians 3:9; 1 Corinthians 8:6.) He frequently mentioned the fact that He had



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existed long before His birth as a human babe in Bethlehem. (John 17:5, 24; 8:56, 58; 6:62.)

God the Father Himself calls His Son "God." "Unto the Son He saith, Thy throne, O God, is forever and ever." Hebrews 1:8; Psalm 45:6. He is "equal with God." Philippians 2:6. In Him "God was manifested in the flesh." 1 Timothy 3:16. "As concerning the flesh Christ came, who is over all, God blessed for ever." Romans 9:5. Such is our "great God and Saviour Jesus Christ." Titus 2:13, Revised Standard Version. "For in Him dwelleth the fullness of the Godhead bodily." Colossians 2:9.

To the apostles of Jesus Christ, He was "our God and Saviour." 2 Peter 1:1, margin. (See also the Revised Standard Version.) Even doubting Thomas did not hesitate to address Him thus, "My Lord and my God." John 20:28. And John declares that He is "the true God, and eternal life." 1 John 5:20.

The apostle Paul speaks of "the church of God, which He hath purchased with His own blood." Acts 20:28. The God referred to here is the Son, for it was He, and not the Father, who shed His blood for our redemption.

Some people are perplexed by this statement by the apostle John: "No man hath seen God at any time." John 1:18; 1 John 4:12. How, they ask, can this be true if Jesus Christ Himself is God? He certainly was seen by men when He lived on earth, as John himself testifies. (1 John 1:1.) The solution to this problem is very simple. What the people actually saw in the physical person of Jesus—His head, hair, hands, feet, et cetera—was His humanity, the carnal body that He had received from His mother Mary. By covering His divine being with human flesh, the Son of God thus veiled His divinity, because sinful man cannot behold the Deity in His unveiled glory and live. (Exodus 33:17-23.) Mankind did see in Jesus'

character the attributes of the Deity while He was God garbed in human flesh, for He manifested the love, goodness, mercy, grace, justice, longsuffering, and truth of God to men.

The Holy Scriptures explicitly forbid man to worship angels and men. (Acts 10:25, 26; Revelation 19:10; 22:8, 9; Colossians 2:18.) But Jesus freely permitted men to worship him. (Matthew 2:11; 14:33; 28:9, 16, 17; John 9:38.) And it appears that when Christ ascended to heaven in His resurrected human body, holy angels may have wondered whether or not it would be lawful for them to adore Him, since He was also a man. God the Father then spoke definitely on that point in order that there might be no doubt about the matter, saying: "Let all the angels of God worship Him." Hebrews 1:6. And John, in a vision, saw the inhabitants of heaven fall down before the Lamb, the Son of God, and worship Him with praise and devotion. (Revelation 5:8-14.)

Jesus Christ is frequently spoken of as a man in the Holy Scriptures. He loved to refer to Himself as "the Son of man." And rightly did He speak, for He was both the Son of God and the Son of man—both God and man in one person.

Christ is God's best gift to humanity, a gift that is to be ours as long as eternity shall last. "Unto us a Child is born, unto us a Son is given." Isaiah 9:6. "God so loved the world that He gave His only begotten Son." John 3:16. In taking our flesh upon Himself, our Creator and Redeemer has bound the human race to Himself with ties that can never be broken. In His human body—raised from the tomb and glorified, but wearing the scars of the wounds He suffered when He died to save us—Jesus ascended to heaven. So throughout the eternal ages God will be inseparably linked with humanity—"God with us" forever.



Applications of hot and cold water are most effective in relieving pain and in promoting the healing process.

The Meaning of Pain

AS THE nurse worked to remove the dirt and grease from the patient's foot, the doctor in charge observed the patient. He certainly was a puzzling case. The patient had stated that he had filled the bathtub to take a bath. He had put his hand in the water to test for temperature and although his fingers were scalded the water had seemed quite comfortable. Then he had stepped into the tub to take his bath and had horribly scalded his foot. The doctor was puzzled until he remembered about a disease of the spinal cord of the back which he had studied about in medical school, syringomyelia, it was called.

As he busied himself dressing the burns he remembered that in the skin there are millions of bare nerve fibres just like bare electric wires. These little nerves carry the sensation of pain when disturbed. The nerve fibres travel to the spinal cord in the back where they group into little bundles which continue to the brain. In this rather rare disease, part of the spinal cord is destroyed in which these little bundles travel. In the patient before him the little bundles which carried sensations of pain from the arms were destroyed, but the ones from the legs were not injured. Thus the injured man had put his hand in the water and not felt the heat and associated pain. If he had, he would not have stepped into the hot water and been scalded.

Every doctor has seen the patient who has been working with metal, per-

haps using a grind-stone. Several hours or even a day afterwards, the patient's eye became painful. It continued to grow worse until finally he had to seek medical aid. The doctor, after searching carefully, found a very tiny piece of metal or grit embedded in the eyeball which he removed. What would have happened if there were no pain fibres in the eyeball? The patient would never have known there was something injuring his eye until permanent damage had been done. The patient with the burn would have avoided injury if he had felt the sensation of pain from his hand. When God made man he wired him with a whole system of nerves to carry pain. Even in the stomach, heart, brain and other organs there are little nerve fibres which warn of trouble by giving a sensation of pain. They are all placed there for the protection of the body. If there were no sensation of pain a person with a stomach ulcer would not know of his condition until too late to undergo treatment. The man with a coronary heart attack would not know that he had a heart attack and might continue working, causing premature death.

Much of our pain comes to us because we disobey the laws of health. If we break the laws of the land we are

punished. If we break the laws of the human body, we will surely suffer and many times that suffering is in the form of pain. One young lady came to her doctor suffering from sharp pains in her chest and burning pains in her feet and legs. She was also tired and nervous but the pain was becoming unbearable. Her pain was due to neuritis caused by her living on a diet almost devoid of vitamins. She liked vitamin deficient foods such as white bread, pies, cakes, cookies, ice cream, et cetera, and her health suffered the consequences. Another man in his early fifties came to his doctor because of pain in his chest and a chronic cough. X rays showed that he had cancer of the lung. He had smoked cigarettes for many years. He had known that they were not good for his health, but he could not be bothered to make the necessary effort to stop using them. Now he had cancer of the lung, and although he lived for almost a year, he suffered severe pain during that time.

Sometimes rather commonplace mistakes in living are responsible for suffering and pain. There is the person who loves to eat and fills his stomach way beyond its requirement, resulting in indigestion. Then there is the person who overindulges in alcoholic beverages and awakens the morning after with a painful headache. Others suffer from continual headaches because they do not drink enough water. The kidneys need water to eliminate body wastes—without it they cannot do their job and the accumulated wastes in the body cause headaches. One could go on making a long list of errors in living that injure the body and cause pain.

The Bible states that in the earth made new there will be no more pain. Does this mean that God will remove the nerves that carry pain? Certainly not, but it does mean that the inhabitants of the new world will be free from sin and that they will closely follow the laws of health. They will not use foods which weaken the body and bring on illness and death, nor will they use poisons such as tobacco, alcohol, tea, and coffee which injure the body. It is thus that pain will be removed and much pain today could be removed by following the laws of health.

By

GORDON M. ARNOTT, M.D.

There are others who have questions to ask about pain. Take for example a man suffering from cancer, or a woman crippled by arthritis to whom life is a continual nightmare of pain. Why do they have to suffer? What has gone wrong? Did God make man so that he would suffer pain? The Bible says that, "the whole creation groaneth and travaileth in pain together until now." Romans 8:22. Did God make it so? It also says that, "an enemy hath done this." Matthew 13:18. Only in the Bible can we find an answer to these questions. There we learn that God in the beginning created man in perfect health and free from all disease, pain and suffering, but the enemy, Satan, caused our first parents to sin. When sin entered man disobeyed the laws of health and this resulted in the pain and suffering which now rests upon the human race.

Sometimes the minister or doctor is asked the question by some person who has lived a good Christian life, why he has to suffer, when another whom he knows has lived an ungodly life seems to be free from pain. The Bible says that the Lord chastens those whom He loves. He lets them suffer many times because He loves them and sees good in them, but there is some defect in their character which needs removing. Perhaps they need polishing just as the rough diamond is polished so that it may shine in all its brilliance. Perhaps God sees that if they were relieved of their suffering they would forget Him in the rush and cares of living. It is when men come face to face with suffering and pain that they often turn to God. In the mind of God a life in the eternal bliss of the earth made new is more important than any suffering which may be necessary to keep one near to God that he may now be perfected. Thus it is that God must let some of us suffer. He even allowed His Son to suffer that we might have the hope of eternal life. He does not enjoy seeing his children suffer, but it is for our best good. If God were to remove all pain and suffering from those who serve Him, we might serve Him just to be free from the pain and not because we love Him. God can only accept a service of love, and thus has not made any sharp distinction in suffering between those who serve Him and those who do not.

Again the question may be asked: Will sickness, suffering and pain always continue with us? Is there no brighter hope for man? Here again the Bible has the answer: It says that God will create all things new and that there will be no more tears, no more death, no more sorrow, no more crying, and

no more pain. What a happy time that will be when we can put the pain pills away! But while we must remain here,

under these conditions of sin, we can live close to the laws of health and thus prevent much suffering and pain.



No Room For Self-pity

By LUCIA MALLORY

MOTHER, Kenneth and Alice won't let me play games with them!" My niece, Betty Ann, lifted a scowling face to her mother as she made that indignant assertion.

I was visiting at the home of my brother, Beatrice, my sister-in-law, and I were sitting in the living room with our knitting. From time to time laughing voices floated in to us from the front porch, where my niece and nephew of high school age, Alice and Kenneth, were enjoying a game of canasta. Coming back from a visit at the home of a neighbour, Betty Ann had asked to join them, only to be told not to bother them since the game was already in progress.

Just as I expected her to do, Beatrice put aside her work in order to give full attention to the little girl's problem. "I don't believe you need to play games this afternoon, Betty Ann," she answered lightly. "Suppose you look in the top drawer of my desk and see what Aunt Lucia and I brought from town this morning. You'll find a little package there marked with your name."

A smile replaced the frown on Betty Ann's face as she skipped off to follow her mother's directions. "Oh, Mother, thank you!" she called. "Now I can finish my kodak book and show it to Aunt Lucia."

The little girl found a place at a table and began mounting pictures with the gummed corners she had found.

That evening, after Betty Ann had gone to bed, I heard Beatrice say gently to Alice and Kenneth, "It would have been kind, this afternoon, if you had invited Betty Ann to play a game of canasta with you after you had finished the one you were playing when she came home."

Both of the older children agreed. It was evident that, another time, their little sister would be invited to join them. Said Kenneth, "We'll teach her all the fine points of the game!"

In the same joking spirit his mother replied, "Betty Ann may surprise you by winning the first game!"

"I didn't intervene this afternoon, Lucia," Beatrice explained to me later, "because I didn't want to place undue importance on Betty Ann's hurt feelings. She has sometimes shown too much of a tendency to indulge in self-pity. I was saving the materials for her kodak book to give her a pleasant, independent occupation when she needed it. I want her to acquire a fine personality that will not stoop to dwell on real or imagined slights."

"I've seen too many examples among adults of the unhappiness that self-pity induces," Beatrice continued. "Only last week a member of a committee on which I was serving left our women's club meeting in unhappy haste because of an unintentional slight. She had been unable to attend the first meeting of our programme committee, but she had assured us that any plans we made would be satisfactory to her. On the day of the programme we met early at the clubhouse to complete preparations. In our hurry nobody thought about explaining our plans to her. Suddenly we heard a childish exclamation, 'Nobody consulted me about this programme—I guess I'm not needed. Before anyone could stop her our oversensitive friend had left the room and gone home! Needless to say, she left much discomfiture behind her, and I have no doubt she spent a very unhappy afternoon by herself.'"

"I am sure such early guidance as you are giving Betty Ann would have provided your friend with a more sensible attitude toward such minor omissions," I said. "I like your idea of helping a child build a defense against self-pity by developing resources of his own. When I look around at all the wonderful books in the room where I serve as children's librarian, it seems to me that, with just the little help required to make the needed contacts, right there within those volumes abound the richest of resources for the satisfaction of any child's hands, his mind and his spirit."—*National Kindergarten Association.*



The DOCTOR'S VOICE



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Fainting Spells

I have frequent blackouts which may come on while standing or sitting. When I get over them my forehead feels funny. How can this be overcome? I am not anaemic.

Some people faint more readily than others. There is such a thing as postural hypotension. The blood pressure drops and leaves one rather flat, especially when one has been standing, but it sometimes occurs when sitting. This may be noticed during convalescence from an operation or any serious illness. Neurocirculatory asthenia is a similar disorder seen in persons of a high-strung temperament. In this condition the systolic and diastolic blood pressure tend to converge, leaving the pulse pressure weak. In any case it would be advisable to have a general physical examination, with blood count, to confirm the fact that your blood is up to par. Some women have, so they tell us, a low blood volume in spite of a fairly normal blood count. Blood volume is difficult to compute so is not done routinely.

Many women have to take iron about one week out of every month to keep their blood up. Grapefruit and tomato juices are rich in iron. A glass of one or the other daily could be taken with benefit. Do not resort to tea, coffee, or other stimulants as they only make matters worse in the end. Outdoor exercise such as working in the garden would be beneficial. Be sure to get your "three deep breaths three times a day." An

erect posture in sitting and standing is important.

Weeping Eczema

My husband has weeping eczema. What sort of a diet should he be on, and what treatment would you advise?

In cases of eczema the diet should be simple. We ordinarily recommend the exclusion of meat, fish, cakes, pastries (excess sugar in any form), spices, vinegar, mustard, et cetera. Water should be taken freely between meals. A great deal of comfort can be derived from taking neutral baths (water slightly below body temperature) for 30 minutes once daily. Corn oil (mazola) may be applied following the bath, and during the day whenever necessary. A bland ointment such as Lassar's paste without salicylic acid may be applied at night. Emotional factors are quite important so there must be freedom from worry and anxiety. Rest should be adequate. Hospital treatment is required in severe cases.

Heat Waves

I am a woman of 45 and suffer from heat waves. What diet will help to relieve this?

Hot flushes at the menopause can be relieved by taking oestrogens (ovarian hormones) every day or two, but they should not be taken regularly for over three months. As a rule they are not required. As far as diet is concerned it should be simple. This would exclude pastries, spices, tea, coffee, pork and shellfish, et cetera. Water should be taken between meals.

A Stroke and Diet

My grandmother aged 91 has had a stroke. She is an invalid and has an impaired memory. She is overweight. She has fixed ideas regarding diet and wants the following every day: One quart of milk, oatmeal, potatoes with butter, scraped raw carrots, one or two bananas, and sometimes jello with cream, pears and vitamin B prescribed by her doctor. She takes one-half cup of tomato juice with some senna tea mixed. Do you believe she is getting enough nourishment?

As an invalid who is overweight she is certainly getting enough to eat. To simplify nursing care, if for no other reason, it would be advisable to put the patient on a reducing diet. Skim milk could be used instead of whole milk, and butter and cream might be restricted for the present. Fruit should be cooked without sugar, and gelatin without sugar would be preferable to jello.

Constipation

What is the treatment of constipation?

Normal functioning of the bowels is dependent upon a number of factors: 1. Good general health and nervous stability. 2. Adequate bulk in the diet as provided by free use of fruits and vegetables. 3. Adequate fluid intake (free use of water between meals). 4. Adequate mineral and vitamin content in the diet; that is, calcium as in milk; vitamin B complex as in legumes, nuts, prunes, whole grain cereals. 5. Normal thyroid function—(persons with impaired thyroid function tend to become very constipated). 6. Adequate exercise.