

The

Good News

International Magazine of The Church of God



AUG 67



More About Our Cover...

Thousands of copies of "The United States and British Commonwealth In Prophecy" pour off our bindery at the Pasadena plant of Ambassador College Press. The first printing of this book is over a quarter of a million copies — be sure YOU read and study yours.

Ambassador College Photo

What our READERS SAY . . .

Why God Condemns Pork

"Even if I hadn't known the truth about the dangers of eating pork, Mr. Paul Royer's article and the accompanying most vivid pictures would be sufficient, I'm sure, to turn me against ever having the desire to ever consume it again."

Mrs. V. B.,
San Anselmo, California

Could Smell the Picture!

"Thank all of you for *The PLAIN TRUTH* and *GOOD NEWS*. The article on hogs—I could even smell the picture! It was that real, and when we used to raise hogs, we didn't even notice the smell."

Miss A. T., Missouri

Fanatical Not to Eat Pork

"After reading the articles in *The GOOD NEWS* about pork, I can't help but write the views of my unconverted family. The doctor told my mother not to eat pork because of high cholesterol—that's fine. The doctor told my father not to eat pork because of blood pressure—that's okay. The doctor told my brother not to eat pork because of a liver condition—that's wise. The doctor told my brother-in-law not to eat pork because of ulcers—that's sensible. God tells me not to eat pork because it wasn't created for food—that's fanatical."

Mrs. W. R. T.,
New Concord, Ohio

"Death on the Highway!"

"I just received my June *GOOD NEWS* and the one article on 'Death on the Highway' is a good lesson for all of us.

I am sure if we would all learn the Ten Commandments on driving our highways would be a safer place to drive on."

Mrs. A. S., Royalton, Minnesota

Ten-year-old Responds to Sermon

"Today in church I heard a sermon by Mr. McCullough and a sermonette by Mr. Cormany. Some of the things they said made me very much want to start working on the Correspondence Course. I will be 10 in November and will be in the fifth grade this fall. Thank you very much."

Miss K. K., Illinois

Daughter Healed of Appendicitis

"We would like to tell of an experience of God's healing power. Our little seven-year-old daughter had a sick spell this last spring. We had her anointed, thinking it was the flu. She didn't seem to make any progress so I called our local minister and told him about it and he suggested taking her to a doctor. So we did, and to our surprise we found out she had acute appendicitis. I took her home and called our minister again and told him what I had found out. He in turn called the local brethren, and they all prayed and asked God to heal her. We later took her back to the doctor for a little bit of trouble she was having and he told me there was no appendix left, that they had very definitely ruptured. She is completely healed today and runs and plays as if nothing had ever happened. We truly thank God daily for His mercy and healing power He gives so freely for asking."

K. L. D., Oregon

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scattered abroad

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EDITOR

HERBERT W. ARMSTRONG

EXECUTIVE EDITOR

Garner Ted Armstrong

MANAGING EDITOR

David Jon Hill

SENIOR EDITORS

Roderick C. Meredith

Herman L. Hoeh

Associate Editors

Albert J. Portune

Ronald Kelly

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Foods Consultants

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Isabell F. Hoeh

Rose McDowell

Editorial and Production Assistants

Steven J. Gray

Paul W. Kroll

Donald G. McDonald

BUSINESS MANAGER

Albert J. Portune

ADDRESS ALL COMMUNICATIONS to the Editor, Box 111, Pasadena, California 91109.

Canadian members should address Post Office Box 44, Station A, Vancouver 1, B. C., Canada.

Our members in United Kingdom, Europe, and Africa should address the Editor, B. C. M. Ambassador, London, W.C. 1, England.

South Africa: Post Office Box 1060, Johannesburg, Transvaal, R. S. A.

Members in Australia and Southeast Asia should address the Editor, Box 345, North Sydney, N. S. W., Australia.

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THE WAR AND GOD'S WORK

God's Work is forging ahead in Jerusalem. Drs. Dorothy and Martin have just returned from the war-torn Middle East with their firsthand report.

by Charles V. Dorothy and Ernest L. Martin

Jerusalem

GOD HAS begun a new phase for His work! We have just returned from the Israeli occupied territories of old Jerusalem and the west bank of Jordan. We have also visited our new offices near Jerusalem at Ramallah. The vivid truth of new responsibilities now awaiting the Church of God — that means *all* of us — was firmly impressed upon our minds.

While in the war zone we were hearing sporadic echoes of land mines and unburst shells being detonated by Israeli soldiers. Troops were rushing in all directions. Demolished tanks, trucks, artillery were strewn over the countryside. Still there was occasional action by snipers — one Israeli soldier was killed the day we were in old Jerusalem.

Amidst all this activity in the aftermath of the Middle East war, we had the opportunity of taking many pictures for *The PLAIN TRUTH* files, interviewing both Jews and Arabs about the conflict, plus checking on the offices of God's Work near Jerusalem.

The Jerusalem Offices

We are happy to report that your prayers, in response to the recent letters from Mr. Armstrong about the Work in Jerusalem, have been, and are still being, answered. The new office buildings of the Church came through the war without damage. God can, and does, protect His own!

Tacked on the door of our offices was a notice issued by the United States Department of State informing Israeli soldiers that the contents were our Church property. It was a request that nothing be disturbed. That request was honored.

The only thing taken from the prop-



Ambassador College Photo

Destroyed Jordanian trucks along the Jerusalem-Jericho road.

erty was the automobile. The Israeli military authorities absconded with the car because of a general order commandeering all vehicles in conquered Arab territories. We were able, however, to talk with officers in the headquarters

of the Military Governor in Jerusalem who assured us that the car would be returned within a week, or if not, full compensation would be paid.

The property, on the other hand, is in perfect condition — fully protected and



Left: Jews distribute food to homeless Arabs in Old (captured) Jerusalem. The (spiritual) Jew in blue is Dr. Martin! Above: Israeli soldiers celebrate capture of Jordanian tanks on road to Jericho.

ready for the carrying on of God's Work in Jerusalem.

The Jewish Expectation

Wherever we went in Palestine, we found the Jewish people jubilant over their victory. They were especially elated over the capture of Old Jerusalem and to have in their possession the site of the former Temple—a place denied them for the past 1900 years.

Bulldozers have made a path directly to the western section of the old Temple of Herod—the area known as the Wailing Wall. We saw Jews of all kinds, religious and nonreligious, streaming to the Wailing Wall to pray in thanksgiving for the fact that Jerusalem was now in their hands.

In our conversations with scores of people at the Wall, there was a consis-

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Right: View of our Jerusalem office-home combination—still in perfect condition.

Ambassador College Photos



The TRUTH about NATURAL CHILDBIRTH!

Are you PREPARED to have children? Here is how you can have YOUR BABIES NATURALLY — and joyfully — AT HOME!

by Garner Ted Armstrong

In writing this article, Mr. Garner Ted Armstrong has compiled a series of four articles published a few years ago in *The PLAIN TRUTH*. Although they were originally aimed at our PLAIN TRUTH audience, they contain vital information all of God's people especially need to know. This vital article can be used as a manual by those of you who are expecting parents — save it, refer to it often. Editor.

NO QUESTION can be more vital to YOUR HOME than the question of having children! What should prospective parents do to PREPARE for children? What about mental attitude toward children? What about dieting for pregnant women?

WHERE should babies be born? Is it really advisable to go to a hospital? Is it advisable to use drugs? What about the oldest form of childbirth known to mankind — NATURAL CHILDBIRTH? Is it better to have your babies NATURALLY — at home?

ALL prospective parents need to FACE these questions — SQUARELY!

Here, in this article, is information YOU NEED TO KNOW, and be concerned about, so YOU can avoid making a tragic mistake!

Preparing for Children

With the tremendous upswing in young marriages, illegitimate births on the increase, unwed motherhood rampant, and the *average* young couple of today not even faintly concerned with the *responsibilities* of parenthood, there are seemingly insurmountable obstacles to overcome.

The average young person who contemplates marriage has given almost no thought to what steps are necessary for *preparing* for children.

Think of it! Fully eighty percent of the girls reaching marriageable age look

toward homemaking, housework — fulfilling wifely responsibilities — as mere drudgery. Only a pitiful three percent of American girls have devoted any time whatsoever to even thinking of how to become good housewives.

What is the matter? What is HAPPENING to our standards? As has been revealed in previous statistics, our youth of today seek only THRILLS, PLEASURE, *entertainment*, pastimes! Is it any wonder they do not suddenly *change* these desires when they become married?

What a shame it is—that mere youths, who are fully capable of becoming married and *having children*, should bring children into a frightening world of chaos, with a pair of irresponsible parents, incapable and undesirous of really *rearing children*.

These statistics are only an indication of *part* of the prevailing attitude toward marriage, childbirth, and housekeeping among our youth.

Where there has been no education, no forethought, no financial preparation, and childbirth is a totally unexpected and *unprepared-for occurrence*, there is hardly a basis for the successful rearing and training of children! What *chance* do these children have to become decent citizens? With young, thoughtless, *unprepared* parents, they have very *slim* chances, indeed!

The pressures of society, and especially the *entertainment media* have

formed a *highly successful barrier* to happy marriage!

Youngsters, envisioning marriage, giving birth to children and future parenthood through the hazy, nebulous pink clouds of American advertising, movies, TV, and novels can hardly be expected to have a down-to-earth, sincere and adult appraisal of the serious responsibilities marriage and parenthood entail!

Here is a blight and a scab, a sickness and a disease, an abominable atrocity running rampant among our young people which further serves to point up the fact that our society is *going the way of Rome!*

All too often, pregnancy and resultant childbirth is an unexpected burden, an "accident" which occurred at the *wrong time*, or an "accepted risk" of marriage which is irksome and bothersome to the youthful parents.

Rare is the couple today who seriously *plan* for a child, solving their financial problems, in order that the mother can devote her *full time* to child care and training, and all the many tasks of being a loving wife and help to her husband, a thorough and efficient housekeeper, and a gentle mother to her children. Rare indeed is the couple today, who have *planned* a child, waited expectantly through the months of pregnancy by *learning together* the basic fundamentals they should know, and who have shared,

as a result, one of the truly deepest, fullest emotional experiences of this human lifetime.

Mental Attitudes

For the sake of brevity, it will be impossible to go into great detail in many of the physiological points regarding actual childbirth. However, there are certain *basic principles*, which are vitally important to understand, which, *if they are followed*, will form a priceless fund of knowledge of the *foundation* for child training.

Oftentimes, either through ignorance, or perhaps the deliberate teaching of parents, or from other sources, expectant young parents are *unprepared mentally* for the arrival of children, and so develop many harmful attitudes.

Again, there are monumental evidences today that our present society is *exactly* as the apostle Paul said it would be when he prophesied, "Men shall be lovers of their own selves . . . lovers of pleasure more than lovers of God" (II Tim. 3:2-4).

To many "modern" parents today, children become *not* "an heritage from the Lord," but a burden and a millstone, a bother and a trouble, a ball and a chain that *keeps them home* when they would rather be out SEEKING THEIR OWN PLEASURE!

If young parents deem themselves too *busy* to accept the responsibility of parenthood, too *occupied* to give birth to their children, too *involved* to properly *care for their children*, they are not fit parents, nor should even *consider* planning a family!

However, assuming we are dealing with parents who have thoroughly *planned* children spiritually, mentally and financially, let us analyze what the correct mental approach should be.

Too often, mere *ignorance* results in undue suffering.

Young women who entertain vague "fears" about pregnancy and pain in childbirth, who are so concerned about their figures that they look with disgust upon the normal swelling of the abdomen in pregnancy, and who approach motherhood with the feeling of distaste and revulsion are not fit by training or *mental attitude* to give birth to children!

It is vitally important, then, that the

woman, especially, have an intelligent grasp of exactly what pregnancy *is*, and what her attitude toward it should be.

A *pregnant* woman IS NOT A *SICK* woman!

The expectant mother who is constantly complaining of discomfort, of the heat, of nausea, of cramps, or of other slight discomforts, which are usually nothing but the *normal symptoms* of pregnancy, is merely showing that she does not really *want* the child, and has an unhealthy mental attitude toward it. Possessing this attitude, it is unlikely she will be willing to take the steps necessary for the preparation for the child, or to eat and drink the proper foods in the proper *amounts*, getting the proper exercise, all of which will help insure the birth of a normal, healthy child. On the other hand, the expectant mother who adopts a good, healthy mental attitude of joy and satisfaction at the prospect of giving birth to a child will not only begin to prepare herself for a much easier childbirth, but will experience a real depth of joy she was meant to receive through the months of pregnancy, and, the chances are, will give birth to a *healthy child!*

The expectant mother who zealously takes her walks, eats proper foods and drinks plenty of milk, spending her spare hours in other preparation for the child, is going to have a much easier time during her pregnancy, and many of the "discomforts" will be dissolved.

The Source of Unhealthy Attitudes

Each human being is the product of the environment and the society around him. Young girls entering puberty have naturally inquisitive minds regarding childbirth. They ask their mothers, or, *what is more likely*, ask friends of approximately *their own age*.

Shameful though it seems, in this modern age of technological development and scientific enlightenment, there remains a *cloak of ignorance* over the very root and core of all human existence — *childbirth!*

This ignorance can be the very *cause* of undue suffering at parturition.

"All too often, growing girls develop misconceptions regarding childbirth which later blossom into full-fledged fears which cause them

unnecessary suffering. Oftentimes, young parents find they have a lot of 'growing up' to do themselves as they approach parenthood" (p. 59, *Childbirth Without Fear*, Dick-Read).

This foremost authority, and promulgator of natural birth methods, reveals that fun, pastimes, entertainment, and a merry-go-round of thrills are poor training for prospective parents! The saddening thing is that so few really seem to *accomplish* the "growing up" they need to do as they approach parenthood.

Also, many youthful mothers possess deep-seated *fears, doubts*, and mental anxieties when they learn they are expecting a child. Oftentimes, they may even bring on serious psychosomatic illness through *wrong thinking*.

To what extent can apprehension, fears and doubts affect actual childbirth? *To a very great extent!*

". . . Soon, the conflict between the demands of nature and the fear-conditioned mind sets up physical complaint, backache or headache, dyspepsia or constipation, listlessness and muscular apathy, depression or weariness of mind and body" (p. 59, *Childbirth Without Fear*, Dick-Read).

An important factor is the incidence of psychosomatic illness even in children. Dr. M. Murray Peshkin, speaking before a group in Denver, said more than 300,000 U. S. children are suffering from "intractable asthma," which "is a disease of the body generated by the mind of an emotionally disturbed youngster" (p. 16, *Rocky Mountain News*, July 20, 1959).

It is a *medically proven fact* that up to 50% of the illnesses brought before the doctors can be diagnosed as directly attributable to *maladjusted minds*.

"Over 50 percent of all the illness that doctors see is emotionally induced illness! . . . Emotional stress eventually produces serious, disabling illness, and . . . *emotional stress is, today our Number One cause of ill health*" (pp. 19, 20, *How to Live 365 Days a Year*, Schindler).

Few realize to what extent worry,
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REPORT FROM CYPRUS

Originally assigned to staff the Jerusalem office, Mr. and Mrs. Raymond Dick are now moved into our Cyprus office awaiting the turn of events which will eventually allow them into our fine office in the outskirts of Jerusalem. Here is Mr. Dick's report telling about our Cyprus office in Nicosia, and the general atmosphere of that small, tense, island country.

by Raymond C. Dick

THIS IS Cyprus where the newest office in God's Work was set up in Nicosia on Tuesday, July 4.

The office seems to have an Ambassador College atmosphere about it. It reminds you somewhat of the library building on the Pasadena Campus before it was remodeled. It has floors that resemble marble on all porches, verandas and hallways. The stairway to the second floor, the kitchen floor and the whole third floor are also of this stone material. Most of the other floors are parquet of oak.

The outside of the building is stucco and stone blocks. There are two fine verandas and the flat roof is a partially enclosed, fairly private lounging area. Two small fireplaces should furnish the necessary heat in the winter.

The office area is quite small but well furnished. The broadcast has just begun from Amman, Jordan this week. We have not received any mail from this area in response to the broadcast. When the mail does begin to come in, need for more working space may arise, but that need can be absorbed within the present quarters for some time to come.

Perhaps, in the future the building may need to be air-conditioned. That may depend on whether the tenants are accustomed to chilly England or hot, humid Texas.

The present temperature is about 95 degrees in the daytime and about twenty degrees lower at night. The climate is much like that of Southern California. Geraniums, citrus fruit trees, oleander, fig trees, pepper trees as well as grape arbors are common sights. All we lack is smog and freeways. We

can get along without the smog but a freeway might be a welcome sight.

Britain has left its mark on Cyprus. Cars are driven on the left side of the road; roads are generally quite narrow and cars are quite small by American standards.

Now that you know where the office is and what it is like, perhaps you would like to know more about Cyprus — past and present.

An Armed Camp

Cyprus is an armed camp. While old women trudge along with huge burdens on their backs, healthy young men sit around and play war.

Cyprus has a long involved history. Larnaca is said to have been built by a grandson of Noah. Aphrodite, or Venus as she is called by the Romans, is said to have been born in the foam of the sea near the city of Paphos. Cyprus was a seat of pagan culture and religion.

It is a thrill to see archaeologists carefully brushing dirt away from a newly unearthed floor exposing ancient mosaic. As soon as the dust is removed, men with wet cloths begin to wash the inlaid floor. As the first pass is made over the floor with the soaked cloth, living color bursts forth. In minutes a scene is exposed that may have been covered for several millennia. We witnessed this at the site of Apollo's temple.

The country is filled with these ancient remains. When the house next to the office was being built and the workmen were digging footings for the foundation, they struck what seemed to be an ancient cemetery. Construction was delayed for some time while ar-

chaeologists from the Cyprus Museum carefully unearthed what turned out to be a very old cemetery. Many treasures had been buried with the dead and these are on display at the Cyprus Museum, right here in Nicosia.

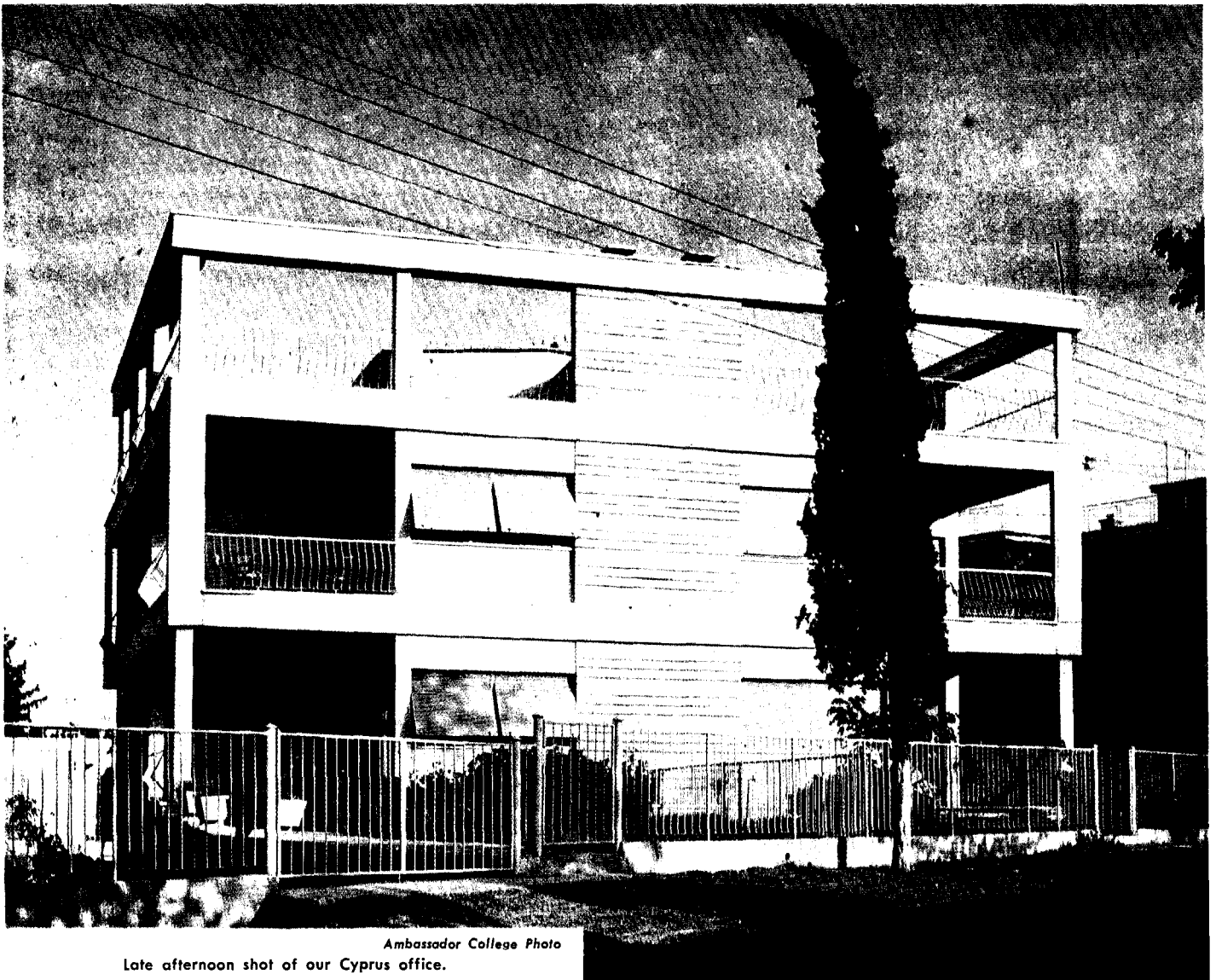
History of Conquerors

In recorded history Cyprus was ruled by many nations. It was first said to have been conquered and occupied by Egypt in 1450 B.C. It was later ruled by Phoenicians, Greeks, Assyrians, Macedonians, Persians, Ptolemys, Romans, Byzantines, Saracens, Franks, Venetians, Genoese, Turks and British.

About 80 percent of the population of Cyprus is Greek. About 18 percent is Turkish and the remaining 2 percent is composed of Armenians and other minority groups. The total population is about 579,000.

The country is criss-crossed with lines of partition. Nicosia is a divided city. As you go into the shopping district you suddenly come to a street that is carefully patrolled by UN soldiers. It is called the Green Line. One side is for Greek Cypriots and the other is for Turkish Cypriots. Turkish Cypriots are said to be allowed free access to Greek Cypriot territory but Greek Cypriots are not allowed in the Turkish zone. Most roads in the Turkish area are very narrow. They are not maintained and are infrequently traveled. Most Turkish Cypriots are very poor. They do not have cars and many are supported by relief sent to them from Turkey. Those Turkish Cypriots who have cars are allowed to travel freely on Greek Cypriot roads.

That 80 percent of the population



Ambassador College Photo
Late afternoon shot of our Cyprus office.

which is shut out of Turkish territory look a little wistfully at the unused roads going to waste. A small matter, perhaps, but unnecessary and a source of provocation — seeds for future violence.

A nice young couple live next door. She was born in Cyprus but has spent sixteen years in America and has a Bachelor of Arts degree in archaeology. Her husband is a native of Greece. He works in the port city of Kyrenia, which is about a twenty-five minute drive along the main highway through the Turkish zone. For him it is a different story. He must leave home at five in the morning in order to get to work by seven. He must take a narrow back road that is many miles out of the way. Daily, he and many Greek Cypriots must do this.

A United Nations escorted convoy accompanies Greek travelers at 8 a.m. and at 4 p.m. These are rather impractical times of the day for working men.

Political Turmoil

Why so much chaos in this fruitful Mediterranean island? The reasons given may not necessarily be the real ones but the main source of irritation was *enosis*, a word meaning union with Greece.

In 1954, Greek Cypriots were backed by Greece in their struggle for self-determination. Turkey took the view that if British control were relinquished the safety of the Turkish Cypriots would require that Turkey should rule Cyprus, or that, at least, the island should be partitioned.

The island has since been partitioned

and the Greek merchants who were formerly in business in what is now the Turkish sector suffered heavy losses when this took place. The Greek Cypriots fear further partition and they say that many in the Turkish sector eagerly await the time when Greek Cypriot property will become theirs by a judicial decree. This may be exaggerated, but it also has a grain of truth.

We are not experts in Cypriot affairs. We are still strangers here and we know it. We do feel, however, that when all slogans are brushed aside, the dollar or pound will lie at the root of the problem. Lustful, greedy, human nature is well described by James the apostle. He said, "From whence come wars and fightings among you? Come they not hence, even of your lusts that

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BE THANKFUL

One of the greatest of all sins is the sin of INGRATITUDE! Although Americans observe Thanksgiving, millions still do not know what it means to be thankful. You need to know how, when, and to WHOM to be thankful—no matter what country you live in.

by David L. Antion

STOP, LOOK, and listen. You'll see multitudes of unhappy people grumbling and griping about nearly everything.

This is especially true in the two most prosperous countries on earth—the United States and Britain.

Our peoples combined have more than half of all the world's good things. Yet few find satisfaction in them. Why? *Because of ingratitude.*

People are not happy today because they are not thankful.

Ingratitude Prophesied

The Bible foretold that in the last days men would be unthankful. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, UNTHANKFUL..." (II Timothy 3:1-2). Human nature *is* unthankful.

You were born with a selfish nature—full of greed. Notice what God says about your nature. "Ye lust, and have not: ye kill, and *desire to have*, and cannot obtain; ye fight and war, yet ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts" (James 4:2-3).

Notice! Human nature is selfish—grasping, snatching, devouring for self. With this nature—it's hard to be thankful!

To be thankful we must stop, look at, and appreciate what we have. But instead of appreciation, human nature constantly lusts for more. A mind filled with lust and desire to get is virtually incapable of gratitude.

The combined sins of lust, greed and ingratitude are major factors bringing God's punishments on our peoples.

God says, "Because thou servedest not the Eternal thy God with *joyfulness*, and with *gladness of heart*, for the abundance of all things; therefore shalt thou serve thine enemies which the Eternal shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and he shall put a yoke of iron upon thy neck until he have destroyed thee" (Deut. 28: 47-48).

Are the peoples of Britain and America serving God with joyfulness and gladness of heart? We are blessed with an abundance of all things. But because of our ingratitude—our griping, grumbling, complaining ways—God will send us into captivity *minus* our tremendous blessings.

God despises this sin of ingratitude!

Foolish Philosophers

This world's education has jumped the tracks. Today's education cannot cope with the immense problems of the world. Why such a lack in essential knowledge about life, health, eternity?

It all started long ago.

God says of the philosophers and educators: "Because that, when they knew God, they glorified Him not as God NEITHER WERE THANKFUL; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be *wise*, they *became fools*" (Romans 1:21-22).

Notice it! They did not glorify God. *They were not thankful.* And what was the result? They became *vain* in their imaginations—minds.

It takes humility to be thankful. Human nature, with its greed, selfishness, vanity cannot humble itself in thanksgiving to God. And so exalting themselves, ancient philosophers and educators left the truth of God—changed it to a lie. They worshipped and served the creature more than the Creator "who is blessed for ever more. Amen."

How Many Are Thankful Today?

Jesus healed many in His day. But how many ever thanked Him?

On His way to Jerusalem, Jesus passed through a certain village. Ten lepers met Him there. Standing afar off they cried to Him, "Jesus, Master, have mercy on us.

"And when He saw them, He said unto them, Go show yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, and fell down on his face at His [Jesus'] feet, giving Him thanks: and he was a Samaritan.

"And Jesus answering said, Were there not ten cleansed but where are the nine? There are not found that returned to give glory to God save this stranger" (Luke 17:11-18).

One in ten. That's the ratio! Maybe not that much!

Do one in ten give thanks to God today? How many people take time to thank God for His great blessings and benefits?

Many prayer requests for healing come to our Pasadena offices. Hundreds of anointed handkerchiefs are sent out

each month. Many people are anointed personally by God's ministers.

Many are healed. But they "forget" to write in and mention it. Some remember — a year later.

But what of the hundreds who never write in at all? We are sure that *far less* than ten percent ever write to acknowledge a healing. And how many ever bother to give God thanks in the privacy of their own homes?

Have you received healings? Did you thank God?

God Commands Thanksgivings

"Enter into His gates with *thanksgiving*, and into His courts with praise: BE THANKFUL UNTO HIM, and bless His name" (Psalm 100:4).

God commands us to be thankful and to bless His name. WHY?

God wants to develop holy righteous, perfect character in those who have voluntarily yielded their lives to Him. God knows human nature. He knows it is filled with vanity, selfishness, lust and greed. He knows that of itself human nature is not thankful.

Therefore — to help us overcome this selfish nature — God has *commanded* that we *be thankful*.

Thankfulness gets our minds off self — off greed, lust, vanity. Thankfulness acknowledges God's hand in our lives. We admit we've had help. We did not do it *all* ourselves.

It is very difficult for people to say "Thank you." For when thanks is given it is akin to being indebted — a debt which many times cannot be repaid. *It's hard for human nature to feel obliged.*

God tells Christians, "In *everything* give THANKS: for this is the *will of God* in Christ Jesus concerning you" (I Thes. 5:18).

Here is the formula for happiness. God expects us to give thanks "in everything." In other words, God expects us to find something good in every situation. God wants us to focus on our blessings — not dwell on our problems.

Notice Ephesians 5:20: "Giving thanks ALWAYS FOR ALL THINGS unto God and the Father in the name of our Lord Jesus Christ."

Do you give thanks in everything?

Do you give thanks always for all things?

How many take time to give thanks for the Bible? Where would we be without the Holy Word of God — God's revelation to man of essential knowledge? God has preserved His Word through ages of persecution and diabolical schemes to destroy it. In these last days we are all blessed that a Bible can be obtained for a few pennies. An hour's wages can purchase a Bible. Many are distributed free! Are you thankful for that?

Do you give thanks for your home? Your children? Your mate? Do you give thanks for good health?

"But," you say, "I don't *have* perfect health."

Have you heard the saying, "I complained about flat feet until I saw a man who didn't *have* feet!" No one today has *absolutely* perfect health. But in every case, *it could be worse.*

Do you give thanks for the food you eat? God's Word shows we should. Jesus did. He gave thanks for what He ate — asking God to bless it.

GOD COMMANDS US TO GIVE THANKS!

Some people ask, "What does God want us to do?" God's will is expressed very plainly. Part of that will for Christians is to give thanks. It develops humility. Most of us think we are sufficient unto ourselves. Giving thanks shows we aren't.

Duty of the Priests

Thanksgiving *is* important. Because King David knew this better than most, he appointed "certain of the Levites to minister before the Ark of the Eternal, and to record, AND TO THANK AND PRAISE THE ETERNAL GOD OF ISRAEL" (I Chron. 16:4).

Imagine! Here were men whose duty was "to thank and praise" God.

Every morning thanks was to be given by the Levites. In I Chronicles 23: 28-30 the duties of the Levites are outlined. They included the purifying of all holy things, work and service of the house of God, "and to stand every morning TO THANK AND PRAISE THE ETERNAL, *and likewise at even.*"

Twice a day thanks was given *for-*

mally. David knew ingratitude was one of the greatest sins a nation could fall into. He took every precaution to prevent it — including *appointing* men to offer special thanks to God.

God Wants a Sacrifice

God Almighty was not really pleased with the sacrifices of the Old Testament. Hearing the Word of the Eternal and doing it meant more to God than all the burnt sacrifices, peace offerings, oblations, and incense.

But one sacrifice *is* pleasing to God.

"I will offer to thee *the sacrifice of thanksgiving*, and will call upon the name of the Eternal" (Psalms 116:17).

"OFFER UNTO GOD THANKSGIVING: and pay thy vows unto the most high" (Psalms 50:14).

God is pleased with the sacrifice of thanksgiving. God commands us to offer *that* sacrifice.

God knows it goes against the grain of human nature to say "Thanks." Have you ever noticed how people avoid those two words — "Thank you"? A *sincere* "Thank you" shows the basic character and attitude of a man. It shows him to be humble, meek, thoughtful.

Every day God wants you to give thanks to Him for your life, food, and multitudes of other blessings. Many have a hard time praying. They would not — IF they would take time to count their blessings and thank God. *You should be thankful to be able to give thanks!*

Not only does God want us to thank Him but also to thank others. Members of a family need to practice this. A simple "thank you" would promote peace, tranquility, and love in a family. When members are considerate, thoughtful, and observant of the work, service, and help of others, it encourages and inspires the entire family. *Try it!*

Example of Great Men

Great men of God all gave thanks. These men were not weaklings or cowards. They were real "he-men."

Daniel gave thanks. "I thank thee, and praise thee, O thou God of my fathers, who hast given me wisdom and might, and hast made known unto me now what we desired of thee: for thou

hast now made known unto us the king's matter" (Dan. 2:23). Daniel had just finished receiving the interpretation of the king's dream. No magician or wise man of the kingdom could do it. Did he accept all the credit himself? No! *He acknowledged God.* He thanked God. He showed humility, meekness, faith.

Daniel knew the importance of thanksgiving in prayer. A decree was made by Darius the king that said anyone making a petition to any god or man for thirty days other than to the king would be cast into a den of lions. Daniel knew the writing was signed. Yet "he kneeled upon his knees three times a day, and prayed, and GAVE THANKS before his God, as he did aforetime" (Daniel 6:10).

Why THANKS? Men were plotting against him! His life was in danger!

Yet in the face of these things Daniel still gave thanks. He was not *so* concerned about self that he forgot God's goodness.

You and I forget. When troubles come or trials arise we forget God's benefits. The immediate response is to *protect* self — *get* for self — *ask* for self. But true Godly, *courageous* character will take time and give thanks.

Paul gave thanks. The phrase "I thank my God" appears time and again in Paul's epistles.

Jesus gave thanks. He thanked God for His daily food. He started prayer with thanksgiving. In fact, most prayers recorded in the Bible start with thanksgiving.

The Psalms are filled with thanksgiving to God. Time and again you run across this statement, "O give thanks unto the Eternal, for He is good: for His mercy endureth forever." In Psalm 136 the Bible tells us to give thanks to God for His wonders, works and miracles.

Thanksgiving Day

Why aren't people happy? Simply because they aren't thankful.

In the United States a day has been set aside for thanksgiving. But how many *actually* give thanks?

Most people are too busy, too concerned with self to thank God. The day

is filled with football games, drinking, gluttony. Thousands take to the roads in a mad scramble to "have a good time." The entire day is filled with the emphasis on self-gratification.

At some time in the 24-hour period most of our brethren manage to say "grace" over a meal. But how many express heartfelt thanks to Almighty God?

People in different countries have days set aside in the fall for thanksgiving. In England it is Harvest Home Day. Japan has a harvest festival day.

But even if people really gave thanks to God on the day their nation sets aside — it would be a small token of what they really should do. *God commands us to give thanks* IN EVERYTHING, *EVERY DAY!* — that's God's will!

It is all right to observe a *national* custom of thanksgiving. But do it Christ's way — not in rioting, drunkenness, gluttony. True Christians *should* be thankful — not only on Thanksgiving or Harvest Home Day — but *every* day.

Be Thankful for Christ's Sacrifice

Of all things Christians have to be thankful for, the most precious is the sacrifice of Christ. Through His blood we may have forgiveness of sins. God will overlook — *pass over* — our sins. Jesus Christ has taken your sins on Himself. He is the propitiation for sins — sent into the world to take the sins of the whole world on Himself. Those who truly repent of *their ways* and *their thoughts*, and turn to the *living* Jesus Christ may have forgiveness through His blood.

How precious is this sacrifice?

It is hard to describe. But a look into Old Testament times may give you some idea.

You wake up in your dwelling to hear a tumult outside. Quickly you throw on a garment and run out to see what the trouble is. Someone tells you a woman has been caught — taken in the act of adultery. Crowds gather. You run hurriedly along to witness the death penalty. For adultery was punishable immediately by death through

stoning. All took part. You knew you had to witness it.

You wonder who it is — perhaps someone you know. You hear the shrieks and screams of a woman. As you draw near to the brow of a hill, the crowd pressing closely against you, you peer down and see the victim. She is being blindfolded and led to the edge of a high platform as she pleads for mercy.

"I'll never do it again," she says. "Please forgive me — it was a moment of weakness — I didn't mean to do it! Please! Somebody help me!"

You knew there could be no help. For the death penalty must be executed. *Nothing* could stop the death penalty from being enforced. There was no repentance — no chance to change — no forgiveness of sins under the Old Covenant.

So you stand and watch as the accuser pushes her over the edge. A piercing scream and she falls in a crumpled heap. Then the witnesses drop a huge rock on her chest, crushing the upper portions of her body. Blood splatters. Then the crowd joins in. Rocks from all directions plummet down at the helpless victim. Screams yet pierce the air. Soon the screams are crushed to low moans. And finally silence!

Such was the administration of death!

But wait! The scene shifts.

Now the woman is standing in front of Jesus Christ in the midst of the temple. Pharisees are there accusing.

"Now Moses in the Law commanded us, that such should be stoned: but what sayest thou?" They said this tempting Jesus.

After He stooped down and wrote on the ground with His finger, Jesus said, "He that is without sin among you, let him first cast a stone at her." He stooped down again and wrote on the ground.

Convicted, the Pharisees filed out one by one.

When Jesus stood up only the woman was standing in front of Him. He said, "Woman, where are those thine accusers? hath no man condemned thee?"

"She said, 'No man, Lord!'"

"And Jesus said unto her, 'NEITHER

DO I CONDEMN THEE: go, and sin no more' (John 8:1-11).

Those words! Those WONDERFUL words: "Neither do I condemn thee."

Money can't buy them. Works can't earn them. They can't be borrowed or stolen. They are a manifestation of GOD'S GRACE. The righteous One *without sin* who *could* cast the first stone offers *His* life to pay for *your* sin!

These words of forgiveness have come to you when you needed them most. You — like the woman — were condemned to death — ETERNAL DEATH — through sin! "For all have sinned and come short

of the glory of God" (Rom. 3:23). And the wages of sin is death.

God spared your life through His Son, Jesus Christ.

If you were strapped to a tree facing an angry crowd with rocks in their hands, God's grace would mean *so much more to you!* Other things wouldn't mean so much. Everything else would take second place!

You would give thanks to God for His grace. You would *literally* "give thanks always for all things."

Why don't you do it NOW?

Cyprus a Key Gate

As the Middle East progresses toward the calamitous events that are going to happen, several things may be of interest. Cyprus is less than fifty miles from Turkey, sixty miles from Syria and two hundred forty miles from Egypt. It has good ports, rugged mountains and some flat plains. These facts could interest major powers seeking bases within easy reach of the center of activities.

Another interesting detail in this age of uniting religions is that the Archbishop of Cyprus is the undisputed head of the Cyprus government and the head of the church as well.

In religion Cyprus Greek Orthodox Catholics consider themselves totally independent of all other religions. Their Archbishop, and he alone, carries the sceptre handed down from leader to leader since it was reputed to have been given by Barnabas to his first successor.

This is as much a direct commission to these people as it is to devout Roman Catholics that they should be carrying on the authority vested in the church by their "Peter." Giving up this trust and accepting subservience to Rome will not be easy to accomplish. These people feel they are carrying on the work and the authority handed down by Barnabas who was born here, and they may intend to keep it that way.

This is Cyprus — a pleasant isle rising from the vivid blue waters of the Mediterranean. It is a tourist Mecca that is rich in history. There is only a small open field between this office and the German Embassy. The Presidential Palace of President Makarios III is on our street, just about three blocks further out of town. The country is full of diplomats who are here to represent the interests of their countries. The armies of many nations are here to control the local population and here on the principal street of the capital stands the office that God has chosen to open in the Middle East. It also is an embassy, BUT NOT OF ANY WORLDLY GOVERNMENT.

Pray for the Work in Cyprus *often*. Pray for God's wisdom to guide me and my wife in our work in His office here — and wherever He opens doors to send us.

Report From Cyprus

(Continued from page 8)

war in your members? You lust and have not, you kill and desire to have and cannot obtain. You fight and war yet you have not because you ask not. You ask and receive not because you ask amiss that you may consume it upon your lusts" (James 4:1-3).

For this reason many public buildings are guarded by armed guards who watch the surrounding area from sandbag fortifications. This is why tanks stand on knolls overlooking key roadways. This is why many beach areas are dotted with odd-looking mounds which are actually camouflaged bunkers.

Cyprus is supplied with 4,500 soldiers by the United Nations from such

countries as Ireland, Denmark, Austria, Canada and others. Turkey has 600 men stationed here and Greece has 950 men here. There are also between 6,000 and 7,000 Cypriot national guardsmen. This means there are over 13,000 soldiers here to keep peace when the whole nation has a population of just over half a million people. These figures appeared in an article in the *London Times* on March 6, 1967.

A local directory lists forty-four separate diplomatic offices that are residents here in this small country. In addition there are almost a third more that are nonresident offices. This is a lot of diplomacy for a place so small.

WE RECEIVE quite a number of requests from our members asking us to divide their tithes and offerings and record part in the name of the Church of God and part in the name of Ambassador College.

Perhaps the reason many of these requests are made is due to the assumption that there is a tax advantage to be gained by contributing to two organizations rather than to one. Perhaps many do not realize a full 30 percent of their income is tax deductible if given to the Church in tithes and offerings and other contributions.

It is not necessary to divide contributions between the Church and the College. There is no tax advantage gained by doing so, in fact there are more advantages gained by recording tithes, offerings, etc., in the name of the Church only.

MILITARY SERVICE and WAR

Just off the press is our new booklet, *Military Service and War*. In this booklet Mr. Herbert W. Armstrong gives the Biblical teaching and commands of God on military service, killing and war. It is not being offered to our entire mailing list. However, every man attending God's Church should have his own copy to read and to study. If you desire a copy, simply request the new booklet by name, *Military Service and War*, and send your request to:

Herbert W. Armstrong
P. O. Box 111
Pasadena, California 91109

The Bible Answers Your Questions

Please address any questions YOU would like answered
in this column to the Editor.

Please explain Matthew 16:28 where Christ says, "Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man coming in His Kingdom."

This scripture seems to imply that Christ would return during the lifetime of some of his disciples and set up His Kingdom. Christ hasn't returned and set up His Kingdom yet — and the original disciples are now dead. How can this scripture be explained?

The answer to your question is found in Matthew 17:1-9. This is the account of the transfiguration of Jesus Christ witnessed by three of His disciples — Peter, James and John. These men had stood by Christ as He made the promise of Matthew 16:28.

Christ didn't "come into His Kingdom" during the lifetime of these disciples — that is as far as establishing the Kingdom of God on earth. But they did see Him "come in His Kingdom" in vision — in the vision of Christ's transfiguration.

The account of Christ's transfiguration recorded in Matthew 17:1-9 is rehearsed in Mark 9:2-9 and in Luke 9:28-36. In both of these accounts there is rightly no break in the story flow — no chapter division as in Matthew. Men have placed these chapter divisions; and they do not reflect the original Greek.

With a continuous story flow this

scripture can now be properly understood. Six days after Christ made the statement of Matthew 16:28 he took Peter, James and John up into a high mountain to pray. He was going to keep His promise. They were to see a glimpse as it were of Christ "coming in His Kingdom" having returned to this earth at His second coming in all the power and glory of the Almighty Creator of the universe!

Christ was transfigured before them! "His face did shine as the sun, and His raiment was white as the light"! So reports Matthew. And Mark — "His raiment became shining, exceeding white as snow..." And Luke — "His

raiment was white and glistening."

Peter, James and John saw Jesus manifested the way He is now (Rev. 1:14-16) and the way He will manifest Himself at His second coming to set up the Kingdom of God on this earth. Moses and Elijah appeared with Christ in this vision — and it was a vision, verse nine. These two will be co-rulers with Christ in His kingdom.

The vision reaches a climax as a cloud envelopes the three and out of the cloud thunders, "This is My beloved Son, in Whom I am well pleased, hear ye Him."

Peter was an eyewitness to this event. Many years later he affirms that this vision which he stood audience to depicted the "power and coming of our Lord Jesus Christ." He says in II Peter 1:16-18: "For we have not followed cunningly devised fables, when we made known unto you the power and coming of our Lord Jesus Christ, but were eyewitnesses of His majesty. For He received from God the Father honour and glory, when there came such a voice to Him from the excellent glory, 'This is My beloved Son, in Whom I am well pleased.' And this voice which came from heaven we heard, when we were with Him in the holy mount."

We see now by the correct story stream and by the testimony of the apostle Peter that before they died, at least three of Christ's disciples — in vision — saw, "the Son of man coming in His kingdom."

DONATION INFORMATION

Many hundreds of members have requested information on how best to make a gift to God's Work, either during their lifetime or upon death, through Wills, Trusts or other means.

If you are desirous of receiving information regarding such gifts, the Legal Department of God's Work is available to advise and serve you without cost or obligation. Merely write:

Radio Church of God
Attention: Legal Department
P. O. Box 111
Pasadena, California 91109

THE TRUTH ABOUT NATURAL CHILDBIRTH

(Continued from page 6)

fear, apprehension and anxiety affect normal body functions.

It is *normal* for the expectant mother to wonder, "Will I be a good mother? Will my baby be normal? Will I be able to endure the pains of childbirth? Will having a baby ruin my figure? Will I look as awful as some other women I've seen?"

It is a *normal thing* for certain small doubts and fears to exist in the minds of expectant mothers — especially those expecting their first child. However, with proper education of *what childbirth is*, of exactly what is going on within her body, and a constant joyful *preparation* for childbirth, even these minor, normal doubts and worries can be dispelled.

The right state of mind is vitally im-

portant. It depends, primarily, upon whether or not the wife *really wants the child*.

We have seen, then, that ill health, discomfort, undue pain in labor and other far more serious complications *can*, and sometimes *do*, result from an *unhealthy attitude* toward childbirth.

What Is the Right Attitude?

There is no room for selfishness in expectant parents! The young mother is about to *GIVE* birth. And it does entail *giving*. The right attitude is one of a wholesome, eager anticipation toward the greatest event of life, and a deep feeling of gratitude and thankfulness for the privilege of possessing limited recreative powers, and bringing another human being into this world.



Ambassador College Photos

This mother and her minutes-old daughter radiate the happiness and security of a natural home delivery.



"Young people who want a baby and wholeheartedly accept the pregnancy have a helpful head start. Healthy living, happy planning, and an attitude of anticipation contribute immensely to welcoming a new baby" (p. 765, *The Encyclopedia of Child Care and Guidance*, Gruenberg).

Those who do not understand the deep *spiritual* significance in childbirth are truly missing countless riches of right human experience and emotions which the Creator God intended we experience fully.

The apostle Paul wrote:

"For the invisible things of Him [the unseen things about God, His nature, His plan] from the *creation of the world* are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse" (Rom. 1:20).

God reveals the invisible things of Him are made known and readily evident to humankind by looking at those things which have been *created!* In looking at the creation around us, there is no more easily discernible and evident truth than the fact of the *cyclical life character of all living creatures*. Each living creature *reproduces!* Further, it reproduces *after its own kind!*

Life exists! Life reproduces life. And life reproduces life of the same kind! So God reveals the secret that seemingly is hidden from the minds of so many today that He is *reproducing Himself!* Constantly, in the Bible, there is a *family relationship* illustrated.

God is spoken of as the "Father" while Christ is the "Son"! The Church is illustrated as the "Mother" of us all. God "begets" *children* by the power of His Divine Holy Spirit implanted within human beings.

God *is* a family. Human beings, given the opportunity of being *born* of God by means of a resurrection through the sacrifice and intercession of Jesus Christ will be in the very *family* of God!

There is no more wonderful way to learn of the *plan of God* and of the fact that He is *reproducing Himself*, than by experiencing the bringing forth of children in marriage.

God fully *intended* that human beings should *see* in the reproduction of human life a beautiful counterpart and type of the *reproduction of God-life!*

If the two parents have been really *converted*, and UNDERSTAND this great and beautiful truth of God, then truly childbirth becomes one of the deepest, most satisfying *experiences* of all human life! It becomes a thing of intense beauty, of awesome wonder, and a breathtaking miracle! Perhaps you have heard, many times, the expression "the miracle of birth!" Truly, the fact of the development of a mere egg cell into an embryo and finally a mature fetus which is born as another separate *human being* is one of the greatest *miracles* man is ever permitted to witness!

A priceless treasure indeed if the expectant parents understand this marvelous plan of God, *see* a type of spiritual birth in the physical one, *understand fully* what pregnancy and childbirth *is*, and meet it hopefully, anxiously and expectantly—*together!*

How Much Do You Need to Know?

The expectant mother is usually beset with conflicting opinions on anything from the possibility of inflicting terrible birthmarks on the baby from having seen a snake to an urgent caution against breastfeeding—which will supposedly "ruin her figure."

Whom should she believe? She will undoubtedly find herself beset with advice from her mother and mother-in-law, from neighbors and friends, from all and sundry who have had children or have heard others talk about having them. She should take it all with a "grain of salt" and merely believe in down-to-earth common sense!

The expectant mother can obtain any one of a variety of small, easy-to-read, reliable handbooks containing the physiological facts concerning childbirth.

It is not our purpose to endorse every word committed to writing concerning childbirth and child rearing in any work which might be quoted, but to offer easy to read sources of information which may prove to be valuable helps to the expectant mother.

The works from which certain quotations have already been taken, for example, *Childbirth Without Fear* by Dr.

Grantly Dick-Read, and others are very helpful and valuable books in many ways.

A small handbook, such as *Expectant Motherhood*, by Dr. Nicholson J. Eastman, Professor of Obstetrics in Johns Hopkins University, Obstetrician-in-Chief to the Johns Hopkins Hospital, might be recommended as a *guide*. Dr. Eastman, however, seems unduly opposed to "natural" childbirth in his section on anesthetics.

Such works, set down in simple, easy-to-read form, could be studied by both the expectant father and mother so that they are *learning together*.

Now we are ready to begin with some very important principles of actual childbirth! You will be SHOCKED to find how much undue, unnecessary, out-and-out SUFFERING is needlessly being endured by an *uninformed* group of young mothers!

Will You Have a Normal Child?

This is a question which every mother asks herself many times during pregnancy, and probably there is not a mother or father alive today who, in reflecting the first moments after childbirth, cannot remember having carefully counted all the fingers and toes, and looked searchingly for any deformities or blemishes on their newly born infant.

In today's society, replete with all the modern gadgetry of accelerated 20th century living, we seem to be approaching an era where malformed, imperfect and incomplete children are becoming a more frequent occurrence.

Is it any wonder? We are living at the time of the end of nearly six thousand years of human experience, of man trying to go his *own way*, *contrary* to the Divinely imposed laws of Almighty God. We have followed the way which *seems* to be right to a man (Prov. 14:12) which way has brought us to the seemingly insurmountable problems of the "explosive sixties."

Why are more genetic disorders appearing? We have chemical sprays and fertilizers, processed and packaged foods, complete with many preservatives added, many dyes, artificial flavoring, and other additives in our prepared foods. We are held captive by unbalanced diet and the addiction to

pill-taking, an insatiable lust for self-satisfaction, which drives us in frenzied hordes to the glittering candy counters, the cigarette vending machines, the popcorn stands and the corner drugstores and malt shops. We are heedless of our physical weakness and lack of exercise—becoming a nation of drivers rather than walkers. All this, and strontium 90, too! Is it any wonder there are increasing numbers of malformed children being born?

What Should You Eat?

A balanced diet, and plenty of fresh air and exercise are among the most important aspects of pregnancy.

Again, however, in discussing diet and exercise, let us use discretion not to enter the realm of fanaticism. There are so many conflicting ideas, panaceas and "cure-alls" so as to bewilder anyone caring to peruse one tenth of the works extant on diet, and real caution is necessary in order to avoid the fanatical or the extreme.

The saying, "You are what you eat" is in many respects true. Carrying this same saying into pregnancy, it is then obvious that the child is pretty much what the *mother* eats! A mother can, by merely pursuing her own selfish interests and tastes, literally *destroy* the health of her yet unborn child.

Carry this same principle over into certain habits such as smoking, dipping snuff, overabundance of sweets, or other harmful and detrimental habits. Argue though some may, the pregnant woman who smokes is injecting nicotine and deadly tars which have been absolutely PROVED to be carcinogenic (cancer-inducing) *directly into the bloodstream* of her yet unborn child. She may be condemning her own child to an early death from a gnawing, strangling, cancerous tumor which could well choke out its life in mere infancy!

Why is it that cancer, heretofore a disease of the middle-aged and elderly, is today cropping up repeatedly in infants—and some of them even as yet unborn?

These are merely a *few* of the factors concerning the necessity for a well-balanced diet and putting away of harmful habits for a pregnant woman.

Some Basic Diet Requirements

It must be strongly emphasized that any attempt to substitute *any* artificial products for the raw, fresh fruits, the raw or properly cooked greens and vegetables, and the certified, whole milk (or skim milk as the case may be) would be very foolish indeed. Human beings tend to go to *extremes*. However, it is not the extreme, or the fanatical which you want, but the normal, balanced and sound-minded information concerning proper diet, so as to insure a healthy child and a normal childbirth.

For some overall, balanced concepts of correct diet during pregnancy, study carefully the recommendations in this article.

FRUITS AND VEGETABLES: You should be *sure* to increase your usual amount of fruits and vegetables, eating from five to seven servings each day, and including one serving of *raw* fruit or vegetable. Citrus fruits are exceptionally healthful in proper amounts, and other fruits such as tomatoes, berries and melon are good supplements. These foods will supply the vitamins and iron you need, and are important to "balance" your normal amounts of protein and starches.

Blessed indeed is the family which has its own garden, or can obtain home-grown fruits and vegetables which have not been artificially raised on chemical fertilizers, sprayed with deadly poisons, or "kept fresh" for weeks on end by frighteningly strong preservative agents!

As has been very briefly discussed, there are literally hundreds of artificially prepared, artificially preserved foods packaged and sold in today's modern supermarkets. Simply because they have an attractive package does not make them fit to eat. Again, truly blessed is the family who is able to procure its own naturally grown grains, grind the grains to the desired size for cereals, bread or pastries, and do this type of cooking themselves! However, since the average family is neither industrious enough nor able to accomplish this, let us strongly recommend that breads and cereals be of the natural kind, unadulterated, whole grains, without preservatives added and also without supposed "enriching" vitamins. Remember, whether stone ground whole wheat is without preservatives or not, bread is

There is no substitute for a balanced diet before, during and after pregnancy!
Ambassador College Photo



still *bread*. It should be eaten only sparingly.

MEAT, POULTRY AND FISH: These are the tissue and muscle builders, and you should eat at least one quarter pound of some good meat each day. Be sure you get GOOD meat wherever possible, free from stilbestrol, or preservatives strong enough to embalm! You will be surprised to learn that GOD has labeled *some* meats unfit for human consumption—but good steaks, poultry and most *fish* are excellent body builders.

EGGS: Be sure to use caution here. Most pregnant women develop an aversion to eggs, especially during the first months. But one egg a day, even if hard-boiled and mixed in a salad or with spinach, is a good source of iron. Anyone with albumin should use the *yolks* without the whites.

CEREALS AND BREAD: Whole-grain cereals, even though more difficult to prepare and harder to come by, are the best. But cracked wheat, steel-cut oats, and other cereals are also good nourishing foods in the right amounts. In the so-called "refined" cereals, breads and flours, much of the important minerals and vitamins have been lost—hence labels claiming various enriching or restoring.

BUTTER: Here again, caution is necessary. Butter supplies vitamin A, and should be used sparingly by anyone tending toward obesity. *If* you need to watch your weight, you can obtain vitamin A from liver, carrots, yellow squash, and green leafy vegetables.

FLUIDS: You need to drink *plenty of milk!* Plenty of water and other fluids are also needed. Tea and coffee in moderation will do no harm but be sure it is in *moderation*, and not in excess! Soups, fruit juices and milk are good fluid sources, and a *certified* RAW milk is excellent, but nothing can substitute for good water!

Now that we have seen a general approach to the mainstays of diet, let us see a practical application, in sample form, of some of these principles.

Sample Diet

This simple, basic information is given here merely as a guide, and is not intended, in any way to present the total information necessary to the expectant

mother with regard to diet and exercise. However, we feel it necessary to present a *sample* diet, as a basic *outline* into which many of the varieties of foods already mentioned may fit. This, in no way, is intended as a hard-and-fast rule for all individuals in all circumstances. Individuals may find they have *certain allergies* or *physical conditions* which would *prohibit* the use of some foods herein listed. Therefore, let us stress that *this is intended only as a sample diet*, and is *not* necessarily recommended for *every individual*.

Commercially prepared foods not in this list should be avoided.

Breakfast:

Raw, fresh fruit, or fresh fruit juice, preferably citrus

One egg

One-half to one slice whole wheat toast

Milk, or coffee if desired

For variety, use various fresh fruits or juices that are in season. The egg and toast may be replaced by one waffle, or two hotcakes—if buckwheat or whole wheat, so much the better—or cooked cereals. Again, whole grain wheat, the steel cut oats or cracked wheat would be better than most prepared cereals.

Lunch:

Four to six ounces of cooked meat, fish or poultry—or one cup vegetable soup, or other soup with beef stock

One or two vegetables from the following: Asparagus, beets, carrots, broccoli, cauliflower, corn, parsnips, spinach, squash, rutabagas, turnips, etc.

One-half cup salad greens, principally utilizing raw spinach, watercress, parsley, with leaf lettuce or head lettuce only incidentally

Two glasses of raw, certified, fresh milk

Dinner:

Simple dinner salad

Four to six ounces cooked meat
One or two vegetables of the aforementioned varieties with baked potato occasionally

Simple dessert, such as custard or plain fruit with cookie

Two glasses of raw, certified, fresh milk

There are many varieties of fruits, vegetables and meats which may be utilized, and the above-given diet can be extremely flexible. However, it must be emphasized again that a pregnant woman is *not a sick woman!* Actually, she should eat a diet exactly as would any normal, healthy adult who was paying proper attention to diet, with the possible exception that she should cut down on some starchy substances, and add more calcium, phosphorus and iron. It must be remembered she is generally eating for *two* persons, and not just one. Many women yield to the temptation to snack in between meals, or to "piece around" on foods at odd hours during the day, and hence, perhaps because they realize they are eating for two persons, tend to become *overweight* during pregnancy. This places undue strain on the heart and is certainly inadvisable. There is about equal danger in becoming *overweight* as there is in being *underweight* during pregnancy. A normal adult diet, but an unselfish diet, considering the development of the child, is the one to be followed!

Sleep and Exercise

A normal amount of sleep, such as eight full hours of good sleep per night, and a normal amount of exercise, such as mid-morning and mid-afternoon walks, are certainly advisable. Dr. Grantly Dick-Read, in his book, *Child-birth Without Fear* discusses certain *special* exercises which are highly recommended in the event the expectant mother chooses to give birth to her child naturally without the use of anesthetics.

The following outline of sleep and exercise is helpful:

Any pregnant woman needs at least eight hours of sleep each night, and a rest period during the daytime. The rest period during the day need not even be a total sleep, but it is recommended by doctors that expectant mothers learn to relax, to ease the tensions during the day, and become refreshed by frequent stops.

Exercise is vitally important—and especially for a pregnant woman. *WALKS* out of doors, but without becoming overly tired, are *vitally* necessary. Today,

most Americans are becoming mere *spectators*—taking their sports sitting down! Of course, a pregnant woman can't play volleyball or swim, but she can and *must* get proper exercise.

By obtaining the book already mentioned, *Childbirth Without Fear* by Dr. Grantly Dick-Read, an expectant mother may read of many helpful exercises which not only accomplish the purpose of keeping her bloodstream moving and the body free from poisons, but also form an important part of training toward having natural childbirth!

Try to spend a certain period of time out of doors each day. If you have a garden, a limited amount of light work in it will be helpful.

It's important to remember again, as has been repeated several times, that a pregnant woman is not a SICK woman! At least, she *SHOULDN'T* be! So don't consider yourself an invalid—take walks, do normal housework without overdoing it or tiring yourself too much, take frequent stops during your routines, and ENJOY your role in life!

To summarize some of the important points: Husband and wife should *study together* some of the basic physiological factors concerning conception, development of the fetus and childbirth. *Know* about it, don't simply swallow old wives' fables, and the ideas of others.

Obtain a handbook of basic information, such as one of those already mentioned, not swallowing everything you read, but attempting to get at the *truth* of the matter, using such a book as a *guide*, not a panacea for all situations.

Get plenty of the right foods, and exercise. Above all things, realize the deep *spiritual* implications in pregnancy, look forward to it expectantly, eagerly, share it together as husband and wife, know about it, *understand* it and ENJOY it—you'll always be glad you did!

A Vital Question

Here is a vital question which must be answered by every expectant couple: *How* and *where* is your baby to be born?

Surprisingly enough, many couples give little, if any, thought to this all-

important question. Perhaps it is merely environmental pressure, the experience of others, and the commonly accepted practice of today that leads the average young couple to assume they will simply contact an obstetrician at pregnancy, go to the hospital to have the baby, and come home after a few days with a newly born child.

However, there is now available sufficient information from many documented sources to indicate this might not, under every circumstance, be the wisest choice! *Is it always* necessary to go to the hospital for childbirth? Here are some surprising facts!

Cruelty in Maternity Wards

Millions of women were electrified by a series of startling articles appearing in the *Ladies' Home Journal* concerning the practices of *some* hospitals in the United States. The article did not question that the *overwhelming majority* of both obstetricians and maternity hospitals resent unethical and cruel practices fully as much as the victimized mothers. However, the *facts* were starkly evident, and attested to by dozens of doctors, nurses and mothers who had had horrifying personal experience that there truly ARE, in many instances, *literal atrocities* committed in *some* maternity wards. Let us hope this national attention called to such malpractices has since resulted in a complete reform of the "tortures that go on in modern delivery rooms."

The series of articles which gained such national aplomb were precipitated by a letter published in the mail column of the *Journal* in November, 1957.

The *Journal* "hopefully" assumed such cruelties were extremely rare! However, the avalanche of mail they received certainly proved otherwise.

Obviously, due to lack of space, it will be impossible for us to reprint the complete testimony of such cruelties here. However, a few of the most striking letters should serve to illustrate the true seriousness of such practices. One woman, from Elkhart, Indiana, said so many women especially first mothers, who are frightened to start out with, received such brutal inconsiderate treatment that the whole thing is a horrible nightmare. She said:

"They give you drugs, whether you want them or not, strap you down like an animal. Many times the doctor feels too much time is being taken up and he either forces the baby with forceps or slows things up. I know, because the former happened in my own case. Please, can't something be done?" (p. 44, *Ladies' Home Journal*, May, 1958).

The first charge made by many indignant mothers was of the "common practice to take the mother right into the delivery room as soon as she is 'prepared.' Often she is strapped in the lithotomy position, with the knees pulled far apart, for as long as eight hours." This practice was attested to by the *Ladies' Home Journal*, in reprinting letters which were received from women in all walks of life, from various points in the United States. Another major charge was that obstetricians have informed the nurses on duty that they are going to dinner, or some other "logical" reason for being late, and that the nurse should "slow up things." The *Journal* carefully noted this particular charge—that babies are *held back* from being born in order to suit the doctor's convenience—drew *few denials* from nurses and doctors. Obviously, there were voices lifted on both sides—and obviously again, those lifted in defense of the practices of hospitals were those in the hospitals themselves. The *Journal* reported:

"Fully half of our mother correspondents wrote us that they had endured the ordeal of having their babies artificially held back from birth because the doctor was not on hand" (*Ladies' Home Journal*, p. 153, May, 1958).

One woman from Georgia reported:

"I was strapped on the delivery table. My doctor had not arrived and the nurses held my legs together. I was helpless and at their mercy. They held my baby back until the doctor came into the room. She was born while he was washing his hands."

Another from Wisconsin said:

"One of my babies lowered before the nurses were expecting her (I was just put on the delivery table with no attendants). When the nurse finally examined me she called for another nurse to call a doctor immediately while she strapped my legs together and gave me ether to hold the baby until the doctor arrived. The doctor had to come eight miles, and by the time he arrived and prepared for the delivery it was a miracle the baby was still alive."

Said one letter from Phoenix, Arizona: "The granddaughter of a neigh-

bor is hopelessly brain-injured because nurses tied the mother's legs together to slow down the birth until the doctor arrived."

A similarly heart-wrenching story appeared in the December, 1958 issue of the *Ladies' Home Journal* on p. 158. Excerpts from a rather lengthy letter said:

"Danny is the victim of a delayed delivery. He suffered a brain injury from lack of oxygen at birth. Now, nine long years later, we are learning to accept the results of imprudent, thoughtlessly administered anesthetic while nurses waited for a doctor who took too long to come. . . .

"I still cringe when I remember the night Danny was born. At 10:30, a nurse told me that my baby had 'crowned' and that he had black hair. . . . I was given anesthesia. The time of delivery on the birth record is 2:30 a.m. . . .

"From my heart, I appeal to all parents: The responsibility for careful delivery of your unborn child rests on you. Request, and if necessary, demand, the best attention obtainable. Let us not produce more children who, for the sake of a few hours' convenience, must travel through life with a part of their mind unresponsive."

As has previously been stated, a basic *sound-minded* approach to the modern problems surrounding childbirth, a *mutual* understanding on the part of husband and wife, and *careful preparation* for the *method* of birth and the *place* where the baby is to be born are of utmost importance. Certainly the parents wish to avoid having the mother take the *possible risk* of being treated like an animal in a slaughterhouse, rather than a woman going through the supreme physical and emotional experience of her life.

What Some Doctors Say

As a result of the veritable landslide of letters from indignant mothers and parents of malformed, demented children, various answers were given by those in the medical profession. Dr. Herman N. Bundesen, President, Board of Health, Chicago, Ill. said:

"We do not believe that mothers should be strapped to the delivery table, except as is necessary to keep the patient from contaminating the sterile area. Further, we do not believe that the mother's legs should be strapped together to keep the baby from delivering, nor do we believe that general anesthesia should be used to prevent the patient from delivery. . . .

Dr. John Whitridge, Jr., Associate

Professor of Obstetrics and Gynecology, John Hopkins University wrote:

"Services of nurse-midwives have been accepted readily by hundreds of mothers who came into the Johns Hopkins Hospital expecting originally to be delivered by a physician. The fact that these mothers received highly personalized service from a group of sympathetic, competent young women has made the nurse-midwife more than acceptable to the mothers. . . . Do not overlook the fact that the cornerstone of the program is that under nurse-midwives, women in labor are constantly attended and are never left alone.

"I can think of no addition to our present system that could do more to promote high quality obstetric care than for physicians to begin employing nurse-midwives."

It must be emphasized here that by no means is a blanket charge against the practices of all hospitals and doctors being made. However, let it again be *clearly understood* and strongly *emphasized* that there truly are *hundreds* of horrifying, brutal, *inhumane* ATROCITIES committed in *SOME* maternity wards in our nation. This startlingly clear fact, echoing from the outraged cries of thousands of mothers, is too poignant, too striking to be left unnoticed, or merely "dismissed" by official-sounding arguments to the contrary!

Obviously, the American Medical Association, any medical organization, or, for that matter, *any* doctor in his right mind would be nearing abject insanity to condone such practices. Notwithstanding, the unalterable *fact* remains that such practices *DO OCCUR*. Perhaps the chances *YOU* will enter such a maternity ward are slim. The question to you is: *No matter HOW SLIM the chance — IF there is a perfectly safe, medically advisable ALTERNATIVE — do you wish to TAKE the chance?*

In whose hands are you placing your life? If you wish to take *your* life, and the life of your unborn *child* and place them in the hands of other human beings, behind locked doors, where your husband is *denied access*, then — it is your life, and you are free to do with it as you choose. On the other hand, you are free to request — even *DEMAND* — the kind of treatment and consideration that should be yours in childbirth.

How Childbirth Can Be a Joy

Since the doctors and hospital staffs themselves admittedly *WANT* to make

motherhood a truly happy and reassuring experience, it should be obvious that many of them are *perfectly ready to alter* some of their heretofore unchallenged practices.

Along with the many letters flooding into the offices of *Ladies' Home Journal* reporting the cruelties and torments suffered through negligent, indifferent doctors and nurses came other letters with an urgent appeal to make childbirth a real *joy* for mothers. Said a former teacher, from Detroit, Michigan: "Just let a few husbands into the delivery rooms and let them watch what goes on there. That's all it will take — they'll change it!"

A Registered Nurse from Urbana, Illinois, said:

"Recently I had the most delightful time giving birth to a son with the aid of natural childbirth. My husband was allowed to be with me during labor and was made to feel a part of the whole process."

Said a woman from Marietta, Ga.:

"If I have another baby, I would rather have my husband with me than any specialist. A loving husband's hand in yours is by far the best sedative in the world."

One woman, who had been through childbirth several times, wrote:

"I had one of the best doctors in the city of Buffalo. Pain? Yes. My legs strapped up? Yes. Drugs? Yes. Pain is necessary. I was always glad for the hard pains because then I knew the end was nearing. My legs were elevated only at the last minute while repair work was being done" (*Ladies' Home Journal*, p. 135, Dec., 1958).

The *Journal* reported the sixth baby of this particular woman was an entirely different story. The woman was rushed from her house late one night while her husband was away, leaving the children in the care of a neighbor. Because of hemorrhaging, she was rushed to the nearest hospital. After arriving, and too late to change it, she learned that her own doctor refused to deliver patients in this particular hospital. She soon found one of the reasons why. It was only after much bleeding that she could get the nurses to call her husband, so that she might plan with him for the care of the children. She says:

"I saw him about two minutes. In the other hospitals he was allowed to stay until I was ready to deliver. I didn't see him again that night, nor all the

next day. I was alone with strangers, not one person there that I could trust. It came time for delivery. I had had five, so I knew. I begged the nurses to call the doctor. They told me to shut up, and one of them snapped that I was giving her a headache.

"Finally they looked, and at that late minute began to rush telephone calls to the doctor, who had gone golfing. I felt like a trapped animal—thank God it was not my first baby. They put an ether cone over my nose and forced my legs together amid shouts of 'bear down' and 'don't bear down' which were ridiculous at the stage which I had reached. I did not hear the baby's first cry—there is no moment in a woman's life more rewarding than that. I have been furious ever since. . . ." (*Ladies' Home Journal*, p. 135, Dec., '58).

Here, a woman whose husband was, by most hospitals, allowed to be with her, *up to the time of delivery*, was even denied *this privilege* at the birth of her sixth child! This woman was experienced—she had been through it many times before—she was not a high-strung, innocent "first-timer" who was not familiar with hospital procedures, and was going to give the nurses and doctor a difficult time. Rather, she was a mature woman, giving birth for the sixth time (surely somewhat of a rarity in this modern generation) and knew, through personal experience, the phases of birth. Her testimony, therefore, carries considerable weight.

Should the Husband Be Present?

From all sides come the piteous cries of mothers to let their husbands stay with them, not *up to the birth*—but throughout the entire experience!

One woman who wrote to the *Journal* said:

"I was strapped to the delivery table on Saturday morning and lay there until I was delivered on Sunday afternoon; with the exception of a period early Sunday morning when they needed the delivery table for an unexpected birth. When I slipped my hand from the strap to wipe sweat from my face (this was in July) I was severely reprimanded by the nurse. If it had not been for a kind old lady who used to be a midwife in Germany, I doubt if I would have come out sane. . . . For thirty-six hours my husband didn't know whether I was living or dead. I would have given anything if I could just have held his hand" (*Ladies' Home Journal*, p. 159, Dec., 1958).

And *why shouldn't* husband and wife share this experience together? Think of it! It is God who has made them "male and female" and who said "they

twain shall become *one flesh!*" Surely, at the supreme moment of hearing the first cry of a newly born infant, a reproduction from *their own bodies*—a new member of their family, bearing their name, with their appearance, their abilities, their inherent talents, and as a result of the careful planning, the studying, all the expectancy and mutual sharing of one of life's most wonderful experiences—is it not understandable that they should *want* to share it together?

There may be very few, and rare cases where the wife actually does not *want* the husband to be present, or where the husband feels so inadequate that he may truly be a "bother" and perhaps, through emotional and mental maladjustment, could, conceivably, be a barrier to proper procedure. However, it is the serious and studied opinion of the author that such husbands are in the rare *minority*, rather than the average!

So, husband and wife should plan to be *together* at the birth of their child. They should *study* the details of childbirth from some of the books recommended. They should either plan to have their baby delivered *at home*, or in a small hospital or clinic where they are assured of *cooperative* help and attention in sharing one of the supreme moments of their lives *together*.

Lurking Killers in Maternity Wards

Recently, as a result of some of the sensational outbreaks of various infectious diseases in the large clinics and hospitals of some of our cities, unusual attention was called to some maternity ward practices, with the spotlight especially on drugs and disinfectants. Sensational articles appeared, calling the staphylococcus infections "super germs that menace hospitals." One article reported:

"Some tough, vicious descendants of a sinister old germ family called staphylococci—staph for short—are invading supposedly germ-free U. S. hospitals and spreading definite disease at a frightening rate. These lurking killers attack newborn babies and set up raging blood infections that are alarmingly immune to conventional antibiotics. When sixteen infants died in staph outbreak at City-County Hospital in Houston, health authorities closed nur-

sery, disposed of all furnishings that stubborn staph might cling to, and drenched infected areas with powerful germicides" (*Sunday News*, p. 24, July 13, 1958).

Similar deaths by staphylococcus infections were reported from Dallas, where nine infants died; Ridgewood, N. J., where six had died; and also Buffalo, Seattle, Iowa City, and dozens of other communities.

U. S. medical leaders were frankly alarmed. It must be noted that most articles concerned with the subject informed the public that such staphylococci (which get their Greek name because they gather in clusters like grapes on a vine, and are tough, pus-forming germs that cause boils, abscesses and a wide variety of kidney, bone and other diseases) are very definitely powerfully drug and antiseptic resistant. It was said that the staph infections have "survived the onslaught of community sanitation, immunization, and the antibiotics to emerge from our hospitals as probably the foremost parasitic cause of death in many modern communities." (*Sunday News*, p. 24, July 13, 1958.)

In the light of this statistical information—let us come to a definite conclusion:

While hospitals and the medical societies have no doubt *taken every precaution*, and even launched a special \$1.5 million appropriation, to help finance the fight against the dread disease, there still remains a CHANCE that such outbreaks of the staphylococci infections could occur again! Regardless of *how slim* that chance may seem to be, there still remains the fact that THERE IS A CHANCE! Strangely, the staphylococci infections seem to be peculiarly a hospital-confined scourge.

"London—A medical survey shows in England it's safer to have a baby at home than in a hospital.

"A team of doctors found babies born in hospitals run a 3-to-1 greater risk of infection from staphylococci . . . The survey revealed the hospital incidence of infection was 13.6 percent, against only 4.8 per cent among the babies born at home.

"Conclusions by the team were mothers should not go to hospitals for child delivery merely for convenience; that if they must go to hospitals, they should leave as soon as possible afterwards and spend convalescence at home." (*Los Angeles Examiner*, Wed., May 3, 1961.)

Notice! Doctors *themselves* are apprehensive over possible fatal infections which COULD be contracted in maternity wards. Proved statistics, resulting in research involving many hundreds of cases, firmly establish the greater risks involved when babies are born in hospitals.

The numerous deaths reported in 1958 did not take place in supposed "unsanitary living rooms or bedrooms" among babies who had been born at home. They did not take place in the small, private clinics — but in the large hospitals in the large cities.

Again, let it be stated, that the American Medical Association, doctors and nurses in general, and the staffs of hospitals never have, and are not at present condoning deliberate mistreatment of patients, nor are they allowing or condoning, insofar as they are able to combat it, infestations of deadly germs in hospitals. Quite the contrary — there is a widespread fight under way to combat just such occurrences.

We merely wish to point out, there remains the POSSIBILITY of either mistreatment, or possible infection.

Drugs Dangerous to Childbirth

As has already been mentioned, many doctors seem unduly prejudiced toward what they consider the necessary use of anesthetics. Considering this tendency, let us note the following admission:

"Newborn mammals lack the ability to alter drugs into inactive products, as indicated by studies in animals reported in *Biochemical Pharmacology*, by Bernard B. Brodie and his associates of the National Heart Institute. . . . These results suggest that the underdeveloped central nervous system of newborn animals is extremely sensitive to the barbiturates and perhaps to other drugs as well."

This is of "obvious importance when considering the use of drugs in childbirth and for newborn infants," the authors commented" (*Lippincott's Medical Science*, June 25, 1959).

The striking quotation, together with the assertion of the mother who wrote *Ladies' Home Journal* of the brain damage due to oxygen deficiency as a result of delayed birth and overuse of anesthetics, is, again, an *indication* that some risk is involved in the use of anesthetics.

Any doctor familiar with anesthetics will tell you there *is* a definite risk involved! He will obviously *minimize* the risk, give you the statistics that perhaps it is less than one in one thousand or perhaps even more rare or infrequent that any person suffers death or permanent injury from the use of anesthetics. However, let it be again emphasized — THERE IS A RISK!

Obviously, if no anesthetics are used, there is no risk of suffering from the lack of oxygen, or possible defects due to the overabundance of anesthetics.

Are anesthetics really necessary? The qualified answer is yes — *IF the mother wishes to run the RISK of permanent brain injury to her child, and IF she is in terror of and wishes to escape all knowledge of pain in childbirth!*

The unqualified answer is NO, if the mother understands, fully comprehends, and is prepared by mind conditioning and study to *meet* whatever pain is normal in childbirth.

Anesthetics No Shortcut

The ultramodern theory that the use of anesthetics makes the delivery easier would, if many doctors would speak out on the subject, quickly be refuted by those in the practice of obstetrics. Anyone can tell you that the use of anesthetics completely slows down, and nearly always altogether eliminates, the normal bodily functions of the woman in childbirth, and practically *necessitates* (though not in every instance) delivery by use of instruments.

Increasingly, many women are having their children at home. This is not a "new" innovation, but a return to a quite *old* practice which has been around for quite a number of years!

Many of you have heard of cases of women giving birth to children on the hospital steps, in elevators, in taxicabs, on subways, or even in airplanes while flying in the air. They did it without anesthetics, and, in some cases, with only a taxicab driver for an attendant. You say these cases are *rare*? *Certainly*, but they serve to point up one significant fact! That is, the woman who is *not able* to be administered anesthetics is not going to be hopelessly lost, nor is her child going to die!

Almighty God DESIGNED the human

body! He MADE it to work a certain way! The mother giving birth is *not* at the point of death — in need of a complex emergency system of gleaming metallic devices, braces, medicines, drugs, straps and supposedly "sterilized" paraphernalia usually to be found in the modern hospital delivery room. Rather, she is undergoing a perfectly natural, perfectly *designed* function of her body — for which it was *specifically built!*

A mother giving birth is like an airplane becoming airborne, or a ship putting to sea! It's A GREAT PURPOSE OF HER VERY BEING!

WHY, then have so many merely *assumed*, in this supposed "enlightened" scientific age, that she is hovering between life and death, needing all the emergency equipment available? Certainly there *are* emergencies — there *are* "difficult" births — but these are not the *usual* case!

Today, it may be exceedingly difficult in large urban areas to find a doctor who will readily agree to assist the delivery in the home of the mother. However, it should not be overly difficult for the prospective parents to find a doctor who is entirely sympathetic with the practice of natural childbirth, is understanding and patient, and who agrees that the father should be with the mother during childbirth.

Hospital, Clinic or Home?

Should you have your baby in the hospital, a clinic, or at home? You should answer this question hinging entirely upon the *method* of childbirth you prefer, the *kind of treatment* you are sure you will receive, and taking into consideration the possible risks involved in either direction. One work which we heartily recommend, while not necessarily putting an indelible stamp of approval upon every word contained therein, is *Childbirth Without Fear*, a comprehensive study into the emotional, physical and psychosomatic aspects of natural childbirth. It has been a veritable "guidebook" for dozens of mothers whom the author has known personally, and has given each of them invaluable help in having easy, satisfying, *fearless* births.

Thousands of mothers have experienced childbirth in *both* hospital and

home, and give their testimony to the tremendous physical, psychological, environmental and spiritual advantages of being in their own homes, with their husbands present, at childbirth.

Listen to just a few of these mothers' testimonies:

"The experience of having a baby at home is the most wonderful and rewarding experience a husband and wife can share together.

"At the time I found out we were about to become parents, my husband and I both began a study into natural childbirth and the possibility of having our baby right in *our home!* The doctor agreed—even giving us a list of the things we should have on hand—assisting us by sterilizing the necessary items we needed.

You'll notice the intelligent, thoughtful approach of this young couple. They were not hostile toward doctors, but sought the advice of a doctor they knew to be sympathetic with natural childbirth—requesting information on various supplies which would make the delivery more convenient for *him*.

"Through the months of pregnancy we planned, studied, talked and impatiently waited for that much-wanted new member of our family. My husband encouraged me all along, and was as much aware of everything (possibly even more!) as I was!

"Shortly before the birth of the baby we made all the last-minute preparations—I cleaned the room we planned to use spic and span and had everything arranged and ready.

"When the day arrived, I was able to have my husband right with me in our own bedroom, reassuring me—telling me to relax, holding my hand and rubbing my back.

Notice again how this couple had studied together the miracle of childbirth! The husband knew each sign, each stage of delivery, and instead of a fearful, bumbling dolt who would need to be summarily "dismissed" into the "stork room" by a disdainful nurse, was a constant help, a source of comfort and reassurance to his wife!

"At 12:25 p.m., less than four hours after my first pain, we (I say "we" because my husband did almost as much work as I did) had a fine 8 lb. 6 oz. baby boy! What a blessing it was—our first child—a boy—right in our home! "To anyone having a baby, I highly recommend having your baby at home! After all, the beginning of a new life for both you and your baby should be in circumstances you are familiar with, where there is the least nervous tension and anxiety. Your home has the familiar surroundings and love that are so necessary at such a time!" (Mrs. R. A., Omaha, Nebr.)

Then read this one:

"For nine months I looked forward to having our baby at home. In my mind, there was nowhere else to have it!

"I was blessed with a cooperative doctor, who not only would deliver the baby in our home, but who also agreed to allow the baby to come completely naturally. No spinal, gasses or drugs to deaden me, and the baby. (The contractions were certainly not unbearable!). No terrified screams of other women in labor (there was no screaming at my delivery). No estranged germs from unhealthy babies being given to my healthy one. And I'm sure my baby is *mine*—not mixed up with someone else's!!!"

This mother had also done considerable reading. She had talked to many other mothers who recounted their experiences in large hospital wards, and had noticed with alarm the news reports of staphylococcus infections in some instances. She and her husband were determined to have their baby normally, at home!

"My delivery was so smooth and fast it was over almost before I realized it had begun. Having studied the subject of natural childbirth quite thoroughly, I knew what to expect—didn't fear the unknown. Proper eating, diligent exercising and walking, and concentrated relaxing during pregnancy paid off. My husband's keen interest during pregnancy was an added help. His biggest help, though, was his calm assurance and presence at my side during delivery. No hospital should deny a mother this much needed assistance from her husband." (Mrs. C.D., Pasadena, Calif.)

These two examples certainly speak for themselves. Again remember, however, that these enthusiastic mothers are merely echoing the heartfelt sentiments of multiple thousands of mothers! Space permits printing only a limited few, however.

In the next case, the prospective parents found a doctor who didn't want to be bothered with the "foolishness" of natural childbirth. He was aloof, talking to them as little children who were entering with wide-eyed innocence a sphere with which he was infinitely more familiar than they. The only error on his part was that they were both the children of registered nurses. They had heard from childhood of certain abuses in hospital deliveries. They had studied the problem thoroughly — and from intelligent sources — not merely basing their opinions on hearsay and old wives' tales!

"Due to the unfriendliness of our doctor, the cold, stern atmosphere of the hospital we were to go to, the high cost of it all and above all, the desire to have our baby without medication, we decided to see if it would be possible to have our baby in our own home. We found a willing and competent doctor and from there went on to experience the most thrilling phenomenon of our lifetime together.

"We found it to be completely safe and exceedingly rewarding to have our baby in the familiar surroundings of our own home. We had suitable supplies (prepared under doctor's instructions by our own hands) and with a little ingenuity the facilities of the hospital were not greatly missed.

The expense of providing some simple supplies proved to be far less than costly hospital fees, however!

"There was no bother or expense to speak of in the preparation. The complete privacy, homey environs, friendly help, and to say nothing of our greatest pillar of security, our powerful Creator-God with us at all times, made our home the very safest, most convenient place in the world to have a baby.

"My husband was with me during the entire labor and delivery. His presence gave me a feeling of calm, cheerful quietness. Since it was our first child, we both learned and shared together what it means to bear a child, and with the arrival of our son we partook as one, the joy and wonder of the miracle of birth.

"By being awake and fully conscious during the time when most women are put to sleep, I was able to feel a determination and drive I had not felt before. And when it was all over, after the baby was born, all weariness left and in its place was such delight, joy, supreme happiness, for there on my breast lay our child, our son, and it wasn't so bad, after all!" (Mrs. J.H., Gladewater, Tex.)

What a difference between these testimonies and the aching, piteous cries of heartsick mothers who have had to see their children suffering from incurable brain injuries from oxygen deficiencies, or seriously retarded mentally from a careless and thoughtless instrument birth!

Yes — *what a difference!*

Instead of being sent to a "far-away dreamland by a magic pill," and knowing NOTHING during childbirth — instead of running the possible risks which have been carefully and honestly documented in these pages — these women have had the marvelous experience of giving birth in their own homes, with their own husbands present!

May God grant that others, reading the facts herein presented, will also want to enjoy one of the richest experiences this human life has to offer!

The War and God's Work

(Continued from page 4)

tent and united voice: "We will NEVER give up this area again!"

Almost all the Jews we interviewed saw something apocalyptic in the outcome of the war. To them it was almost a fulfillment of prophecy. One rabbi, referring to Zechariah 12, said that Bible prophecy indicated that *all* Jerusalem would be in Jewish hands before the Messianic age could begin. He exclaimed excitedly: "Now we *have all* Jerusalem!"

An army lieutenant informed us that even nonreligious Jews were coming to believe that their astonishing victory was something of a miracle. One rabbi tried to make it plain to us how Israeli soldiers were telling of many miracles in the war. He mentioned one incident on the first day of conflict. An unarmed Jew supposedly strayed onto the main road near Gaza and was met by five Egyptian soldiers, all of them armed. The Jew, seized with panic — so the rabbi told us — knelt down, raised his hands to heaven, and cried for God to receive him in the hour of his death. The Egyptian soldiers became so confused at his action, they threw down their guns and surrendered to him.

"Wasn't that a miracle?" said the rabbi. He confidently stated many such examples could be given.

Whether such things can be totally believed is beside the point. What matters, however, is the Jewish confidence — especially among religious Jews — that this war is the prelude to a *new age for Judaism*. As one Israeli officer told us: "Now that we have Jerusalem back, WE ARE HALF-WAY TO THE MESSIAH." The other half of the way is the building of a Temple.

A New Temple to be Built

The fever of excitement was everywhere apparent regarding the subject of a new Temple. Most people we interviewed acknowledged that certain difficulties would be encountered in its rebuilding, but that the Temple would be built — that it *MUST* be rebuilt — was the definite feeling.

One of the main problems standing in the way of its reconstruction is the Israeli government's avowed statement to respect all the holy places of other faiths in Jerusalem. This promise, said

some Jews, remains a real problem when it comes to rebuilding the Temple. As is well known, the site of the Temple is partially covered by the Moslem shrine (called the Dome of the Rock) from whence Mohammed supposedly went to heaven. This area is reckoned — after Mecca and Medina — *the most holy spot* in all Islam.

We questioned several people about this difficulty. One rabbi who had considered the problem suggested an answer: If a Sanhedrin could be convened, such an authoritative body could legally allow a Temple to be rebuilt on the old site but just to the north of the Dome of the Rock. This would leave the Moslem shrine untouched! *This is the very thing Mr. Armstrong suggested* as a possibility just before we left England for the Middle East!

It is certain that a resurgence of religious expectation is happening to the Israeli peoples. That there will soon be a Temple in Jerusalem most Jews no longer doubt — especially orthodox Jews.

Even Arab officials know this to be the Jewish intention. Michel Edde, Lebanese Minister of Information, stated

Jews flock to the Wailing Wall to pray. Note the location of the Dome of the Rock with relation to the old temple of Herod.

Ambassador College Photo





Ambassador College Photo

View from the Mount of Olives of Old Jerusalem and the Dome of the Rock. To the immediate right of the Moslem Dome is the probable future site of a reconstructed Temple.

in a report that the taking of Jerusalem and the holy places "concerns all Christian communities in the same degree as Lebanon and the Arab countries, or even more so because the occupation of Jerusalem and *the reconstruction of the Temple* is a blow aimed at the core of the Christian religion."

And the Bible, both Old and New Testaments, makes it quite plain that such a Temple will be in existence just before the end of our age. Sacrificial services will be reinstated. And a priesthood will be established to officiate in the rituals. See Daniel 8:13, 14; 12:11; Matthew 24:15; II Thessalonians 2:4; Revelation 11:1, 2.

The Jews know that this will happen soon — God's Church has long known it. (Remember *The GOOD NEWS* article on the 2300 Days of Daniel written some seven years ago which mentioned the Temple would be rebuilt.) And soon, the whole world will witness these prophecies happening in front of their very eyes.

In the aftermath of all this new state of affairs caused by the war in the Middle East, we can rest assured that *it was no accident* that offices had *already* been secured in Jerusalem by God's Church before the war began.

These offices are located in the very center of prophetic activity connected with the end of our age. The end-time drama prophesied in your Bible is about to be started. The stage is now set. Time is short!

Keep your eyes on Jerusalem — and upon God's Work in that crucial area. It is plain that greater responsibility than ever is now being put upon all of us in God's Church — upon you and us personally. *Pray* for the Work and do *your part* in it as never before. Without doubt, the events of the past month have brought a new and important phase to God's Work in the world!