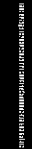


W



H. ARMSTRONG
ROBERTS



H. ARMSTRONG ROBERTS PHOTO

■ *The hand that moves the throttle fulfills prophecy.*

THE railroads: America is again taking off its hat to them. While all travelers are not aboard them, there are more aboard than have been for many a year. Railed roads are still the world's prime highways of transportation.

The railroads of the United States can give well-paid work to two million employees. They buy a fifth of the nation's timber, fuel, oil, iron, and steel, and a fourth of its soft coal. Annually they spend \$14,000,000 for lubricants, \$13,000,000 for paint, and \$11,000,000 for stationery. Their quarter million miles of lines are almost a third of the world's total. This without counting another quarter million yard tracks and sidings. Fifty thousand steam locomotives keep the rolling stock moving.

"The passenger trains run a million miles a day, and 49,000 of us get aboard them in an average hour to swell the annual passenger-mile total to sixteen billions. Two million freight cars are in service, loading at the rate of 3,300 an hour even in dull times. In a year they carry a billion and a quarter revenue tons of cargo. In a year their trains total 393,000,000 miles. Freight worth a billion and a half to its owners is daily in transit by rail." So a writer in the *New York Times* informs us.

Automobiles, busses, airplanes, and boats have cut deeply into their passenger and freight traffic; but the railroads are recovering valiantly from

the body blows these competitors have dealt them. They have purchased bus lines to act as feeders. They have installed motor busses on the rails. They have electrified many lines to attain greater speed and less smoke. They have streamlined and lightened the trains for speed, and have air-conditioned them for comfort. We can enter an improved day coach now with the sense of having opened the refrigerator, rather than the oven, door.

One of the greatest railway modernizing feats is the achieving of speed with safety. Trains are now in service which can run two miles a minute and not jar or frighten the passengers.

Railroads are fast approaching the time when they will so co-ordinate all means of travel that they will get passengers and their luggage and freight at their house doors and land them and it at the exact door of destination, all on one ticket.

The "iron horse" today is being challenged and then beaten by the steel greyhound and the aluminum bird. The automobile rides at ease at eighty and ninety miles an hour, and

the airplanes exceed two hundred. Of course, an enormous toll of lives is being taken as human sacrifices to the speed demon, but the speeding goes on. It is the price of progress, say the mentors of civilization. We question the business ethics of this; but there can be no question that men and things are possessed with an insane urge to move faster.

Where do all the travelers go? Well, somewhere, but nearly always back again. "Going places," is the phrase; not much matter where; just going. There are few new frontiers to open up in the world. All livable lands are pre-empted. So travel settles down to running around in circles or shuttling back and forth.

To and fro; to and fro!
Up and off and away we go!
Time and pep and money spent,
Back again from where we went.

Then there comes a handwriting on memory's wall written by Daniel, the seer: At "the time of the end, many

ALL ABOARD!

shall run to and fro, and knowledge shall be increased."

Speedsters, gad-about, week-enders, round-trippers, excursionists, highway-inhabitants, house-car dwellers — you are motion-picture ads of the time of the end. Not evil signs necessarily, but sure signs of an end that will be evil to those who do not heed the waymarks, and who refuse to make certain preparation for the catastrophe ahead. It is a matter of life and death—eternal life or death—to know what that means to all men living now.

It matters little what will occur in the near future, compared to the tremendous importance of the attitude each one of us takes toward what will occur. *Christ is coming back to this earth again, soon.* And only to those who look for Him will He come to save from the destruction that now faces the world. The overwhelming majority, even of professed Christians, have ceased to expect Him. He will come upon them unawares, like a thief in the night, and they will be consumed by the brightness of His coming. But the expectant will be saved.

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Rockwell D. Hunt, in "World Affairs Interpreter," says: "Since the outbreak of the World War, in less than 20 years, 45 nations covering over half the earth's surface have been swept by revolutions or by revolutionary uprisings of a serious nature." Yet the close of the World War was to be

"The BEGINNING of a GOLDEN AGE"



IN JANUARY, 1929, the famous "Kellogg Pact" received the signatures of sixty-one nations, and was enthusiastically indorsed by the entire civilized world.

Only six short years have elapsed since that jubilant hour which was to mark "the beginning of a golden age"; yet at this moment the same governments that registered their solemn vows are feverishly assembling armies and navies, and their statesmen openly confess that sinister forces are again driving toward an inevitable crash.

There was already sufficient war hysteria before the day when, with dramatic suddenness, Reichfuehrer Adolf Hitler made the announcement that the German nation would no longer play the role of a defeated war criminal, nor would it henceforth abide by the military and naval restrictions of the Versailles Treaty. On the other hand he assures the world that its fears of Teuton aggression are groundless. "Germany," he declares, "is arming for security and peace, not war. An-

What about the present prospects for peace?

other war would be unthinkable. It would destroy all the nations which engaged in it!" Likewise Pope Pius XI warns: "The next war will be not only monstrously murderous, but almost certainly suicidal."

Great Britain has sought to make the best of the situation by conceding submarine parity to the Reich. The latter, however, promises to keep the ratio at forty-five per cent until further consultation, and further agrees never again to engage in unrestricted U-boat warfare. Across the English Channel, the French are appalled at the tidings of the new Nazi armies. France is feverishly increasing her military forces, and along the German frontier is building the strongest line of fortifications ever seen.

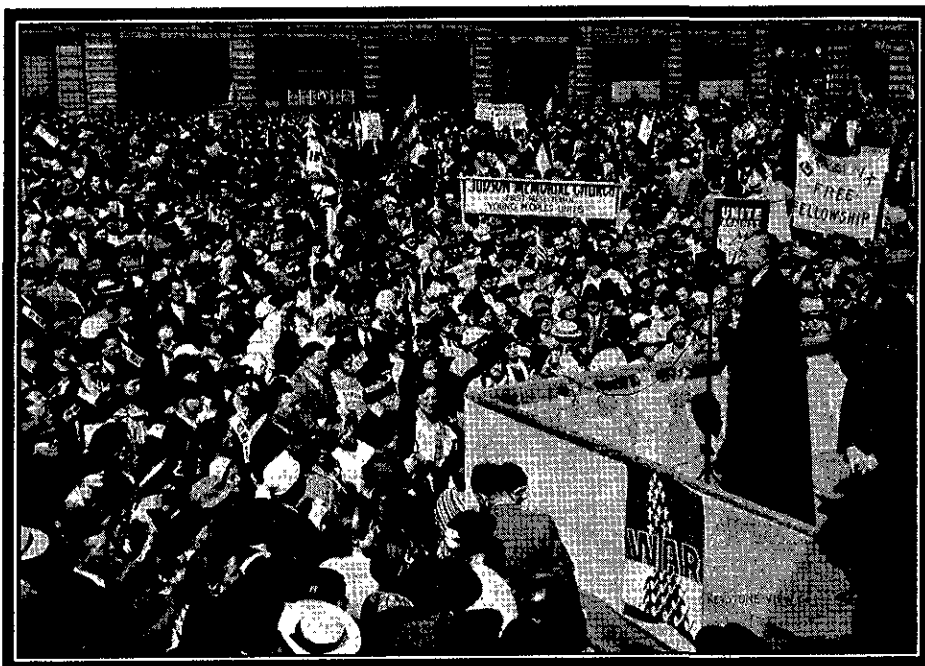
By
Roy Franklin
COTTRELL

In Southern Europe Dictator Mussolini is making history. Already an enormous army has been dispatched from Rome, reminiscent of two millenniums ago when Caesar's legions went forth seeking new lands to conquer. The unproductive peninsula of Italy is altogether too small for the rapidly increasing population; the colonial possessions promised the Italians as a reward for World War service have never been realized.

For centuries Rome has chafed in humiliation because her priests and soldiers were driven from Abyssinia. Recent quarrels and violence along the Eritrea-Abyssinia border have inflamed the peoples of both countries; hence Italy would settle the long-standing grudge, retrieve past failures, and attain the protectorate over a sparsely populated realm that is rich in the raw materials so sorely needed for Italian manufactories and commerce. Incidentally Abyssinia appears as the last available land for exploitation that possesses a reasonably congenial climate. And in the present European din and clamor no power is likely to risk incurring the wrath of Mussolini by saying to the Latin, "Thou shalt not steal."

In accord with her historic past, Austria is still a powder magazine

■ Ten thousand people gather on Fifth Avenue, New York City, to register a protest against war. But war continues.



whose explosion might bring far-reaching catastrophe. Of the 902 European wars on record, it is found that this small, central nation has been involved more frequently than any other. France and Italy are determined that Austria shall not become a part of Germany. Jugoslavia, her traditional enemy, insists that Austria shall remain disarmed. But in open violation of all treaties, Austria is increasing her army to three times her allotted quota.

The Turkish dictator, Mustapha Kemal, also observing that the disregard of international pacts, agreements, and treaties has now become fashionable, is mobilizing new troops and fortifying the neutral Dardanelles and the Bulgarian frontier. Neither is Communistic Russia asleep. She is double-tracking the Trans-Siberian railway across Asia; and to protect the experimental dream of Sovietism, is training the largest army in the world.

Writing of Far-Eastern affairs, the London *Daily Express* remarks: "Japan will take all China if she can. That is a prophecy, already quarter of a fact. Japan has taken a quarter of China." With its new Monroe Doctrine of "Asia for the Asiatics," Imperial Japan continues her steady drive to possess the land of Confucius, and also to drive the white races step by step from their acquired possessions and concessions in that part of the world.



The Armaments Yearbook recently issued by the League of Nations presents some significant facts. In the year just prior to the outbreak of the World War, the world's armament bill increased \$400,000,000; while the increase of 1934 over 1933 was more than \$500,000,000. The total expenditure for 1913 was \$2,907,000,000; for 1934 it was \$4,900,000,000. The Europe of twenty-two years ago sensed that war was near, but was doubtful of who was going to fight who. Today we are faced with a similar question. Says the Baltimore *Evening Sun*, "Obviously the world is preparing to lick—somebody, but who is it?"

The United States war budget for 1932 was \$642,000,000; while for the present year, according to Geneva's tabulation, it is \$902,000,000.

In view of the acknowledged fact that the vast majority of the world's population is for peace, we agree with a distinguished editor, who says: "The

contradiction between peace and armaments is the staggering paradox of the times." It is also the significant paradox of Scripture prophecy. One Biblical forecast for "the last days" emphasizes the efforts of "many people" in the crusade for peace. Another divine prediction concerning this age announces the mighty call to arms that would resound throughout the world just prior to the second coming of Christ. Compare Isaiah 2: 3, 4 with Joel 3: 9-14.

Today both of these prophecies are rapidly, startlingly, crystallizing into history; for while noble-minded statesmen labor for world peace, military dictators and alarmists lead the race toward Armageddon. While the people are hopefully shouting for peace, the nations are feverishly preparing for

war, and will ere long precipitate that final clash in which "the kings of the earth, and the whole world" will be gathered "to the battle of that great day of God Almighty." (Revelation 16: 12-16.)

The true Christian is a non-combatant. "For every battle of the warrior is with confused noise, and garments rolled in blood." In striking contrast with world military leaders and heroes, the Captain of our salvation bears the title of "Prince of Peace," and His kingdom is a government of peace. (Isaiah 9: 5-7.)



Jesus Christ condemned recourse to arms by extolling the anti-war virtues of peace, mercy, and meekness (Matthew 5: 2-12); by bidding His disciples "resist not him that is evil" (Matthew 5: 39, A. R. V.); by enjoining Christians to forgive their enemies (Matthew 18: 21, 22); by advocating the universal brotherhood of man (Matthew 22: 38, 39; Luke 10: 29-37); by His refusal to recognize national barriers and racial prejudices (Matthew 15: 21-28); by forgiving His bitterest enemies (Luke 23: 34); and by His rebuke to Peter: "Put up again thy sword into his place: for all they that take the sword shall perish with the sword" (Matthew 26: 52). Likewise the Apostle Paul bears witness: "For the weapons of our warfare are not carnal." "For we wrestle not against flesh and blood, but against . . . spiritual wickedness in high places." 2 Corinthians 10: 4; Ephesians 6: 12.

Remembering that the Master's "kingdom is not of this world," the Christian is nevertheless for several reasons interested in the trend of international events: first, that he may exert his influence in the interest of peace among the nations; second, that he may use his God-given opportunities to unfold the principles of Christ's kingdom; and third, as he turns the searchlight of Scripture upon the events of today to witness the striking and accurate fulfillment of Bible prophecy, he is filled with enthusiasm to tell the world what these things mean—that Armageddon approaches, to be followed by Christ's second advent and the establishment of His eternal, universal reign of peace.

Now is the time to lay definite plans for citizenship in that delightful homeland where "nation shall not lift up a sword against nation, neither shall they learn war any more."

DANACEA

By MABLE PARCHMAN

There are strife and distress among nations,

There are hatreds that never have healed;

There are memories of wars, there are discords and scars,

Till the fountains of mercy are sealed.

There are weeping and wailing and sorrow,

There are anguish and tormenting fear;

There are hungry and needy, and traitors and greedy—

Oh, the work of the devil is here.

Now what can we do for the nations,

And what for our homes can we do,

To bring lost hope back from destruction's dark track,

And the bloodstream of good to renew?

The question is old as the ages,

And ages have answered before:

"There is only one truth, for age or for youth,

There is only one faith can restore."

That truth is the truth of salvation,

That faith is the Faith of the Cross;

And only the flame that they kindle can shame

And cleanse our sad world from its dross.

Forever, from time's far beginning,

To lift up men's souls from the sod,

There is only one word that the seeker has heard,

And that Word Eternal is—God!

■ Society turns out to attend a dog show. Dogs are getting more attention than God.

ANOTHER of the

outstanding characteristics of the age in which we live is the departure, everywhere manifest today, from the old standards of morality, faith, and righteousness, and the casting aside of all the restraints that have held the lower passions of men in check.

With many today religion is mere philosophic speculation. With others it is the performance of relative duties. With others it consists of admiration of the Bible as a book of literary excellence. With others it is the adoption of a creed in connection with a church. With others it consists of bustle and external zeal in good works. But in nearly all it lacks *life*—that profound, intense, glowing life which so marked it in earlier times. Therefore, it lacks simplicity, freshness. It is hollow and shallow.

In Jesus Christ there is a redemptive energy, a divine, eternal power. In Him men become new creatures, a new light illuminating their souls. New joys take possession of their hearts. New hopes allure them into the paths of righteousness and peace. To him in whom Christ lives, the world becomes empty, void, and vain; and it loses its hold on his heart.

This divine energy which elevates, regenerates, and transforms men, is today ignored and cast aside by the easy religionists of this age. They know nothing of the sacrifices, the furnace and flame through which the Christian believer comes forth purged and made white. With such, godliness is but a form.



Religionists of today are perfectly at home in the externals of religion. They rejoice in the pompous worship and ecclesiastical ceremonies. Amid the splendor of Gothic piles and symbolic crosses, altars, and images, every kind of corruption prevails. The tide of vanity and pride rolls on side by side with tall steeples, and accompanied by worldly worship. But in the inner life of the heart, the work of the Holy Spirit, the renewing of the mind, the beginning of eternal life in the soul, the new birth, the receiving of the word of God,—in all such matters they are ignorant and blind. Their



RELIGION

Cast on the Scrap Heap

By
Carlyle B.
HAYNES

whole religious life is a round of forms. It places no restraint on unholy passions and ambitions and desires. All inward grace may be lacking with them; but if the name is on the church roll, that fact covers a multitude of sins.

External forms they delight in and cling to as if everything depended on them. But of the hidden virtues, those divine energies whereby God transforms sinners into saints, they know nothing. Faith in Christ may wane, the life may be defective, inner spiritual vitality may be lacking; but if the forms are right, if the professions are regular, if the social standing is good, they are accepted, and this is all that is thought important. Justice, judgment, and the fear of God, may be neglected, and covetous idolaters and worldlings stand in full fellowship in the church.

This very condition, so signally prevalent today, has been fully outlined in the Book of God, and defi-

nately pointed out as an evidence of the nearness of the return of Jesus Christ to this earth. Indeed, the Spirit of God gave special emphasis to this development. Paul wrote: "Now the Spirit speaketh expressly, that in the *latter times* some shall depart from the faith." 1 Timothy 4: 1.

Again Paul wrote: "The time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables." 2 Timothy 4: 3, 4.

Paul wrote again of this departure from the faith, of the substitution of mere formalism for a vital spiritual life as follows:

"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false acusers, incontinent, fierce, despisers of those that are good, traitors, heady, high-minded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away." 2 Timothy 3: 1-5.

(Continued on page 19)

Does YOUR KEY

FIT

THE LOCK ?

HOW do you find life? Is it purposeful or meaningless? Does it leave you confused and dismayed, or, despite its hardships and apparently insurmountable and incomprehensible problems, do you realize the great purpose for your existence? Is life a maze that begins somewhere and ends nowhere? Or is it a highway that begins at birth and ends at the gates of heaven?

The complexity of our present civilization has caused many educated but irreligious men of the world to lose their bearings. They seem to be floundering around through life, without an all-pervading purpose to guide them. They are on their way, but they do not know where they are going. To such, life is an uncharted sea, or a mere shadow play. And the number of people today who are in this confused state of mind is legion.

I would point you to Theodore Dreiser, noted editor and author of a number of books, as a living example of the type of individual I have just described. That life is truly meaningless to this highbrow of the literary world, we can easily see from a perusal of his confession in a *Harper's Magazine*. Dreiser says:

"I find life to be not only a complete illusion, or mirage, which changes and so escapes or eludes one at every point, but the most amazing fanfare of purely temporary and always changing and ever vanishing and, in the main, clownish and ever ridiculous interests that it has been my lot to witness. . . . At best, whatever man does is something that can only prolong the struggles and worries and for the most part futile dreams of those with whom he finds himself companioned in this atomic or cellular welter, and which in the last analysis may be just nothing at all—a phantasmagoric or cinematic shadow play. . . ."

"As I see him, the unutterly infinitesimal individual weaves among the mysteries a floss-like and wholly meaningless course—if course it be. In short, I catch no meaning from all I

Life may be purposeful or meaningless--as you will.

■
By
Nathaniel
KRUM

have seen, and pass quite as I came, confused and dismayed."

This is rank fatalism. It is more—it is cold atheism. No one but a fatalist or atheist could ever have so dark an outlook on life. Such fatalism can only result from an absence of faith in a Divine Being who controls the universe and ordains the events through which we must pass. Such atheism must ever come from a disbelief in the Bible as the voice of God to man.

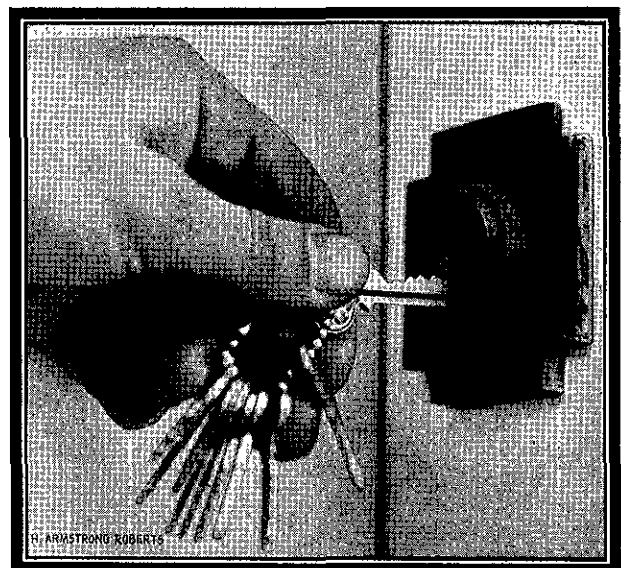
Do you suppose for a moment that Dreiser could have made the foregoing statement if he had believed the Bible? Never! A knowledge of God, of Christ, and the Scriptures explains the mysteries of life and of the scheme of creation, and reveals the purpose for our brief existence here on earth.

Frankly, if I were not a Christian, I would be as puzzled and non-plussed as Dreiser seems to be. How could I be otherwise? When one views the present chaotic state of civilization—the dire need in the midst of plenty; the uncontrolled spirit of hate and war, in a time when Christian churches and the Bible are found everywhere; the greed and avarice of those who

claim to be humanity's benefactors; the breakdown of the economic, moral, and physical structure of the world, and the revolutionary tendencies and changes in every phase of life—when one views these things without considering them in the light of Bible prophecy as signs of the end of time, one must invariably be driven to fatalism and atheism.

On the other hand, because I am a Christian, and because I believe the simple Bible story from Genesis to Revelation, life has a wealth of meaning to me. The Bible explains the variation between God's original plan for this earth and the present state of affairs. Moreover, it bounds the history of this world with definite events, of which I must have a perfect knowledge, in order to understand fully God's great plan for the ages. And it is only because the Bible reveals the details of this plan, that I am able to keep my bearings.

If ever you are tempted to succumb to the confusion everywhere prevalent in the world, and if ever you come to the place where you are beginning to feel that life is losing its meaning for you—then look out! You are on dangerous ground. But do more than look out—look up! Get a new view of God and Jesus Christ. Take the Guidebook from its place on the shelf, brush off the dust, and, in the light of the cross, get a new vision of the dark path man must tread through this sin-scarred world on his way to the kingdom. And having read, you will be prepared to press on intelligently with courage and fortitude, knowing that life eternal is just over the hill at the end of the road. When we walk in God's sunlight the road is clear.



■ *It fits, and the door of opportunity opens to a larger life*

FLASHES

—● The United States Government is now allowing beer to be sold in government stores to C.C.C. boys, if the camp commander considers it advisable. Excuse: beer is not considered an intoxicating beverage.

—● Italy announces the invention of a mighty new air weapon for war, and refuses to reveal its nature. We have no doubt it will be horrible enough. Now if Italy would only grasp the present opportunity to invent a new earth instrument for peace—

—● When public morals are high the devil has to brand his allurements with false names in order to capture the crowds. But when public taste reaches such a low standard that it wants folly, and desires to be scandalized, then the old boy calls the shows by their appropriate names, "Follies" and "Scandals," and the eager crowds increase.

—● In answer to protests by Jewish organizations to the United States Government against religious intolerance in another nation that is reported to be persecuting the Jews, the State Department declared that this nation considers religious freedom and liberty of conscience "the most fundamental principles of our civilization and political faith." Americans should appreciate this re-statement of our constitutional rights and privileges. May this country never repudiate such principles, is our hope. But it will, is God's prophecy.

—● A new magazine has been started, *Prison Life Stories*, all about crime and its punishment. Its general impression on the reader is the glorification of crime, though its sponsors, no doubt, desire the opposite. The truth is we know too much about crime, and criminal heroes are multiplying. Let's have magazines entirely devoted to free life stories, about righteousness and its reward.

—● The American Motorists' Insurance Company reports that the regulation of the liquor traffic is the most lax this country has ever known. Hence nation-wide results show sharp increase in the number of deaths and injuries from intoxication. One city keeping accurate statistics reports 150 per cent increase in deaths due to drunken drivers, and 200 per cent increase due to intoxicated pedestrians. Where is that decrease in crime and accidents promised by repealists?



■ *Dr. Claude S. Beck, the first surgeon to perform successfully an operation on the human heart for the relief of angina pectoris.*

—● The governments of countries which contain more than a third of all the Christians in the world are now carrying on a war of extermination against the Christian Church. The world has moved back eighteen centuries.

—● Three quarters of a century ago Lord Thomas Babington Macaulay conjectured the recent and present American depression. Nineteen centuries ago God predicted it. "Mark this," He said, "there are hard times coming in the last days." 2 Timothy 3:1, Moffatt's Translation.

—● "Twenty million people can't be wrong," says a manufacturing firm as it advertises the popularity of its product. We grant it, with regard to the desirability of a certain commodity on the market. But when it comes to moral truths, the millions have always been wrong and the few right, down through all the ages of history. "Wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." Matthew 7:13, 14.

—● We will be able to travel to Mars in 2035, says a chemist turned prophet. We are expecting that some of us will be able to do it without dying, long before that, and on the strength of forecasts in the word of God.

—● One out of every three married couples in the United States is childless. Children are prime preventives of divorce; and they provide a discipline for parents that is invaluable in meeting the problems of life. America is slipping when a third of her wives are not mothers.

—● The more science confesses what it does not know—such as why postage stamps stick, why a struck match bursts into flame, what causes pimples, why a headache, why a common cold, how brick and mortar stick—the more sure we are that it does not know that the theory of evolution is correct. We wish the scientists were as humble as they are candid.

—● On October 4, 1535, the first printed English Bible was issued from the press. "During the four centuries since that date it has far surpassed in circulation any other book in all the world, and also has profoundly influenced the lives of people and the ideals of government." Could any book that did not teach truth and whose prophecies failed, stand like that?

—● Machines in this modern age have made the little man big, the weak man strong, the slow man swift, the primitive man advanced, the ignorant man wise, and the poor fighter a good fighter. The backward nations are coming forward with machines. And all will have an equal chance in the show-down that is just ahead for this generation. The only ones who will win out are those who put on God's armor and use His weapons and fight the fight of faith. They will not even try to pit material things against material.

CORRECTION: On this page of our July issue we made the statement that 3,000 newspapers, wet before Repeal, have now turned dry. Our source of authority for this is unreliable and we hasten to correct it as a misstatement, and to express our regret that it got into our columns. It is true, however, that many newspapers have registered this change of policy.

Lull in the War Scare

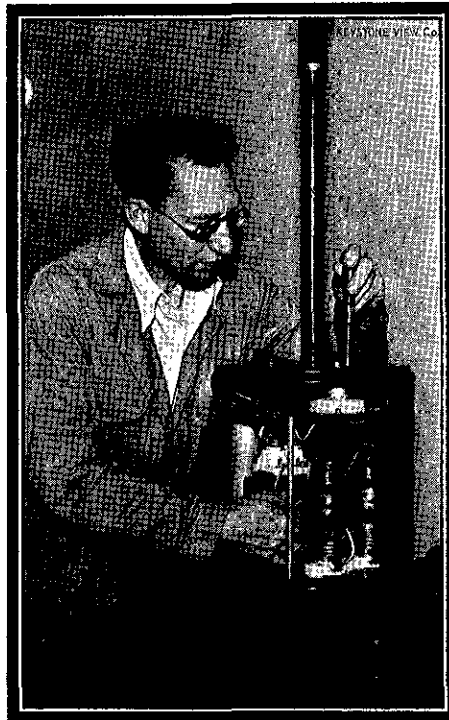
AT THE moment of writing, frantic France and bristling Britain are doing all in their power, on their own responsibility and through the heavy-running machinery of the League of Nations, to avert the threatened war between Italy and Ethiopia. The former has consented to talk it over, and this promises no attack at least before early in September. Meanwhile the war preparations go on; the Italians tell of over 400,000 soldiers in their African possessions, and Ethiopia reports 700,000 defenders. Peace advocates discover a rift in the war cloud over Africa, and sane people everywhere are hopeful that sanguinary strife can be averted. But the spirit of war is stronger than ever. Only a miracle can prevent an outbreak.

England and France particularly, themselves governing colored races by the tens of millions, are rightly fearful that an Italo-Ethiopian war could not be confined to a small section of Africa. It would inflame racial animosity the world over, and might start a white-colored race war that could destroy civilization itself. Hence they are willing to make some very liberal concessions to Italy in order that their own subjects may be kept at peace. But it is plain to be seen that Mussolini will not be content with a sop in the form of a strip of desert or a trade agreement. Great Britain has long had the lion's share of habitable land on the globe. It remains to be seen if she will yield some of it to pacify Italy and thus keep world peace.

Ethiopia has won the sympathy of Japan and India, and unfortunately there seems to be a lining up of East against West, of colored against white races. Will the hot deserts of Africa generate the spark that will ignite Armageddon? The possibility gives pause and concern to the stoutest heart. We are not eager to take sides in the prospective war, nor to predict who will win. It really doesn't matter in the long run. We believe the winds of international conflict are now being held in check by divine power. How long they will thus be held, we do not know. We do know they will not be let loose entirely till God's work of saving those who will be saved is finished. And that work has yet a little time to go. We are persuaded that Armageddon will not break upon the world

this autumn, but it cannot be held off much longer.

Because we must take into account the miracle of Divinity holding the four winds of war (see Revelation 7: 1-3), it is not safe to predict the im-



■ John Kalsey, research worker, searches for a mysterious ray which will either kill or cure. Men are determined to discover the secrets of life and death.

mediate future in international affairs from the pace of events occurring round about us now. But we know the answer in the back of the arithmetic book of God's dealings with men. And again and again we have told what it is in these columns; and will continue to tell it. It is that only the destructive-to-the-wicked and constructive-to-the-righteous advent of Christ to this earth can cure war and bring permanent peace. We await that coming with assurance and joy.

Predicting Earthquakes

REUBEN GREENSPAN, an amateur scientist, has been making some remarkable forecasts of earthquakes. He has come into prominence by predicting almost the exact time and place of the recent Quetta earthquake in India. Earthquake belts on the earth's surface being known, he figures the times of greatest pull of the moon and

other heavenly bodies on the world and with the aid of mathematics determines the approximate time and place of the shaking. Though he misses at times, yet, as there is a tremor on the average of every hour somewhere on the earth's surface, he often figures correctly.

One thing we know, on the authority of One greater than Greenspan,—the Creator and Upholder of this mundane sphere,—is that earthquakes in these days are to be more numerous and destructive. And this increase constitutes a sign of the near break-up of earth's elements, and the return of the Son of God. The pull of the heavenly bodies we have always had with us, but never before so frequent and so catastrophic quakes.

Electric Life and Thought

FOR some time scientists have been coming to agreement that electricity and life are the same thing. And now it is suggested that thinking is a series of electrical impulses. Very likely science is not far wrong in this. But when science tries to define, weigh, and even create life, it is getting beyond its sphere. Well does an editorial in the *New York Times* meditate on the subject thus:

"In the past half century an enormous amount of research has been conducted which leaves no doubt that our bodies are extraordinary electrical and chemical organisms. . . . Materialism is thus pushed to its logical conclusion. But what have we in the end? Hills and dales. The physiologist who contemplates them is driven to despair. He is in the position of the mathematician who reduces the atom and the universe to a few symbols only to find that reality has somehow slipped away, leaving him with a few equations to hold. Do these marks on a tape tell us how 'eyes that do mislead the morn' welled up in *Shakespeare's* mind? Do these equations tell us what lies behind the blue skies and twinkling stars? The physicists have ceased to be materialists. Can as much be said of those who seek to interpret the mind in terms of volts and amperes? Physiology still pursues the path of the mechanists. To that extent it is behind the times. Yet there is no other way as yet. The further these electrical inquiries are

pushed the deeper is the problem of man. Even if we could see the last brain cell twitching in the agony of conceiving a new universe we should still be unaware of the process of thinking."

Physiology had better cease to be "behind the times" by acknowledging that God the Creator actuates the life and thinking of man. "In Him we live, and move, and have our being." Acts 17: 28.

Do Cigarettes "Lift"?

Not long ago two scientists of Yale University announced findings to the effect that the nicotine of tobacco makes the adrenal glands of the tobacco user "excrete adrenalin which makes the liver and muscles pour their stored-up sugar into the blood stream, where it becomes available for work, pleasure, or refreshment."

Eager to catch onto any scientific fact which might be employed to advertise their product, the cigarette makers made capital of this announcement, and one company billboarded everywhere: "Get a lift with a —," naming their brand of cigarette. It worked, and sales increased.

Now it is well known that the nicotine of one cigarette, when soaked out with water and administered to a man, will make him sick almost to death. And the nicotine from three cigarettes will throw a man into con-

vulsions and kill him within an hour. What about this "pick-me-up" of cigarettes that is also a knock-me-down-and-kill-me?

Dr. William James McCormick of Toronto, non-smoker by the way, has discovered the truth, and has added this to the findings of the Yale doctors. To quote from *Time*:

"Morphine, cocaine, strychnine, chloral hydrate, carbon monoxide, bichloride of mercury, ether, chloroform, diphtheria, tuberculosis, syphilis, influenza, typhoid fever, burns, asphyxia, hemorrhage, cancer, all stimulate the adrenals, cause a similar chemical increase of sugar in the blood. In the case of the intoxicants, biochemists find a temporary 'lift' similar to that of nicotine. In the case of the infections, there might also be a perceptible feeling of well being, were it not for the fact that the body was already engaged in a major battle against disease. From these facts Dr. McCormick deduces that the use of nicotine is biochemically in the same class as the use of morphine, strychnine, or chloroform or a deliberate exposure to tuberculosis, typhoid fever, or influenza. To clinch his reasoning, Dr. McCormick pointed out that many people cannot endure smoking during acute infections or fevers."

All this is in keeping with the sane claims of anti-tobacco advocates for many years. Intoxicants and narcotics seem to pick one up, but in reality they only whip one up, stimulating him for the time being, but leaving him weaker than before, and at the same time injecting into his system dangerous poisons that lay the foundation for untold physical trouble.

We prefer to take our stimulants in the form of non-poisonous air, water, light, heat, and cold.



■ An Italian war tank stands on its head during practice trying to show what Italy is capable of doing to the enemy.

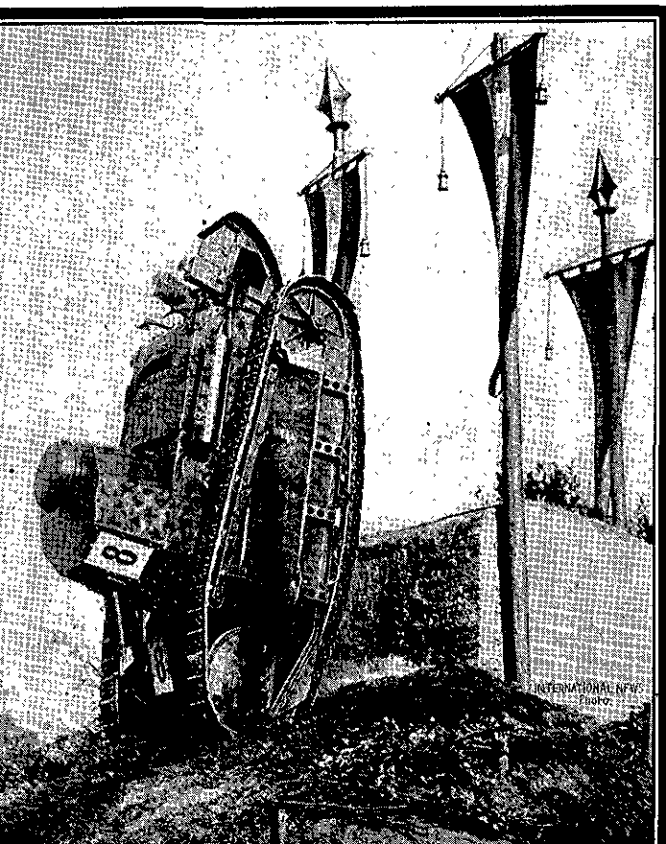
Spiritism Prophecies

MRS. FELECIE CROSSLEY, spiritualist medium of California, gave an interview to reporters in a New York hotel when she was attending the International Assembly of Spiritualists. She informed them that Spiritualism is not a lost and found bureau, although she did tell one man where to find a trunkful of silverware and linen. According to her, spiritualism's main purpose is to prove the immortality of man. The Bible, which Spiritualists profess to believe, tells us that "God only hath immortality." (1 Timothy 6: 16.)

She could not tell who would win the heavyweight championship, because she had no "fight guides" among the "immortals." But she forecasts that President Roosevelt will be elected in 1936, and that war will be waged in Palestine over the Suez Canal.

The devil, who is back of all this spiritualistic business (and it is a business, rather than a religion, to all appearances) is clever and deceptive. God warns us against it in these words: "When they tell you to consult mediums and ghosts that cheep and gibber in low murmurs, ask them if a nation should not rather consult its God. Say, 'Why consult the dead on behalf of the living? Consult the Message and the Counsel of God!'" Isaiah 8: 19, 20, Moffatt's translation. And the authorized version puts it this way: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

All the evil one, working through mediums, guesses about the future (such as successful candidates in elections) he gets as any man gets such predictions, by a keen sizing up of men and events. All he knows about future events, he gets from the Word of God. In Revelation 16: 12-16, God predicts that there will be a great battle in Palestine (at Har-Megiddo, which is Armageddon) in the wind-up of human affairs in this age. It is easy for Satan to conjecture that this battle will be fought over the Suez Canal. All of us guess that part of the cause of Armageddon. But we are constrained to believe from the Word that Suez will be only a minor item in the causes of Armageddon. The revised version calls it "the war of the great day of God" — an evil race against God.



ANY WAY you look at it, this is a wonderful world. We are members of a remarkable generation. The things we do, that could never be done before! The records we have made, which to earlier ages would have been fantastically impossible!

Consider any field of human endeavor that you wish; we have scored in all of them.

Take the art of healing, for an example. For how many centuries, unchecked, plagues swept from the pestholes of Asia over all lands, destroying populations by thirds and even halves, leaving even the survivors scarred and crippled by the tokens of their power! And how terrible was the infant mortality in every clime, how horrible the sufferings of those who underwent the crudities of what was then called surgery!

But patient research has conquered the great plagues of the past. The wonderful development of anesthetics has ameliorated even the sufferings of those who must undergo extensive surgical treatment. Infant mortality can be reduced among all groups who are willing to listen to the hygienic instruction of doctor and nurse. And in the fields of nutrition and dietetics, we know infinitely more than did the superstitious blunderers of the past.



Or take communication. During what long ages was the horse the fleetest means of travel, and the homing pigeon the swiftest bearer of news!

Now by the pressure of the telegrapher's key the happenings of the day are transmitted with the speed of light to the farthest corners of the world. And we do not even have to reply on the telegraph, with its necessary coding and decoding; for the telephone carries the weak syllables of the human voice across the widest of oceans, and links distant continents with a chain three minutes long. Or if the event be one of great and universal importance, which all might well desire to know, the radio penetrates millions of homes with the news.

Take even the abstract sciences. What astronomer of the Middle Ages, poring over astrolabe and Almagest, supposing that the tiny sun traveled around our massive earth, and that the stars were merely little torches lighted by the hand of God, could imagine that the day would come when the surfaces of the moon and Mars would be accurately plotted, and when the internal constitution of the sun would

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The world is witnessing the most remarkable and amazing age of its existence. It knows so much it never knew before, but

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The WORLD Does Not Know GOD

★

★

By
Gwynne
DALRYMPLE

be accurately understood? How could the ancient student of the constellations imagine that the time would come when, by means then unknown, the eyes of men would gaze on "island universes," and astronomers would measure the rotation of distant suns, and discover the elements in the atmosphere of Betelgeuze and Areturus?

But we do all these things now. We are very clever people. It would be hard to conceive of a more intelligent race of beings.

In every way, we should be a much safer, much happier, group of individuals than ever existed before. We should be shaping our own destiny, a sure and beautiful one, with firm, unflinching fingers.

But are we?

Hardly.

When has there ever been a generation more perplexed, more alarmed, more uncertain than our own? When have international problems ever assumed a more desperate and threatening aspect than they do today? When have social disorders ever been more acute, or class hatreds more bitter?



Why? What is wrong with this wonderful but hopeless world of ours?

Many things, of course, are wrong with us, but they all converge into one great flaw: We have not discovered God.

We know nothing about God.

We theorize concerning Him at great length. Ministers, students, philosophers,—all the great and thoughtful

minds of the age,—break into print every now and then with new conceptions of God (generally very old conceptions, by the way).

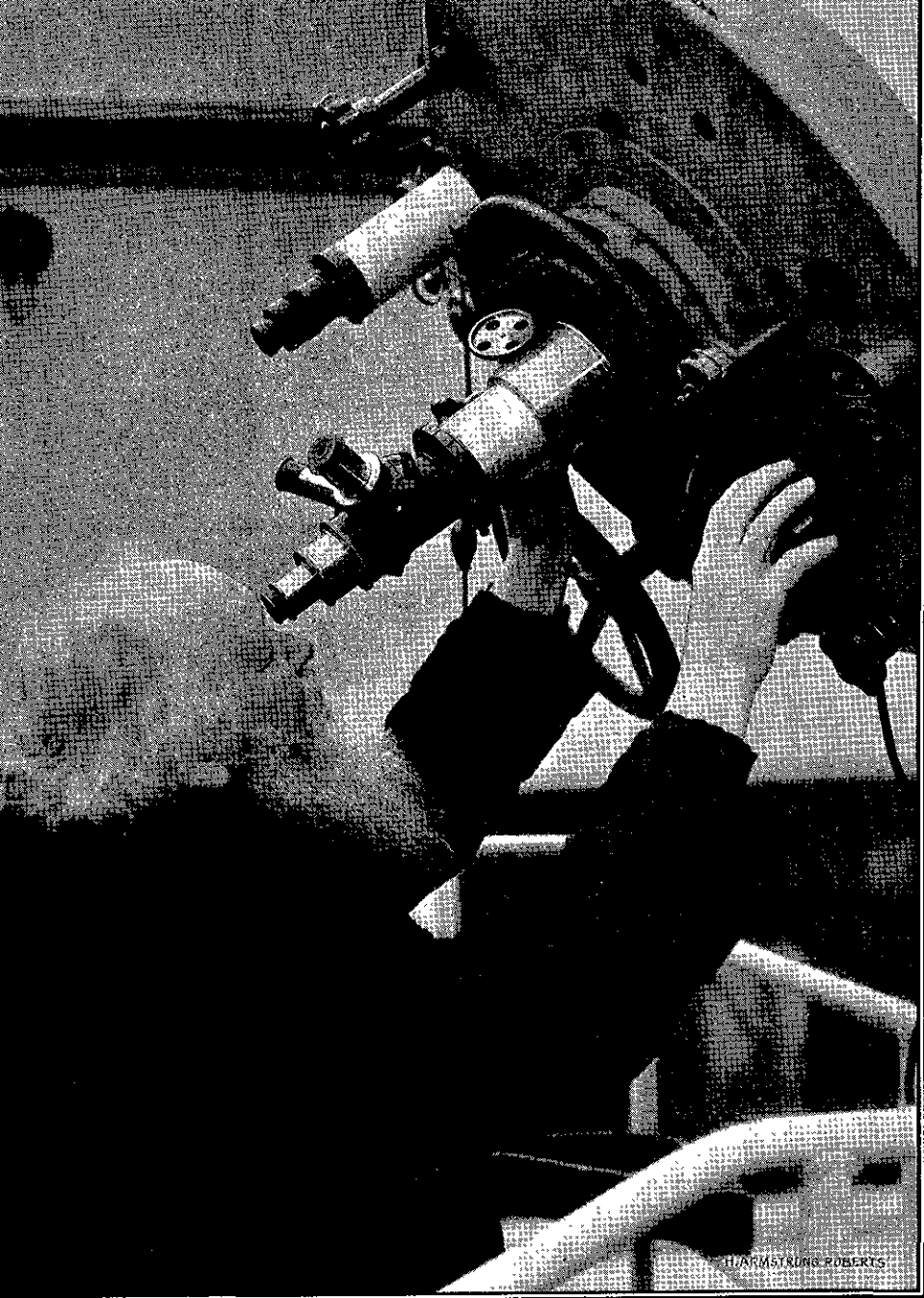
But we need more than conceptions of God. We need Him. Our present troubled world, weighed down with afflictions and heavy with forebodings, needs, as it needs nothing else, to know Him whom to know is life eternal.

But we don't know Him,—not really. Though poets tell us that He is nearer to us than hands and feet, we do not know Him.

Why? Has He hidden Himself from us? Does He not desire that we should know Him?

Centuries ago these words were penned: "There is a generation that are pure in their own eyes, and yet is not washed from their filthiness. There is a generation, O how lofty are their eyes! And their eyelids are lifted up. There is a generation, whose teeth are as swords, and their jaw teeth as knives, to devour the poor from off the earth, and the needy from among men." Proverbs 30:12-14.

That generation is this generation. Haughty?—It exudes pride from every pore! Lifted up?—We have exalted human endeavor and human com-



H. ARMSTRONG ROBERTS

■ *It seems passing strange that the more men learn about God's universe, the less willing they are to acknowledge its Creator.*

placency beyond not only the bounds of decorum, but the bounds of reason.

God has not hidden Himself. But we have refused to be instructed by the means through which He reveals Himself.

In no previous age has the Bible been more widely, more efficiently, circulated. In no previous age have its teachings been more coolly flouted, more impudently assailed, more carelessly denied,—even by ministers in the pulpit.

And men cannot reject God's revelation, without rejecting God.

And men cannot reject God without rejecting character, morality, and goodness,—national and private.

For this reason we witness great waves of crime sweeping over our land. For this reason we notice that "judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street, and equity cannot enter." (Isaiah 59: 14.) For this reason class hatreds grow more savage, and international hatreds daily more acute.

As of old Christ declared to an impenitent, proud, and perishing city, "O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!" (Matthew 23: 37); so today He brings to an impenitent, proud, perishing world the same message.

We look to economics, when we need religion. We seek clever statesmen, and

submit to dictators when we need God. A poet of the past generation wrote:

"We search the world for truth; we cull
The good, the pure, the beautiful,
From all old flower fields of the soul;
And, weary seekers of the best,
We come back laden from our quest,
To find that all the sages said
Is in the Book our mothers read."

If we would turn its pages again! If we would drop our smartness, and go to its wisdom! If we would obey its brief, yet all-inclusive, code of Ten Commandments! If we would follow the Saviour whom it presents, and adore the God whom it reveals!



Nowhere does the word of God indicate that the time will come when all men and nations will voluntarily bow in reverence and obedience to their Creator. The curse of sin lies heavy upon this planet. But what all men will not do, that the individual may do.

In our own hearts and in our own lives we may believe the Scriptures which God has given. We may trust in our heavenly Father as He is therein revealed. We may yield our lives to His obedience. We may receive from Him that power and grace and strength which make a man a Christian.

In His word God has revealed the meaning of life and death, of good and evil, of punishment and reward. He has made clear to us the divine standard, and has given to us those great and precious promises by which we may attain to eternal life.

Why do we not read the Scriptures more? Search them? Follow them?

The greatest works of philosophy are shallow in comparison. The latest issue of newspaper or magazine is not more timely.

"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works." 2 Timothy 3: 16, 17. "Good works!"—how much our world needs them today!

"Thy word is a lamp unto my feet, and a light unto my path." Psalm 119: 105.

"The grass withereth, the flower fadeth: but the word of our God shall stand forever." Isaiah 40: 8.

"Heaven and earth shall pass away, but My words shall not pass away." Matthew 24: 35.

This Bible has a message for us today. And if we seek it, we shall find it.

Modernism--

PROTEST-LESS Protestantism

and What Next . . . ?

By
Robert Leo
ODOM

THE three outstanding facts of popular religion in the so-called Christian world today are Modernism, protestless Protestantism, and rapidly reviving Romanism. The recovery of the third results from the other two.

The crash of the czarist throne and the subsequent Red Revolution in Russia were practically fatal to the prestige of the old Greek Church. The little that remains to uphold the Eastern Orthodoxy is uncertain. The trend for union with Rome has made great progress.

The Church of England, historically Protestant, is noted for its ever increasing "Romeward movement." The British state, professing a Protestant faith, maintains diplomatic relations with the papacy.

A little over a hundred years ago a young Irish priest attempted to land in Australia, but Gov. MacQuerie ordered him away. Two years later a permit from London authorized two priests to locate at Sydney. In 1838, the number was increased to five. Today there are thirty bishops, two thousand priests, two thousand monks, eleven thousand nuns, and fifteen seminaries of the Roman Church in Australia, and one fourth the population are communicants of that church.

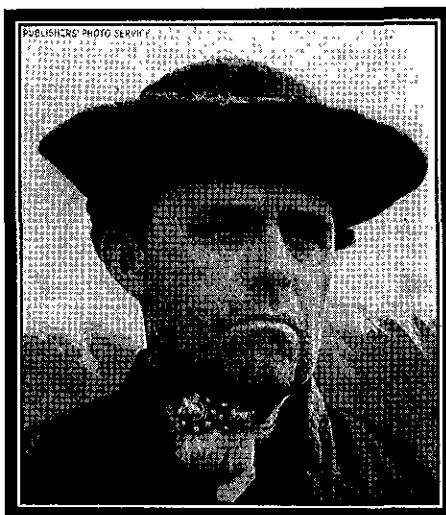
According to *The Sunday School Times* (August 5, 1934), the British government sent out "admiralty instructions directing that salutes shall be fired from His Majesty's ships, forts, and batteries in honor of the Pope and his nuncios, internuncios, and legates met with at sea or arriving at, or quitting, any place in His Majesty's dominions."

The defeat of Germany in the war, the fall of the Kaiser, and the subsequent political changes in that country

have been almost catastrophic for Lutheranism. We have the paradox of the German state, which has always professed the religion of Luther, that mighty foe of popery, living in concordat relations with the papal see. The issue over the "neopaganism" of German politics has divided the state church into two groups.

Speaking of Luther reminds us that it was Protestantism's proclaiming of the infallibility of the Holy Scriptures as the word of God and only rule of faith that worked so disastrously against the prestige of the papacy. In the Diet of Spires the *protest* of Protestantism was emphasized that memorable 19th of April, 1526, when its representatives declared: "We are

■ A Protestant in Holland wears his hat brim turned up.



resolved, with the grace of God, to maintain the pure and exclusive preaching of His only word, such as it is contained in the Biblical books of the Old and New Testament, without adding anything thereto that may be contrary to it. This word is the only truth; it is the sure rule of all doctrine and of all life, and can never fail or deceive us. He who builds on this foundation shall stand against all the powers of hell, whilst all the human vanities that are set up against it shall fall before the face of God."

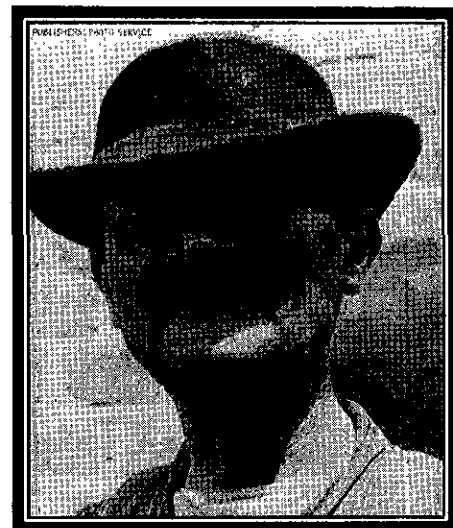
Has Protestantism kept that resolution? One may walk up and down the corridors of present-day Protestantism, particularly in the United States, and he will seldom hear an echo of the sentiments of that Protest of Spires. He may frequently hear learned and grave preachers and theological seminary professors declare the Bible is a book of Jewish folklore and legend, that its miracles are myths, that evolution is to be preferred to the creation of Genesis, that the Flood never took place, that the story of the miraculous birth of Jesus is a falsehood, that faith in the atoning blood should be discarded, and that references to it ought to be deleted from every hymn book.



At the same time a wave of banditry and crime threatens to engulf the country, proud and expensive cathedrals rise up in every city, millions are unemployed and on the dole in one form or another, while the urge for "Rethinking Missions" calls for an abandonment of foreign missions. Yes, Protestantism has lost its protest.

(Continued on page 18)

■ A Roman Catholic in Holland wears his hat brim turned down.



DON'T FORGET

1. What device did the Lord through Moses tell the Israelites to use to keep them from forgetting His law?

"Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, . . . that ye may look upon it, and remember all the commandments of the Lord, and do them." Numbers 15: 38, 39.

2. What more substantial method did He later use to keep in their memories the crossing of the Red Sea?

"Then Joshua called the twelve men, . . . and Joshua said unto them, Pass over before the ark of the Lord your God into the midst of Jordan, and take you up every man of you a stone upon his shoulder, according to the number of the tribes of the children of Israel: . . . and these stones shall be for a memorial unto the children of Israel forever." Joshua 4: 4, 5, 7.

3. By what method more enduring than a stone monument did He preserve the memory of His bringing the Israelites out of Egypt?

"And this day shall be unto you for a memorial; and ye shall keep it [the passover] a feast to the Lord throughout your generations." Exodus 12: 14.

4. What is a memorial?

"Anything intended to preserve the memory of a person or event; something which serves to keep some person or thing in remembrance, as a monument, or a practice."—Webster.

5. What has God especially caused to be remembered?

"The works of the Lord are great, sought out of all them that have pleasure therein . . . He hath made His wonderful works to be remembered." Psalm 111: 2, 4.

6. What memorial has He instituted by which to remember His works?

"Remember the Sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it." Exodus 20: 8-11.

7. For what reason did the Lord give the Sabbath to the human race?

"Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am

the Lord that sanctify them." Eze. 20: 12.

8. How long will God's memorial endure?

"Thy name, O Lord, endureth forever; and Thy memorial, O Lord, throughout all generations." Ps. 135: 13.

Scripture Problems Solved . . .

This is a service department where questions on religion, ethics, and Bible interpretation will be answered. Send questions to the editor.

Milking a Cow on Sabbath

Is it wrong to milk a cow on the Sabbath, since milking does the animal good?

No, it is not wrong. A cow's life is endangered, if she is not milked at least twice a day. It is work, but necessary work. We would consider milking a cow in the same category as getting a cow out of a ditch into which she had fallen, or as getting ready and eating a meal on Sabbath by human beings. God does not require of us the impossible. The Sabbath is to be a spiritual delight (Isaiah 58:13) and anything which keeps it from being that is wrong. The tendency of conscientious persons is to make the Sabbath a burden, and thus imagine they are sacrificing their way to heaven. Christ made all the sacrifice to save us. We simply obey His Sabbath command and enjoy obedience.

Sabbath Preparation

If we fail to finish cooking and preparing for the Sabbath before sunset, shall we finish it, or let it remain unfinished?

We should certainly stop all preparations when the sun sets for the Sabbath. If there is loss, it will help us to remember to start sooner next week. Remembering the Sabbath day to keep it holy means to begin to remember and prepare for the next Sabbath as soon as the previous Sabbath is over.

The Loud Cry

Is the cry of Revelation 18: 1-5 the same as the cry of Revelation 14: 6-12, or is this cry yet to be made?

In Revelation 14: 6-12 there are three cries, or messages, given by the angels. In Revelation 18: 1-5 two angels utter their voices, the first crying, "Babylon is fallen," the same cry as of the second angel of the other chapter; but giving some additional descriptions of fallen Babylon; the second crying to God's people in Babylon to come out. From all the evidence, it is plain that the loud cry to come out has not yet sounded in

the earth, although many members of the Roman and apostate Protestant churches have already separated themselves from these false religions and have begun to keep the commandments of God. But the final warning of this loud come-out cry is yet in the future. We urge a full study of this subject from the book, "Daniel and the Revelation," procurable through the WATCHMAN MAGAZINE office.

The Sabbath Year

Why do not Christians rest from labor every seventh year, as God commanded Israel? And if we did, how would we tell which is the seventh year?

In Leviticus 25: 1-7 the command concerning Sabbatic years is given. It is not obligatory upon Christians, for it is not in the ten commandments, and not a matter of right or wrong. It was civil law, enforced for the economic good of Israel, and not a religious statute. However, it is economically sound in principle, and all peoples would be better off if they followed it today. Ceasing from tilling the soil and from manufacturing during one year out of every seven would prevent the huge surpluses of food, clothing, and other commodities that have been an important factor in causing our depressions of painful memory. The seventh-year rest was one of God's ways of keeping prices and wages just right, and of making it possible for every man to make a decent living. As to which year is the seventh year, it would not make any difference, since it was a purely economic plan. The cycle could be started any time. The main thing would be to get all the people of any group or nation working together on it; though if a man were quite independent, such as a farmer, he could work it alone with profit to himself. It would save rotating crops as he is compelled to do anyway if he would not wear out the soil. The plan is worth considering, and adapting to varied circumstances.

■ Mrs. Don Queens, of Texas, who won first prize in a citrus and vegetable show by wearing a dress made of 35 different varieties of vegetables and citrus fruits. The same products introduced into the body will help to dissipate a calcium deficiency grouch

DID you ever hear of a "calcium-deficiency grouch"? I saw one the other day. It was while visiting the well-known food-research laboratory of E. V. McCollum of Johns Hopkins. We were being shown the rats which for many generations have been fed experimentally to gain knowledge useful in feeding human beings. There were all sizes, ages, colors, and variety of feeding conditions. Our guide would pick them up and handle them with apparent impunity. Finally she came to a cage where a white rat

There are GROUCHES, and GROUCHES, but here is an old one just discovered--



In our hospital we have about 250 employees; each year we examine everybody physically, including blood and urine tests. We try to stimulate interest in the workers' health. At the first examination I well remember my own hemoglobin was down in the 80's; a little later it tested 92, and recently I decided to see if I could bring it up to 100 per cent. To do this I took a few sunbaths, drank some vegetable and carrot juice, ate simply, including spinach and other green vegetables, and secured more of both exercise and sleep. Last week the technician reported my blood hemoglobin to be 104 per cent.

Incidentally improved blood brings with it more of energy, optimism, and a general sense of well-being which is greatly worth while. Do you like to be sick and have colds? A silly question, of course. Why not join the every-day club. We have one in our hospital. A member must keep well during the whole year with no days lost through illness. A friend may send a big box of candy—everybody likes candy and appreciates the motive. If the box could be labeled: contents include six

The Calcium Deficiency GROUCH

was running around who did not look to be in either very good health or spirits. I noticed the young lady had a pair of wooden forceps in her hand and she picked this rat up with her forceps. Immediately he bit, scratched, and squealed angrily, trying to reach her hand.

I became curious and asked her why she used forceps with this fellow, and why he seemed to resent her intrusion into his cage. She replied, "This rat is being fed a diet low in calcium, and as a result he is cross and irritable." I turned to our hospital chef who was with our small group and hinted she might get a suggestion here for cooking for our sick folk who often find it hard to keep in good spirits. Then I thought of the domestic strife reflected in the rising divorce rate, which in thirty years has increased from one in twenty-five to one in six marriages, and wondered if wrong diet among human beings might explain some of this family strife. It may be true that the hand that rocks the cradle rules the world, but the hands that set the table play an equally important role.

Do you remember how good it felt just to be alive when you were a boy or a girl? You probably had little money and cared less about such trifles, but you got a lot of living out of life. Yesterday I met a young lady past eighty years of age, young in spirits, with a twinkle in her eye and a smile on her face. She was still getting a lot out of life. Let me tell you the reason for such states of well-being.



First, go with me to the hospital laboratory, where workers spend long hours examining the blood and all the body fluids and tissues. These are all recorded on history sheets to be scanned by the trained eye of the doctor. Let us pick up one at random and look at it. A young woman, age 28 years; office worker, getting little exercise, fresh air, or sunshine; blood hemoglobin, 67 per cent; calcium content, a bit low; blood sugar, a little high. Though I am not like Joseph in Egypt, who said, "Wot ye not that such a man as I can divine," I can almost tell you the details of how this patient feels.

By Owen S.
PARRET, M. D.

hours of headache, 125 coughs, or a bad temper for little Johnnie, including two sound spankings delivered and one more needed, it would be indeed very interesting to say the least. What about the sweet tooth? Don't pull it out; feed it—plenty of honey, sweet fruits, fresh, cooked, and dried. We all like them, and they are good for us.

The days in which we live call for efficiency. Dr. Charles Mayo has said that since the automobile became common the only two classes remaining are the "quick and the dead." We travel at high speed; and if we expect to keep going and not drop out of the race, we must give the matter of our health a little thought. We doctors spend nearly all our time trying to patch up those who have dropped out of the race. Many will never be able to compete again. I try

to spend a little of my time in an effort to keep well people from getting sick, and that is my only excuse for writing this article.

Fortunately, we find a few who are interested in keeping well before health is lost. And in fact the most important matter in life, without doubt, next to saving one's soul, is the saving of one's body—keeping well for one's own sake, the sake of the family, the community, and even one's God, for keeping well is indeed a part of good religion. Really it is not hard, and it is a lot more fun to keep well than to get sick. When you go to a cafeteria to pick out a meal, what is your I. Q. rating? Many like to rate high in telling where Swatow or Timbuctoo are located, but who, anyhow, would ever want to go to either place? It is more important to know what is inside your skin and where your gastronomic outfit is located and how it is performing. Would you in selecting bread perhaps take a hot biscuit made of flour devoid of nearly every mineral and vitamin that God put into the original grain, made from flour almost white as snow due to bleaching with poisonous gas

and so finely ground that it can be sifted through fine silk? Would the remainder of the meal include foods that have been bleached, refined, and pickled? And would the finish be desserts perfumed, colored, and sweetened with sugar? If so, you could hardly expect to keep well. You are made up only of what you eat, and you cannot build good tissue with this kind of food.



We have only begun to learn the facts about eating, but we have learned enough already to know that the food as the Creator made it cannot be refined and changed and the valuable parts thrown away and still keep our tissues healthy. And remember, a disease seldom if ever attacks healthy tissue.

Recently a nurse knocked the skin off her hand while getting out of an automobile on the way to the Children's Hospital. In the hospital were patients who suffered from streptococcal infection. The nurse had a hemoglobin of but seventy per cent, and her resistance was down; some of

the germs got into the small wound, ascended her arm, and infected the glands, resulting in many weeks spent in bed, two blood transfusions, besides two anesthetics and minor operations. It would not have happened had this girl's resistance been up to normal. We meet similar experiences daily. Even cancer, according to Dr. Will Mayo, never attacks healthy tissue. One may appear to be in fair health, being even overweight, but that does not always mean everything. To perspire, to exercise, to get a good tan in the sun, to have plenty of fresh air, and to sleep eight or nine hours daily, to avoid worry and overstrain, and to eat of natural foods but not to excess, means more than how much we weigh or just how we may look at the moment. Remember that a longer life always means more joy of living. Sickness is cruel and often drags us around a long time before it slays us. The modern turning to drinking alcoholic liquor is merely a fruitless attempt to supply the natural joy of living, but to be filled with spirits is no substitute for being filled with the spirit of good health.

The Doctor Replies to Health Queries

Medical and hygienic information of interest to the general reader is given here by a practicing physician. Inquirers may address the editor.

Diet for Diabetes Insipidus

What diet is good for diabetes insipidus? E. W.

The diet for diabetes insipidus should be a good, general, non-toxic diet with plenty of fruit and vegetables, for there is a tendency toward constipation. There is a disposition to drink large quantities of water, which should be resisted to a moderate extent, drinking only when the thirst becomes intense.

Poor Appetite

I have a boy five years old who has a very poor appetite, and seems to crave sweets. He is thin, but quite active. What can I do for him? R. A. S.

Your boy's poor appetite may be due to some infection in his system, such as bad tonsils, or constipation. Remove such a cause, if it is present. Have him thoroughly masticate his food and eat under quiet conditions. He may be very nervous and need to have his nerves quieted down. See that he gets proper rest. Children should always be given only foods in their

natural state, otherwise an abnormal appetite will be developed, and there will be a craving for sweets and highly seasoned foods.

Indigestion

I am suffering from severe pain in the region of my stomach, and have a lot of pimples on my face and body. What can I do for my condition? H. F.

You are suffering from indigestion and auto-intoxication. You need to find what is causing your distress in the region of your stomach. You perhaps are nervous and eat when overtired and hurried. This should be avoided. Take plenty of time to eat, drinking very little at meals, and thoroughly masticating your food. After you have eaten, try lying down with a hot water bottle over your abdomen, not sleeping, but resting for one half to one hour. Drink freely of water between meals, and upon rising and going to bed. Eat very lightly, if at all, at night. Get elimination by use of mineral oil and exercises. Alkalinize your system with fruits.

Sick Headache

Once or twice a month I have a sick headache, accompanied by violent vomiting, and preceded by a blurring in my vision. What causes this, and what can I do to prevent it? H. P.

You are suffering from auto-intoxication and biliousness, and need to speed up your elimination. Get on a diet made up mainly of fruit and vegetables, and get more exercise, especially of the abdominal muscles, so that you increase the activity of your bowels. If you need any additional help for your bowels, take mineral oil night and morning. Also add bran, agar agar, or psyllium seed to your diet, and you will find that these periodical headaches will be gone.

Poison Ivy

What will cure poison ivy infection? J. V.

A lotion made up of ten grains of zinc sulphate to one or two ounces of water will give relief from ivy poisoning. The ordinary calamine and zinc lotion is very successful in most cases.

The Evolution of Christine NORD

MRS. MCKENZIE, the manageress of a cozy bungalow court in one of the apartment-house districts of the city of Los Angeles, rang the bell at 603. She had a presentiment that the weekly rent would not be forthcoming. From within, she could hear the peevish cry of a child. After a short delay, a young woman, holding in her arms an eight-months-old baby, answered the doorbell. Her uncombed hair, her untidy dress, and the disheveled room revealed the mistress to be quite a neglectful person.

"I suppose you have come for the rent. Well, I haven't any for you," said Mrs. Densmore, sharply.

"Isn't Mr. Densmore working?" asked Mrs. McKenzie.

"Yes, but I had to use the money. The baby cries so much that I have to hold him a good share of the day. And this means that I had to have my washing done at a laundry."

"What seems to be the matter with the baby?" asked Mrs. McKenzie.

"Oh, his food doesn't agree with him, and he has so many colds."



"Are you sure he gets the proper food? To me he cries as if he were hungry. I would consult the family doctor about your baby. Be sure you are using the right formula. If you feel you cannot afford to pay for a visit to your physician, you can go to one of the baby clinics in the city. Why not take him for a little airing now; it will do both of you good. Let me help you get him ready. If you take him out every day, the sun and fresh air will do wonders for your little son; and I am sure he will have fewer colds, if you do this. I will give you a little motherly help with your morning's housework."

When Mrs. McKenzie's experienced eye surveyed the kitchen, she thought,



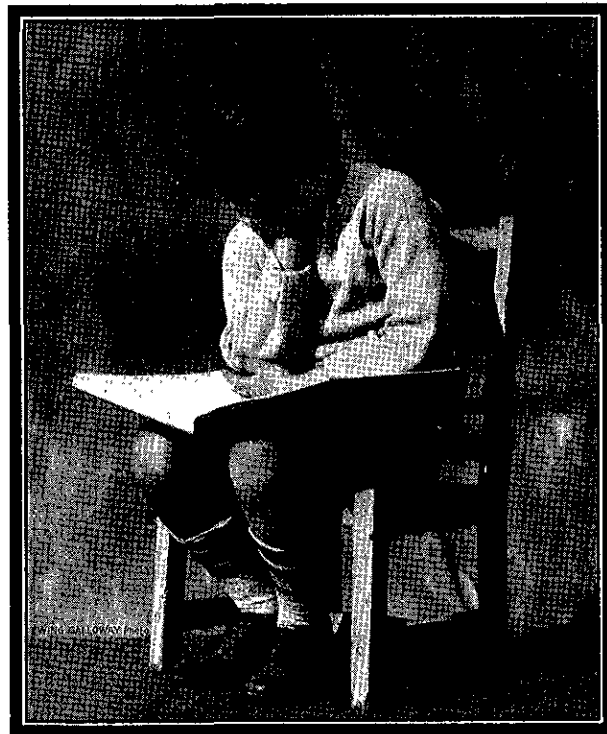
By
Ruth
Haskell
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"Poor baby, no wonder your food doesn't agree with you." Her deft hands began to work at once. Milk, butter, and uncovered foods, she quickly placed in the cool-cupboard. She scraped all the dirty dishes, and piled them in order on the board near the sink. Then she made hot suds, in which she scalded the feeding bottles, and nipples. After she had washed them thoroughly, she placed them in the cupboard. Other feeding utensils she put into water in which a teaspoonful of soda had been dissolved. She then looked around for something to prepare for the evening meal. In the corner of the kitchen, in a bag, together with some greasy dishtowels, she found some potatoes.

The bedroom next received her attention. As she worked, Mrs. McKenzie reviewed in her mind the story which Mother Densmore had told her when she accompanied her son and daughter-in-law on their apartment-hunting expedition.



Christine Nord's parents, who lived on a small farm in Ohio, had, through much sacrifice, given their pretty and popular daughter the educational advantages of which they had been deprived. After high school, they hoped she would help them on the farm, to earn money to attend a teachers' training college. Contrary to their plans, the berry patch did not attract Christine. She finally secured a situation as waitress in a roadside lunch house.



■ "Little Harry will sit and look at pictures for an hour at a time."

Foolish patrons and passing motorists flattered her, saying that too much beauty and talent were hers to remain in such a poor position. Story magazines, her over-indulged school days, the radio, the movies,—all of these influences made her dissatisfied and dreamy. At the close of a year she had saved enough money to pay her fare to Los Angeles and three months' board and room.

Here she met Clifford Densmore, a hard-working, city-bred boy living with his mother. Christine's loneliness and attractiveness soon completely won Clifford's heart, and they were unexpectedly married. The word came to Mrs. Densmore one evening when it was time for her son to return. He phoned her the news and asked:

"Mother, may I bring Christine home to you?"

It was a great shock, but Clifford had been a good son to her; so all Mrs. Densmore could say was, "Yes."

Mother Densmore was very tactful in the advice and help she rendered her young people; she had said to Mrs. McKenzie: "I know how sensitive most young wives are about suggestions from their mothers-in-law. Christine will need help, but she will take it better from you than from me. If you will take an interest in her as you may have an opportunity, I will try to return your kindness."

At nine-thirty Christine returned from her walk.

"Would you like to give baby George his bath now? I'm going to empty my clothes basket and put it out in the sunshine where my children are playing. He will go to sleep in that, and when it gets too hot you can easily carry it indoors. I must go now."

Six o'clock came very quickly to Christine, and her work seemed a bit less irksome than on other days.

"How fine to come home to dinner!" exclaimed Clifford as he came bounding into the room with baby George in his arms. "My, the baby looks nice! Have you had a pleasant day?" he asked, as he kissed his wife.

"Well, I can't say it was a pleasant day when I had no money to pay the rent."

"Well, honey, I know its hard on you to have such a small income, when you are used to earning your own money; but you know I bring home every penny I earn. I go without my lunch often to save a few cents. Can't I help you with the heavy part of the washing the day I am off early? By doing this and eating at home, we could save a week's rent."

"Why can't I get some work, and let your mother take care of baby?" asked Christine.

"I suppose you could; but I would so dislike to take you away from our little home and baby you would miss so much!"

"I don't see that it's much to miss, spending one's time day after day at the same drudgery; cooking, dishes, feeding bottles, and soiled laundry. Why, Clifford, I'm tied hand and foot from doing anything interesting."

"Does Mrs. McKenzie feel the same as you do? She has three children."

"Oh, my no! She really is amusing in her idealism. She tries to make me think her work is a delight; she thinks it's a happy kindergarten, and she intends to keep up on high school and college activities as well. She finds time for civic and religious activities also."



"How does she find time?" asked Clifford.

"Well, her children are never around under her feet, whining and taking her time. She seems to have something ready every day almost all the time. Why little Harry will sit and look at pictures, or draw for an hour at a time."

When dinner was over, and baby in bed, Christine sat on the davenport, picked up a story paper, and lit a

cigarette. Clifford watched her for a few minutes in silence; he dreaded to broach a subject to her he had wanted to ever since they were married.

"Christine, I don't want to find fault with you, dear; but I wish you didn't smoke."

"Well, it's no worse for a woman to smoke than for a man," she answered with a pout.



"Morally, no worse, I agree with you; physically, far worse. You remember both the doctor and the nurse told you how bad it is for you and baby, too. I promised myself today, and I promise you tonight, that I will quit for physical, moral, and financial reasons. Will you join me, Christine?" he asked as he put his arm around his wife.

"No; I am not going to pledge away my liberty. I may and I may not stop. One thing I am ready to tell you—I am miserable, and I have a right to a little enjoyment and happiness."

A Home Maker ANSWERS PARENTS' QUESTIONS

Perplexing questions on married life, home management, and child training will be answered here by a specialist on the home and its ideals. Queries may be sent to the editor.

Bad Associates

What is the nicest way to advise my child she should not play with neighbor children who are not very refined?

Move out of the neighborhood. It is a most difficult thing to live in the slums and preserve the culture of the king's court. An adult, with his ideals already formed and his habits poured into a mold, may do it and minister to his less fortunate neighbors, but the impressionable child is bound to take on much of the character of his environment. If you can make a choice of good and bad in child companionship in the neighborhood, you may, at some risk of making your child a prig, designate the individuals of the two classes, and tell your child to cultivate the society of the good. Invite them to your home and to your child's parties. Teach the ideals of conduct you want your child to have, re-

"Certainly we both have a right to happiness, but we must meet circumstances with an unselfish, intelligent effort to do what is best for our baby and home. We both must study how we can help each other."

One, two, three weeks passed, and every time Christine had some selfish excuse why she was unable to pay her rent. At the end of the month, Landlord Morgan felt it necessary to give them notice to move.

Mother Densmore knew much more of her son's affairs than he realized. When Mrs. McKenzie informed her of the legal notice, she felt it was time she came to her children's rescue. When she rang the apartment bell, Clifford came to the door. His face was pale, and he looked as though he had lost sleep. His collar and coat were off, and all the joy and brightness of youth had vanished from his face and manner.

"It seems a long time since I have seen you, son; and I wanted to come and visit you all."

He was alone and was trying to prepare a meal. Mrs. Densmore's heart

membering that your own conversation and example are the most potent lessons; and if this teaching takes effect, it will automatically shut out the evil. Of course in this you are forming social classes, but this is the self-preservation of the weak. An innately virtuous child, like Jesus, may mix with all the bad children of Nazareth and come through unscathed, with some of the sterilizing effect of the salt of the earth. But if you would emulate the Master, be sure to be not merely good but dynamic.

Lying

Is it necessary for one to confess and ask forgiveness of someone when a lie is told, as long as it does the person no harm and is told for no bad purpose?

I suppose this is the famous "white lie." Never having met a white lie, I am as curious about it as about a talking snake. I suppose such a thing is possible, but I rather suspect the devil in it. Quite apart from my correspondent's ethical standard—which I question—I would let a lie lie so long as it is doing no harm. Never awake a sleeping lie. The less known about it the better. But I would counsel you to be alert to discover the possible harm such a lie may be doing, and vigorously moral enough to make confession when that is necessary and can do any possible good.

was saying, "My poor boy, my poor boy"; but aloud in a matter of fact voice she said:

"Clifford, I get very lonely since you left home. Would you and Christine like to let me take baby for a while, so you and she could live in a smaller apartment? Christine might like to work again."

He looked at her with his old boyish look and exclaimed in a quivering voice; "Oh, Mother!" His tone and manner were like that of a struggling child, helpless, with a task too great for it, when suddenly it is lifted by competent hands.

Mother Densmore made her son an I.O.U. loan to pay the back rent. With tactful planning, she soon had baby in her home, her son and his wife in smaller quarters, and Christine installed in a situation at an Information desk in a department store.

Christine seemed to enjoy the freedom from baby. Not so with Clifford. They went every night to his mother's house. He watched with joy his son's growth and was delighted with him, especially with every new tooth. Christine laughingly told him he should have been a nursemaid.

Clifford would not have put it in words even to his mother, but he had a feeling of sadness that Christine missed her baby so little. On the whole, however, the arrangement seemed a success, and continued until George was three years old, when he had whooping cough followed by pneumonia.

During the early stages of the disease, Grandmother faithfully nursed the little patient. The night the crisis was expected Clifford insisted on remaining, with Christine. Hour after hour the three sat silently in the dim light of the night lamp. As Christine listened to the short, hard breathing of the sufferer, and heard the delirious mutterings and occasional moans for "Daddy," or "Grammie," with no call for "Mamma," she had a heartsick soul. With the light of day and the doctor's visit came hope of recovery. Little eyes looked from one loving face to another with signs of recognition to all but his mother. She knelt by his cot and begged to take him in her arms.

"Mother, oh, mother! I wish I could start all over again with my child as a baby, and show you and Clifford what a real, unselfish wife and mother I can be."

"The wheels of time never turn backward, daughter; but fortunately for us all, every day is a fresh beginning," she answered kindly. As Christine caressed the child and found no response, she realized that she was a stranger to her boy.

She buried her head on her kneeling husband's shoulder and breathed a prayer! At that moment there was born within her heart the desire to serve her home, the willingness to sacrifice, the love that is akin to Christ's love for the world, and the joy of true motherhood.

Protest-less Protestantism

(Continued from page 12)

The leaders of the Roman Church are not ignorant of this fact. "During the ceremony of reading approval of the beatification of 136 English martyrs, Pope Pius affirmed that Protestantism was 'getting more and more exhausted' and had reached the point where 'its own very instability is inspiring many souls with a nostalgia for Catholicism.' He rejoiced that returns to Catholicism were being multiplied even more frequently. Behold Catholicism, which shines in the clear light, while Protestantism goes from denial to denial, rendering ever more intense in many souls that follow the invitation of truth a homesickness for returning to Catholicism. It has sometimes seemed as though the ship of the church were in danger, but instead it has passed triumphantly on in the real course of culture."—*Atlanta Journal*, Dec. 10, 1929.

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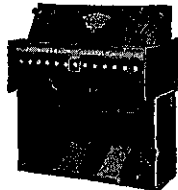
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The primate of the Roman Church in Spain, rallying his flock to the cause of "Catholic Action," recently declared that "the old attacks of the heterodoxy against Catholic dogma have already passed away, which had their definite synthesis in the rationalist thesis of Luther."—"*Los Deberes de la Hora Presente*" (*The Duties of the Present Hour*), p. 5.

The statistics of the Roman Church show that they have a total of 20,322,594 communicants in the United States, Alaska, and Hawaii. Of these 54,191 were gained the year before the statistics were compiled (1934). There are 4,835 Roman churches in England today, whereas in 1844 the number was 2,196.

"Father O'Connor finds that never was a time more propitious for making America Catholic. Protestantism is breaking up, and releasing millions, who are looking around for a new allegiance," declares *Our Sunday Visitor*, a Roman Catholic paper, March 24, 1935. And it adds: "The greatest field for converts, Father O'Connor finds, is among the Protestants of the 'Modernistic' churches, who have been gradually weaned away from the strict Protestant tenets of the older generation."

The trend toward communism and anarchy, offspring of socialism, threatening Europe following the World War, has made capitalist and politician press closer to the pope and his priests, since the three saw in the Red specter a common enemy. Since Protestantism has experienced a moral fall, the last resort to restraining the destructive forces at play is to dictatorship and popery. Europe, if not America, will feel again in the near future the iron hand of ecclesio-political



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One Drink Starts a Tragedy



■ Lucia, our only daughter, was very popular and so went about perhaps more than was wise. She loved a good time, but always refused any alcoholic liquor. Then she fell in love with Tom Allison, a newcomer from another city, in the office where she worked



■ After much urging from Tom to be a "good sport," Lucia began drinking a little wine. She drank more and stronger liquor as time went on. At last intoxication broke down the barriers that training and self-respect had erected, and she found herself in desperate trouble. Had she confided in us, we would have stood by her



■ Tom confessed then that he was already married and so could not marry her. He took her to an illegal practitioner whose surgery resulted in her death after a week of agony. During prosecution of the charlatan, the papers were filled with Lucia's tragedy, and her memory cheapened to all except those who knew her.



■ Believing her to be visiting with a friend I did not find her until death seemed certain. "If I had only never started drinking even wine, Mother, this would not have happened," she said in telling me on her deathbed how it came about. Life has lost its joy and promise for her father and for me, and "our house is left unto us desolate."

but they are said to deny "the power thereof."

In this time so marked by hypocrisy and formalism and by departure from the faith, God has a word of counsel for His loyal, true-hearted, faithful, and sincere people. They are in the midst of this apostasy, surrounded by the faithless, hearing the trumpet given an uncertain sound, and are likely to be confused. To them the inspired injunction comes, "From such turn away."



To this counsel, let us give heed. While we note the increasing apostasy in the churches, while we mark the perils of our times and learn from them that we are in "the last days," let us keep ourselves pure. Let our feet be planted on the word of God. Let our ears hear only the voice of the great Shepherd. Follow Him alone. Turn away from the formal and godless, the faithless and unbelieving, and turn to the oracles of God. Turn where perchance only a few are met together in the name of Christ, but to whom the Lord says, "There am I in the midst."

It matters not how few these may be, if Christ is with them. It matters not how despised and humble they be, if the great Immanuel honors them with His presence. It matters not if they meet in lowly places, yea, even in the dens and caves of the earth, if only the Lord is among them, for with Him is light and life and joy and abiding peace.

Dark as is the picture painted, forbidding and disheartening as is the fact of widespread apostasy from true religion, remember that it is one of the signs that our Lord is coming soon to take to Himself His redeemed and waiting people, and usher in that eternal kingdom of peace, justice, and righteousness that will endure forever.

despotism of the Middle Ages, and civil and religious liberty will be a memory of the past.

For many years Seventh-day Adventists, on the strength of Bible prophecy, have been warning the world of the coming of the present-day situation. The healing of the papacy's "deadly wound" and its return to former prestige are plainly foretold in the Revelation, chapters 13, 17. With the faithful remnant of Christians, both Catholic and Protestant, who still believe and endeavor to follow wholly the sacred word of God as found in the Holy Scriptures, we intend to be

true. In this time of religious crisis God has said that He will have a people "that keep the commandments of God, and the faith of Jesus." (Revelation 14: 12.)

Religion on the Scrap Heap

(Continued from page 5)

What a catalogue of evil is set forth here! And all these evils are to manifest themselves among church members,—professed Christians,—for they are said to "have a form of godliness." Their outward profession is all right,

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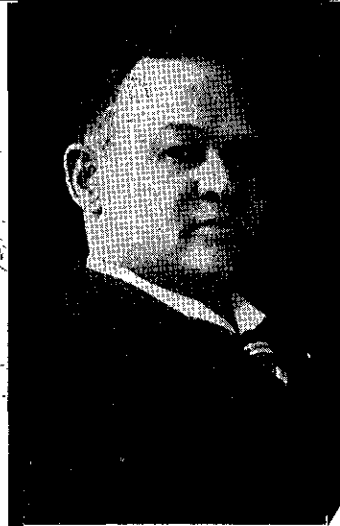
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