

DECEMBER 1981

the

PLAIN TRUTH

a magazine of understanding



**The World
Is an Armed Camp**

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ABOUT OUR COVER

ILLUSTRATOR C. Winston Taylor portrays in graphic form the incongruity of simple lives disrupted by advancing military technology. Few artists have painted the prophecies of the book of Revelation with more clarity or force.

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Personal from...

There Is a Way of Escape

THE WORLD has sunk into a complacent, indifferent slumber. The world is getting used to violence and war and threats of war. The world has been drugged by a new and unprecedented prosperity—especially in the United States, Europe and Japan.

The world is too busy enjoying this newfound prosperity, basking in the comfortable sunshine of luxury, to be much concerned about the oncoming NUCLEAR World War III that *WILL*, unless prevented by Almighty God, simply erase human life from this planet!

Soft words and pretty speeches do not arouse people out of this pleasant dream. It takes a *jolt!* When we *do* attempt to warn our readers with words strong enough to arouse, I anticipate letters saying: "Cancel my subscription! That article frightened me." Yes, IF YOU ARE TO CONTINUE TO *LIVE*, you *need* to be frightened—enough to take the *action* that will *SAVE YOUR LIFE!*

But, you say, what can I do? Well, there is something you *must* do IF you are to escape the agonies and probable terrifying death, of the coming prophesied Great Tribulation!

YES, YOU CAN ESCAPE ALL THIS!

That is what we are trying to make our readers understand!

God Almighty *will* intervene. He *will* prevent entire cosmocide! But He will *not* intervene to stop the carnage *until* man has come to the very end of his rope! So long as man thinks he can save himself, without God, the Eternal will let him go on trying. God will not intervene until man's last hope is gone. God will never allow man to accuse Him, saying: "Your intervention was unnecessary and tyrannical! We could have saved ourselves if

you had not used your arbitrary God-power to intervene."

God's final last-minute intervention will FOLLOW—*not prevent*—this Great Tribulation that will be World War III.

But, I repeat, YOU CAN *ESCAPE* ALL THIS!

It is only those who *will not* heed who must go through its agony. And remember—God is not going to CAUSE it! MAN HIMSELF will bring it on. But God will protect His own from it!

Jesus' young students—His disciples—came to Him privately and asked *when* the end of the world would come, and what would be the sign of His return IN POWER to rule all the earth, in peace.

These things, Jesus replied, must come first: a false "Christian" religion, whose ministers would falsely claim to be Christ's ministers, coming in His name, deceiving the MANY. Then wars, climaxing finally into world wars; then famines and disease epidemics and increasing earthquakes. *Just before* the end, He said, His true Gospel of God's Kingdom would be preached in all the world—*not* to convert the world, but "for a witness"—AND THEN, He said, shall the END of this world come!

All these things already have occurred—except that we are now in a recess during the world wars—between World Wars II and III; and that we have so far had only the first forerunners of the famine and disease epidemics and earthquakes. These shall increase greatly.

And, although Christ's own Gospel of the Kingdom of God *has been going out* since 1934, through this very magazine and *The World Tomorrow* broadcast, this message is just now approaching the climactic world-shaking POWER that evidently is implied by the prophecy.

Then what?

"Then," continued Jesus, "shall be GREAT TRIBULATION," a time of violence, destruction and death greater than anything that ever was, or ever shall be! Jeremiah foretold it (Jer. 30). He identified the nations (Continued on page 40)

EUROPE:

Winds of Change Before the Storm

by Gene H. Hogberg

Events are underway in Western Europe that will ultimately lead to a dramatic about-face in world affairs.

THE PROTECTORS have become the prey. American military personnel are now prime targets for terrorists in Western Europe.

In September an ambush set by members of the Red Army Faction in West Germany nearly took the life of General Frederick Kroesen Jr., commander of U.S. ground forces in Europe.

The attack on the general's car was the 10th assault this year on American military installations in Germany. It represented a definite escalation in terrorist tactics. Instead of employing a secret trip wire to set off a hidden explosive, the terrorists boldly blasted the general's armored sedan by means of a Soviet-bloc grenade launcher.

Anti-Americanism Spreads

The ambush near Heidelberg occurred just days after 30,000 demonstrators—communists, homosexuals and leather-jacketed anarchists—"welcomed" U.S. Secretary of State Alexander M. Haig, Jr. to West Berlin. "Hang the vulture, hang him higher," demanded one placard. Others displayed an American flag shaped like a pig.

One thousand anarchists broke ranks to insanely chop up store fronts and automobiles with axes.

Both the attack on General Kroesen and the wild demonstration in West Berlin were soundly condemned by West German politicians as well as journalists. Still, there is no doubt that the phenomenon of neutralism and pacifism steadily spreading over West Germany, as well as the Low Countries, has emboldened the extreme radical fringe.

The Left Fears America . . .

In Western Europe, the United States is being squeezed into an almost untenable position. Growing pressure from the political left—evidenced by recent mass demonstrations in several European cities—just might not permit the planned modernization of NATO's European-based nuclear weapons, now scheduled for 1983.

This plan calls for the stationing of 572 long-range Pershing II missiles and land-based cruise missiles in Europe. For the first time the Soviet heartland would be vulnerable from West European soil, thus offsetting Soviet SS-20 missiles targeted on European cities.

Soviet propaganda against the missiles as well as the announced U.S. intention to go ahead with the

neutron bomb has been intense. Various "peace groups" in Europe are calling for scrapping the NATO plan.

Beyond politics, however, there is the genuine fear expressed among many West Germans that the newer NATO weapons would only ensure that their country would become the prime target of nuclear attack from both directions. *Schlachtfeld Deutschland* they call it—Germany as battlefield.

According to this view the attempt to *restore* the balance is the problem: It might "provoke" the Kremlin to further aggressive action—eventually perhaps even a preemptive first strike.

Writes Josef Joffe in the Spring 1981 issue of *Foreign Affairs*, "... there is a generation moving into positions of power [in West Germany] which, having experienced nothing but peace in Europe, can only respond with impatient disbelief to their elders' claims that a strong defense is indispensable to a stable detente." (Mr. Joffe is a senior editor of the West Germany weekly *Die Zeit*.)

The Right Fears "Finlandization"

At the same time, concern over the drift of events is rising among influential powers-that-be in politics, banking and industry in West-

ern Europe. What these men—"the elders" referred to by Mr. Joffe—see is hardly reassuring to continued peace and prosperity for Europe.

This conservative element is fearful that Mr. Reagan will now be unable to close the so-called "window of vulnerability." This is that time in the middle to late 1980s when the United States is expected to suffer from a serious gap in strategic balance with the Soviet Union.

During this period, the Soviets, should they choose to do so, could possibly succeed in launching a nuclear first strike against U.S. forces without fear of nation-destroying retaliation.

Should this gap occur, coupled with a delay in deploying NATO's new generation of weapons in Western Europe—a likely possibility—all of Western Europe would be extremely vulnerable to Soviet "do it our way or else" pressure.

"Finlandization"—that process whereby Western Europe's freedom would be inevitably compromised to dictates from Moscow—would no longer be a clumsy phrase but a grim fact. Out of sheer fear the majority of Western Europeans might choose "Red" over "dead." European civilization as we know it would be slowly strangled to death.

There are powerful individuals in the topmost echelons of European politics, finance and industry who see the big picture and who are greatly alarmed at the prospect of Finlandization. Free Europe's phenomenal economic success in the post World War II period is squarely on the line—and these power brokers know it.

In their view, if the United States can no longer be relied upon

to provide protection, then the answer is simple—someone else will have to do it!

Germany to Swing Right?

The key nation to watch in Europe therefore, as the dangerous decade of the 1980s unfolds, is West Germany. Trends in the Federal Republic often trail those in the U.S. by several years.

The U.S. swung sharply to the

tained Bonn's booming economy in high gear.

Since that time, Bonn's sudden economic downturn coupled with rising problems with neutralism and terrorism have made Mr. Strauss's clear warnings concerning these very trends plausible, instead of mere scare tactics.

More believable now than at that time was this statement by Mr. Strauss, given to author and international correspondent, Brian Crozier, in an interview published in the British news magazine *Now!* on February 15, 1980:

"I believe the attractiveness of socialistic slogans, of Utopian models and inflated promises, has come to an end... We must not confine our political programming to promises of more welfare and ever rising living standards. We must rekindle the real values of life in young people, and restore a sense of history and historical responsibility. Materialism is not enough."

It is likely that, following the U.S. example, West Germany will swing to the right politically in its next parliamentary elections in 1984. (Mr. Strauss may or may not run again in that campaign. He has already stated that he would not be available for the chancellorship during the remainder of the 1980-1984 parliamentary session should

the present Socialist-Liberal coalition collapse. Helmut Kohl, chairman of the Christian Democratic Union, would likely take over if the conservatives are returned suddenly to power.)

Counter-force to Russia

"Materialism is not enough" maintains Mr. Strauss. Rekindling a "sense of history" is needed. This



Alain Mingam—Gamma/Liaison

DEMONSTRATIONS ERUPTED in cities across Western Europe in 1981 against plans to upgrade NATO's nuclear weapons. American policy was the main target; Soviet weapons targeted on Europe were largely overlooked.

right in the November, 1980, national elections.

Germany, meanwhile, in its own parliamentary elections a month earlier, stayed to the left. The electoral challenge of conservative candidate Franz Josef Strauss was turned back. The average German voter feared to let loose of incumbent chancellor Helmut Schmidt, who had main-

will be difficult with a modern generation, drugged as it were, on prosperity and deceived by the illusions of detente.

But as the threat to Europe's very existence intensifies, there will surely come calls for Germany to fulfill once again its historic role as a bulwark of Christian civilization against the atheistic challenge from the East.

Time is short. For each week that passes, one new SS-20 is added to the Soviet arsenal.

The preferred answer, says Mr. Strauss in the *Now!* magazine interview, is to "restore the validity of the American security guarantee for Europe by deploying medium-range ballistic missiles in Europe itself."

It is absurd, Bavaria's minister-president claims, to expect Americans to deter the Russian SS-20s targeted on Europe by threatening to use their intercontinental strategic weapons alone. In that case, says Mr. Strauss, the Americans risk a destruction of their own country, "so that the Europeans become hostages and the Americans are paralyzed."

Bavaria's strong man leaves no doubt where he stands on this life-or-death-for-Europe issue. "There must be," he stresses, "an adequate counterforce on European soil."

One gets the distinct impression that if America can't provide this "adequate counterforce," then Europe, or at least Germany, must do it—somehow, some way!

Advanced nuclear technology is present nearly everywhere in Europe. Warheads already exist—in the possession of the French and British nuclear forces. All that is lacking—which is considerable—is access to sophisticated

delivery systems, such as cruise missiles.

"Third Force" Coming

The dim outline of Europe's destined future is becoming clear. For decades—even before the conclusion of the Second World War—the editors of *The Plain Truth* have announced to readers that, based upon history and biblical prophecy—specifically the 13th and 17th chapters of Revelation (coupled with the book of Daniel,



U.S. SECRETARY OF STATE Alexander M. Haig Jr. confers with West German Chancellor Helmut Schmidt (right) and Foreign Minister Hans-Dietrich Genscher. U.S. and European officials are confronted with a rising public tide of neutralism in Western Europe.

chapters 2 and 7)—there would eventually arise a powerful "third force" in Europe, one last reconstitution, in modern form, of the ancient Roman Empire.

For the past three decades the nations of free Europe have inch by inch coalesced into a common economic bloc. But the impetus to go beyond economics to political union has ground to a halt, crippled by national jealousies and suspicions.

The final union of Europe will more likely be forged out of fear that Europe's near two-millennia-old Roman Catholic-based culture is about to be trampled under the heels of atheistic Soviet "scientific socialism."

As Flora Lewis, diplomatic correspondent for the *New York Times* puts it: "Europe may save itself by sheer fright when it actually looks over the precipice it has been approaching for years."

Ultimatum to Moscow

When—not if—Europe gets its own independent nuclear strike force, its future leaders will be able at last to neutralize the threat from the East.

At such a future time, the world will be stunned—shades of 1939—to hear of an unexpected turn of events, a new "nonaggression" pact between a probable German-led Europe and an outwardly contrite Soviet Union. (*The Plain Truth* has warned its readers periodically of such a future possibility.)

A deal might be struck to move back the Iron Curtain to Soviet borders in exchange for agreeing to respective "spheres of influence." These spheres of influence could extend even into the Middle East (Dan. 11:41-44).

In Europe itself, a "deal" would undoubtedly involve the breakup of NATO

and the forced removal of American forces from Europe—in exchange for a withdrawal of Red Army forces to behind the Soviet border.

The way would be open not only to reunite Germany, but to free Russia's troublesome East European satellites. A new Europe would arise out of East, West and Central Europe.

The great image of Daniel 2 not only has "10 toes," but of course stands upon two feet. The coming 10-nation union might very well consist of five nations or groups of nations from Western Europe (possibly considering the Benelux coun-

(Continued on page 40)

DEATH OF A STATESMAN

by Keith Stump

POSSIBLY no figure in Arab history has been more honored and more vilified than Anwar Sadat.

Within Egypt and in many countries around the world, the death of Mr. Sadat was mourned as a blow to the cause of peace. But his Arab opponents greeted the news with jubilation.

A man of unique qualities, Sadat did more than any other individual in modern history to change Western concepts of the Arab people. He was widely viewed as a moderating influence and stabilizing force in the volatile Middle East. Even many who publicly disagreed with him privately admired his courage and conviction.

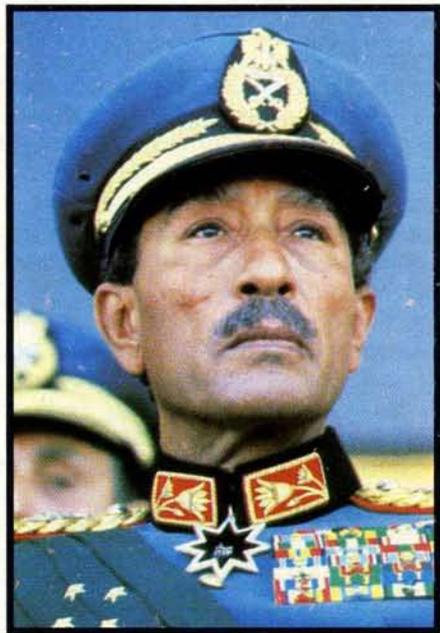
Anwar Sadat was born on December 25, 1918, in the poor Nile Delta village of Mit Abul Kom. The nearest bus route was a mile away. In his 1978 autobiography *In Search of Identity*, he proudly called himself "a peasant born and brought up on the banks of the Nile."

Sadat's father was a civilian clerk in the army. His mother was part Sudanese. The family eventually moved to Cairo and Sadat entered the Royal Military Academy, graduating in 1938. One of his classmates was Gamal Abdel Nasser.

During World War II, Nasser and Sadat became friends. They were active during the war in the pro-German underground. Sadat was imprisoned for his anti-British activities.

After the Allied victory, Sadat resumed efforts against British colonial domination in Egypt. He was twice jailed for involvement in plots against royalist politicians in Egypt but was acquitted both times. Released from jail in 1948, he drove a truck and worked as a journalist.

Regaining his captain's rank in



Anwar El Sadat 1918-1981

the Egyptian army in 1950, Sadat and eight other officers, including Lieutenant Colonel Nasser, began plotting the overthrow of King Farouk and the final ouster of the British from Egypt. The nine men led what became known as the Free Officers Movement, with secret cells planted throughout the Egyptian military.

Sadat was a member of the Military Command Council that seized control of Egypt on the night of

July 22, 1952. The revolution led to the exile of Farouk and the emergence of Nasser as strongman and president.

Sadat held a number of jobs under President Nasser, including secretary general of the Islamic Congress, editor of the government daily *Al Gomhouria* and president of the National Assembly.

Sadat was not as visible as some other "free officers" around Nasser. But he endured and above all, he was loyal. Finally, less than 10 months before Nasser died, he named Sadat vice president.

On September 28, 1970, Nasser died of a heart attack, leaving a void few thought could be filled. Into the void stepped Anwar Sadat, a virtually unknown personality outside Egypt. Many saw him as merely a caretaker president. "We're suffering two plagues at one time," one joke went. "First Nasser dies. Then we get Sadat."

Sadat, however, quickly set about forming his own policies for a stronger and more independent Egypt and establishing a firm personal leadership.

In July, 1972, Sadat abruptly ordered the withdrawal of thousands of Soviet advisers from Egypt and started turning Egypt's orientation from the Soviet Union to the United States. This represented a radical departure from Nasser's longstanding pro-Soviet stance. Sadat later wrote, "I wanted to tell the whole world that we are always our own masters."

In 1973 Sadat led Egypt in what he described as a "glorious Arab victory" in the October 6 War against Israel. He sent his troops

Claude Salhani—Gamma/Liaison



MOMENTS BEFORE HIS ASSASSINATION, Egyptian President Anwar Sadat sits in reviewing stand flanked by Vice President Hosni Mubarak and Defense Minister General Abdel Halim Abu Ghazala. Inset photos: Mr. Sadat arrives at parade site in limousine (top); Egyptian soldiers in military procession display their weaponry (bottom).

storming across the Suez Canal in an operation that caught the Israelis by surprise. Though ultimately defeated militarily, Egypt had scored an enormous psychological victory. The war did much to rebuild national self-respect that had been severely shaken in the disastrous Six-Day War of 1967. Egyptians hailed Sadat as a hero.

In 1974 Sadat launched a policy of economic liberalization that led to invitations to European and U.S. companies to do business in Egypt. Despite these moves, Egypt was still plagued with a desperately poor economy. In a nation of 38 million people, with one fourth concentrated in the teeming capital of Cairo and the rest spread out on narrow strips of fertile land along the Nile, per capita income was only \$250 a year. The cost of maintaining a battle-ready army of 300,000 men left few funds for Egypt's development.

In November, 1977, Sadat stunned the world when he declared he would go to the ends of the earth, "even to the Israeli Knesset [parliament]," to discuss peace if it would save even one Egyptian soldier.

Less than two weeks later,

Sadat was in Israel, electrifying his own nation and horrifying most other Arab leaders. He became the first major Arab leader to proclaim his willingness to accept Israel's existence as a sovereign state. The trip totally shattered Arab precedent.

Sadat's visit to Israel culminated in the 1978 U.S.-mediated Camp David Accords and a peace treaty with Israel signed on March 26, 1979, in Washington. The treaty ended three decades of conflict between Egypt and the Jewish state. With Israeli Prime Minister Menachem Begin, Sadat was a joint winner of the 1978 Nobel Peace Prize.

While making peace with his old enemy, Sadat made enemies of many former allies. Hardline Arab states, condemning Sadat as a "traitor to the Arab cause" and a "pawn of Zionism," blackballed him from the Arab community. Their response stemmed from the fact that the treaty did not provide a timetable for full self-determination for the West Bank Palestinian Arabs, leading eventually to an independent Palestinian State. Libyan leader Colonel Moammar Khadafy, Egypt's west-

ern neighbor, was one of Sadat's harshest critics.

Sadat nevertheless persevered in his conviction that his was the best route both for Egypt and for the region as a whole. That conviction eventually brought about his death.

Sadat was well-educated and had taught himself English, French, German and Persian. He spoke in wonderful resonant tones. His dazzling smile came across well on television, where he used his rural roots to build a "man of the people" image.

Many say Sadat's subtle elegance was due to his half-English second wife, Jihan, by whom he had three daughters and a son. The beautiful and aristocratic-looking Mrs. Sadat became something of a rarity in the Arab world, an aggressively public woman who played an active role in public affairs and championed a new role for women and other liberal causes.

President Sadat's assassination on the eighth anniversary of the October 6 War raises new uncertainty about the future of the Middle East. The long-range geopolitical effects of his departure will be major. □

The Laws of RADIANT HEALTH

by Roderick C. Meredith

Isn't it time we recaptured the zest, the bubbling energy and radiant health intended by the Creator?

LOOK AROUND you—especially at the people, their faces, their eyes, their bodies. How many radiate an energetic zest and joy for life? How many have well-formed faces, are strong and vibrant?

What about you?

Are you bubbling over with energy and enthusiasm? Are you free from pain and sickness? Do you have the drive and consistent good health to lead, to produce, to accomplish—to fulfill the purpose of your life successfully?

Make no mistake!

Poor health can adversely affect your job, your marriage, your social life—everything!

Your bodily health greatly affects your drive and zeal—even in spiritual matters. It affects your warmth and friendliness—your whole personality. You simply cannot afford to remain sick or “below par” most of the time. You need to find the cause of sickness and the WAY to build radiant health.

Cause of Illness

People do not just happen to get sick! There is a cause for every effect. And there is a definite cause for all sickness, disease and

physical suffering that is so common in this modern world.

Why, then, are so many sick today?

We find the answer where most people have never looked. Right in your own Bible. There you will read, in I John 3:4, that sin is the transgression of *law*. That's the Bible definition of sin. Spiritual sin is the transgression of God's *spiritual* law, the law of love summed up in the Ten Commandments. But there are *physical* laws, too, that regulate physical health. If you break these laws, or if they are accidentally broken, it is a transgression of *law*—and a penalty is exacted. The penalty is sickness—or physical suffering of some kind.

When Jesus Christ healed the sick, it was the forgiveness of physical sin. Notice how Jesus healed a man sick of the palsy (Luke 5:18-26). He said to the sick man on the bed, “Man, thy sins are forgiven thee.” Read this account carefully. In healing the man, Jesus forgave the physical sins that had caused the palsy.

The cause of sickness is the transgression of physical laws that God has set in motion to govern the operation of our human bodies. These laws are just as real as the law of gravity, and the penalty for breaking them is just as sure.

God has left it up to man to dis-

cover most of these laws. But God does reveal the basic principles we should go by, and, in addition, He specifically reveals those laws governing health which we would not otherwise be able to learn. (See, for example, Lev. 3:17.)

Yes, God does wish us all to “prosper and be in health” (III John 2). And through the apostle Paul, He commands us to “glorify God in our bodies.”

Using the health principles in God's revealed Word as a guide, and utilizing the results of man's observation and research into this subject, we can learn the definite laws that govern our physical health. By really understanding and obeying these laws, we can build the kind of radiant health that will enable us to live the kind of full, active and joyful lives that God intended.

There is no excuse for feeling and being only half alive! The mounting rate of sickness, suffering and death clearly shows that this world has lost the way to health—the way to live. We need to learn how to really live!

What, then are these physical laws that affect our bodies—and our lives—so much?

1) Build a POSITIVE Mental Attitude

One of the least understood factors governing health is the profound

effect that the mind has upon the body. A large part of the common ailments of mankind are caused not so much by the body, as by the mind. Ulcers, indigestion, headaches, eyestrain, nervousness and a host of other ailments are often found to be directly caused by the condition of the mind, not the body.

Physical nourishment and care alone are not enough. God inspired Solomon to write in Proverbs 15:17: "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."

Haven't you known families who engage in a "free-for-all-battle" during nearly every meal? Perhaps they are ignorant of the fact that fighting, nagging and quarreling at the table are almost certain to cause nervous indigestion and other ailments.

Few people today have the sense of contentment and real peace of mind upon which good health is predicated. They need to learn to relax, and to put living faith in God to guide them in solving the little problems that plague so many people.

This first requirement of good health is something that people who reject the knowledge of God can never fully hope to achieve. They may go to physicians and to psychologists and psychiatrists with their mental ills and fears. But it is God alone who can give real peace of mind. "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Phil. 4:7). And again, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Prov. 17:22).

Jesus said, we are to take no anxious thought for the morrow, but put faith in God for each day as it comes. Nearly all the really successful people in the world have a forward-looking, positive, enthusiastic approach to life. They dwell on what can be accomplished rather than on bad or depressing news, or on problems that "can't" be solved. Consciously or unconsciously, they build this attitude into their lives.

The apostle Paul said: "I can do all things through Christ which strengthens me" (Phil. 4:13). Learn to become a "can do" person. Learn to be enthusiastic and positive about life. Learn not to allow your mind to dwell on negative or depressing thoughts.

You must learn to be in control of your thoughts. By building a positive and enthusiastic attitude, you will be building a major part of the foundation for radiant health.

2) Food and Fasting

We are what we eat. The body is formed from the foods we eat. Yet the average person has very little knowledge of what he really ought to eat to build a strong, vigorous body.

If the foods most of us eat were fed to a rat, the rat would soon die of starvation! Why? Many of the products commonly called foods are of little value in sustaining, nourishing or building the body. They often clog the digestive system, aggravate it and become a real burden for the body to eliminate. In many cases, they act as if they are poisons—not foods!

The basic thing to remember in selecting foods is to be sure you eat as natural foods as possible that have been altered as little as possible in man-made "food" factories.

Take care that your food is properly prepared so as not to destroy the body-building elements. Avoid starchy, greasy, sugary concoctions that may taste good at the moment, but that contain little of nutritional value and will in time wreck your stomach.

Remember the principle that your foods should be natural foods—as God caused them to grow or be formed in nature. These could include genuine whole grain breads (without preservatives added) and cereals, fresh fruits and fresh vegetables—cooked at low temperatures so as to preserve their nutritional value, lean meats cooked without excess grease or fat, and dairy products—including certified raw milk when possible.

Few people fully realize the con-

sequences caused by such "refined" or "improved" products as white bread, white sugar, canned and heavily sweetened fruits and vegetables and pasteurized milk, when these are substituted for the natural products that God intended as food. So eat a balanced diet of natural foods. And learn to prepare all foods so as not to destroy their nutritional value.

Under the heading of diet, we should also consider the health value of water. Pure drinking water—and plenty of it—is one of the greatest aids to eliminating body poisons and keeping the entire system clean. It is an aid in preventing or overcoming constipation—that source of so many bodily ills. Doctors have commonly recommended a person drink six or so glasses of pure water every day—preferably between meals. Never use it to wash your food down.

Greatly restricting one's diet is known as fasting. The practice of fasting as a health measure is as old as the human race. Every animal when sick will refuse to eat. It loses all appetite. Governed by its instincts, it fasts until it is well—a sure cure provided by nature.

But what about humans?

Doctors and dieticians agree that we humans are in the habit of eating more food than our bodies require. If food is used in excess of bodily needs, it's bound to produce a clogging up of the vital processes, for if it is not needed it is invariably harmful and becomes productive of causes that lead to sickness and disease.

The greatest number of sicknesses are caused by the presence of a poison in the bloodstream. Fasting enables the body to cleanse itself of the accumulation of the products of an imperfect diet. As food intake is retarded, elimination proceeds rapidly and the body is truly "housecleaning" itself.

For many, many common sicknesses such as colds, headaches, fevers and stomach distress, fasting is an effective and often the only natural cure.

In a strictly health fast, water only should be taken, or, in some

cases, fruit juices may be taken to provide necessary strength.

Jesus Christ said His disciples would fast (Mark 2:18-20). Fasting is not only a good spiritual practice, but it is a marvelous natural means of preserving health. Consult a physician, however, before undertaking any lengthy fast.

3) Cleanliness and Dress

It has been said that "cleanliness is next to godliness," and, while this saying didn't come directly from the Bible, the principle is certainly correct.

To teach ancient Israel the habit of cleanliness, God instituted ceremonial regulations commanding the people to bathe or wash their clothes after coming in contact with likely disease carriers (Lev. 11:29-47). The physical lesson to be learned from these ceremonies is that we should keep our physical bodies clean.

Regular care of the skin, hair, nails and teeth, and freedom from perspiration odor are essential to cleanliness and contribute to health. Waste products are eliminated through the pores of the skin, so regular bathing is important.

Keeping your person, your clothes and your living quarters clean will not only aid in promoting vigorous health, but will tend to keep your thoughts on a higher level and keep you closer to God.

Untold physical impairments are caused by the wearing of tight, ill-fitting or unsuitable clothing. Clothing should afford proper protection from the weather and should be loose fitting and comfortable. The wearing of extremely tight girdles or corsets by women often results in the cramping of vital organs and the weakening of muscles and tissues in the abdominal and pelvic areas—often causing physical distress in later life, and sometimes resulting in the inability to have children normally. It just doesn't pay.

Also, high-heeled shoes that throw the whole body out of line often cause harm not only to the feet, but to the entire body. Another common fault among women is wearing unnecessarily tight-fitting

shoes, which cause bunions, corns and in-grown nails.

4) Sunshine and Fresh Air

Exposing a good portion of the body to the sun's rays is beneficial. The sun's rays that provide the greatest benefit to health are the ultraviolet rays. These rays aid in the utilization of phosphorous and calcium, and vitamin D is formed primarily through this influence.

Try to spend time out of doors in the open air and sunshine as you can. But remember that there is danger in sunlight if the body is exposed too long before it is conditioned to the sun. So, in acquiring a tan, you should proceed cautiously.

And take deep breaths of pure,

“
The mounting rate
of sickness,
suffering and
death clearly
shows that this
world has lost the
way to health—the
way to live.
”

fresh air. After all, breath is the stuff life itself is made of (Gen. 2:7). Breathe deeply to be healthy.

We breathe to get oxygen into our systems. Every vital process in the body depends on oxygen for its performance. The more you breathe pure, fresh air, the more pep you will have, the brighter will be your color, the more alert you will be and the better posture you will have.

Most of us take in enough air to sustain life, but not enough to live it vigorously.

Exercise

In this day of push-button gadgets and automobiles, millions of people are only half the physical specimens they ought to be—because of a lack of exercise.

Notice a crowd of people some time. Observe the various sizes and shapes. Am I talking about a need for huge, bulging muscles?

No. Except in a few cases, they are entirely unnecessary in modern life—and constant expenditure of time and energy would be necessary to keep them in that condition.

But many people today do need an intelligently planned program of exercise. Exercise stimulates deep breathing and increases blood circulation; it aids in the expelling of poisons from the system, and tends to produce normalcy in all bodily functions.

While work leaves one tired and sometimes enervated, proper exercise is of remarkable assistance in building up energy. The body is often recharged after systematic calisthenics, and this form of exercise can include all of the muscle groups of the body—whereas regular work or games often neglect some of these, while overtaxing others.

Especially for young people, games and sports naturally afford an enjoyable opportunity to get needed exercise. But these should be supplemented with calisthenics or some form of exercise at home as one grows past that stage in life and tends to neglect physical exercise.

Walking and hiking are excellent forms of exercise for people of all ages and occupations. But vigorous young people should supplement even these with some form of activity that directly utilizes the arms, shoulders and torso.

One of the very most important types of exercise is called aerobic exercise. The word is taken from the Latin and means simply "with wind." It means the kind of exercise where you are forced to do regular, continuous deep breathing.

This kind of exercise is vital in building and maintaining your cardiovascular system—your heart, lungs and liver. Nearly every coach in any major sport knows that this is the type of exercise to get athletes into condition.

"With wind," it means. Deep and continuous breathing and panting with the corollary vigorous

workout for the heart muscle that this involves. So football, basketball and baseball players "take their laps" and do a lot of running in the conditioning period. Swimmers take their laps. Boxers do their "roadwork"—running and jogging—and continuously skip rope besides.

Do you have to become a jogger?

No, although in certain cases that is ideal. You could swim a number of laps each day—slowly working up to at least a quarter mile daily. Or you could get a bicycle and go cycling for several miles nearly every day.

Buy a good book on aerobic exercise. Some local "YMCA's/YWCA's" offer free aerobic dancing classes or similar programs. If you are past middle age or have a heart condition, start slowly and work up a vigorous walking program—preferably under a physician's guidance. You probably can build up to where you are vigorously walking at least two miles nearly every day!

But do something. For the increased energy and stamina, the sense of exhilaration and the better all-round good health will be more than worth it!

Don't overdo and wear yourself out or get shinsplints. And be careful. Don't get hit by a truck!

Because of the tendency in the apostle Paul's day to glorify athletics and idolize athletes, Paul wrote Timothy: "For bodily exercise profiteth little: but godliness is profitable unto all things" (I Tim. 4:8). Notice that Paul did not condemn physical exercise, but merely showed that it does profit a little, or for a little while, as compared with godliness which will profit through eternity.

But few of us in this age are inclined to get too much exercise, and we do need a proper amount to build the kind of abundant, radiant health we should all enjoy.

Building a strong, supple, graceful body does require effort. But it is eminently worthwhile—especially in this day when we are inclined to let machines do everything while our own bodies stagnate.

6) Sleep and Rest

Many people, especially students, are inclined to delude themselves with the idea that they can drive themselves on in work or play, then catch up on sleep later on—and be none the worse for it. Nothing will take the place of regular sleep and rest in its recuperative effect on the human body.

Man can go much longer without food than he can without sleep, and sleep becomes unbelievably necessary after long periods of sleeplessness.

Sufficient, regular sleep for most adults ranges from seven to nine hours each night. This is definitely not wasted time. It will enable one to be fully alive during his work

“

In depriving yourself
of sufficient
sleep and rest
you will accomplish
not more, but less.

”

and play, and to live a longer and fuller life in the end.

However, too much sleep is not a benefit. Rather, it is depressing and causes sluggishness and a state of lethargy. We are warned in Proverbs against oversleeping and laziness (Prov. 24:33-34).

In addition to regular sleep, many health authorities recommend one or more short periods of rest throughout the day to recharge our worn nerve batteries.

When God said, "Six days shalt thou labor and do all thy work," He was giving a law of health—as well as a spiritual principle—that will never grow old. Both physically and mentally, we need to rest every seventh day—and so God gave the Sabbath rest as a great blessing.

Thousands of years ago, God knew and enunciated what many men still haven't found out—that

in depriving yourself of sufficient sleep and rest you will accomplish not more, but less, in the end.

Take ACTION!

You now know six of the seven basic laws of radiant health. Here they are summarized: 1) Quit worrying, arguing, bickering. Maintain a tranquil mind—a positive attitude. 2) Be sure you have a balanced diet of natural foods. Learn the value of drinking plenty of water, of fasting and of avoiding constipation. 3) Remember that cleanliness is vital to good health, and that suitable clothing is also necessary. 4) Derive the maximum benefit from sunshine and fresh air. 5) Plan a program of regular, sufficient exercise. And stick to it! 6) Let your body recuperate from work and play through proper sleep and rest as God intended.

Remember these six basic health laws; study them in detail; and most of all, practice them!

You must put them to work and LIVE by these laws! It will take some effort, but the reward of a strong, graceful, vigorously healthful body will more than repay your efforts.

Of course, if you have already broken these laws most of your life, you will not attain as great benefits as if you had started early. And in all honesty, we must realize one factor that we have nothing to do with—our heredity, and the fact that some of us have inherited certain weaknesses that may never be fully overcome.

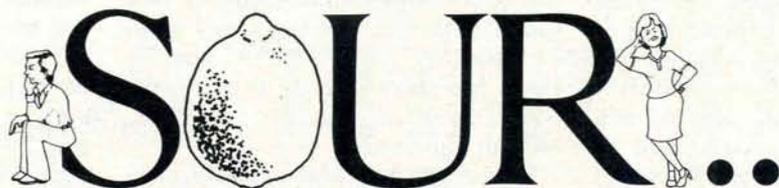
But nearly any physical condition can be greatly improved if the right steps are taken.

So put your shoulder to the wheel! Radiant health is worth working for. And applying these physical laws is important spiritual training.

And be sure to read the concluding article on this topic of health—it's about the forgotten health law. A law that is so important that neglecting it will totally undo any benefit derived from obeying the others!

So watch for it. Right here. Next month. □

WHEN MARRIAGES GO



ATTITUDES THAT



by Donald D. Schroeder

Here are ways to improve and heal damaged relationships between mates!

IS YOUR marriage as happy as you want it to be? Or is it troubled?

Did you know that a marriage doesn't have to remain perpetually locked in unhappy categories astutely labeled by one marriage counselor as the Spare-Time Battlers, or the Weary Wranglers, or the Gruesome Twosome?

God never intended marriage to be this way! Such marriages are the result of breaking spiritual laws set in motion by the Creator.

God established immutable spiritual laws that, if obeyed, will produce happiness and love in marriage as in all human relationships. Break these dynamic living laws and we guarantee marital unhappiness and misery.

The Husband-Wife Relationship

God created humans male and female. And for an incredible transcendent potential, little realized. He created woman to be a helper and companion to man (Gen. 2:18). Few realize today the

Almighty Creator ordained that man shall rule over his wife and properly lead her. But emphatically not as an irate master unjustly and cruelly ruling a slave.

This needs UNDERSTANDING. There are two areas in the husband-wife relationship. One, a husband, as captain of a two-person team, must call the signals. But, on the other hand, there must be teamwork. Where opinions, ideas and preferences differ they must be wisely, lovingly discussed on a basis of equality. For a husband and wife are, indeed, heirs together of the grace and kingdom of God (I Pet. 3:7).

Damaging marital relations cannot be solved if marriage partners forget the structure of government God ordained in marriage. Society is trying to play a game with 50-50 marriages; it doesn't solve problems—it compounds them.

The leader of a marriage, the husband, and the wife must not act in ways that antagonize the other member. The husband should take the lead in resolving differences and encouraging cooperation.

Isn't it time you learned or

recaptured the loving and healing marital values and attitudes?

What are the wonderful attitudes that lead mates to build each other up instead of tearing down each other? How should mates approach each other to heal the wounds of misunderstandings and past mistakes?

How should mates communicate feelings? Communicate needs to each other so both partners can start to tackle their problems and difficulties in a constructive way?

There is a way! Now is the time to try anew to improve or, possibly, to save your marriage by expressing these healing attitudes!

What are those wonderful attitudes?

Express Appreciation

Damaged marital relationships need a positive first step in the right direction. Somebody has to



Illustrated by Greg Sandilands—PT

step forth first and break harmful patterns of communication.

Before you married, you saw qualities that you appreciated in your mate. Undoubtedly you expressed your admiration and appreciation of these qualities many times and in many ways to the one you loved. But in marriage so many make the *big mistake* of failing to continue to express appreciation for the small things—or even the big things—provided by their mates. Even good marriages can slowly sour and die because husbands and wives take each other's labors and efforts for granted.

What good qualities do you appreciate in your mate *now*?

No, I don't mean for you to immediately reply, "But he (or she) has all these bad qualities and habits that bother me!" Right now focus your mind on your mate's *good* qualities. List them in your mind. Write them down to impress your mind if you have to. It's important to recognize good qualities in a mate or in your marriage even if those qualities seem to be only a few now.

Are you *thankful* for those qualities? Have you recently told your mate you appreciate them in him or her?

If you're a wife, maybe your husband is not as considerate or affectionate as you would like, but he's a good provider of physical necessities. Have you told him you appreciate his efforts and energy to provide for the family?

If you're a husband, maybe you feel your wife is not handling her part of the budget as thriftily as she could. These are difficult and inflationary times for all. Have you told her you appreciate her efforts to do the best she knows how under the circumstances? Have you encouraged her, not harangued her, about handling her expenditures? Have you commended her for her care of the children perhaps, or her house-keeping, or possibly the added income she provides?

There isn't a human being alive who doesn't want to receive appreciation. God created that a living law! Break that law by constant focus on negative things or prob-

lems about a person, and everything in life begins to appear totally negative.

Lack of expressing appreciation for good things causes one to lose touch with the reality of any good in another. Many mates destroy their marriage out of ingratitude. Marriage counsellors see this problem all the time.

The scriptures teach us the need to be constantly expressing appreciation to each other, "Giving thanks *always* for all [good] things . . ." (Eph. 5:20).

You want to be appreciated? Then express genuine appreciation to your mate—or to any other person for that matter.

If you are consistent at expressing appreciation where it is due (and it is due even for small things others do for us), there will be a remarkable response. Maybe expressing appreciation won't solve all your marital problems, but it is a positive first step to improve and heal wounded marital relations and communications.

Jesus taught us the critical overall principle in all right living: "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is [the purpose of] the law and the prophets" (Matt. 7:12).



Give Honor and Respect

It may seem difficult at times of heated differences of views or opinions, but again, every human wants to be shown honor and respect. Differences of opinion are not an excuse to drop respect.

What happens when husbands and wives fail to show respect and honor to each other—or to any other person? An automatic wall of suspicion is created. Others are more easily hurt, more touchy, when we must

point out their mistakes. They are less receptive to even constructive correction. Many disrespected, unappreciated persons start imagining wrongs and insults when none are intended or exist.

God commands us in all of our human relationships, "Honour *all men*" (I Pet. 2:17). Yes, even if a person does not always express right character!

Why?

Because respect breeds respect! Disrespect inflames bad feelings. It makes a good situation bad and a bad situation worse.

Remember, your mate is a person who willingly gave up many personal options and freedoms to marry you. Have you shown honor and respect to your mate for taking on the challenge of marriage and family responsibilities? Or to live with all your imperfections? Treat your mate with dignity and, chances are, he or she will want to rise to a higher level of respect for you!



Be Forgiving

The attitude, "I'll never forgive you for that!" is the surest way for wounds and hurts in marriage never to heal. An unmerciful, unforgiving attitude leads to discouragement and depression. It inflames tension and strife. It hardens discord and hate.

How many mates have the habit of dredging up past mistakes—in private or public—to embarrass or put down a mate? That's being unmerciful and unforgiving. It reopens old wounds.

You, of course, want mercy and forgiveness for your shortcomings. You don't want them repeated again and again. Then be willing to show the wonderful attitude of mercy and forgiveness to another. "Be ye therefore merciful, as your Father [in heaven] also is merciful," instructs scripture (Luke 6:36).

(Continued on page 38)

WORDS THAT HURT

WORDS THAT HELP

by Donald D. Schroeder

Careless words and statements do enormous damage. They need to be rooted out of our vocabulary.

WHAT'S the matter with you?" "How many times do I have to tell you . . . ?" "The trouble with you is . . . !" "How dumb can you be?!" "Can't you ever do anything right?" "You *always* do that!" "You *never* . . . !"

How often do we hear persons demeaned—belittled—by such careless and harmful statements?

Or by these:

"If you're so smart . . ." "All you ever do is . . . !" "Why can't you be like . . . ?" "You look like a . . ." "You'd forget your . . . if it wasn't . . . !"

These and many similar put-downs seem automatically to pop out of many persons' mouths—perhaps yours—in some frustrating moment or difficulty with others.

Sarcasm, name-calling, put-downs, accusations, sweeping negative overstatements are all too common. Others do it. Perhaps we learned to do it too. Maybe they are such a habit, we don't even realize their harmful impact.

When such words are spoken to us, do we feel good or uplifted? Of course not! They are not words spoken in the spirit of true love—that is, in a way that is constructive and helpful.

What we're really saying is: "I don't respect you. I don't care for your feelings as a person. You're

below me!" The attitude behind put-down, belittling words is human pride. It's human self-exaltation! It's really an attitude subtly implanted in us as a result of Satan's bombardment upon human minds (Eph. 2:2-3)—or learned from others so affected.

Cutting, belittling words and phrases need to be rooted out of our lives. Repeated often enough, demeaning put-downs get through the toughest skin and cause anything from a distorted sense of shame to blind rage. Or mental depression, mental illness or suicide. "Death and life are in the power of the tongue," warns scripture (Prov. 18:21).

Parents to Children

Children too frequently bear the brunt of put-down statements or demeaning words from parents or others. Such words turn some youths into totally crushed, inward-looking, futilized persons. They feel worthless.

Other youths try to protect their tender egos from the hurts of such statements by hardening attitudes of disrespect to adults or shouting more demeaning insults to other children. The vicious cycle proliferates.

The habit of saying, "You *always* do something wrong!" or "You'll *never* learn!" can turn an able, talented child into a youth or adult of stunted intelligence and achievement; an individual with little confidence.

Dr. Selma Fraiber in her book

The Magic Years says, "A child needs to feel our disapproval at times, but if our reaction is of such strength that the child feels worthless and despised for his offense, we have abused our powers as parents and have created the possibility that exaggerated guilt feelings and self-hatred will play a part in this child's personality development."

Words That Help

In your next aggravating situation, instead of spurting out a harsh, cutting or demeaning response to someone, put a governor on your mouth. Instead say: "Please . . ." "Please hold the door wider. . . Please be neater. . . Please be more careful. . . Please let me show you."

Please is a word that helps us show respect. It puts our minds in a more constructive frame. We deal with others in a more positive and beneficial way.

Maybe a child accidentally knocks over a glass of some drink (and who hasn't?). An uncaring person might respond: "You careless kid. Watch what you're doing!" What's so damaging about such a statement is that we are *branding* a child with a characteristic (carelessness) that may not be true at all. Maybe the parents have failed to set the table properly for children, or have failed to train the child to be more careful.

How much more helpful to quietly say in such a situation, "Now go get a sponge and clean it

up. And please do be more careful." The child isn't branded as totally inept, instead we express faith in their ability to solve the problem and be more careful.

So often we hear individuals retort in some frustrating situation with wild overstatements, such as "You *always*..." or "You *never*...!"

The danger with such statements is in creating a false or exaggerated reality. The person we are accusing probably at times does do what we want. "You *never*..." starts to program a false reality in the accuser's mind. That discourages the accused person from doing anything if the accuser so carelessly forgets the beneficial things he or she has done.

Why not say, "Please, I would appreciate it if you would..." Or "Would you help me...?" Or "Would you please...?"

We're more apt to spout out some curt or hurting words when we're tired or emotionally upset. The children run up and ask, "Read us a story!" Or the wife asks, "I need your help." Instead of a harsh "No!" or "Don't bother me!" say "I am exhausted and upset. Please wait a while first, OK?"

You've explained your present feelings without putting someone down in the process. And you have not closed the door to positive help later.

Rather than responding to someone's mistake with a demeaning put-down, we can show disapproval but still be respectful by saying, "I don't like what you did." Be specific about the situation. Don't label the person with damaging names or shoot out a clever put-down. You only create or compound bad feelings, or another problem.

The key to saying helpful rather than harmful words to others is always to show *respect*.

Break the Cycle

If you've been guilty of expressing demeaning, putdown statements to others, stop and ask yourself if you would like them said to you. Of course you wouldn't.

But if you now stop expressing

hurtful words to others there may be some delay in favorable replies to you. People you've offended want to know if you've really changed. It may take time to heal old wounds. If others respond with cutting words, resist the temptation to retort.

Break the vicious cycle of careless put-downs. Show respect and care for the feelings of others. In time others will show more respect and care for you.

"A soft answer turneth away wrath, but grievous words stir up anger" (Prov. 15:1). "A wholesome tongue is a tree of life" (Prov. 15:4). And: "Heaviness in the heart of man maketh it stoop: but a good word maketh it glad" (Prov. 12:25). "He that keepeth his mouth keepeth his life..." (Prov. 13:3).

What about you? Do your words wound and hurt others? Or do they help and edify? There are many powerful warnings in scripture about the consequences of our words.

The uncontrolled tongue, said the apostle James, "is an unruly evil, full of deadly poison. Therewith bless we God... and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be" (Jas. 3:8-10).

The most powerful warning spoken about our words is expressed by Jesus Christ: "...for out of the abundance of the heart, the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things [including good words]: and an evil man out of the evil treasure bringeth forth evil things [including evil words]. But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment" (Matt. 12:34-36).

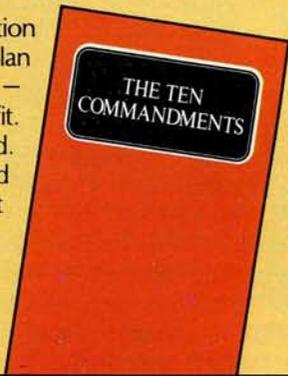
Strive to make your words, words that help—not words that hurt! □

The ORIGINAL ANSWER to age-old problems...

Our problems are many... divorce rates spiral... children are increasingly defiant... criminals too often run free while the average person worries about how to defend himself. People are paranoid. Where will it all end? Can it only get worse?

Long ago, man was given a workable solution to these mounting global problems. The plan was called "The Ten Commandments" — intended for man's own happiness and benefit. And they work beautifully when applied. Recapture these universal laws of peace and harmony in *your* life. Send for the *free* booklet *The Ten Commandments* today!

Fill out and mail the handy literature reply card in this issue. Or write to the *Plain Truth* office nearest you (see inside front cover for address).



THE TEN
COMMANDMENTS

WHAT DID IT ACCOMPLISH ?

by Clayton Steep

The United Nations designated 1981 as the International Year of Disabled Persons. But how much nearer to solution are the problems of the world's 500 million disabled people?

NOT FAR FROM where I am writing, a man sits in a wheelchair on a busy downtown sidewalk. This morning, like so many other mornings, he painstakingly maneuvered himself to a position under a storefront awning.

There he sits, slightly out of the path of harried pedestrians. His mind is absorbed in the confused jangle of city noise and the swirling fumes from passing buses and automobiles. He sits a spectator. Surrounded by society, watching the world go by.

I wish he knew life offered more than that.

The Staggering Figures

Five hundred million individuals—one out of every nine persons on earth—are disabled by birth, accident or illness. Millions of these suffer from arthritis, disabling heart or blood pressure problems, chronic bronchitis, asthma or emphysema, and diabetes. Other millions are blind or visually impaired, or totally deaf. The

list doesn't stop there; it goes on to include other degenerative diseases, birth defects, injuries from accidents, orthopedic problems, muscular and neurological afflictions, mental retardation—that's an awful lot of human suffering!

What is the reason for all these debilitating handicaps?

The Plain Truth magazine for more than 45 years has pointed out the reason for this sea of human woe. Laws have been broken—living laws. Sickness, diseases, disabilities are the penalties we pay for laws our ancestors, other humans or we ourselves have transgressed.

The Plain Truth is commissioned to announce a world in which these problems will vanish. Believe it or not, there is coming a new age—the peaceful World Tomorrow under the government of God—when all people will be taught the right way to live. The result will be that sickness and ill health will cease to plague the human race.

The prophet Isaiah pictured that time: "Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and

the tongue of the dumb sing . . ." (Isa. 35:5-6).

But what about today? Chronic ill health and disability are facts of life millions deal with every day. One reader of *The Plain Truth* wrote: "I know full well that the ultimate hope of this world is the Kingdom of God. I know that is the only way true utopia can be achieved. However, we still have handicapped people in this present age. What about them? Can we just ignore them?"

No, we can't! People have certain responsibilities to fulfill in their regard that have too long been neglected.

Our Responsibilities

While member states of the United Nations are in accord—this is in itself remarkable!—that much needs to be done to better the quality of life for the disabled, waiting for national governments to resolve the problems is futile. A pamphlet put out by the government of Ontario, Canada, is right on target: "The success of 1981 really depends on what happens on the community level. When it comes down to it, the lives of disabled people can only become more satis-

fyng and productive if individuals take action.”

The action of individuals. That is what makes the real difference. A society can pass certain laws setting standards regarding employment, mobility, special training, assistance, housing, education. That may be necessary. But it's not the whole answer. More important are individuals and decisions made by individuals or groups of individuals.

It's the employer afraid to take a little risk, the landlord who doesn't want to be bothered by "special" cases, the impatient driver who leans on his horn because the slow-moving arthritic pedestrian is taking too long to cross the street. It's the person who stands and watches someone in a wheelchair try to surmount a curb or open a heavy swinging door.

Or, worse, it's the patronizing way in which some offer their help. It's the social barriers that cannot be broken down by legislation. The blank gaze. The uncomfortable, embarrassed reaction of those who, upon encountering an impaired person, are somehow forcibly reminded of their own fragile mortality.

Keeping a Distance

Many of the problems of the disabled are due to simple thoughtlessness on the part of others.

"Bring the wheelchair over to the front here," instructed an usher at a public performance. The "wheelchair"? What about the person seated in it? Has he or she ceased to exist? Is the individual invisible? Part of the chair perhaps—a mere component along with the steel, plastic, rubber and

fabric that make up the mechanical contrivance?

No, this handicapped individual is a warm, living flesh-and-blood human being—a human being who happens to be seated in a wheelchair, but a human being first and above all.

Take the case of the blind person in a restaurant with some seeing friends. The waitress appears and asks each individual around the table what he would like to order. Then she comes to the blind man and asks: "And what would *he* like to eat?"

Why doesn't she ask the blind man himself? He has ears to hear and a mouth to speak. He has a mind to think. He is an individual personality.

This is not to say the waitress deliberately snubbed the blind per-

Some Hills Are Mountains

Photo Essay by Jackie Knapp

Ride along with us and photographer Jackie Knapp in a wheelchair and experience moments of two days in the life of Nick.

Nick is the loving father of twin sons and a new baby daughter. At one time he supported himself as a carpenter/furniture maker. He is now employed as a rehabilitation manager at Redwood Empire Industries (REI), a program of the California Human Development Corporation.

Nick helped build an entire house for his family in a rather remote area of the Bodega Bay hills. At home



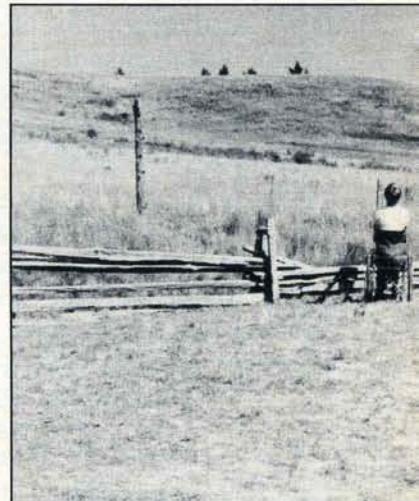
he rolls his wheelchair to the rail fence, center photo, and peers at a grassy hill—a great mountain he cannot climb.

But Nick is a very strong, together person and his



wheelchair is only a minor inconvenience in his life. To drive to work each day he must manipulate it and himself into the car, only to

have to do it all over again to open a cattle gate en route. Then it's park the car and wheel to the REI offices where he is responsible for coordinating with other agencies and establishing vocational plans for all



son. She did not. She just reacted as people often react: they try to maintain a certain distance between themselves and what is not "normal." That is a barrier that is erected individually and that can only be broken down by each individual.

A successful blind lawyer spoke for millions of chronically ill and disabled when he said he wants people to treat him "like a human being who happens to be blind, not a blind being who happens to be human."

Being a Good Neighbor

Nowhere does the simple biblical principle of "love your neighbor as yourself" apply more directly than in relations between the physical haves and the handicapped have-nots.

God's law expresses the way of out-going concern for others—the way of caring. It teaches patience. What might be considered a person's minimum responsibility toward the disabled is stated in Deuteronomy 27:18, "Cursed be he that maketh the blind to wander out of the way." And again in Leviticus 19:14, "Thou shalt not curse the deaf, nor put a stumbling-block before the blind. . . ."

What these laws are revealing is that it is wrong to take advantage of another's weakness. This principle covers a wide range of actions from deliberately seeking to harm those who are impaired to such "harmless" practices as taking an automobile parking place reserved for the handicapped.

But the intent of God's law of love goes much further than that.

The patriarch Job, while recounting his righteousness, was able to say: "I was eyes to the blind, and feet was I to the lame" (Job 29:15). Job didn't allow any psychological barrier to keep him from getting involved in helping others. He forgot about himself and sought to be useful to the less fortunate.

Do you know anyone who is sick or infirm? When did you last visit that person or minister to his or her needs? What about at least writing or telephoning? Jesus said that those who inherit his Kingdom would be those who, among other things, have visited and cared for the sick (Matt. 25:34-46). (It might as well be pointed out here that there are some disabled people who are too proud to accept help, even the kind of help



Nick's kind of problem the most difficult. There are those without arms who

developmentally disabled. They, above all, need to be treated with the kind of

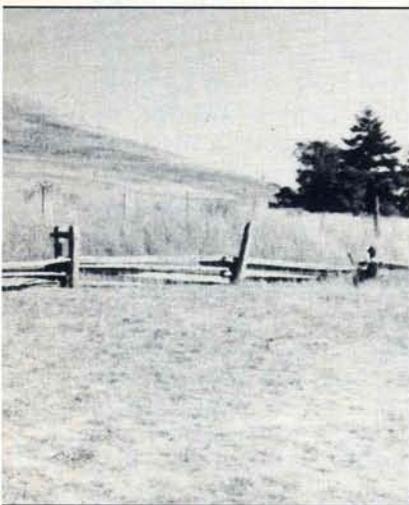


Nick told photographer Jackie Knapp he wanted readers to know his are not the problems of a newly disabled person. It has taken Nick many years to learn to live this way. Nor is



must use electric wheelchairs. And those who are emotionally and

dignity and support that the REI staff of professionals, for example, provides.



trainees.

Nick works one-to-one with each trainee in a counselor role. He also acts as an advocate to obtain needed services for trainees' personal lives. At his desk he must use the pullout to write on—the desk is too low for the wheelchair to fit beneath it.

Jesus said should be given. False pride is a problem to be overcome.)

Most people are familiar with the term "Good Samaritan." But few remember what the Samaritan did to receive commendation from Jesus. While traveling along a road, the Samaritan showed himself to be a good neighbor to one who had become physically disabled and was lying by the roadside (Luke 10:25-37). Two "religious" individuals came along first. They should have known better, but kept their distance, not wanting to become involved—though one did take the opportunity to look (verse 32). They both "passed by on the other side" (verses 31-32).

Ask any of the millions of chronically ill or impaired: How many people have you encountered today who have "passed by on the other side," though they may have taken enough time to look? How many have erected a barrier—kept their distance? The Samaritan, when he saw the disabled man, got involved. He "went to him" (verse 34) and did what he could to be helpful. Jesus said to any who would be His true followers "Go, and do thou likewise" (verse 37).

Charity? No, that's not what most disabled people are looking for. Help when it's really needed, yes. But mainly just a fair chance. An opportunity for each to do his best in society, industry, education, recreation, business—any phase of life.

Lumping Them All Together

According to some analysts, the progress being made over several years to grant more mobility, freedom of access and opportunities to the disabled has now slowed down or even been reversed. The main reason is that money is tight. Funds are not available. What with budget cuts, inflation, high interest rates and the many causes scrambling for a piece of the economic pie, what has been called the silent minority is pushed to the back of the line.

The so-called silent minority got its name in the past because there was no real organization on behalf of the handicapped. Various orga-

nizers complained that it is hard to put together marches and sit-ins when it's impossible or at least difficult for the demonstrators to travel and take part in a physically exhausting exercise. And blind people and people in wheelchairs do not threaten to riot, burn buildings and loot stores if they do not get their way.

Nevertheless, of late the silent minority has become more vocal. The resulting increase in public awareness has led to the term "surprising minority" or "unexpected minority." But putting the overall label of a minority on a group of diversified individuals has dangers of its own. It is a mistake to put all disabled people into one category. There is as much or more that is different between a deaf person and a person with no legs as there is similar. Each impaired person should be judged on his own, not as a member of a single minority. Though some few handicapped are difficult to employ, not responsible, unable to carry on normal personal relationships, dependent on charity and whatever else disabled people are supposed to be, the vast majority of handicapped are none of these. The assumption that there is a single handicapped minority harms the very ones it is supposed to benefit.

Complex Problems

Promoting discussion of the problems of the disabled, making the public aware, utilizing legal channels may help bring about some changes—it is to be hoped. But frankly, this is not God's society and we should not expect today's world to ever be reshaped and fashioned by the efforts of human beings into a utopia, fair and just for all.

There is even widespread disagreement as to exactly what is fair and workable. For example, is requiring a public transport system in a large city to have wheelchair lifts in all its buses a reasonable demand? Besides the considerable expense to install and maintain such facilities, accurately scheduling arrivals and departures for all other riders becomes a real head-

ache because of irregular occasions when it takes four or five minutes to use the wheelchair lift. The whole system suffers for a small group whose needs could be met in other ways.

Is it reasonable to expect that most doors, most stairs and most restrooms in most buildings be accessible to all disabled? Actually, it is not possible for *all* disabled. It's not just a question of wheelchairs: there are the stretcher- and bed-ridden. Don't they also have the right to go or at least be taken anywhere they wish? Where should the lines be drawn? Who is to decide which doors, which stairs, which buildings, which restrooms?

Sometimes an accommodation made for one infirmity creates a problem for another. It seemed like a good idea to lower curbs at intersections so certain handicapped people could easily cross the street. Then it was discovered that, because there was no curb, some blind people did not realize where the sidewalk ended and walked out into the traffic.

Having equal opportunity for employment is an admirable objective. And no doubt there are many disabled people who work as hard or harder than their normal counterparts. And they should be given every chance. Others however, do not—cannot—compete in the labor market. To what extent, then, should an employer be asked to subsidize a willing, valiantly trying, but, alas, unproductive worker just to help the disabled person feel a sense of worth?

And what about schools? There was a story televised about a person studying for a degree at a university. What was unusual was that this person was helpless from the neck down (it appeared as though both arms and legs were missing). He had to be carried from one class to another. Obviously, he deserves an *A* for effort and spunk. But some wondered if schools should be required to accept students with such severely limited physical abilities and even shortened life expectancy, when other applicants of equal mental capacity, but
(Continued on page 26)

What is the **RATIONAL DIET**

by Michael A. Snyder

With the astounding rise of cancer and heart disease, scientists and laymen alike are examining our food habits. What will they find?

WHY SHOULD it be in this enlightened century—this age of knowledge and advancement—that our hospitals are filled with sick bodies and sick minds? With the availability of modern research by way of electronic and print media, it would seem that this century should produce the healthiest people in the recorded history of man.

And, yes, some argue that man is generally healthier in some areas of the world than he has ever been.

But let's examine the record.

Sanitation

Before the 20th century, and in this century's earlier decades, diseases like smallpox, tuberculosis and polio plagued man. Through developments of better hygienic conditions, primarily, and vaccines, secondarily, the onslaught of these maladies was curbed. But paradoxically, it seems that once one disease falls before medical

science, new and treatment-resistant afflictions spring up in its wake.

Major epidemics like cholera, smallpox and diphtheria have all but

tuberculosis, a close friend unexpectedly expires of a heart attack. Even athletes aren't immune from the no. 1 killer disease in the Western world.

Why Early Death

There has to be a cause for every effect! To research the underlying factors in heart disease and cancer, many large foundations and universities have developed whole staffs and facilities dedicated to conquering and eradicating fatal diseases.

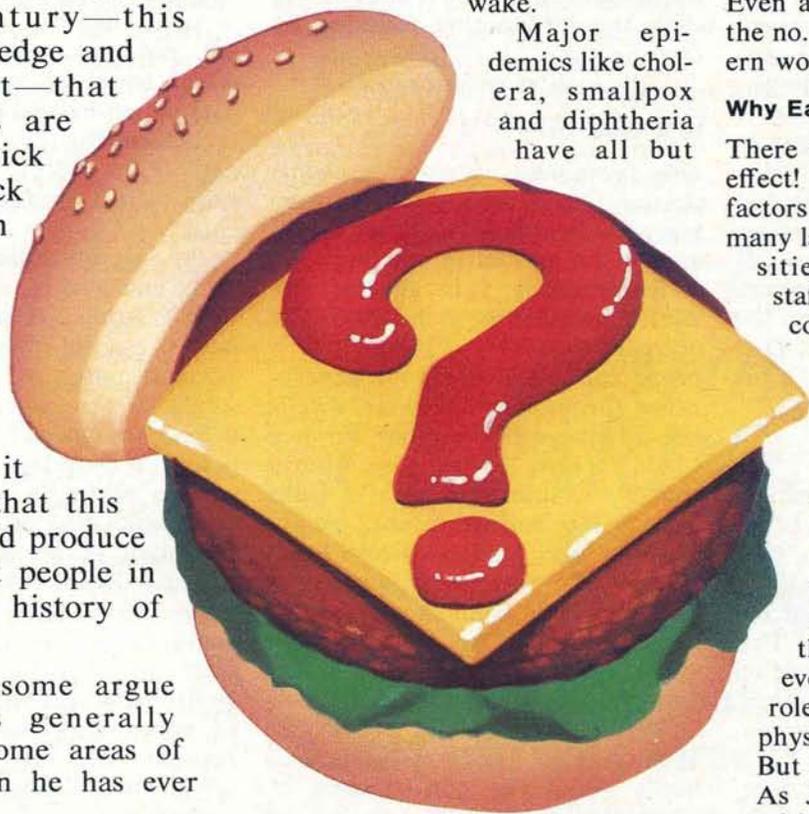
What has emerged as a contributing factor of maintaining good health is nutrition. Virtually all authorities agree that a balanced diet rich in certain foods positively contributes toward better health. Agreement is widespread that your diet—what you eat every day—plays a substantial role in both your mental and physical well-being.

But the agreement stops there.

As Jean Mayer, a professor of nutrition at Harvard University, admits: "nutrition is not a 'finished' science. We [the nutritionists and dieticians] are constantly discovering new facts."

One aspect indeed that has accompanied nutrition through the years is heated debate (and *that's* putting it mildly!). Since nutrition is such a new and unexplored science, too many make themselves an "expert."

Accordingly, you can hear one story about nutrition in the univer-



been wiped out through improved sanitation and mass inoculation. But instead of British, European and American deaths from cholera, today thousands see their friends or loved ones suddenly develop unusual bleedings and discharges, or slight lumps, and undergo debilitating chemical and radiation treatment and/or surgery. Or they read about it afflicting others.

And it's frightening!

Or instead of dying of acute

Paradoxically, it seems that once one disease falls before medical science, new and treatment-resistant afflictions spring up in its wake.

sity classroom, a completely different view in the so-called health food store and yet *another* view from advertisements.

Why this Babylon of confusion?

Researching the Basic Cause

Scientists and home-grown nutrition experts (no pun intended) alike generally ignore and/or reject the basic source of all knowledge.

Consider this: if you had a finely tuned electronic device that you needed to know more about, how would you gather information? You would look for the brand name of the device. Accordingly, the directions accompanying it would become your guide. Yet in many respects, this is exactly the opposite of what individuals do with the question of nutrition. Most people cut themselves off from the only source of information given from the Creator on the subject of human nutrition. That source is none other than your Bible!

Basic Information

At Ambassador College, an institution affiliated with *The Plain Truth* (campuses in Pasadena, California, and Big Sandy, Texas), the faculty employs one basic precept in disseminating information. This precept is prominently inscribed on one of the main college buildings: "The Word of God is the foundation of knowledge."

While the Bible is not a complete textbook covering every subject in minute detail, God does provide the main principles that judge all information.

In addition to providing information for human behavior, the Bible serves as a point of reference for our very thoughts and reasoning processes. "My thoughts are not your thoughts... saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts

than your thoughts" (Isa. 55:8-9).

What God calls for in evaluating human, physical knowledge is that we compare it to his standard! "To the law and to the testimony [revealed knowledge from God]: if they speak not according to this word, it is because there is no light in them" (Isa. 8:20). But—"It is the glory of God to conceal a thing: but the honour of kings is to search out a matter" (Prov. 25:2).

Therefore, when we pursue nutritional information, we need to make sure it follows and agrees with the information revealed by God first.

Let's look at some examples.

Is It True, or—?

One prominent nutritionist claims that an important key to maintaining good health is the strict avoidance of fat and oil in our diet.

Researching this against the Bible shows him to be *partially* correct. God says: "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood" (Lev. 3:17) This shows that we should trim the fat from meat before eating. If more people followed this guidance from God, there would be less cardiovascular disease arising from excessive cholesterol intake. As heart disease statistics prove, you ignore God's health laws at your own risk.

But what does the Bible say about olive oil? It says a lot, particularly about the positive uses of unrefined olive oil as a source of *food* (I Kings 17:12, 14). In a symbolic history of Jerusalem, God speaks of feeding His appointed bride "fine flour, and honey, and oil" (Ezek. 16:13). So from this we can determine that oil (not the petroleum kind of course) in a *natural* state (not altered by chemicals or unnecessary heat, as are hydrogenated vegetable oils), is divinely certified fit for human consumption.

Another item regarded as on the

taboo list of some is milk. Certain nutritionists allege that human breast milk is fine for young babies, but animal milk, particularly cow's milk, is something that adult humans should not consume, whether it be in the form of cheese, ice cream or whatever.

But when Abraham—the father of the faithful and the man whom God praised as a righteous man and a personal friend (Jas. 2:23)—was visited by two angels and the Being who was later to become Jesus Christ, what did he serve to them? "And he took butter, and milk, and the calf [beef, which some say you should never eat] which he had dressed, and set it before them; and... they did eat" (Gen. 18:8). Yet some suppose animal products are not to be eaten.

By inference then, we can see here, and also by many other biblical examples (Deut. 32:14), that certain animal milk is available for human consumption. In Proverbs 27:27 it is noted that goat's milk, a food not normally thought of as a source of nutrition in some circles, is perfectly fit for consumption! God also approves the consumption of certain meats (Lev. 11 and Deut. 14), which today have also been recognized for their value by medical science. (For an important key to good health that millions are unaware of, write immediately for our free reprint, "Is All Animal Flesh Good Food?" See inside cover for addresses.)

Contrary to certain nutritionists, the Bible also approves the use, in temperate amounts, of honey and alcoholic beverages.

Important Principle

But in addition to certifying foods for human consumption, the Bible also spells out another important principle relative to nutrition. Gluttony is condemned (Deut. 21:20-21; Luke 21:34; I Pet. 4:3). And: "Every man that striveth for the

Agreement is widespread that your diet—what you eat everyday—plays a substantial role in both your mental and physical well-being.

mastery is temperate in all things” (I Cor. 9:25). Moderation is a law (Phil. 4:5).

For example, the Bible says salt is good (Matt. 5:13; Luke 14:34). But, research has shown that too much salt can contribute significantly to high blood pressure and other maladies. This principle can also be applied to other natural products such as honey. The Bible reveals “it is not good to eat much honey” (Prov. 25:27).

Also, nowhere is it commanded that we must eat meat or drink milk. Some people have problems digesting certain foods, or they might rightly want to abstain from certain meats because of the use of chemical preservatives. The scientific jury is still out so far as preservatives are concerned, but some wisely elect to avoid treated meat because of possible cancer-related results.

The same is true of milled wheat. Some nutritionists and registered dieticians still claim there is substantially little difference between so-called white bread and commercially available whole wheat. A vast amount of evidence remains to be analyzed concerning the advantages of whole wheat flour (where the entire kernel of wheat is milled instead of only the soft interior). But those who mill their own bread and flour products made with whole grains know the difference. Most nutritionists will at least admit that whole wheat bread provides more bulk than its white counterpart. As implied in the prophet Daniel’s controversy as a young student with the “king’s meat” (Dan. 1:8-16), refined and processed food should give way to a diet fortified with more vegetables or grains in their natural form.

God expects a person to use *wisdom* in selecting nutritional foods. And he expects his Word to be the foundation of that wisdom (II Tim. 3:15-16).

A Warning

In conclusion, it should be noted that in the area of nutrition and diet some are simply unable to utilize what God has made fit for humans in general. Why? Because of the accumulative effect of physical law-breaking for thousands of years.

Some may inherit their physical problems, while others may suffer from years of improper diet, or related environmental problems. For example, a confirmed alcoholic should never use the Bible as an excuse to resume drinking.

This same is true of other aspects of nutrition. Heart patients must generally avoid salt, even though the Bible reveals that salt is good. These same people and others must often restrict their cholesterol intake.

It must be pointed out that the primary goal of *The Plain Truth* is to promote understanding, not offer professional medical advice.

Our articles are meant to point the way to overall health and happiness. Our readers should be cognizant of their own unique needs and/or problems when evaluating any dietary information.

You are always to “glorify God in your body” (I Cor. 6:20). We should strive not to eat things that we find harmful to us individually (because of allergies, for example).

If you’d like some additional information about the broad principles that God has set down to follow, write for our booklets *Principles of Healthful Living* and *The Seven Laws of Success*.

Developing a rational diet is only one part of maintaining a sound, zestful, happy life. □

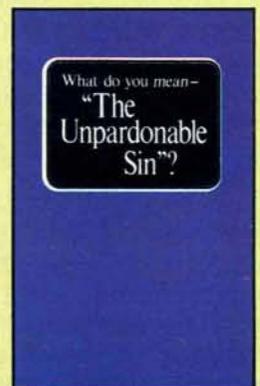
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Could you have already committed it?

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ONE LAST LOOK AT A RE

Voyager 2—a technological marvel—revealed new knowledge about the strange planet Saturn. But how does this information affect your life on earth?

by Gene H. Hogberg

ANOTHER SPACE spectacular is in the books.

In midsummer the *Voyager 2* spacecraft swooped to within 63,000 miles of Saturn. It sent back to earth a steady stream of pictures and new information about the complex planet, with its marvelous ring system and curious collection of satellites.

Since its August 25 close encounter with the huge gaseous planet, the 1,800-pound automobile-sized unmanned probe—equipped with two television cameras and nine other instruments—

has moved deeper into the solar system.

If all goes well, *Voyager 2* is scheduled to unveil some of the wondrous mysteries of the planet Uranus in early 1986 and Neptune in mid-1989.

Engineering Triumph

The targeting of *Voyager 2*'s arrival at Saturn was awesomely precise. After a billion-mile journey, the craft arrived at Saturn only about 30 miles from its precise aim point—a bull's-eye, for sure. This is the equivalent, said one scientist, to a golfer hitting a 500-mile hole in one.

And talk about timing: After four years of traversing the vastness of space, *Voyager* arrived at Saturn 2.7 seconds early!

Except for a temporary, puzzling malfunction that developed after the craft dipped through the outer edge of Saturn's expansive ring plane, the probe performed flawlessly. Project scientists proclaimed that more than 99 percent of the mission was accomplished.

Strange Moons

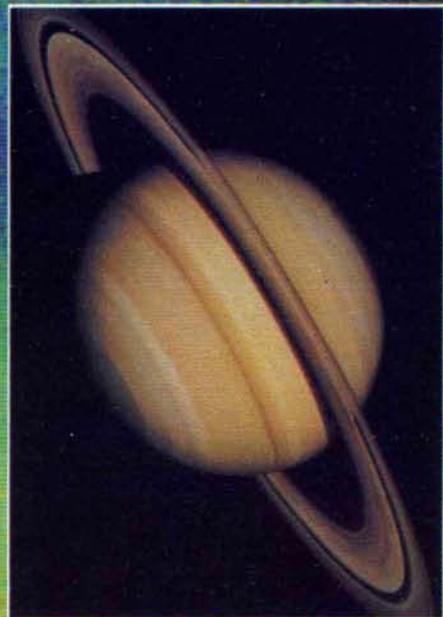
The *Voyager 2* probe had been specifically programmed to examine aspects of the Saturnian system not explored in depth when its sister spacecraft, *Voyager 1*, passed by in November, 1980.

Relayed television photos from the atomic-powered spacecraft showed some of the Saturnian moons to be even stranger than the experts had expected.

One satellite, Iapetus, was shown to be part black and part white. Instruments on board the probe indicated that the 900-mile-wide moon is composed of about 40 percent rock—perhaps pitch-like hydrocarbons—with the remainder largely water ice.

The moon Enceladus, 300 miles across, revealed a surface somewhat similar to that of the earth's moon. Its surface is pockmarked by craters, cracks and rills. Unlike our moon, however, Enceladus, moving through the supercold Saturnian system, is composed entirely of ice.

Another moon, Tethys, appear-



REMARKABLE NEIGHBOR

ed on a *Voyager 2* image as having a wide but shallow crater across much of one hemisphere. The crater is about 250 miles across, wide enough so that its sister satellite, 240-mile diameter Mimas, could be dropped into it, much as an egg into an egg cup.

The strangest satellite of all is Hyperion, an elongated eccentric body 220 miles long by 130 miles wide. Its battered, irregular shape was variously likened to a "hamburger patty," a "battered hockey puck" and a "can of tuna fish." Scientists speculated that Hyperion may have been partially shattered by a collision with another celestial body.

Amazing Rings

As in the case of *Voyager 1*, it was the rings of Saturn that amazed and mystified the scientists assigned to the project.

Saturn's ring plane system is indeed fantastic in size and complexity. It resembles a giant phonograph record—a record extending more than 200,000 miles in

diameter. This is a distance roughly 84 percent of the distance between the earth and its moon.

Yet, curiously, the ring plane is so thin it is estimated to be only 100 meters or so thick. The average size of ring particles varies from 10 meters in the outer reaches of the rings to two meters in the inner.

Voyager 2 fine-tuned the imaging of the rings, whose composition had already been greatly expanded by *Voyager 1*. It is now known that each major ring is composed of smaller rings, further subdivided into ringlets, then ringettes, and further still into wispy microringettes.

Theories as to the whys and wherefores of the ring structure, advanced after examining *Voyager 1* data, were unsubstantiated by *Voyager 2*. So it's back to the theoretical drawing board. Said one observer: "The rings represent an awesomely complicated exercise in gravity. It is difficult enough to figure out what three different chunks are going to do in outer space, let alone millions. Even with the power

of today's computers, it is not possible to model such a complex situation."

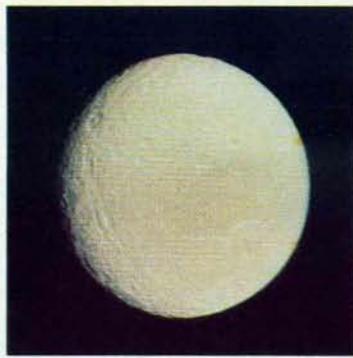
Further Exploration in Question

Scientists are eager, of course, to send additional space probes in the future to Saturn, Jupiter and elsewhere in our solar system to gather more data.

But just when knowledge of the solar system—as well as public interest in such planetary ventures—has reached new heights, unmanned space exploration is faced with an uncertain future, at least as far as the United States is concerned.

In the past 18 years, American spacecraft have made 23 explorations of other planets. It is possible that one or two more probes will be scheduled later in the 1980s. A U.S. mission to swing by Halley's Comet in 1986 is much in doubt at the moment, however.

The big issue, of course, is money. Even though unmanned space probes consume only a small portion of the budget of the National Aeronautical and Space Adminis-



tration (NASA) budget, cost overruns on such inner-space programs as the earth shuttle are forcing a reorientation of the entire space program.

Directors of the unmanned space effort want to see it continued, of course. They are encouraged by what they perceive as a growing public interest in such interplanetary spectacles.

Bruce Murray, the director of Pasadena's Jet Propulsion Laboratory, manager of the Voyager Project, was reported as saying that people see planetary exploration as an example of the greatness of the United States. It gives purpose to our society and makes up for other, more negative aspects of modern living.

First "Space Probe"

There was one other time in ancient history when men tried to rally around a type of space project as a unifying symbol to "give purpose" to society. You can read it in the 11th chapter of Genesis in your Bible.

"Now the whole earth had one language and few words. And as men migrated from the east, they found a plain in the land of Shinar and settled there. And they said to one another, 'Come, let us make bricks, and burn them thorough-

ly.' And they had brick for stone, and bitumen for mortar. Then they said 'Come, let us build ourselves a city, and a *tower with its top in the heavens and let us make a name for ourselves* lest we be scattered abroad upon the face of the whole earth.'

"The greatest scientists in this world cannot tell us at this moment what life is all about. The greatest religionists cannot tell us what it is all about . . ."

*Noted science writer,
Ray Bradbury*

"And the Lord came down to see the city and the tower, which the sons of men had built. And the Lord said, 'Behold, they are one people, and they have all one language; and *this is only the beginning of what they will do*; and nothing that they propose to do will now be impossible for them.'" (Gen. 11:1-6, RSV).

The Eternal God, as most every-

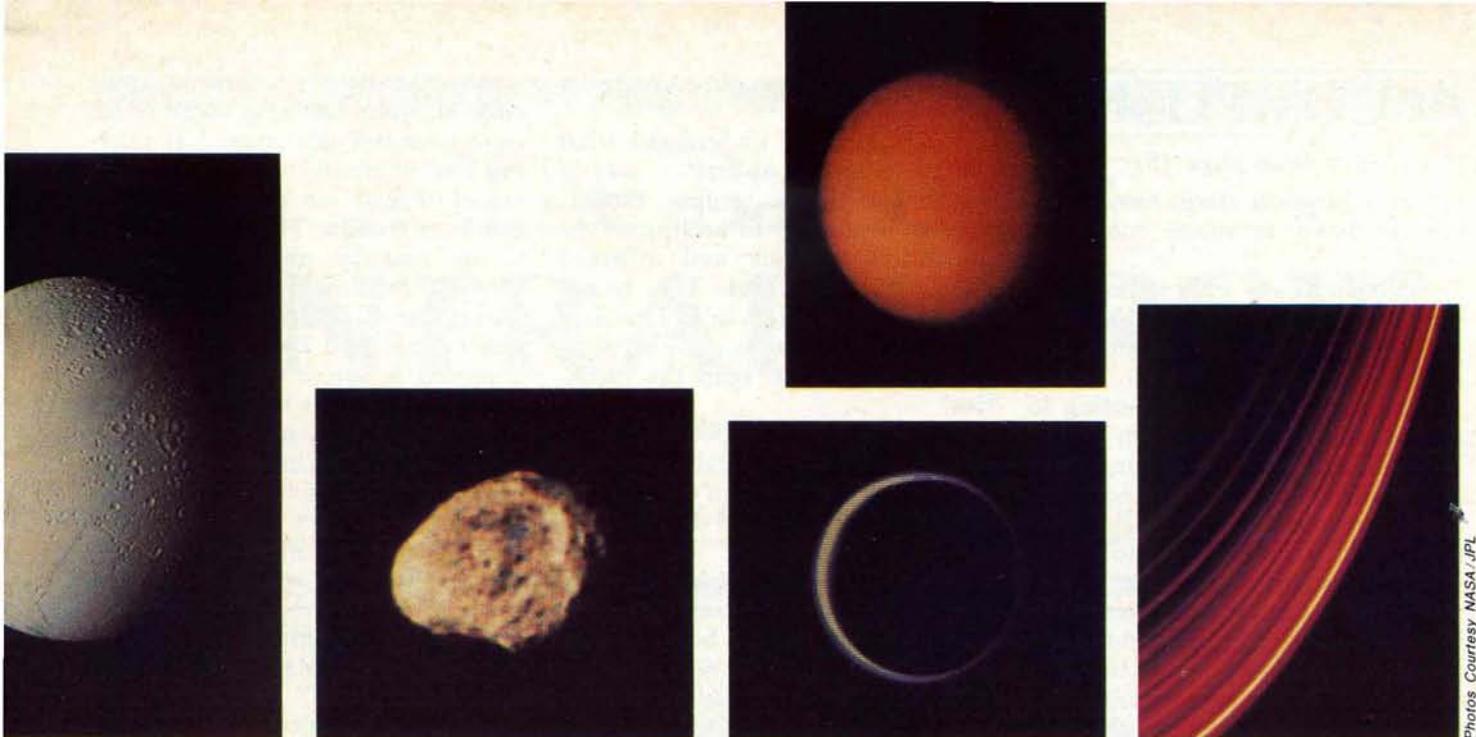
one is aware of, subsequently confused the languages of men. The people were henceforth scattered. The project was brought to a sudden halt.

Today, men have had the same pride in their accomplishments and intentions. Noted one scientist at a *Voyager 2* press conference at JPL's Von Karman auditorium: "I guess you can't say enough about the men, the women, the teams that designed, built, put the space craft together, not only JPL [but] 100-and-some companies involved. It's a marvelous machine. I think it demonstrates that we have the capability to go anywhere, do anything in this solar system that we want to. We can fly by things, land on things, send probes into things, go into orbit about planets. All it takes is money [laughter] and we can do those things."

True Knowledge Missing

While space spectacles may "give purpose" to society and help make up for, "negative aspects of modern living," they add nothing to the knowledge of the transcendent purpose of human life itself.

Nor does new knowledge about the universe around us help us solve the really serious *human* problems on earth—how to elimi-



Photos Courtesy NASA/JPL

nate poverty, illiteracy, crime, broken marriages and international conflicts.

The great minds of science know this as well. The very popular science writer, Ray Bradbury, an advocate of future planetary missions, has said:

"The greatest scientists in this world cannot tell us at this moment what life is all about. The greatest religionists cannot tell us what it is all about. . . . So *blindly* we reach into space and say 'if the sun should die, if the snow should fall, if we are frozen deep in time, or if the sun should explode, and we are destroyed forever, does that mean that our life blinks out with Shakespeare or any of the great people that we wish to speak of?' I don't believe we want that.

"I believe we think we are that special, and that precious, and that wondrous—that with all of our flaws, with all the things that we've done wrong, we should move into space and preserve this special gift that we have."

How true Mr. Bradbury's observations. The purpose of life has not been discovered by scientists, educators or the men of this world's religions.

But the knowledge to unlock the purpose of life—to show, in

Mr. Bradbury's words, how special and precious mankind really is—*can* be found, probably right on a book shelf in your own home. *Plain Truth* Editor in Chief Herbert W. Armstrong, in his *Personal* column, recently wrote of this knowledge, undiscoverable by man through his five physical senses:

"Nowhere but in the Bible can one obtain THIS BASIC NECESSARY KNOWLEDGE! Of course, there seems to be an almost endless amount of knowledge that MAN can learn, discover or acquire by himself. God gave man eyes that see, ears that hear, hands that feel. God gave man a MIND that can reason, feet to carry him about, hands that can design and make instruments. He can make telescopes and microscopes. He can build and equip laboratories, conduct experiments. He can travel and explore.

"But he cannot discover, by himself, WHAT he himself is, or WHY he is. Did he just happen, without intelligent design, by a purposeless process called 'evolution'? Or was he CREATED, and put here FOR A PURPOSE? And what is that purpose?"

"The Bible," continued Mr. Armstrong, "is the FOUNDATION of all knowledge—knowledge that is otherwise utterly inaccessible to

SATURN'S WORLD UP CLOSE: From left to right are views of Saturn and its manifold moons. Variations in chemical composition from one part of Saturn's ring system to another, far left, are seen in a false-color image; icy moon Tethys (next two views) reveals two types of terrain—bright, densely cratered regions and relatively dark, lightly cratered planes; satellite Iapetus displays well-defined dark and bright regions; high-resolution view of moon Enceladus (center photo) reveals alternating features of craters, grooves and smooth surfaces; irregular shape of Hyperion is probably the result of repeated impacts that have broken off large chunks of the satellite; two views of Titan, Saturn's largest moon, show the satellite in its day- and night-time phases. Titan is the only moon in the solar system to possess an atmosphere. In bottom photo, orange ring is result of scattering of sunlight by Titan's extensive atmosphere; photograph, far right, displays the fine structure of Saturn's bright F-ring.

the mind of man—the knowledge of WHAT man is; of WHY man is; of the true values; of THE WAY to peace, happiness, abundant well-being, success; and of ETERNAL LIFE."

This is the knowledge that would give purpose to society and not merely make up for, but *solve* the "negative aspects"—meaning evils—of modern living. □

ACCOMPLISH?

(Continued from page 18)

superior physical state, have to be turned down to make room for them?

Such questions cannot be fairly and fully answered in today's society, which is cut off from contact with the Creator God.

That's why we keep pointing to the coming World Tomorrow. Then—under the government of God—such questions will not have to be answered because sickness, disease and accidents will no longer incapacitate large segments of the population. The World Tomorrow will be a time when the nations will all learn the way to peace, to physical and spiritual health, and have forgiveness of physical and spiritual sins. Those who are now sick or handicapped, and live into the World Tomorrow, will be healed. Remember, divine healing is the forgiveness of physical sin—broken laws.

In the Meantime . . .

If you are one of the millions of chronically ill or disabled today, what should you do—what can you do—while waiting for the complete solution to all of this world's

problems to be brought to earth by Jesus Christ?

First, come to understand what the Bible reveals about the laws of health and divine healing. God is not involved today in healing all the multitudes of sick and afflicted people in this world. This is not God's world, but man's. This is a time in which man is allowed to go his own ways and reap the penalties.

God has, however, bound himself to heal those individuals who turn to him. But he hasn't promised *when*, only that he will do it. It may happen immediately; it may not happen until the next life. (To learn more about this vital subject, write for free copies of the booklets *The Plain Truth About Healing* and *Principles of Healthful Living*.)

Second, whatever constructive things you can do, do them. Take advantage of any opportunity open to you. Push for more opportunities. Improve yourself. Live life to the full as much as you are able.

Maybe the man in the wheelchair mentioned at the beginning of this article is doing all in the world he is capable of doing. For him it might be a monumental accomplishment to just wheel himself out to the sidewalk to watch the pas-

sersby. On the other hand, is it possible he could be using some of his time to better advantage? If nothing else, there are vast numbers of books to read—in print or, for the blind, in Braille. There is so much to be learned and experienced through reading, rather than risk letting the mind grow dull through lack of use. And above all, whether a person is active or not, there is the Book of books to study—God's Word—which gives hope, a purpose to life and instruction about how to obtain eternal life.

Third, maintain a positive attitude. There is no imaginable physical condition but what is not made worse by a negative attitude. Bitterness, discouragement, despair—these are the greatest disabilities of all.

To have an attitude that is genuinely positive, one has to have hope of some kind. Something to cling to. Something to work for, to live for.

If you would like to learn about the greatest hope human beings—regardless of physical, economic, social or any other condition—can have, write for the free booklet *Why Were You Born?* It will give purpose to your life, making present weaknesses and infirmities bearable. □

The Costs of Disability

If you're disabled, the best thing to be is rich . . ." complained an official at a rehabilitation services center.

Many people with disabilities are simply unable to find employment of any kind. They are forced to depend on relatives, charities or meager government subsidies that do not keep up with inflation. Many have no insurance to cover the costs of being handicapped.

Such people also often need special equipment—wheelchairs, artificial limbs, architectural

modifications, appliances to aid in walking, breathing, speaking, hearing, seeing, driving automobiles; the list goes on and on.

And indeed, thanks to modern electronics, some exceptional aids are now available or being developed: devices that can be operated by a blink of the eye, a breath or a movement of the head; hearing aids that are nearly undetectable; telephones that can be operated by the sound of the voice; electronic language processors that allow those who previously could not

communicate with those around them to do so.

Remarkable innovations.

Also remarkable are the price tags!

No specialized equipment for adaptation of standard equipment comes cheap. Those who sorely need special devices to approach a minimum level of normality, in at least a few phases of life, often must do without for lack of necessary funds. Helen B. is one example. Totally paralyzed from an automobile accident, she would be happy if only she could turn on and adjust her television set or flick off the

lights. But she has not been able to do even this. Now, however, there is a device available that could allow her her modest wish. It *could*, but it won't because Helen B. can't afford the \$3,000 needed to purchase it.

For many sick and disabled, the crowning insult is the exorbitant cost of medical and hospital bills, therapy procedures that medical experts consider essential for some measure of rehabilitation, relief or just the sustaining of life. It is one of the great ironies of this present society that those who most feel they need such services are often the ones who are least able to earn the money to pay for them. □

The Battle for CENTRAL EUROPE

by Jeff Calkins

What is the significance of the defense crisis in Europe?

THE TOPIC dominating the news in Europe is defense.

Big changes loom ahead.

Western Europe is engaged in its most fervent discussion of military matters since the re-arming of West Germany almost 30 years ago. Because the military power of Western Europe figures so prominently in Bible prophecy, *Plain Truth* readers deserve an update.

Frightened Leaders

The Soviet Union, remembering World War II, has spent the past decade building up its military might so as to be able to roll over any American or European resistance.

The immediate cause of alarm among *leadership* circles in Western Europe is the awesome Soviet SS-20 missile. The SS-20 is a revolutionary weapon. It comes with a portable launcher, a 50-ton tractor-trailer, which can be reloaded. It has three nuclear warheads. It is deadly accurate: capable of striking any airfield, weapons depot or command headquarters. From bases in the Soviet Union, it can hit anywhere in Western Europe.



SOVIET TANKS on maneuvers. The Warsaw Pact enjoys an overwhelming four-to-one superiority in tanks over NATO. Latest Soviet weapons are also equal in quality to those of NATO.

Black Star

Military planners believe the highly accurate SS-20s are intended to destroy NATO bases far behind the front lines of any invasion. Of course, should an SS-20 warhead stray off target, it could easily kill 50,000 civilians.

In the last year the Soviets have "roughly doubled" the number of war-ready SS-20s. In fact, the Soviets fooled NATO intelligence, which expected SS-20 production to taper off in 1981. "They are now going beyond the number we projected in 1979," says an Amer-

ican defense official, quoted by The Associated Press.

Currently, the Soviets have 250 SS-20s targeted on Western Europe and elsewhere. By 1985, they should reach 300.

Another way to look at the constant threat hanging over Western Europe is the number of warheads each side has. Each warhead has many times the power of the bomb that destroyed Hiroshima. By counting the warheads on the older Soviet missiles, as well as those of the newer SS-20s, European leaders cannot help but realize that there are more than a thousand nuclear weapons targeted on their nations!

NATO doesn't really have operational medium-range missiles to balance the Soviet forces. NATO does have the Pershing I missile, with a comparatively short 400-mile range. (The SS-20 has a range almost six times as far.) NATO forces in Europe do not have weapons that can strike significantly deep into the Soviet Union, according to the defense official quoted by AP.

NATO's Response

In 1979, faced with the awesome Soviet lead in medium range mis-

siles (since grown!), the NATO allies agreed to deploy a combination of 572 Pershing II and ground-launched cruise missiles (GLCM, or, as strategists call them, "glick-ems"). Unlike NATO's present firepower, these missiles would be able to strike important targets in the Soviet Union, though the Pershing IIs wouldn't be able to reach Moscow. And these 572 missiles wouldn't be ready until 1983, at the earliest.

The Pershing IIs will have a range of about 1,000 miles—enough to reach as far as Kiev. It is a fast, accurate missile. The glick-ems have a longer range (1,500 miles), are slower, but even more accurate.

Even when NATO has all 572 missiles in place, it will still be outnumbered in warheads, because its missiles have only one warhead, whereas each Russian SS-20 has three.

NATO plans to spread the new missiles throughout Western Europe: West Germany to receive 204, the Netherlands 48, Belgium 48, Britain 160 and Italy 112.

Frightened People

The reaction of a significant and vocal part of the Western European populace has been different from that of their leaders. While many Europeans did sit back and greet the news of the SS-20s with a bored yawn, the vocal part of the younger generation is terrified of the new NATO missiles!

Specifically, Europeans are afraid the new missiles will make them the targets of a Soviet surprise attack. Europeans, particularly West Germans and the Dutch, have greeted NATO's attempt to redress the situation with mass demonstrations and loud protests about nuclear weapons.

To some degree, this response has been the result of a calculated Soviet propaganda campaign. According to diplomatic sources quoted by Reuters, the Soviets are appealing over the heads of Western governments to public opinion in those countries. The Soviet tactics, according to a report in the London *Times*, include a steady

stream of Soviet press attacks, meetings with "detentnik" Western politicians, and support of Western Europe's pacifist movement. The aim of the propaganda campaign is to stop the deployment of the new NATO missiles.

The Soviet propaganda campaign was just achieving a full head of steam when the Reagan administration announced its decision to build the neutron bomb. The decision has caused much anguish on the part of the Soviets! "Cannibalistic," "barbaric," "extremely dangerous," "inhuman," and like charges were hurled by Soviet commentators. The propaganda campaign heated up even more. The neutron bomb is, charged the Soviet Union, the ultimate "capitalist weapon" because it destroys people but leaves property. One Western wag retorted that the bomb is really a "communist weapon" because it destroys a whole "class" of people (tank crews) but leaves the "means of production" intact.

At the same time as the Soviet propaganda campaign has come a Soviet disarmament proposal. The Soviets want a "missile freeze." This means the U.S.S.R. would keep the SS-20s it already has while NATO would drop its plan to deploy its own missiles in 1983.

Western observers do not believe the Soviet Union would agree to remove its SS-20s in exchange for NATO dropping its missile plans. Thus the "freeze" would only "freeze" Soviet superiority!

The Soviet propaganda campaign has borne fruit in Western Europe. The disarmament bandwagon (disarming the West, *not* the East) is in full swing. In the words of the *Daily Telegraph*, "Never has there been such an impressive parade of noncommunist worthies from all walks of life, wittingly or unwittingly, to allow themselves to be exploited by the *apparatchiks* [professional Soviet propagandists]." It has come to the point, the same paper reports, that many pastors solicit

signatures for antinuclear petitions as their parishioners leave church services!

The Soviet campaign has been successful in other ways as well. About 120,000 demonstrators staged a big anti-[Western]nuclear rally in Hamburg. Demonstrators in skeleton suits have picketed defense offices in Bonn, West Germany. West German newspapers give prominent space to the "peace movement."

State of Disrepair

Yet for all the protests, NATO forces hardly pose any threat, *offensive* threat, to the Eastern bloc. Consider just how weak NATO has become. NATO is outnumbered 4 to 1 in tanks, 2.3 to 1 in tactical aircraft. It is down by more than 200,000 in troops, and 4 to 1 in overall nuclear weapons.

The alliance suffers from chronic shortages of ammunition. It suffers shortages of fuel, missiles, infantry, vehicles, aircraft (which work), guns, trucks, howitzers, replacement parts. A secret Pentagon report, revealed by respected investigative reporter Jack Anderson, admits:

"At present, war reserves in Europe are inadequate to support a strong initial defense."

And given Soviet and Warsaw Pact strategy, an "initial defense" is about all NATO would have time for should the Soviets move west. Soviet strategy emphasizes surprise attack and blitzkrieg war.

Not only do the Soviets and their allies have an overwhelming lead in quantity—but the *quality* of their forces is at least as good as NATO's. As General Bernard Rogers, supreme commander of all NATO forces, declares, "The Warsaw Pact's weapons are equal or superior to any fielded by U.S. and NATO forces." Newer Soviet weapons, in particular, are of the highest quality.

Soviet planners intend to win the next war *quickly*. Given emphasis on speed, surprise and other offensive tactics, Soviet forces will have the war won before supply lines from the United States could be established!

In 1979, this sorry state of affairs was revealed through the NATO military exercise Nifty Nugget. It simulated a hypothetical Soviet blitzkrieg invasion. It revealed that NATO supplies and ammo would not last 30 days of intensive fighting. No wonder the commander of the American troops in Europe, General Frederick Kroesen, has said 15 years of defense cutbacks have created a "hollow army."

Immediate Future

But despite the Soviet's almost ridiculous advantage over NATO, a full scale invasion does not look immediately likely, for two reasons.

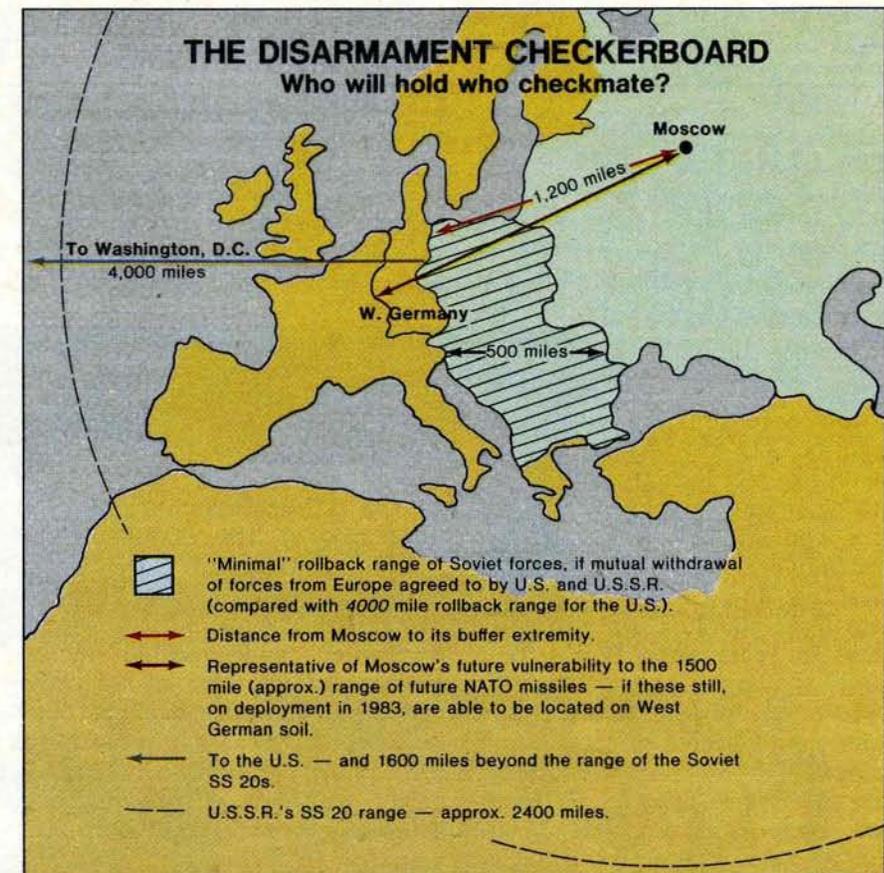
One, Poland. The Soviets may be progressive militarily, willing to win by using the old American military adage, "by getting there 'fastest' with the 'mostest.'" But they are cautious at the same time. They will probably not strike while their supply lines might be endangered. And Poland sits astride the supply and communication routes to the Soviet's forward position in East Germany.

Two, the neutron bomb. The reason the Soviets "squealed" (President Reagan's word) about the American decision was that neutron bombs possibly can put an effective end to their dream of being able to politically dominate all of Europe.

The Soviets have gone to extraordinary pains to build up their military lead. Their tanks are sealed. NATO could devastate its countryside with deadly nerve gas—and it still wouldn't stop a Soviet invasion! Yet the neutron bomb could—and without reducing all of Europe to a rubble to do it!

The neutron bomb is considered by military analysts to be the perfect defensive weapon, because it cannot sensibly be used for a surprise attack. The soldiers of the defending power who receive the dosages of radiation that it delivers can still keep on fighting. Only after a prolonged period, when the effects of radiation begin to take effect, do they die.

This is why Soviet bluster about



developing their own neutron bombs makes no impression on Western defense analysts. Since the allies obviously aren't going to take their "hollow army" and invade Eastern Europe, the Soviets can build defensive neutron bombs up to their ears and it wouldn't threaten NATO!

Of course, the neutron bomb is only as good as the Western will to use it. The opponents of the neutron bomb decry it precisely because it can be used without destroying *too much* city or countryside—thereby making "nuclear" war more possible. (The neutron bomb is after all simply a hydrogen bomb with a small blast area and radiation that goes away quickly.)

But NATO has *always* said it would resort to small nuclear weapons in the event it was invaded and defeat was probable.

Soviet military doctrine also declares that in any invasion, they will use small nuclear weapons to wipe out NATO bases behind the lines. So it is still possible the neu-

tron bomb could fail to deter a Soviet invasion, for the bombs are based in the United States at the moment. Western Europeans don't want them on their soil. To be used against a Soviet tank force the bomb would have to be flown across the Atlantic under wartime conditions. Were the Soviets to strike NATO bases with their SS-20s at the start of any invasion, there might be no bases in Europe where the bomb (actually artillery shells) could be loaded and fired.

Military Future of Western Europe

Western Europe cannot avoid facing up to its defense crisis forever. *Either* it will spend enough money on arms to keep back the Soviet bear, or it will become practically a colony of the Soviet Union. Bible prophecy reveals that at the time just before the return of Christ, Western Europe will be *independent* of the Soviet Union. Prophecy shows political entities occupying the European and Russian areas pursuing different

courses of action in the "last days." This means that eventually Europe is going to get its military act together.

Now consider another long-range trend. The United States cannot go on being Europe's defender forever either. One of these days Western Europe is going to see the need to acquire sufficient weapons of its own to defend itself!

America spends a higher percentage of its gross national product on defense than any other major NATO ally. Americans are becoming increasingly impatient with spending money to defend allies who are now *more affluent than they are*. Many see it as ridiculous that the United States still has a large standing army in Germany 36 years after World War II.

Moreover, just as many Europeans would prefer to stay out of the next war and simply let American and Soviet missiles fly overhead, Americans don't relish the idea of seeing their own cities nuked because of a war that *could* be confined to Central Europe. As the saying goes, what American President would "push the button," dooming Chicago or St. Louis in order "to save Rotterdam"?

Thus, many Americans would like to see Europe have its own independent defense force. It's much cheaper—and, as long as the United States and Western Europe are on friendly terms—no less safe.

What Europe as a whole has yet to do, France has already done to a limited degree. France has five missile submarines, and 18 of its own medium-range nuclear missiles. France's submarine-launched missiles theoretically can put a nuclear warhead 1,800 miles away from any place in the ocean that its submarines can reach. France also has its own neutron bomb, and is developing another medium-range missile to be mounted on a truck. French forces, including nuclear submarines, would probably form the core of an independent European defense.

Britain has a nuclear force similar to that of France's. Bible prophecy would lead us to believe, however, British forces will not join any future independent continental European force. Britain simply occupies a different role in the prophetic scheme than continental Europe (as is demonstrated in our book *The United States and Britain in Prophecy*).

Certain items give credence to the idea that British forces will not be part of Europe's. In the March-April, 1981, issue of *Europe*, a magazine devoted to the Common Market, George Buis, a retired French general and director of the Institute of Advanced Study of Defence and Military Instructions, proposes that Europe acquire "a powerful, diversified, and credible nuclear armament." But he also declares that "Britain must be kept out." Britain, Buis says, has always refused to consult with Europe's other nuclear power, France; besides "France and Germany remain, in principle, the only countries big enough for the job."

For the time being, of course, the Europeans, with the exception of the French, want no part of any independent military force. The West Germans, for example, after agreeing to station Pershing IIs and glickems on its soil, want *no* German troops on the launching sites and *nothing to do* with the decision to use those missiles! One West German diplomat, voicing his countrymen's sensitivities, said, "In order not to have it charged that there is a German finger on the nuclear trigger, we want the use of the new weapons introduced into NATO to be entirely an American decision."

Such an attitude simply cannot last. It is not human nature. People just don't sit still, indefinitely, for foreigners having the control over life-or-death matters!

Given current attitudes, it will probably be the Americans who succeed in creating an independent European defense force. Jack Anderson, in another investigative exposé, has uncovered the existence

of a secret Pentagon strategy report that advocates almost total U.S. withdrawal from Europe! The report speaks of an "unhealthy dependency" by Europe on the United States. This very dependency itself helps erode European will. The report suggests that America should seek "an autonomous European defense and deterrent capability."

Other military thinkers suggest that, given Europe's reluctance to defend itself, about the only way to shock it into a greater defense effort would be the bold announcement that U.S. troops were going to be pulled out, period.

So where do we stand? The troubles in Poland and the neutron bomb may have *bought time*. But the deep European reluctance against putting neutron weapons on their soil—and continued Soviet superiority—still gives Europe incentive to build up its own forces. The American control of European defense is simply *unnatural* in human affairs, and cannot go on forever. Sooner or later, all of Western Europe will have its own independent defense. That development is one of the most important specific waysigns in Bible prophecy before the beginning of the prophesied Great Tribulation—which will plunge the whole world into chaos.

The eleventh chapter of Daniel is clear in revealing that the final latter day European political successors to the ancient Greek and Roman Empires will militarily move into the Middle East to protect Middle East lifelines.

Other prophecies, basically from the book of Revelation, indicate that this same political power will engage in much fighting around the world in the latter days of man's civilization just before God intervenes in world affairs to save man from extinction! A more detailed outline of these prophecies is found in our free book *The United States and Britain in Prophecy*. For the time being, watch the military situation in Western Europe very closely. When Europe becomes a military superpower, the end of the world as we know it could be very near. □

The World Is an Armed Camp

Never before in human history have conditions existed that better fulfill Joel's prophecy:

"Beat your plowshares into swords, and your pruninghooks into spears; let the weak say, I am strong" (Joel 3:10).

Note the prophecy has two parts. First there is an explosive growth in weapons; second, this growth allows the weak to become strong. Today's incredible arms trade involving the weaker Third World countries matches the condition described by

were even available to its own navy!

The major arms producers are, of course, the major industrial countries (with the notable exception of Japan). The United States leads the

are aggressively pushing their own export programs. French arms exports, for example, more than quadrupled in the period 1968 to 1977.

And who buys? In a word,

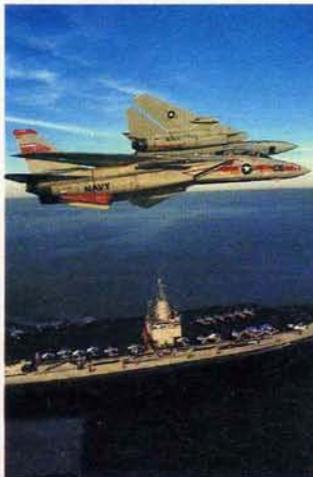
country in the world is rapidly acquiring weapons better than those used by the superpowers even a few years ago, efforts to stop the trend seem futile. During the Carter administration, the United States made a strong effort to cut down world arms trade by restricting sales to nations with allegedly poor human rights records. It didn't work. Those nations turned elsewhere—the Soviet Union, Europe, even Israel. The policy didn't even cut the flow of U.S. arms exports! A few years after



F. Locher—Liaison



Israel Sun



Herman Koko Jan—Black Star



Black Star

Joel almost exactly.

The worldwide arms trade has indeed been explosive. Worldwide arms exports zoomed 60 percent in the decade 1966-76, and took off at a 25 percent *per year* clip in the last half of the 1970s. More than \$20 billion of arms are traded worldwide. The official figures may even be on the low side because some of the arms trade is hidden in civilian export statistics.

Besides the great quantity of weapons now traded worldwide, quality is up also. Middle Eastern countries are buying the very latest weapons—and now are actually financing the research and development of those weapons. In one recent deal, France sold certain missiles before they



Fillet—Black Star

pack, with 39 percent of the trade, followed by the Soviet Union, France, West Germany and the United Kingdom. Together, the two superpowers, the United States and the Soviet Union, account for 70 percent of the world commerce in arms.

But if the two superpowers dominate the market, the Western and Central European countries



Zimberoff—Sygma

many countries that can't afford it. Third World countries buy about four fifths of all arms traded in world commerce—the same countries, which, according to a U.N. report, spend six times more on arms than they do on public health.

While it seems every

President Carter had announced his desire to curb the world arms trade, his administration witnessed near record levels (only the halt of U.S. arms to Iran after the revolution there prevented new records).

A typical pattern finds Western Europe stepping in when the United States tries to halt the flow of its arms. Thus, in the years after World War II, when the United States refused to let Latin American governments buy jet fighters, European producers were willing. When the Soviet Union refused to sell Egypt better quality arms, Europe likewise filled the demand.

The world's major arms sellers are simply on a treadmill which they can't

Sample Listing of Countries and Comparative Expenditures

	GNP (Millions)	Military (Millions)	Education (Millions)	Health (Millions)
Egypt	14,503	5,750	780	319
Iran	65,576	7,966	4,788	984
Iraq	15,685	1,695	692	95
Israel	13,261	4,028	902	316
Syria	6,349	934	371	10
U.S.S.R.	857,000	103,000	47,800	23,000
Lebanon	2,500	114	115	12
Japan	493,260	5,097	27,622	19,237
U.S.	1,696,11	91,013	97,700	55,700
Britain	222,064	11,074	13,346	11,441
Canada	191,159	3,639	14,964	10,514
W. Germany	446,188	15,452	23,202	25,887
E. Germany	75,823	2,918	3,260	1,971
Jordan	1,726	154	61	20
Saudi Arabia	41,157	7,641	3,956	864
Afghanistan	2,673	68	37	16
India	86,139	2,923	75	1,010
Pakistan	13,324	783	283	80
China	307,010	19,500	12,000	4,500
S. Africa	31,888	1,795	510	132

- More than 10% of GNP spent for military purposes
- Countries whose health and education expenditures (in dollars) outweigh military spending

Data is based on 1976 figures, the latest available.
Source: *World Social and Military Expenditures, 1979*, Ruth Leger Sivard

Worldwide, the support of national military forces costs \$92 a year per person; support of the United Nations and all its programs in food, health, labor, etc., 57c a year; international peace-keeping operations, 5c a year.

get off. France and Britain must export arms just to keep their own defense establishments in business, a pattern that also applies to countries such as Israel and Brazil. In West Germany, some 200,000 workers are dependent on the arms industry for their

jobs. Israeli arms exports contribute a great deal to the country's earnings, without which its inflation-ridden economy might go under. Likewise, the Soviet Union's foreign sales bring in about an eighth of that country's hard-currency income.

Obviously, as long as one arms exporter is willing to meet the demand, hopes for any slowing of the flow of the world arms are dim.

Moreover, there is no hope in sight—at least in this world—that the unquenchable thirst for arms in the Third World will

abate. Practically all wars since World War II have involved Third World countries. These are the nations, perhaps for reasons of both security and pride, who have the greatest need for conventional weapons. Thus, the arms trade remains costliest to those who can least afford it.

The world spends roughly 60 times as much equipping each soldier today as it does educating each child. Often the cost of arms to poorer countries far exceeds what they receive in civilian foreign aid from the selling countries.

Interestingly, the countries since World War II that have spent relatively smaller amounts on the military (Japan and West Germany are the two readiest examples) are the countries that enjoy the most economic growth.

Globally, the world has gotten itself in an absolute bind. The need for security, and a recognition that the other fellow's human nature may lead him to desire your territory, demand heavy arms outlays—even by small countries. As Senegal's President Leopold Senghor states, "The need for security is a major point of national awareness in all African states." In all human states, in reality.

In the World Tomorrow, which we announce in the pages of this magazine, security will not be a concern of nations. Jesus, the Messiah, governing from Jerusalem, will guarantee the peace, by supernatural means. Today's costly trade in arms will be totally banished. "Neither shall they learn war any more" (Isa. 2:4). □

PT graph by Minette Smith

ON SUNDAY, July 12,
I went to hell.

On that day Jerusalem's sun stood directly overhead as I paused to recheck my map. If my bearings were correct, hell's very threshold lay before me!

I had just left the Old City of Jerusalem through the Dung Gate, one of the eight gates in the old Turkish wall. I had headed west on the road paralleling the wall, then around the area known today as Mount Zion. From there I began my descent into the Lower Regions.

The "House of Hades"

The notion that a mortal might actually visit hell—and return—has been a source of fascination to people of almost every age.

Since ancient times, the abode of the dead has been viewed as lying deep underground, with various entrances on the earth's surface—through caverns, volcanoes, underground rivers and the like. Ancient peoples—Greeks and Romans especially—reveled in fanciful accounts of heroes who dared pass through these fearful portals and into the Dark Realm.

One of the earliest accounts of such a journey is found in *The Odyssey*. It is an ancient epic poem by the Greek poet Homer (8th century B.C.). Homer writes of the Greek hero Odysseus (Ulysses), the lost king of Ithaca, who wandered the seas in search of his home for 10 years following the fall of Troy. In desperation, Odysseus reputedly found his way into the "abode of departed spirits" to learn from the ghost of a famous seer how he might find his home.

The underworld described by Homer was a shadowy place of dreary darkness lying beneath the secret places of the earth. Though a place of gloom, it was not pictured as one of punishment and torture as is the traditional Christian or Oriental hell.

Homer called the place of the dead the "House of Hades." Hades (the Romans called him Pluto) was

TO HELL AND BACK

by Keith W. Stump

Read here about the *true* biblical hell—
from one who has *been there!*

the Greek king of the underworld, god of death. Eventually, Hades became the common name for the underworld itself.

The ancient classicists believed that five rivers flowed through the underworld. The principal one was the Styx, across which the aged boatman Charon ferried the souls of the dead. (The Styx was an actual stream that disappeared underground in Arcadia in Greece.)

In the *Aeneid*, an epic by the Roman poet Virgil, the Trojan hero Aeneas, fleeing the burning ruins of Troy after the Greek victory, successfully besought the ferryman Charon for passage into the infernal region to consult his dead father. (Virgil preferred the name Tartarus to Hades for the fabled infernal region.) Aeneas entered the underworld through a cavern at a foul-smelling lake near Naples in Italy. Descending on a road wrapped in shadows, he encountered numerous horrors and frightful terrors.

Tartarus (or Tartaros) was a named used by the later classical writers such as Virgil as another name for Hades. Homer, on the

other hand, described Tartarus as a different place, lying as far beneath Hades as Hades is beneath the earth. It was in this bottomless pit of Tartarus, according to classical mythology, that the Greek god Zeus confined those who had resisted him.

Another hero of ancient Greece, the legendary Hercules, also reputedly traveled to the lower world. One of his famous Twelve Labors was to fetch up from Hades the triple-headed, dragon-tailed dog Cerberus, the feared guardian of Hades' gates.

Many other ancients are said to have made the fearsome journey into Hades, including Theseus of Athens, Orpheus the musician, the princess Psyche and the twin Pollux, in search of his dead brother Castor.

The Inferno

Possibly the best-known "journey" of all is that of Dante Alighieri (1265-1321), the medieval Italian poet. His travels among the damned are recorded in *The Inferno*. It is the first part of his three-part *Divine Comedy*, an account of his imaginary journeys through

hell, purgatory and heaven.

Dante is conducted through hell by the spirit of the Roman poet Virgil. The trip begins on Good Friday, A.D. 1300, in a wooded area near Jerusalem. Over the gate of hell the two travelers find a fearful and now famous inscription:

ABANDON EVERY HOPE, YOU WHO ENTER HERE.

Dante then witnesses in his imagination the eternal torments of the wicked. He describes hell as being divided into various levels, descending conically into the earth. Souls suffer punishments appropriate to their sins. Hypocrites, for example, wear gowns brilliant outwardly, but made of heavy lead instead of cloth. They must bear the weight of them forever. Gluttons are doomed to forever lie like pigs in a foul-smelling

nightmarish place of eternal torment, horrible beyond imagination, presided over by Satan and his demons—largely represents the thinking of significant groups of professing Christians to this day.

The concept of a “hell” can be found in one form or another among all the world’s principal faiths. Multiple billions around the world have lived and died over the millennia believing in—and in fear of—a place of eternal torment and punishment.

Many today continue to wonder, “Is there *really* a hell?” and “Will I end up there?” Many are curious about just what hell might be like.

It was with questions such as these in mind that I set out to investigate the subject—and to make an attempt to actually *visit hell!*

Three Hells!

The starting point for such an investigation can be none other than the very book from which Christians profess to derive their doctrine of hell—the Bible! By scrutinizing its pages, one can strip away the theological trappings of ancient and medieval myth and fabrication and discover the true teaching on the sub-

ject. Dante’s descriptions are vivid—and frightening.

Though Dante’s primary purpose in writing the poem was to satirize persons and circumstances of his day, the theology of his work is based firmly on the system of Thomas Aquinas (1225-1274), Italian theologian and philosopher. *The Divine Comedy* is a relatively accurate dramatization of medieval Christian theology. Some simple-minded of Dante’s day actually believed Dante had really visited hell! His work had a tremendous impression and influence on popular Christian thought.

Concentration Camp?

Dante’s medieval picture of hell as a gigantic concentration camp—a

One’s first surprise is that the Bible speaks of not one but of *three different “hells”!* In the widely used King James Version, three totally different Greek words—words with totally different meanings—are translated by the one English word *hell*. The three words are *hades*, *tartaroo* and *gehenna*.

In biblical usage, the Greek word *hades*—used only 11 times in the New Testament—is roughly equivalent to the Old Testament Hebrew word *sheol*, meaning grave or pit (compare Acts 2:27 with Psalm 16:10). *Hades* may be likened to a hole in the ground. In the Bible it has nothing to do with *fire*.

Most modern biblical translators admit that the use of the English

word *hell* to translate *hades* and *sheol* is an unfortunate and misleading practice.

Why?

Because in seeing the word *hell*, many readers impute to it the traditional connotation of an ever-burning inferno—when this was never remotely intended in the Greek language or in Old English!

In its true biblical usage, *hades* does indeed refer to the state or abode of the dead—but not in the sense of spirits walking around in some sort of “shadowy realm.” Hades is simply the abode we call the *grave*. All the dead go to this hell.

The Second Hell

The second hell of the Bible, *tartaroo*, is mentioned *only once* in scripture—in II Peter 2:4: “For if God spared not the angels that sinned, but cast them down to hell [*tartaroo*], and delivered them into chains of darkness to be reserved unto judgment.”

Following their rebellion to unseat God from His throne (Isa. 14:12-14; Rev. 12:4), the archangel Lucifer (now Satan) and a third of the created angels (demons) were ejected from heaven (Luke 10:18). They were cast down to *tartaroo*, a place or condition of restraint that God has imposed on the mutinous angels as they await ultimate judgment (Jude 6; I Cor. 6:3).

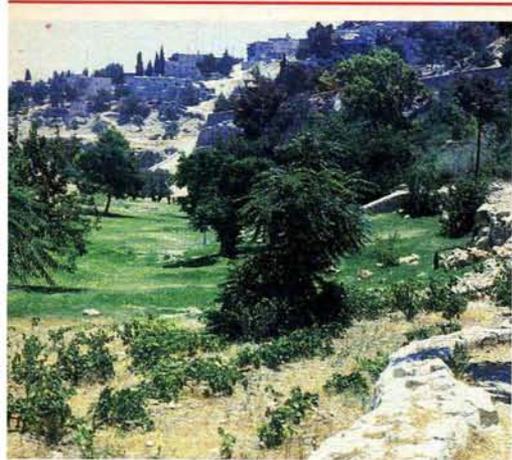
Tartaroo, then, is a “hell” that applies only to evil, rebellious angels or demons. It is interesting that the ancient Greeks used this word to describe the place in which Zeus confined the rebellious Titans. Nowhere in the Bible is there any mention of *men* being put into this particular “hell.”

The Third Hell

So far, we have seen that the first hell of the Bible—*hades*—is simply the grave. The second hell—*tartaroo*—a place or condition of restraint for demons. What, then, is the third hell of the Bible?

Surely it *must* be the old-fash-





ioned Bible “hell”—the literal ever-burning inferno, the place of eternal torment of the damned!

Or is it?

Did you ever notice that the Greek word used by the writers of the New Testament for this third hell is *gehenna*? It comes from the Hebrew *Gai Hinnom*, meaning “valley of Hinnom.” Hinnom is a deep, narrow ravine located to the south and west of Jerusalem. It is to *this* hell that I recently traveled.

But what does this valley have to do with the traditional Christian concept of “hell”? The answer may surprise you!

Lunch in Hell

Gehenna—the valley of Hinnom—is today a relatively pleasant place. In recent years, grass and even some flowers have taken over portions of the valley floor, and there are plenty of trees to provide shade from the scorching sun (see photos on these pages).

I descended into the valley by means of a rocky dirt path. A small dog—no three-headed Cerberus!—barked briefly, then returned to scavenging in a small cave near the path. Further on down the valley two boys were kicking a soccer ball between them.

I sought refuge from the heat of the noon sun under a large tree, and took out my lunch. A few birds came by for a handout. The surroundings were not unlike those of a typical city park.

After enjoying a leisurely lunch, I headed up out of the valley and proceeded unimpeded toward the Jaffa Gate. My memory of the valley is one of a pleas-

ant and relaxing haven in the midst of a hot and tiring walking tour of Jerusalem.

Gehenna, in short, is a far cry from the hell of Dante or from what this valley was like in Jesus’ day!

The valley was not always such a pleasant place. In the Old Testament it was a place of abominable pagan rites, including infant sacrifice. It was there that the apostate kings Ahaz and Manasseh made their children “pass through the fire” to the god Molech. The rites were specifically celebrated in Tophet, the “place of abhorrence,” one of the chief groves in the valley.

King Josiah of ancient Judah finally put an end to these abominations. He defiled the valley, rendering it ceremonially unclean (II Kings 23:10). Later the valley became the cesspool and city dump of Jerusalem—a repository for sewage, refuse and animal carcasses. The bodies of despised criminals were also burned there along with the rubbish. Fires burned continuously, feeding on a constant supply of garbage and refuse.

Aceldama, the “field of blood” purchased with the money Judas received for the betrayal of Christ (Matt. 27:8), was also in part of the valley of Hinnom.

Gehenna—and the Lake of Fire

What, then, does this valley called *gehenna* have to do with hell?

The answer may surprise you. Notice: At the end of this age, at the crisis at the end of this world’s civilization, the prophesied Beast of the book of Revelation—a Satan-inspired political dictator—and a miracle-working religious figure, the False Prophet, working with him will resist the re-establishment of the government of God by fighting against Jesus Christ at His Second Coming. Their fate is revealed by the apostle John: “And the beast was taken, and with him

the false prophet. . . . These both were cast alive into a *lake of fire* burning with brimstone” (Rev. 19:20).

Where will this temporary lake of fire—this “hell”—be?

The prophet Isaiah wrote of this lake of fire prepared for the Beast: “For Tophet [in the valley of Hinnom] is ordained of old; yea, for the king it is prepared; he hath made it deep and large: the pile thereof is fire and wood; the breath of the Lord, like a stream of brimstone, doth kindle it” (Isa. 30:33).

One thousand years later, Satan himself will be cast into this rekindled fiery lake where the Beast and False Prophet were cast! (See Revelation 20:10.)

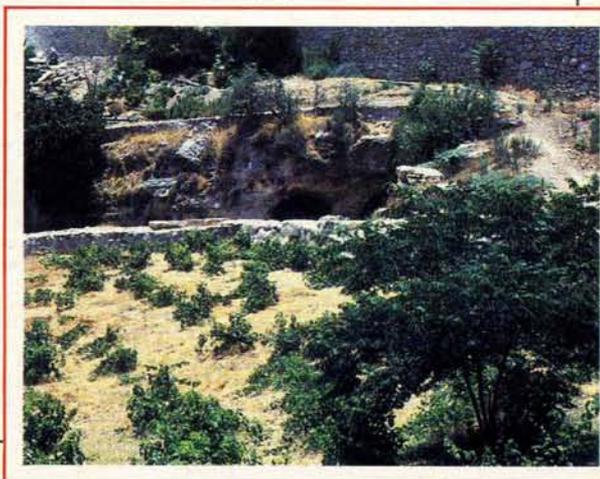
But what of the wicked who have died over the many millennia? Does the Bible say that they are *now* suffering fiery punishment for their sins in a lake of fire?

Absolutely not!

In the sequence of Revelation 20—read it for yourself—the incorrigibly wicked are resurrected to be thrown into the lake of fire *after Satan is cast there!* Read it, in Revelation 20:15.

Where Are the Wicked Now?

In the well-known parable of the tares (weeds), Jesus Christ made it plain that it is in the *distant future* and not now that the wicked are committed to the flames: “As therefore the tares are gathered and burned in the fire; so shall it be *in the end of this world*. The Son of man shall send forth his angels, and they shall gather . . . them which do iniquity; And shall cast them into a furnace of fire: there shall be



wailing and gnashing of teeth" (Matt. 13:40-42).

When does Jesus say that the wicked will be cast into the fire? "In the end of this world!"

Where, then, are the wicked now?

Understand this: the Bible teaches that the dead—all those billions who have ever lived and died, whether righteous or wicked, of whatever creed or faith—are at this moment still *in their graves*, "asleep in the dust of the earth." They lie unconscious beneath the ground—in *hades*—oblivious to all sensory perception (Ecc. 9:5, 10). They are "on hold," as it were, awaiting future judgment.

The majority of these buried billions are neither "lost" nor "saved." Most—deceived and misled during their lifetimes by Satan, "who deceives the whole world" (Rev. 12:9)—await in their graves a future resurrection back to physical life, and their first real chance for salvation! (See "Who Says Time Is Closing in on You?" in the March 1981 *Plain Truth*, U.S. edition, or request our free booklet *The Three Resurrections*.)

It will be only those incorrigibly wicked—most of whom are yet to be resurrected and given their first real chance to qualify for immortality but who will *turn it down*—who will ultimately be cast into the lake of fire at the time of their judgment. These, along with those few during the past 6,000 years who have *knowingly* defied and rejected God, will suffer the "second death." We read of these unrepentant individuals in Revelation 20:15: "And whosoever was not found written in the book of life was cast into the lake of fire."

The Second Death

What, then, will become of these wicked? Will they writhe in flames for eternity? Does the Bible say that the punishment of the wicked will be eternal torment?

No!

The wicked will be *burned up* in the intense heat of the coming gehenna fire on earth. They will be *consumed, annihilated, destroyed!* This punishment will be *everlast-*

ing—permanent and final. The Bible calls it the "second death" (Rev. 20:14; 21:8)—from which there is no possibility of a further resurrection.

The Bible does teach eternal punishment, but not eternal punishing.

As the apostle Paul declares in Romans 6:23, "The wages of sin is *death*"—not everlasting torture in hellfire! Death is the cessation of life. The prophet Ezekiel said it plainly: "The soul that sinneth, it shall *die*" (18:20).

The prophet Malachi provides a graphic description: "For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be *stubble*, and the day that cometh shall *burn them up* . . ." (4:1). To the righteous, God says that the wicked shall be "*ashes* under the soles of your feet . . ." (Mal. 4:3).

The apostle Paul writes of the "fiery indignation, which shall *devour* the adversaries" (Heb. 10:27). Jesus Christ himself declared that God "is able to *destroy both soul and body* in hell" (Matt. 10:28).

Fiery Annihilation

These scriptures and many others leave no doubt! Hell fire is not a place where the condemned *live*, but where they *DIE*—body and soul. (If you want to know the truth about the soul—whether it is immortal—write for the eye-opening brochure "What Is Man?")

The biblical hell fire is a place of **DESTRUCTION** and **DEATH**—death for *all eternity*. This utter and complete annihilation is referred to in the oft-repeated but little understood passage of John 3:16:

"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."

The fire from the valley of Hinnom in which the wicked perish will ultimately engulf the whole world. It will cover the face of the entire earth, purging away the dross and refuse of ages and creat-

ing a new earth (II Pet. 3:7; Rev. 21:1). It will be a fire that cannot be quenched. It will burn until it burns itself out by melting this earth and turning to ashes the bodies of all the wicked.

Then comes the stupendous act of recreation—a new heaven and earth to be man's inheritance forever. (See Revelation 21.)

Merciful Solution

This is the quick and merciful sentence of a merciful God. The torment of the wicked—largely mental anguish—will be brief. They will *cease to exist* in gehenna fire. God in his mercy will put them out of their self-imposed misery once and for all time.

God does not take delight in seeing men suffer. He does not take vengeance on his adversaries by roasting them for eternity in a subterranean Dachau or Auschwitz. Those who claim that God, in the exercise of some sort of "mysterious" and "unfathomable" sense of justice, would ordain *eternal torture* simply do not know the mind of God! The false "hell" of traditional Christianity is actually a concoction of the perverted mind of *Satan!*

The Bible reveals a very different God than the one so often preached today. Yet millions remain deceived—by mistranslations and misinterpretations—and continue to impute to God a sadistic character that is really Satan's. Few have the spiritual courage to reexamine long-cherished religious beliefs, such as the heathen doctrine of eternal torture.

God is not willing that any should perish. He wants all to come to repentance and eternal life (II Pet. 3:9-10; I Tim. 2:4; Luke 9:56). The wages of sin *is* death. "But," as Romans 6:23 continues, "*the gift of God is eternal life* through Jesus Christ our Lord."

There is no need to live in fear of tortures to come!

For more information on the subject of hell and related topics, request our free booklets *Lazarus and the Rich Man*, *Why Were You Born?* and *What Will You Be Doing in the Next Life?* □

CHRISTMAS 2000 Years Before Christ

by Clayton Steep

How did customs, celebrated long before the birth of Jesus, come to be called "Christmas"?

IT WAS that festive season again. The little children were filled with anticipation and excitement.

The whole family was busily involved in putting up decorations. Boughs of holly and evergreen were assembled and placed about the house. The mistletoe was hung. A tree was chosen and decorated with trinkets and ornaments.

It was a season of giving and receiving presents, a time to sing songs, admire all the pretty lights and burn the yule log. There were to be parades with special floats, sumptuous meals and merry-making.

A modern Christmas celebration?

Not at all!

At the end of December and the beginning of January all these festive celebrations were taking place in various nations of Europe centuries before Jesus was born!

An "Old-Fashioned" Christmas

Where Christmas customs came from is really no secret. You can read the origins of Christmas customs in encyclopedias and ready-reference works. The *Encyclopædia Britannica*, for example, draws the reader's attention to these facts: "Christmas customs are an evolution from times that long antedate the Christian period—a descent from seasonal, pagan, religious and

national practices, hedged about with legend and tradition" (15th ed., art. "Christmas").

In ancient times, many of the earth's inhabitants, realizing their dependence upon the sun for light, heat and the growing of crops, watched the sun's yearly course through the heavens with deep interest. At different seasons, feasts and celebrations were held to help, it was thought, the solar orb on its way.

The end of December was an especially significant time in the northern hemisphere. The days were short. The sun was at its lowest point. Special festivals of thanksgiving and encouragement to the sun were held. When, at the winter solstice, the days began to lengthen, there was great celebration lasting into the first part of January. The sun—the light of the world—had been (re)born!

Such festivities, once meant to honor the sun and its god, were freely adopted by the spreading and increasingly popular "Christian" religion. Why not, in the same way, honor Jesus—the real light of the world (even though He was not actually born in December!)?

Through the centuries different combinations of customs developed in different nations. But the fundamental origin of the celebrations go back at least 4,000 years.

Trees and Candles

The modern Christmas tree is supposed to have originated in German

lands in the Middle Ages. But long before that, their ancestors customarily decorated their homes with lights and greenery at the winter festival.

Since evergreens were green throughout the dead of winter, the ancient Germans looked upon them as especially imbued with life. It was in honor of the tree spirit or the spirit of growth and fertility that greenery was a prominent part of ancient pagan winter celebrations.

The Romans trimmed trees with trinkets and toys at that time of the year. The Druids tied gilded apples to tree branches. It is difficult to trace back exactly where the legend first gained popularity, but to certain peoples an evergreen decorated with orbs and other fruit-like objects symbolized the tree of life in the garden in Eden.

Branches of holly and mistletoe were likewise revered. Not only did these plants remain green through the winter months, but they actually bore fruit at that time, once again honoring the "spirits" of fertility. Still today, catching someone under a branch of mistletoe can serve as a convenient springboard for romantic activity. Few people stop to wonder what in the world such strange customs have to do with the birth of Jesus!

The ancients lit festive fires in the last part of December to encourage the sun just as Christmas bonfires, candles and other lights burn today at the same time

of the year. Use of the "yule log," part of the "yuletide" season, hearkens back to the ritual burning of a carefully chosen log by the Druids. The word *yule* comes from the old Anglo-Saxon word *hweol*, meaning wheel, a round wheel being an appropriate symbol for the sun.

Holiday Cheer?

You thought the Christmas shopping spree was a 20th century phenomenon?

Listen to how 4th century writer Libanius described end-of-the-year gift-giving and partying in the ancient non-Christian Roman Empire: "Everywhere may be seen . . . well-laden tables. . . The impulse to spend seizes everyone. He who through the whole year has taken pleasure in saving . . . becomes suddenly extravagant. . . A stream of presents pours itself out on all sides" (as quoted in *Christmas in Ritual and Tradition*).

Of all times in the year, it was indeed the season to be jolly. Then, as now, in a constant round of partying, it was common—yes, expected—to seek the "spirit" of the season in whatever intoxicating drink was at hand. Drunkenness was widespread. Fortunately, however, the modes of transportation in those days did not lend themselves to the high rate of drunken-driver-induced traffic fatalities that are part of the Christmas season in many nations today.

And Santa Claus?

An important part of the pagan harvest festivities—beginning in October-November with what has become Halloween—involved good and bad spirits. In many lands, visitors—usually bringers of good or evil—made their appearance in the winter season. Through blending pagan legends with traditions about saints, certain figures emerged, with similar personalities. We recognize them today in different nations as Santa Claus, Father Christmas, St. Nicholas, St. Martin, the Weihnachtsmann, Père Noël. Whatever name is used, all these winter visitors fulfill a similar role.

These fictional persons—"Christianizations" of the pagan Germanic deities—clearly perpetuate cer-

tain folk-ritual themes wherein varying degrees of rewards and punishments were dealt out to the celebrants. Through the centuries these customs came to be centered around children.

It is not too hard to see a connection between Santa using the chimney, the shoes and stockings hung by the fireplace and the ancient superstitions about hearth spirits. The fireplace served as the natural entrance and exit of the gods of fire and solar gods when they visited homes. For thousands of years, especially among the Chinese, it was customary to sweep and scour the house in preparation for the visit of the hearth spirit. Each year, dressed in a pointed fiery red cap and red jacket, this fire-god traveled from the distant heavens to visit homes and distribute favors or punishments. Today he is welcomed in the Western world each Christmas season.

Popular Christmas customs as we can see, plainly reflect non-Christian legends and practices. Since Jesus was not even born in December to begin with, the logical question to ask is: What is there that is *Christian* about Christmas? Did you know, for example, that some of the very Christmas customs observed today were once banned by the Catholic Council of Rome, the English Parliament and the Puritans of New England?

More important, what does the Bible say about Christmas? Should a Christian have anything to do with such holidays? For the surprising answers write for your free copy of the booklet *The Plain Truth about Christmas*. □

MARRIAGES

(Continued from page 12)

You and your mate are imperfect human beings in an imperfect world. So when you're wrong why not simply say, "I'm sorry." You'll soon be hearing it in return!

Many mates realize, after much suffering, that they have had immature ideas of what real love is, of what marriage should be. Why not admit shortcomings? Take up the challenge of growing in right love and maturity together.

If an abusive mate asks for forgiveness, be willing to give it. If we fail to apply the living law of mercy and forgiveness when it should be applied, we guarantee that past mistakes and shortcomings will destroy a marriage. One who shows no mercy or forgiveness will not have his mistakes and sins forgiven either (Matt. 18:35).

Of course, persistence in physical abuse must stop if a marital relationship is to survive. Outside counseling may be required.

Be Helpful



Be Constructive

One of the United States' leading divorce and family law attorneys was asked what is the single biggest reason couples split up. He said, "No. 1 is the inability to talk honestly with each other, bare their souls and treat each other as their best friend."

You want your feelings, needs and opinions to be heard and considered? So does your mate!

Many mates develop the habit of putting down their mate's feelings, opinions and desires. But how do you stop this vicious, degrading and damaging cycle? Quietly sit down together. Make outgoing love your aim.

"Love is kind," reveals I Corinthians 13:4, RSV. The J.B. Phillips translation makes it even clearer: "Love . . . looks for a way of being constructive." Be constructive. Work on a positive solution to a problem instead of destroying or putting down your mate when a problem arises.

Talk, listen to your mate. "Love does not insist on its own way" (I Cor. 13:5, RSV). "Be swift to hear, slow to speak," commands scripture (Jas. 1:19). How often do mates cause enormous marital problems because they disobey this command?

"A soft answer turneth away wrath; but grievous words stir up anger" admonishes Proverbs 15:1. Next time, before being so quick to lash back or respond to a mate, stop. Ask yourself, "Is what I'm going to say helpful and constructive to solving the problem, or am I really trying to get back and put him/her down?"

When a mate tries to be positive and constructive about the situation, it encourages the other mate to do the same.

But whatever steps you take, don't forget to strive to apply the attitudes that help and heal in marriage!

"We're a Team!"



A healthy, loving husband-wife relationship is not a master-slave relationship. It is not a mother-son or father-daughter relationship. It is a sharing, complementing relationship where each mate recognizes the God-ordained role of the other and contributes talents and energies for the good of the marriage. It is a union in which each mate expresses appreciation of the other's contribution. Lasting marital happiness requires *team* effort.

One of the newer tragic trends is the growing concept or pressure to go your own way—or, as some express it, "do your own thing" or "find yourself"—even if it means forsaking a mate, children or family responsibilities.

It's when two mates realize they need, help and complement each other that they draw close and grow to respect and love each other. The Chinese have a saying that describes it, "One hand washes the other."

What a wonderful, healing attitude to have in marriage! "My love, we're a team—to share the joys of life together, to conquer the difficulties and challenges of life together!"



... and God's Marital Laws

It is ignorance to drop burning matches into gasoline cans to see if they will burn or explode.

Similarly, to break God's marital laws will burn you. Break God's laws and they break you! Millions are paying painful mental, emotional and physical penalties for rejecting or ignoring God's revealed laws on sex and marriage.

God's law commands, "You shall not commit adultery" (Ex. 20:14, Matt. 5:27-28). A penalty is always exacted: a mate is less loved, or maybe a home is broken, or there is shame, guilt, disease, ill-begotten children—or the ultimate spiritual penalty if sin is unrepented of, death (Rom. 6:23).

"Can a man carry fire in his bosom and his clothes not be burned? . . . So is he who goes in to his neighbor's wife: none who touches her will go unpunished" (Prov. 6:27, 29, RSV).

True love is the way of giving, sharing, helping, encouraging, being constructive, being encouraging. It is the opposite of the way of taking, of adultery, of selfishness, of hurting others and being unmerciful. Those are Satan's ways and attitudes. They produce evil and suffering in human lives and marriages.

So let us not forget. God commanded a man to properly *rule* over his wife (Gen. 3:16). Women *these* days are increasingly ruling over weak and ineffectual men, which is sin, contrary to God's law (Isa. 3:12). God will punish both men and women for forsaking their proper roles (verses 16-18).

God's Word teaches that a husband is the head of his wife (1 Cor. 11:3), that man was not created for the woman, but the woman for man (verses 7 and 9). God commands men to *love* their wives. And wives to respect their husbands (Eph. 5:33).

Note how simply but beautifully the Bible expresses the truly loving, healing attitudes that are to be expressed between husbands and wives:

"... husbands, dwell with them [wives] according to *knowledge* [of God's mind of a woman's needs] giving *honour* unto the wife . . . as being *heirs together of the grace of [eternal] life*: that your prayers be not hindered. Finally . . . having *compassion* one of another . . . , *be courteous*: not rendering evil for evil, or railing for railing: but contrariwise blessing . . ." (1 Pet. 3:7-9).

"Be subject to one another out of reverence for Christ. Wives, be subject to your husbands, as to the Lord. For the husband is the head of the wife as Christ is the head of the church . . . As the church is subject to Christ, so let wives also be subject in everything to their husbands. Husbands, love your wives, *as Christ loved the church and gave himself up for her . . .*" (Eph. 5:21, 22, 25, 28, RSV).

Why is it so important for mates to live this way? "He who loves his wife loves himself" (verse 28). A man who misuses his wife, or a wife that rails against her husband, damage and destroy themselves and their own happiness!

By contrast, God's way to marital peace is to "let each one of you love his wife as himself, and let the wife see that she respects her husband" (Eph. 5:33, RSV).

Isn't it time you admitted any wrong attitudes toward your mate? Isn't it time you sought God's forgiveness and help to express right attitudes and actions in your marriage?

Obey God's living laws of marital happiness and healing. Express appreciation to your mate. Give honor and respect. Be merciful and forgiving. Be helpful and constructive. Live as a team, with each respecting the other's God-given role. Obey God's instructions on marriage. You can improve and/or save your marriage!

Many troubled marriages need the assistance of a qualified spiritual counselor. Don't neglect to seek such help if necessary. □

EUROPE:

(Continued from page 4)

tries as one entity) plus five nations from Eastern Europe. The ancient Roman Empire, one must recall, was itself divided between east and west.

Moscow's obsession is with security. It might be willing—or be forced—in the future to trade her buffer zone in the East for promises of nonaggression and massive assistance for her stagnant economy. "Tubal" and "Meshech"—referring to the Russians in prophecy—are pictured as heavily involved in the final worldwide trading combine centered in Europe (Ezek. 27:12).

In this grand realignment, the United States, Britain and some other North Atlantic countries would be left out in the cold—exposed to mortal danger!

"To the Borders of Russia"

Otto von Habsburg represents a section of Bavaria in the European Parliament. Dr. von Habsburg, a close friend of Dr. Strauss, is the son of the last Austro-Hungarian emperor. The Habsburg dynasty played a major role in the leadership of the resurrected Roman Empire from the late Middle Ages well into modern times.

In an interview not long ago with the weekly West German news-magazine *Der Spiegel*, Dr. von Habsburg was asked, "Where, then, does your Europe end?" Dr. von Habsburg answered: "It extends to the borders of Russia." To the question, "Does that mean that you intend to expel the Soviets from Eastern Europe?" Dr. von Habsburg replied: "That means that we have a feeling of solidarity for the Europeans on the other side of the Yalta line, that we have to stand up for the right of self-determination of these Europeans with all peaceful means. It is for us an unbearable thought that decolonization is applicable exclusively for Africa and Asia and not also for Europe."

In an interview some years earlier, Dr. von Habsburg asserted: "Right now politically the only thing one can do in the West is to

see to it that the West be united as fast as possible . . . in order to give all those nations [in Eastern Europe] who are now separated from Europe an alternative when the time comes—God knows when it's going to come, but it will come one day."

Religion—part of Europe's historic past that today's youth overlooks—is critical to its future. Dr. von Habsburg regards Christianity—in the form of the Roman Catholic Church—as Europe's ultimate bulwark. "The cross doesn't need Europe," he says, "but Europe needs the cross."

Thus the stage is being set for that final, dramatic revival of the Roman Empire. When it actually occurs it will shock an unexpecting world (Rev. 17:8)—all peoples except those few who understand Bible prophecy and God's Plan, and who are called in this age to be in spiritual training for the World Tomorrow. The *good news* is from that date onward it will be but a short step in time to that happy World Tomorrow when Jesus Christ will return the second time and the government of God and world peace will be restored to this earth. □

Personal from...

(Continued from page 1)

primarily affected. It will be those whom God caused to be named after Jacob—or Israel—the nations descended from the two sons of Joseph. And those are the United States and British peoples of the United Kingdom, Canada, Australia, New Zealand and South Africa. (See the free book *The United States and Britain in Prophecy*.)

Ezekiel foretells it (chapters 5:12 and 6:6). Moses described it (Deut. 28—especially verses 20-24, 32-34 and 49-50; also Lev. 26, especially verses 16-20). Already these prophecies are *beginning* to be carried out. Already the "pride of BRITAIN'S power" (Lev. 26:19) has been broken. The former world's number one power has been reduced to a second-rate power. And the "PRIDE" of America's power was certainly broken in Vietnam.

The Great Tribulation is to be

primarily on the United States and the British peoples! Events leading to it are smouldering under cover now, gradually gaining momentum. And then, suddenly, the WORLD WILL EXPLODE into *nuclear* World War III.

But let me tell you, *I* do not expect to be here in its path when it strikes! And *YOU* need not be one of its multiple-millions of victims!

Jesus Christ gave the warning (Matt. 24, Mark 13, Luke 21). And when He said, in Luke's version of His warning: "WATCH YE therefore, and pray always, that ye may be accounted worthy to ESCAPE ALL THESE THINGS that shall come to pass, and to stand before the Son of man" (at His coming—Luke 21:36), He was giving you and me a PROMISE of divine protection from these very things He had been describing—*IF we do* watch world events AS PROPHESED, and remain obedient and continually in contact with God through prayer.

There is another promise of miraculous protection from this Great Tribulation. It is in the third chapter of Revelation. Beginning verse 7 is a description of how the living Christ would OPEN A DOOR by which His Gospel may go out to all the world as a witness and a warning. That is the very Work being carried on through *The World Tomorrow* broadcast and *The Plain Truth* and related literature. In verse 10 is Christ's PROMISE that *because* we have been faithful WITH HIS WORD, He will also keep us from "the hour of temptation." But the marginal reading—the correct translation from the original Greek—is "trial" or "Great Tribulation."

These events are REAL!

This world is hurling itself rapidly to the grand-smash CLIMAX of world trouble. Crime, violence, lawlessness, disrespect for authority, are increasing at a RAPID RATE!

God help us not to treat this warning lightly.

Take heed and read the further promise of PROTECTION not only through the Great Tribulation, but also the PLAGUES of the Day of the Lord to follow, in the 91st psalm. □

THE BIBLE- Myth or Authority?

by Herman L. Hoeh

No other question is more fundamental.

WHAT is the Bible? Does it have a purpose? Can it be proved that the Bible is an inspired revelation from God for man of essential knowledge man could not otherwise discover by himself?

How can you be sure—if there be an original inspired revelation, given directly by God to his prophets and apostles—that it has been accurately preserved?

Theologians, Too, Have Erred

Today, theologians have joined ranks with atheists and agnostics in pronouncing the Bible as myth. Why? What are their motives?

The Bible is, in today's philosophy, the inspiring record of *man's* search for a concept of God—not the *inspired* record of God's revelation to man of essential knowledge man needs to know but would not otherwise be able to obtain!

The world's foremost theologians assume—without demonstrable proof—that the Bible has an essentially natural origin in human traditions! This conclusion subtly implies it is without genuine authority.

To acknowledge the authority of the Bible would mean preaching what it says! It would require one to reject the traditions inherited from pagans. It would mean letting the Bible correct where he or she is wrong. That goes against human nature!

What the Bible Really Is

The Bible authoritatively claims to be the written revelation of the Creator God for mankind. In it the Creator God speaks of absolutely vital knowledge that everyone needs to understand—but which would be inaccessible by any natural means.

In the Bible, God speaks with authority through its writers. The Bible, whether one wants to believe it or not, possesses supreme authority over our lives, since it comes from the Supreme Creator. The Bible repeats hundreds of times: "Thus saith the Lord." In Scripture, God speaks in the first person—"I"—and challenges us to test him to prove whether he speaks the truth (Isa. 44:6-9).

Without the Bible we can never fully understand the lessons of the past, the meaning of the present and the goals of the future!

Scripture, when rightly understood, gives a rational meaning for man's being here and the causes of this world's ills. It explains exactly why this world has wars, sicknesses and suffering. These are the penalties of a wrong way of life. There are hundreds of religious, political and economic cures in the world, but none of them touches upon the true causes of earth's problems. Only God's mind is great enough to know the answers to today's troubles. No book but his Bible can explain the laws that eternally regulate human life and human affairs—laws that, when violated, bring the penalties of sickness, war and death.

Only the Bible is able to point the way out of impending chaos!

Yet men reject its solutions as

out-of-date. Its truth they do not want to grasp. That's why "the Lord has a controversy with the nations" (Jer. 25:31). Ever since the beginning of human life, God has had a controversy with humanity. Humans reason that their ways are better. Man assumes that he knows more than God. Yes, "there is a way which seemeth right unto a man, but the end thereof are the ways of death" (Prov. 14:12). For nearly 6,000 years humans have wanted to avoid acknowledging God as Supreme Ruler. And they hide their eyes from plain evidence in order to label Scripture as myth and tradition.

God Is Able to Preserve His Book

Some critics challenge the accuracy of copies of the Bible in the original Hebrew and Greek languages. Can we be sure that the Bible has not been so corrupted so that it no longer is the revelation of God to man? Has it been so changed and corrupted by myth since the original writing as to be highly doubtful, if not altogether altered? Of course, the very idea is preposterous if there is a God who reveals himself in the written word.

Let the facts speak for themselves. For years the critics claimed the Hebrew Bible was of no authority. "A late and altered form of earlier Hebrew writings," they insisted.

Then came the year 1947.

In the summer of 1947 a sheer coincidence led to the discovery of the oldest Hebrew manuscripts of the Bible so far known. Among a

collection of literary works found in a cave in Wadi Qumran on the north side of the Dead Sea, a 23-foot leather scroll was found to contain the complete text of the book of Isaiah in Hebrew. Expert examination of the document revealed beyond doubt that this Isaiah text dated from about 100 B.C.

This copy of Isaiah, now about 2,000 years old, is unique evidence of the reliability of the text of the Holy Scriptures that have been handed down to us. The text in all fundamentals agrees with what we have in our present-day Bibles. The only differences are minor spelling changes and misplaced words, changes that represent the carelessness of unofficial sectarian scribes who copied that particular text of the book of Isaiah.

In other words, the present Masoretic Hebrew text, which is a continuation of the official Hebrew Bible, is far superior in preservation to the unofficial copy of Isaiah made 2,000 years ago. Furthermore, the ancient scroll of Isaiah, just like the printed copies of Isaiah in any modern-day Bible, whether Hebrew, Greek, English or German, has the same 66 chapters of our present-day text.

Until this find, the oldest and fullest manuscript in Hebrew was the Codex Petropolitanus, dating from about A.D. 916. All this makes clear how accurate the Jews have been in copying, generation after generation, the books of the Hebrew Bible. God has indeed given divine protection to the Book which contains his commands and revelations to man!

Between 1949 and 1951 additional manuscripts were located in other caves near the Dead Sea. In these scrolls were 19 books of the Bible—all telling the same textual story as the Isaiah manuscript!

True, minor and on occasion significant variations occur. But remember, the Dead Sea Scrolls were not copied by the official scribes of the Jewish community. Jesus never recognized the Dead Sea sects as having any authority over the true Hebrew text, commonly called the Masoretic Hebrew text.

The Dead Sea Scrolls plainly show Samaritan and other influences. Between the time of Alexander the Great and the second century B.C. the Samaritans tried their best to influence the Jewish community and alter the inspired scriptures. They failed. The minor variations that do occur in the sectarian Dead Sea Scrolls are added proof that the standard Hebrew Masoretic text is the official Bible text God has preserved.

What Jesus Revealed

Through whom has God preserved his authoritative written word accurately?

Jesus said: "Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled" (Matt. 5:18).

Has this happened? Was Jesus right? Or has the Law—the Hebrew Bible—been hopelessly lost and corrupted?

Luke quotes Jesus as saying, "It is easier for heaven and earth to pass, than one tittle of the law to fail" (Luke 16:17). Modern critics assume Jesus was wrong. They think the Old Testament has not been accurately preserved. But they are wrong!

Jesus also announced, "Heaven and earth shall pass away, but my words shall not pass away." (See Matt. 24:35, Mark 13:31 and Luke 21:33.)

Jesus' words—the very words recorded by the apostles in the New Testament—shall not pass away!

Of course the modern critics prefer to quote Jesus as saying, "Heaven and earth cannot pass away, but my words shall pass away!" But these critics are wrong! Jesus is right. His words have not passed away. The critics have merely been unwilling to look for his words where he said they could be found! They have, instead, looked elsewhere so that they would not find Jesus' words.

Notice where we ought to look for the authoritative text of the Bible. Read it from the Revised Standard Version which the modern critics have themselves translated: "Then what advantage has the Jew?"

Yes, what special duty did God give to the Jews? Notice:

"Much in every way. To begin with, the Jews are entrusted with the oracles of God. What if some were unfaithful? Does their faithlessness nullify the faithfulness of God? By no means! Let God be true though every man be false, as it is written, 'That thou mayest be justified in thy words . . .'" (Rom. 3:1-4, RSV).

To whom were the oracles of God, the written record of God's revelation delivered through Moses and the prophets—the Hebrew Bible—committed? To the Jews!

But what if the Jews did not believe and did not practice the things written in the law, the prophets and the psalms? What if the Jews have become divided into Orthodox, Reformed and other schools of thought? Does their rejection of some of the truth nullify the faithfulness of the written word of God, which they are required to preserve from generation to generation?

"God forbid," declared the King James Version. "By no means," reiterates the Revised Standard Version.

So the Jews—by these very words of the theologian translators of the Bible into English—are seen to have preserved the Hebrew Bible faithfully!

Now consider the New Testament. It was offered first to the Jews. But the Jews, as a nation, rejected the New Testament—though many individual Jews did accept it in the first century. What did God, in his wise foreknowledge, do? He revealed his word to the gentiles, specifically the Greeks, for a very great purpose.

Greeks Preserve New Testament

Notice Paul's statement. The Jews originally had the advantage over the Greeks because the Jews received the oracles of God (Rom. 3:1-4). Now, however, declares Paul, "there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him" (Rom. 10:12). No difference? Why?

The answer is found in verses 14

and 15: "How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher? and how shall they preach, except they be sent? . . ."

The Greeks, too, received "the word of God." God sent to them a special apostle—Paul. Paul went almost exclusively to Greeks. He spoke to other gentiles only as they were found in the Greek-speaking world. Paul wrote to Greek-speaking churches, not to Ethiopian-, Chinese-, German- or Persian-speaking churches. There was a very special reason.

Let us read further—Romans 10:19-20: "But I say, Did not Israel know? [That is, did not Israel recognize God's message? But they refused it, as a nation, and were in part blinded spiritually.] First Moses saith, I will provoke you to jealousy by them that are no people, and by a foolish nation [the Greeks were then a foolish nation, filled with vanity of mind] I will anger you. But Esaias is very bold, and saith, I was found of them that sought me not; I was made manifest unto them that asked not after me."

Notice that Paul applied these prophecies to his day—the New Testament period.

When the Jews, as a nation, rejected the message of Jesus Christ, God raised up the apostle Paul to go to the Greek-speaking world with that same message. The Greeks would hear! They did hear! They received the oracles of Jesus Christ—the New Testament—even if most of them were never converted! And they have preserved it! Jesus declared: "My word shall not pass away"—and it has not passed away. The Greeks alone of all peoples copied, generation after generation, the New Testament in the very language God inspired it to be written! No other people did it! The Samaritans corrupted it, the Latins and Egyptians translated and sometimes altered it. Only the Greeks have accurately copied it in its original language.

Today about 4,500 examined Greek manuscripts confirm the integrity and purity of the New

Testament text. In 1935 a fragment of John's gospel in Greek, dating from the time of Emperor Trajan, A.D. 98 to 117, was discovered in Egypt. The fragment was part of a codex or book, indicating that the entire New Testament IN PROPER ORDER was circulating within a score of years following the death of the last apostle. This and other fragments and texts witness to the accuracy with which the Greek New Testament has been preserved through fire and sword.

But what about minor variations in the Greek New Testament?

Bible a Living Book!

The answer is that Scripture is a living book, using living languages. In English, for example, if we are to understand the Bible, we need new wordings from time to time as old wordings become difficult to understand. Many readers of the English Bible would be unable to read with understanding the translations into English made in the century before the King James Version was published. We have these versions in the libraries of the Ambassador Colleges. It would be useless to quote from them in *The Plain Truth*—they are too difficult to understand. Old English almost seems to be a foreign language today.

In the same way slight changes were necessitated over the centuries in the Hebrew and Greek because of the gradual changes in wording and expression in those two languages. For his word to be understandable in public reading, God permitted over the centuries minor scribal variations in spelling and word order for clarity. That is why no two hand-copied codices or complete manuscripts of either Old or New Testament agree 100 percent in every detail. God has purposed it! He intended his word, even in the original languages, to be living, active, intelligent channels through which his will might be expressed.

These minor changes—contrary to the usual opinion—prove rather than disprove the inspiration and divine preservation of Scripture. Inspiration is not of any value whatsoever in a dead, unintelligible language! The Greeks, as also the

Jews, have not been left to decide for themselves whether or not they want to preserve it. God has made them preserve his word correctly.

I have before me, as I write, the Greek New Testament in the first *printed* edition published in Constantinople in 1912. It is the Greeks' official authorized printed text of the Greek New Testament. When the Greeks published this edition they checked their authoritative manuscripts. The Greek religious authorities are held responsible by God for it. In the reproduction of this first edition (in Constantinople) before me, a typographical error occurred. Mark 7:16 was, by accident, left out of the printed text! So, in later production, when the printing of the new edition came out, in all faithfulness to the original printed edition, the Greeks did not insert this accidentally missing verse (Mark 7:16) in the text. They placed a note in the text and put the verse at the foot of the page for all to read. In other words, once an officially approved printed edition was made, there were to be no additions or deletions in the printed edition. And if an error, due to human oversight, later is found, it is required to be printed below. Every Greek must thereafter, when reading, insert the accidentally missing verse placed at the bottom of the page!

This is fundamentally the same way the Jews preserved the Hebrew Bible! When the Jews had officially approved a manuscript for synagogue use, if, at a later time, they found a scribal error which they had not noticed, they left the text just as it was—with the aforesaid scribal error. But in the margin of this officially approved text, they inserted the correct reading and every man who read in the synagogue had to read what the margin had! When they recopied that manuscript, they recopied the aforesaid scribal error in the text and the true reading in the margin! That is how they have preserved the Bible. God has not left it to the individual to decide these matters.

Greek Text Arrives in the West

For centuries, during the Middle Ages, the only Bible accessible to

Western Europe was the Latin Vulgate Bible. It was the work of the scholar Jerome, who prepared it from many old Latin translations—which differed among themselves.

Rome has not preserved through the centuries the New Testament in the original inspired Greek.

Jerome attested to the corruption of the Latin translations of his day.

“If we are to glean the truth,” said Jerome, “from a comparison of many, why not go back to the original Greek and correct the mistakes [in the Latin] introduced by inaccurate translators, and the blundering alterations of confident but ignorant critics . . . all that has been inserted or changed by copyists” (Jerome, *Vulgate Preface*, Nicene and Post-Nicene Fathers, Vol. 6).

For thirteen centuries the Latin Vulgate translation of the Bible dominated the Western world. Then, in 1453 the Turks conquered Constantinople, the capital of the Greek world. Many Greek scholars fled west. They brought their manuscripts with them. Soon Erasmus and Ximenes, Stephen, Elzivir and Beza published texts of the New Testament in Greek. In a few instances these Greek New Testament texts contained additions from the Latin Vulgate, which these scholars translated into Greek. A striking example is I John 5:7, which occurs in no Greek manuscript preserved by the Greeks. It made its appearance in the King James Version ultimately from the Latin Vulgate.

The Greek texts of the early printed editions in the West were vastly superior to the Latin versions previously circulated. From these Greek texts the early English translations came—including the renowned King James Version of 1611. Very few basic errors appear in the King James Version—though it is by no means a perfect or always clear translation.

The Bible-publishing Nations

God used—and is using—the Jews and Greeks to preserve his word in their original languages.

But neither Jews nor Greeks have published the Bible in quantity for all the nations to read in their own languages. That duty has been committed to the birthright nations of the House of Israel—the nations who inherited from Abraham, Isaac and Jacob, immense national blessings so they would be able to distribute Bibles at little or no cost to all nations around the world.

Who are the birthright holders who were to become the world's leading publishers of Bibles in all languages? The English-speaking nations—the British people worldwide and the United States of America.

These peoples are identified in Bible prophecy. It's made plain in the free book *The United States and Britain in Prophecy*.

The 10 tribes of the ancient House of Israel rejected God. They went into Assyrian captivity after a three-year siege. God promised to withhold his birthright blessings from them for 2,520 years—seven prophetic “times” (7 × 360). That penalty ended at the beginning of the 1800s A.D.

It is no coincidence that British engineers and financiers in 1803 produced the first practical paper-making machine in history. That in 1804 the British and Foreign Bible Society was founded. By an extraordinary “coincidence” Lord Stanhope had in the same year perfected a stereotyping process. That process made Bible manufacturing cheap, accurate and speedy!

In 1805 massive numbers of the English New Testament appeared. A complete Bible for quantity distribution appeared in 1806. Friedrich König, a German, came to London in 1806, and in four years perfected the printing machine. The story, if continued, would fill pages. This is one of the greatest series of events in history. It ranks in importance with the Jewish and Greek preservation of the Hebrew and Greek Scriptures! Yet the world today takes little note of the greatest of the birthright blessings!

Do We Have All the Bible?

One final question should be answered with regard to the preser-

vation of Scripture. Do we have all the Bible?

The testimony of history itself is that none of the Hebrew Bible has been lost since the days of Christ. For nearly two thousand years, through persecution and war, the Jews have preserved it as God intended! The same books composing the Bible in Jesus' day are used today in the synagogues and in the churches.

But what about the fact that some editions of the Bible have seven more books (the Apocrypha) added to the Old Testament than the Jews have? Are these added books part of the revealed word of God?

The official authority for the copying of the Hebrew Bible was vested in officially appointed scribes (Matt. 23:2). They never accepted the Apocrypha. The Apocrypha are unauthoritative books. These books contain definite errors, plus a measure of historic truth—just as all human books do. The apostles never quoted from the Apocrypha. They never referred to these seven added books as inspired. The Catholic Church in the West did not accept them until about A.D. 398, at the Council of Carthage—300 years after the Bible was completed in the days of the apostle John.

The Greek Bibles used by the inspired New Testament Church under the guidance of the apostles did not contain the Apocrypha. These *uninspired* books were not added to the Old Testament canon by the churches in the East until after A.D. 315, according to the admission of the bishop Cyril of Jerusalem. Here is proof that the Apocrypha was never approved by Christ or the apostles. The Bible was completed in the days of the apostles!

The same may be said of the so-called lost books of the Bible. These books were never lost because they were never part of the Bible. They are outright frauds! They are spurious—uninspired—and full of errors!

If you want the full story of the Apocrypha, write for the reprint article “Do We Have the Complete Bible?”

But what about the New Testa-

What Our Readers Say

How Should Children Be Born?

I enjoyed reading "How Should Children Be Born?" I want to share two experiences I had delivering my first and second child.

At the birth of my first child I went to the hospital and missed everything. I didn't remember having a baby at all. I felt like I was cheated out of something. When I went home, I was sick from too much anesthesia. I had a reaction to it.

But when I had my second child I prayed to God to help me deliver and to let everything go well with me and my baby. I went to the hospital and told the doctor I wanted to be awake. I was awake through the whole thing. It made me feel like a woman and that I accomplished something by helping. It isn't as painful as I thought it would be. I also enjoyed breast feeding our newborn son. He slept better than the first child (which I didn't breast feed). Having a baby the natural way is more rewarding at the end. A blessing from God, and God's way is always better.

Connie Conner
Columbus, Ohio

The article "How Should Children Be Born?" was very good. We had our baby at home and it is a very rewarding experience. It makes one realize

what birth is. We had to plan every detail so the delivery would go smoothly. We didn't just go to the hospital and lay the responsibility on the shoulders of a doctor or nurses. It was harder work but well worth the effort. The hospital may be more convenient but not more rewarding.

Nancy and Gary Van Ausdle
Silt, Colorado

I enjoyed "How Should Children Be Born?" Really hits a nerve because when my first son was born, I was scared out of my wits. The hospital wouldn't let me have my mother or husband with me.

L. Lynn Domina
Midway, Georgia

My experience as a labor and delivery nurse in a family oriented setting, encouraging "natural" childbirth with spouse or friend, in a birthing room, bonding and breast feeding, without the use of IV's, anesthetics, instruments and with a C-section rate less than 10 percent, and my own cesarean delivery (local anesthesia, husband present throughout) gives me firsthand knowledge.

Women should be encouraged to seek alternative birth experiences, but they should be led to think neither that "natural" childbirth occurs only in the home nor that home birth is the only or best alternative. It is

certain that some physicians are indiscriminate in their use of instrumentation and medication and surgical intervention, but it is certainly not true of all physicians and hospitals.

Mr. Calkins states that the role of cesarean deliveries is on the rise and that the rate approaches 40 percent in some institutions. In the same issue, you point out in your articles ("The New Silent Epidemic" and "Unmarried Sex") that genital herpes and teenage pregnancies are on the increase, both of which are often prime indications for cesarean sections. It is also likely that a 40 percent cesarean birth rate is a statistic from a large urban hospital, which inherently has a greater number of patients transferred there from other smaller hospitals not equipped for certain types of complications.

Jeanne V. Chase
Pine Plains, New York

Drug Connection

In your recent issue is one of the most important and revealing articles that I have ever read on the subject of drugs. To me it's the last missing part of an infamous puzzle.

The puzzle: Why is the United States cursed with the present drug problem? I have known many of the reasons, the main one being that we have abandoned God. But I

never knew about the West's drug traffic with China. I had read about individuals trafficking in opium early in the 19th century, but not to the extent that you mention in your article. The extent boggles the mind.

BeDelia Leon
Yucaipa, California

New Silent Epidemic

I would like to express a few words of appreciation for the article on an unpleasant subject "The New Silent Epidemic" by Donald Schroeder. It's very helpful in bringing these terrible diseases to young people's attention! This is the type of real education which we seldom or never find in most literature.

George Grapatin
North Madison, Ohio

I work three days a week in natural therapy. I felt your August [U.S.] issue of *The Plain Truth* was apropos to our times. The article on venereal disease alone is worth a fortune! If only every teenager could read it. Since that is virtually impossible, I would like to make it available to some of them anyway. I have never read an article on VD that could be so plainly understood by the average teenager or layman.

Ruth M. Paetz
Milrose Park, Illinois

ment? Is it complete? Here again the testimony is the same—the New Testament has been preserved exactly! The early Greeks recognized no other New Testament books than we have today. No New Testament book has been lost.

If you want an illustration of

God's intervention to preserve his word, turn to Jeremiah 36, beginning with verse 23. King Jehoiakim, at a time of national crisis in Judah, rejected God's message and had an entire scroll of the word of God cut with a penknife and consumed by a fire. Certainly burning the only copy of the word of God

would destroy it if anything would!—he thought.

But what happened? Did it perish forever? No! Read for yourself the account in Jeremiah 36:32.

You can depend on the Bible. It is the inspired word of God in print! It carries absolute authority. By it you are to be *judged!* □

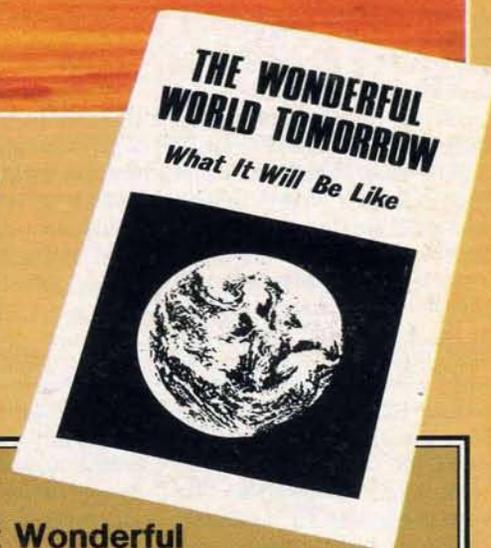
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