

Studies Prove Base Of Health is Food

Dietary studies are proving that the basis of good health is good food. Good food contains all the essential elements of nutrition. The depletion of the soil of North America has resulted in the deterioration of the foods we eat. Fine appearance is no assurance of food value although the best looking foods are likely to be of better quality than blemished or underdeveloped produce.

Grading methods have been discovered and are being improved by which it is possible to grade food according to its true food value. One of the most important advances in the prevention of disease and in the improvement of the health of the people has been a grading of food. The extension of grading to the identification of food value would be an enormous stride in fostering the well-being of all the people.

The "ink-sacs" of cuttlefish yield pigment used by artists.

Scholarships Given Research Persons

Ontario is making a good record in keeping research scientists who have specialized in their subjects through scholarships awarded by the government. When the Research Commission of Ontario was appointed in 1945 to co-ordinate research throughout the province, it found that available trained personnel was insufficient to meet the demands for a full program. It recommended the maintenance by the government of a system of scholarships for the training of competent research personnel. From 1946 to 1950 inclusive the government has made awards amounting to more than \$150,000 to 148 students.

A break down shows that of this number 83 are still students; 20 are in university positions; 10 in the Dominion government; 4 in the Ontario government; 21 in industry.

One hundred are still in Ontario 18 in other provinces, 22 in the United States and 6 abroad. Of those in the U.S., only 9 have taken jobs in American universities or industries mainly to continue their training and all but 5 are expected to return to Canada when this experience is completed. The scholarships have been in such subjects as physics, biological sciences, agriculture, zoography, geology, metallurgy, etc.

A Canada wide survey shows transportation costs have little or no relation to increases in the cost of living at different points.

Sunday School Lesson

THE VARIED MINISTRY OF JESUS

Golden Text—Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity. Matt. 9: 35.

Lesson Text—Mt. 7: 21-27, 29-35. Exposition—1. Jesus' Power as a Teacher, 2, 22.

Because the lesson deals with a typical day in the life of our Lord, verses 23-28 are included in the exposition. The many forms of our Lord's ministry are illustrated in the entire chapter. He engaged in teaching, healing, in the ministry of visitation and revealed the importance of prayer in His life.

Again we find Jesus in the synagogue on the Sabbath, and again He is teaching. The results are far different in Capernaum from those in Nazareth (Luke 4: 16-30). They are "astonished at His teaching." The Greek word is a very strong one. This was frequently the result of Jesus' teaching (Matt. 7: 28; 13: 54; Jno. 7: 46). That which astonished them was that He was not a mere commentator on what ancient men of God had said, but He taught them as one who Himself taught directly from God. They recognized that a God-sent man with a God-claimed authority above that of Moses and all the ancient men who spoke from God (Matt. 5: 21, 22, 23, 34; Luke 11: 32; Jno. 3: 3; Heb. 1: 1, 2). We too ought to teach with authority, but we can only do it when we speak "as the oracles of God" (1 Pet. 4: 11).

11. Jesus' Power Over Demons, 23-27.

There was one man in the synagogue who, especially needed help, a man who had come under the power of an unseen but real person, "an unclean spirit." Demoniacal possession is quite common today in China and other heathen lands (read Novius on Demoniacal Possession), and is not unknown in our land in certain kinds of lunacy and some forms of clairvoyance and spiritualism. The presence of Jesus filled the demon with terror. He recognized Jesus as "the Holy One of God," and he knew his own doom must come soon, and he feared that the hour had come now. "Art thou come to destroy us," he shrieks in terror. The presence of Jesus always stirs up the devil and his minions. It is not a bad sign to have the devil rage in a community or a church. The terms of this demon at the approach of Christ may suggest to us how evil men will feel when He comes again. "Let us alone," he cried. The devil and every form of evil always seeks to be let alone. But Christ will not let alone (1 Jno. 3: 8; Heb. 2: 14).

It is evident that orthodoxy is not salvation (Jas. 2: 19; Rom. 10: 9, 10; Gal. 5: 6). Jesus' answer to the orthodox confession of the demon was very brief, "Be silent (literally muzzled), and come out of him." Jesus never accepted the testimony of demons (13: 34; Mk. 3: 11, 12; Ac. 16: 16-18). The demon did not wish to come out, but he had to. But he made a last struggle and gave his victim a parting blow. He made himself felt and heard, but the cry was one of despair and this awful struggle was the last. It is the devil's way to make a last struggle before giving up his hold upon a man (Rev. 12: 12). The people were "all amazed" at this display of divine power on Jesus' part. Earlier in the day they had been astonished that He taught with authority; now they are "amazed" that with authority He commands even the mighty demons and they obey Him. But neither astonishment nor amazement is conversion. Later we shall see the winds and the sea obeying Him (ch. 4: 41). The report of His mighty power spread like wildfire in the whole surrounding country. The people were not accustomed to real miracles.

12. Jesus' Power Over Sickness, 29-35.

The next scene is a home scene. The family invited Jesus to dinner, and well were they repaid (Matt. 23: 37, 40). There was sickness in this home. They do the wisest thing that can be done in sickness, "they tell Him of her." Jesus liked that. He wishes us to bring all our sorrows straight to Him (Matt. 11: 28). If we will do this we shall be free from all anxiety (Phil. 4: 6, 7; R. V.). Jesus would have us today get toward Him just as the disciples acted toward Him when He was here on earth (Heb. 13: 8). Jesus would have been hired if Peter had run off after a doctor instead of coming first to Him. There was no delay in telling Jesus. "Straightway they tell Him of her." Note what Jesus did. First, "He came." Jesus could heal at a distance (Jno. 4: 50-53), but "He took her by the hand." This too is a lesson for us. It is a hand-grasp of a holy, strong hand that the sinful and weak need. Jesus Himself is ready to take the sick and sinning by the

hand (Heb. 13: 8). Third, He "raised her up." People need to be lifted. It is not enough to say, "Arise," take them by the hand and raise them up. Then it was "the fever left her."

Sickness as well as demons gave way before Jesus. She at once began to use her new-found health and strength in ministering to her neighbor. So many who are helped forget to do this. A wonderful scene followed. The "people" went until the Sabbath closed at sunset; then from every corner of Capernaum they bring to the feet of Jesus all the demon-possessed and sick. They had no proof of His power to deliver and heal. Oh, that we who have had so much more proof would bring all our devils, troubles and sick ones to Him! These people, however, were not as

enjoy for spiritual blessings as for healing and people are not today. But Jesus healed every one of them. Jesus had a ministry to the body as well as the soul.

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