

The Good News

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Should a Christian *Fight*?

Wars and rumors of wars are increasing. They are affecting you and your family more and more. Should you, as a member of this Church, bear arms? Should you come under the military authority in a non-combatant capacity. Here is God's teaching for members of this Church.

by L. Leroy Neff

WAR IS *big business* today. Every home is affected by it one way or another. It has become a very serious problem to many of you in God's Church. For that reason, it is necessary for you to read this important article.

Men in God's Church have been sentenced to prison terms because of their sincere convictions about war. You, too, may not be exempt.

Such sentences can usually be avoided by our young men, if they have *correct knowledge*; if they *act quickly* enough; and if they *act decisively* with that knowledge. You need to know the answer to this vital question *now* so that you and those of your family may act correctly, and in a true, Christian manner.

But first, before this important question is answered, you need to know what the Bible and history say about war!

The Cause of War

History is a *chronicle of wars*. It has been said that every nation is either preparing for war, in war, or recovering from a war.

Man has not yet learned that wars *have never solved his quarrels or problems!* Wars only bring misery, pain, death and destruction. They cause, and are caused by, hate and evil, wrath and envyings. *These are works of the flesh!* (Gal. 5:17-21.) Exactly *opposite* is the

life of a Christian who has God's Holy Spirit!

In spite of all the wars of mankind, NONE HAVE BROUGHT PEACE. If any war did bring peace, then *there would never have been another war*. No war between the nations of this world will ever bring peace! They are utterly wasteful and useless.

What is the real *cause* of war? Politicians and students of international relations have a multitude of ideas, but most are wrong. God knows, and His Word gives the root cause *plainly and clearly*. "From whence come wars and fightings among you? Come they not hence, even of your own *lusts* that war in your members? Ye lust and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet *ye have not*, because ye ask not" (James 4:1-2).

Here is the reason why all mankind continually suffers the terrible scourge of war. Man is not satisfied with what he has. He craves for more! He lusts after what his neighbor has, not content with what he has produced and with what God has given him. This violates God's command "Thou shalt not covet."

We are not to take part in the *lusts* of wicked rulers and the *wars* they cause, even though the nation in which we live as pilgrims and ambassadors is the one attacked and on the defensive. "Dearly Beloved, I beseech you as strangers and pilgrims, *abstain* from

fleshy lusts, which *war* against the soul" (I Pet. 2:11). Lust is an exact opposite of Christian love, which we must have.

Christians are not *of this world*. They are sojourners. They are ambassadors of Christ.

If we as Christians participate in the wars of *this world*, we are participating in the politics of this *worldly system!* We are commanded TO COME OUT OF this system, Babylon the Great (Rev. 18:4). We are directly rebelling against God's *government* when we take part in war or in politics. We are forbidden to become a *part of the world*, to engage in *its* conflicts, *its* goals—*contrary* to God's realm (James 4:4, I John 2:15).

God's Church Is Different!

Most of the religions and churches of this world not only approve and condone war, but some have *caused* wars by their lusts. The so-called "Holy Wars" of mankind have been among the most bloody, and yet they *did not bring peace*. They only brought physical and spiritual enslavement.

To further their own desires and ideas regarding war, many so-called "New Testament Churches" go to the Old Testament to *excuse* their beliefs or activities in war. In other Bible questions, they *discard* the Old Testament entirely. When it suits their own purpose, they wrest and twist the Old

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Testament scriptures to justify their own wicked actions.

They have gone to such extremes that one modern clergyman has stated, "I believe the only people that should go out and do the fighting are Christians."

This belief is not based on the Holy Word of God! God has not taught His Church to participate in the wars and politics of man. *God's Church is different.* God's Church is composed of the "called out ones." We are not a part of this world, but of the Kingdom of God—the World Tomorrow.

We must not use human reason to decide on this vital matter. We must go to the Word and Law of Almighty God. We must examine both the Old and the New Testaments of the Bible on this question, and not use our own human reasoning or our own carnal lusts. We are to live by every word of God.

Ambassadors for Christ

Paul stated in II Corinthians 5:20 that we are ambassadors for Christ. We are God's representatives here on the earth. As ambassadors of a *heavenly* kingdom, we cannot enter the politics or the wars of earthly kingdoms. Ambassadors dwelling in foreign countries are not permitted to enter the armies or politics of that country. In the same way, a Christian, as an ambassador of the Kingdom of Heaven, or the World Tomorrow, cannot take part in such activities!

As ambassadors and representatives of God, *our spiritual citizenship* is in heaven. We await a heavenly kingdom. The inheritance of this kingdom will be brought by Christ when He comes. "For our CITIZENSHIP (Greek) is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ" (Phil. 3:20).

A private citizen of the United States cannot take part in the wars between other nations or his citizenship will be revoked. Before an alien can become a naturalized citizen of the United States, he is required to sign a statement that he will never fight against this country, nor will he ever enter the Armed Forces of another government. If he violates this agreement, he automatically *loses his citizenship!*

A private citizen of the United States travels to another country by permission of the State Department, and carries with him a passport. He is strictly forbidden to take part in warring activities of other governments. In the same way, the Christian is forbidden by his Government, the Kingdom of God, to participate in the wars of the nations of this world.

A soldier of an earthly nation who enlists and fights for another country would be shot for treason by his own country. He would be violating *his allegiance to his own nation.* As Christians, we are *soldiers* for a *heavenly kingdom* (II Tim. 2:3-4) and therefore cannot under any circumstances fight for a worldly kingdom!

You may be asked: "But ought not you to help *defend* this country when it is attacked—when it is the lust of an aggressor nation which caused it?" The answer is that a true Christian cannot. If a United States citizen, or a British subject, is residing temporarily in Russia, and China should attack Russia, he could lose his citizenship if he joined the Russian army. The Christian *will* lose his citizenship in God's Kingdom if he enters the armed forces of *any* nation of this world.

We need to decide here and now *where we want our citizenship!* Do we want to inherit an incorruptible kingdom which will not fade away (I Pet. 1:4)? Or, do we want to inherit one of the kingdoms of *this world* which will very soon pass away. If we want to be a citizen of this world, then we had better *fight* for this world and *its nations.* But if we do, we become traitors to the Kingdom of God. We lose our heavenly citizenship and inheritance in God's Kingdom. If we want to continue as citizens of the Kingdom of God, we should fight the "good fight of faith."

Obey God

God is Supreme Ruler—above all government in heaven and on earth, and it is only by His permission that any government or rule of man is permitted. Since He is above all, we must obey Him whenever there is a conflict between the laws of man and the laws of God. Peter said: "*We ought to obey God rather than man*" (Acts 5:29). We must be obedient to God first and always.

The Christian is instructed to be *subject* to the powers that be, and to be ready for every *good work* (Titus 3:1). He should be gentle, meek; not fighting or brawling (verse 2). We must be subject to or submit to worldly authority, yet we can obey only in those things *not in conflict* with the laws of God. We must be willing to submit to punishment when we cannot obey man's God-defying laws, and we must take it patiently.

As representatives and citizens of Christ's Kingdom, and as ambassadors to a foreign country, we should abide by the regulations and rules of the country where we are guests. And yet, we cannot take part in such a government or its wars. As ambassadors of Christ we are to be subject to the civil rulers over us, and to obey them except when they command us to disobey God. The civil rulers—even though they sometimes are unjust—are permitted by God. If we resist their authority and do not submit to their penalty, we resist God. We are commanded to give respect to whom respect is due, *and pay taxes to whom taxes are due.* The 13th chapter of Romans explains these points in more detail.

Since we are *now* ambassadors for the Kingdom of God, we relinquish the right to vote or to take part in the politics or the government of this world. If you have further questions on this subject, write immediately for the article, "How Would Jesus Vote for President?"

The TRUE Christian Warfare

Christians are not to participate in the wars of this world, and yet a Christian must fight.

But what kind of a warfare is this? The Apostle Paul explains this, "For though we walk in the flesh, we do not *war* after the flesh" (II Cor. 10:3). In other words we *do not make war* like the nations and people of this world. "The weapons of our warfare are not carnal (physical) but mighty through God . . . casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and *bringing into captivity every thought to the obedience of Christ*" (verses 4

and 5). In the Christian warfare, even every wrong thought must be brought into captivity and subjection. We *must* control our thoughts in obedience to Christ. We must *rule* our thoughts, not let our thoughts or our desires and carnal nature rule us.

A Christian is a soldier of Jesus Christ but He does not become entangled with the affairs of this life. "Thou therefore endure hardness, as a *good soldier* of Jesus Christ. No man that warreth entangleth himself with the *affairs of this life*: that he may please him who hath chosen him to be a soldier" (II Tim. 2:3-4). A Christian cannot be a good soldier of Jesus Christ and still be a soldier in the wars of this world.

This spiritual warfare is explained in detail by the Apostle Paul in Ephesians 6:11-18. We must put on the whole armor of God. That armor is not physical, consisting of the military weapons of man, but consists of spiritual weapons. Instead of guns, bullets, bombs and machines, the Christian's weapons are truth, righteousness, peace, faith, salvation, the Spirit and Word of God, and in addition, praying always.

The warfare of a Christian is not against the people of this world (flesh and blood, verse 12), but it is against the wicked spirits who influence nations and people in positions of power.

Our war is also against the "self," bringing it under subjection, in obedience to God's ways. We cannot continue in lawlessness and disobedience to God (Rom. 7:23).

Even the Apostle Paul was in this fight to bring his body, that is his carnal physical desires, under subjection. He did not want to become a castaway, after having preached righteousness to others (I Cor. 9:26-27).

A Christian cannot participate in this spiritual warfare, as a citizen of a heavenly kingdom and at the same time participate in a physical war with one of the nations of this earth. He cannot serve two masters, because he will love one and hate the other (Matt. 6:24).

Taught to Hate

A Christian must have real *spiritual love*. This is an exact opposite of what is needed for a good soldier of this world. As a matter of fact, military men know that *hatred* is necessary to make a good soldier. How can a man kill, cause violence, and fight under such extreme conditions as in warfare, unless he hates those he is fighting against?

Especially during the time of war, soldiers on both sides are taught to hate each other. There is always a great deal of propaganda given to the people,

and especially to the servicemen in each country, which is calculated to produce hate. Officials of the military services educate their men toward this goal. This is exactly contrary to the teaching of Jesus Christ, "Thou shalt love thy neighbor as thyself" (Mark 12:31). It is impossible to love your neighbor, whether national or international, and at the same time hate or kill them.

The Apostle Peter stated: "Finally, be ye all of one mind, having *compassion* one of another, love as brethren, be pitiful, be courteous: not rendering *evil for evil* or *railing for railing*: but contrariwise blessing; knowing you are thereunto called, that ye should inherit a blessing" (I Pet. 3:8-9). A person participating in warfare is not following these commands that God inspired through the Apostle Peter.

Christ said: "Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, *Love your enemies*, bless them that curse you, and do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matt. 5:43-44).

The spirit of military service is one of murder and not love.

From such scriptures as this and Matthew 10, it is apparent that some true Christians will not escape the violence and persecution of unrighteous men. We should take these trials patiently. We must realize that a Christian may be subjected to violence, but should not cause it. If a Christian is attacked violently, what should he do? He cannot strike back, nor harm the other person, but he can sometimes use restraining force to keep the other person from causing injury or harm. He can also try to escape the violence. Christ was able on one occasion to slip through the crowd and escape His attackers and those who wanted to kill him.

A Christian should look forward to the *joy* that is set before him in God's soon-coming Kingdom. Violence or severe trials then seem so insignificant by comparison, that they can be endured.

Vengeance Belongs to God

The Bible states that sin is the transgression of God's law (I John 3:4) and a Christian should not sin. One point of God's law states "Thou shalt not kill" (James 2:8-11). The correct meaning of this word "kill" is *murder*. In other words, the Christian is to do no murder. That includes murder in war!

Instead of harming others, it is better for us to be defrauded or harmed. (I Cor. 6:1-7).

Before learning that God condemns our committing violence, the Apostle Peter resorted to physical violence trying to protect Jesus! He cut off the ear of the High Priest's servant. Afterward we read: "Then said Jesus unto him, Put up thy sword into his place: for *all they that take the sword shall perish with the sword*" (Matt. 26:52). There should be no doubt from this text. Unless you want to perish by the sword (including war) do not take up the sword!

Christians are forbidden to take vengeance on others. God is our Avenger. He will avenge His own elect (Luke 18:7). That prohibits our participation in the vengeful wars of man. "Dearly beloved, *avenge* not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome with evil, but overcome evil with good" (Rom. 12:19-21). It is not for us to take things in our own hands. God will take care of our problems for us. He *will* fight our battles for us. We should show kindness and good to those who hate us.

Why Did Peter Take a Sword?

Some ask, "Why did Christ instruct His disciples to buy swords if He did not believe in warfare?"

Just before His crucifixion, Christ instructed His disciples to take swords with them (Luke 22:36-38).

What was the reason Jesus Christ instructed His disciples to take a sword? Was He going to use force to protect Himself? Does this particular scripture contradict all of the other scriptures that we have already seen, which show that God forbids us to fight?

Christ answers the question for us in Luke 22:37. "For, I tell you, that which was written must be completed in me: 'That he was also ranked among the outlaws;' for indeed, what has been written about me will have fulfillment" (Fenton translation).

The *ONLY* reason Christ instructed His disciples to take swords was that this *SCRIPTURE* might be fulfilled—that the Jews might have the excuse to reckon Jesus as an outlaw. Christ was not here sanctioning the use of such weapons to injure others. In fact, when Peter did use the sword, Christ immediately rebuked him for it and healed the man who had been injured (verse 51).

Christ did not want those swords to take life, "For the Son of man is not come to *destroy* men's lives, but to *save* them" (Luke 9:56).

Another question that is frequently asked is this: "Didn't Christ whip the money-changers out of the temple?"

Nowhere in the scriptures does it say that Jesus whipped anyone! When He drove the money-changers out of the temple He did not so much as lay hands on anyone, or do any physical violence in any manner whatsoever. The common idea that He lashed and whipped them is *completely false*.

Read the account in your own Bible (Matt. 21:12-13). The scripture states that He "cast out all them that sold and bought in the temple, and overthrew the tables of the money-changers." It does not say He whipped or beat them! It does not say *how* He put them out. He simply overturned their tables, not laying a hand on them, and then *commanded* them to leave, and they left because of the authority with which He spoke. In the language of the Bible, that is CASTING them out. He cast them out by an authoritative command of His voice.

This same event is also recorded in Mark 11:15-17. In this place the Fenton translation makes more clear HOW He cast them out. It says, "Then Jesus . . . SENT OUT of the temple all the buyers and sellers." And in Mark 11:15, "Jesus . . . began to EXPEL the buyers and sellers."

When a child is expelled from school we do not assume he was beaten, whipped, and physically driven out of the building. Jesus explained the temple was God's house, a house of prayer. The Bible teaches that the elders are to rule the house of God, so far as order, reverence, etc., are concerned. What He did was scriptural in putting out those who were profaning the temple.

It was to drive the sheep and the oxen out of the temple (John 2:15) that Jesus made a scourge of small cords.

Warfare in the Old Testament

Many today cannot understand why men in Old Testament times, such as David, did fight in war. Nor can they understand why ancient Israel fought. Have you wondered about this?

Surprising as it may be, *the answer* is found in the New Testament. Jesus said, "If my *kingdom* were of this world, then would my servants fight" (John 18:36). For many centuries God did establish a *kingdom* on this earth, a kingdom which was entirely physical. That kingdom, the Kingdom of Israel, was originally ruled by God, by His laws and by His rulers.

But the nation Israel was one of the kingdoms of *this world*. Its people had no *spiritual* citizenship in the heavenly Kingdom. They were not ambassadors of Christ. Jesus said that if His King-

dom were of *this world*, then His servants would fight. Israel was a kingdom of *this world*. It did fight.

God did not offer them salvation! He only gave them physical, temporal promises. They were carnal people without the indwelling presence of God's Holy Spirit. They were concerned with the letter, and not the Spirit and intent of God's law. Since they were not offered salvation at that time, and did not have God's Holy Spirit, they had not been begotten *by* God's Spirit as heirs of the Kingdom of God.

Since the Canaanites were so terribly wicked, God commanded His servants, His *earthly* Kingdom, to exterminate them. God had been patient in times past, because their iniquity was not yet "full" (Gen. 15:16). The Canaanites were committing the most evil deeds that man could imagine, even sacrificing their own children to gods of wood and stone. They practiced every conceivable perverted act. God waited until *all physical hope* for them was lost, before commanding that they should be slain.

As the Creator and Giver of life, God has the authority to take away life. But God has not given *man* that authority. Formerly God had done this by use of supernatural force on nature.

He took away the life of all men except Noah and his family, in a world-wide flood. Later, it became necessary for God to exterminate the cities of Sodom and Gomorrah because of their extreme wickedness (Gen. 19). God destroyed by supernaturally intervening in the course of nature. God did not work through a kingdom of this earth at that time, nor was any kingdom on this earth *His Kingdom*.

Later, God established the nation of Israel. God then used the physical nation to carry out such punishment. They acted in that official capacity *as does an executioner of the State today, who may have the responsibility of executing the death penalty*.

God has the right to choose in any way He pleases, how He deals with man. He can decide who should die and when, if that becomes necessary. God says, "See now that I, even I, am He, and there is no God with me, *I kill*, and I make alive; I wound, and I heal: neither is there any that can deliver out of my hand" (Deut. 32:39).

After Israel rebelled and would no longer listen to God, His prophets, or His teachers, God rejected them. They are not carrying out His work today.

Since that time, God doesn't have any of the kingdoms of this world as His own Kingdom. Today He may use various nations to indirectly accomplish His will, but they are of this

world and of this time, and not of the *world tomorrow*.

Today God is dealing with mankind through His Church. Notice I Peter 2:9, "But ye (Christians) are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who has called you out of darkness into his marvelous light."

God is using His Church to preach the good news (gospel) of the soon-coming Kingdom of God to the whole world as a witness. When that work is completed, the end of this age will come, and a new age of peace will dawn.

God Has Final Authority to Decide about War

Only God, as Creator and Giver of life, has all authority to destroy or command nations to be slain. Since God is Creator of all things in heaven and on earth, visible and invisible, these things were created for His own purpose. "Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things, and for thy pleasure [purpose] they are and were created" (Rev. 4:11). Since God has made all things, including all mankind, all governments and authorities, He is also Supreme *Ruler*. He is over and above all (Eph. 4:6). He is the Lord—meaning *Ruler* or *Master*—of heaven and earth (Matt. 11:25). Since God is Ruler and Master of heaven and earth, He also has the right and power to make laws. God has made all spiritual and natural physical laws.

In addition to ruling over all, God is also the judge of all (Heb. 12:23). It is God who will judge all mankind. He will pass final sentence, depending on whether a person's deeds are good or evil. "And I saw the dead, small and great, stand before God, and the books were opened: another book was opened, which is the Book of Life: and the dead were judged out of those things which were written in the books, according to their works" (Rev. 20:12).

God alone is able to destroy both the soul [life] and the body [flesh] of man in the final Gehenna fire (Matt. 10:28). The wicked will be utterly destroyed in that fire.

Since God alone has such *supreme authority*, only He can tell man what to do about warfare. Only He can say whether man should or should not make war.

He has also revealed to man, through His Word—the Holy Bible—those laws by which man should live. He has not given man the authority to establish laws contrary to His.

Only God can judge when a nation
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Eat Right to Be Healthy

Here are facts about health everyone should know.

by Isabell Hoeh

EVERYONE knows he needs food, but few know what foods are needed. Man has lived on a great variety of foods and survived. But because he survived does not mean that he enjoyed good health while he lived. Our goal is not merely to survive!

John wrote to Gaius that he wished that he would prosper and be in health (III John 2). Without health it is doubtful that prosperity would bring much joy.

Abundance Hasn't Brought Health

Abundance has been the key word in the history of our nation, yet national health is not ours. The scourges of heart disease, cancer, polio and other diseases are a constant threat. Certainly it is not because we do not have enough medicines or doctors. Indeed, people have to be sick before these are necessary. But doctors and medicines have not solved the problem and disease goes unconquered.

We need to look for the cause, the ounce of prevention that will keep us from becoming sick. And whatever the evidence demands, we should be willing to do it—or suffer the consequences.

Our forefathers died, but not from the diseases that are rampant today. They suffered from the infectious diseases. Rules of sanitation were often ignored or unknown, and their winter diet often did not include enough fresh vegetables. We practice these rules of sanitation today and eat more fresh vegetables. We are not plagued by pneumonia, diphtheria, smallpox and the like.

But the people of our nation are dying of what are called "degenerative diseases"—diseases which result from unhealthy changes within the body itself. Do we have any clues to what may be causing all this?

Clues in Refined Foods

The Industrial Revolution of the past century opened to man the potentials of mass production. Things from pots to plows could be made more cheaply and made available to more people than ever before.

The food industry today followed this same pattern. Now each little town no longer has its flour mill, nor are the vegetables and fruits provided by the gardens of the local area only. Food-stuffs produced in various areas are shipped to large central processing plants. From there they are sent to all parts of the nation.

But foods are not like machinery, furniture or clothing. They spoil, get weevily, become rancid or rot. If these were allowed to take their toll, it would mean much loss to the buyer and distributor. Methods of preservation have therefore been devised. Refrigeration, chemical and antibiotic treatment and refinement all help to prevent such loss.

But what is the effect of these treatments and this refinement on you and me, the consumers? Is the food as good for health as it was before all this tampering? What do we find? Let's take, for instance, bread, the "staff of life."

The Staff of Life?

Bread made from wheat, rye or barley has been called "the staff of life" since time immemorial. And indeed *it was*. Any whole unrefined grain is a storehouse of many elements that have been found necessary to good health. The chief natural supply of the B-complex vitamins is in the seeds of plants.

But the "staff of life" is no longer what it used to be. Let's see why.

With the introduction in the late 1800's of the roller mill system for refining wheat it became possible to produce white flour cheaply on a large scale. People liked the appearance and the baking qualities of this flour. Millers and grocerymen liked the way it kept. Claims were deliberately made that the parts of the wheat which had been discarded had "no nutritive value" (*Encyclopedia Britannica*, Vol. X, eleventh edition) and were very likely even injurious to health.

Claims Disproven

Today we can charitably assign such claims to ignorance. The knowledge of nutrition that has developed since about 1900 has proved these claims to be false. Now we know that the outer coverings of grains and the germ—the very parts that were once said to be valueless and unnecessary—contain elements that are absolutely necessary for good health. These are the vitamins of the B-Complex, and minerals such as magnesium, potassium, copper, iron and calcium. Not only is it true that these parts of grain contain these elements, but it is also true that the *starchy white part does not*. Our bodies must have these vitamins and minerals in order to use the starch and protein of the grain for energy and for building cells and tissues.

Despite the evidence that the body needs everything in the grain, for years nothing was done to remedy this lack. In fact, another destructive process—bleaching—was devised to artificially age the flour and make it whiter than ever. Certainly no weevil could live in it.

Now it would have been harder than ever to re-introduce the bread of our great grandfathers. People were used to eating the white flour products and, besides, there was the investment in multitudinous machinery to think about. However, evidence that the average American diet lacked some things kept piling up.

Man's Remedy

Finally, in 1941 the government became concerned about the nation's health in connection with the war effort. A Committee on Food and Nutrition was established to determine what could be done to improve the nation's diet. They had to take into account what *people* would accept. If the parts of the wheat that contained these vitamins and minerals were left in the flour, people would not like it and they certainly could not risk any dissatisfaction, particularly during a war. Besides that, the flour would breed weevils and become rancid under the present set-up of large mills located in a few centralized areas. There would have to have been a radical change.

Having considered these angles, the Committee decided that people did not have to get all of these substances from *flour*. If they ate enough fruits, vegetables, milk and so forth, they should get enough of most of the vitamins and minerals.

Still the people failed to get enough vitamin B-1, B-2 (riboflavin), niacin and iron. If the millers would add just these four things, reasoned the Government Committee, everybody's needs should be taken care of.

Chemists had already learned how to manufacture these vitamins artificially, so it would be simple to add a certain amount of these artificial vitamins to the flour. These would not change its color nor cause spoilage. This seemed the solution to the problem.

Was This the Answer?

The question is, Does the average person eat enough vegetables, milk, fruit and so forth to make up for what has been taken out of the flour and other grain products? Can one food make up for the deficiencies of another?

Were the artificial vitamins of any lasting value?

Today, the lament that most Americans lack calcium is admitted in nearly every work about nutrition. Yet calcium was not put back into this flour.

Anemia is a frequent complaint among our population, especially pregnant women. Is the iron that is put into the flour doing any good? Iron will not help unless there is also copper present.

Where is the replacement for the copper that was milled out?

Constipation is a national ailment. Ads advocating this or that preparation to add "bulk" to the diet are seen in every magazine. These preparations would not be necessary if flour with the bran in it were being used.

The mineral magnesium, a natural antacid and nerve tonic, is also missing from the white flour. Perhaps that is one reason why so many complain of "acid stomach."

These facts become important when we realize how much denatured flour and cereal products are eaten every day.

What Some Authorities Admit

An American nutrition authority, Prof. Geo. R. Cowgill, said in 1953, twelve years after the inception of the flour and cereal enrichment program, "If the American people continue to use [refined] wheat and sugar in amounts currently consumed, one would have to consume tremendous and impossible quantities of the protective foods—milk, green vegetables, fruits—in order to secure the amount of Vitamin B-1 which has been lost in the past century as a result of refinement in the milling of wheat . . ." (Los Angeles Times, Wed., Nov. 25, 1953, Part III).

In the book *Foods for Life* published by the University of Chicago Press, Ralph W. Gerard gives examples of symptoms of vitamin deficiencies as "weakness, easy fatigability, constipation, loss of appetite, headache, disturbances of sleep, excessive irritability, depression, inability to concentrate, queer feelings in the fingers and toes, burning tongue, 'gas,' and many other odd bodily sensations. These symptoms are generally classified as nervousness, neurasthenia, or just plain imagination." How many of these symptoms have troubled you? Have you excused yourself by saying, "Well, I'm just the nervous type"? The truth is that your diet hasn't been providing everything that you need!

This is not to say that these symptoms are always due to a deficiency, but the likelihood is great when the nature of our food supply is considered.

What You Can Do

We may as well admit it. There is no substitute for the original. The alternative is plain.

Instead of the impoverished white flour, begin using flours made of the whole grain for your baked goods. This we know is not always easy to do. Some towns do not have a store that sells it or if it does, it is a flour that was milled at some far distant point and was loaded with bromate and possibly other chemicals to keep it from breeding weevils before it got to you. If grain is grown at all in your locality, contact a farmer or a grain company who will sell you the whole uncontaminated grain. Then buy a small mill, either hand or electric, and *grind your own as you need it*. Make sure that the grain has not been treated for weevils or as seed for planting as these treatments are poisonous and dangerous.

Mills can be bought which adjust to make cereal as well as flour. Some of the mills which use a stone instead of a burr to do the grinding make finer flour than the commercial mills. This is what is probably referred to in the Bible as "fine flour" in Leviticus. The coarseness of the whole wheat flour which is sometimes found in stores is disappointing, especially to a beginner. The resulting baked products are so heavy that the housewife becomes discouraged with trying to cook with whole-grain products at all. She is apt to assume that all whole-grain flours are course. This is not the case. Attempts should be made to buy flours from various sources until satisfactory ones are found.

Certain magazines interested in health and gardening carry advertisements of farms and companies which sell good flour and other products by mail order. This is practical if the distance is not too great. Good flours and cereals can also be bought at so-called "health food" stores. These stores are found in many larger towns. While they may sell genuine health foods, they also usually have shelves of vitamin and mineral supplements which are NOT *health foods*. Most of these preparations are only parts of foods which have been mixed together according to the ideas of food faddists. These avoid. Spend your money for the foods which God made for man and not for what man has made for himself!

Now to answer many of the questions we have been asked about the use of flours.

Kinds of Flour

Flour for making bread is made of hard wheat. This wheat has more protein and therefore makes a more elastic

dough, which is what is needed when making bread with yeast.

For making cakes and pie crusts there is a special whole wheat flour called "whole wheat pastry flour." It is pale in color and softer textured because it has less protein and more starch. There is also an unbleached white flour which may be used for special purposes, such as for thickening sauces and for mixing *in small amounts* with the whole wheat flour when especially light bread or rolls are desired. No more than one-sixth of the total flour need be of the unbleached white flour. For example, if your recipe calls for 6 cups of flour, use 5 cups of whole wheat flour and 1 cup of the unbleached white flour. All white flour used to be unbleached and in some European countries it still is.

How to Use the Flours

Sometimes recipes direct that the whole wheat flour be measured without sifting. However, this method will give variable results because if the flour has become tightly packed more can be got into a cup than at times when it may not have packed so much. So always sift the flour, then measure it.

If you have whole wheat pastry flour, no changes in cake recipes need be made. But if you use the regular whole wheat flour, remove a tablespoonful of flour for each cupful that is called for, or you will have to add a little more milk or water.

If the whole wheat flour that you are buying is said to be especially high in protein, it will need more liquid in order to make a proper dough, or else the amount of flour will need to be reduced somewhat.

Other Flours

Flour is also made from a number of other seeds. Soy flour made of the soybean is recommended, especially in diabetic diets. It contains much more calcium and protein and somewhat more of the B-vitamin complex than any other flour. But its protein is not in the form of gluten, the substance that makes bread dough elastic and strong enough to rise. Soy flour is therefore mixed with other flour to make bread. It is useful in increasing the food value of wheat bread. For this purpose, any amount up to one-fifth of the total amount of flour to be used may be of soy flour. Special breads made of soy flour have had wheat gluten flour added so that the dough will rise.

Buckwheat and rye flour are never refined though they may have preservatives added to them. This is not so of cornmeal. It is difficult to find cornmeal

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How CONVERTED Are You?

Many kid themselves that they are converted and safe in Jesus Christ when they are not. They go along complacently—hurtling toward the lake of fire. This could be your case!

by Jack R. Elliott

HAVE you ASSUMED that you are SAFE in Jesus Christ? You need to check up and see!

To be converted means to be CHANGED from the normal way you have always thought and acted to a NEW, spiritually led, way of life (Rom. 8:1-7). To continue in this new way is life; to depart, death.

Some, who once sought to be exalted in their community, now seek to be exalted among the Church brethren. This is not a REAL CHANGE of attitude. They have merely changed their environment. The same old vanity still rules their lives.

To be guided by the Holy Spirit means to be guided by the sound *wisdom and love of God*.

A man does not have this mind naturally. To come to have it requires a change which is truly a MIRACLE. You cannot accomplish it by yourself. Nevertheless the accomplishment of such a change is what TRUE CONVERSION means.

A holy and spiritual mind *must come from God* alone because only God has it to give.

As Paul said, in Romans 7:14, 18 and 24-25, "The law is spiritual; we know that. But then I am a creature of the flesh. . . . For in me (that is, in my flesh) no good dwells, I know; the wish is there, but not the power to do what is right. . . . miserable wretch that I am! Who will rescue me from this body of death? GOD WILL! Thanks to Him through Jesus Christ our Lord!" (Moffatt translation).

We all need to realize, as the Apostle Paul did, that in us dwells no *good* thing. We can often *will* to do good, but we cannot perform it of ourselves. There is a law which governs the human fleshly action in man—a law which works against the converted spiritual mind (Verses 21-23).

Job was a perfect example of a man *who was proud of being upright*, fearing God and shunning evil. Job tried to obey God according to the ways of human righteousness (see Job 1:1; 29:1-25). This righteousness of man is as filthy rags before God (Isa. 64:6). Job had to repent of it bitterly (Job 42:5-6).

If you have tried to serve God in your own righteousness, and exalted

yourself in God's sight, then it is your time to *abhor* yourself and "repent in dust and ashes."

"When we are of the flesh (Romans 7:5) the passions of sin which are according to the law (of human nature) does work in our members and bring forth fruits unto death."

And as verse 14 states: "Truly the law (of God) is spiritual: but we of ourselves are carnal, sold under sin. . . . There is therefore (continuing in chapter 8) no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the law (the spiritual law outlined in the Ten Commandments) could not do, in that it was weak (impotent) through the flesh (the flesh being unable to keep it through human frailty), God sending His own Son in the likeness of sinful flesh . . . condemned sin in the flesh (proved that men do not have to sin when the Spirit of God leads them): that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit."

Yet God gives His Spirit only to those who repent and are baptized.

Baptism A Vow

When you were baptized you entered, in a sense, into a vow with God. You should have been baptized only after you had repented of your ways and were willing to turn from them. The act of baptism constituted a solemn vow to bury the old self (the desires of the flesh—carnal pleasure-seeking) in a watery grave. You were then raised, you did not raise yourself up, but *were* figuratively raised from that death to a new life dictated by the Spirit and will of God. This is all clearly explained in Romans 6, 7 and 8.

Yet some of you are trying to *raise yourselves* up out of the watery grave of death. You should be depending upon God to raise up the new person who no longer headstrongly follows the old desires, but is led by the Holy Spirit. (See Col. 3:1-6.)

The old self was only symbolically buried. Your part is to keep that old self buried. God's part is to impart the new life. You must continue to resist

your natural pulls or you break your vow of baptism. Remember, human nature is still very much alive within you. You must keep up your guard.

But how? "Pray always," Ephesians 6:18 tells you, "with all prayer and supplication in the spirit, and watching thereunto with all perseverance and supplication for all saints."

Satan would love to see your thoughts turn again to yourself, and your carnal desires begin secretly to rule your life again. Then your part of the baptismal vow would be neglected, maybe even forgotten, so that God's Spirit would no longer fill you. Satan hates you and is jealous of you because you are an heir to the Kingdom of God.

God's part in the agreement with you was to supply the Comforter (Acts 2:38) upon your repentance and baptism. God did not promise to take away your fleshly desires and nature. God promised only that when you resist Satan's temptation to live by your sensual urges, He will draw near unto you (James 4:7-8) and in so doing, give you His spiritual desires and nature. This is love in action. It is a Godly father-son relationship.

This active love between you and your Creator must exist forever, but you must continue to resist evil throughout your natural life. "But he that shall endure to the end, the same shall be saved" (Matt. 24:13).

The Pitfall

Some have allowed themselves to fall into a spiritually weak condition. They have again allowed pride to swell up in themselves. Maybe you are doing the same thing without knowing it. Do you feel hurt if you are not exalted among the brethren or in the community in which you live?

Perhaps your spiritual weakness takes another common form. You may have allowed yourself to be constantly seeking the desires of the flesh. You may find yourself constantly struggling to get ahead. Do your problems weigh you down and, when you ask God's help, fail to receive the answer? If so, you have been overlooking James 4:1-10.

From the Moffatt Translation we read God's inspired word, "Where do conflicts, where do wrangles come from, in your society? Is it not from these

passions of your members?" Yes, here is the answer to your problem! "You crave, and miss what you want: you envy and covet, but you cannot acquire: you wrangle and fight—you miss what you want because you do not ask God for it; you do ask and you do not get it, because you ask with the wicked intention of spending it on your pleasures. (Wanton creatures! do you not know that the world's friendship means enmity to God? Whoever, then chooses to be the world's friend, turns enemy to God. . . .

"Well, then submit yourselves to God; resist the devil, and he will fly from you: draw near to God, and he will draw near to you.

"Cleanse your hands, you sinners, and purify your hearts, you double-minded; lament and mourn and weep, let your laughter be turned to mourning, and your joy to depression; humble yourselves before the Lord, and then He will raise you up."

This means real repentance—a keeping buried of the old self.

How To Become Humble

True humility will always be accompanied with *thankfulness to God*. In the first place, you should be thankful for what God has already done for you. Your eyes are open to God's truth. You have been called to be among the first-fruits to enter the kingdom of God. You should be rejoicing greatly because many *have* earnestly sought but not found what God has chosen to reveal to you.

Rejoice whether you are called in high estate or low. Rejoice whether given a chief seat or a minor one (study Romans 12:4-9 and Luke 14:8-9). Rejoice that *you* have been hidden to the marriage of the Lamb (Matthew 22:1-14 and Revelation 19:7-9 and 21:9-27). Rejoice also in the strength and love of your perfect, all powerful, merciful Creator who delivers you from your weakness.

Take pride in *His* strength and exalt the name of your wonderful champion—if God is your strength who can overthrow you?

Beware that *you* do not try to take credit for the good which God has accomplished through you, however. Do not sit down among God's elect in garments of self-righteousness. Before God such self-righteous claims are filthy rags (Isaiah 64:6). Repent of past mistakes you have made and seek God's forgiveness through Jesus Christ.

"God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: casting *all* your care upon Him;

for He careth for you" (I Pet. 5:5-7).

God Must Soften Our Hearts

When you draw near to God and He to you, He will put a new spirit and attitude within you. He will replace your stony heart with a heart of "flesh" (Ezekiel 11:19).

You need to quit resisting God and the way He has opened to you, to help you become as clay in God's hands through the Holy Spirit, otherwise you will have to suffer the same horrible tribulations that are poured out upon the disobedient, described in Ezekiel 11. *Lay down YOUR STIFF WILL* and do the *will of God!*

Why? God tells why, "That they may walk in *My* statutes and keep *Mine* ordinances and do *them*: and they shall be *My* people, and I will be their God" (verse 20). God's will is reflected in this law.

The Spirit of God softens the heart, and as we come to have the mind of God we come to be in complete harmony with Him. There is no more clashing of wills. We won't argue; we won't want to do *something else*. We will be of one mind saying, "Thy will be done, O God, not mine." We should then set out to seek and obey God with all the zeal we can muster.

Live By Faith

Faith is one of the most important assets we can receive through the Holy Spirit. We read in Ephesians 2:8-10: "For by grace are ye saved through faith; and that not of yourselves: *it* [faith] *is the gift of God.*" "Without faith it is impossible to please Him: for he that comes to God must believe that He is, and that He is a rewarder of them that diligently seek Him" (Heb. 11:6).

God has also caused circumstances in this world to try you—even strike out at you and fill you with fear and trembling—*unless your faith in Him remains firm.*

Your family and friends may turn against you and say evil things against you because of your obedience to God. Only through faith in God can you find the courage to endure their wrath and scorn. The trying of this faith works "steadfastness," as the translation of James 1:3 should be.

Exercising faith doesn't end here. Even church brethren may sometimes seem to view you with suspicion and treat you coldly. It can try your *faith in God*. In the face of this you must not allow faults of His servants to cause you to doubt Him—you must still diligently seek to draw near unto *Him*. We are all human, all striving to overcome, but not all perfect—for only Christ is perfect. What will it take to separate

YOU from the love of God? Paul asked this question in Romans 8:35: "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, for thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through Him that loved us."

Paul's faith persuaded him, "That neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God which is in Christ Jesus."

Is your faith this strong? If not, you *must* take steps to strengthen it. There are two things you can do. The first is to ask God in prayer for more faith. As the apostles did in Luke 17:5. The second thing you can do is to *read and study* the words of God and to listen to them being proclaimed by His true servants. Faith comes by hearing and hearing by the word of God (Romans 10:17).

God has never told Christians that this life would be easy. Rather, in Matthew 7:13-14, "Enter ye in at the strait [difficult, perilous] gate: For wide is the gate, and broad is the way, that leads to destruction, and many there be that go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."

Are you spiritually wise enough to choose the way to life?

Wisdom a Gift From God

You cannot *begin* to have God's *spirit of WISDOM* until you FEAR God and keep His commandments (Pr. 1:7). This keeping of the commandments is also love (see I John 5:3).

This simply means that God gives you His Divine Love and Wisdom through His gift of the Holy Spirit.

In Proverbs 4:7 God shows us that this wisdom (of God) is the principle thing. "Therefore get wisdom along with understanding."

How do you get wisdom? James 1:5 tells us: "If any man lack wisdom, let him ask of God, that giveth to all men liberally, and upbraids not; and *it shall be given* him. But let him ask in faith, nothing wavering. . . ."

Again in James 4:8, "Draw near to God, and He will draw near to you."

If, then, we seek the wisdom of the Holy Spirit by asking God, how shall we do it? Timidly? Passively? Just when we happen to think of it?

Hebrews 4:15-16 gives us part of the answer. "We have not an high priest

which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore *come boldly unto the throne of grace*, that we may obtain mercy, and find grace to help in time of need."

Notice further the conditions under which God will give wisdom: "My son, if thou wilt receive my words, and hide my commandments with thee; so that thou incline thine ear unto wisdom and apply thine heart to understanding [it takes energy to listen and to remember and to concentrate]; yea, if thou *criest* after knowledge, and *liftest up thy voice for understanding*; if thou *seekest* her as silver, and *searchest* for her as for hid treasure (men don't seek treasure of silver and gold passively—the California gold rush is a good example of how frantically and untiringly men seek after such treasures). Then (if you seek the wisdom of God as frantically as men seek gold and silver) you shall understand righteousness, and judgment, and equity; yea, every good path" (Prov. 2:1-4, 9).

Is this how you are seeking God's Holy Spirit, His wisdom, His faith, His laws of love? Do you pray often and, on your knees, cry out to God in desperate earnestness? Do you search energetically through the scriptures for doctrine, for reproof, for correction, for instruction in righteousness (II Tim. 3:16)? Do you trust God, in complete faith and confidence, to lead you through the tests and trials and temptations of this life?

Perhaps the 23rd Psalm is personally applicable to you. Is Christ your Shepherd? And as you walk through this life with the threat of dishonor, ridicule and death ever before you, do you refuse to fear them because you know that God is with YOU. Is His rod and His staff, by which He chastizes and corrects you, a comfort to you? Do you thank God that, even in the presence of your enemies, He sustains and keeps you? And do you realize that you are greatly blessed in this truth?

If you have not grown in these things as much as you should (*and who among us has*), there is something you can do about it.

Dedicate your heart to overcoming and growing in the Spirit and character of God. Put your heart in the work He has commissioned His church to do. God will not neglect you, and the fruits of His Holy Spirit *will show* in your life (see Gal. 5:22-26).

You need not be worried about position, honor or material necessities. God has promised to take care of those things in His time if you put your

heart on the important things which He has already given you to do.

The most important thing He has given you to do is to seek His Holy Spirit, His wisdom, His faith, and His love with a zeal which proves YOU REALLY WANT IT. This is more precious than anything physical you can receive. If you do not value it more highly than the vain things in this life, you insult your Creator, you are still carnally motivated, and you are hurtling toward the lake of fire!

Here then is the easy-to-understand formula for salvation. *Repent* of your past transgressions and accept Christ's sacrifice which He made in your stead. Begin to obey God. BE BAPTIZED and SEEK TO BELONG TO GOD lock, stock

and barrel.

Lay down your life of self-centered competitive striving and seek to live a life filled with and led by the Spirit of God. RESIST the desires of your human nature and draw near to God so that He will draw near to you. He will give you a mind which will enable you to live by the perfect, holy laws of God. *Christ will live His life within you*, bringing you into the grace and knowledge of spiritual things and guiding you in action characterized by love toward God and love toward neighbor.

Be zealous that you *do not neglect* the things that God has given you to do. Serve God, not with highmindedness, but with meekness so that you are pliable in the hands of your Creator.

Question Box

Your questions answered in these columns! Your opportunity to have discussed those problems pertaining directly to members of God's Church.

How should we apply the command in Lev. 19:19, "Thou shalt not let thy cattle gender with a diverse kind . . .?"

In the beginning, God created animals and birds by *kinds* (Gen. 1:21, 24-25). He intended that men should follow His perfect example of purity by breeding according to kinds, but not necessarily according to breeds as men have subdivided them.

There are three good reasons for God's command against mixing livestock: (1) God is not the author of confusion (I Cor. 14:33); (2) God desires that His servants should have the best quality livestock (Deut. 7:14 and 32:12-14); and (3) God expects us to be concerned for the welfare of our animals (Prov. 12:10 and 27:23).

The prohibition against crossing different kinds means that we should not cross those of different types, different sizes, and different skeletal proportions.

Let us consider a few examples that will help to make the command very clear. A Brahma should not be crossed with any of our other types of cattle because they are altogether of a different kind—in appearance, in bone structure, and in temperament. One of many detrimental points is that a calf from a Brahma bull will have heavy shoulder bones and a bone support for his hump. Other types of cows are not built to bear such calves.

A giant male should not be bred to a tiny female animal, even if they are of the same general breed. An offspring from such a mating would cause injury and excessive birth pain to the

dam, thereby violating one of the principles for which God gave this command. By the same principle, a male of excessive width of head and frame should not be bred to a female of narrow head and a small-boned, narrow frame: she is built for bearing only her own type of offspring.

God's command does not expressly prohibit the mating of two similar and related families that men artificially call breeds, if such a mating does not harm the dam or produce offspring of inferior quality. From a financial standpoint, however, it is usually wiser to raise animals that are subject to registration if they are intended for the market. As Paul said in I Corinthians 6:12, things that are lawful are not always expedient.

The crossing of different milk and beef breeds is usually unwise, also, although not expressly forbidden. Offspring from such a cross are often poor producers of both beef and milk.

But milking and beef types within a breed, such as the Shorthorns, may be mixed, if desired. There is little difference in them—they were only recently bred out from the same parent stock. One must be careful of complications however. If a cross of this type is run on the range and produces too much milk for her calf, she might develop udder trouble or the calf could become a victim of "scours."

One who wants a breed that is good for both beef and milk can find several well-established breeds—small, medium,

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Should a Christian FIGHT?

(Continued from page 4)

must be destroyed or punished. When a nation itself decides to make war against another, whether it be an aggressor or a nation attacked, that nation takes upon itself this prerogative of God. Unless God *personally* commands a war, in which a nation of *this world* acts as an OFFICIAL EXECUTIONER, as He did to ancient Israel, any man who takes up arms against his neighbor takes the authority of God upon himself. *This is in direct disobedience to God!* Any person who takes part in such a war is in defiance of God and His laws and is guilty before Him!

God Will Fight

Even though God is not now dealing directly with the nations of this world through the Kingdom of Israel, the day is soon coming when God will step in again. He will intervene directly in the course of human affairs. God is not fighting against the nations of the world today, but He will then. In the day of the Lord, all nations will be gathered against Jerusalem. "Then shall the Lord go forth, and fight against those nations, as when He fought in the day of battle" (Zech. 14:3).

God will not wage war unrighteously but He will make war in righteousness, bringing retribution and vengeance on those that fully deserve such severe punishment.

"And I saw heaven opened, and behold a white horse; and he that sat upon him was called faithful and true, and in righteousness he doth judge and make war" (Rev. 19:11). God is waiting now. The sins of man have not yet come to "the full," but the time is soon coming when man will destroy himself if God does not intervene. When that time comes, God will intervene, fight against the nations of this world in the most effective way that man has ever seen. All rebellion and wickedness will be put down.

At that time the Kingdom of God will be here on this earth. Then Jesus' Kingdom will be a Kingdom of *this world*. Then His servants will supernaturally intervene to put an end to war! (John 18:36). At that time, true Christians will be changed from mortal to immortal beings. They will no longer be flesh and blood. They will be like God—divine, perfect. They will have the prerogative to give and to take life. Though Christians do not participate in wars between nations now, they will participate with Christ in *stamping out war* at that time.

"Let the saints be joyful in *glory*: let them sing aloud upon their beds. Let the high places of God be in their mouth, and a *two-edged sword in their hand*; to execute *vengeance* upon the heathen, and punishments upon the people; to *bind their kings with chains, and their nobles with fetters of iron*: to execute upon them the judgment written: this honor have *all his saints*. Praise ye the Lord" (Psa. 149:5-9).

What About Servicemen?

Many servicemen have come to learn God's ways through the WORLD TOMORROW program and by proving in their own Bibles the things heard. Sooner or later they are faced with the question about military service. They write, asking: "Is it wrong to be in service?" "Should I get a discharge?" "What does God expect of me if I am going to be a Christian?"

In the time of John the Baptist, soldiers came to him and asked him what to do. "And the soldiers likewise demanded of him, saying, what shall we do? And he said unto them, *Do violence to no man*, neither accuse any falsely; and be content with your wages" (Luke 3:14). A person who is in the military service, and then becomes a true Christian, is not to harm or do violence to anyone. The meaning of the original Greek word here translated "violence" means "to intimidate." That would include violence or any action where advantage is taken over any other person. A Christian should not continue, *under any circumstances*, to have an active part in killing or harming others. Neither should he disobey God's other commandments in any way. If his superiors demand him to disobey God, he must obey God and submit to whatever penalty is imposed.

Other examples of soldiers are those of Cornelius found in Acts 10, and the centurion who met Christ (recorded in Matthew 8). Did God expect these men to continue on in their military careers?

Since the Bible does not give us everything about one subject in one place, we must look elsewhere in the Bible to find out what a person should do in such circumstances. This is very plainly explained by the Apostle Paul to the Corinthians. "Were you a slave when called? Never mind. But if you can *gain your freedom*, avail yourself of the opportunity" (I Cor. 7:21, RSV).

A man in military service is in the same status as a slave. He is not free to decide his life entirely for himself. He has sold himself as a slave to the military for the term of his enlistment. A serviceman is governed by different laws than civilians, has few rights, and

comes entirely under the jurisdiction of military authorities. He is the *slave* of the military. He cannot remove himself from under that authority, unless the military authorities release him. Until his enlistment expires, and he is discharged, he is not a *free man*.

Since we have this instruction by the apostle Paul, a serviceman who comes to the knowledge of the truth should try to gain his freedom.

If a person is a *free man*, in the sense that he is not in military service, he is forbidden to become a *slave* of the military by entering service. "You were bought with a price; *do not become slaves of men*" (verse 23). This one verse alone, coupled with the fact that a soldier is not a free man, *prohibits a Christian from entering into military service in any capacity, combatant or noncombatant!*

If you are now in military service, there are means by which you might obtain your freedom, but you need competent advice. Do not act unwisely without that advice.

Many Are Being Helped

We have learned from practical experience that men who have taken a strong and persistent stand have usually been able to receive discharges from military service. Since there are certain recommended procedures in obtaining a discharge, a serviceman should write to us for this information.

In addition, we also counsel with many of our members who have Selective Service or draft problems. We assist them in giving the Bible teaching, and also concerning the procedures and laws of the Selective Service System. Obtaining a conscientious objector standing can be very trying. A Christian is sometimes given difficult and tricky questions to answer. There are answers to these questions.

If you have any questions or need in this regard, please write to Mr. Armstrong. Please give complete information and details about your problem. Give your name, address, date of birth.

Is Noncombatant Service Wrong?

Some ask if it is right for a Christian to enter a war-making organization in a noncombatant capacity. A noncombatant status is that of a serviceman who will not engage in the actual shooting or killing. Such a person may be in the medical corps and may help the wounded, but he does not carry or use weapons. Or, he may work behind the lines in support work.

Men drafted to this particular capacity are selected from the group who are classified I-A-O by the Selective Service System.

Some people reason that such a position is not wrong since it does not require active participation in killing others.

The Bible states that if a person brings a different doctrine than the true doctrine of Christ we should not receive him into our house. Nor should we bid him "Godspeed." Otherwise, we become a partaker of his evil deeds (II John 10-11). A person who participates in a military organization, or who produces weapons for the military, becomes a partaker of the evil deeds of men and machines that take life.

Paul told Timothy that he should not be a partaker of other men's sins, but should keep himself pure (I Tim. 5:22). A person in service cannot keep himself *pure*, since he is a member of a killing organization. Participation either in a *combatant* or a *noncombatant* status is equally wrong in God's sight. You make yourself the *slave* of the military, which you are forbidden to do. (I Cor. 7:23).

If a Christian is forced into military conscription, he cannot serve. He must obey God rather than man, and accept whatever *penalty* or imprisonment man might impose.

There are provisions in Selective Service laws concerning such men who are termed by the world *conscientious objectors*, or *pacifists*. The law recognizes such beliefs, but each registrant must prove satisfactorily to the Selective Service officials that he is sincere in his belief, and that he is in actuality a conscientious objector and not just a "draft dodger."

For such men, who are "conscientious objectors," the United States government has a special work program. A man who is eligible for service, and who is a conscientious objector, is assigned to special civilian work for a 24-month period. This work is for an approved agency or nonprofit organization. Such a firm is primarily engaged either in a charitable activity, conducted for the benefit of the general public, or in carrying out a program for the improvement of the public health or welfare.

Even though it is sometimes difficult to find suitable employment with such an organization, it is possible for a Christian to serve conscientiously under this program. If there is any question about the kind of employment that is permissible, write Mr. Armstrong before making a final decision.

The Church Stand on Military Service

It has become necessary for the Radio Church of God to have an official stand in the matter of military service. It is recorded in the Constitu-

tion and By-Laws of the Radio Church of God, Article X, Section 2, on file in Washington, D.C. It states as follows: "It is the conviction and firm belief of this Church and its membership that Christian disciples of Christ are forbidden by Him and the commandments of God to kill, or in any manner directly or indirectly to take human life; by whatsoever means; we believe that bearing arms is directly contrary to this fundamental doctrine of our belief; we therefore conscientiously refuse to bear arms or to come under the military authority." That is the true Bible teaching, and the teaching of God's Church.

You as an individual are responsible to God for obeying what God expects of you. We have given you here in this article a summary of what God expects of you. You should be totally sincere about your belief, know what you do believe, and be able to back up your belief with proof from your own life, and the scriptures.

Here It Is in a "Nutshell"

The whole question about warfare is explained clearly by one verse in your Bible. This verse explains why ancient Israel *did* make war with other nations. It explains why the Christian cannot participate in the wars of this world now. It also explains why Jesus Christ, at His return (with the holy angels, and with those saints who are then made immortal), *will make war*. That scripture is found in John 18:36. "Jesus answered, My kingdom is not of this world (this order or age): if my kingdom were of this world (age), then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence (this time)." Ancient Israel was a kingdom of this world, *it did fight!* Christians are ambassadors of the soon-coming Kingdom of God. Therefore, we as the servants of Christ, do not fight for one nation against the people of another nation of this world. When Jesus Christ does return, Christians will then be immortal, spirit beings, and will BRING PEACE TO THIS EARTH.

The kingdoms of this world are warring kingdoms (Micah 4:1-3) since they do not know the way of peace (Rom. 3:16-17). We, as Christians, are learning the ways of peace (Psa. 119:165) so that we may instruct all nations in the way of peace during the next 1000 years!—the Millennium!

We look forward to that time of peace and happiness, to the time when nations "shall bear their swords into plowshares, and their spears into pruning hooks: nation shall not lift up a sword against nation, *neither shall they*

learn war any more" (Micah 4:3).

The world today is involved in physical, carnal warfare. The Christian is now fighting in a spiritual warfare. You must fight in one war or the other. To get into God's Kingdom, you must now fight the good fight of *faith!*

Eat Right to be Healthy

(Continued from page 6)

in grocery stores that is made of the whole corn kernel. It has been degerminated so that no matter how long it stands on the shelf, it will not become rancid. The germ of corn and of any cereal grain, for that matter, is high in oil, vitamin E, the B-vitamin complex and protein. So it will be worth your while, health-wise—and taste-wise, too—to find and buy cornmeal made of the whole kernel.

Breakfast Cereals Are Fooling the People

Many of you have heard Mr. Armstrong comment about the nutritional worthlessness of the prepared cereals that so many youngsters have learned to love. And it is true. The grains have been soaked, cooked, puffed and toasted to within an inch of their lives. Then synthetic vitamins, malt flavor and refined sugar have been added to the pitiful product so that it will have taste appeal and a semblance of nutritive value. And you don't get all this processing for nothing. You pay for it. While wheat is \$1.65 a bushel, a bushel of wheat in the form of wheat flakes will cost you about \$22.00! That's a 1,360% mark-up! Corn is a similar case. Think of the cost per bushel in the form of *cornflakes!*

These figures may give a clue to the present high cost of living. Anything that you buy already prepared is going to cost you more money than if you bought the ingredients and made it yourself. Which do you have the most of—money or time?

And what of your *health?*

While cracked wheat and wheat meal cereals will cost more in the store than if you ground them at home, their cost will not be nearly that of the ready-to-eat cereals.

Other cereals you may like to try are steel-cut oats, rolled wheat, rolled oats and hulled millet. Have you tried cooked brown rice for breakfast? With raisins or chopped dates it is very appetizing. Avoid cream-of-wheat or anything similar. Hominy and hominy grits are both degerminated and consist of little more than starch. They should

be used very seldom, if at all.

A Word of Caution

One word of caution about serving breakfast cereals: Don't smother the cereal that you serve your children under a layer of sugar! And for that matter, don't do it yourself. The children will learn to follow your example, whatever it is. They will enjoy cereal with nothing more than a little butter, honey, brown sugar or cream on it. Some have taught their children to eat their cereal without anything at all added and they like it. Heaping sugar on a dish of cereal is due to nothing more than habit, not a real need!

Next issue: sugars and your health.

Question Box

(Continued from page 9)

and large—for this purpose. The more common breeds for this purpose are (from small to large) Kerry, Devon, Brown Swiss, Holstein, Milking Shorthorn, and sometimes Brahmas. Use one of these dependable breeds rather than risk financial loss and herd degrading by uncertain, experimental crosses.

It is *permissible* to continue breeding a mixed-breed herd of good quality type if they are normal in giving birth and in other significant attributes. The reason is that most of our prominent breeds, in all types of livestock, are descended from stock that originated as crosses within a kind in the British Isles and Europe. These crosses within a kind have become established man-supervised breeds. It is usually wise to "breed out" unestablished crosses—those that have not been standardized as breeds—by using pure bred males. These same basic principles would apply to the crossing of all types of animals.

Now consider the application of these principles in the case of poultry. Many breeds differ artificially only in color and may be crossed. Sometimes such crosses are more hardy and profitable than some of the nervous, high-strung *inbred* color patterns that are foolishly considered to be separate breeds. Also, since the size of the egg is not determined by the size of the male bird, and since the males of some types of fowl, such as turkeys and chickens, are frequently two to four times as large as the females, difference in size is not as important in breeding poultry as in animals.

This command from God in Leviticus 19:19 was given for our good, and for the good of our livestock, so that we might learn *from God* those principles that we might not be able to discover for ourselves.

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