

The Dawn of Tomorrow

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In this mid-century anniversary of the birth of the Prince of Peace, God fearing people are again called upon to meet the challenge of atheistic tyranny. Through the teachings of Christ and with the help of our heavenly Father, in whom we put our trust, we will meet this challenge and triumph over those who seek to destroy the spiritual liberty of mankind. Yet this is Christmas, the day of days for Christendom—a time for rejoicing and honoring the nativity of our Saviour. Now, more than ever, let us everyone, reaffirm our faith in God and pray to Him to keep us steadfast; to give us strength and courage to meet sacrifices; to guide our leaders in unified statemanship and unselfish devotion to our country; to comfort those in grief and pain and to bring lasting peace to all the world.

The Christmas Tree given for the children at B.M.E. Church was a great success. All the children present received gifts. The program was very enjoyable, it included a play which was well done plus recitations and carol singing. The Credit Women's Breakfast Club again entertained the children with movies.

THE MESSAGE OF CHRISTMAS

The birth of Jesus Christ according to ancient prophecy was to occur at Bethlehem of Judea. The angel had announced to Mary of Nazareth that she should be the mother of the Messiah. Gabriel's annunciation to Mary and Micah's prophecy are in agreement.

"Joh to the world the Lord is come".

The Christ of Christmas was born at Bethlehem near the close of B.C. 5. Caesar Augustus, the first Roman emperor had issued a decree, and the Jews went each to his ancestral city to be enrolled, probably with a view to taxation and military service. Joseph, the village carpenter of Nazareth and Mary his wife, were both descended from King David and they travelled many miles southward to the town where David was born. On that memorable night the city of Bethlehem was so crowded that there was no room in the village Inn, so Joseph and Mary went to one of the stables of the city where Jesus was born.

Very often do men shut Jesus Christ out of their lives by pre-occupation and worldly pleasures. This reminds us of so many people of this age who seem to have no room in their hearts for Jesus. Dear friend, have you given Him room? Have you given Him the best room in your life and service? It is only by giving ourselves to Him in prayer and earnest meditation that we can come to understand the message of Christmas to the world.

The message of Christmas is a message of joy. The Shepherds shouted out the wonderful tidings to all whom they met: "The Messiah is born." Jesus Christ was the Son, not of Joseph, but of God, conceived by the Holy Spirit. Christ's birth was the most joyful of all events up to that time; it was God's way of coming close to men that He might save them from their sins. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."

In these days of stress, strain and indifference when our hopes are almost shattered, let us take heart again and rejoice. We should never cease to wonder at the Incarnation—the Gospel, for it is the good news of the coming of the Son of God.

The Message of Christmas was announced by the Angels. As humble shepherds were watching their flocks there was a sudden down-flashing of heavenly radiance upon them and an angel appeared, calming their natural fear and announcing the joyous news of the birth of the Saviour. The Shepherds were not asked to believe blindly, they were given a sign—the sign of the Babe in swaddling clothes lying in a manger.

Let us ever remember that Christ's birth meant God's glory "In the highest heaven. Glory in the highest to God: Peace—on earth among men of goodwill. The Christmas message foretells God's glory and man's peace with God.

May this Christmas be a festival of praise; and may the chief object of our praise be . . . The Son of God!

REV. B. A. GEARD, Th.B.,
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HOLIDAY GREETINGS

Our Christmas greetings come with our sincere appreciation for your loyal and friendly patronage—we wish you all the merriest and happiest holiday you've ever enjoyed!

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THE HEALTH VALUE OF FRUIT

Ottawa — Fruits can supply many of the vitamins necessary for maintenance of a well balanced diet, and being easily digested can readily provide many of the nutrients utilized in human metabolism. A. W. Moylis of the Experimental Station at Summerland, B.C., says that fruits, together with vegetables, are the chief source of ascorbic acid, these being the only foods that contribute Vitamin C in any large amounts.

Cooking, he says, can considerably lessen the ascorbic acid value of these foods, so whenever possible they should be eaten raw. As vitamin C is not stored in the human body, foods containing this essential vitamin should be eaten daily. Good sources are citrus fruits, raspberries, tomatoes, cantaloupes, black currants and strawberries. Many other fruits such as apples can contribute significant amounts of ascorbic acid if sufficient quantities are eaten.

Fruits generally have not been found to be outstanding sources of certain other vitamins that have been grouped under the vitamin B complex. Thiamine, riboflavin and pyridoxin for example, are considered essential components of certain reactions occurring in the body. Most fruits do not contain large amounts of these vitamins but prunes and plums are notable exceptions which may be considered rich in both riboflavin and pyridoxin. Apricots and pears, though much lower in riboflavin content, are the next best sources amongst the fruits, followed by peaches, apples, grapefruit and oranges which are all about equal in value.

Thiamine is also found in fruits,

but they do not form as rich a source as do pork, cereal foods and certain vegetables. Prunes once again are the exception, being considered a good source of this vitamin.

Many fruits are rich in carotene, the form in which vitamin A occurs in fruits and vegetables. Apricots are one of the best fruit sources of

provitamin A. Prunes and yellow-fleshed peaches also contain large amounts of carotene while plums have small amounts only.

Approximately four ounces of fresh ripe apricots or 12 ounces of fresh peaches or prunes supply the average adult daily requirement for vitamin A.

WE WELCOME SANTA CLAUS

Again 'tis December and Christmas is nearing
With Santa Claus coming, his gifts to bestow;
The youngsters are hoping the clerk of the weather
Will order, right smartly, a downfall of snow,
That good-natured Santa can hook up his reindeer
Securely and gladly again to his sled,
To speed from his storehouse to fill up their stockings
While they, in sweet slumber, are cuddled in bed.

The old-fashioned story survives all the changes
That Time, in his passing among us has wrought;
It yields to no pleading of new innovations
That skilful designers to charm us have brought.
It does not surrender its claim for our fancy,
And in our affections it still holds its place;
We fondly can picture the swift-bounding reindeer
Urged by their drive, with broad, smiling face.

Good Santa, each Christmas speeds off to the mansions
With gifts for the wealthy who domicile there,
And goes just as gladly to each humble cottage
To cheer up the people of lands everywhere.
He heeds no divisions that men have been making
According to fortune, religion, or birth;
He deems it his duty, his trait and his pleasure
To bless, with his visits, all nations of earth.

He may be old-fashioned to wear flowing whiskers
And have a wool bonnet pulled tight on his head;
But ne'er is he chided by present day people,
Though autos are plenty, for using a sled.
Should he be a native of far-away Lapland,
As some have imagined—but nobody knows—
We all are quite certain he'll have a glad welcome
This Christmas, as always, wherever he goes.

—MACK

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