

The ORIENTAL **Watchman** and Herald of Health



Photo. Stanborough Press Ltd.

Tourists Looking into the Entrance to King Tut's Tomb, Which is Just Below the Large Central Opening

IN THE TOMBS OF THE KINGS, *Page 12*

FOOD REGULATORS OF BODY PROCESSES, *Page 10*



Around the World

THE 78,000 paupers now in almshouses throughout the United States is the fewest number in proportion to the population that the country has ever had. Let us give the credit to prohibition.

The "Christian general," Feng Yu-hsiang, confiscated all the tobacco of the British-American Tobacco Company at Kalgan, China, where he was sent from Peking as district governor. He declared that tobacco was "detrimental to the principles of Christianity," and in a decree asked the people of the district not to use it.

A new antiseptic, recently discovered and named hezylresorcinol, used in Johns Hopkins hospital to clear up longstanding infections of the kidneys and urinary tract, is said to be fifty times as strong as carbolic acid in its power to kill disease germs, and yet so harmless to man that it can be swallowed without injury.

John D. Rockefeller, Jr., has given \$1,000,000 to the Hampton and Tuskegee Institutes for Negroes, as announced by Dr. Anson Phelps Stokes, chairman of the special gifts committee of the Hampton-Tuskegee Endowment Fund. Mr. Rockefeller's donation was made unconditionally, and brings the \$5,000,000 endowment fund now being raised to \$3,500,000.

What is declared to be the largest and most powerful locomotive in the world is being built by Henry Ford for his railroad. The engine, which will have 16 motors of 250-horse-power each, will be capable of pulling a train of 150 loaded cars. It will be 170 feet long, 15 feet high, 10 feet wide, and will weigh 340 tons.

A French court decided that a pearl "cultivated" in the Japanese manner by implanting a nucleus of calcium carbonate in the tissue of a living oyster, is a genuine pearl, a real gem, and not an imitation. The process of "cultivating" a pearl is a leisurely one, for the oyster in which the nucleus of nacre has been placed is left undisturbed for at least seven years. Kokichi Mikimoto is the name of the ingenious Japanese who conceived and perfected this curious method of producing beautiful and costly gems.

The French government has approved of building a railroad across the Sahara Desert. It will stretch from the Mediterranean to the Niger, across the immense wastes of deserts hitherto unconquered. It is expected that the building of this road will take seven or eight years. It will link up two widely separated parts of French West Africa, and will be of great economic value in the way of transportation of exports to Marseilles. France will gain an easy access to West Central Africa, with riches hardly touched at the present time.

In her first message to the Texas Legislature, Mrs. Ferguson, the new Governor, recommended that a tax be imposed on cigarettes to raise revenue for new school buildings. It would be possible to raise \$800,000, and "if smokers are not interested in the great cause of educa-

tion they will be able to relieve themselves from the tax by dropping smoking until the desire to smoke overcomes the opposition to education." Several Western American States prohibit the sale of any manufactured cigarettes as a menace to health and morals.

Simon Guggenheim, mine owner, has created a \$3,000,000 fund to provide scholarships for advanced study abroad. It will be a memorial to his son who died in 1922. The scholarships are open to both sexes, married or single, of any race, creed, or colour. Candidates, however, are expected to show marked ability in a particular subject.

One manufacturer, with factory workers in America and abroad doing the same kind of work, gives the following figures in regard to pay in the various countries: In Italy the pay per day of a workman is 4s; in Belgium it is 4s. 9d.; in France, outside of Paris, 5s. 2d., in Paris, 5s. 8d.; in Germany, 6s. 6d.; in England, 9s. 6d.; in the United States 21s. 4d. This may be one reason why people are so anxious to go to the United States, and why America must have immigration restrictions to keep them out except in limited numbers. Another reason suggested is that America uses more machinery, and hence one labourer can accomplish more in the United States than elsewhere.

The honour of being the oldest city in the world must be given to Damascus, in Syria. Other cities were built before it, but they have perished or been destroyed. Damascus, which is mentioned in Genesis 15:2, remains what it was before the days of Abraham, a centre of trade and travel. Its fruits and flowers are as celebrated now as they were in ancient times. From Damascus comes our damson, or blue plum; *damasco* or the apricot; the damask rose; damask, our fabric of cotton and silk; and *damasceninf*, the beautiful art of inlaying wood and steel with gold and silver. It was near Damascus that Saul of Tarsus saw the light above the brightness of the sun. "The street which is called Straight," where he prayed (Acts 9:11), still runs through the city.

The largest clock in the world was recently shipped from the Seth Thomas factory to take the place of the old Colgate clock that for years told New Yorkers the time from its high position on top of the Colgate factory in Jersey City. The diameter of the dial of this gigantic clock is fifty feet. The minute hand, from the counterbalance to the tip is thirty-seven feet three inches long, the width of an ordinary city street. The mean width at the hub is three feet six inches, giving to the hand a visible surface of fifty-three square feet. There are 120 electric light bulbs dotted along the outside border of this hand in order that it may be seen at a great distance at night. The hour hand, twenty-seven feet long, is much wider, so, in spite of its being ten feet shorter than the minute hand, it has a still greater visible surface. There are 100 electric light bulbs on this hand. Both hands are built of seven-ply wood, with a reinforcement of structural steel. They are treated with a dull black finish which will bring them out distinctly against the white background of the huge dial. The entire weight of the movement and the hands is about four tons.

The Oriental Watchman

AND HERALD OF HEALTH

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No. 7

Topics of the Day

The International Situation

Mr. Austin Chamberlain, in a speech in the House of Commons, recently said: "Fear, haunting, restless, brooding fear, haunts the councils of every nation and the homes of every continental people; fear that warps the judgment and affects the national policy which leads to irritation, to fresh provocation; which renews day by day the offences of the war, and the rancours of the war. If this continues, sooner or later Europe will march to a new Armageddon."

The Flying Flivver

The entire world is interested in the "Ford" of the air which recently began operations for the Ford Company in America. The *Maiden Dearborn* is to be used exclusively for the Ford Company's business. At present it flies every morning from Detroit to Chicago carrying important mail and express packages. In the afternoon it returns to Detroit likewise laden. Thus two of the most important of the huge Ford manufacturing plants are linked up by air. Ford proposes to connect Detroit with other important centers where he has large plants such as St. Louis, Minneapolis, and Iron City Michigan.

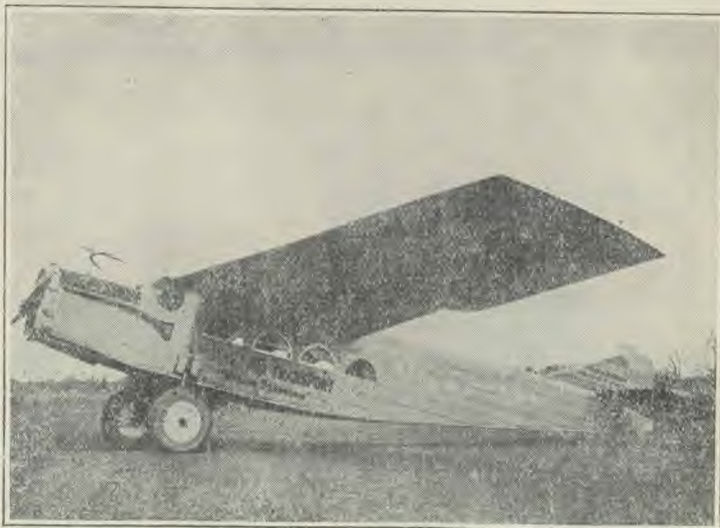
This plane is constructed entirely of duralumin. It has a wing spread of 60 feet and its length is 46 feet 2 inches. It is equipped with a "Ford" Liberty engine and has a maximum speed of 115 miles per hour. Its first load was of 1213 pounds, mostly automobile parts, exclusive of the pilot and petrol.

Ford announces that up to the present he has left this air business to his son Edsel, for he says it is "a young man's job." But now the resources of the Ford organization are to be thrown into its promotion. Their first effort will be to perfect and manufacture aeroplane engines, after that—who knows what developments will take place?

The Vital Spark

We call special attention to the article in this number by Mr. Corn-

forth in which he makes plain just why the body needs the mineral salts and those elusive things we call "vitamines." It seems that just as a body is of but little practical value without the vital spark of life, so is our food without the vital spark of vitamins and the mineral salts. The removal of that vital spark from the food will eventually remove the vital spark from the body. The body itself attends to this matter in that peculiar process which is called metabolism—providing we do our part in furnishing it proper material. When we fail, the alkiline balance deteriorates, "acidosis" is manifested, and we have all sorts of diseases as a result. Where the old-fashioned doctor used to prescribe a pill or dose us with some poisonous drug, the modern doctor tells us to eat green vegetables, fruits, treacle, curds and cheese, for all these are rich in the vital spark for which our bodily processes are clamoring. It is worth while in this connection to recall the story of the German cruiser that was making



Topical Press

Millionaires Combine to Produce Aerial "Fords"

Two-seater Planes to be Made by the Thousand

Millions of pounds, it was learned, are now to be invested in aerial transit. In a vast scheme, which will do for flying what the Ford car has done for motoring, Mr. Phillip Wrigley, the American magnate and Mr. Marshall Field, millionaires are about to join Mr. Henry Ford and his son Mr. Edsel Ford.

Photo shows the "Maiden Dearborn," the first aeroplane built at the new Ford airport which was recently tried out successfully.

such havoc with shipping during the war, and was fully equipped, as the Germans thought, with the strength-giving foods, such as meats of every kind, but which was compelled to put into an American port and surrender because the entire crew were afflicted with some mysterious malady. The mystery was solved when it was discovered that all that was the matter with the crew was the lack of these very mineral salts and vitamins in their diet. As soon as they reformed their diet, nature restored the alkaline balance and all was well. Although those ancestors who prescribed the Indian national diet had perhaps never heard of these things, yet it happens that curds or *dai*, new sugar or *gurl*, and milk, for example, are very rich in these very things. Let us see that we do not leave the "vital spark" out of our diet.

The Age of Fire Passing

Fire has been looked upon as the most valuable of all man's utilities. Evolutionists believe that the discovery of how to control and use fire was one of the most important in the progress of the race. While all may not endorse this vagary, for we believe man has always known its use, still all recognize its importance. But fire is also a crude, intractable and terribly dangerous thing. Modern science has set about to demonstrate that electric energy can be completely transformed into heat. When this is fully demonstrated and made available for every home in the world, fire, as we know it now, will disappear. The touch of a button will cook our food, turn the wheels of industry, and do hosts of other things such as sweep our floors, wash our clothes and our dishes, etc., etc. This will do much to remove the drudgery from life and give more leisure time to all. The one question is, Will the human family use in a profitable manner this increased leisure which the new age will give them?

Where the Soviet Failed

Much interest has been aroused in the efforts now being put forth by the Russian Soviet to entice capital back into Russia. The Communists started with the theory that middle-men were but parasites and tried to utterly abolish them, confiscating all their capital and, in many cases, putting them out of the way through the gateway of death. The new economic theory was that the State and co-operative institutions could effect a junction between town and village, reducing the transfer costs to almost nil, and providing everybody with whatever they needed at almost "cost price." By government order all trading with merchants and middle-men was abolished. But the farmer, no longer able to get cash for his produce, refused to go to the extra trouble of hunting up those who would "barter" with him and no longer came to market. The Soviet then tried "commanding" his products. But he stopped producing, only raising enough for his own needs. The people in the towns began to starve, and drift out to the country. But there was nothing left to tax, and the Soviet had a multitude of mouths to feed. So

Trotsky has reversed the old policy and has broadcasted an earnest invitation for business men to return to Russia. In view of past experiences, it is not expected that there will be any great rush of business men in response.

The Geneva Protocol Scrapped

The clever move of Japan to make the League of Nations the means for enforcing her own peculiar ideas in certain matters, almost succeeded. The British delegates at first protested, but their objections were overborne. However the Colonies vetoed the matter so unequivocally that British Statesmen had to choose between the so-called League of Nations and the British Empire as it stands to-day. And this but emphasizes the impracticability of the League of Nations idea in the present work-a-day world. One of the last important statements of Lord Milner was made at the close of his recent trip to Africa, when he said that since the British Empire, which at least was homogeneous to a limited extent, was finding so much difficulty in making a practical success, in a much more circumscribed sphere, of the League idea, and since questions were continually cropping up threatening its dismemberment, it was very plain that a League attempting to co-ordinate the conduct of affairs of a group of nations with such varied and conflicting interests and ideals as is represented by the League at Geneva, is foredoomed to failure.

Stored Sunlight—Use More Oranges

According to the *Statesman*: "Six rats were placed in a cage in a dark room in a recent experiment and allowed to consume their fill of boiled meat, bread and water. At the end of a week they were found to have lost half their weight. Three of the rats were then put in another cage and given nothing but a small portion of an orange on which to sustain themselves; these three rats put on half the weight they had lost. The other three were given sunlight and a little orange, and within a week had regained their full normal weight.

"In an interview, Dr. Hector Munro, a Harley-street specialist, who has been interested in the experiments, said, 'Vitamins, are nothing more nor less than stored sunlight. Oranges and lemons contain a higher percentage of stored sunlight than any other fruits in the world.'"

We emphasize the importance of orange juice in the diet because of its great value from a health standpoint, and because oranges are comparatively plentiful in many parts of India. Orange juice expressed into a glass and taken as a beverage should become popular in such a "thirsty" land as ours. We suggest that some person, who is looking for new ventures economically, consider starting an orangeade factory. The immense quantities of aerated waters now consumed in India, evidence a demand for such a beverage. The most of these drinks are simply aerated water of doubtful quality, sweetened with a poor grade of sugar, and flavoured with some strong acid or other, that can



Topical Press

The Holy City in Mourning

Lord Balfour's Drive Down Crepe-Decked Streets

To mark the occasion of the Earl of Balfour's visit to Jerusalem, Arabs (both Mohammedan and Christian) closed their shops and ceased work as a protest against the "Balfour Declaration."

No Arab vehicles were seen on the streets.

Note the black flags flying from houses on the day of Lord Balfour's arrival. It does not look very favourable for the Zionist's impracticable dream.

only harm the stomach. Why not start a campaign to substitute health-giving stored sunlight, orangeade, in their place!

"War Resisters International"

An organization of the above name has recently issued the following manifesto:—

"We, men and women anti-militarists, see with joy that amongst the so-called conscripts the tendency to form 'peace-groups' is growing and that the number of those who refuse to become soldiers increases slowly but constantly.

"We feel ourselves called to openly side with the conscientious objectors.

"We declare that we are firmly resolved to refuse military 'service' of every description, not only in barrack rooms, trenches, men-of-war, aeroplanes, but also in munition factories, other factories, transports—in short to do no work which is connected with war or the preparation for it.

"We also intend to prevent by this manifesto a possible mobilisation of war forces.

"We invite all who wish to work for peace to immediately co-operate with us, and when war should threaten, to stop it by their action."

While we welcome this manifesto and as "conscientious objectors" to war endorse its sentiments, yet as practical men who have faced the real situation that is in the world and suffered for

it, we fear it is "a voice crying in the wilderness." The spirit of war has infected the human race with its deadly virus, and while it is our duty to lift our voices in protest, we must also fortify our souls for the suffering that is sure to come when the war machine attempts to crush all "conscientious" objections to its baleful sway.

We Are Sorry

If we should ask the doctors who know from practical experiences, the terrible results both to the little mothers whose bodies can never fully develop because of early child-bearing, and to the unfortunate child thus born, doomed to physical imperfection for life, from being born of an immature mother, what they think of early child-marriage, there is not one but would condemn in most unmeasured terms the present law permitting the consummation of marriage when the girl is but twelve years old. We fail to understand the mentality of a legislature, the majority of whose members voted down the recent "Age of Consent" Bill in the Delhi Legislative Assembly, which only made the modest advance of two years on the present law. That seemed small enough an advance in all conscience. But our greatest regret is to record that out of 30 Europeans, 16 voted against the Bill. Had all 30 of the Europeans voted in its favour it would have passed. Such an attitude on the part of the European members is past understanding. We are sorry.

Spiritualists Fail

Last year the *Scientific American* offered \$5000 (about 15,000 Rs.) to any spiritualist medium who could demonstrate to the satisfaction of an unbiassed committee that they could command genuine manifestations from the spirit world. This committee travelled extensively and many different mediums tried to claim the prize. "Margery", a married woman of Boston, came the nearest to convincing some of the committee members. Wonderful things were done by purported "spirits", but in the end the committee rejected her claim, as the "spirits" refused to come out in the open and demonstrate their identity. One is always suspicious when such demonstrations must be made in the dark and under such conditions that make fraud or sleight-of-hand possible. But even "Margery" failed, and the \$5000 still dangles tantalizingly before the eyes of spirit mediums. We hope to discuss Spiritualism from the Bible standpoint in future numbers.

Christ's Death and Resurrection

Predicted by Himself

No. 2

By Carlyle B. Haynes

THE very fact of the past history and the present existence of the Christian church is strong evidence, not alone of the belief in the resurrection on the part of the early disciples, but of the fact of the resurrection.

But is there other evidence, direct evidence, of the fact of the resurrection?—We believe there is.

First, there is the fact that Christ, before His death, predicted His resurrection. He plainly foretold His death, but declared He would not remain in the grave. He did this to encourage His disciples, and He did it also to confound His enemies.

On one occasion the scribes and Pharisees came to Him and demanded a sign that He was the Messiah.

His reply was:

"An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: for as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth." Matthew 12: 39, 40.

He told His disciples "how that He must go to Jerusalem, and suffer many things of the elders and chief priests and scribes, and be killed, and be raised again the third day." Matthew 16: 21.

On another occasion, "Jesus said unto them. The Son of man shall be betrayed into the hands of men: and they shall kill Him, and the third day He shall be raised again. And they were exceeding sorry." Matthew 17: 22, 23.

On their way to Jerusalem, Jesus "took the twelve disciples apart in the way, and said unto them, Behold, we go up to Jerusalem; and the Son of man shall be betrayed unto the chief priests and unto the scribes, and they shall condemn Him to death, and shall deliver Him to the gentiles to mock, and to scourge, and to crucify Him: and the third day He shall rise again." Matthew 20: 17-19.

The Figure of a Temple

There was another occasion when the Jews demanded a sign of Him, and He said: "Destroy

this temple, and in three days I will raise it up. Then said the Jews, Forty and six years was this temple in building, and wilt Thou rear it up in three days? But He spake of the temple of His body. When therefore He was risen from the dead, His disciples remembered that He had said this unto them; and they believed the scripture, and the word which Jesus had said." John 2: 19-22.

The enemies of Jesus were fully aware, therefore, of the predictions which He had made regarding His resurrection from the dead. And after they had put Him to death, they recalled His words, and were afraid of them. We have the record: "Now the next day, that followed the day

of the preparation, the chief priests and Pharisees came together unto Pilate, saying, Sir, we remember that that deceiver said, while he was yet alive, After three days I will rise again." Matthew 27: 62, 63.

Appearances After Resurrection

Very early on the morning of the resurrection, some of the women who were



The First Appearance of Jesus After His Resurrection

among His followers came to the sepulcher to embalm and anoint His body. They found an empty tomb; but this was not all they found. They found a living Christ. In seeking for an explanation of the empty tomb, they were met by an angel with the announcement: "He is not here: for He is risen, as He said." As they ran to tell the glorious news, "behold, Jesus met them, saying, All hail. And they came and held Him by the feet, and worshiped Him." Matthew 28: 5-9.

After this, on the same day, He appeared to two other disciples one of them named Cleopas, the account of which meeting is found in Luke 24: 13-35.

The same day He appeared to Peter, who early that morning had been to the sepulcher with John and had found only an empty tomb. (Luke 24: 34; 1 Corinthians 15: 5.)

Then the evening of that same day He appeared to the whole group of His disciples, with only Thomas absent, demonstrating to them that this

was no hallucination by asking them to behold the wounds in His hands and feet, and to handle Him, and see that a spirit did not have flesh and bones as they saw He had. (Luke 24: 36-48.) He then had a meal with them.

Eight days afterwards, when the entire eleven were together, including Thomas, the skeptical one, He appeared to them all, and said to Thomas: "Reach hither thy finger, and behold My hands; and reach hither thy hand, and thrust it into My side: and be not faithless, but believing." John 20: 27.

Later, He appeared to seven of His disciples, including Peter, Thomas, Nathanael, James, John, and two others, by the side of the Sea of Tiberias, and ate a meal with them. (John 21: 1-14.)

Still later, "He was seen of above five hundred brethren at once." 1 Corinthians 15: 6.

In fact, for forty days He was seen, and handled, talked with, and eaten with, and He instructed His disciples in the things of the kingdom of God, with reference to the establishment and carrying forward of the church of Christ and the extension of the gospel of the kingdom. (Acts 1: 3.)

In testifying to these things, the disciples were testifying to events which could easily be disproved if they were not true.

As a matter of fact, the very manner in which these fearless apostles published their testimony bears every mark of truthfulness. If they had been conscious of lying and deception, if they knew they were telling things which were not so, then they would have been rather cautious as to where and when they told the tremendous things they had to tell. Forgery and deception do not stand up boldly and face the world; they skulk and hide and dodge, and look for the corners and the holes. "But he that doeth truth cometh to the light." John 3: 21.

So these disciples, knowing they were telling the truth, told that truth in the very streets of Jerusalem. In the very streets of the city where Jesus had been hounded and crucified, there they asserted that He had been raised from the dead. Indeed, they went into the very courts of the temple itself, the most public place of resort of the Jews who had seen Him die on the cross, and in the very teeth of the men who had put Him to death, they declared He had risen from the dead.

When brought into court, they did not quail. They knew their story was true. And knowing this, they dared, even before the high priest and the council and all the senate of Israel, to assert that "the God of our fathers raised up Jesus, whom ye slew and hanged on a tree. Him hath God exalted with His right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins. And we are His witnesses of these things; and so is also the Holy Ghost whom God hath given to them that obey Him." Acts 5: 30.

"Not Done In a Corner"

Would men who were conscious of relating falsehood or who had any reason to believe that their story could be disproved, have dared to call

on their very judges to witness to the truth of what they said? When Paul was on trial for his life, he appealed to his judge as to one who knew the facts, for, he said. "The king knoweth of these things, before whom also I speak freely: for I am persuaded that none of these things are hidden from him; for this thing was not done in a corner." Acts 26: 26. Would not such appeals and such statements have been contradicted if the testimony were known to be false or could have been proved to be false?

One of the most reliable witnesses to the fact of the resurrection of Christ from the dead, was Paul, and his account was among the earliest written, and about the most carefully arranged. It will be found in the fifteenth chapter of his First Epistle to the Corinthians. In reading his testimony to this historical fact, it should be borne in mind that the writer had been a bitter opponent of Christ and the church. There are men to-day who speak against Christ, and write against Christ, who hate Christ, who work against Christ. But none of them hate Him so ardently as did the raging Jew, Paul.

And then, suddenly, Paul was completely changed! And he says the change was brought about because he had seen Christ alive, and talked with Him. He became a flaming firebrand for Christ, carrying His evangel to all the provinces of the Roman Empire. Never was such a man save the Christ Himself!

Paul's Summary

Paul lists six different appearances of Christ following His resurrection. After speaking of Christ's death, Paul says: "He rose again the third day according to the Scriptures: and that He was seen of Cephas [Peter]; then of the twelve; after that, He was seen of about five hundred brethren at once; of whom the greater part remain unto this present, but some are fallen asleep. After that, He was seen of James; then of all the apostles. And last of all He was seen of me also, as of one born out of due time." 1 Corinthians 15: 4-8.

From time to time a foolish explanation of the empty tomb is revived and put forth. It is that Christ was not really dead, but only in a swoon and that shortly after He was placed in the tomb, its coolness revived Him and He escaped, and returned to Jerusalem. Not many care to be considered as among those who accept such an absurdity, but there are a few, now and again, who rather timidly advance this story.

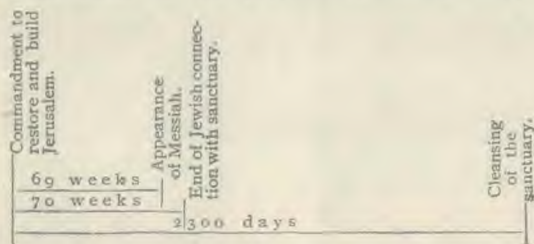
But just a glance at the account of the crucifixion would show those who hold it how preposterous such a theory is. It is altogether contrary to that account. It is true that the legs of Jesus were not broken as were those of the two thieves who were crucified with Him; for He was already dead. But one of the soldiers thrust a spear into his side, and such a blow would have killed had not death already come. And Pilate took the precaution before he set the guard at the tomb to obtain from his officer assurance that Jesus was truly dead. (Continued on page 16)

Revealed by the Wonderful Numberer

The Most Remarkable Time-Prophecy of the Bible

A Study in Daniel VIII and IX, Part 2

THERE is no more fascinating study than that of the deeper meaning behind the use of numbers in the Bible. The number 3 seems to be associated with the divine, as in the Trinity, in Isaiah 6:3, and in the benedictions of the Old and of the New Testaments. The figure 4 seems to be associated with the human; 4 beasts, 4 winds, etc. The two combined make the perfect number 7, as used in a complete week, in the seven milleniums of time allotted to our earth in its present condition, and, in



Revelation, to churches, seals, trumpets, and finally the "seven lamps burning before the throne." Three times four gives us the number of the sons of Jacob, which becomes typical of the 12 nations of the saved and of the 12 gates of the New Jerusalem.

But the most interesting use of numbers is in connection with the ministry and work of our Lord for the salvation of the lost race. His public labours continued three and one half years or 1260 days. For this same period His two witnesses were slain (Rev. 11), and the dreadful persecution of His followers was to continue for 1260 years—one year for every day of our Lord's unappreciated ministry. See Rev. 12:6; 11:2; 13:6.

In the prophecy we are now studying the Wonderful Numberer "cut off" a decade of weeks, just seventy weeks, from the longer period of 2300 days, definitely assigning this period to the Jewish nation and informing us that Messiah will come within its boundaries.

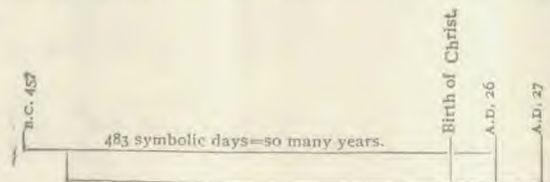
In our previous study we learned that three out of the four symbols of Daniel eight were fully explained. As Daniel saw in vision the dreadful story of the spread of evil and its apparent victory over "truth" he fainted and the 2300 day time-prophecy was not explained.

Daniel felt that this unexplained portion was of such great importance that he set his face by "prayer and supplications, with fasting, and sackcloth and ashes" to find its solution. Such devotion was not in vain. Gabriel was sent from heaven to complete the explanation. After a brief and comforting personal message, Gabriel began at once with the time-prophecy.

The Prophecy

"Seventy weeks are determined upon thy people and upon thy holy city, to finish the transgression, and to make an end of sins, and to make reconciliation for iniquity, and to bring in everlasting righteousness, and to seal up the vision and prophecy, and to anoint the most Holy. Know therefore and understand, that from the going forth of the commandment to restore and build Jerusalem unto the Messiah the Prince shall be seven weeks, and threescore and two weeks: the street shall be built again, and the wall, even in troublous times. And after threescore and two weeks shall Messiah be cut off, but not for himself: and the people of the prince that shall come shall destroy the city and the sanctuary; and the end thereof shall be with a flood, and unto the end of the war desolations are determined. And he shall confirm the covenant with many for one week: and in the midst of the week he shall cause the sacrifice and the oblation to cease, and for the overspreading of abominations he shall make it desolate, even until the consummation, and that determined shall be poured upon the desolate." Dan. 9:24-27.

In the purpose of God Israel was separated from the other nations, and to them were committed the oracles of God. But Israel were to prove unfaithful to the trust. The first section of the 2300 day-prophecy sets a definite limit to the time of their probation as a nation, and also fixes definitely the date for the advent of the Messiah. But the second chance given to Israel was to be more unworthily used than the first. In it they were to "finish the transgression", that is, like the Amorites of old, they would "fill up the cup of their iniquity." Gen. 15:16. Then the wrath of God would fall on them, the "abomination of desolation" would stand in the holy place, and such wrath was to be poured upon the desolate as should forever destroy the nation. How



significant were the words of Jesus as He left the temple for the last time, "Behold, your house is left unto you desolate." Matt. 23:38.

Let us turn from this story of man's perversity and unfaithfulness to the wonderful story of the coming of the Messiah. For many long, weary centuries the faithful had been hoping for the coming of the Messiah. Now and then through the centuries holy men of God had cheered the waiting ones by precious prophecies of His coming. Now these prophecies are crowned by foretelling the exact date of His earthly sojourn, and by definite statements as to what He would accomplish.

He was to make an end of sins, to make reconciliation for iniquity, and to bring in everlasting righteousness, within the bounds of the seventy weeks, the first section of the 2300 day-prophecy. He was also "to confirm the covenant for one week." How (Continued on page 17)

In the Grip of a Great Fear

Our World Driving Headlong Towards the Precipice

A Sign of the Times

“ON the earth distress of nations, with perplexity . . . men's hearts failing them for fear, and for looking after those things which are coming on the earth,” (Luke 21: 25, 26) is our Lord's description of conditions to prevail in the world just before His second advent. This is a portion of His answer to the question, “What will be the sign of Thy coming and of the end of the world?”

That conditions on our planet to-day accurately fulfill this prophecy, no one acquainted with the international situation can doubt. A great fear has gripped the hearts of men and is driving them headlong towards the precipice. Mr. Chamberlain, Secretary for Foreign Affairs, recently made a serious and important speech on this subject in the House of Commons. Lord Grey, whose hand was at the helm of Foreign Affairs in 1914, and who understands the international situation as well as any man living, referred to this in a recent speech, as follows, “He had thought a great deal about the cause of the last war. After the Franco-Prussian war, what was the course pursued by the victor? A triple alliance against the vanquished. He believed that alliance really sowed the seeds of the war of 1914. He believed that if the victors of 1914 now pursue that same policy of a triple alliance against the vanquished for the moment they were perfectly safe, but the consequences in the long run would be the same.”

“He thought that Mr. Chamberlain's speech when he came back from Geneva gripped the central principle of the situation when he said that the growth of armed camps in Europe would certainly produce another European war. That was the essential principle of the situation. A mere conference about the limitation of armaments was going to produce no result at all until the question of security was dealt with first. *It was fear that produced armaments between nations, and armaments as they grew produced still greater panic.*”

That Germany has at last given up all hopes of settling the after war problems on any other basis is demonstrated by the election of Gen. Hindenburg as President of the German Republic. For more than five years Germany has hoped that some other way might be found out of the terrible conditions which have followed the great war. British statesmen have tried to lead the world in the right way, believing that, however blameable Germany may have been for the war, still magnanimous treatment of the vanquished would be more likely to guarantee security for the future. But France, who suffered most terribly, has been unable to forget her wounds, and remains inexorable. At last Germany has concluded that might is still the only force that modern civilization will recognize. Hence the election of Hindenburg. It is a backward step and has intensified the grip of the great fear that is urging the world on to Armageddon.

This great fear is also beginning to grip India. And it must be so. Modern conditions have made each section of the world, *willy nilly*, neighbour to all the rest of the world. That which affects one section likewise affects all sections. It is impossible for Europe to be held in the grip of this great fear which is driving her headlong to Armageddon, and Asia to remain unaffected.

As an illustration of the way this great fear is beginning to grip some in India, we call attention to a recent editorial in the *Muslim Outlook*, of Lahore. It warns the Moslem nations of Asia to be on their guard, that they may preserve their independence in the world clash that it believes my happen almost any day. The *Muslim Outlook* predicts that a war is inevitable, with Russia, Japan, Germany, Austria and Turkey on one hand, and America, England and France on the other. India will be invaded by Russia and Afghanistan from the land, and blockaded by Japan from the sea. The *Outlook* pours scorn on the

present-day Indian politicians who ignore these inevitable developments, and who, in this grave emergency, are “dancing to the tunes of Swarajists, bureaucrats, drivellers about the yarn franchise, and sanghatan fanatics.”

We do not agree with this last sentiment but have great respect for those politicians who are working towards peace, and can find nothing but praise in our hearts for the men whose ideals are for the exaltation of the principles of human brotherhood and non-combatancy, yet we must face facts. In our opinion there is a welter of blood and confusion before the world that is inevitable. Well-intentioned men are making Herculean efforts to avoid the crisis, and they are acting a most important part in the present situation, for they are being used of God to “hold the winds of war until the servants of God are sealed in their foreheads.” But in spite of all their efforts, the prospects for the future are most ominous. Japan dreams of foreign conquest. Her cramped Island Empire is not sufficiently roomy for her rapidly multiplying and ambitious people. The Philippines and the Dutch East Indies to the South offer her an ideal chance for developing such an empire. If, as the *Outlook* suggests, she could be tempted to add to these acquisitions, India, then her fondest dreams could be realized. The Soviet Republic has also caught the vision of the Tsars of Russia, who dreamed for centuries of a capital on the Bosphorus which would enable them to rule the world. Only the Communist now, has changed the angle of vision; he hopes to compel the world to adopt his impractical phantasies. And all the old hates and thoughts of revenge that have been bred by the wars that have torn the continent of Europe for centuries, are now coming to fruition.

It is into such a world as this that the demon of fear comes to rule the hearts of men. Modern improvements and advance in scientific knowledge, have placed in the hands of the nations the means by which this demon of fear can plunge the world into the most awful scenes of destruction the world has ever known.

“And the Nations Were Angry”

In the book of Revelation, the angel Gabriel revealed to the apostle John these very conditions that we see to-day. He said, “And the nations were angry, and Thy wrath is come, and the time of the dead, that they should be judged, and that Thou shouldst give reward unto Thy servants, the prophets, and to the saints, and to them that fear Thy name, small and great; and shouldst destroy them that destroy the earth.” Rev. 11: 18.

And so the message that we bring to our readers in the midst of such an ominous outlook is not a pessimistic one. The demon of fear is driving the forces of evil and wickedness inevitably towards the precipice of Armageddon, but only that they may be finally destroyed and eradicated from the universe. The hour of their destruction is the hour of deliverance for the trusting children of God, and the hour of final triumph for good. At the same time that God “destroys them which destroy the earth,” He gives “reward unto the saints, and to them that fear His name, small and great.” He then ushers in the new creation, that wonderful age-to-come, from which all that harms and destroys will be forever banished.

That is why Jesus in concluding His answer to the question asking for the signs of His return, after predicting, as in our text, that the world would be held relentlessly in the grip of the demon of fear, added, “And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.” “So likewise ye, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand.” Luke 21: 28, 31.

So for those from among the children of men who are preparing to meet their returning Lord, these conditions are definite signs of the early (Continued on page 13)

FOOD R OF BODY

By Ge

THE food minerals are needed by the body for building bones, teeth, hair, skin, finger nails,—in fact, minerals are a constituent of all the tissues of the body. All the liquid tissues of the body must be definitely constituted with regard to the kind and amount of minerals in them, that the various changes that make up life processes may go on. The beating of the heart, for example, is regulated by the proportion of calcium and sodium in the blood. The minerals help to maintain the defensive power of the blood against disease. It is due to their presence that the building of food into tissue, its use for fuel, and the elimination of waste, can take place.

I might mention the most important food minerals, and tell for what the body needs them and what foods supply them.

Iron is needed to build red blood. Without sufficient iron in the food, anemia results. Iron is supplied by greens of all kinds, (spinach), eggs, prunes, figs, raisins, whole-grain bread, molasses, lentils, dahl, peas, beans.

Calcium is needed to build bones and teeth. It is especially necessary that sufficient calcium be supplied in the diet of growing children. The only time in life when teeth can be successfully saved is in childhood, when they are being built. If the diet lacks calcium at that time, no amount of use of the toothbrush in later life will save the teeth. If good teeth are built in childhood by reason of the adequate supply of calcium in the diet, and an adequate diet continued through life, there will be little reason to visit the dentist. Milk is the best food to supply calcium. Other foods are greens, molasses, cereals from which the bran and embryo have not been removed, nuts, legumes, celery, cabbage, citrous fruits.

Foods that are lacking in calcium are meat, white bread, white rice, sugar and foods made from white flour and sugar.

Phosphorus is needed for the building of bones, brain, and nerves, the nuclei of all living cells, for the construction of the sexual elements. Being found in milk, it is necessary for the production of milk. It has something to do with the action of enzymes,—the active constituent of digestive fluids,—the conduct of nerve stimuli, the maintenance of the proper liquid content of the tissues. Phosphorus is supplied by egg yolk, whole cereals, bran, embryo of cereals, legumes, nuts, milk.

Potassium is necessary for the construction of the cells of the body, the protoplasm of the muscles, and the blood corpuscles. Being contained in milk, it is necessary for the production of milk. It has been suspected that a plentiful supply of potassium in the diet is a protection against skin diseases and cancer. Potassium is supplied by potatoes, beans, dahl, nuts, olives, bran, molasses, cabbages, spinach and other greens, dates, figs, prunes.

Magnesium is the most laxative of the food minerals. It is contained in bran, nuts, whole cereals, legumes, prunes, figs.

Iodine is needed for the normal functioning of the thyroid gland, to protect from goiter. Perhaps we get it partly from drinking water. It is contained in plants that grow in the sea, as agar-agar and Irish moss; also it is likely to be found in melons, radishes, turnips, beets, lettuce, tomatoes, green peas, and oatmeal.

The ocean is the great source of iodine, which seems to be found in greatest abundance in plants that grow near the ocean. It seems to be lacking in soil and water and plants at a distance from the ocean and at high altitudes. It is in these localities that goiter is found to be most common. Administering a minute quantity of iodine to school children in goiter districts has been found to cure or benefit goiter.

Vitamines

That vitamins exist in food is known only by the effect of the food on the growth and health of animals or persons. It has not been possible to detect the presence of vitamins by chemical tests. Vitamine-containing food has been found to be radi-o-active, and it has been possible to confer vitamine potency upon food by treating it with the ultra-violet ray.

Five vitamins have been studied and named.

Vitamine A, called antiophthalmic because it protects from the disease xerophthalmia, is found in milk, cream, butter, and greens. Children have been observed suffering severely from this disease whose diet had consisted of skimmed milk and cereals.

Vitamine B, called antineuritic, protects from the disease beriberi, a form of peripheral neuritis, and its absence from the diet of pigeons produces what is called polyneuritis.

Beriberi has been common in the Orient among people whose diet consisted largely of white rice. It has also occurred in Newfoundland among people who live largely on white bread.

This dietary factor is supplied by the embryo and bran of cereals. This emphasizes the impor-



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tance of using bread that is made from the whole grain, not from white flour, and of using those cereals that are made from the whole of the grain. Vitamine B is also supplied by nuts, vegetables, fruits, milk, eggs, yeast, and yeast extracts that are used as a substitute for beef extract.

Vitamine C, called antiscorbutic protects from scurvy, and is found in raw vegetables, especially cabbage, and Chinese bean sprouts, and in raw fruits, especially lemons, limes, oranges, and grapefruit, and to-

matoes. It is important to eat these raw.

Vitamine D, called antirachitic, protects from rickets, and is supplied by milk, cream, butter, and cod-liver oil. The absence of this vitamine from the diet of children and rats causes rickets. When children have this disease, they may be cured, but they will be deformed for life.

Vitamine X is called antisterility vitamine. Its absence from the diet makes animals sterile. They are unable to bear and rear young normally. This factor is found in lettuce, alfalfa, whole grains, and egg yolks.

The reader will understand more fully from this discussion the importance of supplying in the diet not merely sufficient building food and warmth-and-work food, but also those foods which will furnish an adequate amount of minerals and these elusive growth and health-promoting substances, the vitamins. Truly it is not safe to make a haphazard choice of food from anything that chances to be handy. One must use intelligence, and intelligence applied to the selection of food will be rewarded in increased health.

We have been in the habit of thinking that animals are able by instinct to choose food correctly. It is true that instinct seems to guide them much more surely than it guides man who has spoiled that instinct by indulging his appetite promiscuously. But animals are greatly improved when the intelligence of man is applied to their breeding and care. There is a great difference between wild horses and horses that

have been bred and trained by the skill of man. There is a great difference between wild cattle and domesticated cattle, and between wild fowl and domesticated fowl, that have been bred and cared for scientifically. And why is it not reasonable to believe that equal care bestowed upon rearing and feeding children and men and women would produce equally marvelous results in improved physical and mental development—and moral development too, if the same care is extended to that sphere?

Perhaps some of our readers would be interested in recipes for some food candies. I have heard of a boy who has been brought up on natural food who calls such sweets "God's candy." It is thoroughly wholesome and health building, being rich in predigested sugar, in iron, lime and other food minerals, and being also laxative.

Nut and Raisin Caramels

No. 1

$1\frac{1}{2}$ cups seeded raisins
 $\frac{1}{2}$ cup walnut meats

Mix and grind twice through a food chopper using the finest cutter. Press into a pan one-half inch deep, and cut into squares the size of caramels.

No. 2

1 cup raisins
 $\frac{1}{2}$ cup figs
 $\frac{1}{2}$ cup filbert meats, or pecans, or other nuts
Follow directions for preparing No. 1.

No. 3

$1\frac{1}{2}$ cup stoned dates
 $\frac{1}{2}$ cup shredded coconut
Prepare the same as No. 1.

No. 4

1 cup seedless raisins
 $\frac{1}{2}$ cup figs
 $\frac{1}{2}$ cup shredded coconut
1 tablespoon or more of extracted honey
Mix the ingredients, and grind them twice through a food chopper, using the finest knife. Pack into a tin and cut into squares.

No. 5

1 cup extracted honey
 $\frac{1}{2}$ cup brown sugar
Sufficient raw Spanish peanuts unblanched, ground through a food chopper, using the peanut butter disk, to make the mixture thick enough to pack and cut into squares.

No. 6

1 cup seedless raisins
 $\frac{1}{2}$ cup shredded coconut
2 tablespoons extracted honey
Sufficient fine-ground raw Spanish peanuts to make the mixture stiff enough to be made into caramels.

Another recommendation which this kind of sweets has is that it is so inexpensive. These sweets are much cheaper than the ordinary kind, and cheaper even than those which sell for one or two rupees a pound.

Of course, even this wholesome kind of sweets is not to be eaten between meals. But to use these delightful dainties at the close of meals in place of the common less wholesome desserts will certainly add to one's store of health and vigor.

I venture the opinion that one's susceptibility to colds is increased by overeating of confectionery, which is demineralized food. While the defensive powers of our bodies are decreased by over-indulging in confectionery, these health sweets will add to one's body defensive powers.



IN THE TOMBS OF THE KINGS

The Third of a Series of Articles on a Recent Visit to Egypt and Palestine

*Photographs by Courtesy of the
Stanborough Press, Ltd.*

By A. S. Maxwell

IN the days when King Tut lived at Luxor, Thebes, as the place was then called, must have been a city of great beauty and grandeur. The Pharaohs of Upper Egypt certainly chose the most attractive site available for their capital city. The low hills that confine the Nile in its narrow valley for so many miles, recede at this point for a considerable distance, leaving hundreds of acres of broad, flat, fertile land before closing in again farther south. The natural beauty of the hills, the river and the palm trees still remains, but the places have crumbled and the ruins of the mighty temples retain but a vestige of their ancient glory. The broad Nile, unchanged by time, laps the base of their broken columns as it sweeps by triumphantly towards the sea.

It was the belief of the Pharaohs of those early times that they must, during their lifetime, construct a suitable resting place for their remains at death. No sooner did a king ascend the throne than he gave orders for the cutting of his tomb and the preparation of his sarcophagus. Nothing was further from their minds than the modern idea of leaving all such details to one's bereaved relatives.

The site chosen for the burial place of the Pharaohs is situated several miles from Thebes, in the Libyan desert. To reach it from Luxor it is necessary to cross the Nile by row boat and then ride on donkey-back for about two hours. Provided one has a docile donkey and the day is not too hot, the journey is not unduly arduous. The first section is through country that is sparsely populated, dotted here and there with mud houses and tropical palms. For some distance the land is cultivated, large areas being devoted to the raising of sugar cane, but gradually it becomes more and more barren until at last there is nothing to be seen but sand and rocks.

Now the road winds around the base of the hills that form the valley of the kings, each bend of the road being marked by the presence of a well-armed Egyptian soldier, obviously placed there to prevent the unauthorized removal of any

of the priceless treasures from the newly-discovered tomb. At last the walls of the valley seem to close in and form something of the shape of a Roman amphitheatre. In deep "pockets" in the sloping sides of this "amphitheatre" are the tombs of the kings.

Several of the tombs have been known to excavators for many years and most of these are now open to the public. During the tourist season they are lit with electric lights, supplied by a small plant erected on the spot for the purpose. One wonders what the Pharaohs would say if they would awaken to discover this modern invasion of their sacred resting places, and see men and women from every country on earth wandering around the tombs they sealed so carefully.

It is an experience of surpassing interest to descend one of these tombs. The floor in most cases has been sloped with scientific care, evidently so that the huge sarcophagus containing the body of the king might be slid down with ease. In some of the tombs, however, the passage is not carried straight down to the sepulchral chamber. Evidently the Pharaohs were aware that attempts might be made

to rifle their tombs in days to come, and to throw possible robbers off the track they occasionally led the main passage into a room which might be mistaken for the final resting place of the body and then opened up the wall of the room and carried the passage onwards and downwards again to the real chamber; afterwards carefully sealing the opening in the upper room. In one of the tombs the passage was made to end in a deep pit. When the modern excavator commenced work he discovered that the wall at the opposite side of the pit was hollow and when opened led on down to the sarcophagus of the Pharaoh, which was discovered intact. The pit had deceived all previous investigators.

The sides and ceilings of the tombs are covered with pictures and hieroglyphic writing. Emblems of the sun are depicted everywhere, indicating the nature of the worship of the early



*One of the Colossi of Memnon
Puzzle, Find the Donkey*

Egyptians. Amen-Ra, one of the chief gods, is very much in evidence. He holds in his hand a curious emblem known as the key of life.

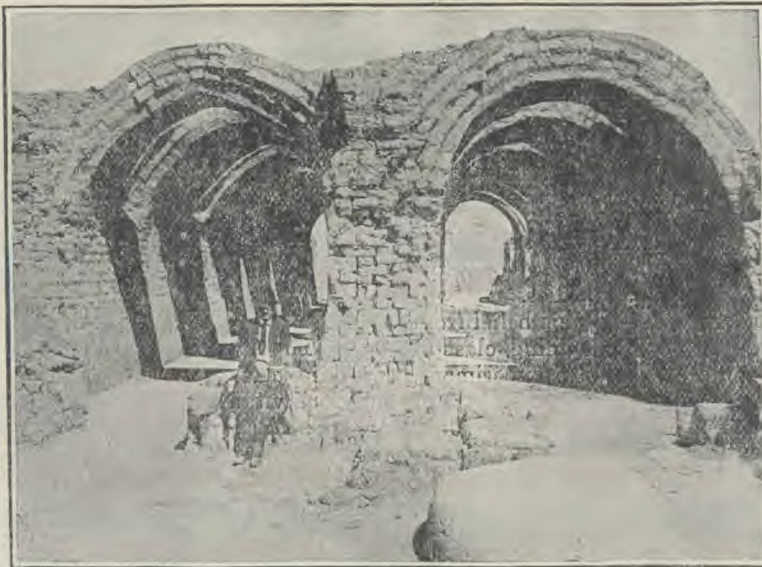
Amen-Ra is depicted as holding court, to which the dead are brought to be judged. Those who have lived a good life are seen in the picture as going upwards to "heaven" while the condemned ones are being dropped into a blazing fire in the lower regions. This picture must have been cut on the walls of that subterranean tomb at least four thousand years ago and shows us that the people even in those early times had a knowledge of future judgment and of rewards for the righteous and the wicked.

King Tut's tomb is almost the first to which one comes on entering the section in which the tombs are located. See our front page picture. The large opening is that of Rameses VI, King Tut's being below the level of the roadway.

On the return journey from the valley of the kings, three places of exceptional interest may be

Experts differ, but many believe that they were the granaries in which Joseph stored the corn of Egypt during the seven years of plenty. (Gen. 41:48.)

Not far from these ancient granaries are the Colossi of Memnon. Some impression of their huge size can be gathered by comparing the statue with the donkey and its rider alongside. Think of the work entailed in the construction of these immense obelisks. They have been standing there on the Theban plain for century after century, the wonder of succeeding generations. Even to-day the most travelled person cannot pass them unaffected. Their purpose is still a mystery, but it is thought that they may have stood at the entrance of some mighty temple, long since destroyed. Much of the land behind them has already been enclosed for purposes of investigation. It is more than probable that discoveries of the greatest interest will be made when excavations are commenced. *(To be continued)*



Supposed Ruins of Joseph's Granaries

visited. The first is Rameseum, another of the ancient temples credited to Rameses II, the great builder of early Egypt. Here one finds still more statues of this king; but despite the inordinate opinion of himself which Rameses undoubtedly possessed, time has brought both him and his statues to the dust. While he lies a mouldering mummy in the Cairo Museum, his greatest statue—said to be the largest in the world—prone and broken, mingles with the ruins of this once majestic temple. Deep in the huge marble head is a saw-cut, as though someone, forgetting or despising the glory of the departed monarch, had attempted to use a portion of his head for building purposes elsewhere. How are the mighty fallen!

Adjoining Rameseum are the remains of some curious brick structures. See illustration. From the appearance of the ruins there must originally have been dozens of these tunnel-shaped buildings in this place. To what purpose were they put?

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(Concluded from page 9)

establishment of the kingdom of God on earth. Then the all-wise God intervenes, purging the rebels from His creation and sets up His eternal kingdom, and establishes the reign of universal peace.

Let us then "lift up our heads" and rejoice. For the time is at hand when He will return and will change "this vile body that it may be fashioned like unto His glorious body, according to the working whereby He is able even to subdue all things unto Himself." Phil. 3:21. This is the time towards which the apostle Paul represents the whole creation as looking with yearning desire, "and not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves, groan within ourselves, waiting for the adoption, to wit, the redemption of our body." Rom. 8:20-23.

Our Lord is about to return. The righteous dead are about to be resurrected; those among the living who are ready will be changed. Then the creative purpose of God for us and for our world, though temporarily disturbed by sin, will be fully realized. Are you, dear reader, among those who are preparing for this great day?

HERALD OF HEALTH

Do We Need Flesh Foods?

By George Henry Heald, M. D.

PLIMMER'S "Vitamines and the Choice of Foods," which shows convincingly the importance of a well-selected diet, containing an adequate supply of vitamins, in the prevention of certain diseases, and of the value of animal food in the prevention of pellagra, contains in the chapter, "Effect of Partial Deficiencies in the Food," a remarkable testimony to the effect that *flesh proteins are not necessary to the maintenance of health*. This testimony is all the more remarkable, for it is rather contrary to what the authors are trying to prove.

This chapter contains an enlightening comparison between the war ration of the Danish people, and the diet of the British working-class.

It may be remembered by some of our readers that Hindhede, a Danish physiologist and nutrition expert, has long been an advocate of a low protein, or practically vegetarian, diet. It will be remembered that he was led to this belief from his knowledge of the diet of the farming class in his country, and that he was led to experiment, by having various persons, including members of his family, go on an exceedingly low protein diet, consisting essentially of potato and margarine, for months at a time, without apparent loss of health in any particular. As a result of these experiments, he vigorously contested the idea advanced years ago by German physiologists,—the idea that is still current in America and England,—that a high protein diet is necessary to health and efficiency.

During the World War, the Germans, believing that "beef is life," were willing to pay high prices for all the meat they could obtain, and Hindhede, knowing that the Danish people could very well spare their meat and not suffer for it, arranged a meatless diet for them, so that practically all their meat went over the lines into Germany. Prices for meat were so high that none but the very wealthy among the Danish ate any meat. What was the result? During this period of a meatless, but carefully balanced diet, *the mortality rate in Denmark was lowered 34 per cent!* But I should let Plimmer tell it.

"The value of a diet cannot be judged by its palatability and apparent variety. The unpalatable and monotonous diet adopted in Denmark during the war is in striking contrast to a common diet of the poorer classes in this country, as shown in the table below.

"The Danish diet contained all the vitamins, and good protein was provided by the milk; meat

was practically unobtainable except by the very wealthy. During the period of its consumption the death rate fell by 34 per cent, thus demonstrating its efficiency."

"Danish War Diet	British Working-class Diet
Bread made of whole rye plus wheat bran plus 24 per cent of barley	Bread, cakes and puddings made from white wheat flour and other prepared cereals
Barley porridge	Oatmeal porridge
Potatoes	Potatoes
Greens	Meat and vegetable stew
Milk in considerable quantities	Margarine
Butter	Corned beef, tinned salmon, etc.
	Bacon
	Kippers, bloaters, smoked haddock
	Cheese
	Milk in small amounts
	Jam, pickles, sugar, sirup, tea, coffee, cocoa
	Sago, tapioca, pea flour, etc.

"The nature of the deficiency in the British working-class diet is not the complete absence of any one vitamin, but a shortage of all of them."

The British diet, strikingly similar to what may be seen on many American tables, except for the presence of more fresh meat, consisted quite largely of canned, dried, or smoked foods, which by the process of preparation had been largely deprived of their vitamins. Plimmer adds this:

"The Danish war diet consisted entirely of natural foodstuffs. McCarrison refers to another example of a monotonous diet which is good because it contains only natural foods. The people of the state of Hunza, in the extreme north of India, live solely on wheat, barley, maize, fruits, especially apricots, goat's milk, and butter; goat's flesh is eaten only on feast days. The people are unsurpassed in perfection of physique and freedom from disease in spite of the hard climate and lack of sanitation; appendicitis is unknown; they have an extraordinarily long span of life."

So much for the testimony of this book.

What, the reader may ask, did the Danish people do, when they learned that on the war ration they had lowered their mortality 34 per cent? They went right back to their old dietetic habits as soon as economic conditions permitted,—that is, as soon as they could afford it,—and their mortality rate went up again. As a race, the Danes have a markedly high rating for efficiency and economic genius; but in the matter

of health preservation—well, perhaps they are on a par with the rest of us. Taste and habit govern more than a knowledge of the principles of nutrition.

But whether the Danes profited by the object lesson furnished them during the war, the lesson remains the same, and is a splendid demonstration of the truth of Hindhede's contention that the old protein standards are too high, and that it is possible for one to live healthfully on a fleshless diet. In fact, if the diet is well chosen for vitamins and other food essentials, it will be the better for the absence of meat.

"God has furnished man with abundant means for the gratification of an unperturbed appetite. He has spread before him the products of the earth—a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet."—*Counsels on Health*, pp. 114, 115.

Rests

John Ruskin, speaking of forced interruptions in service, said: "There is no music in a rest, but there is the making of music in it." In our whole life-melody the music is broken off here and there by 'rests,' and we foolishly think we have come to the end of the tune. God sends a time of forced leisure, sickness, disappointed plans, frustrated efforts, and makes a sudden pause in the choral-hymn of our lives, and we lament that our voices must be silent and our part missing in the music which ever goes up to the ear of the Creator. See Him beat the time with unvarying count, and catch up the next note as if no breaking-place had come between. Not without design does God write the music of our lives. Be it ours to learn the tune, and not be dismayed at the 'rests.' They are not to be omitted. If we look up, God Himself will beat the time for us. With the eye on Him we shall strike the next note full and clear.

—Arthur T. Pierson.

Diabetes

By H. C. MENKEL, M.D.

DIABETES is a disorder of nutrition in which the body loses the ability of utilizing carbohydrates, i.e. sugars and starches contained in the daily food intake. As a result the blood and tissues become surcharged with undigested sugar.

This abnormal presence of unused and unusable sugar produces a state of depleted alkalinity of the tissues and blood. This gradually borders on acidity and when a state of actual acidity of

the blood is reached, it ushers in the grave and fatal stages of diabetes.

Nature endeavours to relieve this abnormality by passing quantities of sugar through the kidneys in the urine. It is this sugar in the urine which constitutes the most familiar symptom of diabetes.

Recent observations have shown that normally there is present in the body tissues a complex chemical substance making possible, by its chemical action, the conversion of sugar and starch into body heat, muscle and nerve energy.

This chemical sugar-digesting substance is largely produced and doled out to the blood, by that long glandular organ lying behind the stomach, called the pancreas.

Diabetes is therefore regarded as an aggravated and specialized form of indigestion, due to failure of the pancreas and of its chemical contribution to the bodily functions.

In 1922 Doctors Banting and Best of the Toronto University announced that they had succeeded in isolating from the pancreas this sugar digesting chemical which they named Insulin. They also announced that this Insulin substance could be injected hypodermically into the blood stream of a diabetic patient with the result that both blood and urine became free of sugar. It was necessary to make from two to three such injections daily to keep the patient free of sugar and the consequences of its presence. This effect is maintained as long as the injections are continued. When the injections are discontinued the evidences of excess sugar reappear. This was the first great advance in the treatment of diabetes.

A further development came when Doctor Henry R. Harrower of California, demonstrated that this essential pancreatic element can be prepared in a desiccated form which he called "Pan-Secretin Co." and administered by mouth in tablet form. This has been a decided advance over the injection method for the average chronic diabetic patient.

One to three tablets are taken three times daily. The dose is regulated according to percentage of sugar present in the urine.

The writer has found that under this method of substituting these doses for the patient's pancreatic deficiency, together with suitably regulated diet, it is possible to keep the chronic diabetic patient free of sugar, and to gradually increase his starch and sugar digesting and utilizing powers.

As diabetes is a nutritional disorder, it is evident that dietary regulation is an important factor in re-establishing a normal nutritional balance.

In selecting a plan of diet it must be remembered that the diabetic individual has lost part of his digestive power for starches and sugars and can not utilize the normal amount of these foods.

Should this person now be fed the same quantity of food as when in health, not only would part of the food be lost through the kidneys, and no longer act or serve as food, but it actually becomes a poison to him, setting up the train of symptoms peculiar to diabetes.

The following is in general the dietary plan which proves most effective. This will require some modifying according to individual conditions found in each patient.

The objects aimed at in treatment are, first to reduce and prevent acid accumulation. Secondly, to find the patient's carbohydrate digestive powers, keep the food intake safely within this limit and at the same time work to improve this deficient digestive function.

For three days the patient is given exclusively green leafy vegetables, boiled, cooked and raw. Only water is allowed in addition. If at the end of three days the urine is not yet free of sugar, then the green vegetable days are continued for a further period, until urine is free of all sugar.

Now add to this green vegetable diet, one form of carbohydrate food, such as either rice, potatoes or oatmeal. Begin with only one tablespoonful on first carbohydrate day. This food is then gradually increased day by day and accurately measured each time.

The urine must be tested daily for sugar. When this begins to appear as the food is being increased, it indicates that the patient's limit for carbohydrate food has been reached.

The quantity of rice or potatoes should then be reduced by one third of what was given when sugar appeared and the patient content himself within this limit for a week or longer before the carbohydrates are again increased. Green, leafy vegetables are used at liberty; this constituting the bulk and basis of the diet plan.

After remaining sugar-free for a time, a gradual increase in starchy foods may again be attempted till sugar reappears, when the same plan of reduction by one third is followed.

In addition to the above mentioned carbohydrate foods, the patient may be given eggs and cheese, skimmed milk, butter, sparingly, olive oil-gluten meal or gluten bread, and legumes and nuts. The last two added with caution. No sweet and non-starchy fruits are permissible. Meat foods are not favoured because of their acid producing tendency.

Alcohol and tobacco have an unfavourable effect on nutrition, and therefore work against the desired results.

A fast for one day in each week has a very beneficial effect on the chronic diabetic. Maintain regular bowel movements.

By continued administration for a year or longer of the desiccated pancreatic preparation mentioned above, the patient's starch digesting requirements are taken care of, while at the same time his own pancreatic function is revived, if it is still capable of responding. Some advanced cases need to continue this substitute treatment for the remainder of their life, which is thereby made comfortable and prolonged.

Simla.

"And you say that Brownley was cured of a bad attack of insomnia by suggestion?"

"Yes — purely by suggestion! His wife suggested that since he could not sleep he might as well sit up and amuse the baby. It worked like a charm!"

The blood can not be made clean by drugs. The idea that the blood may be purified by medicine of any kind is a very great error, and one which has been productive of a vast deal of mischief. There are no herbs or drugs that will purify the blood. Clean, natural food, clean water, clean air, clean living make clean blood and the blood does the rest. The blood is the life.

"The way to stop smoking," said Mark Twain, "is to stop wanting to smoke." He knew; he had tried it.

Said a St. Louis manufacturer, "I had tried a hundred times to give up smoking, but could not until I learned what tobacco does to the liver. This changed my mind so I have not wanted to smoke since. I have other work for my liver and can't afford to keep it busy destroying nicotine."

H. C. M.

Christ's Death and Resurrection

(Concluded from page 7)

And if Jesus only swooned, how could He have escaped from the tomb? Who helped Him roll away the stone? How could He, wounded and weak from loss of blood, needing to be nursed back to life, have convinced His disciples that He was the Son of God? that He had been miraculously raised from the dead? Only those who believe anything but the truth will be influenced by such an explanation.

The only remaining theory to account for the belief of the disciples in the resurrection of Christ is that they were self-deceived, they were under the influence of an hallucination; they merely thought they saw Him after His death. Their desire to see Him deceived them into believing He was alive.

But where, then, is the body of our Lord? How long would their hallucination have lasted when they penetrated into the tomb and found His dead body there?

When the disciples began to preach their hallucination and claim that Jesus was raised, all the priests needed to have done would be to produce His dead body and put them to silence. This theory, must go down before the truth.

Baffling every theory and overthrowing every hypothesis, is an empty tomb outside of Jerusalem. The only explanation that can be given for that empty tomb, the only explanation that truly explains it, is the explanation that is given in the New Testament, and that is that Jesus was raised from the dead by the power of God.

Mother

M—is for the million things she gave me,
 O—means only that she's growing old,
 T—is for the tears she shed to save me,
 H—is for her heart of purest gold,
 E—is for her eyes with lovelight shining,
 R—means right, and that she'll always be.
 Put them all together, they spell Mother,
 A word that means the world to me.

—Selected.

Three Animals in One

JUST suppose you saw an animal with a camel's head, a sheep's body, and a deer's legs! You would think he was a queer creature, wouldn't you? But that queer animal—his name is the llama—is one of the best friends that the people of Peru have; for llamas do almost as much for the man of Peru as our horses and sheep and bullocks put together.

They carry heavy burdens on their backs, up and down the mountains and over the plains. When the load is put on, they take it quietly and march off with their heads high up in the air, as if they wanted to see all the country around. They are unlike their cousins, the camels, in this. For camels make quite a fuss when they are loaded, crying and whimpering like great babies, and grunting all the time they are on their journey, but the llama takes his burden quite cheerfully; unless it is too heavy, then he kneels down until his master takes it off.

It does not do to tease a llama. When he is cross he does not bite or kick or butt. He spits at you, and makes your clothes smell very unpleasant for ever so long afterward. So Indian mammas always keep their boys and girls away from the llama's reach.

Then there is his wool coat. This is thicker than a sheep's and coarser. But it makes excellent blankets and poncho jackets for his Indian master, who has good reason to love his faithful llama when he is alive and to thank him for his coat when he is dead.—Selected.

Work of a Spider

"ON a bright summer afternoon of last season," says a contributor to "Nature's Realm," "while lazily resting in the warm atmosphere, I observed a fly suddenly stop, flutter, and struggle, apparently in mid-air. This was soon explained by a little black and brown spider, a shade larger than the fly, darting down from a beam overhead, perpendicularly above the fly. Reaching the latter, he was but a moment in doing whatever he did to secure his prey, and he then ran nimbly up by his single cord, which I found, although it was scarcely perceptible, stretched out from the beam above to a cross rail of fancy work below. The spider ascended about eighteen inches above the fly, and then quickly turned head downward, taking hold of the line with its foreleg, as a child would a jumping rope, and with a swaying motion the then struggling fly began to be swung round something like a button would be in the centre of a string held by both hands and rapidly turned by a circular motion. The speed was so rapid that by the time it had reached a circuit of about four inches in diameter the fly could scarcely be discerned. In about a minute its operation ceased and the fly was quiet. Taking the fly from the web line I found under the magnifying glass that all the legs were closely tied together in the same manner as farmers tie the feet of calves together when taking them to market in the bottom of the wagons. Taking a needle I tried to release the legs, but the work of the spider was too well done, and the fly soon expired.

Revealed by the Wonderful Numberer

(Concluded from page 8)

important this is we will understand, if we recall that the salvation of the human race was dependent on the confirmation of this covenant. Without it the lost race would perish eternally.

This "confirmation" of the covenant was to occupy the last week of the seventy. During the first half of that week Messiah Himself would actively labour among men, and "in the midst of the week" He would be "cut off" by His death. By the sacrifice of the blood of the spotless Lamb of God, He would cause all other sacrifices and oblations "to cease" forever. This He accomplished by His death. But Israel, as a nation, rejected and crucified the Messiah, and as a result their destruction, as a nation, fulfilled the prediction that the "abomination of desolation" should "make it desolate, even until the consummation, and that determined shall be poured upon the desolate."

The Interpretation

Our loving heavenly Father would not give so important a prophetic period as this, which is so intimately connected with the advent of His Son to our world, and the development of His work for the salvation of mankind, without giving us sufficient data to locate its beginning. Without such a definite date the prophecy is valueless.

A careful study of our prophecy reveals the exact time of its beginning. "From the going forth of the commandment to *restore and build Jerusalem* unto Messiah the Prince shall be seven weeks and threescore and two weeks." Therefore sixty-nine of the seventy weeks would reach to the beginning of the work of the Messiah, and the seventieth, or last week of the seventy, would embrace the work He should do in "confirming the covenant." We are not particularly concerned with the first "seven weeks" allotted for rebuilding the streets and walls of Jerusalem "in troublous times," but will consider the sixty-nine weeks, or 483 days, as a whole.

The Decree Found

We can be certain that the decree that is to mark the beginning of the period fixing the various events of the work of the Messiah for the salvation of the lost race will be enshrined in the sacred record. The book of Ezra was written under inspiration of God for this very purpose. The book opens with the initial decree of Cyrus concerning the rebuilding of the temple. This is not the decree for which we are looking, for it did not restore the civil and ecclesiastical powers. There were "troublous times" as predicted, and the enemies of God's people hindered the work. Darius was stirred up of God to investigate the matter, and he re-issued the first decree of Cyrus. But it remained for Artaxerxes to issue the decree referred to in our prophecy in the year 457 B. C. Ezra 6:14 summarizes these three decrees and states they were all made under the "command of the God of Israel."

The decree is given in full in Ezra 7:11-28. A careful study of this decree in connection with this most important prophecy of the coming Messiah will explain why it is given in full just as promulgated by the king. Here we find that full ecclesiastical and civil rights are "restored to Israel" even to "confiscation of goods, banishment, or death." We have found the decree for which we are searching.

The date of this decree is given as "the seventh year of king Artaxerxes." This happens to be one of the best authenticated dates of history. Most ancient history is lost in a dim haze of mythology, but when we come to the nations of Bible prophecy there is a singular accuracy and definiteness. One of the most notable contributions to this definiteness is the Canon of Ptolemy, a historian of the second century of our era, in which he gives the events connected with the reigns of every sovereign of the great empires from the establishment of the Assyrian empire to his own day. The remarkable thing about this Canon is that Ptolemy associates various events connected with the reigns of these monarchs with celestial phenomena such as eclipses or conjunctions of the heavenly bodies. As astronomy is the most exact of sciences the determination of the definite dates is an easy matter. An eclipse of the sun at the time of the battle of Salamis fixes the dates of the boundaries of the reign of Artaxerxes. The seventh year of his reign is 457 B. C.

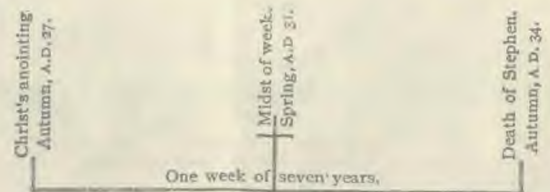
Ezra 7:8 gives the date of the promulgation of the decree as the middle of the year, or 456½ years before the year 1 A. D. It is now easy for us to determine the year of the work of Messiah. Beginning with the middle of 457 B. C., 456½ years of the 483 years (69 weeks) will reach to the year 1 A. D. This period then extends 26½ years into the Christian Era, or to the year 27 A. D.

In that year Jesus of Nazareth was anointed "with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him." Acts 10:38. In the record according to St. Mark special emphasis is laid on this anointing of Jesus as the Messiah at the time of His baptism. "Jesus came from Nazareth to Galilee and was baptized of John in Jordan. And straightway coming up out of the water, he saw the heavens opened, and the Spirit like a dove descending upon him: and there came a voice from heaven, saying, Thou art my beloved Son, in whom I am well pleased." Mark 1:9-11. The margin of the Bible gives this date as A. D. 27. Verses 14, 15 tell us Jesus immediately began to preach, saying, "The time is fulfilled, and the kingdom of God is at hand; repent ye, and believe the gospel." The margin of our Bible refers us to Dan. 9:25.

Thus Jesus Himself based His claim of Messiahship on the prophecy that we are studying to-day.

Therefore the last week of the seventy began with A. D. 27 and ended in A. D. 34. "In the midst of the week," or just 3½ years after His

anointing at His baptism, Jesus died on the cross, thus causing "sacrifice and oblation to cease." In the very year thus predicted, on the very day of the month, and at the very hour of that day prefigured for fifteen centuries in the Passover, the Lamb hung upon the cross and the weight of the sins of the world crushed out His very life. At that moment invisible hands tore the veil of of the temple from top to bottom, thus signifying that in so far as God was concerned all animal sacrifices ceased, and earthly temples were forever "desolate". All such ministrations were from that day transferred to the "Sanctuary in heaven."



But mercy still lingered for Israel. For the balance of the week or for just 3½ years, God still pleads for the chosen nation through the apostles, by mighty signs and wonders. Thousands of individuals accepted the Messiah, but in the year 34 A. D. Israel, as a nation, filled up the cup of their iniquity when its highest judicial body, the Sanhedrin, unanimously condemned Stephen the martyr, and then God cast off Israel forever. Acts 7 and 8 tell us the sad story. Immediately after the death of Stephen the disciples were "scattered abroad and went everywhere preaching the word." Peter was sent to the house of Cornelius, the gentile, and the "Holy Ghost fell on them (the gentiles) as on us (the Jews) at the beginning." Acts 11:15. The period for the gathering of spiritual Israel from among the gentiles had begun. Israel after the flesh was rejected forever. In just a few years the "abomination of desolation spoken of by Daniel the prophet" destroyed the city and the nation, and Israel as a nation perished. Matthew 24:15; Luke 21:20, 21.

The words of Jesus in Luke 21:20-24 interpret this "desolation" of the seventieth week, predicted by Daniel as meaning the Roman armies which would surround Jerusalem, and thus fix the time of the last week of the seventy as connected with His work on earth.

A certain number of misguided Christians sever this week from the place fixed by the Word of God, and by our Lord Himself, and say it is still future. Such not only misinterpret Scripture but deny our Lord by saying that God will restore the rejected nation Israel to Palestine. They also make themselves parties to the restoration of a temple in which animal sacrifices are to be offered thus "crucifying the Son of God a-fresh." But the Spirit of God has no part nor lot in such misinterpretations. Such are but "blind leaders of the blind" and the perils of the last days will overtake them unprepared.

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On the Way to Calvary

His Righteousness Is Mine

By W. W. Prescott



JESUS the Son of God, who became the Son of man, bestows His righteousness upon me as an absolutely free gift. As I meditate upon this, I know not how to express in a worthy manner the thoughts which throng my mind. Without flaw, without defect, His righteousness is perfect. He is the only man of whom this can be said. And He wove this beautiful robe of righteousness that He might clothe me with it. This is the wedding garment which the King furnishes for every guest. When thus clothed, I can go in "with Him to the marriage feast."

My own garments are defiled with sin, and my own righteousness is as filthy rags. He provides for me the white raiment, that the shame of my nakedness may not appear. At

infinite cost to Himself, but "without money and without price," He imparts to me the riches of heaven, the most precious treasure in the universe, His own righteousness. This He does by giving Himself to me. He Himself becomes my righteousness. His righteousness, His life, Himself, are inseparable. This increases my joyful wonder. He does not divest Himself of what He bestows upon me. He Himself is the gift. He asks me to give myself to Him in order that He may give Himself to me.

The righteousness of Jesus is not a theological creed, but a living experience. It not only changes my standing with God, but it also determines my conduct. The gift of His righteousness is not an entry on the credit side of my ledger account in the books of heaven to balance a troublesome account, a transaction entirely devoid of any personal touch with me. It has to do with my inmost being. It purifies the current of my life, and sweetens my thinking, my speaking, and my doing. It makes me a new creature in Christ Jesus.

When a gift of such infinite value is offered to me, what am I to do? Accept it, of course. Yes, but how? There are four simple steps: *First*, I must admit my lost and helpless condition, and my need of more than human help; *Second*, I must fully submit my will to God's will; *Third*, I must commit my life entirely into God's hands; *Fourth*, I must permit Him to reveal His righteousness, not only to me, but also in me. Admit, submit, commit, permit—these are the steps, and they must be taken a-new every day.

The real experience of a Biblical faith covers this whole ground. By that kind of believing which takes God at His word and acts accordingly, I enter into the full possession of "the righteousness which is from God by faith." How God does His part, I cannot explain. How I can do my part, I know, and so do you. "To-day, if ye will hear His voice, harden not your hearts."

"My hope is built on nothing less
Than Jesus' blood and righteousness."