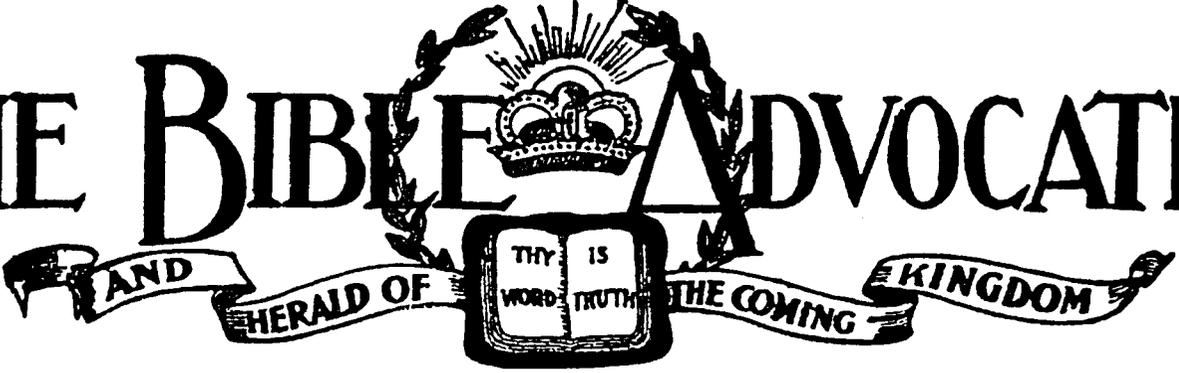


THE BIBLE ADVOCATE



AND HERALD OF THE COMING KINGDOM

THY WORD IS TRUTH

"THY WORD IS A LAMP UNTO MY FEET. AND A LIGHT UNTO MY PATH."

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GREAT PEACE HAVE THEY THAT LOVE THY LAW; AND NOTHING SHALL OFFEND THEM.

On What Day Was Christ Crucified?

WEDNESDAY CRUCIFIXION FULFILLS PROPHECY

By Eugene Charles Callaway

Continuing the study began last week, the author shows how any other day of the week than Wednesday for the Messiah's crucifixion would have failed to fulfill the prophecy of centuries about the Lamb that was slain.

The four Gospels contain altogether a total of eighty nine chapters, of which twenty-nine deal with the last week in the life of Christ. Almost every hour of our Lord's time during this period is minutely accounted for by properly compiling and harmonizing the four Gospels. The importance of this week is realized when twenty nine chapters out of eighty nine deal with this one week out of a total number of one thousand seven hundred and sixteen weeks of this earthly life. Well might we apply the words of Robert Browning to this last week:

The last of life for which the first was made.

Surely every detail of his life included in the marvelous events that transpired during this period was foreordained and arranged by the Trinity, ages before they occurred. The truth of this becomes apparent when the Jewish ritual is understood in its application to this period—thereby identifying Jesus as the Messiah that was foretold not only in the spoken word of prophecy, but more definitely in the ritual itself.

There were many types in the Jewish ceremonial law by which the Messiah could be identified.

1. The Jewish Passover lamb was to be selected from the flock on the tenth day of the month Nisan.

2. This lamb was to be spotless.

3. It was to be slain four days thereafter, or on the fourteenth of the month Nisan.

4. In slaying the lamb not a bone was to be broken.

All these details are so wonderfully fulfilled in the story of this last week that it is really strange that anyone could doubt their fulfillment in the life of Jesus. A ritual preserved and persisted in by a race for so many centuries, to forecast a coming event which actually did occur in its minutest details, cannot be an accident, but can only be accounted for by the predetermined counsels of God himself.

However, there is only one way that this fulfillment could ever take place so exactly in its details. If Jesus was crucified on Friday or on Thursday, then the type would not have been fulfilled. There is only one day—Wednesday—on which it was possible to fulfill this prophecy of the centuries about the lamb that was to be slain.

Mark gives us the order of the events of the last week. We begin at Mark 11.

"And when they came nigh to Jerusalem, unto Bethphage and Bethany, at the mount of Olives, he sendeth forth two of his disciples, and saith unto them, Go your way into the village over against you: and as soon as ye be entered into it, ye shall find a colt tied, whereon never man sat; loose him, and bring him."

Mark does not tell us what day Jesus came to Bethany from Jericho, but John does definitely tell us. We have already seen from John 12:1 that it was six days before the Passover, which fixed it as Friday that he reached Bethany. From John 12:12, we also learn that on the next day Jesus rode the ass into Jerusalem amid the hosannas of the multitude.

It became apparent therefore, that this first and second verse of Mark 11 describe both the arrival at Bethany (Friday afternoon), and on the following day (Saturday) the commission to two of his

December 18, 1928.

Catholics and the Catholic church will be conducted by the National Council of Catholic men and affiliated organizations.

Resolutions for such a campaign was adopted by the council last night at the final session of its annual convention here.

—Selected by Mrs. A. B. Robison.

MOST POWERFUL ENGINE

Giant Locomotive Being Built for Mountain Use.

NEW YORK, Nov. 29.—The most powerful steam locomotive is being built. It will be able to pull a train two miles long on a level track, but is designed primarily to draw Northern Pacific trains over the mountain grades. It will be 175 feet long and will use 20 tons of coal and 14,400 gallons of water hourly.

STATISTICS ON TOBACCO

I know of your efforts to stamp out the use of tobacco among the church members of your denomination, and I have some interesting thoughts to give.

An advertisement for one brand of cigarettes, i. e. The Chesterfield, appeared not long ago in a local paper. The figures are stounding! The advertisement is self explanatory. Accepting the price of this brand as the basis of calculation, (20) cigarettes for (15 cents) fifteen cents, consider the money burned up, by Chesterfield admission!

Every second, that is, each time the clock ticks 900 Chesterfields are lighted. Six dollars and seventy-five cents going up in smoke.

Now, that is a whole lot of money to some of us. is it not dear Sabbath keeper? Just stop then and listen to your clock tick just a few times. If you count off ten ticks it only takes long enough to draw in your breath once and exhale it—it means not \$6.75, but \$67.50! Think of the tracts that much money would distribute in readers hands.

By the same token:

One minute consumes	\$405.00
One hour consumes	\$2,430.00
One day consumes	\$58,320.00
Last year,	\$21,868,000.00

This is only one of the popular brands. Think of the other brands equally as popular, and which enjoy just as much demand.

I myself smoked for about seventeen years, but I now thank God, I don't. Delivered! How wonderful to be free from the habit, and to find that I am having far more happiness by devoting that money to more sensible and useful things. When I see one in dire need and am able to devote even a little bit of money to help them along, and when giving to help the cause, I get a tingle of joy cigarettes never gave me.

To anyone fighting the habit goes my sympathy, because it is an insidiously, appealing evil, undermining the will power and degenerating the appetite, and it sometimes requires a heart rendering struggle to break its hold, but the joy of conquering will be in direct proportion to the intensity of the struggle—and Jesus our example gave up more than cigarettes for us.

Are we as followers of the Lamb, going to give up harmful, injurious, unclean and revolting tobacco for Him?

Yours in Jesus,' name

John E. Bailey

Ten Simple Rules That Lead To Health

Herber W. Armstrong.

Is bodily health important?

Next to the salvation of one's soul, sound, vigorous bodily health surely is the most necessary and the most valuable treasure a man can achieve in this world.

The body is the temple of the Holy Spirit. It should be kept clean, sound and healthy. Unless one is really fit physically he is not in position to render efficient service in the Lord's work.

Unless the body is fit and vigorously healthy, the mind is slowed down, energy lags, vitality is sluggish, and accomplishment is greatly handicapped. No one can be happy, except in health. No one can really enjoy living except in health. Good health is a treasure more precious than the world's most colossal fortune.

Very, very few are really vigorously healthy. You may not be actually sick or in pain—you may have no specific disease or disorder—and yet fall far short of that state of real bodily power and vigor and energy which is everyone's right.

Following are ten simple common-sense rules which, if followed will increase the bodily and mental vigor of any person by 100 percent. If you have thought you were enjoying perfect health, try these ten simple rules for a brief 30 day test. The result will amaze you. You will feel like a new person.

Vigorous, energetic health costs very little, if any in money. You simply pay the cost in added effort. The results are worth many times the effort.

If you will adopt these rules and stick rigidly to them, you can guarantee yourself at least ten years longer life—accidents barred.

Especially the rule pertaining to daily rub-downs,

will prove a guarantee for longer life. The physical trainer who was in charge of the physical condition of Ex-President Taft conducted a nationwide investigation to learn the secret of long life. He interviewed and extensively questioned every person he could reach who had attained the age of 100 years. He sought the secret of living to be a hundred, if there was any one secret. The result of this research amazed him. Some attributed their long life to the fact they never had smoked, but others had been smokers. Some to the fact they were vegetarians, but others attained 100 while eating meat. Practically every one of them gave different reasons to which they, themselves, attributed their long life. But the physical trainer was surprised to find that there was only one thing which all in common had practiced, and to which virtually none of them gave any credit—every single one of them had habitually taken daily rub-downs. The importance of the regular daily rub down cannot be over emphasized. This does two things of paramount importance. First it invigorates the cells, and second it stimulates blood circulation.

If you can have the strength of will and the determination to put these rules into daily practice, and keep them up, you feel better, not only but will have a keener mind, clearer vision, and greater capacity both mentally and physically.

Here Are Ten Rules

1. Sleep—Be sure of good ventilation—PLENTY OF FRESH AIR in the bed-room all night, winter and summer. I know people who still follow the old injurious fallacy of shutting up all the windows and doors tight at night. They are afraid they will take cold if they let in any fresh air. They could not be farther from the truth, as any doctor or physician will testify. Those who sleep with windows wide open seldom have colds. Fresh air is FREE—and nothing is more vital to health, but avoid drafts striking you.

Sleep on the side and never flat on the back, which overheats the spine and often leads to serious conditions. If possible sleep alone.

2. Arise—Get right out of bed the instant you awaken. Do not lie in bed, or turn over for a second sleep, no matter how tired or dragged down you feel. A second sleep dulls the mind.

3. Bath and rub-down—Take a regular morning shower bath if possible, making it short and snappy, ending with a vigorous rub-down. If no shower is available, take a tub bath at least two or three times a week. End with cold water, especially in cold weather. This closes the pores and prevents chilling and taking cold.

4. If no shower is available, take a vigorous rub-down in the bedroom daily or twice daily, using

a turkish or bath towel, or massage brush. Begin at wrists and feet massaging vigorously toward the heart. If the room is cold, just apply a little more energy—the vigorous rubbing will keep you warm.

4. Head rub and shampoo—Before leaving the bedroom massage and rub the scalp vigorously with tips of fingers, suitable stiff bristle brush, or electric vibrator. This stimulates new circulation thru the scalp, makes the brain more active, and is the best guarantee there is against baldness. Shampoo the hair at least every two or three weeks. Be sure to use neutral, mild soap (imported castile is best), and rinse thoroughly.

5. Water—Immediately after breakfast, drink one or two full glasses of water. Start in with whatever you can drink, increasing it till you are able to take one or two full glasses. Soon you will crave it. Drink about twice as much water through the day as you have been accustomed to doing, if you are an average individual. This morning glass of water is very important.

6. Breakfast—Avoid too heavy a breakfast. If you eat pancakes, eat but few. Do not eat too many eggs, and never more than two or three times in a week. Eggs are good food, but too many produce a sluggish liver. Avoid soggy, heavy foods. Eat some fruit if possible—especially grape fruit, oranges etc.

7. Food—In the main, simply eat what you find agrees with you—but be sure to get a reasonable amount of fruits, and leafy-vegetables (lettuce, raw cabbage, spinach etc.,) and milk, every day. Avoid meals loaded with meat, potatoes, beans, corn, etc., unless balanced with leafy vegetables and fruits.

For health's sake eat very little or none of the meats called "unclean" and forbidden under the Old Testament Mosaic law. Above all, eat slowly, and CHEW THOROUGHLY before swallowing. Avoid over eating. Most people eat twice what they should.

8. Elimination—Nothing is more vital to health than habitual regularity of elimination. Constipation is nothing but the penalty of lack of regularity. Pills will never CURE constipation. Nothing but the re-establishment of regularity of habit will cure it. For those suffering from this, I would advise resorting to divine healing—but be sure you deserve it by re-establishment of regular habits, preferably at a set time of day. Also regulate diet to aid this.

9. Breathing—At least three times during the day—preferably bed time, rising time and one during the day—go outdoors, or open all the windows and doors in the house, stand erect, chest out and shoulders back, and BREATHE DEEPLY several times. Inhale slowly through the nose, till lungs are completely full. Exhale through mouth, till

the lungs are entirely emptied of air. Repeat several times. Try to learn the habit of breathing deeply, taking in more air and more completely emptying the lungs at every breath.

10. Exercise—Few people past twenty five get sufficient exercise, except those who are farmers, or who get exercise through daily labor. Even in this case it is likely that only certain parts of the body are receiving sufficient exercise. Walking in the fresh air every day is good. For those who lead an in-door life, such sports as golf or tennis are splendid. Often bed room exercises are advisable. Your body and muscles will not likely wear out, but can more easily rust out. Each individual must determine for himself what additional exercise, if any, he needs, as differing daily occupations naturally affect this.

It goes without saying that all forms of dissipation must be avoided if these 10 health rules are to prove successful. There are many forms of dissipation too: besides such things as drinking, smoking and keeping late hours.

Perhaps the most common form of dissipation in the average Christian home is coffee and tea drinking. People who would never think of smoking or chewing tobacco will drink several cups of coffee or tea daily, actually injuring their bodies through this dissipation more than thousands of smokers through tobacco. The heavy coffee drinker is sinning to a greater degree against his body than a light smoker. Scientific tests show that the normal individual in good vigorous health may drink one cup of coffee or one cup of tea, per day without noticeable physical affect. Some people cannot drink any without injury. But two cups or more, according to scientific tests is sufficient to overcome the reserve of bodily "resistance" and produce noticeably injurious affects. The Bible lends advice here, too, when it tells us to be temperate in all things.

In addition to the ten rules for DAILY observance I am appending three rules for annual or semi annual observance which will prove a wise precaution for the person who desires full, perfect, vigorous health.

So if your eyes are laboring under a strain, or if an abscessed tooth is shooting poison into your system, or if a spine which is out of proper adjustment is causing undue pressure on certain nerves, or if some thing is organically wrong then obviously no amount of health rules will produce perfect health. The rules above are for KEEPING you fit. But it is wise to check up frequently.

1. —Go to a good reliable dentist every six months—at most not less than once a year. Have teeth thoroughly cleaned, in addition to daily brushing, and have them examined thoroughly. If

you have any dead teeth, have them x rayed every 6 months. Often a dead tooth is abscessed an pumping poison into the system for years before it is discovered. Bad teeth will nullify every effort you make to build up health.

2. Physical Examination—Every person should undergo an occasional physical examination by a competent physician—at least once a year. Test heart blood, etc. Test for organic weaknesses which might lead to serious consequences. Don't wait till you are sick—check up on your condition and learn of anything wrong BEFORE it becomes dangerous.

3. Osteopath—I advise going to a good drugless doctor for spinal examination, at least once a year. They can check up on conditions, and treat them, which medical doctors would not discover. It is important to keep the spine in proper adjustment.

The rules outlined in this article may be absolutely relied upon to produce amazing results, if followed. Some people are too lazy to follow such rules and enjoy good health. Some are too indifferent. Some will follow some of the rules half-heartedly. Few will follow them vigorously and habitually—but those few will be well repaid. These rules are based on mere common sense, and follow the law of nature.

But if EVERY member of the Church of God would begin now, and follow these ten simple health rules energetically for one year, I am confident that the power, usefulness and accomplishments of the church would be multiplied tremendously, and would attract wide spread attention.

The Bible promises that the incoming of the Holy Spirit shall fill us with POWER for service. But the body is the temple of the Holy Ghost. How much more power for accomplishments, then, may we receive, if the body is in a perfect healthy condition?

This article has been concerned merely with KEEPING fit. When one is sick, or diseased, or crippled, then he has two alternatives—the doctors and physicians, and the Great Physician, the Lord, who "healeth ALL thy diseases." Psa. 103:2. For those who have the faith, and the understanding of God's Word on the subject, we advise going direct to the Great Physician, by all means. Always go to the best physician within reach. And the best of all is the Lord Jesus Christ, who "Himself took our infirmities and bare our sickness" (Matt. 8:17), if only "thou canst believe." Mark 9:23. For with Him, it is strictly "according to thy faith." If one lacks the faith, or the understanding of God's Word on this subject, then by all means secure the best physician within reach, regardless of price. Many lives have been sacrificed which a more able physician, who probably charged more, could have saved. Ability is cheap at any price when health and life are at stake.