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The Watchman

Magazine

AN INTERPRETER OF THE TIMES



H. Armstrong Roberts

When Joseph was the Hoover of Egypt

See page 12



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The Necessity of Christ's Second Coming

EVEN as harvest follows sowing, and there is an ending to every beginning, so the scheme of things in this world will not be satisfactory to us till Christ the finisher comes back to earth. There is little joy in living unless hope for the future is added to thanks for the past and present.

Jesus *must* come again.

There is happiness in social uplift,—helping the needy, giving to the poor, healing the sick, and if possible raising the dead. But the warmth of our ardor is chilled when we discover that in spite of all we can do, again they will need, again poverty will come, again they will be sick, again they will die. We have no assurance of the *end* of all this, except in the promise of Jesus coming again.

“Blessed are they that mourn” is an absolute untruth unless we add, “for they shall be comforted.” There is no gladness in sorrow unless it ceases and makes more possible and more appreciated the discipline of character it has brought. But there is no comfort, no wiping away of tears, without the hope that some day mourning will be no more at Jesus’ return.

There is no consolation in the presence of death, only as we have faith in the resurrection of the body; for death is corruption, decay, an end, the beginning of a forgetting, unless we have renewal of life. And who knows of any resurrection before the coming of Christ in the clouds?

The Christian cannot live and thrive spiritually by looking back at the cross of Christ alone; he must also look forward to the crown of Christ.

One is getting only half a blessing by

keeping a Sabbath that is a memorial of creation (or even as a supposed memorial of Christ’s resurrection) which is not also a prophecy of eternal rest in the new earth. Be they ever so true and substantial, we cannot live on memories. We live on hopes. Every great doctrine of the Bible, every great truth that philosophy has unearthed, every great hope of mankind, finds its completeness, its summing up, its perfection, in nothing short of the second advent of the Son of man and God to our globe.

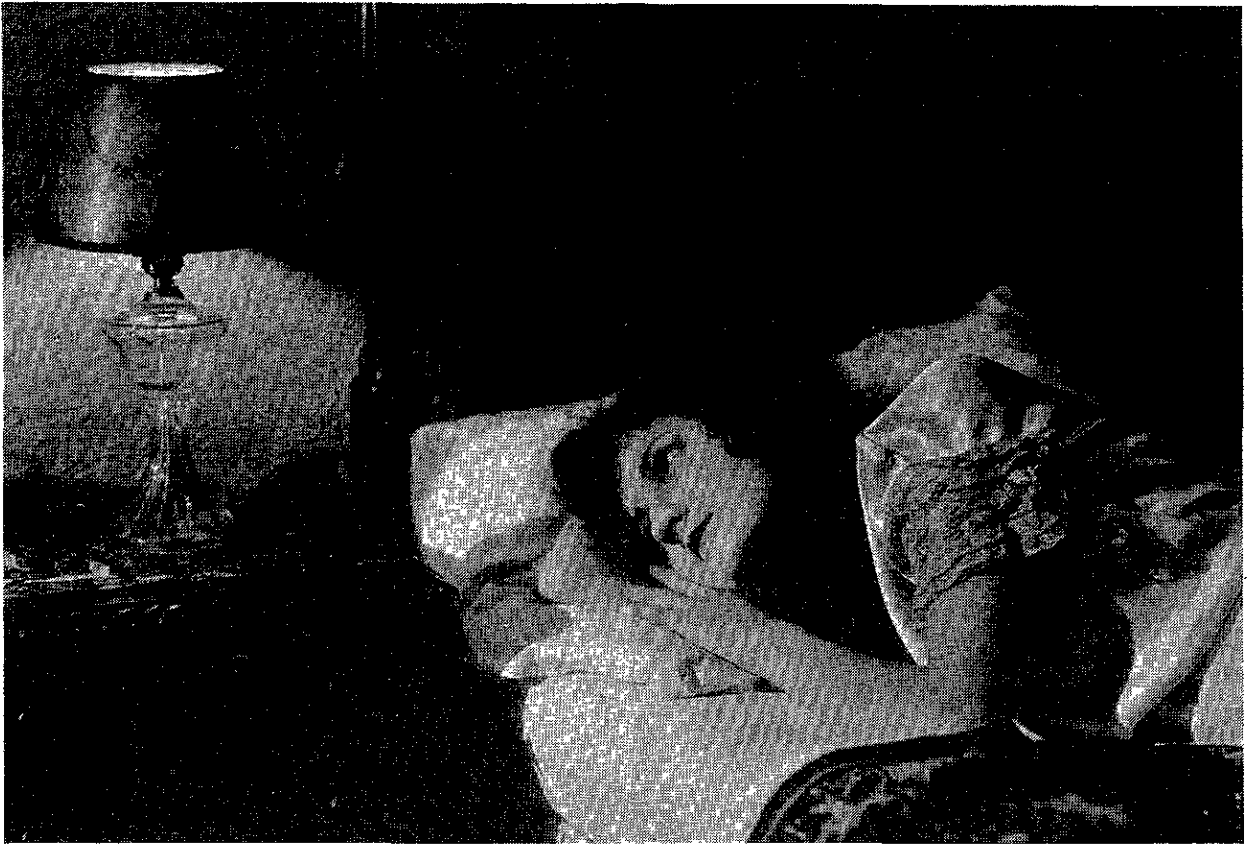
History and our own observation and experience shout to us that it is utterly hopeless to expect men and combinations of men, be they ever so great and powerful, to bring us complete satisfaction and eternal peace by means of education, preaching, legislation, force, arguments, or aught else of that kind. The more and harder they try, the worse becomes our predicament.

Christ’s chief mission on earth nineteen centuries ago was not to go about doing good. His great work was to preach and announce the *kingdom*. That kingdom is yet before us. We would hate to conclude that anything that exists on earth today is His kingdom. Nothing measures up here. “His appearing and His kingdom” come at one and the same time. (2 Timothy 4: 1.)

The One great figure the world has seen, who placed His indelible stamp on everything good and true and substantial we have today, whose teachings have most profoundly affected the world, who died and was raised to save men from sin, must return to save this earth from chaos.

We challenge human wisdom and power to suggest and produce a better way.

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H. Armstrong Roberts

Epidemics and diseases old and new are more than ever preying upon mankind, and youth is no more exempt than age

Man is Waging

A Losing Fight for Life

The doctor tells what we can do about it. It is worth something to know how decrepitude can be postponed for a number of years

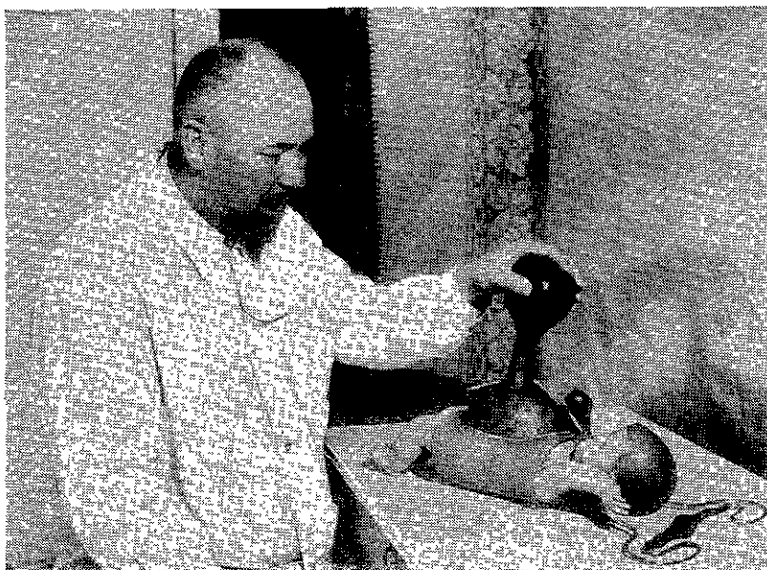
OUR lives are growing shorter, not longer. A losing fight for life is being waged by the adult today, says Professor C. H. Forsyth, of Dartmouth College, in *Science*. Infants and youth are being saved from premature death, but the middle-aged and old are dying earlier. "The expectation from age forty-five or fifty on is the lowest of which we have any record — far lower than it was even forty years ago — and it is still going down, not up," says Professor Forsyth, who has given very careful study to vital statistics from 1890 to the present. The facts that he presents are startling enough to a proud America, which is quite willing to accept the opinion that it is the hope of the world. Doubtless in wealth, in scientific and industrial progress, in education, and in democracy, America leads the world. But in physical vigor we are waging a losing fight. If Professor Forsyth is right — and we have no doubt his conclusions are well founded on established facts, for others who have

By GEORGE K. ABBOTT, M. D.

given the matter careful study, such as Dr. Eugene Fisk of the Life Extension Institute of New York, affirm the same downward trend of human life in America — if he is right, the facts should arrest our most serious attention and receive a study of the causes.

But the most serious thing about this shortening of life is not the fact itself, but our attitude toward this problem of health conservation. Professor Forsyth says further: "It truly looks as if it is going to be a losing fight for some time to come, for although some adults are making a commendable effort to live sane lives, the vast majority seem very indifferent, and many give apparently no thought whatever to habits which they clearly know are bad, and which they could easily discard."

No one should be more keenly aware of this situation of indifference than the physician whose



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Dr. Rudolph Eisenmenger, of Vienna, has invented an apparatus for artificial breathing, which at the same time causes massage of the heart and blood circulation. He has saved many a new-born child from death. Much has been done by medical science to save child life, but little to prolong the lives of the aged

work is in the field of health conservation. Of course, there is a vast amount of ignorance of health matters even in enlightened America. But the most disheartening feature of it all is that the big majority of this is willing ignorance on the one hand and gullible ignorance on the other. Reliable health information is available, sponsored by men who know from scientific evidence. Nevertheless the most widely disseminated impressions in matters that mean health or disease are left by paid advertising and propaganda of those commercial concerns whose revenues depend upon the appetites and habits of the people. The blatant, obtrusive, and well-nigh inescapable advertising of cigarettes, as if some certain brand held within its marvelous charm all that is worth while in life, is but a sample of the extent to which conscienceless commercialism has gone in America. The results in the piling up of tobacco and cigarette sales are almost unbelievable. America spends over two billion dollars annually for tobacco. In passing, we may say that tobacco is probably at present the largest single factor in shortening life from the age of forty-five on. But it is not of tobacco we desire to speak, for nearly every adult smoker knows tobacco is harmful. As Professor Forsyth says, "Many give apparently no thought whatever to habits they clearly know are bad."

FOOD POISONING

THERE are other poisons that by slow, unnoticed action are undermining the vigor of those vital parts of the human machine which now show progressive deterioration and are responsible for this shortening of the lives of adults.

Food poisoning is largely of two kinds — food excesses and food deficiencies. Food deficiencies

have been extensively investigated in the past fifteen years, until now we have a wealth of useful information that can be turned to the purposes of health conservation. Unfortunately the chief spring of action in habits of eating and drinking is with many people derived from persistent advertising, and this is notoriously biased for selling purposes. Few people realize that the cola drinks and coffee are one and the same thing. The sale for cola drinks is made by advertising. A recent copy of a bakers' journal assures the public that the doctors say that white bread and whole-wheat bread are *both* needed for health. An uninformed public doubtless responds to such brazen misrepresentation of the truth. Yet to some extent the public are aware that *white* bread is a deficient food and responsible for disease where not balanced by other foods rich in minerals and vitamins.

The use of fruits, fresh vegetables, and milk to supply the minerals and vitamins lacking in the ordinary American diet of meat, white bread, canned goods, etc., is to some extent known to the public. Even the names of certain deficiency diseases as beri-beri, pellagra, rickets, and scurvy are quite well known. It is much less generally realized that the great bulk of abdominal diseases, both medical and surgical, are intimately related to the processes of preparing and preserving foods in our Western civilization. Dr. McCarrison's observations along these lines are worthy of most careful attention:

HEALTHY RACES

FOR some nine years of my professional life my duties lay in a remote part of the Himalayas, where there are located several isolated races far removed from the refinements of civilization. Certain of these races are of magnificent physique, preserving until late in life the characters of youth; they are unusually fertile and long-lived, and endowed with nervous systems of notable stability.

"During the period of my association with these peoples I never saw a case of asthenic dyspepsia, of gastric or duodenal ulcer, of appendicitis, of mucous colitis, or of cancer, although my operating list averaged 400 major operations a year.

"Indeed, their buoyant abdominal health has, since my return to the West, provided a remarkable contrast with the dyspeptic and colonic lamentations of our highly civilized communities. Searching for an explanation of this difference in incidence of gastro-intestinal disease in the two peoples, I find it, in the main, in four circumstances:

"I. Infants are reared as nature intended them to be reared — at the breast. If this source of

nourishment fails, they die; and at least they are spared the future gastrointestinal miseries which so often have their origin in the first bottle.

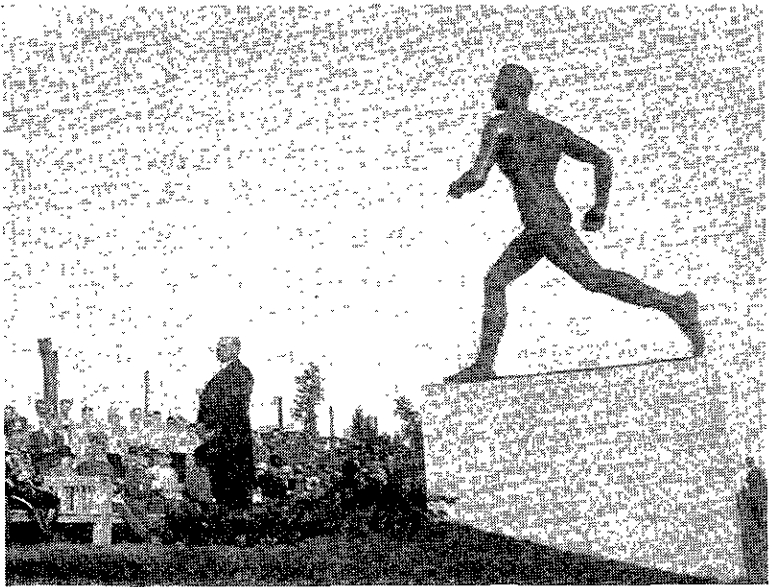
"2. The people live on the unsophisticated foods of nature — milk, eggs, grains, fruit, and vegetables. I don't suppose that one in every thousand of them has ever seen a tinned salmon, a chocolate, or a patent infant food, nor that as much sugar is imported into their country in a year as is used in a moderately sized hotel of this city in a single day.

"3. Their religion prohibits alcohol, and although they do not always lead in this respect a strictly religious life, nevertheless they are eminently a teetotal race.

"4. Their manner of life requires the vigorous exercise of their bodies.

"Let us now for a moment contrast the habits of these primitive people in respect to food with those of our more highly civilized communities. The former are content with natural foods—milk, eggs, grains, fruits, and leafy vegetables — or, if their state of mind be not precisely one of contentment, they can at least not better their lot nor worsen it. These natural foods — 'the protective foods,' as McCollum has named them — provide in proper quality and proportion the proximate principles and vitamins necessary for nutritional harmony, and the proper vegetable residues for the healthy evacuation of the bowels.

"But the case is different with civilized man. No longer is he content with the unsophisticated foods made in nature's laboratory, with 'herbs bearing seed' and with 'every tree, in which is the fruit of a tree yielding seed.' To him these are 'still for meat,' but preserved, purified, polished, pickled, and canned. Some he extracts and distills with the object of procuring concentrates agreeable to his taste. His animal food he heats, dries, freezes, thaws, and stores. One way or another by desiccation, by chemicals, by heating, by freezing and thawing, by oxidation and decomposition, by milling and polishing, he applies the principles of his civilization — the elimination of the natural and the substitution of the artificial — to the food he eats and the fluids he drinks. With such skill does he do so that he often converts his food into a 'dead' fuel mass, devoid of those vitamins which are to it as the magneto's spark to the fuel mixture of a petrol-driven engine. Unmindful, too, or more often ignorant, of the composition of the fuel mixture with which he charges his human machine, he joins deficiencies of some essentials with excesses of others, heedless that the smooth running of his bodily functions bears intimate relation to the ordered balance of these essentials."



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A monument to an athletic prince of Germany. We need to make much more of health and vigor than we do

There are three outstanding excesses in the American diet. These are excess of protein elements, excess of acidifying over alkalizing foods, and excess of refined sugars. The latter has been frequently emphasized until we are quite generally aware that, on an average, Americans annually use over one hundred pounds of refined sugars per capita.

MEAT NOT THE ONLY PROTEIN

THERE has also been much written regarding the excessive use of meat, yet few people, even vegetarians, have any very definite idea of how much protein is really needed. Still fewer, probably not one in a thousand, could figure from their "bill of fare" the approximate number of grams that they daily consume.

As to acidifying foods, the public generally still ignorantly believe acid fruits to be acidifying, and have almost no notion of what the term really means, or that meats, cereals, breads, and eggs are all highly acidifying, and when used freely in the diet without a great preponderance of fruit and vegetables will, in time, produce very annoying symptoms, even in young people, and if persisted in for years finally produce degenerative disease. As the high-protein foods are also largely the acidifying foods, the two excesses go together. The usual diet of meat, potatoes, and white bread is deficient in vitamins and minerals, as well as tending to the acidifying of the body.

In many cases notable distress does not occur early, and the appearance of the individual is that of robust health. The end may come with rapid decline or even suddenly as with the "one-hoss shay." Newburgh of the University of Michigan, who has done a great deal of experimental work along these lines, says regarding beef in the diet: "Nothing we ever fed rabbits was so pleasing to them. As a result they grew to be abnormally large and



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All too soon is our health wrecked on the rocky shores of life

University, in experiments of one year; Reader and Drummond, of University College, London, in experiments of four months; and Jackson, of Harvard University, in experiments of eight to fourteen months, all found kidney enlargement to result from high-protein diets. They found no nephritis, or Bright's disease.

2. Later Osborne, Mendel, Park, and Winternitz, of Yale University, found kidney enlargement to occur in the surprisingly brief time of eight days. Animals on forty per cent protein, and especially those on the very high per cents of protein, if continued four hundred days or more, showed definite kidney damage (nephritis).

gave the appearance of great vigor. Visitors to the laboratory were impressed with the fine appearance of these animals. But you see that a year of this diet has produced a really serious injury to the kidney tubules [exhibited in pictures of the rabbits' kidneys photographed under the microscope]. The large spaces are caused by the disappearance of the active cells of the tubules. That is, the cells that perform the excretory function of the kidneys have largely disappeared."—*From Proceedings of the Third Race Betterment Conference.*

From earlier experiments Newburgh remarks concerning the effects of diet and heredity as follows: "The remaining three [young rabbits] took to the high-protein diet kindly and gained weight rapidly; their general condition was good, they were plump, with shiny coats and bright eyes, and were playful up to the day of death. They were found dead in from six to seven weeks, but in no case had the general appearance of the animal on the day preceding death indicated any difference from a healthy young rabbit."

HIGH PROTEIN DANGEROUS

THE degenerative group of diseases is made up of heart disease, Bright's disease; hardening of the arteries (with resulting apoplexy), and high blood pressure with its final train of disasters. The dietary causes of these diseases have now been experimentally demonstrated beyond any question of doubt. This experimental work is so extensive that only the briefest summary can be given.

1. Osborne and Mendel, of Yale University, in brief experiments (100 days); Miller, of Harvard University, in very brief experiments (mostly nine weeks); Addis, McKay, and McKay, of Stanford

University, experimenting with high-protein diets on rats after removal of one kidney, invariably found kidney enlargement greater with high-protein diets than normal diets, and this overgrowth increased in direct proportion to the increase in the per cent of protein in the diet. In these rats with one kidney carrying the load of two, the remaining kidney showed definite and often extreme damage when on the high-protein diet ninety days or more. This was accompanied by large quantities of albumen and casts in the urine.

4. Dr. L. H. Newburgh and his associates, of the University of Michigan, have shown by animal experiments on both plant-eating and flesh-eating animals that a high-protein diet (twenty-seven per cent and thirty-six per cent of protein) causes both Bright's disease and hardening of the arteries.

5. Dr. L. H. Newburgh has also shown that an excess of protein from milk (casein) is harmful in proportion to the amount above the smallest requirement and the duration of the diet. The damage was slight at first and easily overlooked. It required over a year to produce pronounced kidney damage by a diet of one third casein. Beef muscle in the diet gave ten times the amount of albumin in the urine and nearly five times as many casts, and damage appeared earlier. Liver in the diet caused still earlier and more severe injury and no animal on a liver diet survived a year.

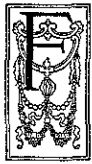
6. Dr. E. V. McCollum and his associates of Johns Hopkins University have shown by animal experiments on flesh-eating animals that a high-protein diet produces Bright's disease.

7. Dr. Fox of Philadelphia, in autopsies on animals of the Philadelphia Zoological Garden, has shown that carnivorous animals (*Continued on page 27*)

GOD-DEFYING RUSSIA

Heedless of the experience of history, the atheists of Russia are attempting to destroy God and crush all religion. Let the world say if they will succeed

By MERLIN L. NEFF



FROM a nation seething in turmoil and reacting from terrific internal changes that have upset fundamental principles of life and morality come fragments of news that tell us that astounding events are going on in the Russian Soviet government. Never since the days of the French Revolution has there been a nation that has so risen in defiance of God-given rules, a government that has rebelled against tested principles of life. The world looks on in amazement, and protests from religious bodies, including the pope of Rome, are rising. Indeed, one stands amazed at the upheaval in red Russia. And what the final outcome of such a regime so diametrically opposed to Christianity and morality may be is a question that remains unanswered.

In 1917 the revolution overthrew the monarchy and dethroned the Czar. A republican form of government known as the Union of Socialist Soviet Republics became the ruling power. At once the people found themselves facing a situation no better than that of an iron monarchy. The new constitution nullified the rights of the individual. Private property in land holdings was abolished, although peasants who had already seized the land were allowed to continue to occupy it. The government proclaimed communism as the goal to be achieved. Few individual rights resulted. The sanctity of marriage and the bonds of the home were loosened by government rules. Religion was ridiculed, and those who worshiped were told that "religion is opium for the people."

Under the present regime the Russian people, as described by one historian, are "cowed, broken, and demoralized." Today, the same writer adds, "Russia is one vast madhouse." And when we begin to study the underlying revolutions in that great land, we are not surprised that such a statement is true. The home is in chaos. Marriage is a wish, and divorce is a mere ending of that wish. If a man and woman



International Newsreel

Communists, with banners waving, destroy a church in Russia

wished to get married, their mere desire made it legal. However, they could register their marriage if they chose. When they grew tired of living together, they parted as simply as they were married. The record was merely cancelled. If there were children dependent on them, each parent contributed one third of his income to their support. Thus all moral restraints were broken down. One writer describes the situation: "It is literally possible to marry a girl on Monday and divorce her on Tuesday; no question of alimony is involved, except when there are dependent children. And what is the result of this freedom? There is an appalling number of these casual week-end marriages."—*Hubert Malkus, in Success Magazine.*

But the results of such a disregard of the marriage vows are bringing tragedy to millions of abandoned children who are left on the hands of the government. No homes, no parents, no religion, no future prospects in life! Such is the picture of Russia's

roaming mob of homeless waifs. The Russian Commissar of Education described the problem in this language: "Hundreds of thousands of them have degenerated into a state of semi-savagery, some bordering on idiocy, while others have had their wits so sharpened by collision with life that they have become dangerous enemies of society. This problem is the most terrible ulcer on the Soviet Union's body." Such a statement coming from the leader of their system of education is a powerful admission of the failure of such a chaotic plan.

AT WAR WITH RELIGION

THE chief aim against all that is right and good is the fight Russia is making against religion. All religion is being fought as a menace to the people. In writing in *The Nineteenth Century Magazine*, on "Atheism and Religion in Russia," Ariadna Williams reveals many astounding things. "From the first days of their coming to power," he states, "they have been in a state of permanent war with the church, with religion, with God, and those who believe in Him. With childish faith in the omnipotence of the human intellect, they try to change the course of human life, the nature of the human soul, by violent revolutionary methods."

The Soviet government realizes that a battle against Jesus Christ is not an easy one. But they are attempting to strike at the heart of true religion by breaking down the faith of the younger generation. The permanent Commissar for Education, Lunacharsky, has said: "We hate Christianity and its adherents; even the best of them are our bitterest enemies. They preach love and compassion, which is contrary to our convictions. Christian love prevents the growth of the revolution. Down with love for our neighbors! We must know how to hate."

This God-defying statement causes us to realize the conflict that is being waged in revolutionary Russia today. Many of the churches have been destroyed in the effort to end religion. Beautiful churches have been turned into grain storehouses, hotels, theaters, and clubs. Everything sacred has

been ridiculed. Everything called holy is being flouted.

Thousands of young people are rank atheists. They have been taught to hate the belief in God. "Russia is actually rearing an entire generation that affirms its belief that there is no God," declares a *Christian Century* correspondent, in the Sept. 18, 1929, issue. "I am using words with care," he continues, "when I say that a reign of terror has been instituted to eradicate the last vestige of vital religion from Russian life." This is being accom-

plished, we read in various accounts, by cruel suffering and extreme persecution. Thousands are going into exile because of their belief in God.

The laws have become so stringent against all religion that Clause 17 of the Constitution tells us that it is punishable by law for a religious leader to care for the sick or to give medical aid. Not only is all teaching of the Bible prohibited to children, but they are taught atheism instead. One writer states: "It is forbidden to teach children, religion, but they are to be taught atheism. The teachers are ordered 'to create in children moral aversion to religion.'"

SCHOOLS OF ATHEISM

THE first anti-religious university in the world was opened in Leningrad recently. Three hundred students

came to classes the first day. The purpose of the university is stated in this sentence: "For the purpose of training a large body of anti-religionists and atheists." Another institution of this kind has been organized since the first university opened. No greater movement by a nation has ever been made in the annals of history against a belief in God, than is Russia's move today.

For over ten years Russia has been sowing the seeds of anarchy and defiance against God that she must reap in broken hearts, disillusioned lives, and despairing souls. With family ties severed, church associations broken asunder, property confiscated, a constant fear of enemies in hearts, and very little individual justice, it is not to be thought strange that Russia's condition is described as "a reign of terror." It is a revolution such as the most tyran-



Russ Photo

An anti-religious carnival in Russia on Christmas eve

nical period of the French Revolution experienced.

Everything that it has been possible to change has been tampered with by Russia. The week length of seven days, reaching back in origin to creation, has been changed by the government in defiance of God and the rest of the world. By the official plans the child is to be separated from his mother and placed in military and government training at an early age. Every one talks of war and is planning for it. The wide expanses of the Russian states possess the largest standing army in the world today. The gospel of hate and defiance against high heaven is Russia's cry.

To any one who would doubt the value of the gospel of Jesus Christ in the hearts and lives of men, I would say, "Look at Russia." Here is a vivid example of rebellion against God and the fruits of atheism. Solomon declared: "Where there is no vision, the people cast off restraint." Proverbs 29: 18, A. R. V. The original Hebrew translation gives the rendering, "the people become unruly." Truly a nation that forgets God, that loses sight of the vision of spiritual things, casts aside restraint and becomes unruly.

As the pages of earth's history near their ending, God has told His followers not to be dismayed at the open disregard for God and for all that is accounted right. Paul, through inspiration, declared: "But evil men and seducers shall wax worse and worse, deceiving, and being deceived. But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them." 2 Timothy 3: 13, 14.

ATHEISM A SIGN

ATHEISM is verily a sign that the coming of Jesus Christ is near. Peter has written, "Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, and saying, Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of the creation. . . . But the day of the Lord will come as a thief in the night." 2 Peter 3: 3, 4, 10.

MAY, 1930

While we shake our heads in disapproval of Soviet Russia let us consider those who would destroy the strongholds of religion in our United States of America. While Russia has disregarded the sacred ties of marriage, there are also thousands of couples in America who hold marriage lightly. As one clergyman has put it, our divorce rates are becoming a sort of "progressive polygamy." And he adds, "There is a definite propaganda for freer divorce, which seems to be making considerable headway.

We may even come to the point where trial marriages may be legalized; or to the condition in Soviet Russia, where divorce is granted without question on the application of both or even one of the parties to a marriage." It is estimated that some 2,000,000 minor children are left fatherless or motherless by our divorce mania today. Is such a condition much above Russia's blundering, sinful way?

SHEEP-CLAD WOLVES

AND while we are scandalized at the anti-religious propaganda of Russia, let us not forget the Modernist pulpits of so-called Christian churches that are craftily tearing down the fundamentals of Jesus Christ and the word of God. It makes little difference as to the method, whether it be atheistic Russia with blatant ban-

ners declaring, "Religion is opium," or preachers who destroy the Bible and the sanctity of the law of God, for both methods lead to the same end—the destruction of faith. In fact, wolves in sheep's clothing are more subtle and dangerous than the outward enemy.

As to the education of youth. If two Russian universities declare they are atheistic, are they to be more strongly criticized than some educational centers in our land that profess to uphold Christianity, but are day by day tearing down its foundation and deriding those who believe in the word of God? Before we become too vehement in our rebuke against God-defying Russia, let us consider the teachings of our civilization. Youth is disillusioned, skeptical, and filled with the principles of infidelity as the result of much of the higher educational methods in our institutions. It makes little difference how we fight the eternal (Continued on page 27)



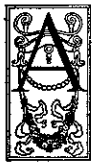
International Newsreel

Soviet children are the newest crusaders against religion

213 WORDS

*write the history of the world,
while the world wonders if
Calvin Coolidge can write the
history of America in
500 Words*

By JOHN L. SHULER

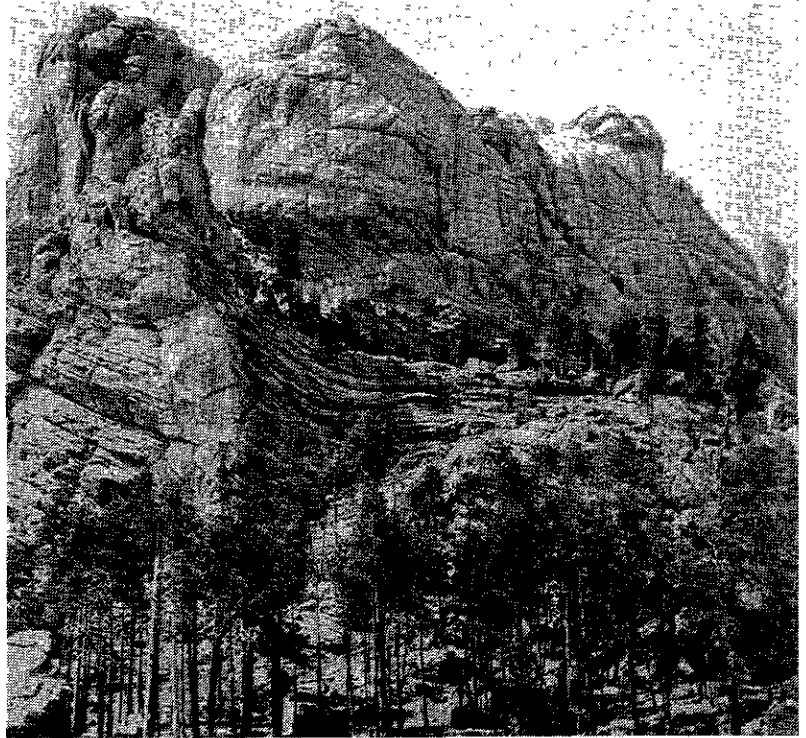


RECENT press dispatch announces that Calvin Coolidge has been asked by the Mt. Rushmore National Memorial Association to write a history of the United States from the Declaration of Independence to this day, in 500, or fewer, words. This is to be engraved beside the colossal figures of Washington, Jefferson, Lincoln, and Roosevelt upon the granite face of Mt. Rushmore in the Black Hills near Keystone, South Dakota, and is expected to last 500,000 years.

It will certainly require most careful thought to condense effectively into 500 words the story of the mighty accomplishments of this American republic during the past 154 years from 1776 to 1930. More than one historian has found difficulty in recording the story of the past in brief form. Thus we find Professor James Harvey Robinson declaring: "One who undertakes to condense what we know of Europe's past, since the times of Theodosius and Alaric, into the space of six hundred pages assumes a very grave responsibility."—*"History of Western Europe,"* page 2.

But if men will carefully read the book of Daniel in the Bible, they will find that before Herodotus, who is known as the father of profane history, had begun to amass his confused materials, the prophet Daniel had foretold in a few terse sentences the world kingdoms that would arise, and the order of their succession to the end of time. Twenty-five hundred years ago this Hebrew prophet foretold in two hundred thirteen short words the story of the rise and fall of nations from his day to the day when "Finis" will be written on the last page of human history.

Ponderous and almost endless volumes have come from the historians' hands in their endeavor to tell this story of the course of empire which the prophet had set down beforehand in so few words.



Wide World Photos

Rushmore Mountain, Black Hills, South Dakota, the cliff where are to be sculptured the faces of four presidents of the United States and a 500-word history of our country written by Ex-president Coolidge

There is an old story that when young Prince Zemire succeeded his father on the throne of Persia he summoned a convocation of all the learned men of his kingdom, and addressed them thus: "My revered teacher had impressed upon me that kings would be less liable to error if they were acquainted with the history of the past. Write me a history of the world, and make certain that it is complete."

After the lapse of twenty years, the learned men reappeared before the king, followed by a caravan composed of twelve camels, each bearing five hundred volumes. The secretary of the society made a short speech, and presented the six thousand volumes.

The king, whose time was fully occupied with the affairs of the state, expressed his gratitude for the trouble taken, but added: "I am now middle-aged, and even if I live to be old I shall not have time to read such a long history. Abridge it!"

After laboring twenty years longer, the learned men returned, followed by three camels bearing one thousand five hundred volumes, and said: "Here is our new work; we believe that nothing essential is omitted."

"That may be; but I am an old man now. Abridge still further, and with all possible speed!"

After the lapse of only ten years, they reappeared, followed by a young elephant, bearing only five hundred volumes. "This time we have been exceedingly brief."

"Not yet sufficiently so," replied the aged king.



Wide World Photos

Ex-president Calvin Coolidge, speaking at the dedication of the huge memorial to famous Americans on Rushmore Mountain, South Dakota

the seed of men: but they shall not cleave one to another, even as iron is not mixed with clay. And in the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed; and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever." Daniel 2:38-44.

PERFECT IN BREVITY AND MEANING

IN THOSE seven short verses is compressed the history of the world. Here is the story of the past, the present, and the future. A few moments will suffice to read it over; but do we realize the sweep of vision it covers? Beginning with the days of King Nebuchadnezzar in B.C. 603, more than six centuries before Christ, or more than twenty-five hundred years ago, it reaches on down through the ages, past the rise and fall of nations, past the establishment and overthrow of earthly dominions, past our day, unto the everlasting cycles of eternity. In these brief verses the prophet not only tells the story of the past twenty-five hundred years, but in the forty-fourth verse his prophetic description embraces the endless ages of eternity under the eternal rule of the kingdom of God.

Which one of earth's celebrated historians ever devised so brief and so comprehensive a record, which embraced so much? Where on the pages of profane history do you find so great a volume of historical information set forth in so few words? The Spirit of the Eternal One caused these words to be inscribed upon the heavenly scroll, and we do well to consider them carefully.

A study of history reveals that there was a special fitness in the respective metals that were chosen to represent the four successive world powers of this prophecy.

1. The gold. Gold is regarded as the finest of all metals. Likewise Babylon was the grandest, the richest, the most magnificent of all earthly kingdoms.

In Isaiah 14:4, Babylon, the capital city of this first world kingdom, is called "the golden city." In Isaiah 47:5 it is called "the lady of kingdoms." In Isaiah 13:19 it is said to be "the glory of kingdoms, the beauty of the Chaldees' excellency." In Jeremiah 51:41 it is spoken of as being "the praise of the whole earth."

2. The silver. On the pages of history it is recorded that the "Immortal Guard" of Persia wore silver breastplates.

3. The brass. Classic writers spoke of the Grecian army as "brazen-coated Greeks."

4. The iron. As schoolboys and schoolgirls we have read of the "iron legions of Rome."

As to the appropriateness of the metal chosen to represent Rome, Professor Gaussen, in his "Discourses on Daniel," bears this testimony:

"The fourth empire was iron. Iron — no better definition than this can be given of the character of the Romans. Every- (Continued on page 31)

"My life is almost over. Condense it much more!"

But this fourth laborious attempt at abridgment was unsuccessful, so far as the king was concerned; for after five more years had passed, when the secretary returned alone, walking with crutches and leading a small ass, whose load was one large book, the king was dying, and could not read it.

WORLD HISTORY IN MINIATURE

IN CONTRAST to all this, read the brief words spoken by Daniel to Nebuchadnezzar, the Chaldean king, in his explanation of that great image, with head of gold, breast and arms of silver, sides of brass, legs of iron, and feet and toes composed partly of iron and partly of clay: "Thou art this head of gold. And after thee shall arise another kingdom inferior to thee, and another third kingdom of brass, which shall bear rule over all the earth. And the fourth kingdom shall be strong as iron: forasmuch as iron breaketh in pieces and subdueth all things: and as iron that breaketh all these, shall it break in pieces and bruise. And whereas thou sawest the feet and toes, part of potters' clay, and part of iron, the kingdom shall be divided; but there shall be in it of the strength of the iron, forasmuch as thou sawest the iron mixed with miry clay. And as the toes of the feet were part of iron, and part of clay, so the kingdom shall be partly strong, and partly broken. And whereas thou sawest iron mixed with miry clay, they shall mingle themselves with

When JOSEPH was the



International Newsreel

The Metropolitan Museum of New York employs native Egyptians to uncover an ancient temple in the valley of the Nile

Current History Mirrors the Past, While the Bible and Ancient Relics Stand Together



DESTROY the historicalness of the Bible and you destroy the religion of the Bible. In other words, if the history of the Bible is untrue, then the religion of the Bible is untrue also; for the religion of the Bible is founded on its history. When one says that Noah's Flood was not an historical event, one also questions the truthfulness of Jesus Christ, the founder of the Christian religion, for He referred to the Deluge as an historical event. (Matthew 24:38, 39.) Even the greatly discredited story of Jonah and the "sea-monster" (Matthew 12:40, margin, A. R. V.) was cited by Christ as an historical fact. The Bible religion and its history both stand or fall together.

"But what about the story of Joseph?" we are asked. "Was Joseph an historical personage? Was he ever in Egypt? Was he ever prime minister of Egypt? And was there a famine of seven years like the one and the book of Genesis tells about?"

By L. Ervin Wright

It is true that slaves do not as a common event rise to the position of trust and authority that Joseph, the slave, finally held. And, agreeable with the Bible account, there seems to have been only one period in all Egyptian history when a Hebrew slave could have become secretary of state. This particular period was beset with a series of peculiar circumstances which must be understood before one can fully appreciate the Biblical record.

At the beginning of this period we find Egypt divided into several weak dynasties, or governments. The people witnessed a series of constant internal schisms and a constant change of kings, which gave them little confidence in the stability of the Egyptian states.

It was when divided Egypt was in this turmoil that a new menace appeared in Egypt. This was

HOOVER of Egypt :: ::

the invasion of the Hyksos, or Shepherd Kings, from the east; and it was owing to the fact that Egypt was not a united empire at this time that these invaders gained a firm foothold in the delta region of the Nile valley and held it for centuries. Farther up the Nile valley, the true Egyptian dynasties appear to have continued to rule more or less under the vassalage of the Hyksos.

Writing of these invaders, A. H. Sayce says: "They soon submitted to the influence of Egyptian culture. The conquered people took their conquerors captive, and the Hyksos kings became veritable Pharaohs. The manners and customs, the writing and titles, of the native monarchs were adopted, and, in the course of time, even the language also. *The court was filled with native officials, the cities and temples were restored, and Egyptian learning was patronized. . . . It was only in religion that the new rulers of Egypt remained foreign.*"—*Early Israel and the Surrounding Nations,* pages 158-160.

EXACT WORDS

OWING, doubtless, to the religious differences between the native Egyptians and the invaders, the monuments of Egypt reveal that the native Egyptians gave the Hyksos, or Shepherd people, the epithet of "aat," which is the equivalent of the word "abomination" in Genesis 46: 34, and strikingly confirms the Biblical statement that "every shepherd is an *abomination* unto the Egyptians."

Now a conservative estimation from Biblical chronology reveals the fact that Joseph's experiences in Egypt were during the time when the Hyksos people were in possession of Egypt.

On this point there is a very remarkable statement in Genesis 39: 1, which is overlooked in a hurried reading of the verse, but which is pregnant with meaning. This verse tells us that when Joseph was sold into slavery in Egypt he was purchased by an officer of Pharaoh, a captain of the guard,
MAY, 1930

who was "*an Egyptian.*" "Why should that fact be mentioned?" asks Dr. Melvin Grove Kyle, and then proceeds to answer his own question. "Would anyone describe a person as 'an officer of the American government and an American'? Or, of the French government 'and a Frenchmen'? Would any historical writer, modern or ancient, mention any government official in such a manner without a special reason? There must have been such a special reason in this case when the Biblical writer adds 'an Egyptian.' That reason must have been known to the writer, else he would not have used the expression, yet he does not think it important to pass on to his readers a reason so important for himself that he would not have used the expression without it. Evidently he did not think any explanation [was] needed for his readers. Now what was the special reason for the use of this expression, '*an Egyptian,*' and when would such an expression be written without any need of explanation to the reader?"

"The explanation now needed by us is found in the history of the Hyksos period in Egypt. . . . It was under one of these Hyksos kings that Joseph appeared in Egypt as a 'Bedouin slave' and was later elevated to be again a 'Bedouin Prince' and 'Ab' or 'Vizier' of Pharaoh. *So the government of Egypt in Joseph's day was not 'Egyptian'; but this particular government official was 'an Egyptian.'* The writer of Genesis knew this fact and mentioned it . . . and, moreover, *at the time he wrote, saw no reason why he should make any explanation of this peculiar condition of affairs that made it necessary to mention that an official of the*

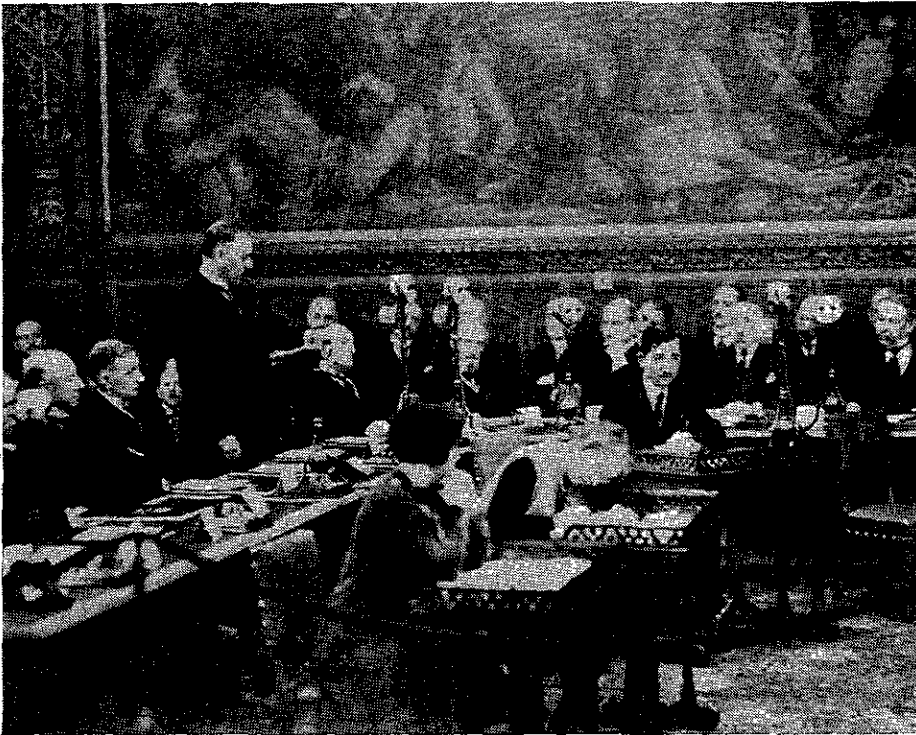


International Newsreel
A 3000-year-old Sphinx lately unearthed in old Egypt

government in Egypt was '*an Egyptian.*'"—*"Moses and the Monuments,"* pages 120, 121.

The fact that the Pharaoh of Joseph's time was of the royal line of Shepherd Kings explains why Joseph told his father to tell the Pharaoh that he was a shepherd (Genesis (Continued on page 32)

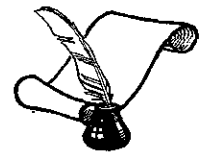
CONFLICT, NOT



Wide World Photos

The corner for the United States delegates at the London Naval Conference, Secretary of State Stimson standing

*The
London
Naval
Conference
writes
the Story
of a
Lost Vision*



T IS fast developing that the high hopes many leaders in world peace have had in the present London naval disarmament conference as a means of advancing the cause of international agreement and understanding have been sadly misplaced and unfounded. The cry for concord, but the facts demand conflict. We of 1930 are no further along than the Egyptians of the days of Thothmes and Rameses and the Romans of Pompey and Cæsar, so far as the solution of the war question is concerned. The only difference is, war is far more terrible now and more terrific in its consequences.

The wars of Alexander and Charlemagne were mere child's play in comparison to the gigantic, slaughtering reality of the warfare of a Foch and a Pershing. The former slew their tens; the latter slew their thousands. Thus have we progressed in the art of war. Is there any wonder that Jeremiah, when in inspired vision he saw our day, cried out: "My anguish, my anguish! I am pained at my very heart; my heart is disquieted in me; I cannot hold my peace; because thou hast heard, O my soul, the sound of the trumpet, the alarm of war. Destruction upon destruction is cried; for the whole land is laid waste: suddenly are my tents destroyed, and my curtains in a moment. How long shall I see the standard, and hear the sound of the trumpet?" Jere-

miah 4: 19-21, A. R. V. It would almost seem that the prophet had been borne to Ypres and the Belleau Woods sector of the Western Front of the last dread war as the occasion for his doleful utterance. It would seem as if he had witnessed the awful scenes in the front lines and in the trenches, and been present at the battle of the Marne.

Many thought-when this London conference got together that it would be for the purpose of naval reduction; that positive steps would be taken by the five big powers to cut down the number of their ships, and make a real attempt to enforce peace upon the troubled waters. Now we know this was but a vain fancy. Disillusionment has plainly revealed that they did not gather there to reduce at all, but only to limit their naval forces. And be it clearly understood there is a vital difference between naval reduction and naval limitation. The former suggests a real decrease in the present number of fighting ships in the navies of the five powers. It would mean an active demonstration of peace endeavor on the part of the nations concerned.

But it has not so proved. What the United States, Britain, France, Japan, and Italy, through their delegates, have gathered together to do is to set a limit to the number of ships each power may build up to in the future, which, shorn of unnecessary verbiage, plainly means an increase of fighting ships

CONCORD

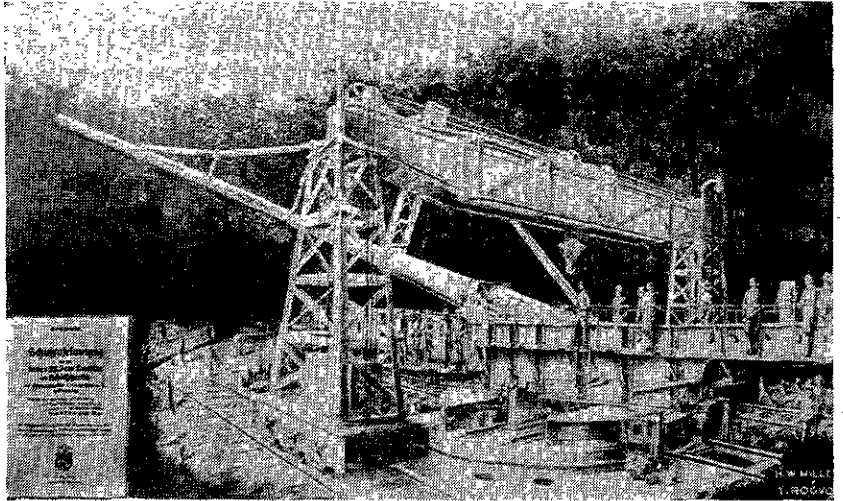
By William G. Wirth

and not a decrease. In other words, the very opposite is being planned for by these delegates to what many of us fondly hoped would be the purpose of the conference, a less number of ships. Stating it yet a different way, we see that the great powers are fully determined to safeguard their own individual safety and security first and foremost, and to be ready for the eventuality of war, and have by no means reached the position where they are seriously striving sincerely for world peace. It is the same old story: I am going to look out for Number One, and the others can go hang. Selfishness and ambition still rule, with altruism helpless in the dust.

But even if the Big Five could agree to abolish their navies altogether, we must not deceive ourselves into believing this would very seriously bring about international concord. There still remains to be solved a much bigger problem than sea armament. It is that of land armament. And another war problem which is growing rapidly is that of air armament. Settle your naval affairs and you have solved only one third of your international difficulties. But the situation is worse than that. Only these five powers, the United States, Great Britain, France, Italy, and Japan, are naval powers of any importance. What about the other fifty powers who depend for their warfare on land forces? Is it not at once evident that even if the London conference were successful, we have still a long, long road to go before we reach the plains of peace?

LAND ARMAMENT THE REAL PROBLEM

RAYMOND LESLIE BUELL, a keen student of international conditions, in commenting on this land armament problem gives us some facts that are worthy of careful consideration. He tells us that the five great powers represented at the conference now going on in London spend about \$950,000,000 annually on their navies, while the nations of the world spend upon armaments generally the huge sum of nearly \$5,000,000,000, yearly. In dollars, therefore, if the London conference abolished their naval forces, this would affect only about one fifth of the whole armament problem. Again, the United States, Britain, France, Italy, and Japan use only about 400,000 men to man their fleets, while 6,000,000 men are in the armies of the fifty-five nations of the world. Buell goes on to



International Newsreel

The first accurate drawing of the gigantic German gun which shelled Paris during the World War. It shot projectiles over seventy-five miles

say that, if the trained reserves are included, the potential land forces of these nations would mount up to about 30,000,000 men.

It staggers us to know such facts as these, and shows how desperately we are fixed in this war situation. We are reminded of President Hoover's statement in his Armistice Day speech, pointing out that there are nearly 10,000,000 more men, including active reserves, now under arms in the world than there were before the World War.

FEARFUL FACTS

SO REAL is the land warfare danger to France that, a few weeks before the London naval conference recently convened, her parliament appropriated \$115,000,000 for the construction of a series of bristling forts along the German frontier. Living under the constant dread of a future attack by Germany, the Paris government has built the strongest army in the world, at least so far as the continent of Europe is concerned. She sees the Germans springing back from the disaster of the World War with their accustomed vigor and enterprise; she sees the Germans increasing in population, while she herself has a stagnant if not a lowering population; and France feels she cannot afford to take the risk. She must build up forts and maintain a large land force. It is because France feels land armament is more vital to her protection than sea armament, that she is not nearly so concerned over the results of this London conference as is the sea-faring power of Great Britain.

As potent as France's own land forces are, they are made much stronger by the assistance of which she would be able to avail herself in time of war from the armies of her continental (Continued on page 31)



The News Interpreted



International Newsreel

Charles Evans Hughes, who has been appointed chief justice of the United States to fill the vacancy made by the death of William Howard Taft

The Leading Question-- Prohibition

THE fight about Prohibition grows more intense and bitter. It seems to be coming to a head; and there are predictions that it will be the great issue in the next presidential election and minor elections preceding it. Congress is staging hearings for both wets and dries and there is no lack of fact-reporting, statistics, argument, and oratory on both sides. The *Literary Digest* is taking a nation-wide poll on the vital questions connected with the issue, in its own thorough-going and efficient manner.

As to publicity reaching the largest number of people, the wets are more vocal. Popular news-weeklies and opinion-forming magazines, like the *Outlook*, *Life*, *Liberty*, and *Collier's*, have come out flat-footed in open and strenuous opposition to Prohibition. Whole pages of great metropolitan dailies, such as the *New York Times*, contain paid scare-head advertisements of the anti-prohibition crusade. Early reports from

the *Digest* poll indicate a great preponderance of wet sentiment, though the returns so far are largely from the East and large cities. Bootleggers in local communities and rum-runners along our borders are waxing rich, more daring, and more numerous in the illicit business. Prohibition is blamed for the scores of cases of paralysis reported of drinkers of bad liquor in Tennessee and the Southwest. Threats, ridicule, rumors, unproved and unprovable statements, even barefaced falsehood—all are being used to sweep the friends of Prohibition off their feet, and to make the American people believe that the "noble experiment" we have been trying for ten years is a total failure.

On the other hand, the majority of the American people are still staunch for Prohibition, as any impartial poll will indicate. Intoxicating liquor is inseparably connected with crime, outside of the crime of disobedience to the Volstead Act; and crime is news. And news is on the front page. But the average front pages of the newspapers never were, and never will be, a true indication of what the majority of the people of the nation are thinking and doing. We refuse to be stampeded by a loud-voiced minority who want alcohol again to flow freely and debauch the manhood and womanhood of America.

Prohibition may pass, but not yet. Prohibition may not work, but because it has not been worked. Prohibition may not prohibit, but only because

otherwise loyal citizens refuse to support it, not because it is based on un-American principles. And if Prohibition goes down by an onslaught of ballots, the people that will turn the tide against it are those who hitherto have supported it by vote but refused to support it by personal abstinence.

We do not believe that Prohibition, or any law, enforced or unenforced, will save America or the world from going to the dogs. Nothing but the saving power of Christ will do that. But we are firm believers in, and supporters of, Prohibition in both precept and strict example, because it promotes prosperity, removes flaunting temptation from youth and weak wills, protects innocents from irresponsible intoxicated persons, and coincides with every great and lasting principle of Bible Christianity. As it stands, it does not take away personal liberty, except from those who abuse liberty with license. As a civil statute, it has nothing to do with religion. We support it as we do any state law against the free use of drugs, or allowing the criminally insane to run at large, or any law against crime or the possibility of crime.

Naval Disarmament Fails

AT THIS writing (March 24) the London Naval Conference seems about to break up in utter failure. The doom of disarmament by that means is sealed, and gloom settles down over the peace-optimism of the world. For



International Newsreel

Unemployment has reached all classes. A crowd outside an employment agency in New York. Here is a serious check on the prosperity cry

The News Interpreted

many more nations than the five directly involved pinned their hopes on this parley. Not only that Great Britain, France, Italy, Japan, and the United States are the five greatest naval powers on earth, who practically control the seven seas; but if these five cannot agree to disarm, what possible hope is there of any disarmament at all? Lack of statesmanship is not at fault. It is simply a bowing to the impossibility of breaking the strangle hold that Mars has on the international situation.

The \$200,000 voted by Congress to meet the expenses of the delegates of the United States has been spent, and \$150,000 more voted. A week ago the Conference had already spent \$1,000,000, or \$14 a minute night and day since it started. But this is a mere pittance if something had been accomplished. A million would buy only a few of the fittings of a battleship.

The five powers have had to be satisfied with a weak pact on the humanizing of submarine attacks, which is expected to be ignored in actual warfare; with a possible naval holiday; and with a vague agreement on the comparing of tonnage. The uncompromising attitude of France and Italy wrecked the negotiations for the time being, and they have withdrawn from the Conference. Strenuous efforts are being made to hold the conference together and to accomplish something to save the faces of the negotiators in the eyes of a critical world.

While we have had to predict defeat for this valiant adventure toward world peace, we have no disposition to rejoice that our prediction is in the way of being fulfilled. There is no satisfaction to the weather man in the havoc wrought by a storm, even though it justified his warning of its approach. Our one solace, as regards all efforts to establish world peace by human devising, is that when they fail, as they are sure to, the failures simply vindicate the truth that our God prophesies not in vain in His word; and if His promise of disaster is sure to be fulfilled, His promise of salvation for the righteous and ultimate peace in a new earth state is also sure to be fulfilled.

"They have healed also the hurt of the daughter of My people slightly, saying, Peace, peace; when there is no peace." Jeremiah 6: 14. "The way of peace they know not." Isaiah 59: 8. "There is no peace, saith the Lord, unto the wicked." Isaiah 48: 22. "For when they shall say, Peace and safety; then sudden destruction cometh upon them." 1 Thessalonians 5: 3.

"The fruit of righteousness is sown in peace of them that make peace."

James 3: 18. "Let us therefore follow after the things which make for peace." Romans 14: 19. "Now the Lord of peace Himself give you peace." 2 Thessalonians 3: 16. "He [Christ] is our peace." Ephesians 2: 14. "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14: 27.

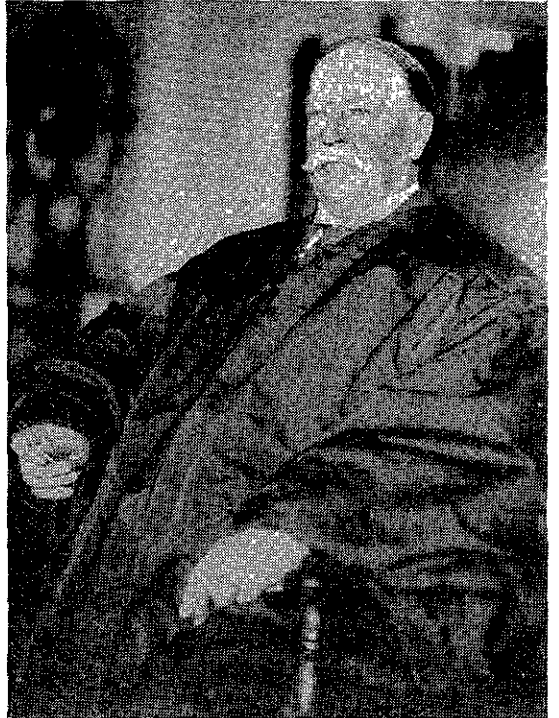
Atheism Rampant

ATHEISM is nothing new. It has always had its periodic rampages and popularity. It takes advantage of times when the people are wearied of abuses in religion, even as communism and anarchy take advantage of times of abuse in government. As communism blames poor government on government, so atheism blames poor religion on religion. It prefers no religion to poor religion, instead of preferring good religion to poor religion, which is the better way.

All this is being illustrated in Russia today, even as it was illustrated in France during the French Revolution, a century and a quarter ago. What the French atheists did then was described in a very vivid prophecy over two millenniums before they did it. And that description fits well the picture of the Soviet fight against God. Read it in Daniel 11: 36-39:

"And the king shall do according to his will; and he shall exalt himself, and magnify himself above every god, and shall speak marvelous things against the God of gods, and shall prosper till the indignation be accomplished: for that that is determined shall be done. Neither shall he regard the God of his fathers, nor the desire of women, nor regard any god: for he shall magnify himself above all. But in his estate shall he honor the God of forces: and a god whom his fathers knew not shall he honor with gold, and silver, and with precious stones, and pleasant things. Thus shall he do in the most strong holds with a strange god, whom he shall acknowledge and increase with glory: and he shall cause them to rule over many, and shall divide the land for gain."

As we read reports of what is transpir-



Herbert Photos, Inc.

William Howard Taft, recently deceased, who was honored by being both president and chief justice of the United States

ing in Russia today, with regard to anti-religion, marriage, war preparations, land holdings, and confiscation of wealth, how apt are the phrases, "He shall not regard the God of his fathers, nor the desire of women"; "he shall honor the god of forces" (margin, "munitions," armed force); "and shall divide the land for gain." But let the reader also note that he "shall prosper till the indignation be accomplished; for that that is determined shall be done." Though atheistic outbreaks of violence do much to retard the progress of pure religion, they spend their wrath ere long, and God's purpose is accomplished in the end.

Another striking parallel: After the Bourbon kings had been expelled from France, and the nation was in complete control of the revolutionists, the radical leaders found it difficult to get the people to support their extreme reforms and bloody methods. So they scared the populace by false reports of a danger of the monarchy returning, and made the nation believe that all the world was leagued against France. The ruse was successful in holding the common people to the revolutionary program.

So now Soviet leaders are making Russia's millions believe that the "capitalist nations" are (Continued on page 28)

Who Started *this* SATURDAY

By Edwin K. Slade



HOW the Sabbath had its beginning, who made it, when, and why, are questions of growing interest in these latter days. It is proper to inquire, Is it of divine origin, or did it find its place in our belief and practice through human enactment? Has it evolved from ancient and obscure religious customs, or did it come into existence by national appointment or by civil requirement? Is it fixed and fundamental in God's plan, or is it only a passing and unimportant, man-made rest day, or holiday?

By a careful examination of the divine record, we find that the Sabbath was not made *by* man, but that it was made *for* man by Christ, the Maker of man and the Creator of all things. It was clearly a part of God's original and eternal plan for man. The record of creation is clear and unerring in revealing the fact that the making of the Sabbath occurred and had a prominent place in the work of creation when the world was made. The following texts point clearly to the origin of the weekly rest day.

MADE BY GOD FOR MAN

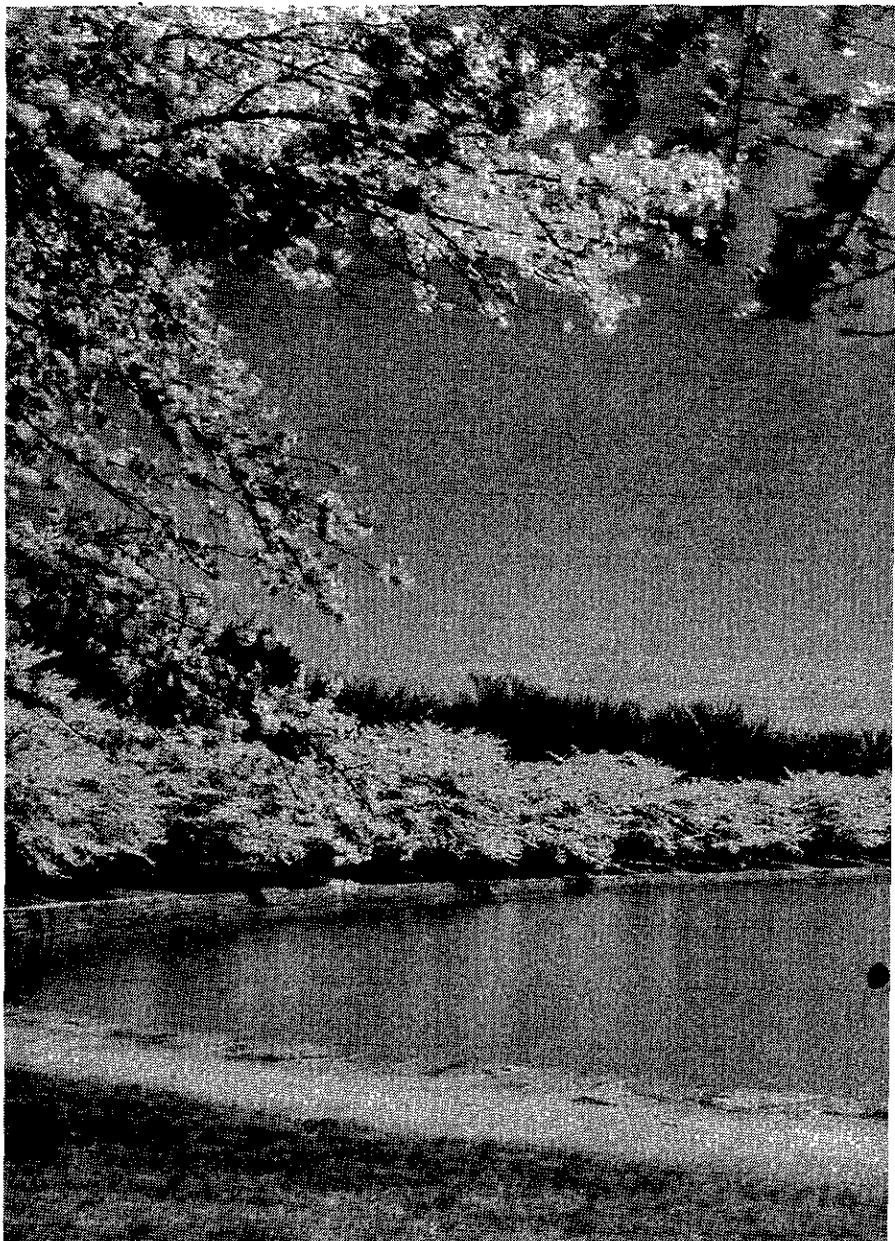
"HE SAID unto them, The Sabbath was made for man, and not man for the Sabbath: therefore the Son of man is Lord also of the Sabbath." Mark 2:27, 28.

"By Him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by Him, and for Him." Colossians 1:16.

"In the beginning was the Word, and the Word was with God, and the Word was God. . . . All things were made by Him; and without Him was not anything made that was made." John 1:1, 3.

I cannot look elsewhere for guidance on this point than to these direct and clear statements of Scripture. They harmonize with many other declarations that the wisdom and power of God wrought in Christ in making all things. The original Sabbath was made by Him who made all things. One need not guess or speculate about

this. It is all important to be settled upon this vital point. Much confusion and unnecessary ignorance exist as to whether the ancient seventh-day Sabbath is of human or divine origin. The statements in God's word that it was made for man when the original man was made, and that its observance was enjoined in the very heart of the divine law, should forever settle any question or doubt with reference



By Ewing Galloway, N. Y.

Cherry blossoms and Washington Monument at once a suggestion of creation, and a sign of the rene-

AY SABBATH Keeping?

to the origin and abiding nature of the Sabbath.

The Sabbath can mean but little to a man who is in darkness or doubt as to how it came to be. God made the Sabbath as truly as He made the world and man. He made it to be an eternal memorial of the work of creation. It was to perpetuate the memory of the only true and living God, which thought is prominent in the commandment enjoining its observance.

By a further study of the record of creation, we

find that the Sabbath was made when man was made in the beginning. We are robbed of vital truth and thrown into great confusion by ignoring the history of creation week, as it is recorded in the book of Genesis. That original seven-day period marked the origin of the week. The Maker of the solar systems has no more fixed such natural divisions of time as the day, month, or year, than He has the arbitrary division of time known as the *week*. He made the week when He made the Sabbath. There can be no Sabbath without the week, and no week without the Sabbath. The week that God made consists of six working days followed by the rest day, or the Sabbath.

AN UNCHANGED WEEK

THE week of Genesis 1 has been perpetuated unchanged to this day as God made it at first. The first chapter of Genesis closes with the words, "God saw everything that He had made, and, behold, it was very good. And the evening and the morning were the sixth day."

The Sabbath, then, was made by the Creator's resting, sanctifying, and blessing the seventh day. The record of this reads: "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made." Genesis 2: 1-3.

From this record it is evident that the Sabbath began with the history of man; that the first six literal days of this earth's history were followed by a literal Sabbath day. There has been no period of the earth's history, from the time when man was made, when the true weekly Sabbath did not exist as created by God when He rested on, blessed, and sanctified the seventh day of the week.

Thus we see that the Sabbath was made by Christ in the beginning, when He (Continued on page 30)



nal capital. God's Sabbath made for man is at brought by redemption, and a memorial of both

What We Want is

Freedom in Religion

(Second in a Series on "THE CONFLICT OF THE AGES")

By Milton C. Wilcox

in the days of the Theocracy when He was the direct ruler of His people. When Israel was journeying from Sinai to the promised land, a great company, led by Korah, Dathan, and Abiram and two hundred and fifty princes of the congregation, rose up against the God-appointed leaders, Moses and Aaron. Moses sought God, appealed to the rebels, and left the decision with God, who for the sake of His deceived people executed judgment. Read the story in Numbers 16.

So it was at other times. God wrought mightily to save His chosen people from the rebellious and deceiving and depraved. He must preserve that people through whom, from the tribe of Judah, was to come the Deliverer; but when Christ came, "unto Him shall the gathering of the people be." (Genesis 49: 10.)

NOT AN EXAMPLE

THE history of Israel is not given us as an example to follow. Their path was generally a crooked one. They wandered from God often and far. Ten of their tribes went into hopeless captivity, or lost their identity with Judah and Benjamin. Thus it is stated of the remaining tribes previous to the Babylonian captivity: "Moreover all the chief of the priests,

and the people, trespassed very much after all the abominations of the heathen; and polluted the house of the Lord which He had hallowed in Jerusalem. And the Lord God of their fathers sent to them by His messengers, rising up betimes, and sending; because He had compassion on His people, and on His dwelling place: but they mocked the messengers of God, and despised His words, and misused His prophets, until the wrath of the Lord arose against His people, till there was no remedy." 2 Chronicles 36: 14-16.

Then came the Babylonian captivity of seventy years. Many were slain. Many were sold into slavery. When the time came, God raised up Cyrus,



International Newsreel

Dr. Aime Palliere, of France, has been in turn a Catholic student-priest, a Salvation Army leader, and a Jewish Rabbi. He has availed himself of religious freedom



HE first article in this series considered the God-given right of the individual to choose or refuse any and every religious claim that might be presented to him or pressed upon him. Even God himself will not seek to force the conscience or the will of the responsible human. God's word to man, after the revelation of His truth, is "Choose ye," "Choose life," "Look unto Me," "Come unto Me." God respects the personality of man the individual. Man may accept all the gracious things God may bestow and offer, but God gives him equal right to reject all and meet his decision in the judgment.

God sometimes executed judgment through men

who issued the decree to return to Jerusalem, rebuild the temple, restore the ancient service, and get ready for the coming of the great Antitype of all their sacrifices and temple services. A meager forty thousand returned. In spite of the work of the prophets Haggai and Zechariah, even among them there was great lack of devotion. They mingled with the surrounding idolatrous nations, entered into mixed marriages, and the holy seed, to whom had come marvelous privileges, stumbled and fell.

PUNISHMENT, REFORM, DOWNFALL

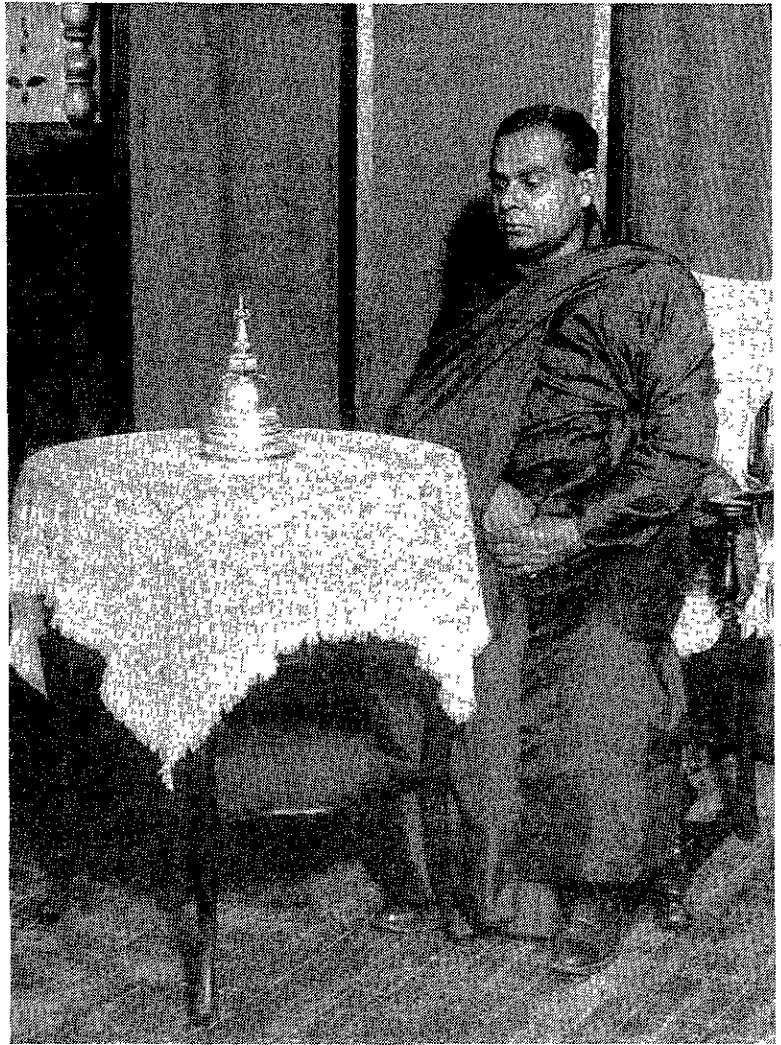
GOD suffered the awful tribulation under Antiochus Epiphanes to come upon them, and many were slain. Then came the Maccabees, who threw off the Syrian yoke, and restored in part the worship of God. Sects arose among the Jews—Pharisees and Sadducees. The holy priesthood was bought and sold. Greek and other heathen philosophy came in, traditions of the rabbis multiplied, till the word of God was made of none effect by heathen philosophy and human rules and traditions.

Yet during this period of four centuries there were many devoted souls who lived for God—many who by their stalwart faith held the Jews together. In God's providence, the Old Testament Scriptures were translated into Greek,—the Septuagint,—and this brought renewed research among the Hebrews. God in His great goodness still preserved those tribes of the kingship and priesthood till that time came when the representatives of that chosen nation declared, "We have no king but Cæsar," and crucified their true King, Jesus. And the priesthood ended its God-given work when the veil of the Most Holy Place was rent in twain, and the sacred inclosure was revealed to curious and unholy eyes. Then was the holy temple left empty of God's presence, and the royal house of Judah left desolate. (See John 19: 15; Matthew 27: 51; 23: 27-29.)

Into these conditions of backsliding, apostasy, erring traditions, unbelief, antagonistic sects, came Jesus the Son of God. He came to represent the Father. He could say:

"He that hath seen Me hath seen the Father." "I came down from heaven, not to do Mine own will, but the will of Him that sent Me." "No one knoweth the Son, but the Father; neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal Him." John 14: 9; 6: 38; Matthew 11: 27.

MAY, 1930



Herbert Photos, Inc.

A Buddhist priest who is visiting America and is given freedom to propagate his religion, even as Christian missionaries are free to work in his country

He came to reveal the Father. And from heaven came the voice of God owning the Son: "This is My beloved Son, in whom I am well pleased; hear ye Him." Matthew 17: 5.

LIBERTY FOR MAN AND CHURCH

WE WERE taught by Him in last month's study as to how He regarded man's individuality and responsibility: "If any man hear My words, and believe not, I judge Him not: for I came not to judge the world, but to save the world." John 12: 47. And immediately He tells us that the word which He speaks will judge the transgressor, not now through man or human organizations, but "in the last day." That settles the question of the individual. The relationship between man and God is personal. The Bible teaches the religious liberty of men.

What did Jesus teach regarding the union of church and state? Did He say the state ought to enforce what the church teaches? The question was a live one in His day. The seed of Abraham were God's chosen people. It was (*Continued on page 33*)



Herbert Photos, Inc.

Miss Annie Dodd, of Winchester, Mass., 104 years old. She has not yet "retired," but does her own housework, and attends church regularly

DURING past months there has been more or less discussion in certain magazines as to the propriety of retiring from the nerve-wrecking activities — at least the money-acquiring activities — of this present age of speed as soon as a man has acquired a sufficient competency to enable him to live in comparative comfort; and of turning from the pursuit of money that he may give himself to the business of living. A discussion was precipitated recently in the Contributors' Column of the *Atlantic Monthly*, by a reader who wrote under the significant title, "Shall I Retire?"

Many and interesting are the replies that this contributor drew from his fellow magazine readers. In fact one contributor, aided by the encouragement of the discussion, did retire, and is today rejoicing in his new-found freedom from the unnecessary cares of the modern business world. And the *Atlantic* is not alone. Articles have appeared from time to time in other magazines depicting the peaceful joys of the time when one may retire from the affairs of making a living, and give himself over to the making of a life.

Significant, indeed, is this undercurrent of the

The BEST TIME to RETIRE

*from life's activities. For a
certain class it is NEVER*

By
Merwin R. Thurber

appreciation of the nobler things in life that is so foreign to the spirit of our modern civilization. Many souls have greeted these experiences of their braver contemporaries with a wishful sigh, and have longed for the time when they, too, might retire in peace.

And surely the pictures that these advocates of the simpler life have painted for

us are fair indeed. Imagine yourself in the surroundings they tell about. Near some small town or village are a few acres with a rambling old house that will make a wonderful home. All is yours, and time is yours. Your children and your wife know what your companionship is. You may read or write as you will. You may visit your neighbors. Within driving distance in your car is a city where your wants may be supplied. The pursuit of more and more money is unnecessary because your wants are simpler. And there your children may grow up, and you may live out your allotted threescore years and ten, and pass from this world at peace with your fellow men.

THE CHRISTIAN CANNOT RETIRE

THE human heart longs for peace and for release from the soul-destroying circumstances that seem to fill this modern world of ours. I am no different from my fellow men. My dreams are filled with longings for peace and quietness. And yet as a Christian I cannot retire. Let me tell you why.

I am on a special mission. Nineteen centuries ago the Master gave me my commission, "Go ye into all the world, and preach the gospel to every

creature." Mark 16: 15. I am under divine appointment. I cannot stop without being untrue to my trust. Millions have never yet heard of the Saviour who died to save them from their sins. While yet there is one living soul who knows not the Christ of salvation, I must work, for my task is unfinished. Paul expressed for all time the condition of the Christian when he said, "Woe is unto me, if I preach not the gospel." I Corinthians 9: 16.

NECESSARY TO PREPARE

FOR the individual who has accepted Christ there is no other choice. "Necessity is laid upon me," Paul says. But what a joyous necessity my task ought to be! Surely I must rejoice that I am able to tell my fellow men that Jesus died to save them. And it is easy to tell them that, for He has proved it by saving me from my own sinful self. And with Paul, I can say from experience, "Believe on the Lord Jesus Christ, and thou shalt be saved." Acts 16: 31.

But there is a far more important reason why I cannot retire to some delightful country and spend the rest of my days in peace. Jesus is coming back to this old earth again. Did He not proclaim it to His disciples in the clearest possible words? "In My Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto Myself; that where I am, there ye may be also." John 14: 2, 3.

Have not all the holy men of old prophesied of His coming in glory — from Enoch the seventh from Adam, who "prophesied of these, saying, Behold, the Lord cometh with ten thousands of His saints" (Jude 14), to John the revelator, who wrote the words of the risen Christ in heaven, "Behold, I

come quickly; and My reward is with Me, to give every man according as his work shall be" (Revelation 22: 12)? All men who were filled with the blessed hope have longed for this glorious appearing. And since John's day the return of Jesus has been the

inspiration of the Christian's courage through all the dark struggles of this "present evil world."

Yes, Jesus is coming again, and He is coming very soon. The signs of His second coming, foretold by Christ himself and by His prophets, are fast fulfilling. The very character of the times in which we live exactly fit the description that Christ gave of the times of His coming. "As in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matthew 24: 38, 39. Indeed this is a picture of the increase of creature comforts in this present day; and because of this prosperity and marvelous progress, God is being banished from the thoughts of men.

RELIGIOUS SIGNS

HERE is another picture of our times: "Nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places." Matthew 24: 7. Even a cursory reading of the daily paper

cannot fail to impress the mind with the appropriateness of the description. But all this, Christ tells us, is "only the beginning of sorrow."

Of the conditions in the religious world, Christ said, "Many false prophets shall rise, and shall deceive many." Verse 11. Our day is certainly distinguished by the many (Continued on page 34)

"If We Could Only Get Away"

A colony of civilization-tired persons at some convenient place in Africa is being planned by Ernest W. Shaw of New York. Membership will be limited to fifty men and women who are "fed up" with the mad pace of modern life and want opportunity for developing their intellects by "just being themselves." Unlimited liberty is the basis of the colony. Those who wish to drink may make their own palm wine. (It is not explained what liberty non-drinkers have to protect themselves from the assaults of the intoxicated.) Tobacco grows wild; fish and game are to be had for the hunting. Those who wish clothes may make them; mud huts and bamboo furniture likewise. The only law will be a prohibitory one against noise-making contraptions, from alarm clocks to riveters. Perfect health and happiness and great contributions to scientific knowledge are expected to result from these perfect surroundings. But there are two screws loose in the foundations of this Utopia: Each inhabitant will take himself with him to the colony, and perfect liberty ceases to exist as soon as a second person enters any one's environment.

The most awful weariness in the world is weariness of oneself. The hardest memories to forget are of oneself. The greatest element of maladjustment to environment is in oneself. Man must have a power outside of, and above, himself to lift him. He cannot save himself. Improving his surroundings helps toward health and happiness, but the unregenerate human heart would be unhappy in heaven. "Just being himself" never gave anybody real satisfaction that lasted. It must be the Spirit of God, cleansing, changing, elevating the human spirit, that develops the intellect and perfects the powers. And wherever two or more persons are together there must be self-control for the other's sake. Civilization has great and vital defects, but God can lift the human character above them in America — or anywhere else — while the human being cannot lift himself above them — in Africa or anywhere else.



THE MILLENNIUM

Will sinners have a second chance then?



WHEN the disciples inquired of Jesus, "What shall be the sign of Thy coming, and of the end of the world" (Matthew 24:3), the first thing that Jesus said in reply was, "Take heed that no man deceive you" (Matthew 24:4). The very fact that the second coming of Christ has such an important place in the finalities of the plan of redemption makes it certain that the devil will do all in his power to "deceive" millions with reference to the truths connected with this great event. The greatest deception over the world today with reference to this event is the widespread teaching that our Lord's return prepares the way for the wholesale salvation of mankind during a period of one thousand years. It is the purpose of this article to cite plain, understandable Scriptures that prove that this earth will be desolate for a thousand years after the second coming of Christ and that there will be no salvation for any after the Lord returns.

QUESTIONS TO BE ANSWERED

LET us ask some questions and then get Bible answers: (1) What will happen to the sleeping saints when Jesus comes? (2) What will happen to the living saints when Jesus comes? (3) Do these saints take their departure from the earth when Jesus comes, or do they remain here on the earth? (4) What happens to the wicked dead when Jesus comes? (5) What happens to the wicked living when Jesus comes? (6) What will be the condition of the physical earth after Jesus comes?

Taking up these questions in order we shall first read what will happen to the sleeping saints when Jesus comes. We find this information in 1 Thessalonians 4:16: "For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first." From this and many other Scriptures we gather that the sleeping saints will be raised from the dead when Jesus comes.

What will happen to the living saints when Jesus comes? We get the answer to this question in 1 Thessalonians 4:17: "Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air." Note the two words "then" and "together." "Then" (at the time the saints are raised) we which are alive shall be caught up "together" (with them that are raised) to meet the Lord in the air.

Our third question is, Where do these raised and translated saints go when Jesus comes? The verses which we have just read declare that they are

By ALLEN WALKER

"caught up together" from the earth, "in the clouds" and meet the Lord "in the air." Where do they go from there? Do they remain in the clouds, do they at once come back down on the earth, or do they go to heaven? We find the answers to these questions in Revelation 20:6: "Blessed and holy is he that hath part in the first resurrection: . . . they shall be priests of God and of Christ, and shall reign with Him a thousand years." They meet the Lord in the clouds and then "reign with Him a thousand years." Is this "reign" here on the earth, or is it in heaven? The marriage supper of the Lamb will be celebrated after the visible union of Christ with His saints, and that "supper" will be celebrated "in heaven." (Revelation 19:1-9.) This shows that after meeting the Lord in the air, the saints go with Christ to heaven and there "reign with Him a thousand years." Revelation 20:6.

Next: What happens to the wicked dead when Jesus comes? We have already found that "the dead in Christ rise first" and that the "blessed" and "holy" have "part in the first resurrection." That excludes all the wicked. What happens to them? We find the answer in Revelation 20:5: "But the rest of the dead lived not again until the thousand years were finished." The word "again" is full of meaning here. The dead are all going to live again, for "there shall be a resurrection of the dead, both of the just and unjust." (Acts 24:15.) The "just" will live again when Jesus comes. When will the "rest of the dead" (the "unjust") live again? Answer: "But the rest of the dead lived not *again* until the thousand years were finished." This makes it plain that there will be one thousand years between the resurrections of the "just" and of the "unjust." So if the wicked dead are left undisturbed in their graves they certainly will have no chance to be converted during this thousand years. That is the deception that Jesus warned against.

THE WICKED DESTROYED

OUR most important question is the fifth: What happens to the wicked living when Jesus comes again? Do they remain alive here on the earth after the saints have departed with Christ to heaven? There will be teeming millions of such, both Jews and Gentiles. They are unconcerned about the Lord's return. They are eating and drinking, buying and selling, marrying and giving in marriage, just as they were in the days of Noah before the flood.

The question is, Do any of the living wicked continue alive here on the earth after Jesus comes? The Bible says not. Let us read on this point in 2 Thessalonians 1:7-10: "The Lord Jesus shall be revealed from heaven with His mighty angels, in flaming fire taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ: who shall be punished with everlasting destruction from

the presence of the Lord, and from the glory of His power; when He shall come." Here are two classes — "them that know not God" and them that "obey not the gospel of our Lord Jesus Christ." These will not meet the Lord in the clouds. Then what happens to them? God's word here states plainly that they shall be "punished" at the time "when He shall come" with "destruction." "Them that know not God" and them that "obey not the gospel of our Lord Jesus Christ" include all the wicked, both Jews and Gentiles. If "destruction" overtakes them "when the Lord Jesus shall be revealed from heaven," we

would like to inquire how they can be here on the earth and be converted after He comes? This is where Jesus makes the application of His words, "Take heed that no man deceive you."

The whole tenor of the Scriptures is that those who are not ready when Jesus comes will not survive His coming. In the days of Noah, "the flood came, and destroyed them all." None who were outside the ark survived to get in later. "Even thus" said Jesus, "shall it be in the day when the Son of man

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is revealed." Luke 17:30. None of those who "obey not the gospel of our Lord Jesus Christ," will survive the second coming to be converted later. "And the slain of the Lord shall be at that day from the one end of the earth even to the other end of the earth: they shall not be lamented, neither gathered, nor buried." Jeremiah 25:33.

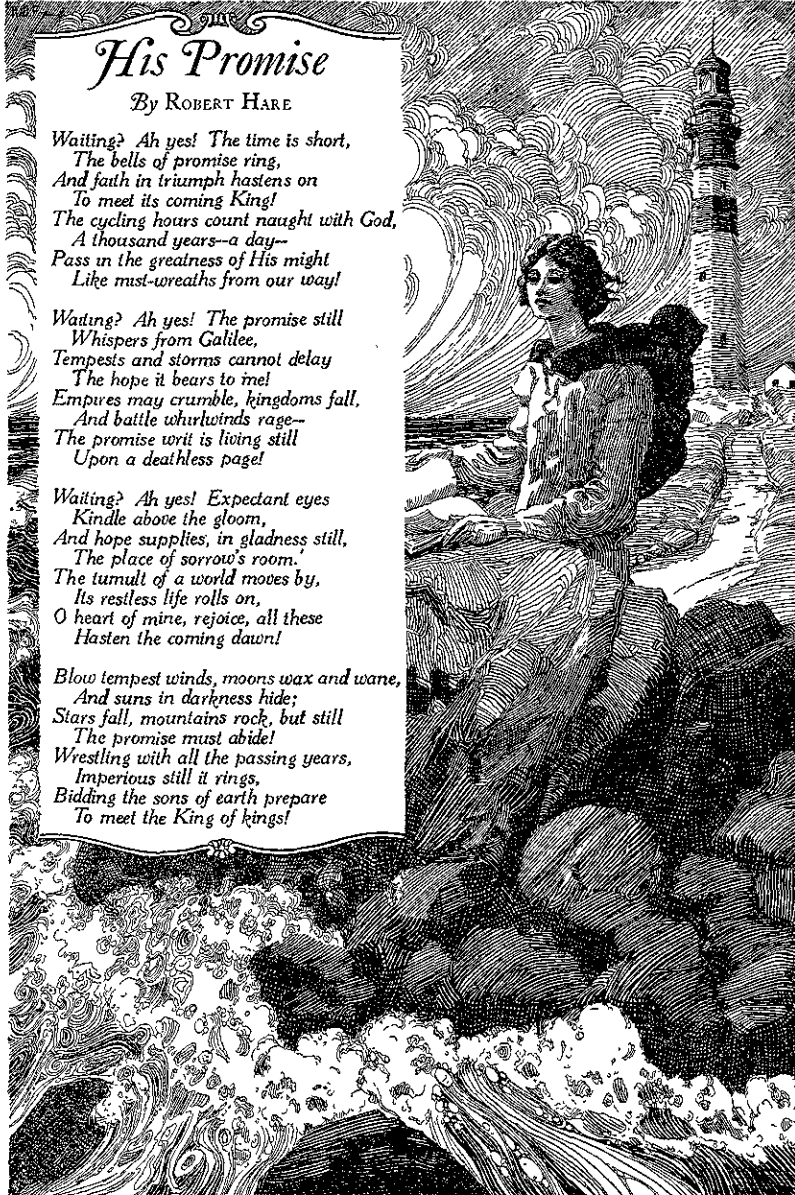
With the wicked dead yet unraised, the wicked

living slain by the brightness of the Lord's coming, and the righteous all in heaven, this leaves the earth unpopulated and in a state of utter desolation. This is the "bottomless pit" in which the devil will be bound for a thousand years. Speaking of this desolate condition of the earth after Jesus comes, Jeremiah says: "I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, there was no man, and all the birds of the heavens were fled. I beheld, and, lo, the fruitful place was a wilderness, and all the cities thereof were

broken down at the presence of the Lord, and by His fierce anger. For thus hath the Lord said, The whole land shall be desolate; yet will I not make a full end." Jeremiah 4:23-27.

In this desolate earth, the "bottomless pit," the devil will be bound "a thousand years." (Revelation 20:1-3.) He is bound by a "chain" of circumstances. The links in this "chain" are the second coming of Christ, the translation of the righteous living, the slaying of the (Continued on page 34)

PAGE TWENTY-FIVE



His Promise

By ROBERT HARE

Waiting? Ah yes! The time is short,
The bells of promise ring,
And faith in triumph hastens on
To meet its coming King!
The cycling hours count naught with God,
A thousand years—a day—
Pass in the greatness of His might
Like mist-wreaths from our way!

Waiting? Ah yes! The promise still
Whispers from Galilee,
Tempests and storms cannot delay
The hope it bears to me!
Empires may crumble, kingdoms fall,
And battle whirlwinds rage—
The promise writ is living still
Upon a deathless page!

Waiting? Ah yes! Expectant eyes
Kindle above the gloom,
And hope supplies, in gladness still,
The place of sorrow's room.
The tumult of a world moves by,
Its restless life rolls on,
O heart of mine, rejoice, all these
Hasten the coming dawn!

Blow tempest winds, moons wax and wane,
And suns in darkness hide;
Stars fall, mountains rock, but still
The promise must abide!
Wrestling with all the passing years,
Imperious still it rings,
Bidding the sons of earth prepare
To meet the King of kings!

Those Children of Yours

The Divine Right and Obligation of Parents to Rule

By Arthur W. Spalding

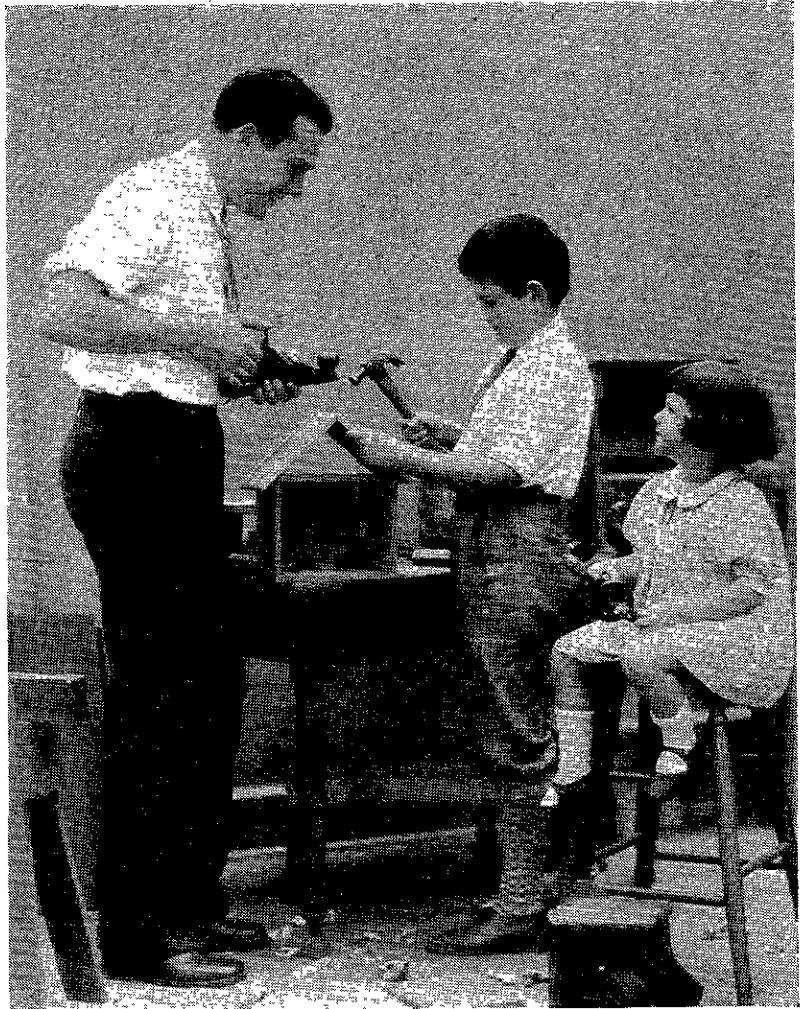


FATHERS and mothers are kings and queens. They are the only monarchs who rule by divine right. Their subjects are the children of their own creation. To them they owe an obligation, and from them they deserve an allegiance, which, when rightly maintained, make an inalienable right to reign.

But power and authority are not the sole attributes of parenthood. The sovereign owes service to his subjects. The parent has a deep and peculiar obligation to his child. We hear much of the duty children owe to their parents, and indeed they have a filial duty, a duty dictated by love. They receive many benefits and much pleasure from the hands of their parents, and it is common gratitude to feel in return a sense of obligation. But that is an acquired and not an inherent obligation. It is the same obligation that one would owe any other benefactor. And it is offset by the benefits and pleasures which parents receive from their children, intangible often, but none the less real.

BUT apart from this mutual obligation acquired from association, parents owe to their child an inherent obligation to provide for him the best that life affords. They owe it to the child because they are wholly responsible for his existence. He did not ask to be born; he had nothing to say about it. His parents, without his consent, made him to exist; and in that act of giving life is the tacit pledge to make his life all that it should be. This parental obligation is elemental, basic. From it the parents can in no wise be absolved. They are under orders from the Source of all life to make this life they have created the fullest, freest, most blessed life possible. To fail in this would be to make their act in giving the child life a dis-service rather than a service, a curse rather than a blessing.

And what is the parent to give to



H. Armstrong Roberts

Give them something to do, and do it with them

his child? All that he finds in his own life most worthwhile, and all that he can conceive of blessing. The ordinary service that any parent gives his child, of food, clothing, shelter, or protection, is obligatory so long as the child is dependent; and that without earning any return. "For," as Paul says, "the children ought not to lay up for the parents, but the parents for the children." 2 Corinthians 12:14. True, children should be taught from earliest years to be more and more self-reliant and proficient in service; and in proper degree this service should be performed for their parents. But why? Not because the parent has earned it by his service to the child: the parent is but discharging his debt to the child, the obligation incurred in bringing him into existence. The reason the child should be trained to give service is that he may therein find the way to happiness; for service is the law of happy life. And he is to give service first of all to his parents because they are the ones with whom he is chiefly associated, and his service is due to whomsoever his life touches. But the parents, in teaching

the child thus to serve, are giving him one of the essentials of their service. They are not to claim the benefit of his service because it is due to them; on the contrary, in thus training him they are discharging the obligation to give him the secret of life's happiness.

For the parent to exploit the child's powers to his own benefit is, then, to miss wholly the vision of what teaching the child to serve means. Child labor, required for the support of the parent, is not in the order of God; and legislation which protects the child against such exploitation is right. This is not to say that the child's labor in right degree is not to benefit the parent. It may and it should; but it is by the parent to be directed, not primarily to the parent's benefit but to the child's benefit. Labor and service suited to the child's age, strength, and understanding are of benefit to the child, in the development of his physical, his mental, and his moral powers; but labor and service that overtax the child's strength, that unduly restrict his liberty and opportunity for development, and that overbalance other phases of his

training, are to his detriment, and therefore wrong.

It not infrequently occurs, indeed, that the parent becomes dependent in greater or less degree upon the support of his child. Sickness or accident, widowhood, or other misfortune, may sometimes render the parent incapable of full self-support. Upon the child is then sometimes cast the burden of helping to provide the living. We are not giving a blanket condemnation of such cases. In the absence of other provision, by investment or pension, there may seem no other possible course, and the cases are not infrequent where such a responsibility has helped to develop the embryonic resources of the child. Yet in more cases it has proved a crushing burden that sapped vitality and thwarted aspiration and opportunity. The prevention of such conditions is the concern, first of the provident parent, next of the philanthropy of friends, and last of the State. The principle remains that the parent has the inherent obligation to provide for the child, and a reversal of the process must be regarded, not as establishing another law, but as necessity to be avoided if possible.

THE parent, then, owes to his child primarily the care, sustenance, and protection evoked by the child's helplessness and dependence. He owes to him opportunities for that training of his powers which will enable him to become proficient in the necessary duties of life, and therefore in time competent to support himself and to give worthy service to others.

But more than this, the parent owes to his child a true vision of what life means and how it is to be lived. This is what is involved in character training. From the parent the child is to learn self-control, patience, honesty, courage, persistence, industry, thrift, co-operation, courtesy, reverence, insight, love, and joy. All these virtues can be taught, not by word of mouth alone, but most of all by example.

The home is the laboratory of life. Its product in child lives will be of the character that its methods determine. Parents whose outlook upon life is courageous, cheerful, provident, and reverential, will bequeath to their children the wealth and glory of that kingdom of the soul which compasses more than earth's riches. To such a conception of life and its meaning every child is entitled. Fathers and mothers are kings and queens if they will lay claim to their rights; and under their tutelage every child is a crown prince.

God-Defying Russia

(Continued from page 9)

truth of God, whether it be in Russia or America, whether it be in blatant attack or subtle disguise. Jesus Christ declared, "He that is not with Me is

against Me; and he that gathereth not with Me scattereth abroad."

In a day when the word of God is ridiculed, when scoffers abound, and men cast aside God's law and the restraint of controlled passions, let the student of Scripture find a sure foundation for his faith and hope. Peace will be found there in place of earthly terror. Confidence will be the privilege of the Christian instead of terror. "Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee. Trust ye in the Lord for ever: for in the Lord JEHOVAH is everlasting strength."

Loosing Fight for Life

(Continued from page 6)

(high protein eaters) have chronic blood-vessel and kidney disease, and that they are practically the only ones that do have such disease.

8. Dr. A. N. Donaldson of the Loma Linda Sanitarium has shown by human experiments (six days of vegetarian diet with twenty per cent protein, and sixteen days of mixed diet with twenty per cent protein) that high blood pressure may have its beginning in a high-protein diet. Dr. Donaldson also compares the blood pressures in 430 vegetarians with the blood pressures in 8,887 non-vegetarians, finding a definitely higher figure in the latter.

9. Drs. Newton Evans and E. H. Risley of the College of Medical Evangelists, California, have shown by animal experiments on flesh-eaters that a high-protein diet from both vegetable and animal sources produces Bright's disease.

10. Drs. F. R. Nuzum and W. D. Sansum of the Potter Memorial Clinic, Santa Barbara, California, have shown by animal experiments on plant-eaters, extending over a period of two years, that a high-protein diet, whether from flesh, grain, or vegetable foods, produces high blood pressure and Bright's disease, and that the acidifying diets of flesh and grains also produce hardening of the arteries and more rapid and extreme occurrence of kidney disease and high blood pressure.

11. Life insurance statistics show that overweight is very frequently accompanied sooner or later by high blood pressure.

BENEFIT FROM LOW-PROTEIN DIET

THIS extensive experimental work shows the damage that follows the use of high-protein diets of varying per cents for brief and longer time. The question arises as to how low the protein may be reduced without harm and with benefit.

The writer, in using a strict fruit and vegetable regime, without bread, cereals, or other grain products, eggs, cheese, milk (except liberal use of cream), nuts, meats of any kind, tea, coffee, or cocoa, over many months in cases of confirmed high blood pressure and

Bright's disease, has never had any signs of deficiency disease or malnutrition. These patients invariably feel better, acquire more energy, have a good appetite, often lose various distresses such as constipation, headache, shortness of breath, and the like. They gain or lose in weight according to the total calorie ration of the diet as governed by the amount of carbohydrates and especially the fats such as cream, olives, olive oil, avocado, etc., included in the diet.

Evidently fifty or sixty grams of protein for an individual weighing one hundred and fifty pounds is fully adequate. Much above this leads to lessening muscular strength. If an excess of protein is accompanied also by an excess of acid-forming over alkali-forming food, the damage is greatly increased, and annoying symptoms and earlier and more serious degenerative disease results.

DIET SIMPLIFICATION

THE main defect in educational effort regarding diet is in failure to simplify the matter so that it may be practically applied without complicated estimations, manifestly incomprehensible to the majority, and too tedious and troublesome to be applied even by the informed. To escape these defects the following tables have been devised to give the main facts necessary.

FOOD VALUES			
Percentage Composition			
High Protein Foods	Proteins	Low Protein Foods	Proteins
CEREALS		FRUITS	
Wheat kernels	12.6	Peaches	.7
Wheat bread	9.7	Apples	.4
Oats	16.7	Oranges	.8
Corn	8.4	Tomatoes	.9
Rice	8.0	Grapes	1.3
LEGUMES		DRIED FRUITS	
Beans	22.5	Dates	2.1
Beans, soy	40.0	Raisins	2.6
Peas	24.6	Prunes	2.1
Peanuts	25.8	Figs	4.3
Lentils	25.7	VEGETABLES	
NUTS		Potatoes, Irish	2.5
Walnuts	18.4	Beets	1.6
Almonds	21.0	Carrots	1.1
ANIMAL PRODUCTS		Green corn	3.1
Eggs	13.4	GREEN VEGETABLES	
Milk	3.3	Lettuce	1.2
Cheese, Amer.	28.8	Spinach	2.1
Cheese, ctge.	20.9	Green peas	7.0
MEATS		Cabbage	1.6
Beef	20.3		
Chicken	19.0		
Fish, canned	15.3		

The figures above are percentages by weight in 100 grams of edible portion.

Other foods in these general groups will not vary greatly from the examples given above.

From the high-protein foods, choose sufficient to make 40 to 45 grams of protein a day. Fruit and vegetables (low-protein foods) may then be used very freely and according to appetite

to make up the total calorie ration. They will add a moderate amount more of protein, sufficient in fact, to make 50 to 60 grams. Below are given two selections each for a day's ration of the heavier protein foods. This, of course, is not all of the menu for the day but fruit and vegetables are added very freely. A few grams more or less of protein makes very little difference. Any one who wishes more extensive directions on how to figure the right amount of protein from servings of food may write to the editor.

No. 1
Selection of High-Protein
Foods for One Day

		Grams
Milk	1 glass	8.1
Cereal	1 serving	2.0
Bread, W. W.	3 slices	9.6
Green Peas	1 serving	5.7
Baked Potatoes	2 med. size	4.4
Cottage Cheese	2 tbsp.	6.0
Pumpkin Pie	1-6 of pie	4.4
Salted Almonds	15 nuts	3.0
		43.2

No. 2
Selection of High Protein
Foods for One Day.

Milk	1 glass	8.1
Shredded Wheat	1 biscuit	2.6
Bread, W. W.	2 slices	6.4
Corn Bread	2 squares	6.0
Baked Macaroni and Tomato	3 hp. tbsp.	4.5
Apple Pie	1-6 of pie	4.0
Nuts and Raisins	Average helping	5.0
Coddled Egg	One	6.6
Mashed Potatoes	2 hp. tbsp.	2.6
		45.8

ACIDIFYING FOODS

ANOTHER element of probably even greater importance is the matter of the balance between acid foods and alkaline foods. An excess of acid foods is very easy to get in the average American menu, whether at home or at a restaurant. The chart given below is very much simplified from longer tables, but gives all the main facts needed by which to avoid an excess of acid-ash foods.

Acid-Forming Foods	Alkaline or Base- Forming Foods
Oysters 15.3	Dried L. Beans 41.6
Veal 13.5	Spinach 27.0
Oatmeal 12.4	Almonds 12.3
Whole Eggs 12.0	Dates 11.0
Salmon, fresh 11.4	Muskmelons 7.5
Chicken 11.2	Lettuce 7.4
Ham, fresh 10.9	Potatoes 7.0
Halibut, stk. 9.8	Bananas 5.6
Beef 9.8	Lemons 5.5
Rice 9.8	Peaches, fresh 5.0
Mutton 8.9	Orange juice 4.5
Walnuts 8.0	Apples, fresh 3.7
W. W. Bread 7.6	Grapes 2.7
Cheddar C. 5.7	Milk, whole 2.3
Lentils 5.3	Peas, green 1.3
Corn, green 1.8	Cream 18.5%F. 0.3

Figures for 100 grams of edible portion.

In practice it is usually necessary to take three or four servings of alkalinizing food to one of acidifying food in order to give a balance. If a full alkaline balance is to be obtained, and this is a most desirable result for robust health, a very large amount of fruit must be used and preferably also fruit juices between meals. However the only sure means of test is the acid (pH) test of the urine. It is a color test and so simple that any one can apply it after a few words of explanation. It is a great help to the health seeker in checking up this element of his diet. (A letter to the editor of this MAGAZINE will give further information on obtaining the materials for giving this test at home.)

**Shall Our Sabbath Come on
a Different Day of the
Week Every Year?**

This is what is involved in the proposed

Calendar Reform

for the United States and the world. Wide agitation and general acceptance show that we are soon to have a radical change in our reckoning of time. This will affect everyone.

**The WATCHMAN
for June**

*canvasses the whole subject
thoroughly*

It will be readily seen that the low-protein, alkalinizing diet consists essentially of fruits and vegetables, whole-grain cereals and breads moderately, eggs, cheese, and nuts sparingly, a glass or so of milk a day, and no meats (fish, flesh, or fowl), tea, or coffee. Fruit juices should also be used between meals. Such a diet is rich in minerals, alkalies, and vitamins which are so essential for the maintenance of health and vigor.

This diet will not damage the blood vessels and kidneys. High blood pressure will be avoided and consequently an overworked heart. Only a little digression from this diet to a higher amount of protein and an acid balance produces fatigue, lessened working capacity, and often headaches and other annoying symptoms, especially if one leads a sedentary, indoor life. Still further increase in protein, and a heavily acidifying balance from the scant use of fruit and vegetables and the free use of meats, cheese, eggs, breads, and cereals, produces slowly progressive hardening of the arteries,

progressive rise in blood pressure (usually only after many years), with slight or marked damage to the kidneys and finally an overworked and enlarged heart. By the time one of such diet habits has reached forty-five or fifty years of age, obvious disability begins and progresses rapidly to disaster. This may be as apoplexy, Bright's disease, or degenerative heart disease. These diseases begin earlier and are more rapid in progress if white bread, polished rice, pastries, candies, and other foods deficient in minerals and vitamins make up much of the diet.

TOBACCO THE LAST STRAW

JUST one more habit is needed to make one a full-fledged decadent American—consuming a package or two of cigarettes daily. This produces rapid hardening of the arteries, deranges the nerve mechanism of the heart, lessens its working capacity, and finally damages the heart muscle.

These in brief—unbalanced diet and tobacco—are the main causes of degenerative disease. Shall we go on in indifference, or will you do your share in arousing others to the situation?

Atheism Rampant

(Continued from page 17)

about to pounce upon their possessions and enslave the nation; whereas, it is more nearly the truth that the Soviets are seeking to communize or conquer the rest of the world. The shrewd leaders have stirred up anti-religious feeling, knowing that the religious world outside of Russia would strenuously protest. It has protested in the past few weeks, and now the atheists can point to this as fresh proof that the world is leagued against Russia, and would throttle even her religion.

However, we are not so much concerned about Russia's atheism. Anti-God sentiment is everywhere. But there is no prophecy in God's word that the no-god religion will conquer in the end. As pointed out in these columns last month, we have most to fear from false religion, not anti-religion. And the leading part that Roman Catholicism is taking in the world-wide protest against the anti-religious crusade in Russia is a straw in the wind of Catholic propaganda for universal domination of Christians. It is the Romanistic, not the atheistic, peril that Christendom needs fear the more. The prophecy of Daniel on atheism is not so vital for study today as is the prophecy of Paul in 2 Thessalonians 2:3-12. This tells of one "who opposeth and exalteth himself above all that is called God, or that is worshiped; so that he as God sitteth in the temple of God, showing himself that he is God." It is the one who assumes to take God's place whom we are to fear, not the one who says there is no God.



The Watchman's Torch

JUVENILE DELINQUENCY is being dealt with vigorously by the city government of Saint-Gall, Switzerland. No children under 16 are allowed to attend the movies, either alone or accompanied.

THE DEPARTMENT OF AGRICULTURE reports that the yearly per capita consumption of meat has dropped from 165.1 pounds in 1924 to 152.7 pounds last year. There must be many people who have eaten far more than the average amount, for we know many people who ate no meat at all last year. So far from starving or thinking themselves abused, they rejoice in the clean, sweet-smelling, *living* fruits, grains, nuts, and vegetables provided for their food by an all-wise Creator.

THE OLD MEN are not always ignored in industry. A chain of gasoline service stations in the West is operated largely by men past sixty. The owner prefers them because they are more courteous, reliable, careful, and take more pride in their work. While just in itself length of time does not give wisdom or character, still there are valuable traits of character that are made permanent possessions by the passing years. This conceited, lawless age would do well to give the older people a fair hearing.

"EUROPA" has moved Europe 18 minutes nearer to America. The ship "Europa," of the same line as the "Bremen," has bettered the record of the "Bremen" by a quarter hour. The "Bremen's" record was 4 days, 17 hours, 24 minutes; the "Europa's," 4 days, 17 hours, 6 minutes. Space is thus being cut down to minutes and time of communication to lightning flashes. This in preparation for an event of world-wide extent soon to take place in the "twinkling of an eye." Read about it in Revelation 1: 7, 1 Corinthians 15: 51-54, and 1 Thessalonians 4: 15-17.

ELECTRIC EYES to catch burglars, electric ears to catch sounds, electric cops to regulate traffic, television to see around the corners of the earth, electric thinking machines to work mathematical problems—"Where is there any need left for the human being?" one asks. The same need as ever, we reply; and also the same *needs*. The human heart is unchanged in its spiritual needs. And the loving God who can supply those needs is unchanged. "Jesus Christ, the same yesterday, today, and forever." "My God shall supply all your need, according to His riches in glory in Christ Jesus."

SEVENTY-YEAR-OLD BERNARD SHAW has a physique with "the strength and swiftness of a twenty-year-old athlete." When he was a boy, his father said to him: "My son, I'm afraid I'm a failure. Whatever I've done, don't do." The young man started to carefully observe his father's habits. He noticed that his father ate when and what he wanted, including large quantities of meat, smoked all day, drank alcohol, and took no form of exercise. So from that day Shaw ate no meat, used no alcohol, did not smoke, and took all the exercise he could. Furthermore, he gave up tea and coffee. He drank milk, and ate plenty of vegetables, fruits, nuts, and coarse breads. His body gained perfect health and his brain became clearer and more brilliant every day. He says, and we agree, that doctors cannot cure diseases; they can only help intelligent people keep from getting diseases.

MRS. HOUDINI announces, after three years of attempting to communicate with her deceased husband, the celebrated magician, that she has given up all faith in communication with the dead. She might have been saved the three years by faith in the word of God. He says, "The dead know not anything, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion forever in anything that is done under the sun." Ecclesiastes 9: 5, 6. "He that goeth down to the grave shall come up no more. He shall return no more to his house, neither shall his place know him any more." Job 7: 9, 10.

ALREADY it is reported that more than a hundred major business houses of the United States are operating on the thirteen-months calendar. Nearly 500 other firms have approved the plan and are only waiting a favorable time to begin its use. A request has come to the leading Chicago newspapers that they print two date lines, one in new style to accommodate the many users of the new calendar. Thus a change in the week that obliterates the Sabbath of Jehovah and strikes at the very law of God is coming gradually into use through the gateway of "big business." Prophecy is fulfilling all around us, as the word of God has foretold such an attack upon the sovereignty of His law in the days just before Jesus comes.

SOUNDLESS SMOKE AND ANNOYING NOISE are the city's two greatest nuisances. Among the evils caused by smoke in New York City are increased eyestrain among school children, and the danger that the city will be treeless in a few years if the smoke is unabated. The poisonous gases are killing the trees in the nation's metropolis. We look forward to a greater city than New York, to the metropolis of the new earth—the New Jerusalem. In this city there shall not enter anything that defiles. (Revelation 21: 27). "And there shall be no more curse." Revelation 22: 3. Sin and its results will be banished. No smoke or noise will be there to mar its beauty. It will be lighted with a light which outshines the sun. And that light is the glory of the Lord. (Revelation 21: 23.)

MARCH 19 was a day of universal prayer, called by the pope, to seek heavenly influence to stop the anti-religious craze in Russia. The Sunday before had been a similar day of prayerful protest in Protestant pulpits throughout Christendom. Such form for protests to take is far better than the political form of churches trying to influence governments to interpose. But there is a certain aspect to the papal day of prayer that is part of the fulfillment of the prophecy of Revelation 13: 3, 8. The Vatican newspaper, *Osservatore Romano*, said on March 18: "Tomorrow's mass may be considered the inauguration of a veritable crusade. Once more the tomb of the fisherman, Peter, will be seen to have the power of stirring up and unifying the peoples of the world. The echoes of the solidarity of indignant protest from all parts of the civilized world, from men in all classes and faiths in response to the papal appeal, will afford a moving demonstration of the fact." Thus another step has been taken toward the restoration of the universal power of the papacy, which is foretold in Revelation 13, 17, 18, as culminating just before Jesus returns.

Each Thursday at 12:25 noon, an extension of this page, together with appropriate music, is broadcast from WEMC, "The Radio Lighthouse," at Berrien Springs, Mich. Let our readers tune in on this WATCHMAN HOUR.



The Watchman Answers

This is a service department where questions pertaining to the Bible and its interpretation are answered for WATCHMAN readers. Anyone is free to address questions to the Editor, who puts himself under obligation to answer here only those that will be of general interest to our readers. Others may be answered by letter. Inquirers must give name and address; but these will not be printed.

Defilement from Without

Will you please explain Mark 7: 15?

The text reads: "There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man." In this connection Christ had been talking about the Jews obeying traditions that made of none effect the plain intent of God's commands. See preceding verses. They held traditions that what a man wore or ate or the way he kept his body clean had some mysterious and direct effect on his spirituality. Jesus was not speaking here of the food men eat as defiling their bodies from a health and sanitary standpoint. He was not dealing with what is proper or improper as food; but with superstitious traditions that taught that certain foods — for instance, those offered in sacrifice — had a sanctifying effect on the body; or that meats offered to idols when eaten affected directly the spiritual nature of a man to defile him. Of course, direct worship of idols by eating food offered to them with the expectation of thereby receiving spiritual blessing, was an offense against God. But Jesus would have us know that there is no curse in the food itself just because it is offered to idols, and a God-man would not be defiled by innocently partaking of it. (See Acts 10.) Man is naturally sinful. Sin comes from his heart out, and is not imposed on him from without. It is what is in a man's heart and spoken from the lips that defiles a man, not some evil thought suggested by someone else, if he does not harbor it. Mark 7: 15 is not a license for eating anything we please. Many other commands in the Bible make very plain that God limits man's diet. (Genesis 1: 29; Leviticus 11; 1 Corinthians 10: 31.)

Length of the Judgment

If the investigative judgment of all who have ever lived, which began in 1844 and is soon to close, takes only a comparatively few years, why will it take a thousand years for a judgment of the wicked during the millennium?

We understand that the *investigative* judgment deals only with *guilt or innocence* in each individual case brought before it. When we know that every thought, word, and act of each life has "gone beforehand to judgment," and is recorded in heaven with absolute accuracy, obviating any need of examining witnesses; and that there is no need of jury deliberation with an absolutely omniscient and just Judge; and that sins are recorded as forgiven or not, before the judgment begins; and that only those persons who are completely forgiven can be saved, while those with any sins unforgiven must be lost,— it is evident that not much time need be consumed in dealing with each case. If we may so speak of it, the ledger of heaven is balanced up to date, and each record is clear as far as conviction or acquittal is concerned. All that remains is for Christ to plead His sacrifice to save the forgiven, and refrain from pleading it for the unconfessed sinners. On the other hand, in the *executive* judgment of the millennium period, when the saved in heaven have part in judging the *degree of punishment* to be meted out to the wicked, all details must be entered into and motives must be weighed; all this would require much more time. Dealing with the question from another angle, we are not warranted from Scripture in believing that all of the thousand-year period is required for this judgment nor that God decreed it to be just a millennium because it would take that long for judgment. This judging is only part of what goes on in heaven during that time, and we are constrained to hope it will be only a small part.



Saturday Sabbath Keeping

(Continued from page 19)

made man and the world over which man was to have dominion.

Let us now consider *how* the Sabbath was made. Of the act of creation we read: "He spake, and it was done; He commanded, and it stood fast." In making the Sabbath, He went a bit further than this. He completed the week by adding this rest day by Himself resting from His work. He made this day different from the preceding six days. I cannot think of it as physical rest for a weary body, but rather as a celebration of the day as the birthday of the world. He had produced perfection in making such a world and such a man as He had conceived in His mind. It was finished, and He had succeeded, and was pleased and satisfied as He spent the Sabbath day in happy contemplation of what had been wrought. It was as the seal of His approval for the perfection of creation. He blessed it and made it sacred by His presence, thus setting it apart as a portion of time made holy for man's good.

HOW GOD MADE THE SABBATH

HE MADE the Sabbath not only by His command, but by devoting the day to a review of the work of His hands, and to an approving regard for the new creation. The seventh day was at that time, by the Maker of all things, observed, consecrated, and declared the Sabbath of Jehovah. Its origin was dignified, divine, and glorious. Men would obscure the record of Genesis and turn aside from these great basic truths that God designed should ever be kept in mind. His memorial was made for that purpose, and it seems evident that the enemy of truth has made his attack upon this institution because it is vital and fundamental in God's plan.

The record of Genesis is clear and unmistakable, and should be taken literally. It indicates the plan of God regarding the Sabbath, and its importance is clearly emphasized. The command for its observance should have our highest regard and most careful meditation. It is designed to make constant our faith in the true and living God.

There is no conflict between this portion of the heavenly code and the record of creation. The significance of the Sabbath in the plan of God must remain for further study, but it should be observed in this connection that the record of its origin points to the fundamental thought embodied in the fourth commandment. There is nothing in either the Sabbath commandment or in the record of the making of the Sabbath to warrant its being treated as temporary, epochal, or regional. It was made for all men, for all time. Its origin and nature are such as to make it impossible that it could be superseded by another day.

Conflict, Not Concord

(Continued from page 15)

allies — Belgium, Poland, Czecho-Slovakia, Roumania, and Jugoslavia. If these be included, France could put a standing army of about one million and a half men into the field.

What shall we say about Mussolini's aim to have an Italian army of five million men by 1935 or 40? What shall we say about the Red army of Soviet Russia, and the menace the world faces from this Communist state, seemingly determined to enforce its ways on the world as soon as it puts its own land completely under the power of its present leaders? What shall we say about the land forces of the present militant China, a China waking up to its military possibilities, and already serving notice on the Western nations that the days of Western domination and influence and interference are gone?

Let us not deceive ourselves. The prophet was right when he exclaimed: "Peace, peace, when there is no peace." Instead of proceeding toward the plains of peace, we are plunging rapidly toward the abyss of Armageddon strife. Like the proverbial drowning man grasping at the straw, the nations are frantically grasping at conference and diplomatic straws, while the tide is sweeping them on to destruction. Naval conferences will not furnish the solution, nor pacts of any kind or purpose. What we need is the coming of the "Prince of Peace," and we rejoice that He is not far away.

213 Words

(Continued from page 11)

thing in them was iron. Their government was iron—merciless, hard-hearted, inhuman, inexorable. Their courage was iron—cruel, bloody, indomitable. Their soldiers were iron—never was there a nation more fearfully armed for battle; their breastplates, their helmets, their long shields, their darts, their javelins, their short and heavy two-edged swords—all their weapons were ingeniously terrible. . . . Their yoke upon the vanquished was iron—heavy, intolerable, and yet unavoidable. In their conquests they crushed everything; they made Roman provinces of all the subjected countries; they left them nothing of their own nationality, and in a short time had even deprived them of their language. It was soon commanded to speak Latin not only in all Italy, but in Germany, south of the Danube, in all France, in all Belgium, in all Switzerland, in Geneva, in Spain, in Portugal, and even in Africa. . . . When Julius Cæsar, who took all France and made it a Roman province, finished the assault of the last city, he ordered that both hands be cut off from all the men that were found in it, which cruelty he proudly mentions in his Commentaries. They wanted human blood in all their

How's Your Health

The Doctor
Answers Your
Questions



Medical and hygienic information of interest to the general reader is given in this column by a practicing physician. Queries may be sent to the editor.

Artificial feeding.—*I have had to put my baby on the bottle. How can I tell whether she is doing well, or not?* P. M. B.

If your baby is increasing regularly in weight, wakes up to nurse the bottle, has no colic, and has movements of uniform consistence and color, then she is doing well.

Cause of hemorrhoids.—*Are hemorrhoids always caused by constipation?* H. C. C.

They are frequently caused by constipation, but there are other causes. Hemorrhoids are dilated blood vessels at the anus, due, many times, to sedentary work, especially sitting many hours on a stool at an office desk. Also they may form when the call to evacuation is put off and the rectum remains filled, and so the vessels of the parts become congested, and stasis, and finally dilatation, occurs.

Insomnia.—*What can I do for insomnia?* C. I. D.

Eat a very light and easily digested meal at night. Stop worrying. Do some physical work, so your body will be physically tired, and sleep will come. A cup of hot milk or hot water at night often will help. Massage to spine, neck, and head before retiring also helps. Attend to such matters as infected teeth, or tonsils, and also elimination. Do not try to force sleep. Try to live naturally, and natural sleep will come. Do not resort to drugs!!

Growing pains.—*A contends that "growing pains," are normal, being due to rapid expansion of growing tissue. B contends that "growing pains" are a form of rheumatism, due to some infection, as the child's teeth, and that parents are negligent who allow their children to have growing pains without medical examination. Which is right?* M. H. M.

Medical science does not recognize the term "growing pains." There are doubtless times when both of the above claims may be true. In the Case of A, there are doubtless children with highly sensitive nervous mechanism who will interpret muscular contractions as painful that in a normal child would not be noticed. In the claim of B there are cases where some focus of infection, such as the teeth, gives rise to actual rheumatic conditions.

Canker sores.—*What is the cause and cure of canker sores in the mouth?* C. S.

The cause is usually some digestive disorder. The mouth is normally acid in reaction, and thus has an immunity to pathological bacteria, which are always present in the mouth, but when there is some stomach disorder, the mouth often becomes alkaline in reaction, and then the bacteria are able to cause trouble, and these small sores are the result. See that the stomach disorder is relieved, and treat the canker sores with application of silver nitrate, followed by an application of salt solution.

Typhoid fever from milk.—*Is it possible for a person to get infected with typhoid fever from milk from a cow that drinks typhoid infected water?*

Domestic animals do not suffer from typhoid, and the germs of the disease die out quickly in the gastro-intestinal tract of cattle, so it is not possible to get the disease from the milk, unless the milk becomes infected after being drawn, as by the germs getting on the udders of the cows and from them into the milk. To be absolutely safe, cows should not be allowed to come in contact in any way with water known to be infected with typhoid. Typhoid germs increase very rapidly in milk.

Quiet after meals.—*When a person has been very careful about the rules of diet, and yet is distressed after each meal, and finds it necessary to keep quiet in order for the digestion of the meal to get started, what is the trouble, and how can it be remedied?* D. M.

There may be a number of factors that enter into your trouble with your digestion that you have not thought to mention in your question. Worry is one factor in affecting all body processes, and especially the digestive process, and also eating when tired or hurried or nervous. Sometimes we do too much, trying to follow out too carefully all rules of diet, and forget some very fundamental rules of right living. Try to forget your food after it is eaten; and while eating, be cheerful and optimistic, thinking of other things than yourself and your diet. Another important factor is your elimination. See that you have at least one, and better two, evacuations daily.

jobs."—Vol. 1, pages 146-148, Toulouse, 1850.

In describing the Roman conquests, the historian Gibbon, even though he was a skeptic, uses the very imagery employed in the prophecy of Daniel 2. He says:

"The arms of the republic, sometimes vanquished in battle, always victorious in war, advanced with rapid steps to the Euphrates, the Danube, the Rhine, and the ocean; and the images of gold, or silver, or brass, that might serve to represent the nations and their kings, were successively broken by the iron monarchy of Rome."—"The History of the Decline and Fall of the Roman Empire," Edward Gibbon, chap. 38, general observations at end of chapter, par. 1.

And as the feet of the image ended in ten toes, part of iron and part of clay, so the Roman Empire in the West ended in ten divided kingdoms, some of which were weak and some of which were strong. Seven of these still continue in England, France, Germany, Italy, Spain, Portugal, and Switzerland.

TELLS TIME FOR US

WE NOW come to a most important point. God caused this prophecy to be recorded that we today might know where we are. Just as the hands on your watch point out the time of day, so this prophecy tells where we are in our journey through the history of this world.

Beginning with B.C. 603 when this prophecy was given, the head of gold takes us down through the history of ancient Babylon to B.C. 538, when the sovereignty of the world passed to the Medes and Persians. The breast and arms of silver bear us down through the two hundred and seven years of the Persian supremacy to the battle of Arbela, when the Greeks became the undisputed rulers of the world. Then the sides of brass cover the career of Grecia from B.C. 331 to B.C. 168, when Rome was fully established as the fourth world kingdom. The legs of iron take us forward again from B.C. 168 past the first advent of Jesus Christ down to the fall of Romulus Augustulus, the last emperor of Western Rome, in A.D. 476. The feet and toes, part of clay and part of iron, carry us down through the history of those kingdoms which were established upon the ruins of the Western Empire, which now constitute the nations of Europe. Thus we are brought down to our own day.

What may we next expect according to this prophetic time-table? The prophecy declares: "In the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed; and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand forever." Daniel 2: 44.

PAGE THIRTY-TWO

This verse foretells the establishment of the fifth universal kingdom—the everlasting kingdom of God. The time for the setting up of this divine kingdom was to be "in the days of these kings." This cannot refer to the four preceding world kingdoms because they were not contemporaneous but successive and consecutive. It cannot refer to an establishment of the kingdom of heaven at the first advent of Christ, for the ten kingdoms which arose out of the ruins of Western Rome were not yet in existence. They had not yet appeared in the days of Christ and His apostles. The image was not complete in their day. They lived under the power represented by the legs of iron. The setting

A noted atheist,

while on his deathbed, is reported to have said, "I don't know whether death is

A Blank Wall or an Open Door."

But he might have known that death is neither one. And everyone may know just what death is. Read

After Death---What?

in the WATCHMAN for next month

up of God's eternal kingdom as predicted in Daniel 2:44 will take place in connection with the second coming of Christ, and the events that will follow.

It is plain from this prophecy that we are now approaching the climax of earth's history. The time has come for the kingdoms of this world to become the kingdom of Jesus Christ. (Revelation 11: 15.) A king—the greatest King of all—is coming soon to claim His kingdom. Shall we not now make sure of our citizenship in this coming kingdom and thus be numbered among its happy subjects forever?

The Hoover of Egypt

(Continued from page 13)

46: 31-34); it explains why there was an instantaneous bond between Jacob and the Egyptian monarch (Genesis 47: 1-10); it explains why Pharaoh gave Jacob and his sons permission to reside in the very best of the land of Egypt (Genesis 47: 5, 6, 11).

Archeologists have deciphered an inscription of the Hyksos period which some Egyptologists identify as a refer-

ence to the seven years of famine of Genesis 41: 54; 47: 13.

This inscription was written by a man by the name of Baba who was in the employ of one of the native kings in the upper Nile valley. That he had heard about the coming famine predicted by Joseph and prepared for it in a way similar to that undertaken by Joseph seems evident from the inscription which reads:

"I collected corn as a friend of the harvest-god. I was watchful at the time of sowing, and when a famine arose, lasting many years, I distributed corn to the city each year of famine."

On this inscription, Heinrich Brugsch-Bey comments: "Not the smallest doubt can be raised as to whether the last words of the inscription relate to an historical fact or not. . . . Now, since famines succeeding one another are of the very greatest rarity in Egypt, and Baba lived and worked under the native king Seqenan-Ra Taa III in the ancient city of El-Kab about the time during which Joseph exercised his office under one of the Hyksos kings, there remains for a satisfactory conclusion but one inference: that the 'many years of famine' in the days of Baba must correspond to the seven years of famine under Joseph's Pharaoh, who was one of the Shepherd kings."—"Egypt Under the Pharaohs," pages 121, 122.

JOSEPH'S EGYPTIAN NAME

WE NOW come to the name that Pharaoh gave Joseph when Joseph took charge of the newly organized Food Conservation Bureau of Egypt. In our English Bible the name is given as "Zaphnath-paaneah." In the Hebrew it is *Tsfnt Pa'ankh*. Did the writer of Genesis make up this name, or is it an Egyptian name? Now Lieblein has identified this name with the Egyptian name *Tsfnt Pa'ankh*—the identification being as nearly perfect as it is possible between the Egyptian and Hebrew languages.

"Lieblein's identification is as follows: *Tsfnt* is an adjective, pronominal in character, meaning in the Egyptian 'foodman.' *Pa'ankh* is a noun in the genitive, meaning 'of the life.' Thus the whole expression, by strict etymological interpretation means, 'the food-man of life,' i. e., 'the one who supplies the nourishment of life'; 'The chief steward of the realm in the face of famine'; his name was 'Hoover.'"—Kyle, "Moses and the Monuments," page 37.

When Joseph, the Hoover of Egypt, made himself known to his brethren, he told them (as it is translated in our English Bible) that God had made him "a father to Pharaoh." Genesis 45: 8. The translation of the word *ab* as *father* in this text is owing to the fact that the translators took the word *ab* to be a Hebrew word; but there seems to be better reasons for believing that the word *ab* is a transliteration of the Egyptian word *ab*, which had an entirely

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different meaning. The Egyptian word *ab* meant "inspector," i. e., "minister of state." What Joseph seems to have told his brethren was this: "God has made me a prime minister to Pharaoh"—which was his office as food conservatist, which his name *Tsfnt Pa'ankh* implied. This is just another instance to show that the writer of Genesis was recording facts when he wrote the book.

Among the Egyptian relics discovered in lower Egypt are several scarabs bearing the name of *Yaqob* or Jacob. Now scarabs contain only very important names, and it is not impossible that these scarabs refer to the father of Joseph, for, from the record in Genesis, Jacob appears to have been highly regarded at the Hyksos court. At any rate, these scarabs do show that at some time one or more Semites by the name of Jacob were men of prominence in Egypt.

JOSEPH NOT A SLAVE MAKER

THERE is a question in the minds of some about the justice of Joseph's dealings with the people when he acted as the "foodman of life" or as "the Hoover of Egypt" during the famine. The story in Genesis is this: As the famine grew more acute with each passing year, "the Egyptians" exhausted their bank accounts for food supplies. They appeared before Joseph and said: "We will not hide from my lord, how that our money is all spent; and the herds of cattle are my lord's; there is nought left in the sight of my lord, but our bodies, and our lands: wherefore should we die before thine eyes, both we and our land? Buy us and our land for bread, and *we and our land will be servants unto Pharaoh*: and give us seed, that we may live, and not die, and that the land be not desolate.

"So Joseph bought all the land of Egypt for Pharaoh; for *the Egyptians* sold every man his field, because the famine was sore upon them: and the land became Pharaoh's. And as for the people, he made *bondmen* of them from one end of the border of Egypt even to the other end thereof." Genesis 47:18-21, margin, A. R. V.

To appreciate this transaction, we must not forget the background of it. The men with whom Joseph made this transaction appear to be *native* Egyptians who had never fully submitted to the rule of the Hyksos government. Particularly was this true of the native Egyptians in the upper Nile valley, where at this time three or four native lines of kings were attempting to rule. These native Egyptians constituted a source of rebellion and trouble to the Hyksos government. When they appeared before Joseph and promised to be "*servants unto Pharaoh*" (which implies that they were not then "servants"), they merely told Joseph that they were *now* ready to be fully "amenable" to the laws of the government. (The citizens of El-

Kab may have been an exception to this.) And so Joseph bought their land to secure their good behavior. The Hoover of Egypt like our own President Hoover was working for law enforcement. The expression that "he made bondmen of them" does not mean he made *slaves* of them, but that he made them *subjects*. In other words, they swore allegiance to the laws of the Hyksos government, or declared their citizenship. The whole movement shows Joseph's statemanship in securing the safety of the Hyksos government.

The discoveries of archeology are a wonderful stimulus to belief in the Bible, but, remember this, the story of Joseph was true *before* modern discoveries con-

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firm the story. Yet men have died disbelieving the Bible and its Author because such accounts as the story of Joseph seemed untrue. But can you afford to hesitate to take the Bible at one hundred per cent without waiting until everything is confirmed?

Freedom in Religion

(Continued from page 21)

His will that they should be free under God to live their own life, conduct their own affairs according to His word, and therefore be under tribute to no nation or government, as in the days of David and Solomon.

But through transgression Israel fell, and became subject, in turn, to Babylon, Persia, Greece, and Rome. Jesus as a Jew paid tribute with Peter to Rome. The Jews were strongly against this. No Jew was more despised than he who became a tax gatherer for Rome. To be against Rome was to be popular with the Pharisees. To be for Rome made one an enemy to the Jews.

The enemies of Jesus believed that over this dilemma they could destroy the influence of Jesus. So feigning

themselves to be just men and seekers of truth, they came to Him with flattering words to ensnare Him. They said:

"Master, we know that Thou sayest and teachest rightly, neither acceptest Thou the person of any, but teachest the way of God truly: Is it lawful for us to give tribute unto Cæsar, or no?"

"But He perceived their craftiness, and said unto them, Show Me a penny [a Roman coin worth about seventeen cents]. Whose image and superscription hath it? And they said, Cæsar's.

"And He said unto them, *render therefore unto Cæsar the things which be Cæsar's, and unto God the things which be God's.*

"And they could not take hold of His words before the people: and they marvelled at His answer, and held their peace." Luke 20:20-26.

If they had received His teaching they would never have clamored for His crucifixion or been guilty of His blood. His word conclusively shows that there can be no organic union between church and state. Jesus here, by a great, living, comprehensive principle separates them forever. If this principle had been enthroned in the professed Christian Church, Catholics would never have persecuted or put to death Protestants or heretics, nor would Protestants have persecuted or put to death Roman Catholics.

If rulers in civil government had received the principle, they would never have yielded to the demand of ardent religionists to enforce some dogma or church doctrine that the members of the world were lax in observing.

FREE CHRISTIANITY

RELIGIOUS liberty even within the religious body was a vital part of early Christianity. The apostolic church sought no aid from the state or state law. It looked straight on in the way of God, regardless of antagonistic laws and persecuting or intolerant creeds.

The language of Christianity as used by the apostles was we "beseech," "entreat," "persuade," as noted in our last issue. There was no disposition to enforce, compel, coerce. The language of the gospel of Jesus is the language of appeal, "Come," "Come unto Me."

We are told in positive language what the sinful soul must be and do, and the consequence of failure — separation from God, and endless death. But the individual man must decide the question. Deciding for God brings the soul into the current of His everlasting life. Deciding as the selfish heart would dictate is death. But if man chooses God's way, it means a life of righteousness and truth here, and immortality hereafter.

Bear in mind the results of our study:

1. Man owes all to his Creator.
2. That Creator, the eternal God, sets before man, His creature, the true way.
3. God in His infinite loving kindness

will do all that love and knowledge and wisdom can to induce sinful man to yield to His own blessed way of life.

4. But God will not coerce, or compel man to choose against man's own will and choice. Wrong or right, man's will and choice is supreme. Even though the Perfect Teacher himself speaks what is always and only for man's good, man must decide.

Nor can man leave this choice to others. To no organization with which man may associate or to which he may ally himself can he pass the right to decide for him.

God gives to each soul the infinite and awful privilege to decide for himself for now and for eternity. The perversion of this right, the deprivation of this right, is responsible for the awful record of human suffering for conscience' sake.

Our next study will bring us to concrete facts, and to a great prophecy.

The Best Time to Retire

(Continued from page 23)

erroneous doctrines that have arisen concerning God, the Bible, and the ultimate end of all things. "And because iniquity shall abound, the love of many shall wax cold." Verse 12. Not only have many errors arisen, but the very sentiments of religion have suffered an alarming decrease. Even nominal churchmen are turning from the religion of the vicarious atonement of Jesus Christ to a philosophy of uplift for the masses by education, eugenics, and natural selection.

Jesus was speaking of the signs and the times just preceding His second coming. "So likewise ye, when ye shall see these things, know that it is near, even at the doors." Verse 33. And the time will be short, for in the very next verse, we read, "Verily I say unto you, This generation shall not pass, till all these things be fulfilled." The generation that sees these signs will see also the second coming of the Lord. Is not that a solemn thought to contemplate?

But there is one condition in the world

for which the followers of Christ are responsible, and upon which the second coming of Christ is contingent. "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. Christ is depending upon you and me to preach this gospel of salvation to all the world. Can you retire in the face of such conditions, and give yourself over to the pursuit of peace and happiness in this world?

As a Christian, I cannot retire. And

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why should I desire to? Freedom from the annoying circumstances of this world is not possible of attainment in this life. "In the world ye shall have tribulation." John 16:33. My every power must be dedicated to the spreading of the gospel. I have no other task in life. If I cannot preach, I can give that others may go. This task will give point to every unselfish ambition that stirs my heart. Everything I do may be consecrated by it.

And so, we cannot retire, we cannot retreat, we cannot seek peace. We are in the struggle to the end. While life lasts we must fight. But this glorious hope brightens our path. And in just a little while we shall go over into that

bright land where all is rest and joy and peace. There we shall bask in the smiles of our Lord, who died to redeem us; and there throughout eternity we can rest in resplendent retirement, seeking to the full the holy desires that fill our souls.

The Millennium

(Continued from page 25)

wicked living, and the desolation of the earth. When these events have taken place in connection with, and at the time of, the Lord's return, this will leave the earth with "no man" alive on it, and the devil will be in exile here for "a thousand years." That is why he will deceive the nations no more until the thousand years are finished. (Revelation 20:3.) There are none here to deceive.

But "when the thousand years are expired, Satan shall be loosed out of his prison." (Revelation 20:7.) Then "he shall go out to deceive the nations which are in the four quarters of the earth." (Revelation 20:8.) Where do these "nations" come from? At the second coming of Christ (the starting point of this thousand years), the sleeping saints were raised and they with the living saints were taken to heaven; the "rest of the dead" (the wicked) were not raised; the wicked living were slain by "the brightness of his coming" and that left "no man" here on the desolate earth. But we have just read that "when the thousand years are expired" the devil is "loosed" and goes out "to deceive the nations." Who are these nations and where do they come from? They are the millions of the wicked dead, now raised to suffer the penalty for their sins. This is plain from Revelation 20:5, which says, "But the rest of the dead [the wicked] lived not again until the thousand years were finished." So the resurrection of the wicked dead at the end of the thousand years is what looses Satan. The very fact that the resurrection of the wicked dead is what looses the devil and gives him subjects to "deceive" proves that the depopulation of the earth is what binds him in confinement and idleness.

How does he deceive these "nations"? We read, "and [Satan] shall go out to deceive the nations which are in the four quarters of the earth, . . . to gather them together to battle: the number of whom is as the sands of the sea." Revelation 20:8. The fact that they are compared to the sands of the seashore for multitude proves that these are the wicked of all ages, including those who were slain by the brightness of the Lord's second coming. What is the "battle"? How are they "deceived" just here? "And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city." Revelation 20:9. We inquire, Where does this city come from, that it is here on the earth at this time? We find the

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answer in Revelation 21:2: "And I John saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband." At the end of this "thousand years" the Holy City comes down with the saints within. The wicked dead are raised. This looses Satan. He deceives these wicked by making them believe they can take the city. This is the last "battle." As they surround the city to take it, fire comes down from God out of heaven, and devours them. (Revelation 20:9.) This is "the second death," which those who come up in "the first resurrection" escape. (Revelation 20:6)

THE EARTH PURIFIED

THIS "fire" which came down from heaven purifies the earth from the curse of sin. "For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the Lord of hosts, that it shall leave them neither root nor branch. . . . And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the Lord." Malachi 4:1-3. The expression "ashes under the soles of your feet" is made possible by the fact that the earth, after its renovation by fire, is to be made new. "And He that sat upon the throne said, Behold, I make all things new." Revelation 21:5. Then, "God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Revelation 21:4. This brings the end of sin and the consummation of the plan of redemption.

In summing up our Scriptural propositions we find: that this thousand years begins at "the first resurrection" (Revelation 20:6); that this "first resurrection" will be at the second coming of Christ (1 Thessalonians 4:16); that at the second coming of Christ the raised and living saints meet the Lord in the air, go with Him to heaven, and there "reign with Him a thousand years" (Revelation 20:6); that "the rest of the dead

lived not again until the thousand years were finished" (Revelation 20:5); that the wicked living are destroyed at His coming (2 Thessalonians 1:7-9); that this leaves the earth with "no man" here (Jeremiah 4:23-28); that this leaves the devil "bound" by a "chain" of circumstances (Revelation 20:1-3); that at the end of this thousand years the new Jerusalem with the saints within comes down upon the earth (Revelation 21:2); that the wicked dead are then raised and this looses Satan out of his prison (Revelation 20:7); that he deceives these millions of wicked by making them believe they can capture this city (Revelation 20:8); that they surround it to take it, and as they do fire comes down from God out of heaven and devours them (Revelation 20:9); that this fire renovates and purifies the earth (Malachi 4:1-3); and then "blessed are the meek: for they shall inherit the earth" (Matthew 5:5)

It is a great deception to believe and teach that we can be converted after the second coming of Christ. It is one of the many last-day delusions to teach that salvation work will go on in this earth for one thousand years after the Lord's return. Jesus does not come as "priest" but as "KING OF KINGS AND LORD OF LORDS." (Revelation 19:16.) His priesthood has closed then, and there is no more opportunity for lost men to approach the "throne of grace," through His mediatorial work. "Today,

if ye will hear His voice, harden not your hearts."

LET US REMIND anyone who fears that Russia's anti-religious war is really threatening "the extinction of religion," that to destroy God and true religion is the devil's own job and that though he has been at it for more than 6,000 years, he hasn't accomplished it yet. The pity, however, is that even though God remains unshaken, the devil succeeds in destroying the hope of human beings.

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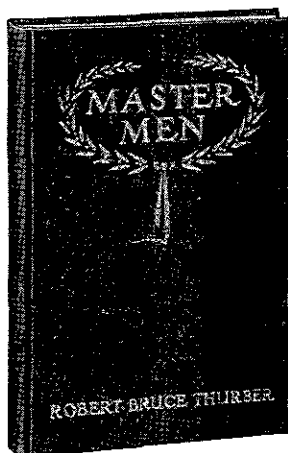
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