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PLAIN TRUTH

a magazine of understanding

**What Is
the
Rational Diet?**

**Lifting the
Dark Shroud of
Depression**

**Right or Wrong?
Who
Decides?**

**What You
Need to Know
About
Drug Abuse**

**What Churchgoers
Believe
and Why**



COMING SOON

**A
World
at
Peace!**

The PLAIN TRUTH

a magazine of understanding

Pasadena, California 91123

A PERSONAL LETTER FROM THE FOUNDER

AND EDITOR-IN-CHIEF

You have just taken your free copy of a unique magazine intensely interesting to four million regular subscribers. It is one of the major mass-circulation magazines in the world.

Not only was this sample copy offered you free for the taking, but if you appreciate it as these four million others, you may receive, ALSO GRATIS--NO SUBSCRIPTION PRICE--a full year's subscription by mail.

BUT MORE! I'd like to offer you--also gratis--a most important and eye-opening full-color book of 196 pages. I'll describe it later.

UNBELIEVABLE! YES, but TRUE! Certainly different than the way things are done in this world! And there are no strings--no catch--but an honest straightforward offer.

WHY? Well, let me tell you something as unusual as this magazine or this offer--and then let me tell you about the book I'm offering you.

I learned, 55 years ago, that there are only two ways or philosophies of living--GIVING and GETTING--broadly speaking. This world is living the way of "GET." And the world is in trouble! The PLAIN TRUTH you just picked up discusses those troubles and evils--and their CAUSES! A great Leader once said, "It's more blessed to GIVE than to receive." But the world didn't believe that, nor follow it. Yet I found, believe it or not, 55 years ago, that "GET" is the real CAUSE of all the evils a suffering humanity is inflicting on itself.

I believed. I began living the way of "GIVE." A few others joined me as I lectured on that way of living. Still others joined them in GIVING so that I might GIVE! Many thousands are now GIVING to enable me to GIVE to YOU. We shall not ask you to give or join anything--only to receive.

Before founding The PLAIN TRUTH magazine, I had been in the publishing business 23 years. My publications charged a subscription price and carried advertising for revenue. I was living then to "GET." But I turned to the philosophy of "GIVE" and when I started The PLAIN TRUTH in 1934, I determined it must not charge a subscription price nor carry paid advertising. Yet all subscribers must request for themselves their own free subscription--we would never force it on anyone.

The PLAIN TRUTH has grown into one of the world's truly

great mass-circulation magazines--now published in six languages with subscribers worldwide.

Right now we are watching closely the trend in world movements. What's behind the Iraq-Iran war, the Soviet invasion of Afghanistan, the troubles in Poland, the war and violence in Lebanon, the PLO activities, the Arab-Israel strife, the Northern Ireland troubles? What significance lies behind the assassination of President Anwar Sadat of Egypt? I had a private conference with him only months before, besides private conferences with Israel's Prime Minister Menachem Begin and other heads of government around the world. What's the real significance of the attempted assassinations of Pope John Paul II and President Reagan of the United States?

THE WORLD'S IN REAL TROUBLE, AND IT WILL DIRECTLY AFFECT YOU AND YOUR LIFE! You need to UNDERSTAND IT! You NEED The PLAIN TRUTH, every month, by FREE mail subscription.

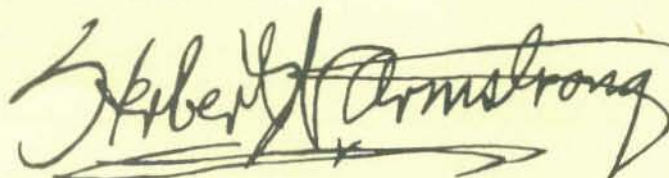
The mind-boggling events of today and especially in the years just ahead are prophesied in the Bible.

Among truths lost during the centuries of traditional Christianity are the KEYS to unlock biblical PROPHECY to human understanding. Approximately a third of the entire Bible is devoted to prophecy--and some 90% of all prophecy is devoted to events to occur in our future, NOW!

The lost KEYS that will unlock these tremendously important prophecies are revealed in a very special book I would like to offer, with a year's FREE subscription to The PLAIN TRUTH. This 196-page book, titled The United States and Britain in Prophecy, is also FREE on request. You will not be asked for contributions--unless, voluntarily of your own accord and your initiative, you yourself wish to become a co-worker with us in our very important worldwide work. Absolutely no contribution or money-request follow-up. It's a straightforward, honest and sincere FREE offer, from a desire to SHARE this precious knowledge.

This book shows you where the American and British peoples are mentioned in the prophecies of the Bible. It will surprise and intrigue you. All who have read the Bible know such smaller nations as Egypt, Ethiopia, Libya are mentioned. How could such powerful nations as the United States and the British peoples be ignored? THEY ARE NOT! Leaders who see the world's problems don't have the understanding revealed in this book.

Don't miss a single issue of The PLAIN TRUTH! Fill in the reply card and mail as directed.

A handwritten signature in black ink, reading "Herbert Armstrong". The signature is written in a cursive, flowing style with a long horizontal line underneath.

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ARTICLES

- 2 Coming Soon—A World at Peace!
- 6 A Growing Tragedy—Parents Without a Mate
Children Without a Parent
- 9 What Is the Rational Diet?
- 12 Just What Do You Mean . . . "Antichrist"?
- 15 Art—The Good, the Bad and the In-between
- 19 What Do Churchgoers Believe? And Why?
- 22 Rid Yourself of the Dark Shroud of Mental Depression
- 27 What You Need to Know About Drug Abuse
- 28 The Soviet Union: Losing the Battle of the Bottle
- 31 Now the West Brings Drug and Alcohol Abuse to Asia
- 33 The Conspiracy Against the Family
- 36 The Drug Smugglers' Challenge
- 39 Right or Wrong? Who Decides?

FEATURES

- 1 Personal from Herbert W. Armstrong
- 41 "The World Tomorrow" Radio and TV Logs
- 45 Letters to the Editor

OUR COVER

The dove of peace alights on the helmet of war. Will the mid 1980s bring solutions for the conflicts that continually plague mankind? Or are we headed for a new and greater crisis?

COVER PHOTO BY WARREN WATSON—PLAIN TRUTH

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PERSONAL FROM

Robert K. Armstrong



The Key to Human Survival!

IF YOU and I were discussing the matter of *what subject* I should write about in this month's "Personal," and you should say, seriously, "Mr. Armstrong, in view of the deadly seriousness and the *urgency* of this time, I think you should write on *the most urgent problem in all our lives* right now—the question of *whether*, and *how*, we may survive!"

I would agree. The one **BIG QUESTION** in all our lives, right now, is that of human **SURVIVAL!**

But I hasten to add, survival *alone* IS NOT ENOUGH! We must have survival in **PEACE**, in happiness, in joy, in prosperity and in abundant well-being for **ALL!**

And that's a pretty big order! If anyone has the answer, for the sake of humanity he'd better speak out! I am prepared to give the **ANSWER**—and it is going to be **PLAIN SPEAKING**, without pulling any punches! It's *time* for **PLAIN SPEAKING!** You are *betting your life* on someone coming up, in time, with the right answer!

To get to the crux of the problem immediately, realize first that these existing conditions and evils are merely the **EFFECT!** For every effect, there has to be a **CAUSE**. Our problem of immediate urgency is to find the **CAUSE**, not only of present evil conditions, but also of what is the not-being-used **CAUSE** of peace, happiness and abundant well-being!

If we are going to learn that **CAUSE**, we need first to ask: What has made **MAN** as he is? How did humanity

come to be on this earth? Or, going back even further, how did the earth, itself, come to *be*?

That may seem like going a long way back. But this futile search for **PEACE** goes a long way back—as far as history goes—or further. Man's troubles, evils and wars extend back to the beginning—or prior to the beginning—of history. To find the right answer, we need to go back even to **PRE-history!** That takes us even to the question of **ORIGINS—of BEGINNINGS!**

Many scientists have devoted their lifetimes to researching and studying this question. Many scholarly books have been written, setting forth the results of these lifetime studies, purporting to tell the story of the origin of the earth and of mankind upon it. Yet is it not significant that their studies, theories and hypotheses *fail to tell us* **WHY** man is as he is, or **HOW** he got that way, **WHY** man seems always to be befuddled with unsolvable problems, **WHY** he is always in trouble, **WHY** humanity is harassed with so many evils and **WHY** these evils are fast increasing?

This is no light matter. Ignoring humanity's present dilemma will not cause it to go away. Human **SURVIVAL** hangs in the balance! We need the *right* answer—and we need it **NOW!**

And we can know!

Science to Solve Man's Problems?

With the emergence of modern science around the beginning of the 19th century, scientists assured the world that man had progressed to the point where he then could dispense with the superstitious crutch of religion and belief in God. Now humanity could rely on the *new* messiah—modern science.

"Given sufficient knowledge," said the scientists, "we shall solve all humanity's problems and cure all the world's ills."

To replace religion and belief in God, scientists and educators had substituted the doctrine of evolution. The tools modern science used in the production of this new **KNOWLEDGE** were a stepped-up use of those man had employed since the dawn of history—rejection of revelation as a source of knowledge and the use of observation, experimentation and human reason.

So the production of **KNOWLEDGE** increased at a constantly accelerating pace. The world's total fund of knowledge virtually

(Continued on page 44)

Coming Soon

A WORLD AT PEACE!

by Herbert W. Armstrong

I HAVE continually said that Jesus DID NOT come the first time on a “soul-saving crusade.” This is not yet the time when God is trying to save the world.

Rather, we are now near the END of the 6,000 years during which God sentenced the world to go its own way, form its own governments, its own religions, its own ways of life.

The Cause of Today's Evils

The first man, Adam, rejected God and God's government over him and his descendants—this whole world. God has INTERVENED into this world of man, swayed by Satan, and called to him a FEW—such as Enoch, Noah, Abraham, Moses and Elijah. He sent Christ to ANNOUNCE his coming Kingdom. He sent his apostles to proclaim that GOOD NEWS. In A.D. 31, Christ raised up HIS CHURCH—the CHURCH OF GOD—for the PURPOSE of standing back of the apostles getting out the true gospel. But when the gospel was suppressed after a few decades, the Church met with such violent persecution that it decreased in size, and ever since has been what Jesus called “the LITTLE FLOCK.”

In Ephesians 2:2, Satan is called “the prince of the power of the air.” The human spirit in each human person is directly IN TUNE WITH SATAN'S WAVELENGTH. Sa-

tan does not broadcast in sounds or pictures. But through the spirit in every man, he infuses ATTITUDES of depression, discouragement, vanity, lust, greed, competition, strife, resentment, discontent, rebellion, frustration. He is WORKING IN people in this way. He is the SOURCE and CAUSE of all of today's evils.

But SOON NOW—in our living generation—CHRIST will return as KING of kings and LORD of lords, to RULE ALL NATIONS with the GOVERNMENT OF GOD.

One of the very first things to happen will be the PUTTING AWAY OF SATAN (Revelation 20:1-3). Now think of it! SATAN will be GONE! Christ will be here! Rivers of living water (Zechariah 14:8) will flow out from Jerusalem—that is, instead of this EVIL spirit pervading the entire atmosphere, affecting EVERYBODY, causing all evil, the HOLY SPIRIT of God will infuse the atmosphere.

Christ will be here in PERSON. The government will be government OF LOVE. People will begin to love one another—to help one another. The GOVERNMENT of the KINGDOM OF GOD will bring WORLD PEACE!

Great supernatural physical changes will happen to the earth. Deserts will become rich, fertile, crop-raising soil. Even the topography of the earth will be CHANGED; great mountains will be leveled. Beauty will spring forth everywhere, not only in nature on the

earth, but in people's lives—it will show on their happy faces.

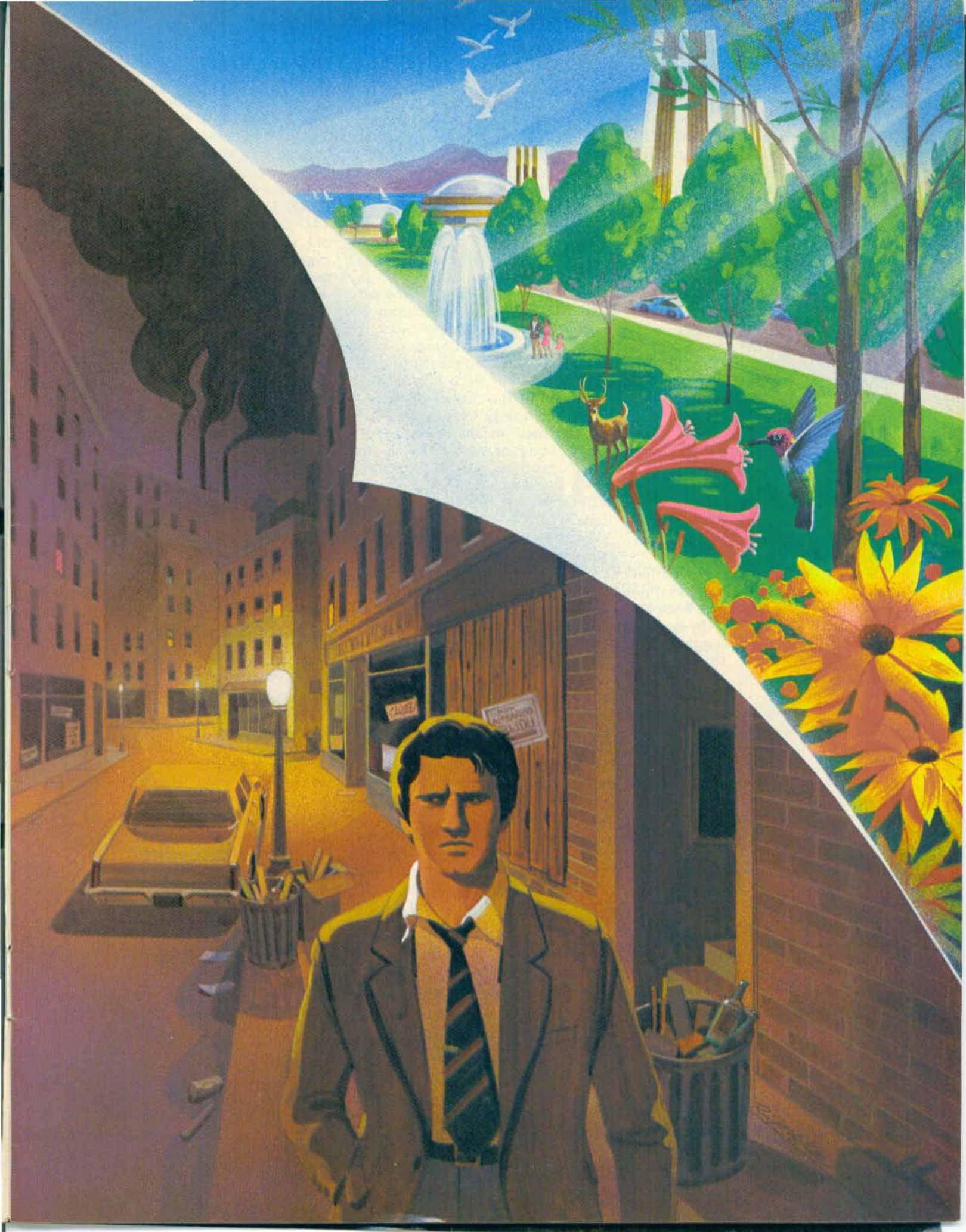
But will CHRIST rule alone, by himself—a ONE-MAN rule with no one under him?

Of course not. Let me explain. I have said the first man, Adam, REJECTED God's government over him—not only for himself but for the whole human race that sprang from him. It was MAN who made the decision. Instead of accepting GOD as RULER, as the SOURCE of BASIC KNOWLEDGE, Adam decided, for his family—which is all humanity—to produce his OWN knowledge of what is good and what is evil. He took of the tree of THE KNOWLEDGE of good and evil, rejecting the “tree of LIFE” (the “living waters”) or the Holy Spirit that would have impregnated him with eternal God-life.

And so, since that was MAN'S DECISION, God SENTENCED the human race that sprang from Adam to 6,000 years of being cut off from the possibility of receiving the Holy Spirit that imparts life eternal. In effect, God said, “Go form your own governments, your own religions, produce your own knowledge and systems of education for 6,000 years.”

But God did reserve the prerogative to INTERVENE when and where necessary for HIS PURPOSE. God was *not* trying to “SAVE the world” spiritually. Those uncalled by God throughout history were neither lost nor saved—YET!

The FEW who received salvation



and begettal of ETERNAL LIFE were called and chosen by God. Noah did not seek out God and beg for salvation—God CALLED NOAH. The same is true for Abraham, Moses, the prophets of Israel. The KINGDOM OF ISRAEL was not offered spiritual salvation—but ONLY physical, material and national benefits for obedience.

CHRIST came to ANNOUNCE his coming KINGDOM OF GOD—to be ushered in AFTER man's 6,000-year SENTENCE had ended. Jesus called and taught his disciples his message of HIS KINGDOM; he sacrificed himself for us; his apostles went out proclaiming the GOOD NEWS. Christ "added to the church" as many converted Christians as needed to stand back of the apostles, in diligent and earnest prayer, in encouragement, in tithes and offerings. In their own lives, they were to overcome Satan and Satan's WAYS and thus qualify to help Christ govern the world in the Kingdom of God—after the 6,000 years (Revelation 3:21; 2:26-27).

During this 6,000 years God has called no one to spiritual salvation except those he called to back up the apostles getting out the gospel; they were also called to qualify, by overcoming Satan, to sit with Christ on his throne in the Kingdom of God.

The NEW world tomorrow is going to come IN OUR TIME! But remember, it won't become utopia *all at once*. When the Supreme Ruler, Jesus Christ, comes again to earth already *crowned* as KING of kings, in all the vast POWER AND GLORY of Almighty God, nations actually will resist him at first. He is coming to rule by divine FORCE. How ironic that the nations will have to be FORCED to be happy, prosperous, physically fit and well, living abundantly and joyfully!

How Utopia Will Come

But now let's be specific! Let's see just *how* tomorrow's utopia is to be ushered in. Remember, this wonderful world-state will not be achieved all at once.

Every major step of these soon-coming events is laid bare before our eyes in biblical PROPHECY.

The same Jesus Christ who walked over the hills and valleys of the Holy Land and the streets of Jerusalem more than 1,900 years ago is coming again! He *said* he would come again. After he was crucified, God raised him from the dead after three days and three nights (Matthew 12:40; Acts 2:32; I Corinthians 15:3-4). He ascended to the throne of God, headquarters of the government of the universe (Acts 1:9-11; Hebrews 1:3; 8:1; 10:12; Revelation 3:21).

He is the "nobleman" of the parable, who went to the throne of God—the "far country"—to be coronated as KING of kings over all nations, and then to return to earth (compare Luke 19:11-27). He is in heaven until the "times of restitution of all things" (Acts 3:19-21). "Restitution" means restoring to a former state or condition—in this case, restoring GOD'S GOVERNMENT to earth, and thus, restoring WORLD PEACE and utopian conditions.

Present world turmoil, escalating war and contentions, will climax in world trouble so great that, unless God intervenes, no human flesh would be saved alive (Matthew 24:22). At its very climax, when delay would result in blasting all life from off this planet, Jesus Christ will RETURN! This time he is coming as divine GOD! He is coming in all the POWER and GLORY of the universe-ruling Creator! (Matthew 24:30, 25:31.) He is coming as KING of kings and LORD of lords (Revelation 19:16) to establish WORLD SUPERGOVERNMENT and rule all nations "with a rod of iron" (Revelation 19:15; 12:5).

All crime and organized rebellion will be put down by FORCE—divine supernatural force. Christ will then set his hand to reeducate and to "save" or spiritually convert the world.

THINK OF IT! The glorified CHRIST—coming in all the splendor, the supernatural POWER and the GLORY of GOD ALMIGHTY; coming to *save* mankind alive; coming to STOP escalating wars, nuclear mass destruction, human pain and suffering; coming to usher in PEACE, abundant well-being, happiness and JOY for all mankind!

Resurrected Saints

As the resurrected Christ ascended to heaven in the clouds, so he shall return to earth in the clouds (Acts 1:9-11; Matthew 24:30). Just *as* he is returning (I Thessalonians 4:14-17), the dead in Christ—those who have received and been led by God's Holy Spirit (Romans 8:11, 14), including all the prophets of old (Luke 13:28)—will rise in a gigantic RESURRECTION and be made IMMORTAL. Those then living who have the Spirit of God shall be instantaneously *changed* from mortal to immortal (I Corinthians 15:50-54), and, together with those resurrected, shall rise to meet the descending glorified Christ (I Thessalonians 4:17) in the clouds in the air. They shall be with him forever (John 14:3). They shall—with *him*—come down out of the clouds and stand *with him*, therefore, that very same day, on the Mount of Olives (Zechariah 14:4-5).

These changed, converted saints, *now made immortal*, will then rule the nations—nations of *mortals*—UNDER CHRIST (Daniel 7:22; Revelation 2:26-27; 3:21).

The New World Government

Now notice just *HOW* the new world government will function!

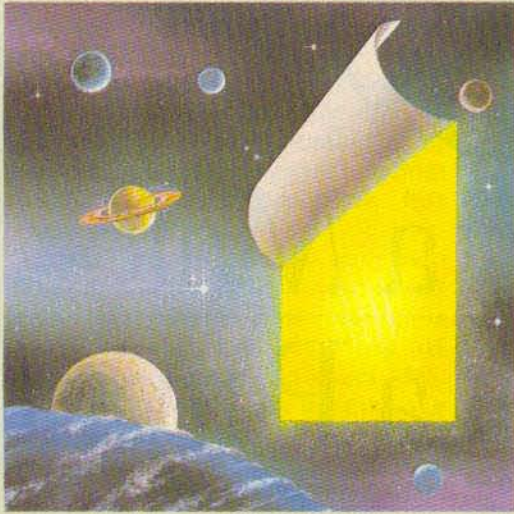
It will *not* be a so-called democracy; it will *not* be socialism; it will *not* be communism; it will not be human monarchy, oligarchy or plutocracy. It will not be MAN'S government over man. Man has *proven* his utter incapability of ruling himself!

It will be DIVINE government—the government of GOD. It will *not* be government from the bottom up. The people will have NO VOTES. It will *not* be government *of* or *by* the people *but it will be government FOR the people!* It will be government from the TOP (God Almighty) down!

In the *Kingdom of GOD* ALL in government service will then be divine *spirit* beings. All officials will be APPOINTED by the divine CHRIST, who reads and knows men's hearts—their inner character, their abilities or lack of ability. You'll find a description of Christ's

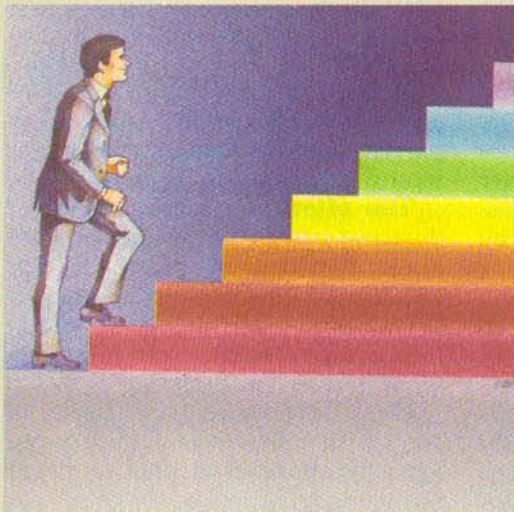
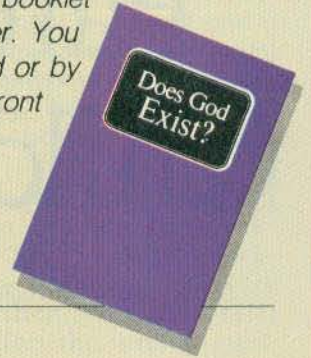
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LIFE'S AWESOME PURPOSE EXPLAINED!



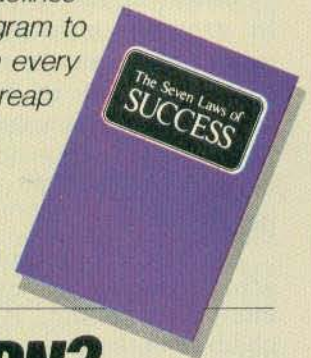
DOES GOD EXIST?

Skeptics doubt it. Many scientists say it cannot be proven. Yet no question is more fundamental to man's own existence. How can you know for sure? Can the existence of God be demonstrated to the rational mind? Is there tangible evidence that a Supreme Being sits at the controls of the universe? Our free booklet provides, with reasoned proof, a solid answer. You can have this booklet by using the reply card or by writing to our office nearest you (see inside front cover for addresses).



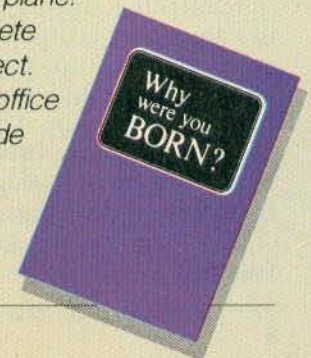
THE SEVEN LAWS OF SUCCESS

Most people pursue this elusive quantity known as success, but few seem to find it. What is real success, anyway? How do you attain it? We offer, free, an attractive booklet that defines true success and presents a seven-step program to achieving this important goal. Every person in every walk of life can apply these seven laws and reap the benefits—it's information you can use! Request your free copy now.



WHY WERE YOU BORN?

Is there any purpose for human life? You must have wondered—we all have. Is human existence a freak accident in a meaningless universe—a puzzle without solution—or does your life have a solid, identifiable purpose? The answer is incredibly positive: Mankind was created to rule the universe on the very God-plane! Impossible? Here, in booklet form, is a complete explanation of this much-misunderstood subject. For your copy, use the card or write to our office nearest you. Addresses are listed on the inside front cover.



A GROWING TRAGEDY

Parents Without a Mate Children Without a Parent

by Donald D. Schroeder

How does one cope with a fractured family?

HERE is a subject on which *The Plain Truth* must speak out!

Latest evidence reveals that in growing numbers of inner-city public schools in the United States upwards of 90 percent of students have experienced a fractured home through divorce, separation, desertion or death.

At least 20 percent of students across America are experiencing a one-parent home. Among black children in the United States it's 50 percent.

And think of the consequent effects—financial stress, emotional grief, loneliness, altered social relationships, perhaps unwanted independence, or dependence on social assistance.

Something drastic must happen in values and attitudes to stop this spiraling breakup and destruction of families through divorce, separation and desertion. The good news is this spiraling breakup of the home will be stopped—and sooner than this world imagines!

But how do we humans avoid fracturing families? And what if

the family is already fractured beyond repair? The answer is you need to learn and avoid the *causes* that either bring about or have already brought about these devastating problems. Where do you learn the *causes*? Remember for every effect there *is* a cause! There is a cause for every good thing in life and a cause for every kind of human misery.

The cause of human misery is broken law. You see, the Creator God, at the beginning set in motion laws that would make for complete happiness, joy, love, prosperity—all the good things one could ever imagine. When we break these laws they break us. The result is heartache, sorrow and broken homes. To remedy already tragic situations we need to turn to God for help and advice. He reveals his advice—his purpose—in the pages of the book we call the Holy Bible.

No Time for Wrong Decisions

The early days, months or even years after a young family is fractured is an emotionally trying time. It is a period of deep and at times, extreme feelings—even a period of irrational or impulsive emotions and “needs.”

It is precisely at such emotionally disturbed times that many parents and children make major wrong decisions in their lives.

Too often in society a younger divorced or deserted mate, perhaps even a widowed mate, panics because of financial, emotional or sexual needs. He or she rebounds into a hasty or careless marriage. Or into a sexual fling.

Or a school-age youth tries to cope with unresolved family problems by abuse of alcohol or drugs or by engaging in sex. Or drops out of school or runs away. What was an unfortunate family problem now worsens into a more complex personal tragedy.

Too many have not learned to endure any suffering or are not willing to take time to work their way through a difficult period of adjustment to their situation. If there is only one thing you who read this article remember, then remember this: At a time of emotional upset or confusion it is important to take time to bring emotions under control and to resolve feelings toward others before making vital decisions that will affect your or others' lives.

If you're presently in an unfortunate family or personal situation, if

you feel emotionally impulsive—that is, you are not in control of your feelings—don't make any big decisions or take a critical action in that state of mind. You will probably regret it later!

Persons with confused emotions need proper counsel, advice and support. They need someone of sound emotional state with whom to talk out their problems. But where can they turn?

Some encouragement and help can come from a sound-minded friend. But what is most required is wisdom—an understanding of God's laws of cause and effect (Jas. 1:5-6). Human problems are caused by breaking God's spiritual or physical laws.

Instead of bottling up emotions, letting them eat you up or destroy you, seek wise help and counsel. Realistically face facts about each situation.

Seek Sound Spiritual Guidance

God's true ministers, who know and keep God's laws, are always ready to help you. And you may need to seek legal, financial or health assistance if necessary. Take time to work through to sound decisions. Don't expect all problems to resolve themselves painlessly. Don't turn to palliatives. There is no true or lasting solution in drugs, alcohol or frenzied living.

One single parent summed up the wisdom needed to cope with a fractured home: "You can't escape all the hurts. You have to work through them. But let your hurts turn into manageable memories before you make a big decision—especially remarriage!"

It is not the policy of *The Plain Truth* to endorse specific social organizations or agencies that deal with various family—or personal—problems. The value of any such organization or agency depends on its leadership, values, purposes and policies. *The Plain Truth's* focus is to lead individuals to understand the *cause* of human problems and resolve not to repeat them.

Some organizations are especially helpful in that they encourage

individuals to realize they are far from alone in their problems. But whatever advice you receive or decisions you make, you must judge it all against the revealed laws of God (Matt. 4:4). There is no other source of true, revealed knowledge!

Don't Worsen the Situation

Most divorced persons are so wrapped up in their personal emotions they don't realize how much of a shock and surprise it was to the children when divorce was actually announced to them—even if there had been a long period of marital strife between mates. Some authorities estimate 80 percent of pre-school children are given no expla-

Something drastic must happen in values and attitudes to stop this spiraling breakup of families through divorce, separation and desertion.

nation at all at the time of divorce. Children are often confused and stunned.

Because many of these children have misbehaved during the period of marital strife, many of them feel they are the cause of the breakup. They need to know they are not. Sin is the cause. Your Bible says, "Sin is the transgression of the law"—God's law (I John 3:4).

Children usually have little to do with a final split. Divorced mates must be careful not to compound problems by letting children feel guilty for parental marital failure.

Another common damaging practice between separated mates is using children as messengers of bad feelings, problems or as bill collectors. If you need to communicate with a former mate, call or write

personally. Don't ever put children in the middle of situations you don't want to deal with or situations fraught with misunderstanding or hostilities.

Divorced or separated parents often make the mistake of cutting their former mate down in front of their children. Most children have deep feelings for *both* of their parents even if parents can't get along. "It's like destroying half of me," said one child. A 13-year old said it well: "My father has to understand that when he shoots arrows at my mother, they first have to go through our bodies before they reach her."

If you are not in custody of your children, but are the "weekend father" or "weekend mother," there are pitfalls to be aware of. Remember you are still responsible for the sound guidance of your visiting children. Don't allow "anything goes" when children are in your temporary care. Children may try to play one separated parent against the other to get something they want (junk food, candy, toys). And don't bribe children to make up for marital mistakes.

For an extensive period of time, most children of divorce have a deep down desire for reconciliation between the parents. When that is not possible, remember that children need time to realize it. If a mate rushes foolishly into another marriage before these feelings are resolved in their children, they are courting resentment.

Young children of divorce often fear that if parents are willing to stop loving each other, they will also stop loving them. These children need to know both parents still love them and feel a commitment to them. That love must be proven by actions. The most emotionally tragic situations for children of divorce occur when the parent of custody demands that children totally renounce all love and affection for the separated mate as the price of acceptance and affection.

If parent-child circumstances permit, it is important that noncustody parents try hard not to miss

regular times with their children. Such parents should make it clear from the beginning that their children can contact them any time the need arises. That shows a commitment to care for them. A deserting or disinterested parent leaves behind a legacy of depression and damaged self-esteem in children; the feeling that they are not worthy of being loved. Imagine the impact that will have on their concept of love and future marriage as they grow up!

Don't make the mistake of dropping high moral values because of a separation or divorce. A sad case in point: One father maintained a close family and carefully taught his daughter all the way up into teenage years to be chaste. He allowed himself to become involved with a young girl at work and experienced a tragic alienation from his wife. The teenage daughter saw it as hypocrisy—which it was—and suddenly and totally rejected the right values the father had taught her. "If he can misbehave, so can I," she reasoned.

Divorce does not bring freedom from family responsibilities as many feel. Single parents bear heavy pressures. They get bogged down struggling to cope. These parents and their children need to break their routine, get enough right social outlets and interests. Here's where concerned friends or other families can offer occasions for uplifting diversions or assistance.

Widows, Widowers Too

Widows and widowers too are victims of broken homes of a different sort. Widowers are more prone to alcoholism, accidents, various illnesses and suicide. Why? Because many men never expect to survive their wives and are little prepared to take care of themselves, a household or children. Too many try to escape loneliness in drink or a hasty remarriage. Statistics show half of these marital ventures end in divorce or abandonment.

All individuals who have lost a mate need to take time to recover equilibrium before making serious decisions. Avoid going to extremes.

Be positive. Make the most of your situation and opportunities.

Seek wise counsel. There may be a better way of dealing with problems than you are now considering. Think of alternatives. Most of all, resolve not to repeat past mistakes.

Only True Solution

The scriptures place great responsibility on society to care for the fatherless and widows—and, in fact, to prevent the situation from arising. Read these scriptures for yourself—Deuteronomy 14:28-29 and 26:12—where God places financial responsibility on society to help those in need.

The apostle James, in writing to the twelve tribes of Israel in the New Testament, defined true religion in these terms: "To visit the fatherless and widows [that most certainly includes modern broken homes] in their affliction..." (Jas. 1:27).

There is only one ultimate solution to today's problems. Jesus

Christ must return to earth to restore the government of God and to establish a society in which humans are taught the purpose of life and how to have happy, stable marriages. Then homes will not be broken through divorce, separation or desertion—the major causes of such homes in Western nations today.

You can have a happy marriage now. Write for our free booklet *Why Marriage?* and reprint article, "The Care and Feeding of Marriage."

Fortunately, growing numbers are heeding God's instruction through the pages of *The Plain Truth*. They are beginning to fulfill the prophecy to "turn the heart of the fathers to the children"—that must come first—"and the heart of the children to their fathers" (Mal. 4:6).

If you are a victim of a broken family, or know of one that is—make sure you resolve not to repeat mistakes! And take time to make sound decisions in your life based on God's revealed laws! □



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PL 13

What Is the RATIONAL DIET?

by Michael A. Snyder

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

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

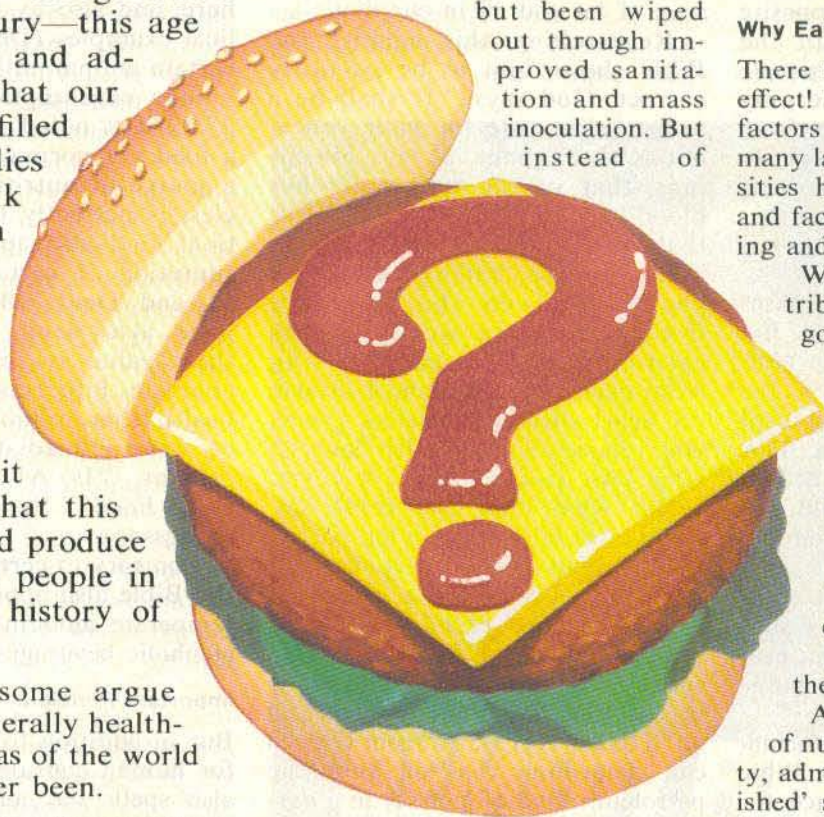
And, yes, some argue that man is generally healthier in some areas of the world than he has ever been.

But let's examine the record.

Sanitation

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

Major epidemics like cholera, smallpox and diphtheria have all but been wiped out through improved sanitation and mass inoculation. But instead of



British, European and American deaths from cholera, today thousands see their friends or loved ones suddenly develop unusual bleedings and discharges, or slight lumps, and undergo debilitating chemical and radiation treatment and/or surgery. Or they read about it afflicting others.

And it's frightening!

Or instead of dying of acute tuberculosis, a close friend unexpectedly expires of a heart attack. Even athletes aren't immune to the

the no. 1 killer disease in the Western world.

Why Early Death

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

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

But the agreement stops there.

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

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

Accordingly, you can hear one story about nutrition in the university classroom, a completely different view in the so-called health food store and yet *another* view from advertisements. Why this

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

Babylon of nutritional confusion?

Researching the Basic Cause

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

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

Basic Information

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

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

In addition to providing information for human behavior, the Bible serves as a point of reference for our very thoughts and reasoning processes. "My thoughts are not your thoughts... saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts" (Isa. 55:8-9).

What God calls for in evaluating human, physical knowledge is that we compare it to his standard! "To the law and to the testimony [revealed knowledge from God]: if they speak not according to this word, it is because there is no light in them" (Isa. 8:20).

But—"It is the glory of God to conceal a thing: but the honour of kings is to search out a matter" (Prov. 25:2).

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

Let's look at some examples.

Is It True, or—?

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

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

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

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

But when Abraham—the father

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

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

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

Important Principle

But in addition to certifying foods for human consumption, the Bible also spells out another important principle relative to nutrition. Gluttony is condemned (Deut. 21:20-21; Luke 21:34; I Pet. 4:3). And, "Every man that striveth for the mastery is temperate in all things" (I Cor. 9:25). Moderation is a law (Phil. 4:5).

For example, the Bible says salt is good (Matt. 5:13; Luke 14:34). But, research has shown that too much salt can contribute significantly to high blood pressure and other maladies. This principle can also be applied to other natural products such as honey. The Bible

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

reveals "it is not good to eat much honey" (Prov. 25:27).

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

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

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

A Warning

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

Some may inherit their physical problems, while others may suffer from years of improper diet, or related environmental problems.

For example, a confirmed alcoholic should never use the Bible as an excuse to resume drinking.

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

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

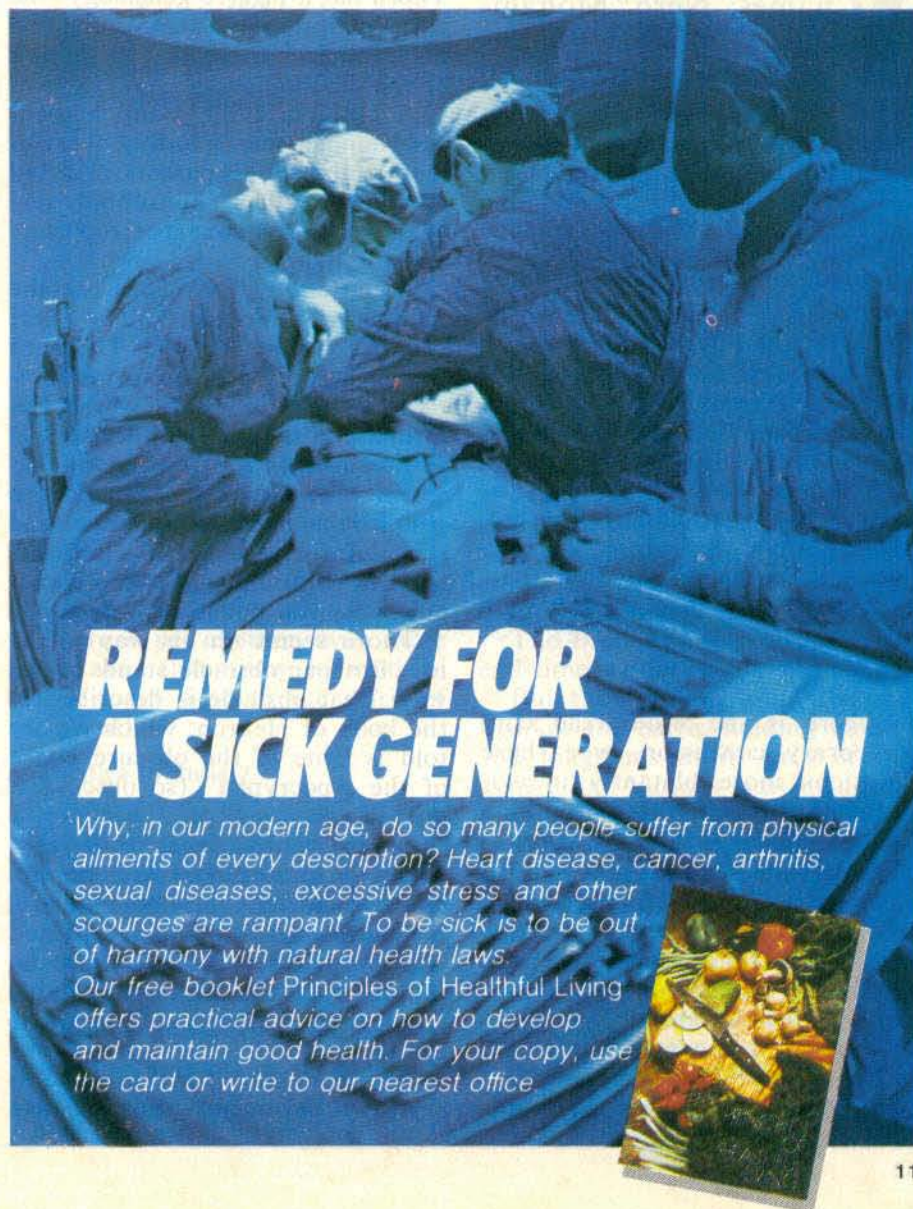
Our articles are meant to point the way to overall health and happiness. Our readers should be cognizant of their own unique needs

and/or problems when evaluating *any* dietary information.

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

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

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



REMEDY FOR A SICK GENERATION

Why, in our modern age, do so many people suffer from physical ailments of every description? Heart disease, cancer, arthritis, sexual diseases, excessive stress and other scourges are rampant. To be sick is to be out of harmony with natural health laws. Our free booklet *Principles of Healthful Living* offers practical advice on how to develop and maintain good health. For your copy, use the card or write to our nearest office.

Just What Do You Mean... “ANTICHRIST”?

by Keith W. Stump

Few religious topics are as misunderstood as this. Read here an eye-opening explanation of the real meaning of “Antichrist.”

YOU HAVE heard their names: Nero. Mohammed. Emperor Frederick II. Pope John XXII. Martin Luther. Hitler. Stalin. Mussolini.

All these individuals have had one thing in common.

In their days, they were all branded with the odious, fear-inspiring title ANTICHRIST! Dozens of others throughout the past two millennia have equally shared this dubious distinction.

Obviously they cannot all be the Antichrist. Or can they?

Who—or what—is “the Antichrist”? Why do so many ministers today warn of Antichrist, yet misunderstand who or what this personage is? What does *the Bible* say about this mysterious figure?

Confusion in Film

Nowhere is the widespread contemporary confusion over these questions more blatantly in evidence than in the recent motion picture titled *The Final Conflict*.

The Final Conflict is the third and final installment of the *Omen* trilogy. This is a series of three motion pictures purporting to trace the birth, childhood and rise to power of the Antichrist. The events in these films appear to the public in the guise of Bible prophecy.

In the *Omen* story, the Anti-

christ is named Damien Thorn. Thorn has a bizarre genealogy—he is the offspring of Satan. Etched on his scalp is the so-called birthmark of the devil: 666.

A problem child, Damien spent his younger years plotting the violent demises of his parents, assorted relatives, tutors, household servants, priests, newspaper reporters and the like.

As an adult, Thorn has become politically ambitious. As *The Final Conflict* opens, we find Thorn at the head of the biggest multinational corporation in the world. His ultimate goal is world rulership.

Thorn is fully aware of his satanic identity. “I stand before you in the name of the one true god, Lord of the Lower Empire,” he tells his disciples, “who was cast out of heaven but is alive in me.”

Thorn seems on his way to the top. But one obstacle stands in his way. That obstacle is described in the book of Hebron, which we are told is “one of the obscure books of the Apocrypha” (so obscure it doesn’t exist—editor). This ancient volume is said to reveal that Jesus Christ is to be reborn as a *human child* somewhere in England!

Thorn must kill this returned Christ Child—or be destroyed by Him. “Slay the Nazarene and I reign forever. Fail and I perish,” he declares.

The exact hour of Jesus’ 20th-century rebirth is supposedly

revealed by an astrological source, an alignment of three stars (called the Trinity Alignment) in the constellation of Cassiopeia.

In the role of a modern Herod, Thorn proceeds to have his evil agents round up all birth certificates for that day. Male children born at the revealed time are then systematically exterminated, to be absolutely certain the reborn Jesus is eliminated. (But the baby Jesus is born among gypsies, and he has no birth certificate!)

Meanwhile, the fate of the world depends on a priest and six monks. They alone, we are told, can foil the evil plans of Thorn. The Holy Child will not be totally safe and secure until the Antichrist is dead.

There is only one way the Antichrist can be killed. He must be stabbed with one of the seven ancient daggers of Megiddo. One by one, however, the monks die in their attempts to skewer Thorn.

In the end, the “final conflict” of Good and Evil takes place in a lonely Celtic chapel. Damien Thorn is killed by a woman correspondent from the BBC, who stabs him in the back with one of the seven magical daggers.

The Holy Child is now safe. Good triumphs over Evil. A new era dawns.

Fiction not Fact!

How much, do you suppose, of the above scenario is actually found in

Bible prophecy? All of it? Half of it? None of it?

Do you know?

It is to be hoped that even the most biblically illiterate moviegoers are perceptive enough not to mistake the imaginative concoctions of Hollywood for literal biblical truth. Filmmakers have a well-known and well-deserved reputation for bizarre renderings of Scripture.

And, it seems, most preachers are equally confused.

Do you know what the Bible really says about the Antichrist? You may be surprised!

To begin with, the Bible *never once* speaks of the Antichrist! However, the word *antichrist* does appear in Scripture. This word—meaning, from the Greek, “against the Messiah”—is found only in the New Testament, where it is used exclusively by the apostle John in his epistles.

What Scripture Reveals

Let’s notice the four scriptures where the word is found:

I John 2:18—“... as ye have heard that antichrist shall come, even now there are *many antichrists*...”

I John 2:22—“Who is a liar but he that denieth that Jesus is the Christ? He is antichrist, that denieth the Father and the Son.”

I John 4:3—“And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and *even now already* is it in the world.”

II John 7—“For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist.”

These scriptures were written toward the end of the 1st century A.D. Even at that time, John writes, there were “*many antichrists*.” Some 1,900 years ago, he could say that the spirit of antichrist “*even now already* is in the world.”

In Bible usage, therefore, the term *antichrist* does not refer exclusively to a single political or religious leader yet to arise in our day.

The four scriptures cited above clearly show that an antichrist is a deceiver and one who in some way denies that Jesus is the Christ. How does one deny Christ?

By evil works!

Jesus prophesied that many would come *saying* he is the Christ (Matthew 24:5). These, as Paul wrote to Titus, “*profess* that they know God; but *in works they deny him*...” They outwardly *claim* to be Christians, but they refuse to obey him. The works of their lives are evil.

This is antichrist!

Further, John notes, an antichrist denies that Jesus Christ, through his Spirit, comes into the

The Gospel or message of the Bible is clear: Jesus Christ is the only hope for this earth!

flesh of his people, living his life in them and enabling them to obey the law of God (I John 3:24; Galatians 2:20). This is the spirit of antichrist—a spirit of *lawlessness*, standing in opposition to God’s law and way of life.

There is yet another, even more subtle way that many today deny Christ—and yield to the spirit of antichrist!

Alternative to Christ?

The Bible reveals that Jesus, the Messiah or Christ, must return to this earth with authority to establish a 1,000-year reign of peace—the Millennium. Were he *not* to return, “no flesh would be saved alive” (Matthew 24:22). Global extinction would be inevitable!

The Gospel or message of the Bible is clear: Jesus Christ is the *only hope* for this earth!

Yet humanity has devised its own counterfeits—philosophies, religions, systems of government—purporting to offer alternative solutions to global survival. Humanity believes that by channeling its resources, its technology, its intellectual energies into solving the problems it faces, that it will be able to find *its own* solutions to the world’s ills.

This is also the spirit of antichrist—a denial of the necessity of the Messiah and his mission! Man will discover that his go-it-alone approach will utterly fail him in the end!

We now see that in its true biblical sense, *antichrist* has a wide application. It can refer to persons and powers, attitudes and behaviors. The spirit of antichrist is found in individuals, in institutions, in religions, in societies and in governments.

In fact, there has been little in this world over the past 19 centuries since the days of Jesus that has not fallen within the broad spirit of antichrist! Little wonder, for the Bible reveals that *Satan* is yet “the god of this world” (II Corinthians 4:4). The world is under Satan’s rule, not God’s government.

But Satan’s days are numbered!

Yet what of all the talk by prophecy hobbyists about a coming Antichrist? What of all the nefarious deeds attributed to him?

Many use the term *antichrist* to designate an end-time personality who will embody the spirit of opposition to Christ. This unbiblical usage is unfortunate.

The Bible nowhere speaks of an end-time Antichrist.

But the spirit of antichrist will blanket the earth, holding nations and kingdoms in its grip in this generation! Various individuals will personify that spirit in a powerful way. In national distress, men will turn to other *men* who appear to offer solutions.

The Bible specifically mentions two such individuals who will come to be virtually deified by mankind. One is called the “Beast”; the other the “False Prophet.”

The term *antichrist* is often applied to one or the other of these

prophesied personalities. Often, preachers and prophecy buffs confuse the two and impute to one some of the attributes of the other. Some even blend, falsely, the two into one.

Satanic System

Let us briefly take a look at these two satanic personalities, and discover what the Bible really says about them.

The Beast is a great dictator of the book of Revelation who is to rule over 10 nations or groups of nations just before Christ's return (Revelation 17:12-13).

In the Bible, a beast is the symbol for a political system or its leader. Yet how many ministers understand this fact? In the Bible the Beast is symbolic of the political system we call the Roman Empire. Throughout the centuries since the fall of the Roman Empire in A.D. 476 (the "deadly wound" of Revelation 13:3), numerous revivals of the beast—the Roman political system—arose in Europe.

In Revelation 17, the revivals are represented symbolically by the seven heads of a beast. Six have already occurred from Justinian to Mussolini. One last restoration of this great political system is yet to arise. The end-time Beast will rule over this final restoration of the Roman Empire.

In the book of Daniel, where he is called the "king of the north," we learn that the prophesied Beast will ultimately conquer portions of the Middle East (Daniel 11:40-41).

Working hand in hand with the Beast will be the False Prophet (Revelation 16:13; 19:20), a great miracle-working religious figure. By means of lying wonders and false miracles he will command the obedience of millions (Revelation 13:13-14).

The apostle Paul wrote of the False Prophet in II Thessalonians 2:3, calling him the "man of sin," and "the son of perdition." This miracle-working individual—a great religious figure—will declare himself to be God (II Thessalonians 2:4)!

Many will believe him to be Christ in the flesh!

Rise of the Beast

Let's notice now *how* the Beast will achieve great power and authority.

The Beast will not seize power by means of a coup or by military conquest. Ten leaders will "give their power and strength unto the beast" (Revelation 17:13). This charismatic individual will be widely viewed as a deliverer—the *only* man who can lead Western civilization out of its troubles!

The prophet Daniel sheds further light on the Beast's rise to power. He writes in a dual prophecy—anciently fulfilled by Antiochus Epiphanes in 167-164 B.C. and again to be fulfilled in these

**Man will discover that
his go-it-alone
approach will utterly
fail him in the end!**

last days (Matthew 24:15)—that the Beast will be a person "of fierce countenance and understanding dark trickery and craftiness" (Daniel 8:23, Amplified Bible). He will be a sly manipulator, cunning in the art of political maneuvering.

"And his power shall be mighty," Daniel continues, "*but not by his own power. . .*" This is clearly a reference to the 10 rulers giving their power over to the Beast.

"And he shall corrupt and destroy astonishingly, and shall prosper, and do his own pleasure, and he shall corrupt and destroy the mighty men and the holy people," the prophecy continues. "And through his policy he shall cause trickery to prosper in his hand; he shall magnify himself in his heart and mind, and in their security he will corrupt and destroy many."

The prophecy concludes with a

clear statement of the time setting of these events. "He [the Beast] shall also stand up against the Prince of princes, but he shall be broken, and that by no human hand" (Dan. 8:25). The Beast will confront Jesus Christ at His Second Coming!

Religious Support

It will not be political craftiness alone that will propel the Beast to the top. His rise to power will be supported and encouraged by the False Prophet.

The False Prophet presides over a great, centuries-old religious system labeled "BABYLON THE GREAT" in Revelation 17:5. This system is an "image" or copy in the religious sphere of the Roman civil governmental system (Revelation 13:14).

This religious power is also personified as a fallen woman (Revelation 17:1) and a scarlet woman (17:3). In Bible symbolism, a woman is representative of a church (II Corinthians 11:2; Revelation 12). A fallen woman thus represents an apostate church.

In Revelation 17:3, we read that this scarlet woman sits "upon a scarlet coloured beast . . . having seven heads and ten horns." In other words, this religious power has historically presided over the restorations of the Roman political system (symbolized by the heads), and is *yet to be* associated with the final restoration (seventh and last head), made up of 10 powers (the 10 horns).

The Beast will be supported in his rise to power by the False Prophet. And in turn, the Beast will use his political might to enforce religious uniformity.

Beast's Mark and Number

In this regard, many readers of *The Plain Truth* have written inquiring about the mysterious "number" and "mark" of the beast mentioned in Revelation 13:16-18. This bewilderment is totally unnecessary. The Bible clearly reveals what these things mean!

The number of the Beast is 666. It is described as the number of a
(Continued on page 18)

ART

The Good, the Bad and the In-between

by Clayton Steep

How can we determine what is truly worthwhile in the realm of literature, art, music and the theater?

ON EVERY SIDE we are exposed to what is rightly or wrongly called artistic creativity.

It either serenades us or it blasts us from radios and stereos. It soothes our eyes or it assaults them from the printed page. It entertains, transports or repulses us on stage, television or in the movies. Involved are music, literature, sculpture, dancing, painting, architecture—all forms of human artistic endeavor.

Since ancient times discussions have raged as to what is good, beautiful and moral in the arts. Greek philosophers argued about it. Medieval thinkers pondered it. Modern critics have tried to define it. The only conclusion most people seem to agree on is that beauty lies in the eyes of the beholder.

But is that all there is to the arts? Are there no standards by which one may judge artistic expression?

Who Is Right?

"It really turns me on!" raved the young art student of his latest effort. His "work of art" was among 200 selected out of more than a 1000 entries for an exhibition. His entry was not a fine

painting. Nor an intricate sculpture. Nor was it a delicate piece of pottery. It was 180 feet of black masking tape stretched across the exhibition hall floor in two 90-foot parallel lines.

Explained the curator of the exhibit, "It preempts space, in a way. It outlines space." "And like, it doesn't get in the way," added the artist, "That's important."

Just what did all that mean? Apparently the artist, the curator and a panel of judges considered the tape as having artistic value. Perhaps some of those who visited the gallery were also of that opinion. Others, one may be sure, would not agree.

Who was right?

Did you ever take children to a movie rated PG (Parental Guidance Suggested) only to be appalled at the language, the suggestive sex, and the violence of the film? Somebody on some board obviously considered the film suitable art for children, with some parental guidance. You may have felt that the suitable "parental guidance" would be to firmly grab the children by the hand and *guide* them out of their seats and out of the theater!

Which evaluation of the film's merits as art for children was correct? Yours? That of those responsible for officially rating films?

That of the theater management?

What about the neighbor who plays rock music so loudly it can be heard all over the block? He thinks it's all right and can't understand why anybody else would disagree with his taste. You, however, may consider semiclassical music as the ultimate in artistic expression. Another difference of opinion.

Some say art is good if it gives pleasure. On this basis even the worst pornography is art since it gives temporary pleasure to a certain small segment of society, though society as a whole disapproves of it.

If it is left up to each individual to decide what is good in the field of the arts, there can be no agreement or standards since each person views the matter from his own perspective. That's exactly why the term "art" is today applied to such a confusing assortment of endeavors ranging from the sorry to the sublime.

What Is Art?

What is art anyway?

Basically art is an impelling, even emotional, urge to express one's feelings through some workmanship or action that will in turn communicate those feelings to others or allow others to experience them.

Tolstoy defined it this way:

“Art is a human activity consisting in this, that one man consciously, by means of certain external signs, hands on to others feelings he has lived through and that other people are infected by these feelings, and also experience them.”

Artistic creativity is one of the abilities that set human beings apart from animals. No animal can paint a landscape, compose a poem, read music or make an identifiable image of something in clay or marble.

of all! He is the origin of true art—art that is beautiful, pleasurable and good.

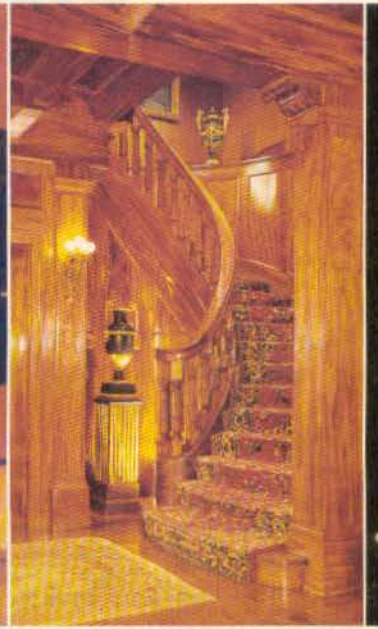
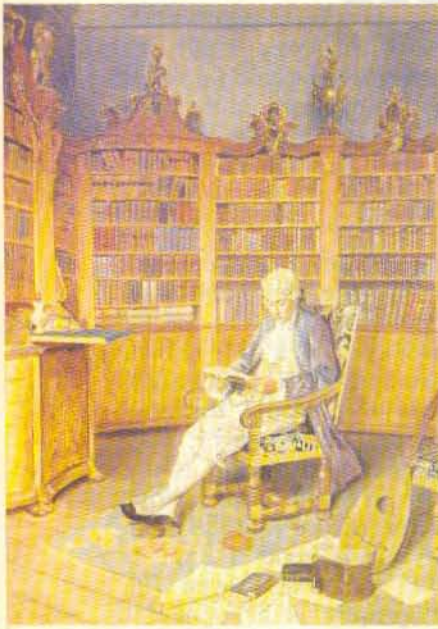
All of creation reflects his genius. “The heavens declare the glory of God; and the firmament sheweth his handywork” (Ps. 19:1). Color, shape, contrast, harmony, movement, sound, rhythm, proportion, composition, structure, feeling, craftsmanship—he excels in it all.

The universe and all the marvels in it constitute one gigantic art museum exhibiting God’s skill.

some very direct questions.

He asked Job where he was when the earth was being molded and fashioned. “Where were you when I laid the foundation of the earth?” God demanded, “Tell me if you have understanding. Who determined its measurements—surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone . . .” (Job 38:4-6, RSV).

God planned, measured, designed and put it all together. And



In an attempt to prove evolutionary relationships, paint brushes have been given to members of the monkey family. The amused apes have slopped paint on canvases using brushes, fists and feet alike. The results have been pointed to as examples of primitive “art.” They have been pointed to, that is, when they have been successfully snatched away before the quickly bored “artists” have begun to eat or otherwise destroy their artwork!

Let’s be serious! Without qualities such as those found in the human mind true art is not possible. But where did we as human beings obtain our ability to engage in artistic creativity?

The answer is we have been given the ability (to whatever degree we may have it) by God—the very first and greatest Artist

That’s why King David of Israel stated, “I meditate on all thy works; I muse [that’s what a museum is for!] on the works of thy hands” (Ps. 143:5).

God is the Master Potter and we are his artistry. “We are the clay, and thou our potter; and we all are the work of thy hand,” the prophet Isaiah declared to God (Isa. 64:8). In fact, human beings who yield themselves to their Maker are privileged to become God’s greatest masterpiece of all—members of his immortal Family, exhibiting that divine character that is his ultimate “workmanship” (Eph. 2:10).

We get a glimpse of the Master Artist at work in a conversation he once had with the patriarch Job. Job was proud about some of his own accomplishments and needed to be humbled, so God asked him

it was very good—so good the angels who watched God at work “sang together” and “shouted for joy” (verse 7). Yes, God’s artwork was beautiful and it gave pleasure to others.

Notice also that the angels engaged in the art of “singing together.” This likewise was an artistic talent, one that came from God, for the angels themselves were some of God’s handiwork. We get an idea of how splendid was the angelic host by looking at Ezekiel 28:12, where one of the highest ranking angels is described. He was “the signet of perfection, full of wisdom and perfect in beauty” (RSV). His ornaments were precious stones of every kind (verse 13).

Unfortunately, as surely as if someone slashed a Rembrandt with a knife, a portion of God’s work-

manship became ruined. This superior angelic being and others of the angels revolted against God. Once beautiful spirit beings became corrupt (verse 17). Artistic abilities in this created being now became satanic. His gifts had become perverted.

Here is the real origin of corrupt art! This once glorious being, now called Satan, has chosen the way of disobedience and has palmed off his perverted ideas and ways onto humanity. What we see today is inherited artistic creativity (ini-

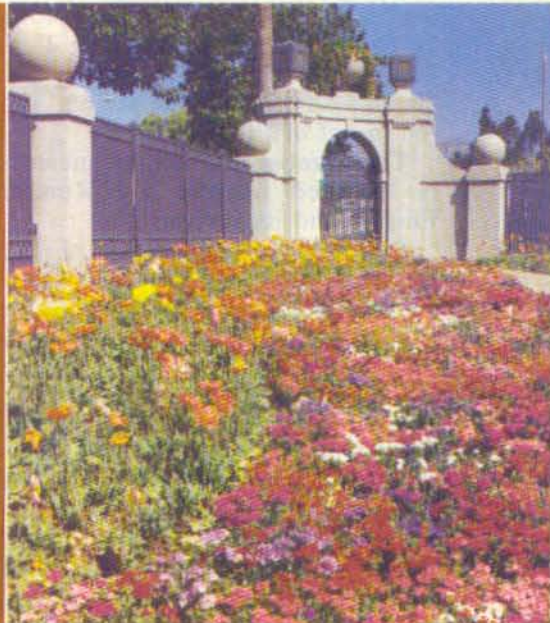
acceptable based on the standard of God's laws as revealed in his written Word—the Bible. God's laws, written in the Bible, were given to man to define what is good. Whatever in the arts blatantly infringes the Ten Commandments is not good art. One should never become engrossed in literature, movies, music or other art forms that openly revel in and promote lust, coveting, sexual perversions, violent behavior, and other evils forbidden in the Ten Commandments or other lesser laws.

minds of people cut off from the knowledge of God—would mean that most art on earth would have to be rejected, since humanity as a whole has been cut off from God. This is certainly not the criteria for making a judgment. Even the apostle Paul was familiar with and quoted from the poetic artistry of *pagan* Greek writers (Acts 17:28).

We must learn to perceive what is the overall intent of a particular effort in the arts. We should appreciate that which is an expression of the spirit in man,



The Ambassador College campuses have as their motto, "Recapture True Values." A concerted effort is made to properly emphasize the excellent.



tially being good, being the expression of God-given talents developed by humans), combined with a whole array of creative ideas that have been unknowingly influenced by invisible moods, beamed into human minds, from satanic forces. The world, of course, doesn't want to believe there is a Satan. But the whole world is deceived. (Rev. 12:9).

That brings us back to our original question: How are humans to tell what is good art and what is not?

A Standard?

In the World Tomorrow the problem of art will not exist. Art will be executed in accord with God's ways or it simply will be corrected.

Today we are confronted with a mixture of human-devised values. As a result we must decide what is

The basic all-inclusive principle is given in I Corinthians 10:31: "whatsoever ye do, do all to the glory of God." (See also Colossians 3:17.) A more detailed guideline for judging life experiences—including artistic endeavor—is found in Philippians 4:8, "... whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things" (RSV).

In light of instructions such as these, much that is wrong in the field of the arts becomes immediately obvious. But in this confused world the issue is not always so clear cut. There may be both good and bad in the same piece of art. To say one should reject all art produced by unconverted minds—

that which reflects his incredible potential and God-like creative talents. At the same time we should reject that which reflects moral and doctrinal error. One can admire the artistry in a painting of Louis XIV, for example, without having to agree with the policies of the ill-fated king. Or one can listen to the beautiful music of the "Swan Lake" ballet or the "Peer Gynt" suite without having to think about or believe the stories behind them.

Of course, when the objectionable predominates, or when it is not possible to segregate the good part from the objectionable in an artistic endeavor, it is safest to reject the whole.

The ability to engage in artistic expression is a gift of God. We should be careful to use it and appreciate it as he intended. □

LEFT TO RIGHT: SCOTT SMITH—PT. WARREN WATSON—PT. WARREN WATSON—PT. SCOTT SMITH—PT. RANDALL COLE—PT.

"ANTICHRIST"?

(Continued from page 14)

man (v. 18). And we are told to *count* it.

In Greek—the language of the New Testament—letters of the alphabet have numerical values. The same principle is found in the use of Roman numerals (V = 5, X = 10, L = 50 and so on).

In the 2nd century A.D., Irenaeus, disciple of Polycarp, the apostle John's disciple, explained that in Greek the word *Lateinos*—meaning "Latin man" or Roman—adds up to 666. (L = 30; A = 1; T = 300; E = 5; I = 10; N = 50; O = 70; S = 200.) This, he stated, was the intent of the scripture.

The number 666 is thus anciently branded on the old Roman Empire and its revivals.

But what of the mark of the Beast? Some claim it is the swastika. Others that it is the social security number. Still others that it is the universal product code. These are all mere *guesses*—and wrong ones, at that! Notice what the Bible says about this mark:

The mark of the Beast is received in the right hand or in the foreheads of those subject to him (Revelation 13:16). Without it, one will be unable to conduct business, to "buy or sell" (v. 17).

Those who have the mark of the beast in their hands or foreheads will suffer the corrective plagues of God's judgment (Revelation 14:9-10; 15:1, 6; 16:1-2). These individuals are contrasted, in Revelation 14:12, with the saints who "keep the commandments of God."

The mark thus has something to do with commandment breaking. Those who have the mark will suffer divine plagues; those who keep the commandments will not. One group is forced to accept the mark; the other keeps the commandments of God. The mark involves obedience to human authority. It is symbolic of forced allegiance. Is there a specific commandment that is intended? Is there a commandment that can be considered a sign of God's people?

A mark is a *sign* or a *brand* of identification. What command-

ment does the Bible call a *sign*?

There is only one: the *Fourth Commandment*!

Notice Exodus 31:12-17—"Verily *my sabbaths* ye shall keep; for it is a *SIGN* between me and you throughout your generations. . . ." The keeping of God's Sabbaths is the sign identifying God's people!

This sign of God is also received symbolically in one's hand—symbolizing work or labor—and forehead—representative of the mind or intellect. See Exodus 13:9; Deuteronomy 6:1, 6-8; 11:18.

The mark of the Beast is clearly revealed as an enforced counterfeit of the sign between God and his people—specifically the observance

The spirit of antichrist will blanket the earth, holding nations and kingdoms in its grip in this generation!

of man-made holidays in place of those Sabbaths that God originally ordained! Those who do not fall into line and join in religious conformity—including participation in its false religious days—will not be able to hold a job or earn a living.

And, as in centuries past, many who refuse to receive the mark—who refuse to submit body and intellect to the Beast's domination—will suffer martyrdom.

For an in-depth look at this subject, request our free booklets, *Which Day Is the Christian Sabbath?* and *Pagan Holidays or God's Holy Days—Which?*

Then, Armageddon

What will be the ultimate fate of this satanic religious-political union? The Bible provides a graphic description.

The Beast and False Prophet will

together muster armies to fight the returning Christ (Revelation 16:13-16; 17:13-14). They will undoubtedly have convinced much of the world that Christ is really the Antichrist. Because of this deception, many will refuse to repent and submit to Christ at his return (Revelation 16:9).

This final climactic battle, commonly but incorrectly referred to as Armageddon, is called in the Bible "the battle of that great day of God Almighty" (Revelation 16:14). The fate of the Beast, False Prophet and their armies in that confrontation was seen in vision by John (Revelation 19:11, 14-16, 19-20):

"And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war. . . .

"And the armies which were in heaven followed him upon white horses, clothed in fine linen, white and clean.

"And out of his mouth goeth a sharp sword, that with it he should smite the nations: and he shall rule them with a rod of iron: and he treadeth the winepress of the fierceness and wrath of Almighty God.

"And he hath on his vesture and on his thigh a name written, KING OF KINGS, AND LORD OF LORDS. . . .

"And I saw the beast, and the kings of the earth, and their armies, gathered together to make war against him that sat on the horse, and against his army.

"*And the beast was taken, and with him the false prophet* that wrought miracles before him with which he deceived them that had received the mark of the beast, and them that worshipped his image. *These both were cast alive into a lake of fire burning with brimstone.*"

The Beast will *not* be stabbed by a magic dagger in a lonely chapel by a BBC correspondent! It will be Jesus Christ returned in *power* and *glory*—not as a reborn Christ Child—who will decisively overthrow the Beast and the False Prophet. They will be cast into a lake of fire and be *consumed*!

Satan's rule over the nations will be forever ended! □

WHAT DO CHURCHGOERS BELIEVE? AND WHY?

by Herbert W. Armstrong

A large segment of American life attends church on Sunday mornings. WHY do they go? WHAT do these churchgoers BELIEVE, and WHY? The plain truth is a little shocking—and illuminating!

NOTHING is so astonishing as the truth! It is often stranger than fiction.

Most people who attend church regularly, or even occasionally, would be really surprised if they should probe into their own minds far enough to ask WHY they go, and just WHAT is their religious belief—and WHY?

Do You KNOW?

As a baby, I was taken to church. As a child, I was taken to Sunday school and church. It was a Quaker church. I attended church until I was 18. Then I began attending the theater, the athletic contests or dances. When we were married, my wife and I felt we ought to attend church. We looked over the churches in the general area of our home, selected one that was convenient, respectable, with a modern building, a friendly and personable pastor, and members we liked socially.

But WHY did we join? WHY did we attend church?

Well, we just felt we ought to—that's about all. Did we stop to analyze *why* we ought to attend church? Well, no. We supposed all people *should* attend church, should they not? We probably didn't think much about *why*! But hasn't everybody always *heard* that one should go to church? It seems we had.

Most people simply assume, take for granted and accept without question what they've always heard. Usually they don't know WHY.

What Did We Believe?

Did we have a definite religion? Reflecting back, my answer would have to be no. How about you?

What did we believe? Well, we had no deep-rooted convictions. We believed, of course, those things we had most often *heard* in church. We supposed there is a heaven and hell—an ever-burning hell. We believed—or supposed we did—in the immortality of the soul. We believed in Sunday, and Christmas and New Year's and Easter, and from boyhood I had heard the pastor talk about a few weird things, or names, or something that had abso-

lutely no meaning to me—"Pentecost," "grace," "Antioch," "sanctification," "justification," "dead in trespasses and sins." Of course I knew all those things came out of the Bible—but then, I always said, "I just can't understand the Bible."

And, speaking of the Bible, what *does* the average churchgoer think about the Bible? I think that in those years I was typical of many. It was "the Good Book." I did, in a way, regard it with a certain superstitious awe. It was beyond my comprehension. Of course I assumed our church got its beliefs out of the Bible. The preacher could understand it. But then, too, I grew up looking on the minister as a person *different* from the rest of us. He was a sort of holy man, not tempted to sin or to enjoy the wordly pleasures like the rest of us. He was like a man from another world. But the Bible was the Book men laid their hands on when taking the oath of office. And it was the one Book I should have been too embarrassed to carry down the street.

Did I look on it as "the Word of God"? Well, yes, I suppose so. But then I never thought of it in *specific* terms as the message, the

instruction of God, to give man the explanation of what he is, and why he is here, and where he is going, and how he ought to live, and how he can be happy, and prosperous and enjoy life more.

Somehow "religion" was for Sunday morning—except that I had been taught that its prohibitions lasted all day Sunday. It was sin to go to the theater on Sunday, and it was a sin to dance, or smoke, or swear, or drink at any time—and even theatergoing was "worldly" and probably a sin at any time. Playing cards was sin too. Aside from a few such things, I had no idea what my church *believed*.

Except for a few such church teachings, "religion" was for Sunday morning and had no connection whatever with my life otherwise. Of course church membership often supplies a portion of one's social life, and many men attend to make valuable business contacts.

Religion? Well, vaguely I had heard that Adam was the first man, and that he sinned, and "fell"—whatever that meant. As a result I vaguely conceived that life was like a one-way trip on a train. Because of Adam, the switch in the track at the end of the line is thrown to shoot us all down to hell. So I supposed we needed to "get saved," although I had been taught that I had a "birthright membership" in the church, so I guessed I probably was already "saved"—at least I don't remember that I ever worried about it. When one is "saved," the switch in the track at the end of life's journey is then thrown so that, when one gets to the end of the line one is shot instantly up to heaven, "to be with the Lord" in mansions above, "over the river," or "on the other shore," wherever

all that was. Anyway, it was "up yonder" and when they called the roll, I took it for granted I was going to be there.

And what was my idea of God—and of Christ—and of the devil? Well, God was One to fear and be appeased, in a way—and yet, if we pleased him, he could make things break our way for us. If we faced a frightful tragedy and possible death, crying out to him might save us. But generally, I think I rather took it for granted that God didn't want us to be happy or enjoy life—



"I vaguely conceived that life was like a one-way trip on a train. Because of Adam, the switch in the track at the end of the line is thrown to shoot us all down to hell. So I supposed we needed to 'get saved' . . ."

he certainly frowned on all worldly pleasures. Christ, however, was more kind and loving—he was our Savior. Above all, neither God nor Christ were REAL to me—they were in reality "far off."

Now these were not definite, concrete beliefs or deep-rooted convictions. They were just ethereal, vague assumptions. I never gave them deep or specific thought. I just took them for granted, supposing everybody believed these things. My mind was focused on the material interests of the moment—things closer to hand. As I said, religion was for Sunday. It

had no relation to or connection with the rest of life as a whole—my school, fun, play, hobbies, and, as I grew older, business, philosophies and beliefs.

What a "Bible Christian" Is Like

But when I was 34 years of age, my religious nonchalance was rudely jolted. My wife and I were visiting my parents in Salem, Oregon. Mrs. Armstrong returned from a visit with one of my mother's friends—a neighbor. This woman seemed to be a sort of "Bible Christian." She had handed her Bible to my wife and asked her to read a certain passage aloud. Then, without any comment whatever, she asked my wife to turn to another passage and read it aloud—then another and another. All these passages seemed to connect in an orderly sequence.

"Why!" exclaimed my wife in astonishment, "this is not what I've always been taught! Have I always been led to believe *just the opposite* of what the Bible teaches?"

"Well, don't ask me," smiled my mother's neighbor. "I didn't teach you a word. You just read it yourself out of the

Bible."

Mrs. Armstrong came running to tell me what she had discovered. Suddenly her religious belief had been changed. To me, she had become a religious fanatic. What she had read out of the Bible was diametrically contrary to the general teachings of the churches. I was angered, furious. Argument did no good. She had all the answers—and right out of the Bible. This was the incident that challenged and angered me into the first real study of the Bible of all my life.

I said, "You can't tell me that all these churches are wrong. I know

they get what they believe out of the Bible!" So I devoted six months to intensive, almost night and day, research and study to try to find, *in the Bible*, what I had been taught in church. I, too, was astounded to find just the opposite. I obtained the literature of churches supporting their beliefs. I searched the commentaries, the lexicons, the Bible encyclopedias. I searched out the arguments of higher criticism on these points. I tried my best to overthrow my wife's new Bible beliefs—but they definitely were in the Bible.

I entered an in-depth research of the theory of evolution. I studied Lamarck, Darwin, Haeckel, Huxley, Spencer, Vogt. I almost doubted the existence of God, researched science and philosophy, and PROVED irrefutably that the all-intelligent personal Creator God does exist. Then I put the Bible to test—and by several infallible proofs, PROVED it to be the very revelation of the living God to mankind, carrying final AUTHORITY.

Now I was no longer carelessly assuming or taking for granted without question what I had heard or what others accepted. I was *proving* what was true. And it was *not* what I *wanted* to accept. Rather, it wounded my pride. It was humiliating. It was traumatic. It brought me to the most difficult decision of my life—to admit not only that I had been wrong—but to see my own self, for the first time, as I really *was*—an abhorrent, rebellious, vain human who was evil by nature and unworthy of God's grace and mercy and love.

It was a bitter decision—I now felt my life was worthless, but I told God that if he could use such a worthless life, I would give it to him in unconditional surrender.

At last, once I swallowed my pride, admitted defeat, was humbled, had repented, and accepted the Christ of the Bible—a different Christ than I had previously pictured—I had found the true SOURCE for belief.

What a difference there is between professed "Christians" who are churchgoers, and a true BIBLE Christian! *I know* that difference because I have been both!

Regardless of whether one has been *angered* into an honest study of the Bible, as I was, or whether one

today's "enlightened" clergy, and its theological seminaries where young ministers are educated, spend more time trying to determine how much of the Bible they wish to classify as myth, and how little as truth—when only 1 percent of theological students in the U.S., by actual survey, believe in any Second Coming of Christ which is stated and affirmed repeatedly in the Bible—when theologians and the professional clergy interpret the Bible to mean the very opposite of what it plainly says, in order to pre-

tend that it supports their teachings—then you may *know* what is wrong.

If you will read Jeremiah 23, Ezekiel 13, and 34, which are prophecies of conditions *now*, in our day, and of Christ's statement of Matthew 24:4-5, 11, 24, of the false preachers that would deceive the **MANY**; and of the many statements in the Bible that the whole world would be deceived, you will begin to understand. It is, indeed, hard for one born, reared, and steeped in this world's education, religion, customs and ways, to realize that this is *not* God's world, but Satan's.

It comes as a jarring *shock!* I know. I've experienced it!

The Bible interprets itself. It means what it says, and it says what it means. Taken as it *is*, it *makes sense*.

Don't be a spiritual coward. Look into it *for yourself*. It's full of surprises—it's full of **TRUTH**—it's full of the way to a positive peace of mind, to happiness, to prosperity, abundant living here and now and to salvation in joyous eternal life—**FOREVER!**

God's world is soon coming—the peaceful, happy **WORLD TOMORROW!** □



ILLUSTRATIONS BY MONTE WOLVERTON

“... When one is ‘saved,’ the switch in the track at the end of life’s journey is then thrown so that, when he gets to the end of the line he will be shot instantly up to heaven, ‘to be with the Lord.’”

has never been to church or heard anything else in the first place, or **WHY** that person looks into the Bible for him- or herself, one will find the same thing there that I found—if one is honest and willing.

A person who is born and reared on a faraway uninhabited island in mid-ocean, having never heard *any* religious belief, if having a Bible and able to read, would be a total stranger to many of these things I was taught in church—that person would see, in the Bible, just what everybody else does who looks into it *honestly*.

What's wrong, then? When

Rid Yourself of the Dark Shroud of

MENTAL DEPRESSION

by Donald D. Schroeder

Perhaps you are needlessly experiencing the feeling of hopelessness and despair. Isn't it time you understood the reasons for this all-too-common human affliction?

IT IS a tragic but real fact of life.

Mental depression has run like a heavy dark thread throughout the fabric of human history. Men and women, the great and small, have been afflicted with it. Brave, brilliant and insightful individuals have suffered periods of "the gray menace"—dark emotions that shrouded their lives in feelings of utter despair, hopelessness and helplessness.

Winston Churchill, one of the greatest statesmen of the World War II era, was beset by what he called his "black dog" of depression. Abraham Lincoln suffered frequent depressive moods in his life.

Biblical heroes—men of great courage—at times showed their human frailty and weakness by suffering from this problem. King David of Israel, Elijah, Jeremiah and others, all powerful prophets or leaders, experienced deep depressions, some to the point of wanting to die.

These men, however, found a way of escape from depression. They, and others since, were able to tap the right power and resources to conquer fear, worry, and deal with seemingly hopeless situations. Out of weakness they were made strong (Hebrews 11:34). Out of their suffering they became more

stable, more compassionate, more mature persons.

Wearing Many Faces

Mental depression wears many faces. It knows no class barriers. It afflicts rich and poor alike, and even people who don't realize they are suffering from it. Mental depression is a major affliction in young children, leading to increasingly more youthful suicides.

And, though mental depression afflicts young and old, it rises abruptly in incidence with adolescent years.

Depression is a broad range of negative states of mind. At one end of the scale, depression shows up as the common, short-term down or blue feeling after hearing bad news. Or perhaps learning of the loss of something or someone. Sometimes it results from a blow to the ego. This blue feeling may last for only a few hours or days at most.

At the other extreme are chronic or lifelong crippling emotions of futility, hopelessness, emptiness, lack of joy and energy. These can be coupled with total loss of self-esteem, unremitting guilt, shame and eventual suicide. There is much ground in between these two extremes. Mental depression may be mild, moderate or severe. Or it may be masked—a person may not even realize he or she is suffering from it, though symptoms are noticed by others.

Every one of us has blue days. It's our common response to losses or setbacks, or to something we feel we failed to achieve in life. "Hope deferred makes the heart sick," says scripture (Proverbs 13:12).

The vast majority of depressed persons (90 percent, estimate some authorities) eventually snap out of it, although it may take days, weeks or even months to fully recover. These persons resolve their losses, setbacks or failures and go on.

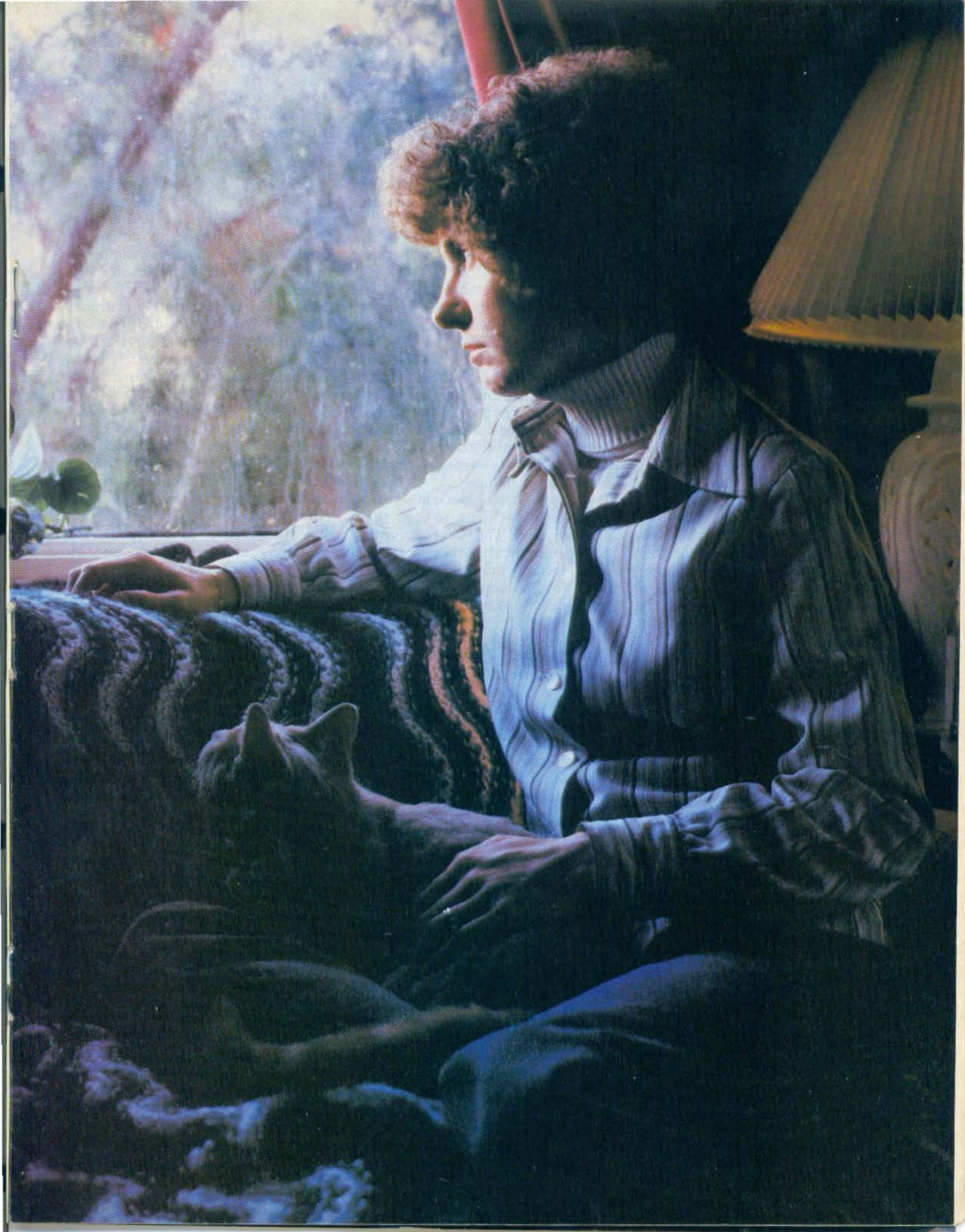
For around 10 percent of afflicted persons, however, depression becomes chronic or frequent, way out of proportion to a loss. For these persons, depression is unresolved and leads to week after week of feelings of helplessness and guilt—that life isn't worth living. This condition is serious and needs skilled help.

Yet, most depressed persons are too ashamed to admit to anyone that they can't cope with a certain problem or set of problems in life. Their depression, though painful, is covered up.

That's false pride at work. No person is always strong or capable under every adverse condition, circumstance or setback in life. Everyone needs help with some problems in life.

What Depression Is

The majority of depressed feelings begin in response to a specific loss,



fear of loss or adverse occurrence in life—something one can pinpoint. There seems no way of retrieving or achieving what is lost or what is threatened with loss.

The depressive cycle leads to collapse of self-worth, then to self-deprecation, then to a feeling that the situation is hopeless. Hopeless attitudes produce changes in responses of the mind and body, which begin to immobilize the person. Perhaps you have felt that helplessness.

In depression, all systems—mental and physical—slow down. Growing evidence from medical and mental health research indicates changes occur in the chemical balances of the brain and nervous system. These changed chemical balances alter transmission of brain and nerve impulses, which, in turn, produce disturbing brain patterns and painful or crippling emotional and physical feelings.

Serious depressives often say: "I can't get out of this. . . . It's hopeless. . . . I'll never get better. . . . Things will never change." Others feel: "I'm powerless to do anything; what's the use of trying? . . . There are no options. . . . I'm drained, empty. I can't sleep. I can't keep going on like this, but I see no way out."

In serious depression, almost everything is viewed negatively. The future is seen as bleak, unrewarding, and there appears no way to change it. Depressives mentally stop fighting. They are possessed with their own sad feelings. They often assume others are equally obsessed with the same feelings (they are not).

One type of depressive, the manic-depressive, swings between periods of extreme optimism and unfounded pessimism.

Depressives stubbornly resist reassurances of their worth. And statements to "snap out of it" or "pull yourself together" usually have little effect. These persons, of course, do not need ridicule or further loss of self-esteem; their morbid mind is burden enough already.

Hidden Depression

For every serious depressive there are several masked depressives—persons functioning, howbeit at

far less than their ability, in jobs, homes or schools. They don't realize that their emotional problems, difficulties with a job or other people, or many of their physical ills, are caused by a subtle depression, which they do not recognize. For many of these persons, lack of positive emotions and attitudes have become a way of life for so long, they don't realize why happiness and good feelings perpetually elude them.

Masked depressives find little true joy in life. They are constantly restless and irritable. They fill doctors' offices with real or imagined complaints of lack of energy, chronic headaches, stomach problems, constipation, and similar ills. They are a large part of the army of up to 85 percent of patients visiting doctors' offices whose health problems are largely mentally (psychosomatically) induced.

Many of these patients seek a miracle pill or drug to free them of their ills. The peace of mind and better health they seek will only occur when they develop a positive and constructive state of thinking and handling their problems!

Still others, because their depression is mixed with anxiety, engage in frenzied pleasure-seeking, sexual activity or even violence. Growing numbers of depressives drown their depression in alcohol or drugs to kill the mental pain of weakness, emptiness and futility.

What a tragic toll! And the reason is humanity has jumped the track! Let's understand.

Vulnerable to Depression?

In normal grief at a loss, a certain amount of sadness or crying is often helpful and necessary to work through to normal feelings. Grief at the loss of a loved one or something highly valued is not wrong. It becomes unhealthy and damaging when it causes total loss of personal self-worth, or the desire to live. Grief is damaging when it is unresolved and one is crippled from ordinary human functions for weeks or months on end.

The line between natural remorse and pathological depression

may be a subjective judgment. To make an illustration, a man who loses a job and is unable to mobilize himself to find work for weeks after being fired or losing his job is seriously depressed and needs help and encouragement.

While the cause of a depression is often related to a loss one can pinpoint (sometimes called a *reactive depression*), the cause at times can be much more vague—a mood we don't understand. Depressed feelings can come over a person for no seemingly rational reasons. But there are reasons nevertheless—mental, physical or spiritual reasons.

Endogenous depressions are related to less distinct causes that develop within a person—perhaps from subconscious or denied fears, needs or desires, which unsettling or unfavorable events now threaten. This kind of depression may develop either slowly or suddenly.

Vulnerability to frequent depressions often depends on the kind of encouragement, values, self-esteem, love or support (or lack of them) that we received in early years of life. Vulnerability may be related to how we learned to respond to losses or problems in life. In addition, certain personalities seem more sensitive to blue moods than others.

A depressive mood can float over the mind for no apparent reason. It could be the result of a final straw—reaching a breaking-point in a series of unfortunate setbacks in life. Or it could happen for reasons that many totally overlook or are unaware of.

How many are aware that the violation of God's spiritual laws—the laws of love to God and other human beings, as revealed in the Ten Commandments—sets one up to experience problems or attitudes of mind for which there seems to be no hope or help?

And doing things we know are wrong results in negative or depressive feelings.

Unresolved resentment, bitterness, jealousy, envy or anger lead to feelings of loss, hence to depressed feelings. "Envy is as rottenness to the bones," correctly states scripture (Proverbs 14:30).

For such sins one needs to ask for forgiveness from God, and others you have offended. Then set your values right and resolve not to do them again.

Though many do not believe in evil spiritual forces—Satan and a host of fallen angels (demons)—they do exist and they do influence the minds and attitudes of unwary humanity. No wonder so many psychiatrists and their patients don't understand some of their negative moods or attitudes! (See Ephesians 2:2-3.)

Scripture warns, "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness [wicked spirits, margin] in high places" (Ephesians 6:12).

These evil spirits place damaging and negative moods and feelings in vulnerable or unwary human minds. In some weakened persons, they implant impulses to want to give up on life and end it.

Physical Causes

Overwork, prolonged mental stress, anxiety or fear may drain our mental and physical energy levels. Gone is the needed strength to cope with life and its problems.

Physical or mental exhaustion may take weeks or years to develop. But it eventually can translate into mental energy rundown—a feeling of being unable to cope.

Improper nutrition can gradually set one up for depression. Too many refined sugars, starches or fats in the diet, or other unbalanced nutrition, can weaken the body's physical endurance, mental alertness and ability to handle problems or stress. Allergic reactions to certain foods or substances can also produce mental dullness, irritability or depressed feelings.

Proper sleep, diet and exercise is necessary to help avoid falling into depressed states of mind. Proper rest, food and creative activity are needed to help a depressed person come out of his or her condition.

Creative activity or achievement of any kind, even if it must start out small, should be encouraged for depressed persons. It is neces-

sary to build up, a step at a time, a depressive's sense of worth and accomplishment again. Accomplishments should be pointed out positively to the depressive, because their depressed attitude tends to downgrade even things they can accomplish.

Here is another important, but comforting, piece of knowledge: many deeply depressed persons feel they have totally lost all their former skills and abilities, hence are total failures. This is a misleading feeling caused by the depression. Unfortunately, it viciously adds fuel to feelings of hopelessness and futility. But the skills and abilities are really still there! They will return as the person recovers from depression, as he or she reorders his or her life with positive values and attitudes.

Although many don't realize it, boredom is another endogenous stress. The human mind and body were created to need a modest amount of healthy variety and stimulation to feel alive and maintain equilibrium.

Boredom is the absence or dullness of stimulation and feeling. Boredom produces apathy, lethargy, loss of sense of worth and of positive feelings about oneself. Continual boredom will set one up for a depression. Many of the symptoms of boredom and depression are similar, only the intensity may differ.

This tragedy of boredom is often aggravated by modern man's various places of habitation—such as homes for the elderly, prisons for the criminal and bleak residential quarters. Drugs and alcohol

CHRISTMAS

Do you know its origins?

Few people stop to think about why they believe in Christmas and its customs. How much do you know about the origin of Santa Claus—of the Christmas tree—of exchanging gifts? Can you tell if the following statements are true or false?

- T F Christmas is the birthday of Jesus Christ.
- T F The Santa Claus myth is a harmless story for children.
- T F The Christmas tree is a fairly recent innovation.
- T F Exchanging gifts stems from the wise men's example.
- T F Christmas observance, with all its traditions, honors Christ.

How do you think you did? All the statements above are false. Surprised? Our free booklet The Plain Truth About Christmas offers important facts you need to know—and preferably before December 25. For a copy, just mail the literature request card in this issue, or write to our office nearest you.

The Plain Truth
About
CHRISTMAS



are often used to tranquilize the resulting pain or to fill the emptiness. Yet the pain and suffering will not be truly alleviated without an exciting, worthwhile goal or purpose in life.

What is needed is a life filled with faith and hope for growth in the future.

Drug/Health Factors

Depressive feelings can be induced by certain drugs, abuses of alcohol, improperly working bodily functions or viral infections. This is called *toxic depression*.

Wrong use of certain drugs needs special emphasis. Many depressives take barbiturates, sedatives, tranquilizers or alcohol—drugs that depress the central nervous system—to alleviate their suffering. Some doctors carelessly prescribe such drugs for vague physical or emotional complaints not realizing that the problem is not physical—the person is depressed. Biochemical responses are already depressing the depressive's central nervous system. These drugs may alleviate certain pain or suffering temporarily, but in the long term they depress the brain and nervous system even more. This causes even less ability to solve underlying problems with right responses.

Imbalances in hormone production can also cause depressive feelings. This may happen from malfunctioning pituitary, adrenal, thyroid or other glands.

Menstrual, post partum (after birth) or menopausal hormone changes sometimes produce negative moods.

Diseases such as diabetes, hypoglycemia, thyroid illness, mononucleosis, infectious hepatitis, a heavy touch of the flu or other poor health conditions can be responsible for some depressive feelings.

Because a wide variety of such conditions exist, anyone suffering from prolonged depressive feelings should seek a thorough physical examination to see to what extent any physical health problems may be involved.

Therapy Controversy

The medical and mental health

professions today attempt to combat mental depression with a wide variety or combinations of drug, electric, verbal and health therapies. There is controversy over the effectiveness and safety of almost every technique.

An arsenal of new drugs has been developed in an attempt to calm or correct chemical imbalances in the depressed patient's mind and central nervous system. Doctors must often experiment with different drugs, and many of these must be taken for several weeks to have an effect. Consequent side effects must then be dealt with.

Modern mental health officials hope such therapy will reduce distressing emotions and feelings to more tolerable levels. Meanwhile therapists try to discover the underlying causes and suggest a course of dealing with them. Or they hope patients relieved of some distressing symptoms will improve by themselves.

It is not our editorial policy to make judgments about what is good or bad therapy for depressed persons—all of which treats the effects, not the ultimate causes. Such a decision is the personal responsibility of individuals involved or those taking responsibility for them.

For some seriously or chronically depressed persons—especially those threatening suicide or bodily harm—certain drugs or other special treatments may be the only option available if rational communication is no longer possible or if immediate lifesaving is necessary.

An objective presentation of the benefits and problems associated with common modern depressive therapies is discussed in the book *Depression—How to Recognize It, How to Cure It, How to Grow From It*, by Wina Sturgeon.

Our editorial policy, by contrast, is to reveal the causes of our human problems—*why* humanity is plagued with so much mental illness, with fears, worries and depression.

The Missing Dimension

The missing knowledge about mental depression is revealed in

the Bible. Here is spiritual knowledge that unveils both the causes and solution to most mental ills, fears and worries.

"My people are destroyed for lack of knowledge [and that includes spiritual knowledge] . . ." Why? ". . . because you have rejected knowledge . . ." reveals the Creator in Hosea 4:6, Revised Standard Version.

Mental ill health is the result of broken spiritual and, possibly, physical laws that God set in motion and mankind as a whole has rejected.

Many modern minds think it educated to reject biblical revelation and the reality of immutable spiritual laws. But if we break these laws, eventually they break us!

Christ said, ". . . ye shall know the truth, and the truth shall make you free" (John 8:32). God's written Word is truth. It makes us free—free of mental depressions, free of spiritual depressions, free of sin.

The truth that is missing in so many lives and in education in general is the true understanding of the purpose of human life and of the laws, values and attitudes that produce peace of mind, joy and happiness.

Millions do not understand how and why their human nature develops with so many damaging values and fearful attitudes in life. Most humans have been blinded to the understanding of how they can receive the spiritual help and power they need to overcome their damaging human pulls and fears—of how to deal with every adverse situation in life with faith and hope—of how "to pray and not to faint," as Jesus taught (Luke 18:1).

To receive that knowledge of the power of prayer, that will help you along the way of overcoming your susceptibility to both the depression from within yourself and from society around you, send for our free reprint articles, "The Power of Prayer" and "The Answer to Unanswered Prayer."

This will be your start in learning God's way of escape from every fear and depression you now have! □

WHAT YOU NEED TO KNOW ABOUT DRUG ABUSE

The Director of the United States National Institute on Drug Abuse speaks out!

Psychoiatrist William Pollin, director of the NIDA since 1979, was interviewed by *Plain Truth* writers Donald D. Schroeder and Michael A. Snyder in Washington, D.C.

Dr. Pollin, if you had only this one opportunity to speak to our readers, how would you describe the drug abuse situation today?

We've gone through a period of approximately 20 years during which there was dramatic increase in the use of drugs in this country.

In most health and social problem fields, if you get a 20 to 50 percent increase—that's dramatic. If you get a 100 percent increase, that's epidemic. In the area of drug abuse, we had a 3,000 percent increase.

If you go back to the early sixties, the late fifties, there were less than 1 percent of American youth of high school age who were using drugs. It was practically unknown.

By the mid-1970s, it was the exception rather than the rule for American youth not to experiment with *some* illicit drugs—10 to 15 percent of high school seniors were using marijuana daily.

In the past three years, we've seen three consecutive years of downturn in the daily use of marijuana by high school seniors. But despite the recent improvement, most knowledgeable authorities still are convinced that the level of drug use by our young people is *higher* than is the level of drug use by young people in any [other] developed country in the world.

One has also to be aware of an

underlying phenomenon—namely, the continuing, accelerating rate of discovery, development and production of ever more powerful new kinds of psychoactive substances. Many of the drugs which were our

bility that this problem will continue to be with us, and might worsen if we don't get at its roots.

There was a marked tendency in this country for 10 or 15 years, among significant parts of the society, to accept the mistaken notion that society overreacted to drugs. For a while, that really was a prevalent view. It led, in some ways, to all



“There is a much wider acceptance . . . that drugs are a major problem . . . for young people in particular, their consequences can be tragic.”

greatest concerns in the past decade—PCP, LSD, Valium, just to name three—didn't exist 15 or 20 years ago. And the very great probability is that 10 or 20 years from now, there will be *many times* the number of drugs available. Historically, whenever a really potent new kind of psychoactive drug becomes available, some people are going to use it. There's going to be some degree of popularity.

So, we have to recognize that there's good news *and* bad news. And that there is a very real proba-

the pressures for decriminalization of marijuana and the like.

Is what you mean by “overreacted” the thought that perhaps drugs weren't that bad?

That's right. That became an increasingly prevalent point of view. And that's unfortunate. I think that has changed. There is a much wider acceptance of the fact that drugs *are* a major problem—that for young people in particular, their consequences can be tragic.

(Continued on page 38)

THE SOVIET UNION: LOSING THE BATTLE OF THE BOTTLE

by Gene H. Hogberg

ABUSE of alcohol has been rightly called "Russia's hereditary plague." It has transcended time and ideology.

Neither the czars of old nor the Communist commissars of the Soviet state have been able to dissuade their subjects from their stubborn proclivity for drink.

Drink may be "Russia's joy"—as Vladimir said in the 11th century—but the sobering—or rather unsober—facts reveal that it is also "Russia's sorrow."

Tremendous National Losses

The evil effects of alcohol abuse permeate Soviet society. Soviet statistics published in newspapers and on television blame alcohol for three fourths of all violent crimes, two thirds of serious industrial, traffic

and household accidents, one third of all sexual dysfunctions and nearly half of the country's divorces. Close to 70 percent of drownings and 45 percent of all poisonings are blamed on drinking.

Alcohol abuse, primarily in the form of hard liquor, and that mostly vodka, takes an alarming toll of the Soviet Union's hard-pressed economy. As many as 30 to 40 percent of Soviet factory workers show up Monday mornings too drunk or hung over to perform properly. "If everyone came to work sober and stayed that way," says one expert, "productivity would rise as much as 10 percent."

That figure—an enormous loss for the world's second largest economy—is significant in another respect. Western analysts, working from Soviet statistical data, estimate that Russian factory and office workers "tithe"—and then some—to the bottle. The sales of

hard liquor account for more than 10 percent—perhaps as high as 15 percent—of all consumer purchases in the Soviet Union.

Republics on a Self-destructive "Bender"

Far more serious than cold economic statistics is the impact of alcohol abuse upon the state of health of the 267 million people in the U.S.S.R.'s 15 republics.

The impact is so devastating that Western observers believe this is the reason why Soviet authorities stopped publishing statistics on alcohol consumption in 1963, and even more significantly, have not published life expectancy estimates in recent years.

By examining other available official statistics such as census figures and alcohol production, Western analysts have pieced together a grim picture of a union of nations on a self-destructive "bender."

While the Soviet population increased 9 percent in the decade of



1970-79, the production of spirits rose 33 percent and wine 49 percent. Higher Soviet exports of quality vodka and cognac cannot account for this steep rise.

Consumption has been rising roughly 5 percent a year, compared to an average 3 percent for 14 other industrial nations.

From a pre-Revolution per-capita consumption of 7.75 liters of vodka in 1913, estimated figures for 1968 show that the total consumption was the equivalent of 9.1 liters for every man, woman and child in the Soviet Union. Only four years later, the projected figure had risen to 10.8 liters.

These figures do not include the illegally produced spirits—estimated to be half again as great.

The steady steep rise in consumption has undoubtedly played a major role in the alarming increase in death rates in the Soviet Union over the past several years.

According to an article in the *New York Post* (February 17, 1981) author Guy Hawtin, referring to research done by American census experts, writes that "death rates for [Soviet] people in their 40's have soared by 30 percent since 1960, for those in their 50's by 20 percent."

These age groups, of course, comprise people in their most productive years.

Most alarming of all, the average Soviet male's life span dropped from 66 years in 1965 to 62 years in 1975! Women's life expectancy tailed off at 73 years in the early 1970s and appears to be dropping. Russian men are thus dying 10 years earlier than their women—the largest such longevity gap in the world, despite improved Russian health care.

The experts also believe that alcohol abuse is a primary contributor to an increase in infant mortality since 1971. Alcoholism, it is now known, has its impact upon the unborn of pregnant, drinking mothers-to-be.

Drinking "Everything Under the Sun"

Working from Soviet data, Western scholars have deduced another remarkable statistic: 40,000 Soviet

citizens died from acute alcohol poisoning in 1976, or 15.9 deaths per 100,000 population.

"This high mortality is significant," reports Professor Vladimir G. Treml of Duke University, "since it is completely outside the range of world experience. In the same year, deaths in the U.S. from alcohol poisoning were recorded at 400, or 0.18 per 100,000. The U.S. rate is roughly representative of world rates" (*The Wall Street Journal*, November 10, 1981).

The alcohol poisoning is largely attributed to the vast quantities of inferior, if not outright toxic, homemade "bathtub" vodka and other alcohol surrogates consumed in the Soviet Union. (Price increases in alcoholic beverages have contributed to the development of this enormous underground market.)

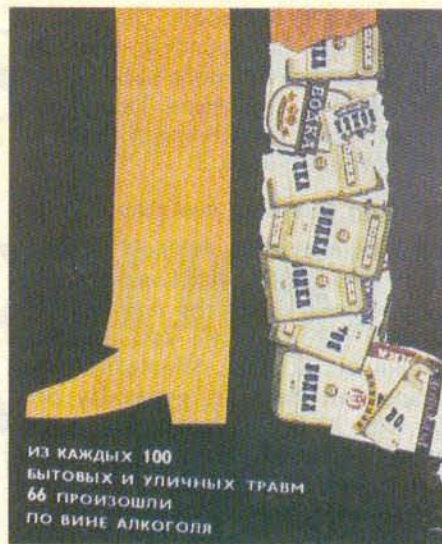
An equally important lethal role is played by various types of industrial alcohol stolen in large quantities—as high as 200 million-250 million liters a year—from state enterprises and construction sites.

"This industrial alcohol," notes Professor Treml, "is either drunk immediately or made into bogus vodka, bottled in standard glassware, given faked labels and sold through state retail outlets by corrupt sales clerks."

Even this is not the whole story. "Finally it must be added," says Dr. Treml, "that lacking funds to buy legal or illegal beverages, drinkers in the U.S.S.R. consume large quantities of alcohol surrogates, such as lotions, medicinal alcohol, shellac, varnish, brake and de-icing fluids and the like. In 1976, for instance, 200 people died from ingesting ethylene glycol (antifreeze), 1,000 from drinking various cleaning fluids and solvents, and some 5,000 from vinegar concentrate, which is considered to be a good (although a rather permanent) remedy for hangover."

Drink—the Teenage Drug Problem

Drug abuse among the Soviet Union's teenage and young adult population is low by Western standards. But a soaring rise in teenage drinking is a deep concern to Soviet authorities.



OVER-DRINKING, SAYS SOVIET public service poster, is responsible for 66 out of every 100 injuries.

One survey indicated that 12 percent of 14-year-old boys and 47 percent of 17-year-old youths drink regularly. "Drinking problems are occurring in younger and younger age groups," warned the editors of one Soviet magazine.

Teenage crime and hooliganism go hand in hand with alcohol. "Most of the crimes young people commit are committed while they are drunk," lamented the Communist Party newspaper *Pravda*. (Nearly 60 percent of all burglaries and 49 percent of all rapes in the Soviet Union are committed by youths under 20.)

Governmental decisions have only compounded the youth drinking problem. For example, the increased production of cheap beer and wine (products of lower alcohol content) has perversely brought the price of alcoholic beverages within reach of even more youths.

The Soviet economic system, with its stress on "fulfilling quotas," further adds to the problem. Youths are permitted to purchase alcohol at age 16, but state liquor stores will generally sell to them at a younger age, since shop managers are under pressure to fill predetermined sales quotas.

Experts criticize the government for speaking out of both sides of its mouth on the entire alcohol addiction crisis. While aggressively campaigning for public sobriety on one

hand, the government, just as in czarist days, is dependent upon the sale of alcohol for more than 10 percent of all tax revenues. Taxes comprise roughly 80 percent of the price of a bottle of vodka.

Drinking Customs and Causes

The main reason alcohol abuse is such a deeply rooted problem is directly related to the *approach* to alcohol taken by the vast majority of Soviet citizens. Western Europeans, for example, generally prefer wine or beer, often as a complement to a meal. Soviet Slavic and Baltic populations relish consuming the far stronger vodka or brandy in straight shot gulps either without food or early in a meal.

The ordinary vodka glass contains 100 grams, or roughly three ounces—the equivalent to a “double” by American standards.

By Russian tradition, hard drinking is accepted, even encouraged. It is considered unmanly to sip a drink (only women do it), a manner of pride to drain a bottle. It is almost impossible not to do so anyway since domestic Soviet vodka bottles do not have corks or screw tops, only discardable foil caps. Once the bottle is opened it must, by custom and design, be finished. There is no such thing as putting it back on the shelf, a notion that amuses Russians whenever a Westerner mentions the idea. Few Russian homes have such things as liquor cabinets or wine cellars.

The overall approach to alcoholic beverages is quite simple: Drink to get drunk, or at least very high. In this regard, alcohol becomes nothing but a drug, an escape from the rigors, real or imagined, of life.

In his authoritative work *The Russians*, author Hedrick Smith writes:

“Russians drink, essentially, to *obliterate themselves*, to blot out the tedium of life, to warm themselves from the chilling winters, and they eagerly embrace the escapism it offers.”

Young and old alike abuse alcohol, treating it as though it were like one of the expensive mind-warping drugs common to the Western world.

“The drug action on Soviet campuses [does] . . . not begin to compare with the West,” continues author Smith. “Far more of a problem is alcohol—the vodka which Soviet students, like their elders, drink with the self-obliterating intensity of Western drug addicts who seek oblivion on a high.”

Communism No Cure

The late Premier Nikita Khrushchev once called drunkenness “one of the harmful remnants of the past.” He professed that he was confident that under communism it would soon wither away.

That is still the official Communist Party line. According to Soviet ideology, socialism has destroyed the “social foundation” of alcoholism, which is said to be capitalist exploitation.

But the facts are far different from the unattainable Marxist-Leninist ideal. More than 64 years after the Revolution, the authorities are forced to concede that drunkenness remains communism’s number one social problem—and that it is on the increase, particularly among the young.

Religion may no longer be the *opiate* of the people, as Lenin proclaimed in setting up the Soviet Union’s atheist society, but hard liquor certainly is. And communist ideology has not been able to remove the underlying causes for widespread addiction.

The ideal of the “new communist man” striving confidently—and soberly—toward materialistic perfection has been lost in the reality of contemporary Soviet life.

Pressures of everyday living make resorting to vodka’s seductive qualities even more tempting. Cramped living conditions in overcrowded cities, lengthening queues for consumer goods, money to spend but not enough to spend it on, a shortage of leisure-time facilities—all these are contributing factors to the rise in alcoholism.

Soviet authorities acknowledge that major factors behind the increase in drinking by young people are sheer boredom and the lack of any sense of purpose in their classless society—factors that could

describe youths in many differing societies as well.

How to Provide for “Spiritual Needs”?

Two authors of an article in the Soviet journal *Literary Gazette* recently probed the U.S.S.R.’s alcoholism crisis. To combat the problem they propose a “real system of struggle” employing the tools of education, punishment and prevention. The authors concluded:

“An extremely important role belongs to raising the population’s cultural level, increasing cultural requirements and *spiritual needs*. . . .”

Spiritual needs in an atheist society?

In another journal, this time one devoted to economics, writer Vasilii Belov blamed Soviet drunkenness on “*the primitive level of spiritual life* in some people and *their lack of any clear moral ideal*, the psychological and material debasement of their jobs and the monotony of their daily life.”

Atheistic communism cannot provide the Soviet Union or any other country adopting such a philosophy with the “spiritual needs” and “moral ideals” to cope with the curse of alcoholism. Atheists deny the spiritual and have only human definitions of morality.

And so-called Christian countries in the Western world also ignore the clear instructions of the Bible with respect to dealing with such morality-debasing dilemmas. For example, Finland, the Soviet Union’s prosperous pro-Western neighbor, also suffers from serious vodka-fueled alcohol problems.

While the Bible does not forbid the temperate use of alcohol (Christ’s first miracle was to turn water into wine for a wedding celebration), it clearly counsels moderation (Phil. 4:5) and absolutely condemns drunkenness (I Cor. 6:10, I Tim. 3:3, 8, Titus 1:7).

What all people the world over need is a clear understanding of the real purpose of life, a purpose so astounding that, when comprehended, will totally eliminate the desire to drop out of life, via the use of drugs or the abuse of alcohol. □

NOW THE WEST BRINGS DRUG AND ALCOHOL ABUSE TO ASIA

by John Halford with John Curry and Pedro Melendez Jr.

ALCOHOL has always been a traditional part of Asian society. Yet in most Asian countries alcoholism has not reached the epidemic proportions seen in the West. Why?

Southeast Asians, and especially the Chinese, drink copiously, yet addiction to alcohol seems to be uncommon. There is a reason.

Most drinking is done at meal-times, and heavy drinking is associated with banquets, weddings and other celebrations. But alcohol does not play a large part in *everyday* life. The concept of the Western cocktail hour of having some friends over for a few drinks is not traditional Asian hospitality. So Asian people did not, in general, develop a dependence on alcohol, as a cure-all for loneliness, depression, stress and grief.

The Lesson of Japan

That is not to say that they can't! Post-war Japan has shown that. A recent survey showed that three million Japanese—6 percent of the adult population—can now be classified as alcoholics and problem drinkers. That is a four-fold increase since the end of World War II. And tragically, one fifth of Japanese high school students admit to needing a drink just to keep going. Many Japanese see this as further evidence of the tragic results of abandoning traditional culture for the more liberal Western way of life.

There is significant truth in this. It can be clearly seen when we look at the state of the drug problem today in Asian countries. Drugs and drug addiction are nothing new to Southeast Asia. In the past governments remained tolerant and ambivalent. If the problem were considered at all, it was considered in relation to *use* rather than *abuse*. Opiates, usually in the unrefined state, were used by the peasant population as medicine, as an aid for medication and—mixed with tobacco—for pleasure.

But look what has happened since the hippie culture added Western sophistication to the traditional Asian pattern.

Take, for example, Nepal. In

youths made a pilgrimage to this mountain kingdom, seeking a Shangri-la to live out their befuddled fantasies.

Young Nepalese began to pattern their lives after this degenerate example—and suddenly Nepal had a real drug problem! Today, the buying and selling of cannabis is legally restricted by the government.

Other Asian governments take even firmer action. Singapore's leaders are determined that Western counterculture does not infect their youth. They go to great lengths to keep it at bay. Long-haired visitors have been surprised to find that they have been asked to get a haircut before being allowed to enter the country.

Prime Minister Lee Kuan Yew

साँपके विष से भी अधिक जहरीली शराब मनुष्य के शारीरिक, नैतिक, बौद्धिक तथा आर्थिक पतन का कारण है।

more POISONOUS than snake

"ALCOHOL ruins one physically, morally, intellectually and economically"

राजस्थान राज्य भारत स्काउट व गाइड राज्य मुख्यालय द्वारा प्रसारित

Nepal, until recently, no restriction existed on buying, selling or consuming cannabis. It was simply one of the facts of Nepalese life. Then in the 1960s came an influx of hippie culture from Europe and North America. Nonconformist Western

has made it quite clear that there is no room in Singapore society for those who effect the clothes and life-style of the drug culture. The government has been known to expel the entire families of foreign businessmen if their children



FRED WARD—BLACK STAR

where people stick mostly to one drug, the problem in the Philippines has become one of *polydrug* abuse. Marijuana is often used in conjunction with legal cough preparations, tranquilizers and alcohol, creating often dangerous, combined effects. The erosion of traditionally strong family ties, as well as growing peer-group pressure, is being cited as a major reason for the mounting problem among the youth. The government is now redoubling its efforts to eradicate the menace.

Some in the West have been critical of what they consider to be severity and harshness in these societies



PAUL FUSCO—MICRONIA

YOUTH (TOP PHOTO) SNIFFS thinner in Tokyo's Shinjuku district. Lying in a trip room, above, addict in Thailand smokes opium pipe.

are caught smoking marijuana.

Other governments in the area take an equally firm line. It is quite common to see signs at Asian airports informing long-haired and scruffily dressed tourists that they *are not welcome*. In Malaysia, the Philippines, Burma and Thailand long jail sentences and sometimes execution await anyone caught trafficking in drugs.

Yet problems persist despite government efforts. In the Philippines, for example, marijuana poses a growing problem. It now accounts for more than 60 percent of drug abuse cases. Unlike other countries

where drugs have been part of the way of life for centuries.

But the Asian governments have seen that there is a great difference between the traditional use of homegrown narcotics by the old and the sick, and the ever increasing dependence upon hard drugs by the youth, on whom a nation's future depends. They have seen the correlation between drug abuse by the young, and an increasing lack of purpose in life. Whether they can succeed in stemming the tide of Western influence in the media and through commerce remains to be seen. For drug and alcohol abuse is on the increase in this part of the world, as it is nearly everywhere else.

Australia, bordering as it does on Asia, is an example of the problem of

alcohol abuse. Though the use of illegal drugs is increasing somewhat, by far the greatest continuing problem in that country is alcohol abuse. More than a quarter of a million Australians are alcoholics and 1.2 million (out of a population of 14 million) are personally affected in some way by alcohol abuse (family members, for example).

One in every five hospital beds is occupied by a person suffering the adverse effects of alcohol. A report by the Australian Senate has termed the growing problem "a potential national disaster." Yet, because of a tradition of heavy drinking, most Australians do not recognize alcohol as being a problem.

One notable success story, by contrast, is the People's Republic of China. Until 1949, China had the world's worst narcotic abuse problem—the sad story of the opium trade that was financed and abetted by Western commercial interests has been well documented. By the 1920s, 25 percent of China's vast population used opium.

In 1950 Chinese Premier Chou En Lai signed an order prohibiting the drug. Within a few years the opium trade was eliminated, and today the problem to all intents and purposes does not exist.

It is interesting to notice to what the Chinese ascribe their success. They are firm believers in the fact that a problem such as drug addiction cannot be simply suppressed—it must be replaced with something.

The Chinese did not only forcibly prohibit the cultivation, manufacture and sale of opium, they infused their people—particularly the young—with a sense of national purpose. By changing the purpose and direction of the life of their young people, the Chinese effectively cut off the supply of new addicts!

Needed—A Goal Higher than Self

There is a lesson here. Whether or not one agrees with the Chinese ideology, it cannot be denied that the Revolution replaced chronic drug addiction with a pride in the nation and a renewed purpose.

All over the world we see that drug and alcohol use among the
(Continued on page 38)

THE CONSPIRACY AGAINST THE FAMILY

How alcohol and drugs have contributed to the breakdown of Latin-American family life.

by Héctor Barrero with Mauricio Pérez

LONG before the arrival of the Spanish Conquistadors, American Indian tribes consumed various native alcoholic beverages. They chewed coca leaves, even smoked marijuana.

Cocaine was used for centuries by the natives of different regions of today's Ecuador, Peru and Bolivia. During the pre-Inca period it was considered a divine drug. It could only be used by those of royal ancestry or by the priesthood. Likewise in Colombia, almost all the native tribes before the Spanish Conquest used indigenous hallucinogens in religious rites, not as "mind-expanders" as today.

By the time the Spaniards came to the New World, the use of native alcoholic beverages was common among members of virtually all social levels of American Indian society. Family life had severely broken down.

American Indians from Tierra del Fuego in the south to Mexico in the north were also great consumers of chicha, an alcoholic beverage generally made from fermented corn. Chicha could be made from native American grapes and from apples or pears. Because of unsanitary conditions that prevailed in preparation of this drink, chicha has been gradually prohibited in this century, being replaced by the consumption of beer.

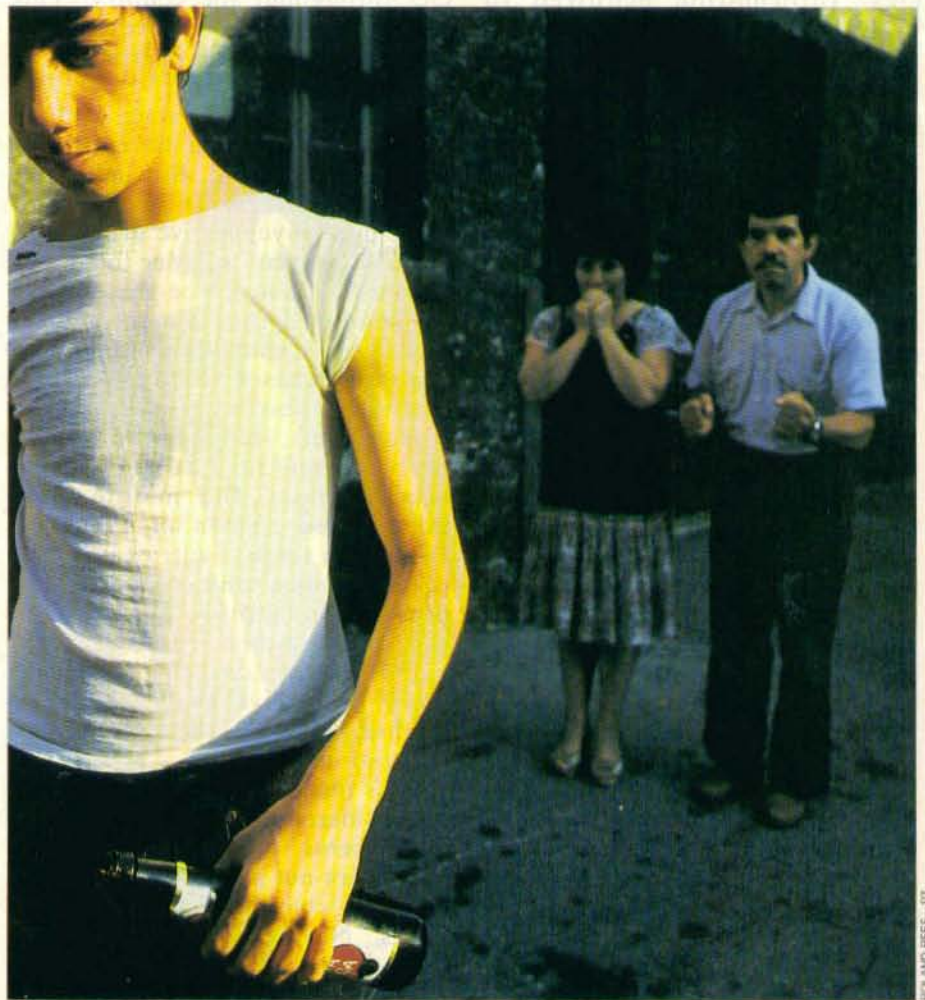
European civilization did little to modify these customs of the

Indians. Europeans, however, did promulgate during the 19th century the first decrees (in Brazil) against the use of marijuana and cocaine in urban areas. Violators were incarcerated. Over the years

alarming and dramatic growth in the consumption of grain alcohol has again occurred.

The cause?

Rapid breakdown of the family at all social levels under the impact of industrialization, the invasion of the home by secular media such as radio, television, newspapers and magazines. Add to that the explosive growth in crime and the pres-



family life was significantly restored in the native population.

But during the past 30 years an

ence of drug-oriented organized crime whose ultimate aim for reasons of greed is the breakdown of

family cohesion and authority.

Although public attention today is focused mainly on the smuggling of marijuana and derivatives of coca, alcoholism remains the principal cause of most health and social problems in Latin American homes.

In 1975, a survey conducted in five important Latin American cities showed that between 30 and 35 percent of men between 15 and 64 years of age drank excessively. More than half of those surveyed told of having experienced some kind of social, economic or health problem directly related to heavy drinking ("Drug Abuse in the Americas" by Marilyn Katatsky, *World Health*, August, 1981, page 27).

The myth that the problems of alcoholism are characteristic only of the poor and the less-educated of a society persists in certain circles. Information acquired in urban areas of Latin America reveals a different picture. Problems related to alcoholism in men appear to be the same across all social strata.

In women, however, the problems seem to be significantly related to social class. Latin American women with greater education are most prone to problems with alcohol (*ibid.*). The reason we shall see momentarily.

In Mexico, alcohol is consumed much more than other drugs. About 10 percent of the Mexican population is considered to be suffering from alcoholism. According to Mexico's *General Directory of Statistics*, five million people suffer from alcohol-related problems.

The figure of five million does not include those who are not yet alcoholics but who drink excessively. There are also more than 900,000 alcohol-induced invalids in Mexico.

In Argentina, it is estimated that the number of alcoholics is around 1.25 million, about 5 percent of the population. The per capita intake of distilled alcoholic beverages in Puerto Rico is surpassed only by that of Russia and Poland. It is estimated that 2 percent of the population of Puerto Rico is alcoholic.

According to the Chilean Department of Investigation, the annual number of infractions of the

law is up 6 percent, but alcohol-related infractions account for 23 percent of the total. Alcoholism is a major source of concern for the Chilean authorities.

Abuse of Sedatives

In Latin America narcotic drug addiction is a secondary problem when compared to alcoholism. But narcotic drug problems are far more extensive and harmful than is shown by existing evidence and data. In addition, there is practically no effective control or regulation over addictive substances such as sedatives or barbiturates in most Latin American countries. Where some form of control does exist, it is usually flawed.

In Bolivia, for example, control consists of three or four agents responsible for inspecting pharmacies throughout the country! This number would be inadequate for the inspection of the pharmacies in the capital city alone.

In Brazil there is strict control over pure drugs that have adverse effects on the mind. But industries interested in profit are mixing these pure psychoactive drugs with other substances in order to be able to market them. Once these drugs are combined they are not subject to strict governmental controls and can be purchased readily.

The highest rate of usage of tranquilizers, amphetamines and barbiturates in Latin America occurs among the middle-class, middle-aged women of Peru and Bolivia. In these countries it is easy to find women who consume these drugs in quantities greater than those recommended medically, mainly because *advertising* induces them to believe that they need them to resolve their emotional frustrations.

This phenomenon is not generally considered drug addiction, in the usual sense of the word. These people are not addicted to what are normally considered to be harmful drugs. Nevertheless, constant intake of tranquilizers, amphetamines and barbiturates often results in a critical state of despair, uncertainty and unhappiness in the user. It greatly increases the probability of future use of and depen-

dence upon various narcotic drugs and alcohol.

Growing Urban Problem

Each day more and more children end up living in the streets of large Latin American cities. They subsist on what they can steal or find in garbage dumps. In Bogotá, Colombia, groups of these children, called *gamines*, have as their main victims, tourists. In Peru, Panama, Bolivia and Colombia these bands of children from poor families have become the initial stage in the breeding grounds of organized delinquency, prostitution and other vices. It is not surprising to see these ragged children smoking marijuana or inhaling gasoline fumes from automobiles as a method of getting a free high.

Recent studies in Mexico reveal that 13 out of every 1,000 teenagers between the ages of 14 and 17 have inhaled some kind of solvent vapors, i.e., gasoline, thinner. Also, three out of every 1,000 young people use these solvents daily, according to Katatsky (*op. cit.*).

What we see in Latin America is the breakdown of the family, especially in sections of poor urban areas. And in the more prosperous areas a phenomenal increase in the use of tranquilizers, barbiturates and other sedatives by women frustrated with the pressures of life. The result is thousands of children pushed into social situations where drug addiction is virtually inevitable.

Hard Drugs, Too

The use of harder drugs also pervades the Americas. Bolivia is now one of the principal producers of cocaine. The vast majority of Bolivian peasants cultivate coca, and for 70 percent of the population, chewing coca leaves is as normal as smoking is for much of the rest of the world (*Visión*, September 8, 1979). It is impossible to make the peasants cultivate any other product because of the high income yield capacity coca offers.

In Colombia, the traffic, production and consumption of narcotics are becoming ever more worrisome problems. Forty-five percent of high school students have at one time or another used some form of narcotic.

PROMETEO, an organization dedicated to the rehabilitation of drug addicts, has shown that the principal causes of drug addiction are to be found in the breakdown of the family and the decline in character training in the educational system.

In Ecuador, as in Colombia, cocaine production is important.

In spite of the strict control authorities have on drugs in Chile, it is estimated that 2,600 children are arrested annually for trafficking and consuming drugs. Each week an average of 50 minors (up to the age of 17) have to confront the police, the courts and oftentime jail for using narcotics.

Now look at Argentina. Based on indications from cases recorded by the federal police and the National Center for Social Reeducation (CENARESO) in Argentina, the number of habitual or occasional consumers of narcotics is around 50,000.

CENARESO conducted a study on the case histories they received during the first six months of 1978. This study revealed that the demand for narcotics among males was 66 percent greater than among females. The average age of those involved was 20. And significantly, 87.5 percent were found to be between the ages of 13 and 24. The types of drugs consumed in more than half the cases were found to be a combination of stimulants and depressants.

In Venezuela, the group most affected by the consumption of narcotics is the high school and university population.

A Vicious Circle

The root cause of alcoholism and drug addiction in Latin American society is the breakdown of the Latin American family. Dr. Gloria Pachón de Galán, who won the Simón Bolívar prize for journalism as a result of her studies of Colombian society, explains some of the reasons for this crisis:

"I would have to respond in very simple terms: because all types of relationships between couples have deteriorated, because too often this deterioration leads to separation, because this lack of communication between parents and children is

becoming more and more common each day, because teenagers are more and more liberal in their sexual attitudes, and finally because marriage has ceased to be a union in which each person is accepted for better or for worse and has become an experiment that may or may not work out, [these problems cannot occur] without serious consequences."

The result is a vicious circle. The collapse of family unity leads to the increasing consumption of alcohol. The result is the menace of *alcoholism*—a source of constant problems in the collapsing home.

In Mexico, Dr. Guadalupe Mitchell, of the Women's Institute of Defense and Orientation, revealed the following: 84 percent of family problems are associated with drunkenness, and alcoholism is the final cause of 82 percent of separations and divorces.

In Brazil, on the other hand, Alvaro Rubin de Pinho, in his

study on medical and social aspects of the use of marijuana in that country, stated that the use of marijuana was one of the major contributing causes of conflicts between parents and children of Brazilian middle-class families.

Regardless of which problems give rise to any other in any particular situation, there are laws and principles being broken universally. If these laws were not being broken, the conspiracy to break down the family would utterly fail. The immense profits of drug traffickers would dry up. These are not laws established by any human government. Rather they are *spiritual* laws that man chooses to reject and ignore. Humanity has forgotten who the Creator God is. The solution to the problems of drug addiction, alcoholism and many other tragedies lies in recapturing true *spiritual* values, in understanding who and what man is, and in the knowledge of the true purpose of human life. □

CRIME

WILL YOU BE ITS NEXT VICTIM?

Crime is everybody's problem today. Murder, rape, robbery, white-collar and corporate crime, government corruption, organized crime, juvenile delinquency. How can you protect yourself against this growing scourge? And—could you become a criminal yourself? You need to read our free booklet *Crime Can Be Stopped*. Here's How! For your copy just use the literature request card in this issue or write to our Plain Truth office nearest you.

THE DRUG SMUGGLERS' CHALLENGE

by Jeff Zhorne

CRACKING down on worldwide narcotics trafficking is like emptying the ocean with a teacup.

So say enforcement officials who estimate that no more than 10 percent of the heroin leaving the Golden Triangle through Thailand last year—in airliner restrooms, sewn inside baseballs or taped to smugglers' bodies—was intercepted.

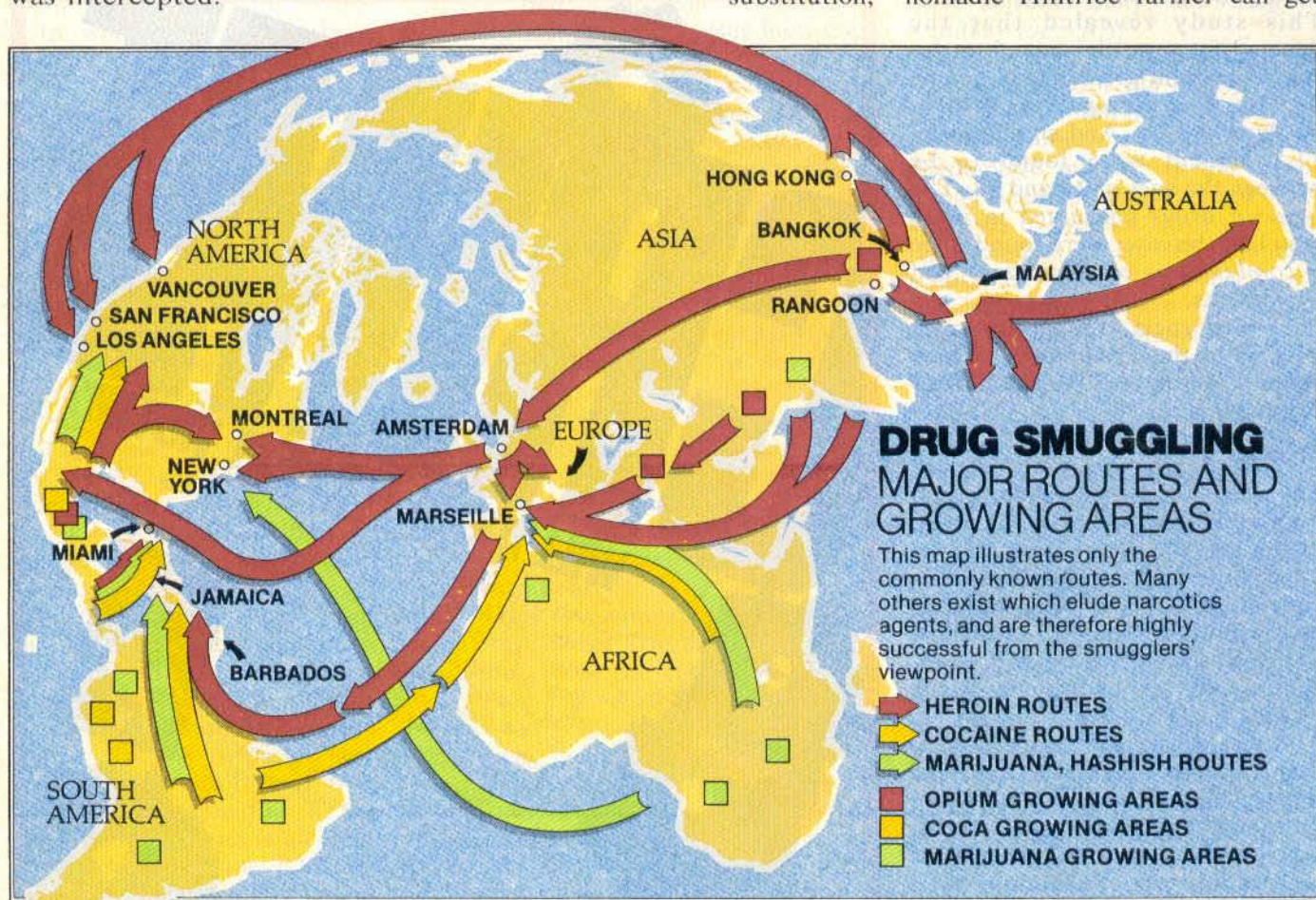
Concealed in air freight cargoes, multimillion dollar shipments of drugs are smuggled into the United States of America each year, thanks to farmers who continue to cultivate the opium poppy plant.

The Golden Triangle

Governments plead for tribal farmers to grow coffee, fruit trees and vegetables instead of opium on the hillsides of the Golden Triangle, a rugged region formed by parts of Thailand, Burma and Laos. Crop substitution,

however, looks bleak, especially in parts of Burma's Shan states, which produce most of the Golden Triangle's opium. Even the punishment of Khum Sa, the Burmese warlord who dominated the narcotics trade, will not choke off the trade.

Were governments to enforce crop replacement even in Thailand's inaccessible areas, following in the footsteps of King Bhumibol Adulyadej who began such a program in 1969, traffickers would simply raise the price they are paying opium-growing farmers. A nomadic Hilltribe farmer can get



\$500 an acre for opium, while a lowland Thai rice farmer receives only about \$100 for an acre of rice. Drug officials ask, why should farmers replace gold mine-size profits with a pineapple-size income from fruit and vegetable farming in the hills?

Thai authorities also face drug dealers' threats of violence to farmers and their families should the farmers turn to growing lawful crops—not to mention a festering communist insurgency that nomadic farmers might join to retaliate against Thai authorities.

The Golden Crescent

Though some of the purest heroin ever confiscated in the United States comes from Pakistan, the cheapest heroin is processed in Iran and Afghanistan. These three countries plus Turkey form the Golden Crescent, an area that has now surpassed the Golden Triangle as the world's leading supplier of drugs.

Despite Islamic penalties for drug trading of two years' imprisonment and 30 lashes at a public whipping post, drug smugglers traffic relatively freely while regimes in Iran and Afghanistan are busy struggling to maintain power. Cunning Pakistanis use the same networks they established years ago to ship hashish.

Drugs Flow Unhindered

Tales of the losing battle are also told in Europe, Central America and South America. Deep in remote jungles in Latin America, prosperous towns brandish color-television antennas, \$100,000 Mercedes sedans and so much money that the U.S. dollar is worth less on the black market than it is at the official exchange rate.

Guatemalan revolutionaries grow marijuana in a grass-for-guns trade. As drug money climbs higher, people in South America nurture marijuana plants and coca (from which cocaine is derived) instead of growing rice, yucca and corn as they should. Consequently, food production has become a problem.

"I'd be happy if we were getting 15 percent of the drugs that go through here," said one U.S. agent

(Continued on page 38)



HILLTRIBE HARVESTERS ABOVE, IN NATIVE DRESS, harvest colorful but deadly opium poppy in the Golden Triangle; right, gunnysacks bulging with African khat (cocaine) await air transport; below, Latin-American authorities intercept a private plane carrying 50 kilograms of pure cocaine with market value of several million dollars; bottom, specially trained dogs aid police by sniffing out cocaine packages.



DRUG ABUSE

(Continued from page 27)

You said earlier that we need to get to the root cause of drug abuse. Is there one root cause?

There isn't any single root cause. Like most important social and health phenomena, it's multidetermined.

But it's clear that in addition to demographic changes, social and parental attitudes are very important. In past years there has been a sense of impotence and uncertainty that was very widespread where parents felt, "We don't know if it's right or proper for us to take a firm stand against drugs."

But that feeling of anxious helplessness and uncertainty has changed substantially in the past few years. Instead, there has developed a conviction that it's not only possible and desirable, but it's really the *only* responsible thing for parents to do—to take a very active

stand in opposing use of drugs by their children.

Say I'm a parent whose child is heavily using marijuana. What advice can you give me?

First, not to run away from it, as parents used to do a few years ago. My advice would be first that you communicate very vigorously the reasons that you're concerned.

You also have to inform yourself what the dangers are—not to overstate them. It's clear that some of the messages put out in the early sixties—marijuana will lead people to rape and murder—causes teenagers to disbelieve all warnings. They see their friends using marijuana and they didn't rape or murder.

So you've got to avoid overstating the problem—describing consequences that won't occur. But, there's a lot of evidence that's very real about what *will* occur.

You have to recognize that if your child is very heavily into mar-

ijuana—to some extent he's lost substantially his ability to make independent, sensible decisions. You have to try rather forceful means to get him to discontinue use, even if this might involve trying to break up his peer network. If his peer network is heavily using [marijuana], it'll be very hard for him to quit.

Young people have fallen into the trap of believing that by smoking and taking drugs they are asserting independence.

Parents need to point out to their children that when they get into smoking and into drugs, they are being pushed around by advertising pressures, by peer pressures—and it's quite the opposite of an expression of autonomy. They're being manipulated. They lose their freedom of choice.

So smoking and drug abuse are really a form of conformity?

Precisely.

DRUG SMUGGLERS

(Continued from page 37)

in Bogotá, Colombia. "But the truth is that the consumer in the United States is getting just as much as he needs." What stems from a drug dealer paying \$500 to an opium poppy farmer for a kilogram of sticky brown sap soon blossoms into a few ounces of fine white heroin worth \$300,000 in an American or European city.

Slow-moving vessels laden with cocaine creep along the Amazon River toward the city of Manaus. The payments go right back into what has become the economic mainstay of South America. A police superintendent in Manaus complains: "We have 186 men in a federal police force to control everything

that happens in an area the size of Great Britain, France, Spain and West Germany combined."

Cocaine from Peru, Colombia, Ecuador, Quaaludes from South Africa and marijuana from Colombia are transported to the United States by way of the Bahamas in smuggling planes ranging from Cessnas to decrepit DC-6s.

On the other side, when the United States provided Mexico with drug-spotting aircraft, heroin production in Mexico dropped sharply. The Mexican government is enforcing tough laws, providing seed and building roads into remote areas so farmers will have access to markets for legitimate crops. Duster planes spray paraquat to kill marijuana plants. Soon Mexico will have a full-scale NASA satellite-scanning sys-

tem, donated by the United States, that can spot a tiny marijuana plot from an orbit in space.

But the big fish—financiers, chemists and even police and top officials—are rarely caught. "We will never get at the heart of the problem," declares Bruton Levin, U.S. embassy official, "until governments move with determination against the kingpins of the trade."

The worldwide drug smuggling network has uncoiled sophisticated syndicates that run with far more efficiency than those involved in the French Connection.

Nevertheless, drug agents say that limited supplies, higher prices and greater risks for top-level traffickers disrupt narcotics operations. Smugglers reply: "Okay, we know you know. Now catch us." □

ASIA

(Continued from page 32)

young is a symptom of frustration, disorientation and a lack of true purpose in life. Prosperity and a better standard of living are not the answer—for the problem seems to *increase* with what the Asians call

Westernization. Yet neither are prosperity and a good standard of living of *themselves* the cause of alcohol and drug abuse.

What the whole world needs is a renewal of purpose in goals higher than the self. Not until the selfishness of the Me generation is wiped out will the problems of drug and

alcohol abuse cease. But where are young people to find as their highest goal the true purpose of life? Certainly not in today's politics or in this world's divided religions.

But it can be found—and you can read it in a free copy of our booklet *Why Were You Born?* Write for it today. □

RIGHT OR WRONG?

Who Decides?

by Keith W. Stump

You probably have assumed it is your responsibility to decide what is right for you. And you couldn't be more wrong! Here's why!

THE TOBACCO industry recently placed a thought-provoking advertisement in major U.S. magazines.

The ad concerned the subject of cigarette smoking. In the ad was an offer for a free booklet examining the issues involved in the smoking controversy.

Near the end of the ad came the following statement:

"We offer it [the booklet] to you in the belief that full and free discussion of these important public issues is in the public interest. And that in matters of adult social customs, the vast majority of fair-minded Americans honor individual freedom of choice."

At the very bottom of the page, in large bold type, was a final admonition:

"WEIGH BOTH SIDES BEFORE YOU TAKE SIDES."

It is not our purpose to question anyone's right to advertise. But it *is* our purpose to make our readers think about what they read—to think about the big issues of life. And this ad did touch on one of the big issues of life.

The ad's wording stayed away from the question of right versus wrong. Instead, it spoke of "taking sides." The ad portrayed the smoking-nonsmoking issue not as

a question of right and wrong, moral or immoral, but simply a matter of personal taste and choice.

What about it? *Is* right and wrong involved in the smoking question? Or is deciding whether or not to smoke in the same category as deciding what to have for breakfast or what color of shirt to wear?

What does *the Bible* have to say about right and wrong in this or any other subject, and what about "individual freedom of choice"?

No Questions More Crucial

Everyone today has opinions. Just name a controversial issue: smoking, abortion, premarital sex, drug use, women's rights, homosexuality. Everyone has a view, and there is always a human "authority" to support any side of any issue.

How many times have you heard someone say, "The way I see it is . . . "?

It is not surprising, therefore, that the Bible has much to say on the subject of opinions and personal choice. The important questions of individual freedom of choice and right versus wrong are addressed at the *very beginning* of the Bible.

All have read or heard the story of the two trees in the garden of Eden. God placed there two symbolic trees: the "tree of life" and

the "tree of knowledge of good and evil" (Gen. 2:9).

But have you ever stopped to consider the great meaning of these two trees?

God said to Adam and Eve that they could freely eat of the trees in the garden—including the tree of life—except for one tree. And of that tree God *commanded* them *not* to eat. That was the tree of the knowledge of good and evil (Gen. 2:16-17).

The tree of life, as often explained in these pages by *Plain Truth* Editor-in-Chief Herbert W. Armstrong, symbolized a life of obedience to God, of obeying what *he* has declared to be right.

The tree of the knowledge of good and evil, on the other hand, symbolized man's *deciding for himself*—apart from God—what is right and what is wrong. That tree typified man's taking to himself the prerogative of defining good and evil. That's why it was called the "tree of the knowledge of good and evil."

The first humans received *clear instructions* from God. But notice! God then *left it up to them* to decide *whether* they would do what was commanded them. He had no intention of forcing them to obey him. He gave them *full freedom of choice!*

Understand this important point! God gave Adam and Eve the liber-

ty to *choose* whether to obey or to disobey—but NOT to *determine for themselves* what was right and what was wrong! There is a big difference!

Adam and Eve chose to *disobey* God's clear instructions. God had shown them *his* way. They chose, instead, to go *their own* way—which was really *Satan's* way, for that great archangel had pioneered the way of rebellion against God (Isa. 14; Ezek. 28).

God had given them the privilege to disobey. But in so doing they also had to suffer the *consequences* of that disobedience (Gen. 3:16-24).

Ever since Adam and Eve ate the "forbidden fruit," mankind has continued wrongly to take to itself God's prerogative of defining good and evil. God is *allowing* it only for a time.

Under Satan's tutelage, Adam's progeny has been eating of the tree of the knowledge of good and evil for nearly 6,000 years. Humans have followed *their own* traditions, *their own* philosophies of life, rather than the *way of God*. The sorry record of those six millennia—written in blood, sweat and tears throughout the pages of history—is clear.

God has permitted the world to go its own way to learn a great lesson: that Satan's way of competition, of deciding for oneself what is right and what is wrong, of rejecting the law and government of God, can in the end bring nothing but disaster.

Man's Alternatives

In rejecting the revealed knowledge of God, man has had no alternative but to rely on his own humanly devised approaches to life that *appear* right to him. That's why the world is beset with so many differing opinions of what is right on controversial issues!

Notice the biblical warning in this regard: "There is a way which *seemeth* right unto a man, but the end thereof are the ways of *death*" (Prov. 14:12).

Just because you might *think* something is right doesn't *make* it so!

The world is in *confusion*! It has cut loose from the foundational

anchor that would have prevented it from drifting into the turbulent waters of moral and spiritual chaos.

God is the Author of right and wrong! He is the Lawgiver. It is not a matter of personal decision after "weighing the issues." The determination of right and wrong is not left up to the whim of the individual! It is God's prerogative and his *alone*!

To those who are willing to be guided by God's revealed written Word, the answers to the major moral and social questions of our time are easily discovered. God clearly sets out right from wrong in the pages of Scripture!

He then gives us the *free moral*

Ever since Adam and Eve . . . mankind has continued wrongly to take to itself God's prerogative of defining good and evil.

agency—the "individual freedom of choice"—to choose which way to go.

Notice Deuteronomy 30:19: "I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live."

God commands us to *choose life*. Anyone who refuses to do so is in defiance of God! But he will not *force* us. Each one of us must make a decision whether to obey God or not. And it is he who decides what is the *right* choice—not we ourselves!

What About Smoking?

It is not a matter of "weighing the issues" involved on various sides of

a question. It is simply a matter of *choosing* between two *clear alternatives*.

Take the example of smoking tobacco or marijuana.

There is no need for a "full and free discussion of these important public issues" because *God has already decided* the matter!

Cigarette smoking, of course, was unknown in biblical times. But God's law is "exceeding broad" (Ps. 119:96). It covers, in principle, every aspect of daily life, for any time in history.

From a biblical standpoint, smoking is clearly *wrong*. It is wrong because of what it does to the smoker and wrong because of what it does to those around him.

The Plain Truth has periodically expounded in-depth the scriptural precepts bearing on the question of smoking. Smoking is addictive and as such is detrimental to one's character. It is a dirty habit and is an expression of *self*-desire and a means of *self*-gratification, from which one derives temporary pleasure at the expense of long-term health and character considerations. It is a violation of the command against lust (Rom. 7:7).

Smoking, moreover, is more than just an annoyance to others—it is a health hazard to those nearby who breathe the smoke. It is certainly not an expression of outgoing *love*, which "worketh no ill to his neighbour" (Rom. 13:10).

Changes Ahead!

Our world today is aptly described by the words the prophet Samuel anciently used to portray the nation of Israel. Read them, in Judges 21:25: "Every man did that which was right *in his own eyes*."

The sorry consequences, then as now, were readily apparent.

This long-standing rebellion against God's way of life will bring human civilization to the very brink of annihilation! (For a look at what lies ahead in Bible prophecy, request our free booklet *The Book of Revelation Unveiled At Last*.)

(Continued on page 44)

"THE WORLD TOMORROW"

HERBERT W. ARMSTRONG analyzes today's news, with the prophecies of *The World Tomorrow* on TELEVISION and RADIO.



TELEVISION LOG

Listed by state or province are the station's call letters, location, channel number and time when *The World Tomorrow* program is aired.

U.S.

ALABAMA

WBRC, Birmingham — 6, 6:30 a.m., Sun.
WOWL, Florence — 15, 7:30 a.m., Sun.
WHNT, Huntsville — 19, 7:30 a.m., Sun.
WCOV, Montgomery — 20, 10:30 a.m., Sun.

ALASKA

KTVA, Anchorage — 11, 6:30 a.m., Sun.
KTVF, Fairbanks — 11, 11:00 p.m., Sun.

ARIZONA

KNAZ, Flagstaff — 2, 9:00 a.m., Sun.
KTVK, Phoenix — 3, 7:00 a.m., Sun.
KVOA, Tucson — 4, 9:00 a.m., Sun.

ARKANSAS

KTVE, El Dorado — 10, 7:00 a.m., Sun.
KTVF, Fayetteville — 29, 10:30 a.m., Sun.
KHBS, Ft. Smith — 40, 10:30 a.m., Sun.
KAIT, Jonesboro — 8, 10:00 a.m., Sun.
KARK, Little Rock — 4, 7:30 a.m., Sun.

CALIFORNIA

KBAK, Bakersfield — 29, 9:00 a.m., Sun.
KJEO, Fresno — 47, 7:30 a.m., Sun.
KHJ, Los Angeles — 9, 10:00 p.m., Sun.
KTTV, Los Angeles — 11, 9:30 a.m., Sun.
KTVU, Oakland — 2, 8:00 a.m., Sat.
KQVR, Sacramento — 13, 7:30 a.m., Sun.
KSBW, Salinas — 8, 7:30 a.m., Sun.
KCST, San Diego — 39, 7:30 a.m., Sun.
KSBY, San Luis Obispo — 6, 8:30 a.m., Sun.

COLORADO

KRDO, Colorado Springs — 13, 10:30 a.m., Sun.
KOA, Denver — 4, 7:00 a.m., Sun.
KWGN, Denver — 2, 7:00 a.m., Sat.
KTVS, Sterling — 3, 10:00 a.m., Sun.

CONNECTICUT

WVIT, W. Hartford — 30, 7:00 a.m., Sun.

DISTRICT OF COLUMBIA

WDVM, Washington — 9, 7:30 a.m., Sun.

FLORIDA

WBBH, Ft. Myers — 20, 9:30 a.m., Sun.
WTLV, Jacksonville — 12, 9:30 a.m., Sun.
WTVJ, Miami — 4, 9:30 a.m., Sun.
WEAR, Pensacola — 3, 11:30 a.m., Sun.
WCTV, Tallahassee — 6, 12:00 noon, Sun.
WPEC, W. Palm Beach — 12, 9:30 a.m., Sun.
WXFL, Tampa — 8, 9:00 a.m., Sun.
WESH, Winter Park — 2, 9:00 a.m., Sun.

GEORGIA

WTSG, Albany — 31, 8:00 a.m., Sun.
WXIA, Atlanta — 11, 7:30 a.m., Sun.

WTBS, Atlanta — 17, 7:00 a.m., Sun.
WAGT, Augusta — 26, 10:30 a.m., Sun.
WRBL, Columbus — 3, 8:30 a.m., Sun.
WMAZ, Macon — 13, 8:00 a.m., Sun.
WTOG, Savannah — 11, 10:30 a.m., Sun.
WVGA, Valdosta — 44, 10:30 a.m., Sun.

HAWAII

KIKU, Honolulu — 13, 9:30 a.m., Sun.

IDAHO

KBCI, Boise — 2, 10:00 a.m. Sun.

ILLINOIS

WICD, Champaign — 15, 6:30 a.m., Sun.
WCIU, Chicago — 26, 10:30 p.m., Sat.
WFLD, Chicago — 32, 7:00 a.m., Sun.
WGN, Chicago — 9, 7:30 a.m., Sat.
WSIL, Harrisburg — 3, 9:30 a.m., Sun.
WQAD, Moline — 8, 8:30 a.m., Sun.
WEEK, Peoria — 25, 6:30 a.m., Sun.
KHQA, Quincy — 7, 8:30 a.m., Sun.
WTVO, Rockford — 17, 9:30 a.m., Sun.
WICS, Springfield — 20, 6:30 a.m., Sun.

INDIANA

WTVW, Evansville — 7, 7:00 a.m., Sun.
WKJG, Ft. Wayne — 33, 9:30 a.m., Sun.
WTHR, Indianapolis — 13, 8:30 a.m., Sun.
WSBT, South Bend — 22, 10:00 a.m., Sun.
WTWO, Terre Haute — 2, 10:30 a.m., Sun.

IOWA

WOI, Des Moines — 5, 10:00 a.m., Sun.
KIMT, Mason City — 3, 10:00 a.m., Sun.
KWWL, Waterloo — 7, 10:00 a.m., Sun.

KANSAS

KUPK, Garden City — 13, 10:00 a.m., Sun.
KCTV, Kansas City — 5, 10:30 a.m., Sun.
KAKE, Wichita — 10, 10:00 a.m., Sun.

KENTUCKY

WLEX, Lexington — 18, 9:30 a.m., Sun.
WAVE, Louisville — 3, 9:30 a.m., Sun.

LOUISIANA

WAFB, Baton Rouge — 9, 11:30 p.m., Sat.
KATC, Lafayette — 3, 8:30 a.m., Sun.
WWL, New Orleans — 4, 7:00 a.m., Sun.
KTAL, Shreveport — 6, 10:00 a.m., Sun.

MAINE

WVH, Bangor — 7, 10:30 a.m., Sun.
WGAN, Portland — 13, 7:30 a.m., Sun.

MARYLAND

WBFF, Baltimore — 45, 10:30 a.m., Sun.
WHAG, Hagerstown — 25, 7:30 a.m., Sat.

MASSACHUSETTS

WCDC, Adams — 19, 8:30 a.m., Sun.

WSBK, Boston — 38, 10:00 a.m., Sun.
WGGB, Springfield — 40, 9:00 a.m., Sun.

MICHIGAN

WUHQ, Battle Creek — 41, 11:30 a.m., Sun.
WTOM, Cheboygan — 4, 11:30 a.m., Sun.
WJRT, Flint — 12, 8:30 a.m., Sun.
WZZM, Grand Rapids — 13, 12:00 noon, Sun.
WILX, Lansing — 10, 10:30 a.m., Sun.
WJBK, Southfield — 2, 7:00 a.m., Sun.
WPBN, Traverse City — 7, 11:30 a.m., Sun.

MINNESOTA

KDLH, Duluth — 3, 10:00 a.m., Sun.
KMSP, Minneapolis — 9, 7:00 a.m., Sat.
KSTP, St. Paul — 5, 7:00 a.m., Sun.

MISSISSIPPI

WLOX, Biloxi — 13, 8:30 a.m., Sun.
WAPT, Jackson — 16, 7:00 a.m., Sun.

MISSOURI

KRCG, Jefferson City — 13, 10:30 a.m., Sun.
KODE, Joplin — 12, 7:30 a.m., Sun.
KPOB, Poplar Bluff — 15, 9:30 a.m., Sun.
KOLR, Springfield — 10, 10:00 a.m., Sun.
KPLR, St. Louis — 11, 10:30 p.m., Sun.

NEBRASKA

KCNA, Albion — 8, 8:00 a.m., Sun.
KWNB, Hayes Center — 6, 8:00 a.m., Sun.
KHGI, Kearney — 13, 8:00 a.m., Sun.
KMTV, Omaha — 3, 7:00 a.m., Sun.
KDUH, Scottsbluff — 4, 8:00 a.m., Sun.
KSTF, Scottsbluff — 10, 10:00 a.m., Sun.
KSNB, Superior — 4, 8:00 a.m., Sun.

NEVADA

KLAS, Las Vegas — 8, 8:30 a.m., Sun.
KOLO, Reno — 8, 10:30 a.m., Sun.

NEW HAMPSHIRE

WMUR, Manchester — 9, 10:30 a.m., Sun.

NEW MEXICO

KGGM, Albuquerque — 13, 6:30 a.m., Sun.
KGSW, Albuquerque — 14, 11:00 a.m., Sun.
KSWs, Roswell — 8, 9:30 a.m., Sun.

NEW YORK

WTEN, Albany — 10, 8:30 a.m., Sun.
WBNG, Binghamton — 12, 11:00 a.m., Sun.
WGRZ, Buffalo — 2, 8:30 a.m., Sun.
WENY, Elmira — 36, 9:30 a.m., Sun.
WNEW, New York — 5, 7:00 a.m., Sat.
WOR, New York — 9, 11:00 p.m., Sun.
WOKR, Rochester — 13, 9:30 a.m., Sun.
WIXT, Syracuse — 9, 7:00 a.m., Sun.

NORTH CAROLINA

WPCQ, Charlotte — 36, 8:00 a.m., Sun.
WRAL, Raleigh — 5, 7:00 a.m., Sun.
WITN, Washington — 7, 11:30 a.m., Sun.

WWAY, Wilmington — 3, 9:30 a.m., Sun.
WXII, Winston-Salem — 12, 8:00 a.m., Sun.

NORTH DAKOTA

WDAZ, Devil's Lake — 8, 10:00 a.m., Sun.
WDAY, Fargo — 6, 10:00 a.m., Sun.

OHIO

WAKR, Akron — 23, 11:15 p.m., Sun.
WLWT, Cincinnati — 5, 11:00 a.m., Sun.
WUAB, Cleveland — 43, 9:00 a.m., Sun.
WBNS, Columbus — 10, 7:00 a.m., Sun.
WDTN, Dayton — 2, 7:00 a.m., Sun.
WDHO, Toledo — 24, 9:00 a.m., Sun.
WYTV, Youngstown — 33, 11:00 a.m., Sun.

OKLAHOMA

KTEN, Ada — 10, 10:00 a.m., Sun.
KOKH, Oklahoma City — 25, 8:00 a.m., Sun.
KOKI, Tulsa — 23, 11:00 p.m., Sun.

OREGON

KOIN, Portland — 6, 6:30 a.m., Sun.
KMTR, Springfield — 16, 9:00 a.m., Sun.

PENNSYLVANIA

WTAJ, Altoona — 10, 11:30 a.m., Sun.
WSEE, Erie — 35, 11:00 a.m., Sun.
WLYH, Lebanon — 15, 8:00 a.m., Sun.
WPHL, Philadelphia — 17, 7:30 a.m., Sun.
WPXI, Pittsburgh — 11, 8:00 a.m., Sun.
WNEP, Wilkes Barre — 16, 8:30 a.m., Sun.

RHODE ISLAND

WPRI, Providence — 12, 11:30 a.m., Sun.

SOUTH CAROLINA

WCBD, Charleston — 2, 10:00 a.m., Sun.
WIS, Columbia — 10, 7:30 a.m., Sun.
WPDE, Florence — 15, 9:30 a.m., Sun.
WYFF, Greenville — 4, 10:30 a.m., Sun.

SOUTH DAKOTA

KHSD, Lead — 11, 8:00 a.m., Sun.
KOTA, Rapid City — 3, 8:00 a.m., Sun.
KDLT, Sioux Falls — 5, 9:30 a.m., Sun.

TENNESSEE

WDEF, Chattanooga — 12, 10:30 a.m., Sun.
WKPT, Kingsport — 19, 11:30 a.m., Sun.
WTVK, Knoxville — 26, 9:30 a.m., Sun.
WPTY, Memphis — 24, 9:30 p.m., Sun.
WNGE, Nashville — 2, 7:00 a.m., Sun.

TEXAS

KAMR, Amarillo — 4, 9:00 a.m., Sun.
KTXA, Arlington — 21, 7:00 a.m., Sun.
KTVV, Austin — 36, 9:30 a.m., Sun.
KWAB, Big Springs — 9, 9:30 a.m., Sun.
KZTV, Corpus Christi — 10, 10:00 a.m., Sun.
KTSM, El Paso — 9, 7:00 a.m., Sun.
KGBT, Harlingen — 4, 7:30 a.m., Sun.
KPRC, Houston — 2, 7:00 a.m., Sun.
KCBD, Lubbock — 11, 9:30 a.m., Sun.
KTRE, Lufkin — 9, 6:30 a.m., Sun.
KTPX, Midland — 9, 9:30 a.m., Sun.
KJAC, Port Arthur — 4, 10:00 a.m., Sun.
KENS, San Antonio — 5, 7:00 a.m., Sun.
KLTV, Tyler — 7, 6:30 a.m., Sun.
KFDX, Wichita Falls — 3, 8:00 a.m., Sun.

UTAH

KUTV, Salt Lake — 2, 8:30 a.m., Sun.

VERMONT

WVNY, Burlington — 22, 10:00 a.m., Sun.

VIRGINIA

WVIR, Charlottesville — 29, 10:00 a.m., Sun.
WVEC, Norfolk — 13, 10:00 a.m., Sun.
WXEX, Richmond — 8, 10:30 a.m., Sun.
WSLS, Roanoke — 10, 7:00 a.m., Sun.

WASHINGTON

KNDU, Richland — 25, 7:30 a.m., Sun.
KIRO, Seattle — 7, 7:00 a.m., Sun.
KXLY, Spokane — 4, 11:00 a.m., Sun.
KCPQ, Tacoma — 13, 9:30 a.m., Sun.
KNDO, Yakima — 23, 7:30 a.m., Sun.

WEST VIRGINIA

WOWK, Huntington — 13, 9:00 a.m., Sun.

WISCONSIN

WQOW, Eau Claire — 18, 6:30 a.m., Sun.
WLUK, Green Bay — 11, 6:30 a.m., Sun.
WXOW, La Crosse — 19, 6:30 a.m., Sun.
WKOW, Madison — 27, 6:30 a.m., Sun.
WITI, Milwaukee — 6, 10:30 a.m., Sun.
WAEO, Rhinelander — 12, 10:30 a.m., Sun.
WAOW, Wausau — 9, 6:30 a.m., Sun.

WYOMING

KCWY, Casper — 14, 9:00 a.m., Sun.
KYCU, Cheyenne — 5, 10:00 a.m., Sun.
KSGW, Sheridan — 12, 8:00 a.m., Sun.

CANADA

BRITISH COLUMBIA

CJDC, Dawson Creek — 5, 11:30 a.m., Sun.
CFJC, Kamloops — 4, 9:00 a.m., Sat.
CHBC, Okanagan — 2, 9:00 a.m., Sat.
CKPG, Prince George — 2, 8:00 a.m., Sat.
CFTK, Terrace-Kitimat — 3, 8:00 a.m., Sat.
CHAN, Vancouver — 8, 10:30 a.m., Sun.
CHEK, Victoria — 12, 7:30 a.m., Sat.

ALBERTA

CFAC, Calgary — 2, 5:30 a.m., Wed.
CHAT, Medicine Hat — 6, 11:30 a.m., Sun.
CKRD, Red Deer — 6, 10:00 a.m., Sun.
KXLY, Spokane — 4, 11:00 a.m., Sun.

SASKATCHEWAN

CKSA, Lloydminster — 2, 9:30 a.m., Sun.
CKTV, Regina — 12, 9:30 a.m., Sun.
CFQC, Saskatoon — 8, 10:00 a.m., Sun.
CJFB, Swift Current — 5, 10:30 a.m., Sat.
CKOS, Yorkton — 5, 11:30 a.m., Sun.

MANITOBA

CKX, Brandon — 5, 10:00 a.m., Sun.
CKND, Winnipeg — 9, 7:00 a.m., Sun.

ONTARIO

CKVR, Barrie — 3, 11:30 a.m., Sun.
WGRZ, Buffalo — 2, 8:30 a.m., Sun.
CKNY, North Bay — 9, 10:30 a.m., Sun.
CJOH, Ottawa — 6, 10:30 a.m., Sun.
CJIC, Sault Ste. Marie — 13, 11:30 a.m., Sat.
GLOBAL, Southern Ontario — 8:30 a.m., Sat.;
9:00 a.m., Sun.

CICI, Sudbury — 5, 10:30 a.m., Sun.
CKPR, Thunder Bay — 2, 10:30 a.m., Sun.
CITO, Timmins — 6, 10:30 a.m., Sun.

QUEBEC

CFCF, Montreal — 12, 7:00 a.m., Sun.

ATLANTIC CANADA

WVH, Bangor — 7, 10:30 a.m., Sun.
CJCH, Halifax, N.S. — 5, 11:30 a.m., Sun.
CKCW, Moncton, N.B. — 2, 11:30 a.m., Sun.
CHSJ, St. John, N.B. — 4, 12:00 noon, Sun.
CKLT, St. John, N.B. — 9, 11:30 a.m., Sun.
NTV, St. John's, Nfld. — 6, 10:30 a.m., Sun.
CJCB, Sydney, N.S. — 4, 11:30 a.m., Sun.

AUSTRALIA

A.C.T.

CTC7, Canberra — 7:30 a.m., every second
Sun.

NEW SOUTH WALES

AMV4, Albury — 10:20 a.m., Sun.
WIN11, Bateman's Bay — 8:30 a.m., Sun.

WIN6, Bega — 8:30 a.m., Sun.

AMV4, Khancoban — 10:20 a.m., Sun.
NBN10, Merriwa — 6:25 a.m., Sun.
NBN1, Murrurundi — 6:25 a.m., Sun.
WIN11, Narooma — 8:30 a.m., Sun.
NBN3, Newcastle — 6:25 a.m., Sun.
NBN10, Rossdale — 6:25 a.m., Sun.
TEN10, Sydney — 6:30 a.m., Sun.
CTC10, Tuggeranong — 7:30 a.m., every
second Sun.

RVN2, Wagga Wagga — 10:20 a.m., Sun.
WIN4, Wollongong — 8:30 a.m., Sun.
RNV6, Young — 10:20 a.m., Sun.

NORTHERN TERRITORY

NTD8, Darwin — 10:00 a.m., Sun.

QUEENSLAND

QTQ9, Brisbane — 6:00 a.m., Wed.
SEQ1, Gympie — 11:30 a.m., Sun.
DDQ10, Kingaroy — 11:30 a.m., Sun.
SEQ8, Maryborough — 11:30 a.m., Sun.
SEQ5, Monto — 11:30 a.m., Sun.
SEQ10, Nambour — 11:30 a.m., Sun.
DDQ5A, Toowoomba — 11:30 a.m., Sun.
SDQ4, Warwick — 11:30 a.m., Sun.

SOUTH AUSTRALIA

SAS10, Adelaide — 8:00 a.m., Sun.

TASMANIA

TNT10, Burnie — 10:30 a.m., Tues.
TNT11, Derby — 10:30 a.m., Tues.
TNT48, Devonport — 10:30 a.m., Tues.
TVT6, Hobart — 10:00 a.m., Tues.
TNT9, Launceston — 10:30 a.m., Tues.
TNT6, Lileah — 10:30 a.m., Tues.
TVT8, Maydena — 10:00 a.m., Tues.
TNT11, Prospect — 10:30 a.m., Tues.
TVT8, Queenstown — 10:00 a.m., Tues.
TVT10, Rosebery — 10:00 a.m., Tues.
TNT7, St. Helens — 10:30 a.m., Tues.
TNT11, St. Marys — 10:30 a.m., Tues.
TNT7, Savage River — 10:30 a.m., Tues.
TNT11, Smithton — 10:30 a.m., Tues.
TVT8, Strathgordon — 10:00 a.m., Tues.
TVT8, Swansea — 10:00 a.m., Tues.
TVT8, Tarooma — 10:00 a.m., Tues.
TNT11, Waratah — 10:30 a.m., Tues.
TNT5A, Wynyard — 10:30 a.m., Tues.

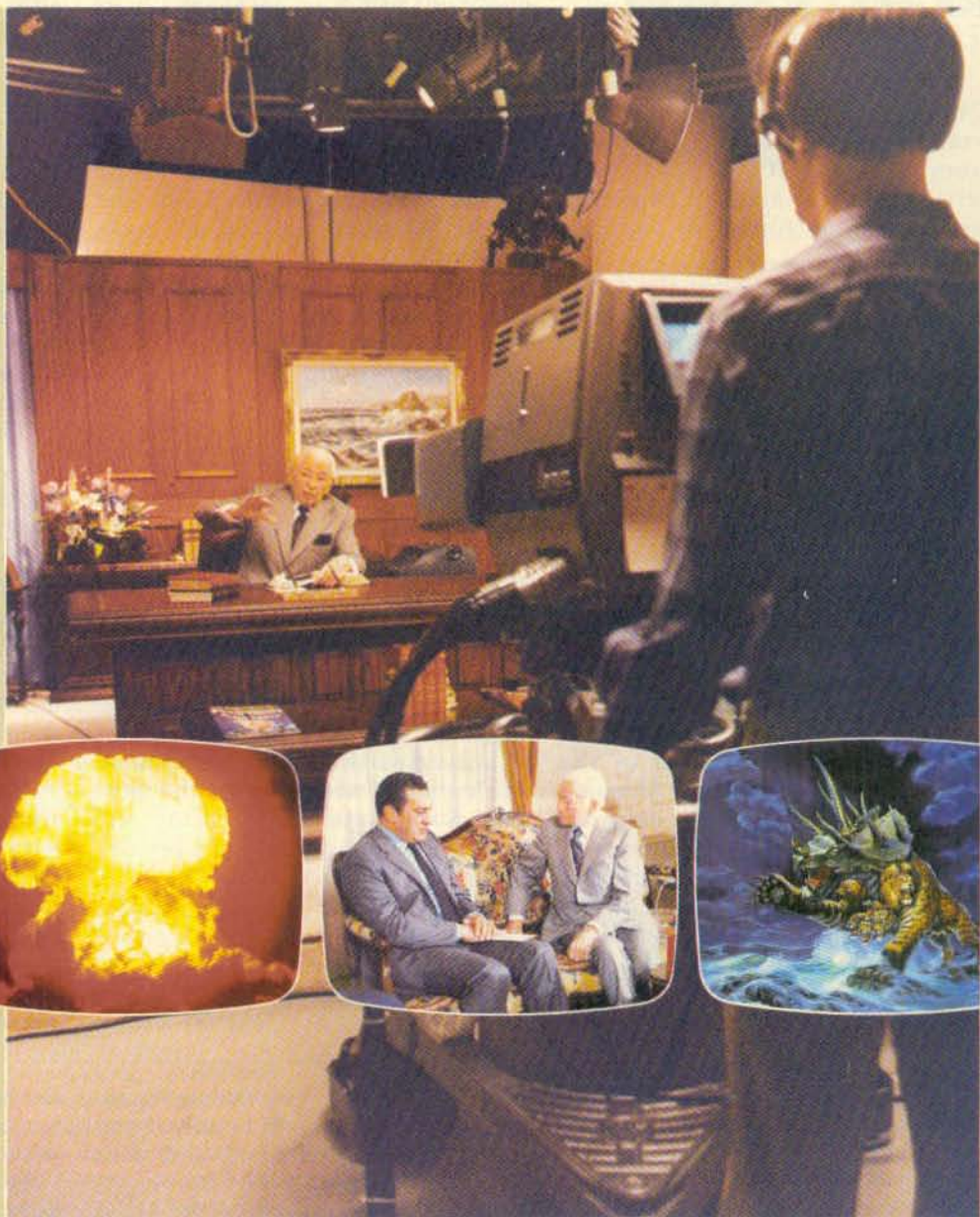
VICTORIA

GMV10, Alexandra — 9:30 a.m., Sun.
BTV6, Ballarat — 8:00 a.m., Sun.
AMV11, Bright — 10:20 a.m., Sun.
GMV3, Eildon — 9:30 a.m., Sun.
ATV10, Melbourne — 6:00 a.m., Sun.
AMV9, Myrtleford — 10:20 a.m., Sun.
BTV7, Nhill — 8:00 a.m., Sun.
BTV11, Portland — 8:00 a.m., Sun.
GMV6, Shepparton — 9:30 a.m., Sun.
BTV9, Warrnambool — 8:00 a.m., Sun.

WESTERN AUSTRALIA

GSW9, Albany — 8:30 a.m., Sun.
BTW3, Bunbury — 8:30 a.m., Sun.
VEW8, Kalgoorlie — 5:00 p.m., Sun.
VEW3, Kambalda — 5:00 p.m., Sun.
BTW10, Katanning — 8:30 a.m., Sun.
VEW6, Merredin — 5:00 p.m., Sun.
BTW6, Narrogin — 8:30 a.m., Sun.
BTW6, Quairading — 8:30 a.m., Sun.
VEW63, Tammin — 5:00 p.m., Sun.
BTW11, Wagin — 8:30 a.m., Sun.
VEW47, York — 5:00 p.m., Sun.

A VOICE CRIES OUT!



Herbert W. Armstrong, from our Pasadena, California television studio, analyzes world conditions and announces incredibly good news about the world tomorrow!



PHILIPPINES

LUZON

Baguio — RPN Chan. 12, 7:30 a.m., Sat.
 Bayombong — RPN Chan. 7, 7:30 a.m., Sat.
 Iriga — RPN Chan. 10, 7:30 a.m., Sat.
 Legazpi — GMA Chan. 12, 9:30 a.m., Sat. and Sun.
 Legazpi — RPN Chan. 2, 7:30 a.m., Sat.
 Metro-Manila — RPN Chan. 9, 7:30 a.m., Sat.
 Metro Manila — GMA Chan. 7, 8:30 a.m. Sat., 9:30 a.m. Sun.
 Palawan — RPN Chan. 5, 7:30 a.m., Sat.

MINDANAO

Butuan — RPN Chan. 12, 7:30 a.m., Sat.
 Cagayan de Oro — GMA Chan. 12, 9:30 a.m., Sat. and Sun.
 Cagayan de Oro — RPN Chan. 5, 7:30 a.m., Sat.
 Cotabato — RPN Chan. 9, 7:30 a.m., Sat.
 Davao — GMA Chan. 7, 9:30 a.m., Sat. and Sun.
 Davao — RPN Chan. 4, 7:30 a.m., Sat.
 Iligan — GMA Chan. 2, 9:30 a.m., Sat. and Sun.

Jolo — RPN Chan. 9, 7:30 a.m., Sat.
 Marbel — RPN Chan. 9, 7:30 a.m., Sat.
 Oroquieta — RPN Chan. 13, 7:30 a.m., Sat.
 Ozamis — RPN Chan. 13, 7:30 a.m., Sat.
 Pagadian — RPN Chan. 9, 7:30 a.m., Sat.
 Surigao — RPN Chan. 13, 7:30 a.m., Sat.
 Zamboanga — GMA Chan. 3, 8:30 a.m., Sat.; 8:00 a.m., Sun.
 Zamboanga — RPN Chan. 9, 7:30 a.m., Sat.

VISAYAS

Antique — RPN Chan. 6, 7:30 a.m., Sat.
 Bacolod — RPN Chan. 8, 7:30 a.m., Sat.
 Bagacay — RPN Chan. 4, 7:30 a.m., Sat.
 Cebu — GMA Chan. 7, 8:30 a.m., Sat.; 9:00 a.m., Sun.
 Cebu — RPN Chan. 9, 7:30 a.m., Sat.
 Dumaguete — RPN Chan. 5, 7:30 a.m., Sat.
 Tacloban — RPN Chan. 5, 7:30 a.m. Sat.

CARIBBEAN

Bermuda, ZFB-TV (Eng) Hamilton — 8, 7:30 p.m., Wed.

Bahamas, ZNS-TV, Nassau — 13, 1:00 p.m., Sun.
 Jamaica, JBC-TV, Kingston — 11, 9:30 a.m., Sun.
 Puerto Rico — San Juan Cable TV WGN, Chicago 5, 8:30 a.m., Sat.; WOR, New York 9, 9:30 p.m. Sun.; WTBS, Atlanta, 13, 7:00 a.m., Sun.; Virgin Is., (U.S.A.)
 WSVI, Christiansted, St. Croix — Ch 8, 7:00 a.m., Sun.
 Trinidad and Tobago TV — 9 and 14, 6:00 p.m., Sun.

OTHER AREAS

Central America, TTV, Belize — Ch 7, 9:00 a.m., Sun.
 Guam, KUAM, Agana 8, 9:30 a.m., Sun.
 Luxembourg, RTL Radio/Television 11:05 p.m. Fri.
 Monaco, TMC, Monte-Carlo — 10, 5:15 p.m., Sun.

See next issue for radio log.

RIGHT OR WRONG?

(Continued from page 40)

But at the last moment, Jesus Christ will intervene in this world's affairs to save mankind from self-destruction and begin setting things aright. Mankind will at last be forced to confront its history!

The contrast between the 6,000 years of man's deciding *for himself* what is right and wrong and the coming millennial rule of the government *of God* on earth will leave no doubt. No longer will

mankind grope in darkness for its own standards of right and wrong. All peoples will know, at last, the *true source* of law and morality.

"And many nations shall come, and say, Come, and let us go up to the mountain of the Lord, and to the house of the God of Jacob; and he will teach us of *his* ways, and we will walk in *his* paths: for the law shall go forth of Zion, and the word of the Lord from Jerusalem" (Mic. 4:2).

The perfect law of God will become the very cornerstone of

the Kingdom of God. Then, unlike today, "the earth shall be full of the knowledge of the Lord, as the waters cover the sea" (Isa. 11:9).

God has set before you two ways of life: the way of obedience and blessing, or disobedience and cursing. For those who are willing, God offers the benefits and blessings of his way of life *now!* Write for our free booklets *The Ten Commandments* and *Why Humanity Cannot Solve Its Evils*.

The choice is *yours!* □

PEACE!

(Continued from page 4)

supernatural insight into the very character of others in Isaiah 11:2-4: "And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the Lord; and shall make him of quick understanding . . . and he shall *not* judge after the sight of his eyes, neither reprove after the hearing of his ears [hearsay]; but with RIGHTEOUSNESS shall he judge the poor, and reprove with equity for the meek of the earth. . . ."

Remember, GOD is the Supreme

One who is LOVE—who GIVES—who rules with outgoing concern for the ruled. His will be rule for the HIGHEST GOOD of the people! The most ABLE, the most RIGHTEOUS, those best fitted for office will be placed in all offices of responsibility and power.

There will then be *two* kinds of beings on earth—humans and those made divine, who will rule the mortals. Some resurrected saints will rule over 10 cities, some over five (Luke 19:17-19).

There will be REAL PROGRESS, cleanliness, no slums, no degenerate peoples or areas of earth.

All this will be accomplished under the NEW Covenant that

Christ is coming to usher in. Did you ever read just WHAT this New Covenant will consist of? Did you suppose it will DO AWAY with God's law?

EXACTLY THE OPPOSITE!

This is the covenant that Christ is coming to establish (Hebrews 8:10): "I will put *my laws* into their MIND, and write them in their HEARTS."

When God's laws are IN OUR HEARTS—when we LOVE God's WAYS and in our hearts WANT to live by them—HUMAN NATURE WILL BE PUT UNDER SUBJECTION; people *will* live the WAY that is the CAUSE of peace, happiness, abundance, joyful well-being! May God speed that day! □

PERSONAL

(Continued from page 1)

doubled in the 1960s!

But, paradoxically, as knowledge has increased, *so have humanity's* problems, troubles and evils, at almost an equal rate of acceleration!

What's wrong with the dictum that knowledge is the sole need for solutions? We are face to face with the stern FACT that increasing evils have escalated alongside increasing knowledge! That is not to say that the increased knowledge *caused* the growing evils. It does mean that the knowledge produced *did not cure* existing evils, *or prevent new evils!*

The ANSWER becomes plain. There was *something wrong* with the knowledge being produced, or else the needed MISSING DIMENSION in knowledge was not being discovered.

To the dictum of science that,

given sufficient knowledge, mankind's problems would be solved and humanity's ills cured, I add this: Solutions come from the *right* knowledge that supplies the *right* answer; and, secondly, solutions come from the application of that knowledge.

Is It Not Human to Err?

Could it be *possible* for the most highly educated minds to have been intellectually misled or deceived? Could they, viewing only *one side* of the question, be infallible, entirely above making mistakes?

For many years now, I have observed that errors almost always come when a person starts with a false basic premise—carelessly assumed as self-evident and taken for granted without question—and then builds on that false basic hypothesis.

Suppose we now appropriate the

academic freedom to question that which educators have dismissed without examination.

Is it possible for us to find the EXPLANATION of why MAN is as he is, WHY the world is filled with evils? Is it possible for us to discover the CAUSE of all human suffering, anguish, unhappiness and inequality? Is it possible to find the CAUSE that would produce peace, happiness, abundance and prosperity—the CAUSE which world leaders have apparently overlooked? Is it possible to find the key to human survival?

The answer to the preceding questions is YES! Yes, it is possible to answer these basic questions that have haunted man as long as he has existed. Yes, there is an answer to these questions that deal with man's very survival. If you want ANSWERS to these questions, write for our booklet *Why Were You Born?* It's free for the asking. □

LETTERS TO THE EDITOR



AIDS

I have listened to your radio and TV programs off and on for many years, but never before have I realized how very relevant your messages are. In the September issue, the article on AIDS by Donald Schroeder was very relevant. I teach medical laboratory technician students (college students), and they have been most interested in learning about AIDS. I have given them lectures (I went to a medical seminar on it), numerous articles to read, and extra credit for watching TV programs on AIDS. But your article is the only one that quotes scripture and discusses the deviate sexual practices of biblical times and compares this to the events happening today. We read and hear about these "unbelievable" sexual practices and it is frightening. I am going to have my students read this article.

Harriet B. Barnhardt
Darlington, South Carolina

I have almost completed reading the September issue. I was especially interested in your article on AIDS. I would appreciate you sending me a copy of the article entitled "How to Avoid the New Sexual Diseases," and a copy of the booklet entitled *The Silent Epidemic*. I would like to have these for reference and discussion.

John Hunter
Los Angeles, California

Children and Nuclear War

I have just read "What Children Think About Nuclear War." I'm 17 and this article interested me a great deal. I think about nuclear war a lot and wonder why nations keep making them when, if they ever did have a war, there wouldn't be

a chance to use them all when just one is so powerful.

I really like your magazine even though some of it gets kind of technical. Keep up the good work!

Rose Hiles
New Lexington, Ohio

I would like to thank you for your enlightening article on nuclear awareness. I am an 18-year-old girl who knows how my generation feels about a nuclear disaster. Ignorance will only hinder our progress as a nation. Parents that try to hide the facts from their children are only hurting them. Most parents don't think twice about subjecting their children to the violence on TV and elsewhere. May I suggest that a more realistic type of education, the reality of nuclear annihilation, would ultimately give the child a healthier social consciousness.

We are the generation that must work for nuclear disarmament, not to hide from it like previous generations. We need to stop looking through rose-colored glasses and work for our children to come, so that they might not be burdened with this man-made horror.

Michelle Desveaux
Newton, Massachusetts

After reading the article in the September issue entitled "What Children Think About Nuclear War" I could not help but think back to when I was a child and what my thoughts were when I came into an understanding about nuclear war.

I was born in 1951 under the sign of the mushroom cloud, and as a result of this my memory and those of my generation have some indelible scares burned into them.

I remember watching along

with my classmates the government Civil Defense films that depicted in all too frightful detail what a nuclear blast could do. Scenes of houses with smoke lazily drifting up their sides as the intense white hot heat of the fireball radiated away the paint, and then nothing! Only a streak of smoke to mark the spot where a home had once stood.

Scenes of my parents stock-piling food and my Dad searching the local swamp for a suitable limestone sinkhole to hide in from something called fallout. Scenes of men digging a hole in my aunt's backyard to build something called a fallout shelter.

Against this backdrop, my generation grew up feeling there was nothing to live for! Why make any long-range plans for a future? You'll probably wind up vaporized! Live it up now! For tomorrow may end in a searing flash!

I fully understand where today's youths are coming from. I fully empathize with them for what they see as an uncertain future.

Yet, there is true concrete hope for a tomorrow! One day soon, the shadow of the mushroom cloud will be chased away forever by the glorious return of Jesus Christ, who won't allow the earth to self-destruct, but instead will create a world full of peace and beauty where children can grow up looking at all times to a secure and happy future! That is some real hope that I and these youths can hang on to!

Malcolm Thomas
Perry, Florida

Firearms

The letter from R. Brittain of Ithaca, New York (Sept.

1983), demonstrates an astonishing ignorance. Brittain thinks that the availability of firearms causes suicides! It is unfortunate that you did not know enough to correct his ignorance in your reply. It would be easy to learn, from the published statistics, that suicide rates (and homicide rates, too) are very much higher in certain other countries which effectively prohibit the ownership of firearms.

R.G. Schipf
Missoula, Montana

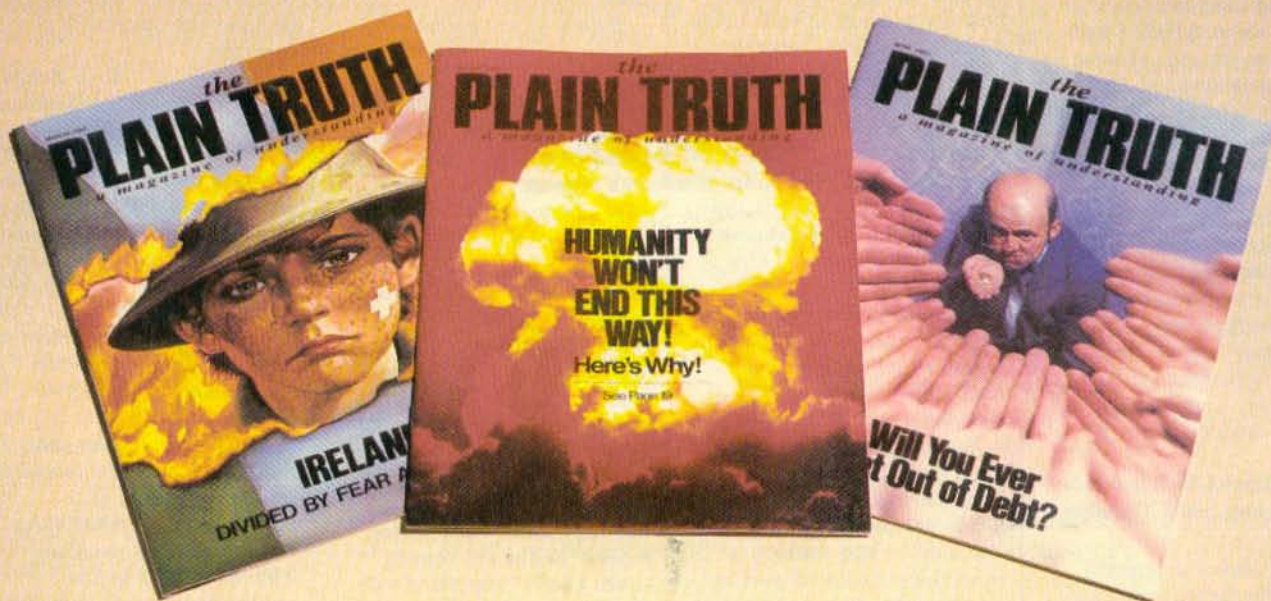
• We do not critique letters unless a matter needs to be brought to readers' attention. Reader R. Brittain did not exactly express the thought here attributed. Our readers might find both Brittain's and Schipf's comments typical of how we humans interpret what others write.

My sincere thanks and compliments on the splendid article by Donald D., Schroeder, June 1983, "As Millions Arm Themselves." This is the first article published by other than the pro-gun media I have seen that is completely unbiased, and most important, factual. "How Nations Control Guns" is exceptional in that it contains bare facts with no attempt to interject personal bias; nor does it contain the prevarications and misstatements usually used by the everyday media. Mr. Schroeder is to be complimented on the depth of his research and his candid approach to the controversial (needlessly so) gun question. I note he quotes the Second Amendment verbatim with only the one comma it contains as originally written. Bravo! Mr. Schroeder.

Jeremiah S. Shannon
Quilcene, Washington

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