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APRIL 1985

PLAIN TRUTH

a magazine of understanding



FAMINE ON OUR DOORSTEP?

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ARTICLES

- 2 — Famine on Our Doorstep? —
- 5 — Turkey—About to Erupt in the News!
- 7 — The Art of Grandparenting —
- 11 — Sex Without Marriage! —
- 15 — Will Man Ever Love His Fellowman? —
- 18 — Best Strategy for Beating Stress —
- 25 — The Plain Truth About Child Rearing:
Overlooked In-Between Years
- 34 — How Would You Know a Real Christian? —

FEATURES

- 1 — Personal from Herbert W. Armstrong —
- 22 — International Desk —
- 31 — “The World Tomorrow” Radio and TV Logs
- 39 — News Overview —
- 45 — Letters to the Editor —

OUR COVER

The eyes of Africa's children highlight not only the immediate effects of drought, but more importantly the need to understand and correct abuse of the land. Deforestation, overgrazing, improper cultivation techniques, misdirected government planning and civil strife all contribute to a growing threat of hunger and disease epidemics worldwide.

COVER PHOTO BY ERNST HERB—PT

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PERSONAL FROM



What Is Wrong with Organized Labor

THE UNION worker, as well as the capitalist, the executive and all of us, stands today on the very brink of human extinction!

Right now we're all in the same boat, facing the number one problem of human survival!

There has to be a CAUSE for every effect. What brought civilization to the chaotic state where for the first time it's possible for man to erase humanity from the earth?

We've covered in recent Personals the major facets of man's civilization. We've covered the contributions of government, of science and technology, of business and industry. And now, organized labor.

What has been organized labor's part in the development of today's civilization?

Surely, when we look at the progress made during the 20th century, labor's achievements have been incredibly good?

Modern organized labor has produced the highest living standard for the common man—for the nation as a whole—ever enjoyed in any country since man has inhabited this earth. It has shortened work hours, increased pay, brought fabulous benefits compared to labor conditions as they existed previously—and still exist in many non-Western countries. One of the great contributions has been child labor laws.

But conversely, unrealized by most, organized labor has contributed its share to the chaotic state of the world.

One might not think, until looking more deeply, that organized labor has contributed its share to the problems of unemployment, inflation and the inroads foreign competition has made in these areas.

Early in the 20th century, American industry got the jump on that of most other nations, with mass machine assembly-line production, made possible by the American mass market. This greatly lowered production cost, and as greatly expanded profits. Industrial ownership in the United States would have followed the British custom, in the human-nature pull to "GET" rather than share or "GIVE." In Britain the rich lived in the "great houses" while employing low-cost labor.

But the labor unions went all out to "GET" all possible from the enormous new mass-production system. A new "GET" economic philosophy infiltrated labor unionism. No longer was a single company a "team" where all worked together against rival competition. Even that had been based on the "GET" incentive. But now capital and management became the enemy of labor.

It may have been true that a union man often was a more proficient worker than a nonunion. But that was because unions enlisted the more skilled, not because unionism encouraged or taught them to climb the ladder of success. Too often a union leader said to an employee, "Slow down, there, buddy—or we'll all have to work as conscientiously as you are!"

Yet where is organized labor different from those in other facets of a bankrupt and annihilation-facing civilization? Are not capital and management in it, also, for what they can "GET"?

The world forgets—or did it ever know?—that peace, happiness, contentment, joy, are spiritual qualities! There is a basic spiritual LAW in relentless motion that governs all life! It governs not only these spiritual conditions of well-being, but universal economic prosperity as well! That basic LAW is, simply, outflowing LOVE! I simplify it by the term "GIVE" and its transgression the way of "GET."

"GET" seems to have got us all! The "GET" incentive is the root CAUSE of all the world's troubles and evils! The way of "GIVE," cooperate, serve, help, share, is the basic spiritual LAW of our Maker! The world has been trying to beat that law—and is being beaten by it! □

FAMINE

On Our Doorstep?

by Gene H. Hogberg

The world is shocked at the severity of the Ethiopian famine. But few realize even now how close to disaster the world outside Africa could be!

FAMINE in East Africa burst into the headlines at the end of 1984.

Televised news accounts of the suffering of hundreds of thousands of starving Ethiopian peasants triggered the launch of an unprecedented international famine relief effort.

But the news reports barely

in agriculture, not only in Third World countries but in the advanced nations that so often must come to their rescue.

You, the reader of *The Plain Truth*, need to know what is happening.

Worst Famine in African History

While the plight of Ethiopia has received the most attention, 30

broad famine belts, one running just below the Sahara, spanning the continent from east to west, together with another band stretching along the east coast, from the Horn of Africa down almost to the tip of the continent. Together, the two regions have produced the worst famine in African history.

An immediate cause of the multiple famines is, naturally, drought. But other more fundamental factors lie at the root of the crisis. First of all, there is widespread abuse of the land, specifically deforestation, overgrazing and improper cultivation techniques.

Governmental misdirection plays an equally significant role. Throughout Africa since the days of political independence, agriculture has been sorely neglected, often in favor of ill-chosen industrial development. In addition, leaders coveting the political allegiance of the urban masses have found it expedient to clamp price controls on the rural food growers, which in turn discourages production.

As a consequence, farmers have abandoned the fertile countrysides and joined the swollen ranks of urban dwellers. The result is that most African nations, once self-sufficient in food production, have become net food importers.

Wars and civil unrest—Ethiopia being the most publicized example—further disrupt the planting and harvesting of crops. Nations suffering most from the famine have for years been embroiled in civil war. It is no coincidence that



Severe erosion in Africa. Deforestation, overgrazing and population pressures hamper food production. Governmental neglect of agriculture is widespread. In the U.S. one third of the best farmland suffers net soil loss because of erosion.

CAMPBELL-SYDIA

scratched the surface in explaining the problem in Africa as a whole. And practically no news source investigated the depth of the crisis

other countries in Africa are affected by drought and famine to one degree or another.

The grim fact is, there are two

in the march of end-time prophetic events "famines, pestilences" follow, in time sequence, after "nation will rise against nation, and kingdom against kingdom" (Matt. 24:7, Revised Authorized Version).

The Human Factor

Africa's food crises can only get steadily worse, even if immediate drought conditions are relieved. Nothing substantial is being done to eliminate the root causes in the social and economic fields. And warfare threatens to undo what could be done anyway.

As a result, Africa's dependence on relief aid will probably grow in the year ahead. A study issued by the Swedish Red Cross and by Earthscan, a London-based environmental news service, reports that "events called 'natural disasters' are killing more and more people every year." Yet, these observers note, "there is no evidence that the climatological mechanisms associated with droughts, floods and cyclones are changing."

Instead, the report says that behind such "trigger events" the answers must be found in "human vulnerability resulting from poverty . . . environmental degradation, owing to poor land use, and rapid population growth, especially among the poor."

The May 1984 Swedish Red Cross survey zeroed in on the Ethiopian crisis—before it made the headlines (and before the Ethiopian government finally admitted the extent of the disaster).

Deforestation has probably been the single most contributing factor to the disaster in Ethiopia. In the words of the report:

"Ethiopia's steep highlands and parts of the lower areas were once covered by various types of dense forests. Less than a century ago, about half of the country still had forest cover. Twenty years ago, this had dropped to about 15 per cent of the land area. By now, only slightly more than 3 per cent of Ethiopia's surface

is covered by forests. In just a few more years the country will have lost all remaining forests if the trend continues unabated. . . .

"The worst 'drought-affected' farmland in the Gondar Region has only bare rocks left. Most soil, including all topsoil, is already gone. This land has indeed 'reached quite an irreversible condition,' to quote the Ministry of Agriculture."

Ethiopia's denuded countryside simply can no longer sustain the nation's 35 million people, 90 percent of whom are still farmers. The land is also seriously overgrazed, unable to support its 77 million head of livestock—Africa's largest stock of domestic animals.

The result, as summed up in the Swedish Red Cross survey: "Since World War II the country has gone from being a net exporter of cereals, to self-sufficiency, to having a cereal deficit. The per capita production is falling by almost two per cent each year, making the country more and more dependent on imports and outside assistance."

Throughout other parts of Africa the ravaging effects of deforestation

ern Africa a few years ago. It was during a rainstorm. The countryside was devoid of trees. Rainwater cascaded through enormous gullies gouged into the hillsides into a muddy, swollen river. I visited the young Minister of Agriculture and told him he had an enormous task ahead of him in reversing the conditions I had just witnessed.

Another grim statistic to bear in mind when examining Africa's long-term crisis is this: At least 20 percent of the continent is desert. Worse yet is the belief by experts that the process of "desertification" could envelop 45 percent of Africa 50 years from now, if current land-use trends continue.

India Next?

After Africa, the Indian subcontinent may be the next region to experience a severe food crisis. Eighteen years ago, Indians stared at famine. For weeks, an endless procession of freighters and tankers converted to grain haulage sailed from the United States to India. This oceanic pipeline rescued the Indian people from starvation. The



PHOTOS BY CAMPBELL—SYGMA

Victims of Ethiopian famine gather at Red Cross camp in Wollo province for emergency food supplies. Ethiopia's Marxist government spends nearly half its budget on the military. Most starving refugees are from areas of fighting between government forces and rebels.

tion and resultant erosion are painfully evident.

The author recalls visiting a small newly independent nation in south-

crisis of 1967 abated. Since then, the life-giving monsoons have generally been good. New "wonder grains" produced as a result of the

Green Revolution—more about that later—have enabled India to build up nationwide grain surpluses. But now, India, especially in its southern states, is in the throes of a new drought.

Nalni Jayal, adviser to India's Planning Commission, said at the general assembly of the International Union for the Conservation of Nature and Natural Resources: "We are on the verge of an enormous ecological disaster. What is happening in Africa is going to happen in India within ten years."

Mr. Jayal believes the primary reason for the crisis is the felling of forests. "Wherever the forests have been left intact there is water," he told the conference. "Wherever they have been cut down there is a crisis."

Other experts estimate that 60 percent of India's cropland is eroding excessively.

The looming crisis in India is also compounded by worsening social conditions. What would happen to India's food supplies in the event of anticipated turmoil over an independent Sikh "Khalistan" in the agriculturally rich Punjab? The farmers in the Punjab—the state is called India's Iowa—produce 60 percent of all the food in India, including 90 percent of the nation's wheat!

West to the Rescue

As the Ethiopian crisis again proved, Western nations—specifically the United States, Britain and the European Community (whose reserves are largely the result of artificially high price supports paid to farmers)—made the difference between life and death for millions of Ethiopians.

The emergency relief effort, however, only masks Africa's day in and day out dependence upon foreign food sources.

"Although an agrarian continent," reported Lester R. Brown and Edward Wolf in the June 1984 issue of *Natural History*, "Africa is slowly losing the capacity to feed itself. Between 1970 and 1983, net grain imports quadrupled, climbing from five million to twenty million tons. Grain from abroad now feeds about one-fourth of the continent's 513 million people, and all indications are that imports will climb still higher in 1984."

Simply put: too few are feeding too many.

Much of the world's population is precariously dependent upon a shrinking number of food (principally grain) exporter nations such as the United States, Canada, Australia, New Zealand, South Africa, Argentina and Thailand (and this year, China also became a net grain exporter). More than 100 nations depend to one degree or another upon just one producer—the United States—for grain supplies!

Should drought seriously impact any of the major exporters for any length of time, the lives of millions of people in the Third World would be imperiled.

Disaster Looms in U.S.

Exports to food-short regions are placing additional strains on agriculture in the developed countries. One of the effects is accelerating erosion, a consequence of encouragement given to farmers to plant their fields from "fence row to fence row."

Erosion is developing into a serious crisis, in American agriculture in particular. "America is washing out and blowing away," warns Senator William L. Armstrong of Colorado.

Roger W. Jepsen of Iowa, formerly the chairman of the Soil and Water Conservation subcommittee, explains that unless policy changes are made, "in some areas we won't have any topsoil left to conserve." Mr. Jepsen said that after years of heavy erosion of Iowa's rich cornfields, "where we had 8 to 12 inches, right now I can show you places with a quarter inch of topsoil left."

Norman Berg, former head of the USDA's Soil Conservation Service, now an adviser to the private American Farmland Trust, is equally concerned. He says: "It is an urgent situation when one-third of our really good cropland is suffering net soil loss, with some soil eroding at twice or three or even 10 times the tolerable limit [of five tons per acre per year]."

Experts trace part of the problem to often contradictory governmental policies that, while encouraging soil conservation, also encourage overproduction through price-support programs. The government often unwittingly pays for

the idling of good farmland while simultaneously paying farmers to "sodbust" low quality, highly erosive land.

Other experts are alarmed at the falling into disuse of erosion-control practices, such as tree windbreaks and terraces, which helped break the back of the infamous Dust Bowl of the 1930s. Windbreaks are too often viewed as obstacles which hinder the larger tractors and other implements used today.

Overall, the picture is not good for sustained U.S. food production—now so critical to the entire world. R. Neil Sampson wrote in the November/December 1983 issue of *Sierra* magazine:

"We are losing farmland productivity at startling rates—rates that will bring us to the limit of our supply of good land sometime before 2000. At the same time, farm debt loads are soaring, bankruptcies are on the rise, and the spectre of a complete economic collapse in the farm sector is being raised in many quarters. . . ."

Modern agribusiness, as everyone realizes, is critically dependent upon a good economy and the steady, uninterrupted access to fossil fuels (for energy, fertilizer and transport to market), electricity and abundant water. Never has the food production supply chain—to a largely urban population—been more vulnerable to disruption.

"Genetic Wipeout"

In the long run far more serious than erosion to the basis of modern agriculture is the shrinking genetic base of most major crops—and even livestock.

Dr. Major M. Goodman, a statistical geneticist at North Carolina State University, states that "if this process continues unabated, we place man's future in jeopardy." The end result, he says, could be "genetic wipeout."

Extinction of hundreds of grain varieties and the loss of their inherited traits has made future crop failures certain.

One has only to look to the devastation wrought by the 1970 southern corn leaf blight to see such an effect. This epidemic wiped out 20 percent of the U.S. corn crop (which also

(Continued on page 30)

TURKEY



About to Erupt in the News!

by Keith W. Stump

Turkey's unique position between the Muslim Middle East and the Christian West carries far-reaching implications for the future!

IT IS TIME to awake to the importance of modern Turkey in world affairs!

This largely ignored nation is rapidly becoming a force to be reckoned with in the international arena. Yet few today understand the tremendous significance of this ancient and strategically situated country.

A quick glance at a map tells much of the story.

Turkey is where East meets West! Geographically, Texas-sized Turkey stands as a literal *bridge* between Europe and the Middle East—the two major focal points of Bible prophecy.

By virtue of its crucial location, Turkey is destined to play a major role in coming world events. Lying precariously close to the flash points

of the volatile Middle East on the one hand, and the evolving superpower of Europe on the other, Turkey will be drawn unavoidably into the vortex of impending upheaval prophesied for those regions.

It is time to focus attention on this intriguing country, to understand something of its past, its present—and its momentous future!

Crossroads of East and West

To comprehend the future role of Turkey in world affairs, we must first look briefly at its past.

Turkey's destiny was determined from the beginning by its geographical position. Since the dawn of history, the peninsula of Asia Minor or Anatolia (on which lies Turkey today) has been a major route for the migration of peoples. Its location

between two continents made it a major crossroads for travel and trade between Europe and Asia—the ancient intersection of Eastern and Western civilizations.

The focal point of this activity was the fabled city known today as Istanbul.

Straddling the strategic Bosphorus waterway, sprawling Istanbul is a truly cosmopolitan city, the only one in the world built on two continents. It is a unique combination of East and West, old and new. Its breathtaking skyline yet today lends credence to the age-old saying: "If one had but a single glance to give the world, one should gaze at Istanbul."

The story of Istanbul spans 27 centuries. Actually, it is the history of *three* cities on the same site—Byzantium, Constantinople and Istanbul.

Ancient Byzantium was founded

on the favored location at the mouth of the Black Sea by the Greek navigator Byzas in the seventh century B.C. The city bore his name for the next thousand years.

In A.D. 327, the Roman Emperor Constantine the Great transferred his

seat of empire to the shores of the Bosphorus. There he enlarged Greek Byzantium and erected his new city, which was built, like Rome, on seven hills. In fact, Constantine called his new capital *Nova Roma*—"New Rome." It would later be called Constantinople in his honor.

The Empire of New Rome

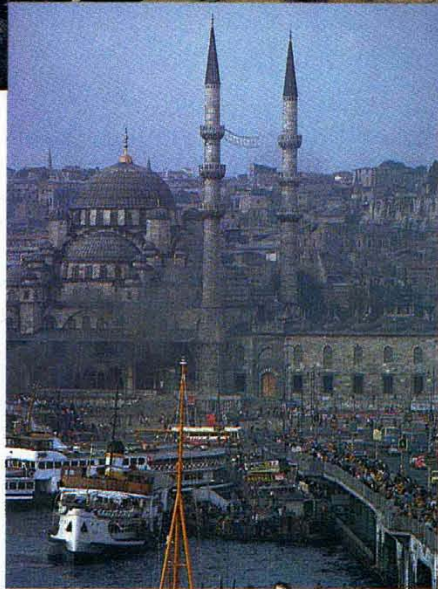
Few today realize the overwhelming importance of proud Constantinople in the ancient and medieval worlds. This "Rome of the East" was one of the greatest and most powerful cities of all history!



KELER—SYGMA



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Mile-long Bosphorus Bridge links Europe with Asia (top); view of Bosphorus, looking northeast toward Bosphorus Bridge in distance (middle); seventeenth-century Yeni Mosque by the Galata Bridge (bottom).

Notice what occurred:

The end of the fourth century saw an official division of the ancient Roman Empire into two halves. Constantinople became the capital of the Eastern Roman Empire, which eventually took the city's ancient name to become known as the Byzantine Empire. The Roman Empire thus stood on two "legs"—the Eastern Empire centered in Constantinople and the Empire of the West in Rome.

In A.D. 476, Germanic invaders struck a fatal blow to Rome, leaving the City of Constantine sole ruler of the Roman Empire. Old Rome had fallen, but New Rome yet lived!

Protected by its virtually impregnable walls, Constantinople became the center of a rich culture, carrying on the traditions and pre-

serving the heritage of Roman civilization. The Empire of New Rome reached its zenith under Emperor Justinian (527-565). Gilded Constantinople became the hub of the medieval world!

Later, after medieval Rome regained some of its former prominence, Rome and Constantinople stood as the *two capitals of Christendom* during the Middle Ages. Their influence was immense.

Dry history?

By no means!

Few cities have ever attained the great power and prestige that Constantinople once enjoyed. For 16 centuries this city was a major factor in world politics. As we approach the last days of this age, many ancient powers are prophesied to be resurrected and restored to former greatness.

Might not this once-great city be among them?

Shattered Unity

As we move forward in history, we come next to a great falling out between the two sister cities of medieval Christendom.

From Constantine's time, Christianity was established throughout the Empire. But the *form* of Christianity was not the same everywhere. Quarrels over disputed articles of faith tore at the unity of the Christian-professing world.

These unhealed wounds of religious strife led, in 1054, to the final schism between the Western (Roman) and Eastern (Orthodox) churches. In that year the Eastern Church broke completely with Rome. Pope Leo IX responded by excommunicating Michael Cerularius, Patriarch of Constantinople, and the entire Church in the East!

Constantine's dream of a universal church was shattered.

The Schism of 1054 divided the Eastern Orthodox Church—in Greece, Russia, the Balkans and the Middle East—from Rome. The split remains to this day. Eastern Orthodoxy today comprises 15 independent national churches, all of which acknowledge the Patriarch of Constantinople as their spiritual leader. He is *primus inter pares*—"first among equals"—in view of Constantinople's role as
(Continued on page 42)

The Art of Grandparenting



by Ronald D. Kelly

Some of the most important people in the family are grandparents.

How quickly the years roll by. It seems only yesterday, you were young and carefree, living at home under the care of parents.

Then came the college years or you decided to work full time.

Next was marriage. Then children. Before you realize it they are grown, off to college, settled into jobs. They are married and you are in-laws.

Then one day you receive the momentous notice you are about to become grandparents.

Such are life's cycles.

One of my closest friends entered into the wonderful world of grandparenting a couple of years

ago. In some ways he wasn't really ready for it—he and his wife were in their early to middle 40s when they received the good news.

"No way anyone is going to call me 'Grampa,'" he announced to all his friends. "The youngster can call me D.W., Don, Doc—anything but 'Grampa.'" We got a chuckle out of his newfound confrontation with the passing years. And we knew he would be "Grandpa" in a very short time.

But you know what? His granddaughter, who is now nearly 3 years old, calls him "Doc." He now has a second grandchild—and all his friends wonder if he will ever be Grandpa. In spite of what she calls him, he warmly and lovingly fulfills the role of grandpa. The proud grandfather takes a lot of teasing,

but he still insists he won't be called "Grampa."

Whatever we want to call grandparents, it is one of the most inspiring times of life. Unfortunately, in many segments of Western societies, the art of grandparenting has been lost.

In today's highly mobile society so many young families move away to pursue careers far away from home. At this time grandparents can fulfill a very needed role of stability and provide a connection to hereditary roots. It is important to take advantage of their experience, love and concern.

The Bible teaches respect for age and its accompanying wisdom. God instructed through Moses, "Rise in the presence of the aged, show respect for the elderly and revere your God" (Lev. 19:32, New International Version throughout).

What a shame when society rejects this important spiritual principle.

My wife and I noticed something recently while riding the crowded subways of Tokyo, Japan. When an elderly man or woman boarded, often a younger person would offer the older his place rather than see the elderly remain standing. That kind of respect seems to be rare today.

In many societies this is no longer the standard. Young people crowd onto public transportation

and seldom assist the elderly when a bus or train is crowded.

With this declining respect for age comes an attendant lack of regard for experience and wisdom. It is a wise young person who takes advantage of his grandparents' knowledge.

Don't Forget the Past

Our 12-year-old daughter spent last summer with her grandparents in Texas. They are all in their 70s now and have lived through and experienced the many changes of the 20th century. My job has required several moves and we are now living some 1,500 miles from our parents. But we know the importance of grandparents and their influence.

On my wife's side of the family there are 20 grandchildren. As patriarch and matriarch of the clan, her parents have set a fine example and standard, not only for their seven children, but for their grandchildren as well.

My mother has a special love for our five children. Since I am an only child they are the only grandchildren she has.

Our children have been able to stay with one set of grandparents or the other at least one summer.

So this last summer was our youngest daughter's turn to spend the summer with her grandparents. We found a book in the bookstore

prepared especially for grandchildren to interview and record interests and experiences of their grandparents.

She took her book and has written stories from her grandmother's younger years. She heard things her parents had not heard. Maybe we just never took the time to sit down with our parents to hear them. So many of these marvelous experiences would have been passed over and forgotten had our daughter not recorded them.

The remaining years will pass quickly. So we are now making plans for a future visit to tape record a few hours of the interesting times and experiences of some of the generation that have lived through the most rapidly changing time in all human history. Maybe many of you might be inspired to do the same.

A Grandfather's Advice

Several years ago our oldest daughter went to spend the spring school vacation at her grandparents. It was her senior year of high school and she was experiencing the agonies of making decisions about her future. Should she stay at home and attend a university nearby? Should she live near her grandparents and go to a junior college? Should she attend Ambassador College in California, where her grandfather and both her father and mother had graduated?

It was weighing heavily on her mind. She wasn't sure she wanted to move away to California (we lived in another state at the time). My wife and I were trying not to interfere—we wanted the decision to be hers.

One night during the visit, her grandfather took her out to dinner to discuss her future. He calmly and lovingly directed her to think about the pros and cons of each possibility. But having a deep love for Ambassador College he said, "Whatever the faults and flaws you may feel about Ambassador College, it is a better place for you than any other institution."

Those words of wisdom hit home. Even though she had applied to and been accepted at one or more other colleges, she came home from that visit to her grandparents determined to attend Ambassador College. It



Grandparents can fulfill a needed role of stability by providing a connection to hereditary roots.

was a decision she has never regretted. She completed four years of college, graduated, met her future husband at college and is now happily married.

When the wedding took place last summer the grandparents were

The eventful day came and I remained remarkably composed, I thought. The wedding march started and I escorted my daughter down the aisle. Stepping around in front I began, "There is no more joyous ceremony than this we now enter."



PHOTOS BY HAL FINCH—PT

Perhaps the most valuable asset of all that grandparents can pass along is their experience.

all in attendance. My daughter and future son-in-law had asked me to perform their wedding ceremony just as her sister who had been married a year earlier had done.

It is a special privilege not only to walk down the aisle to present a lovely young bride to the bridegroom, but to step around and officiate the ceremony. As you can well imagine it is a time of great emotion.

There was some concern from my wife that I would not fully maintain composure—that my voice might crack or a tear might come to my eye. She was certain she would be sitting in the front row holding back the tears (of joy, of course).

That was all it took. On the front row Grandpa simply could not hold back the tears. In order not to do the same, all I could do was bury my head in the ceremony and read it through. I know the joy of a father presenting his daughters as brides, but Grandpa assures me I have a special emotion waiting when my grandchildren take that step.

Somehow it seemed a proper conclusion to the advice he gave her nearly five years before.

Never underestimate the influence of grandparents.

A Call for Grandmother

There is one special time when you absolutely must have a grandmoth-

er. That is at the birth of your children. Somehow grandmothers know everything there is to know. And the fledgling new parents seem to know so little even though they may have read more than a dozen books on having and caring for babies.

Probably thousands of new fathers would have nearly starved had Grandma not come to take care of the household after the new baby arrived.

When we had our first child, Grandma came to spend the first week. It was so pleasant to have her that she had to come and spend at least a week at our home for the birth of our next four children.

One time Grandma and Grandpa were part of the whole process. When our third child, and only son, was born, we were living only a few miles from the grandparents. About 4 o'clock in the morning my wife jarred me awake saying, "Honey, wake up, wake up, the baby is on the way." This was happening a few days before "due-day."

I jolted out of bed and called the doctor. "Oh no!" his wife exclaimed. "My husband has gone fishing. There would be no way to find him on the lake."

I called the nurse. But she lived about 45 minutes away. "How far apart are the pains?" she asked. I rushed back to the bedroom to find out. "You'd better hurry," my wife urged, "the pains are two minutes apart." "Two minutes," I reported to the nurse. "I'd better get right over," she hastened.

Most expecting parents have read books on what to do in such emergencies. But you never feel you'll have to use the knowledge. This time I had to. Of all the times for a fast delivery, my wife had to choose this one. Our first child had been about a seven-hour labor and the second was eight or nine hours. I naturally assumed I had plenty of time, that the nurse would arrive and even the doctor would return from his morning fishing and be in attendance.

I called Grandma and Grandpa and told them the baby was on the way. They said they would be right over—it would take maybe half an hour. Forty-five minutes from the

first pain, the baby was on the way into the bright world. There I was alone trying to keep calm and keep my wife calm. It really went smoothly and out came the bouncing baby boy.

About the time I had taken him up, Grandma and Grandpa burst into the room. "What do I do now?" I asked in a borderline desperate voice. "I think you'd better give him a gentle swat on the bottom," Grandpa quickly replied. I did. He squalled. Grandma took over caring for Mom and the newborn infant.

By the time the nurse arrived everything was in order. (By the way, the doctor didn't make it back till late that evening.) And the rest is history. Our son is now almost 20 years old, about 6 feet 3 inches tall and attending Ambassador College.

And I assure you his grandparents have been a great influence in his life—in his case from his very first breath.

Record Your Experiences for Posterity

I would encourage you who are entering the autumn years of life to record your memories and experiences for your children and grandchildren.

One of my favorite books is one a caring and considerate father and grandfather wrote to his offspring. But millions of others have enjoyed and profited from it. It is *The Early Years of Herbert W. Armstrong*, the founder of Ambassador College and editor in chief of the *Plain Truth* magazine.

Born in the last decade of the 1800s, Mr. Armstrong has seen the changes from horse and buggy to space flight. He has observed the marvelous technological advances, but noted the paradox of a society that cannot solve its human problems. He has certainly learned a great deal from a varied, busy and active life.

You can have a copy of Mr. Armstrong's illustrated *Early Years* free if you write our nearest office.

Those of you who are grandparents will relive many of your own experiences. You who are younger will see the world as it has devel-

oped in this modern and complex age. You will all find it fascinating reading.

But you don't have to be a professional writer to record your own experiences. So many of you who are grandparents have much to pass on to the next two or more generations. I hope while there is yet time you will write or tell as much as you can of the many lessons you have learned. That's part of the lost art of grandparenting you might want to recapture.

Building an Inheritance

The importance of grandparenting is perhaps best captured in Proverbs 17:6, "Children's children are a crown to the aged, and parents are the pride of their children." In those latter years of life, perhaps the greatest joy of all is seeing the grandchildren grow to maturity and take their place in the world.

If you have spent time with them, showed them their heredity, and influenced their decisions, you can complete those years knowing you have made a significant contribution to the lives of your children and grandchildren.

It is not always possible in our complex modern world, but one great blessing grandparents can provide is the building of an inheritance to pass along, not only to their children, but their grandchildren as well.

Solomon also wrote, "A good man leaves an inheritance for his children's children" (Prov. 13:22). There is much to be said for laying up an inheritance. The years of hard work and accumulation of whatever worldly goods can be passed on from generation to generation. Too much of our modern society has become the throw-away type. We buy it, use it, discard it when it is worn out—which usually doesn't take too long.

But many families have beautiful heirlooms, antique furniture or family jewelry that can be divided among the children and grandchildren. Perhaps property has been in the family for several generations. I have a good friend who lives in a lovely remodeled farm home originally built by his great-grandfather after the American Civil War. The homestead exudes

history and charm. How nice it is when such things can be retained in a family for generations.

But perhaps the most valuable asset of all that grandparents can pass along is their experience. Life is filled with many lessons. A wise person it is who will learn from the experiences of others rather than make all the mistakes himself.

And these experiences need not all be great lessons of accumulating wealth or making multimillion dollar business decisions. They can be some of life's simple yet often overlooked everyday lessons.

The apostle Paul wrote to older women, "They can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God" (Ti. 2:4-5).

At first glance that might not seem earth shattering in importance. But if you take time to observe our hectic modern society, you will find those are some of the very qualities most lacking.

Young men often don't know how to be loving, understanding husbands of leadership. Young women often don't know how to be properly motivated wives and mothers, how to be submissive.

Is it because they have not been taught by or have not listened to the older generation?

Perhaps that is at least part of the answer.

Yes, there is a true art in being a grandparent. Many of our readers already are grandparents—even great-grandparents. Many others who are parents are going to become grandparents in the not-too-distant future. Even our young readers who are not yet married will find the years passing swiftly and the time rapidly upon them when they enter those exciting and productive years.

At all ages and levels there are few people more important to the family structure and even the fiber of a nation than the generation who are grandparents.

It would do us all well to turn our attention and respect to that marvelous class of individuals who have so much to contribute—
GRANDPARENTS. □

Sex Without Marriage!

The costs in shattered lives and to society

by Donald D. Schroeder

JUST a few decades ago, getting pregnant when unmarried was one of the worst mistakes a girl could make.

Now, a high school principal in a large metropolitan area of the United States says: "It's totally acceptable by the kids. It's not the stigma it once was."

A social worker adds: "It's fashionable. The girl will announce her pregnancy. . . . It means you stand out. You're different. Many believe it's a way to instant adulthood. It gives some an identity."

These girls and their boyfriends don't know the consequences they will bring on their offspring.

And, in the Western world, there's another new trend. "Liberated" single women are starting to choose to have children out of wedlock. Many of these independent-minded women resent having a child's father around. They want to fulfill mothering roles without living with a husband or the child's father.

A False Tolerance

Tolerance and social acceptance of having babies out of wedlock are

growing in many nations. It may be surprising, even shocking, for some to learn that in numerous areas or neighborhoods of cities in *both* the developed and developing world, *more than half*—in some nations *more than 80 percent*—of babies are born out of wedlock. Children are being conceived and born without the support and protection of parents married to each other. Most of these multiple millions of victims are guaranteed a grim and disadvantaged future.

Why such widespread lack of concern for, or comprehension of, illegitimacy's devastating consequences?

Social experts in many nations are calling the spiraling increase and tolerance of out-of-wedlock births a social catastrophe. It's time to face a critical reality that many do not want to squarely face.

The proper begetting, birth and rearing of children is a serious matter. You can't afford not to fully comprehend the tragic consequences of illegitimacy to human and social development and make every effort to avoid repeating them.

Widespread Social Tragedy

This serious crisis of out-of-wed-

lock births is impacting many nations of the world.

In Brazil a few years ago a Brazilian medical official estimated that half of all babies born in the nation were illegitimate. He said: "We have few sex education courses. . . . Parents are too ignorant or embarrassed to talk to their children. . . . The results are zooming incidences of unwanted pregnancies, venereal disease, abortions, infections, sterility and unmarried mothers being thrown out by their families."

High illegitimacy rates are at the root of several social problems in Caribbean, Central and South American nations.

According to figures from the Chilean Ministry of Economics, almost 30 percent of children in the nation are born outside the bonds of a legitimate marriage.

In Latin America the illegitimacy problem is quite diffuse. In some Latin nations more than 70 percent of live births are illegitimate. In others such births are a third to half that rate.

In many Latin American nations, common-law marriages (couples not legally married though cohabiting) are widely accepted with nearly the moral equivalence



ADAMS—LANSON

of a legal marriage. A child born of such a marriage is often given similar status as one born of a legal marriage. But in other areas such a child is not. Urchins, the young children thrown out by parents to live by their wits in the streets, are often the fruit of illegitimacy. One Latin writer estimated that these homeless street children will soon represent nearly 5 percent of one country's population.

Luis Felipe Lira, a Chilean sociologist, says though common-law marriages are widely accepted they are frequently brief. "This contributes to the weakening of the family when the father is not present in the home and does not carry out his duties and responsibilities."

In some nations, the problem of high rates of out-of-wedlock births has long been endemic. But not in all nations. Illegitimacy rates in Asian and Arabic nations tend to be among the lowest. By contrast, in recent decades the social disease of illegitimacy has started to overwhelm many Western developed nations.

In Britain, in 1983, almost one in six babies was born to an unmarried mother, according to the Office of Population, Censuses and Surveys. That's *five times* as common as it was at the beginning of the century when there was no birth control pill and no legalized abortion.

The British government agency projects that one third of Britain's babies will be born outside the bonds of marriage by the turn of the century. That means greatly increased burdens and strains on already beleaguered social welfare

Millions of teenage mothers face the difficult dual task of completing basic education and rearing their children.

agencies and a much heavier tax load on British citizens.

If this trend of illegitimacy continues, the projection is that babies born in wedlock in Britain will be a *minority* less than a generation after the next century begins.

Most European nations are experiencing out-of-wedlock births as a

New Futures school for unwed teenage mothers in Albuquerque, N.M. The reality for many, however, is social dependence and poverty.

rapidly rising portion of live births. According to Eurostat, the European Community's Luxembourg-based statistical office, divorce rates in the Community nations have increased threefold over the past two decades, and illegitimate birthrates have doubled (rising from 45 out-of-wedlock births per 1,000 births to 92 per 1,000 in 1981).

Europe also is in the throes of the growing social tendency, especially in urban areas, for more and more couples to live together without marriage. In the city of Amsterdam, for instance, the percentage of children born out of wedlock increased from 5.6 percent of births in 1965 to 22.4 percent in 1982.

According to Soviet statistics, high rates of abortion on one hand, and rapidly increasing out-of-wedlock births on the other, are pushing the Soviet Union into an acute demographic, social and health problem. Illegitimate births now account for at least 20 percent of all Soviet births. Such births have doubled in less than 10 years in some urban cities. In some Siberian rural areas, 25 percent of all births are out of wedlock.

Staggering U.S. Rate

In the United States, out-of-wedlock births have reached avalanche proportions. Nationally, the illegitimacy rate tripled between 1960 and 1982 to 20 percent of births. That's one out of five. Yet this figure is modest compared to illegitimacy rates in many U.S. urban areas.

Twenty years ago, 11 percent of New York City's births were to



SHAMES—VISIONS

Health Damages of Too Early Sex

Childbearing is becoming increasingly concentrated among teenage mothers in many nations. In the United States more than 50 percent of out-of-wedlock births are to women less than 20 years of age. Too early pregnancy and/or illegitimacy greatly impact health and social problems.

A direct connection between early coitus and cervical cancer has been noted by physicians since the turn of the century. It has been determined that a woman having multiple sex partners during the 15- to 17-year-old age bracket increases the risk of having cervical cancer.

Other serious consequences of sexual permissiveness are sexually transmitted diseases and the serious health problems they cause. Many thousands of

individuals, mostly young persons, are maimed, injured or sterilized each year by these diseases, especially by syphilis, gonorrhea and herpes. These diseases infect fetuses or newborn infants, causing blindness, deafness, brain or nervous system damage and death.

A girl's nutritional requirements are also greatest in her teenage years. A young teenage mother's own growth needs compete with the fetus for whatever nutrition is available. Health authorities warn that many teenage mothers have poor nutritional habits, aggravating the problem even more.

As a consequence there is an elevated risk of brain and neurological disorders in babies of teenage mothers. Such occurrences in these

mothers are estimated to be twice that of children born to mothers more than 20.

Prematurity and low birth weight are also more frequent among babies of teenage mothers. These conditions reduce an infant's resistance to infection and, in turn, cause more frequent infant illnesses and deaths. Teen mothers also have increased birth delivery problems.

A baby born to a mother under the age of 16 is three times more likely to die in the first year of life than a baby born to a woman in her 20s, according to U.S. government health statistics.

The physical and emotional immaturity of teenage mothers often means they are less likely to seek early prenatal care. All of these problems contribute to higher rates of defective

births that weaken family lines.

"Young mothers are not producing healthy babies," said Dr. Joan Guildemeister, a professor of human development at Howard University in Washington, D.C. "We are seeing a generation of kids starting with many strikes against them."

Some unmarried teenage girls have idealized that a baby will give them the love and affection they lack in life. But the reality is rarely as bright as they imagine.

Many adolescent girls have little understanding of normal infant behavior and needs. They have little tolerance for frustration or the demands little children make. The consequence, report health authorities, is that many young mothers mistreat a baby out of sheer ignorance or frustration. Child abuse and neglect are frequent among them.

unmarried women. Last year, 37 percent, or more than one out of every three babies, born in the city were born out of wedlock.

That ratio, triple what it was 20 years ago, alarms New York City planners. It means more thousands of individuals will be added to already overburdened welfare roles. But despite this social assistance, the majority of these families and children are destined to lead lives of poverty and destitution.

These children will have an extremely hard time of properly educating themselves, of finding suitable work and assuming adult responsibilities. Many will be burdens on social agencies for the rest of their lives. And they, in turn, having no other role model, will likely perpetuate their experience in their children.

Authorities in some states estimate each illegitimate child on their welfare roles drains more than \$100,000 during the child's life on assistance.

"It [illegitimacy] begins to transform the ambiance of the city

itself," says Eleanor Holmes Norton, a former New York City Human Rights Commissioner and now a university law professor. "The city's most basic building-block institution, the family, is not functioning so as to guarantee a decent start in life to children."

Some minority sections of New York City have illegitimacy rates much higher than city average. The central Harlem health district reports 80 percent of babies are being born out of wedlock. In the Bronx, the figure is more than 55 percent.

Baltimore and Newark have even higher average city illegitimacy rates. In 1981, these two cities had the highest U.S. illegitimacy rates—both nearly 60 percent of births.

In the United States, nearly one third of babies born to white teenagers and around 80 percent born to black teenagers were born out of wedlock.

Black Crisis

The decline of the poorer American

black family because of family breakdown, economic discrimination and illegitimacy is particularly severe. *The Plain Truth* must address this serious crisis in an effort to help young black men and women, and others of all backgrounds, avoid repeating serious mistakes.

This formerly taboo subject of high illegitimacy rates among blacks is now being openly addressed in forums by black leaders. "It's the most serious long-term crisis in the black community in my judgment," said one welfare leader. Divorce, desertion and illegitimacy have hit this segment of society hard. In 1940, around 15 percent of black children were born out of wedlock. In 1965, the figure was 24 percent. Today 56 percent of black children are born out of wedlock. Nearly half, 47 percent, of black families are headed by women without husbands.

In Washington, D.C., the illegitimacy figure for blacks is 65 percent; in Chicago, it is 70 percent.

Says New York's former Com-



WIDE WORLD

“What kind of fresh start can there be for us when half the next generation will consist of children who were raised by children.”

—Eleanor Holmes Norton,
former New York City
Human Rights
Commissioner



WIDE WORLD

“We’ve got to make kids understand the disastrous social and economic consequences of early childbearing.”

—Blanche Bernstein,
former administrator of
New York City’s Human
Resources Administration

missioner Eleanor Norton: “What kind of fresh start can there be for us when half the next generation will consist of children who were raised by children. These youngsters, who should be our hope for the future, are virtually guaranteed to grow up with problems of the most severe kind. . . . They are the ones most likely to become truants and jobless, to be engaged in violent crime. And yet we are scarcely paying attention to the problem.”

To have jobs for young adults, every city has to have a family institution that prepares people for education and for these jobs. Says Mrs. Norton, “There’s no way a city can maintain its viability if the basic sub-unit, the family, is not functioning at a standard level.”

“We’ve got to make kids understand the disastrous social and economic consequences of early childbearing,” says Blanche Bernstein, former administrator of New York City’s Human Resources Administration. She emphasized that 40 percent of families in the United States headed by women are classified as poor, while only 7 percent of intact families—those with two parents—are so classified.

Poverty can have a variety of causes. But one cannot fully understand poverty in the United States and many other areas of the world *unless one faces the great part played by sexual immorality*, which undermines families before they’ve even begun!

Perpetuating Poverty

The story of many out-of-wedlock births follows a familiar script: A girl desires attention, fears losing a boyfriend, or wants to escape an unhappy home or personal situation; she meets a fellow, is induced to get sexually involved and often unexpectedly discovers she has become pregnant.

She then is forced to drop out of school (80 percent of girls in the United States do). The fathering male rejects responsibility for the baby or the mother (around 90 percent of unwed teenage fathers do). The pregnant female realizes the father is too

immature to be a stable husband and provider.

Without a working husband to provide income and share responsibility, the child-mother is trapped at home with her baby. She generally cannot return to school. She cannot readily learn a skill. So she turns to welfare for support. A few turn to prostitution. Others will live with any man who provides partial assistance.

Thus for millions of unwed mothers and their illegitimate offspring begins a vicious, self-perpetuating poverty cycle—a life of social dependency, lack of proper education, lack of social progress and little hope for anything better.

Some young women and fathers do feel obligated to marry for the sake of the baby. But often they are immature and ill-prepared for marital and family responsibilities. The young man may have to curtail his education and get a full-time job. Soon the young father or mother starts to feel trapped by the situation. Many become resentful at losing their youthful fun, opportunities and freedom. Tensions and frustrations cause frequent family strife. Divorce splits a high percentage of these forced marriages. Teenagers are three times more likely to break up than couples married in their 20s.

Destruction of the Family

The undermining of the family unit as a result of rapid acceptance of permissive sexual behavior is only one of a growing list of evils that nations and communities now have to contend with.

Sexual permissiveness has forced governments to greatly expand their welfare systems. Through taxation every citizen is forced to support sexual indiscretion.

Government assistance is truly needed to help persons fallen into serious deprivations or who have made mistakes. But many persons take continuous advantage of government help. In sexually permissive social climates most feel they don’t need to change their loose ways of living. Instead welfare is used as a way to gain indepen-

(Continued on page 37)

Will Man Ever Love His Fellowman?

by Michael A. Snyder

Few questions are of greater consequence. Read here the truth about love, law and grace!

YOU HEAR this age characterized as everything but what it really is. Newscasters trumpet our era as the space age, or the age of technology, or the computer age.

Yet at this time of incredible technological achievement, upwards of half of the population of the United States are admittedly afraid to go out at night.

Why?

Why should a brisk evening stroll today include the possibility of rape, injury or theft?

Can you explain why?

"I'm as baffled as ever as to the causes and cures for crime," admitted one retired police officer who holds a master's degree in criminal studies and who taught at the Center for International Studies in London.

Why Lawlessness?

Our long-dead ancestors would be shocked if they viewed today's contempt for virtue and law.

Do you realize that if the United States could convert its cost of crime into tax revenue that it would virtually wipe out the staggering U.S. budget deficit?

Amid all this human confusion and suffering, the words of the ancient prophet ring out: "The way of peace they have not known, and there is no justice in their ways; they have made themselves crooked paths; whoever takes that way shall not know peace" (Isa. 59:8, Revised Authorized Version throughout unless otherwise noted).

But what is this "crooked path" that humanity has chosen? And what does it have to do with lawlessness? Let us first look at what human knowledge reveals.

What and Why Violence?

Professionals of the social sciences struggle to explain what they term "socially deviant behavior"—the criminal mind. In a private conversation, one professor of a major American university admitted to this author that sociology had not yet unlocked why one human will turn to a life of crime and another won't.

"But," he continued, "we have uncovered what we understand to be major factors related to the formation of a criminal mind."

Would you be able to guess which of these factors is the most important?

The lack of LOVE!

Erich Fromm says: "Love is the only sound and satisfactory answer to the problem of human existence" (*The Art of Loving*, pp. 111-112). But what kind of love? And how is it acquired—and expressed?

Looking for Answers

Genuine love and compassion are clearly among the rarest commodities today. Why?

Why shouldn't this world be filled with love, joy, hope and peace?

"Let all you do be done in love," wrote the apostle Paul to the young Corinthian church (I Cor. 16:14, Moffatt).

Then why, for more than 1,900 years, has this advice of the apostle Paul been so maligned and neglected?

There is a *cause* for every effect. Political, social and family problems just don't "happen"—they are the result of going up against dynamic forces.

The problem lies in the near universal nonrecognition that true love is a *spiritual* element! Philosophers, psychologists, psychoanalysts and a host of researchers have developed hypotheses about love by the dozens! No one, it seems, is

willing to recognize a standard to measure love by.

Just what is "love"?

"God is love" (I John 4:8), reveals your Bible—the ultimate source of spiritual definitions. Yet, many who read this don't comprehend what it means.

Consider: God is much more than mere feeling. He is much more than a warm, fuzzy idea.

He has lived forever (Ps. 93:2), is all-powerful (Ps. 147:5), has the greatest mind (Isa. 55:8-9; I Cor. 2:16) and has brought into being and loves his creation—humanity (John 3:16). Your mind cannot grasp how great he is!

The problem for humans—that is, your problem—is that man has acquired a natural hostility toward God. From the very first human in the garden of Eden to the thousands of millions alive today, not a single one naturally desires to surrender his or her life to the God of love.

Think on this. God revealed his way of life—his way of love—to the first two humans (Gen. 1-2). Armed with God-given definitions of right and wrong, Adam (the first human) chose the way that led contrary to God—to decide for himself what is love, what is good and evil (Gen. 3:6, 17; I Tim. 2:14). He rejected God's way of love and give and concern for others, setting the stage for all humans to follow.

When the Bible says "God is love," it reveals the very *nature* of God. God embodies a "give" way of life, a way of outgoing concern.

God wants you and me to be happy, to have a zestful, fulfilling life and to be able to share it with others—that's love (John 10:10; III John 2). To direct us toward this way that leads to happiness, God defines love: "For this is the love of God, that we keep His commandments" (I John 5:3).

This is a truth few understand! When asked what the greatest of the Ten Commandments (which summarize God's law) were, Jesus Christ boiled them down to their two basic essentials: "You shall love the Lord your God with all your heart, with all your soul, and with all your mind." This is the first and great commandment. And the second is like it: "You shall love

your neighbor as yourself" (Matt. 22:36-39).

Consider this: The first four commandments revealed in Exodus 20 show you how to love God. The last six reveal the way you are to love your neighbor.

But how does the natural unconverted mind view this? "The mind that is set on the flesh [material, physical things] is *hostile* to God; it does not submit to God's law, indeed it cannot; and those who are in the flesh cannot please God" (Romans 8:7-8, Revised Standard Version).

Man in his natural state wants little to do with God. Since God is love, man unwittingly *rejects* true love that would bring happiness.

Working Toward a Solution

God's way of life, expressed in 10 summary points called the Ten Commandments, is a *living* force. When you break one or more of these points, there is a penalty. Physically, mentally, emotionally and spiritually you and others suffer. Take first the physical example. What if everyone stopped committing adultery and fornication and ended all relationships with homosexuals and prostitutes?

The curses of AIDS, herpes and other sexually transmitted diseases would disappear! Prostitution would vanish! Rampant teenage pregnancies would soon become mere distant memories. People would be happier.

But man says: "I don't want to obey God's law. I reject it. I make my own rules!" So men, women and children by the millions suffer needlessly.

God, of course, does have the power to stop man from going the way of sin previously described in Isaiah 59. But that is exactly what man doesn't want God to do. So God has allowed man 6,000 years to make his own rules and decisions, to experience firsthand the pain and suffering that comes from grossly imperfect human laws.

Humanity's choices are eloquently described in Deuteronomy 30:19-20: "I call heaven and earth as witnesses today against you, that I have set before you *life* and *death*, blessing and cursing; THEREFORE CHOOSE LIFE, that both you and your descendants may live; that

you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days."

The Bible, however, reveals something far more ominous than physical suffering for breaking God's law. When you choose to break one of the 10 summary points that define love by doing the opposite, the Bible says you *sin*. What is sin? "Whoever commits sin also commits lawlessness, and *sin is lawlessness*" (I John 3:4). Mark well this prophecy of Jesus for this era: "And because lawlessness [the breaking of God's Ten Commandments] will abound, the love of many will grow cold" (Matt. 24:12)!

The Ten Commandments are a blessing—they show you what sin is (Rom. 3:20, 4:15, 5:13-14). The apostle James terms the Ten Commandments "the perfect law of *liberty*" (Jas. 1:25). They guide one to the way of genuine *happiness*.

But when you break these laws, you're as good as dead.

What is the final payoff of sin? "The wages of sin is death" (Rom. 6:23).

What Now?

How does this concern you? Unless you live the way of love—which is to know the way to salvation—you are a walking dead person even as you read this article! You have no claim to eternal life. You may think you haven't broken any of the Ten Commandments, but you have.

"For all [including you and me] have sinned and fall short of the glory of God" (Rom. 3:23).

As a sinner—a transgressor of the law and thus committing lawlessness—you have come "under the law," that is, subject to its penalty: death. For breaking the Ten Commandments, you are now subject to what the Bible calls "the curse of the law" (Gal. 3:13). You have no hope of eternal life.

But there is GOOD NEWS. Someone has paid the penalty for you.

Your very Creator has paid the penalty of lawlessness in your place. God created all things through Jesus Christ (Eph. 3:9). As the Creator of the human race, Jesus Christ died—in the first cen-

ture A.D.—to become the ultimate and complete sacrifice for sin.

But you still have to choose and accept this sacrifice. You cannot casually accept the blood of Christ as atonement for your sins.

God wants, first, to see a change of attitude from hostility to submission in obedience! “Repent, and . . . be baptized in the name of Jesus Christ for the remission of sins . . .” (Acts 2:38).

Repentance is another key word few really understand. To repent means to change your life. Instead of going your way (which is heavily influenced by Satan’s way of “get”) you must begin to obey God—to love God by keeping his commandments (see I John 5:3).

As John the Baptist declared, “Therefore bear fruits [acts] worthy of repentance” (Matt. 3:8).

But you not only have to repent, you must believe God (Mark 1:15). Believe what he says—and that means to believe the message he sent by Jesus Christ—the good news (*gospel* is an old English word that means “good news”) of the soon-coming kingdom of God.

This is followed by complete immersion in water (baptism), which is physical proof of your inward faith in Jesus Christ.

On the Road to Salvation

Upon baptism, you officially begin the way toward salvation. In accepting Jesus Christ as your Savior, you come under unmerited *grace*. Your previous record of sins is forgiven—your past sins are totally covered by the *blood* of Christ’s sacrifice (Heb. 9:12, 14), forgotten forever. Upon receipt of God’s promised Holy Spirit (Acts 2:38; Rom. 8:9), you become an heir (not yet an inheritor) of the kingdom of God. You are now a begotten son or daughter of God.

But have the Ten Commandments lost their power to guide? NO. You are saved from past sins by grace (Eph. 2:8)—something you cannot yourself earn. But you must now, in a repentant state of mind, begin to keep all the commandments, lest you again come under the death penalty!

Notice: “Being justified freely by His grace [that is, forgiven of sins committed] through the redemption

that is in Christ Jesus, whom God set forth to be a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed” (Rom. 3:24-25).

You cannot *earn* forgiveness. That comes from grace—free, unmerited pardon—from God. Grace covers your past sins (Rom. 3:25). You are justified by faith (Rom. 3:28). But the law that defines sin—that makes plain right from wrong—*retains* its power of life and death over you! Consider: “Do we then make void the law through faith? Certainly not! On the contrary, we *establish* [Greek: continue] the law” (Rom. 3:31).

Read this carefully: The law defines sin. It cannot forgive sins. Only Christ can do that. But once you are forgiven sin—forgiven your having broken the law and thus having committed lawlessness—now you are expected to quit sin, to begin to keep the law. “For not the hearers of the law are just in the sight of God, but the doers of the law will be justified” (Rom. 2:13).

So now it all fits into place. After we have been converted and accepted Christ’s sacrifice, our past sins are forgiven and we are no longer cut off from God (Rom. 5:10). Receiving his Holy Spirit, our minds are renewed and we begin to become more like him (Eph. 4:23), imbued with the spirit of love, joy, patience, peace of mind.

Yet, as human beings struggling to overcome ourselves, the world around us and Satan, we occasionally stumble and break God’s law. As we see the sin in us (Jas. 1:23-25), we are to immediately repent and ask that Christ’s sacrifice be applied to us. We are to change and become more like God. Upon repentance and prayer for forgiveness (Matt. 6:12), our sins are forgiven (remember, grace is no license to freely break God’s law: Rom. 6:15). We continue to “grow in the grace and knowledge of our Lord and Savior Jesus Christ” (II Pet. 3:18).

In this sense, “the law of the Lord is perfect, converting the soul” (Ps. 19:7). The Hebrew for “law” is *torah*. The sense of this word is instruction. By keeping the

law of God, we are *instructed* in the way that leads to physical blessings and, ultimately, *eternal life!*

The Capstone

So as a bona fide Christian keeping God’s law, you grow in spiritual maturity.

Certainly, this is *not* of your own strength alone, but Jesus Christ living *in* you through the Holy Spirit—imbuing you with *power* to fulfill God’s law. As the apostle Paul aptly stated: “I have been crucified with Christ [through baptism]; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me” (Gal. 2:20).

As you grow by following the holy and spiritual law (Rom. 7:12, 14), your hostile nature is gradually replaced by the mind of Christ (Phil. 2:5).

You find yourself filled with divine love—concerned about your fellowman, wanting the best for others, striving to serve, filled with proper humility.

It doesn’t happen all at once: “God’s love has been poured into our hearts [attitudes, minds] through the Holy Spirit which has been given to us” (Rom. 5:5, RSV). It is a lifelong process.

And this love that comes from God matches perfectly with God’s law of love, for “love is the *fulfilling* of the law” (Rom. 13:10, RSV).

Thus, moving from a carnal beginning to a converted goal, we see that “Christ is the end [Greek: goal] of the law” (Rom. 10:4). He already has set the pattern for us to live. He lived without sin. He kept God’s law perfectly. And Christ living spiritually in us can do the same. The Ten Commandments guide us to the very righteousness of God that is in Jesus Christ (Ps. 119:172).

If you’d like more information about the “perfect law of liberty” and the real Christian life, write immediately for our free booklets *The Ten Commandments* and *What Do You Mean—Conversion?*

After reading them, you will understand and join with David—a man after God’s own heart (Acts 13:22)—when he said, “Oh, how I love Your law! It is my meditation all the day” (Ps. 119:97). □

Best Strategy for BEATING STRESS

by Norman L. Shoaf

Do you know the one winning strategy to coping with this 20th-century killer?

HYPERTENSION—excessive stress—has been called the silent killer. Why? Because it usually doesn't produce any apparent physical pain or other warnings before doing its ultimate damage.

But a killer it is, nevertheless.

Stress is a major factor in high blood pressure, in strokes, heart attacks and coronary-artery diseases. No other single force is more responsible for the worldwide epidemic of drug and alcohol abuse. Stress is often a central catalyst in health problems, in family problems, sometimes even leading to mate and child abuse.

How many of us have suppressed inner anger when we think the boss did something unfair?

Who hasn't worried over how to make ends meet in today's financially uncertain times?

Hasn't almost everyone suffered the loneliness of losing loved ones? The frustrations of pursuing what society calls success?

It all adds up to a condition that has sometimes been described as the disease of change.

What we need are effective guidelines for dealing with stress, because stress is not going to sim-

ply go away. The good news is that there is a *winning strategy* against stress.

Stress is not necessarily a negative force. Stress is not, after all, just what happens to us, but *how we react* to what happens to us. And how we react is controlled by our minds and emotions.

The Role of Stress

To be alive is to be under a certain amount of stress. As one author put it, no one constructs a building with the intention of just letting it sit empty. The building is meant to be utilized for some purpose—to withstand the reasonable stresses of people, furniture, weight and use.

So it is with humans. The right level of stress is perfectly acceptable and productive.

One of the world's foremost authorities on stress, endocrinologist Hans Selye, says: "Most people who want to accomplish something, who are ambitious, live on stress. They need it." The right amount of stress can push us to perform at our very best.

Stress also serves to protect us in hazardous situations. If we are driving along in fast traffic and another car swerves into our lane in front of us, a lot of things immediately happen in our bodies—in the brain, heart, muscular system. The body marshals inner forces and

rises to meet the crisis, producing the positive condition of trying to avoid a collision.

But if the crises and pressures around us become so frequent and so intense that we are constantly calling upon inner resources to respond so dramatically, the stress becomes debilitating. The body simply cannot meet such demands.

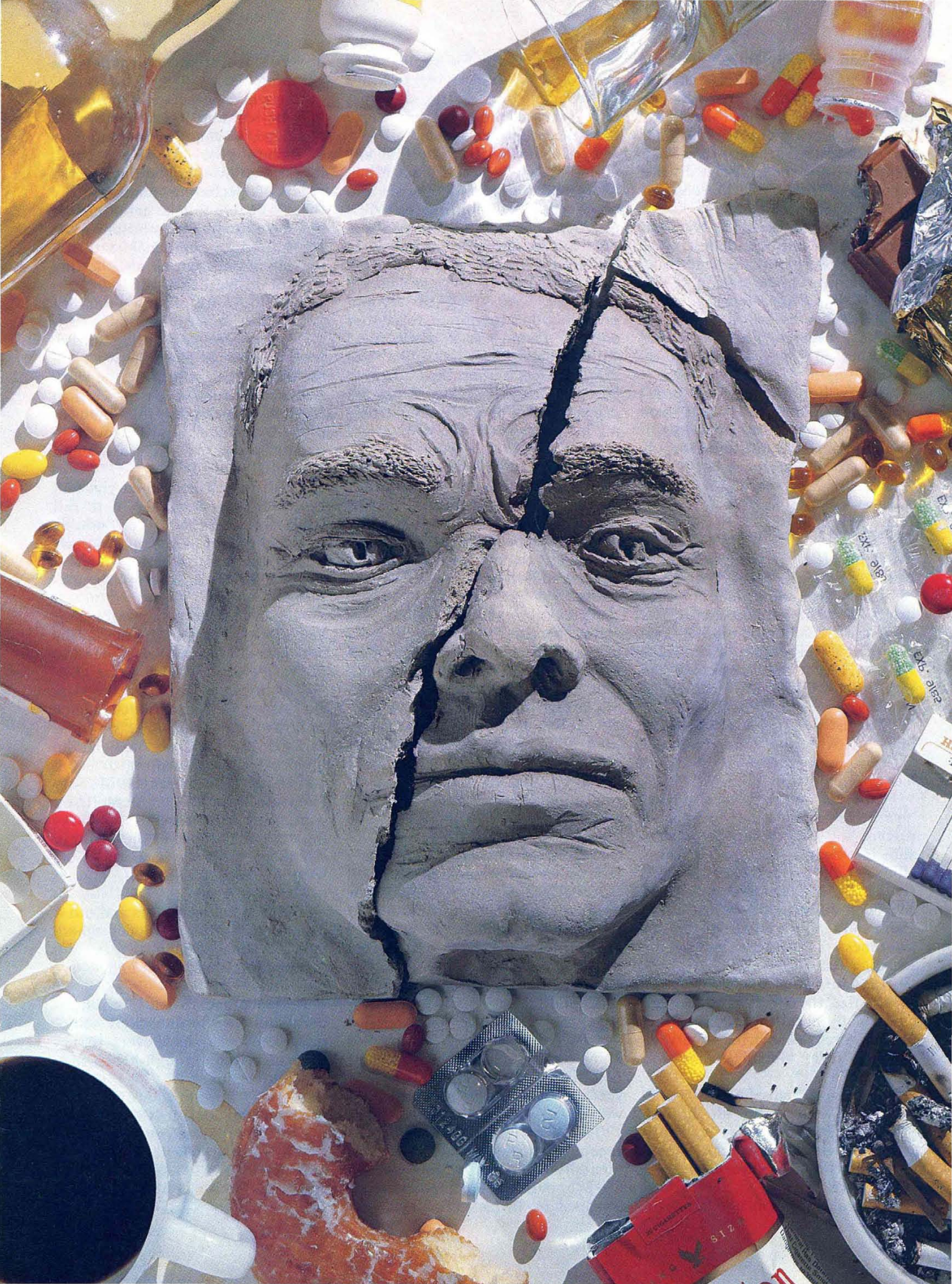
Says health educator Leo R. Van Dolson: "When individuals are repeatedly forced to . . . accept continual change, especially changes involving conflict and uncertainty, an adaptive reaction occurs that draws upon the hormones, causing chemical reactions throughout the body that damage its reserves of energy."

Having too much stress, which Dr. Selye refers to as *hyperstress*, can be destructive to both our physical and emotional well-being. And that is exactly what has happened in many cases in this hectic world. Excessive stress has become a harmful force in people's lives.

Hard Realities

Researchers have isolated stress as a common factor in many cases of disease. Different ailments may attack more readily if a person has faced emergencies or disappointments first.

Stress-related illnesses cost



American industry fully 2 percent of the gross national product. In Britain, 2 percent of gross domestic product is also lost annually. Up to 10 times more workdays are lost to industry through stress than strikes, with coronary heart disease accounting for half the cost of stress-related illnesses.

According to the U.S. National Center for Health Statistics, more than 18 percent of all Americans have definite hypertension. (The term *definite hypertension* refers to a blood pressure higher than 160/95.) Figures are comparable for other highly developed, fast-paced industrial societies.

Clearly defined physical problems are to blame in 5 to 10 percent of the hypertension cases. Most hypertension, however, is related to life-style—how people think, act and care for themselves.

Alcohol and Drug Abuse

Many people are seeking to dull the pain of the 20th-century "disease" of stress by using alcohol and drugs. But the supposed cure has itself created an epidemic. Organizational development consultant Karl Albrecht aptly summarizes today's state of mind in these words:

"The use of mood-altering chemicals in America, and to some extent in other developed countries, has run completely wild.

"Cultures we are pleased to label 'primitive' all without exception reserve the use of tobacco, drugs and intoxicants for special occasions such as celebration and rituals. Only in the so-called advanced cultures do we use these chemically induced altered states of awareness as routine means for escaping reality."

Many turn to alcohol or drugs to anesthetize the stress produced by emotionally upsetting events or situations such as marital quarrels, poverty, fear, loneliness and job tensions.

These individuals fail to realize, however, that using alcohol or drugs to cope with stress only creates further stress, contributing to a vicious and harmful cycle in a person's life.

Using alcohol or drugs is not an

effective measure for coping with pressures. It's like trying to kill a fly by exploding a stick of dynamite—the cure may be even worse than the original problem.

For instance, one important key to coping with stress is relaxation. More and more psychologists and physicians are coming to view occasional recreation not just as a help but as an essential part of a balanced life-style. Relaxing by a change of activity restores us.

People with drug or alcohol problems do attempt to relax, but only by turning to a bottle filled with either alcohol or pills. The drug abuser, rather than learning how to properly relax, relies on drugs to relax him. He is confronting his problems in the wrong way. Here is why.

Drug reliance, which can develop into addiction and cause a host of other related problems, spawns more stress. The drug user becomes trapped in the cycle. He uses drugs to cope with stress, and this use only creates more stress.

Relaxation should, rather, involve exercise, a change of pace, momentarily getting one's mind off whatever is causing the stress (and that by mental choice, not with self-prescribed alcohol or drugs). Alcohol is safely and temperately used only by one who is *already* mentally relaxed. Alcohol should never be used to regularly induce relaxation.

Physical Points to Consider

Since stress involves a person's mental or emotional reaction to external events, any effective program must involve, to one degree or another, a change of mind—a reorienting of life priorities. Besides relaxation, there are other effective measures for reducing the debilitating effects stress can have:

- *Be realistic.* Let's face it: We know we are going to have disappointments in life. None of us can succeed every time at everything we try.

The stressful person often fails to accept this simple fact. He may mentally magnify his problems out of proportion. He becomes so wrapped up in his difficulties, real

or imagined, that he cannot see anything else.

Certainly, a person's problems may be real and serious—a broken marriage, unemployment and lack of money, problems with a child, illness. But dwelling on them to the point of becoming paralyzed by them—unable to take action—does not solve them. The solutions must come through emotional maturity, seeking wise counsel and getting control of one's life.

Complaining about constant hard work, for example, only reinforces the stress. Focusing on the reward obtained from the work, on the other hand, will make the work a source of satisfaction rather than tension. Developing this kind of positive attitude toward stress-producing pressures will ease inner tensions.

Don't be crushed when you fail, because you certainly will fail from time to time. If you indulge in self-pity, you'll not put yourself in any pressure situation again—and you'll never accomplish anything!

A person who increases his or her efforts to master a situation he or she can never control is bound to be frustrated.

For instance, consider the parent whose well-intentioned advice to grown children falls on deaf ears. If the children, now adults themselves, are unwilling to listen and heed, the parent will only frustrate himself or herself by continuing to be assertive and trying to enforce his or her will in situations. It is a case of effort without accomplishment, and it produces stress.

The best course in this and other examples would be to act where possible, but also to realize and accept limitations when and where they exist.

People prone to battle on stubbornly in no-win situations sometimes know they have every reason to change, yet, through habit, they resist alteration.

If we become more goal oriented and look to the ultimate rewards for our efforts, pressures we daily undergo will not seem as difficult to bear. Take control of your life. Realize there are things you can do to make a difference.

This knowledge—this freedom—can be a powerful source of comfort.

• *Manage your time.* Time management is important. It involves making optimum use of the time we have available to do the things that need to be done. Giving priority to tasks to get the most important—and, potentially, most worrisome—things done first, helps.

Managing time wisely to get things done is certainly better than retreating to a drug-induced state of euphoria or forgetfulness. When a drug abuser comes down from his high, the same problems still exist. The same tasks remain undone, and may by then be even more urgent. The person may choose, then, to flee once again to his private, “safe,” drugged world.

The resulting sense of accomplishment from fulfilling responsibilities sensibly can produce its own circle of events—this one positive—encouraging a person to accomplish more.

• *Improve general health.* A healthy, physically fit person can cope with a vast amount of pressure. He is adaptable, positive and generally hopeful. Poor health magnifies the small irritations of life and prolongs a cycle of illness. Consider, in the matter of improving general health, diet, exercise, rest, getting plenty of fresh air and sunshine whenever possible and developing self-control.

• *Incorporate alternatives to stress.* Life is filled with many sources of anxiety and unnecessary stimulation. We can simply choose to avoid some of these areas that induce stress unnecessarily, such as in the entertainment we pursue. When we stimulate our minds with an incessant barrage of loud, dissonant noise, and with themes that center on violence, crime and interpersonal tragedy, we voluntarily induce stress.

It may also be well worth examining our values. Is it worth pursuing some career goal if that pursuit could cost your marriage? While working overtime may be essential for some, in the long run spending time with your children has priority. What amount of money can buy

back time that could have been shared with loved ones?

The Most Important Dimension

These physical techniques help ameliorate physical problems. But to completely eliminate hyperstress involves changing the basic way human nature functions.

The Bible offers the best strategy in relation to stress, emotional maturity and mental health. Here's the only approach that can help us win over excessive stress once and for all!

“Anxiety in the heart of man causes depression, but a good word makes it glad” (Prov. 12:25, Revised Authorized Version throughout, except where noted). What makes a person “glad”—positive, optimistic, have a constructive frame of mind? A constant, positive attitude and approach to life! Helping and encouraging others by your thoughtful words and receiving support from others are important.

“A merry heart does good, like medicine, but a broken spirit dries the bones” (Prov. 17:22). The medicine we need is not a chemical. It is this outgoing, optimistic approach to life and resultant interest in others' needs.

“A tranquil mind gives life to the flesh, but passion [Authorized Version: envy] makes the bones rot” (Prov. 14:30, Revised Standard Version). Do drugs really produce this “tranquil” state of mind—this general, continual attitude of contentment that gives “life to the flesh”—that promotes a successful, happy life? Hardly. As the above Proverbs showed, the Bible is not suggesting chemical solutions to human problems and stress. The answer is in one's basic approach to life.

The Bible reveals that pursuing one's own desires and creature comforts will not make one happy. Jesus Christ summed it up: “It is more blessed to give than to receive” (Acts 20:35).

There it is! Preoccupation with *self* only contributes to the hyperstress that has caused or compounded many of this world's problems.

Resolving hyperstress and its concomitant evils, then, is a matter of changing one's whole life-style

from its general pattern of taking and selfishness to a life-style of giving, of service, of concern for others equal to or greater than concern for self.

Dr. Selye himself, as an endocrinologist, has frequently expressed that hate causes stress and love eliminates it. He asks, “If everyone loved his neighbor as himself, how could there be any war, crime, aggression or even tension among people?”

Dr. Selye has noted one quality that he feels is more needed than any other if one is to cope with life's stresses: gratitude.

Think, in every circumstance, how you can be thankful. Learn to laugh. Above all, avoid hatred and the desire for revenge. Think well of others and try to bring happiness to them.

Psychologist Erich Fromm notes: “Not he who has much is rich, but he who gives much. The hoarder who is anxiously worried about losing something is, psychologically speaking, the poor; impoverished man, regardless of how much he has.”

In comparing the giving, loving person to the selfish person, Dr. Fromm continues: “The selfish person is interested only in himself, wants everything for himself, feels no pleasure in giving, but only in taking. The world outside is looked at only from the standpoint of what he can get out of it.”

But what the selfish person does not realize is that his own selfishness is the root of his troubles. His selfishness “leaves him empty and frustrated. He is necessarily unhappy and anxiously concerned to snatch from life the satisfactions which he blocks himself from attaining.”

In short, if we give instead of take, our own problems and tensions are on the way to being eliminated.

Strange? It shouldn't be.

As we live this way of giving, debilitating stress will diminish—even disappear—from our lives. Then we can, as the apostle Paul put it: “Be anxious for nothing . . . and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Phil. 4:6-7). □

INTERNATIONAL DESK

The World's Children: Liability or Legacy?

An ancient king once wrote: "Children are a heritage from the Lord, the fruit of the womb is His reward" (Ps. 127:3, Revised Authorized Version). But for many nations around the world, children are no longer a blessing. They have become a liability.

One third of all people living on earth today are children under the age of 15. Eighty percent of these children live in the poor and underdeveloped parts of the world.

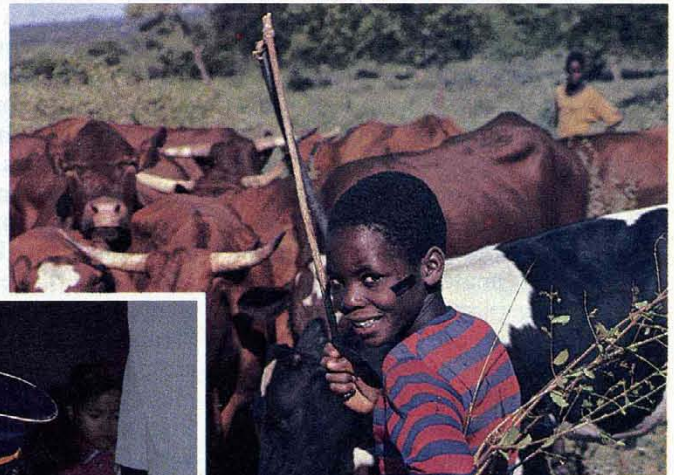
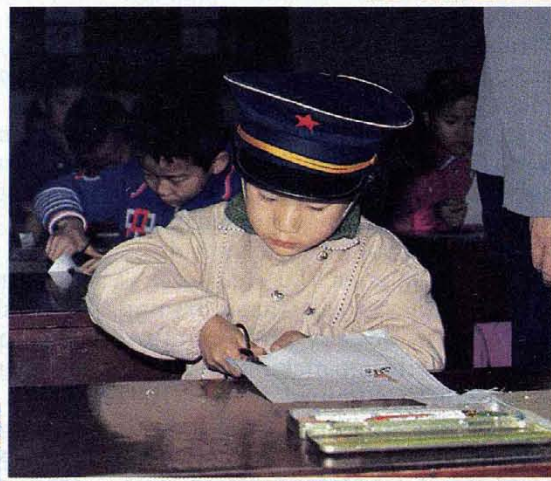
In some countries they make up over half the population. Millions of them live in poverty and squalor, without proper

health care, and without hope. They are growing up sick and illiterate.

One Nation's Approach

Many major nations have embarked on ambitious programs to stem the tide of extra mouths. One of the best known examples is the one-child-per-couple policy in effect in the People's Republic of China.

The Chinese were headed for a catastrophe. Their population doubled just since the Revolution of 1949. To counteract this, the Chinese government decided to attempt to restrict all couples to only one child. Parents who agree to restrict their families receive certain economic benefits. Parents who have larger families are penalized by fines and lack of certain privileges. Although this may seem heartless, the Chinese point out that those who cooperate with the one-child program should not have to bear the



cost of other families' extra mouths.

Reports indicate that the policy will stabilize China's population by the year 2000. But even now with the comparatively modest birthrate of 1.2 percent, China adds the equivalent of Australia's population each year.

Such a massive social experiment has not been without cost. Millions of Chinese mothers, many in the later stages of pregnancy, have had abortions. There are also disturbing reports of infanticide of girls. Chinese tradition values *sons*, and many have taken drastic steps to ensure that their one permitted child is male. It is hard to prove, but the Chinese do admit that in some rural areas there seems to be a disproportionate amount of male births *reported*.

China's government is conducting widespread campaigns to educate their people about the value of their daughters as well as their sons. But tradition dies hard. Nobody likes this situation, and the Chinese have promised to relax the one-child policy as soon as it is practical to do so. But at present the only alternative would mean millions of children facing a life of poverty, potential illiteracy and the ever-present threat of starvation.

In answer to their critics, Chinese point to other nations with top heavy populations, whose governments do not exert the discipline that the People's Republic of China can exert on its people. Many of these nations are on a collision course with disaster.

Effects of Overpopulation

In Asia today hundreds of thousands of children go blind every year because of eye diseases that would take only a few cents worth of vitamin A to correct. A few more pennies would provide the vitamin D and calcium that would stop the deformed and twisted limbs caused by rickets.

Millions die of easily cured and even more

easily prevented diseases—because they have no access to even minimal health care.

Some weeks ago I was driven through the slum areas just outside the modern city of Nairobi, capital of Kenya. On a hillside covered with squalid shacks, hundreds of children played amidst piles of rubbish.

Kenya has the world's highest birthrate, and must urgently find a solution to its growing population of children. Dozens of these children swarmed around our car. These cheerful, playful children had no idea that they were surplus or that they had been born into a world that may have no place for them.

They face a desperate future. There are not enough places for them to go to school—and insufficient jobs for those that do somehow get an education. They are, as humans view it, a liability for their already hard pressed nation.

In the slums of Calcutta, one can sometimes hear a piteous sound coming from the mounds of garbage and trash that line the streets of that desperately overcrowded city. Sometimes it is an abandoned kitten. Sometimes it is a newborn baby abandoned in its first hours of life by parents who knew they could not care for it.

Some of these babies are discovered and are blessed to be taken to the orphanage. The tiny, fragile scraps of humanity are lovingly cared for by those who struggle in the orphanage to preserve each infant's spark of life. Sometimes they succeed and they continue to care for the children during their first years of life. And then? "We must let them go



Left to right—Children of Iran, China, Zimbabwe, Peru, Scotland, Northwest Territories—Canada, and Spain

LEFT TO RIGHT: PURCELL—PHOTOBANK; HALFORD—PT. PARSONS—PHOTOBANK; FOUR BY EYE; SMITH—PT.

back to the streets they came from," I was told sorrowfully. "There are always other children we must save. We wish it were not that way."

We all wish it were not that way.

We all love to see healthy, cute, cheerful little children. We ache to see them with their skin drawn tight over their bones, their eyes dulled with suffering, their bellies distended, and their bodies prematurely aged through disease and malnutrition. Significant sums of money are given every year by wealthier countries to help the poorer nations care for their children. But it is only scratching the surface. We are trapped in a system where more children are born than can be cared for. Is there no way out of it? Must it be this way?

We Must Choose

When God created this earth, he said that it was "very good" (Gen. 1:31). He told the first humans to "be fruitful and multiply, and replenish the earth" (verse 28).

Did God know what he was asking? Didn't he foresee that 6,000 years later the human race would run out of room and food so that they would have to figure out how to be unfruitful and stop multiplying?

God set before the first humans, Adam and Eve, a choice of two ways of life; one would lead to happiness, prosperity and abundance—the other would lead most surely to misery and death. This choice was symbolized by two trees that stood in the garden of Eden. Adam and Eve, tempted by Satan, chose the wrong tree, the tree that symbolized the knowledge of good and evil. God had forbidden them to touch it.

Satan convinced them that God had not told them the truth, and that he was deliberately holding back important information from them.

By making the decision to disobey, our first parents showed that they thought they knew better than God. They chose their own way of life, and they reaped the consequences. Even their first son, Cain, became a liability.

Without the knowledge that could only come from God, man has continued to blunder around in ignorance for nearly 6,000 years. Humans have chosen to live the way of greed and selfishness. We have lost the knowledge of how to replenish the earth.

This earth *could* produce enough food to feed double and *triple* the present population. In fact, it already does. But because of our greed and selfishness, which have made it impossible for nations to work together and share their resources, millions still starve. Through ignorance and mismanagement of agriculture, large areas of the earth's surface have become arid and uninhabitable. Wars take more land out of productivity. Cut off from true education, whole populations lack even a simple knowledge of basic health that could drastically improve their standard of living almost overnight.

The Solution Revealed

This magazine acquaints its readers with good news

for the whole world, beyond the capacity of human governments to achieve. That good news is the real message of the gospel of Jesus Christ—that he will soon be directed to return and restore the government of God to this earth.

When God's way of life is restored, starvation, ignorance, illiteracy and poverty will belong firmly in the past. Children will continue to be born after Christ returns to bring the world peace, but no longer will they grow up in misery. That is good news.

There is even better news. What about the millions of children that have died so far? What about the child that has died of starvation somewhere on earth even while you have been reading this sentence? What will become of him or her?

In prophecies that have been for too long misunderstood, God has announced in advance the resurrection of all who have ever lived. His goal is, as it has always been, that mankind should live for eternity with him as the family of God.

In the book of Revelation the apostle John foresaw a time, little more than a thousand years from now, when the dead, "great and *small*," standing before the throne of God, will have been given a future opportunity—or to be more accurate we should say will have been given their *first* opportunity—to live a life according to the law of God (Rev. 20:12). Many other scriptures show this time of resurrection for those who lived in the past. For a full and complete explanation, why not write for the free booklet entitled *Is This the Only Day of Salvation?*

Millions of children who lived and died in misery are going to live again. The God who gives life will give them their lives back. They will be given the chance to live again and develop to the full their human potential, which this evil world did not allow. That, for millions of bereaved parents today, is the best of the "good news" that Jesus Christ brought to earth.

Many children today are, tragically, a liability and a drain on their country's scant resources. But one day they will live again, in a world governed by the rule and law of God—a world that can support them, a world that appreciates their worth.

That is no excuse for bringing more children now into situations where they can only know wretchedness and misery. In many parts of this sad world, cut off from the revealed knowledge of God, a form of national population control is the only sensible alternative humans know. We should not want more children now if we cannot take care of those that we already have. But that does not mean that every method of population control is good. Some are certainly wrong. Wise family planning excludes abortion and infanticide!

Countless millions of children are already a liability. But that isn't their fault. Thank God that those who are such a liability now will yet become a legacy for the future.

—John Halford

Overlooked In-Between Years

Why should child rearing be the most misunderstood issue facing parents today? We pick up the story, in this installment, with the preadolescent or early school years.

THE preschool years are crucial in a child's development. So are the earlier school-age years—roughly ages 6 to 12. These are the preadolescent years, just before the stressful time of puberty when a child begins his or her transition from childhood to adulthood.

The preadolescent years lay the foundation for the teen years. It is an important time that in large measure determines the course for subsequent years.

At this age, children are still young and pliable. You, the parent, will at this time set them on the road to either success or failure. When children become teenagers, it will be much more difficult to alter already established patterns of behavior. By instilling right habits in your children *before* they become teenagers and young adults, you will make it easier on them—and on yourself—later on.

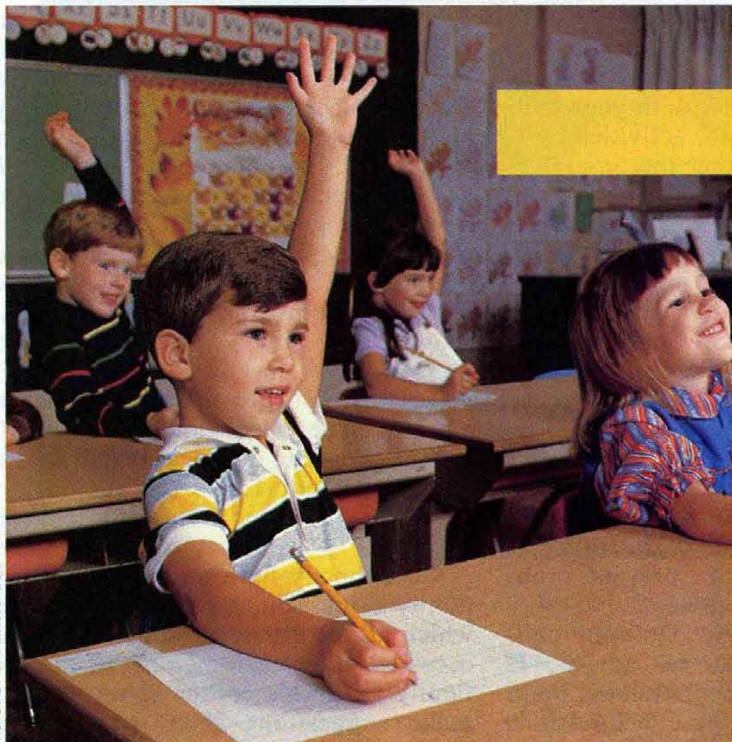
It's Never Too Late to Start

If you have neglected your child-rearing responsibilities up to this point, **NOW IS ABSOLUTELY THE TIME TO START!** Your responsibility has become a serious one.

The general principles of child rearing that have already been covered in previous installments are, of course, valid throughout your child's development. Reread them and spend some time considering how they can be applied to your preadolescent. Remember—to

how these principles can be specifically tailored to this age group. We will examine the areas of communication, general education, sex education and character morals.

Possibly the most important aspect of child rearing at this or any age is proper communication.



PHOTOS BY G.A. BELLUCHE, JR.—PT

Help establish right attitudes about school. Show enthusiasm over homework and school achievements.

work, these principles must be applied consistently!

In this installment we focus on selected areas of concern in preadolescent child rearing and show

The need for effective communication cannot be overemphasized!

“No one listens.” “No one understands.” “No one cares.” These are the prevalent feelings of

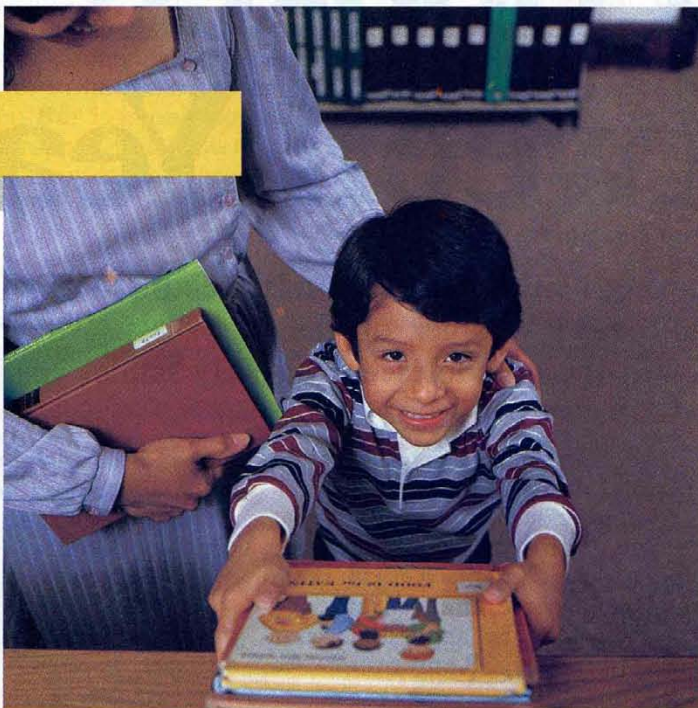
most children and teenagers today. And such attitudes can be a great barrier to a parent's child-rearing efforts.

Parents must foster an atmosphere of openness and approachability. Children must not be made

ing. Be fair. Let them know that they can always come to you, even if they've done something wrong. Soon your children will want to take you into their confidence and share their problems, joys and sorrows.

Get to *know* your child at this age. If a pattern of open communication is established in these years, you'll be on a much better footing when the teen years arrive. Don't let a generation gap develop in your family. Close that gap by *communicating* with your children!

Instill in your children a love of books and reading. Help them select interesting and informative books.



to feel afraid to come to you as a parent.

Establish contact with your children. Don't let job, activities, selfish interests or other matters interfere with this need. This is too often neglected—with disastrous consequences!

Communication must be two-way. Parents usually communicate *to* their children, but not *with* them. Your children have their own ideas, dreams, plans and goals. Some are right. Some are wrong, or inadvisable. If your children develop the habit of coming to you with their thoughts, you will be able to direct and advise them in their thinking, and often prevent problems before they arise.

Answer honestly: Do your children come to you for advice? If not, you need to begin talking more with them. Ask them questions about school, their friends, their interests, problems they might be having. Not in a prying manner, but in an attitude of genuine interest and concern. Show them that you are interested. Be understand-

Do you really *listen* to your children's viewpoints? Don't automatically close your mind to their views. Youngsters won't always agree with parents about what's best for them, but if you give them a fair hearing and genuinely consider their views, they will realize that you have been fair.

Help them understand why something is either wrong or inadvisable. Don't just say "No!" and leave it at that. Provide instruction and guidance. Take time to *teach*. If they choose to do what is inadvisable, let them learn the lesson. Don't rub it in by saying, "I told you so."

Occasionally have an evening of family discussion, a round-table in which all are involved. On such an occasion, allow each member of the family to air his or her views and make suggestions about possible change that might need to be made in various areas of family life. This will be an excellent time to get to know your children and how they are thinking—and for your children to get to know *you*.

Educating the Whole Person

One of the most tragic developments of our time has been a rather general declining quality of education.

The foundation for educational success is built in the elementary years—and before. If proper attention and guidance are given in the early years, those years that follow will be much more productive and rewarding.

Instill a desire for education in your child. Help establish right attitudes about school. Show enthusiasm over his homework and school accomplishments. Be concerned and interested in your child's progress—and *show it*.

Establish a dialogue with his teacher. Discuss his progress periodically. Listen to the teacher and take the instruction to heart. If there are problem subjects requiring additional attention, help your child in these areas. Don't allow your child to simply coast through school, doing just enough to get by. Be actively concerned. It will pay off handsomely in so many ways.

Remember, too, that your child's education doesn't begin and end with the school day. Education is an ongoing process. It takes place throughout one's waking hours. There are many ways of fostering this continuous learning process. One of the important roles of a parent is that of *teacher!*

Instill in your children a love of books and reading. Take them occasionally to your public library. Help them select interesting and informative books on a wide range of subjects. Go through these books with them, as time allows.

Create an atmosphere of dynamic interest in the huge world around us. Encourage them to want to know more about it—about its people, places, wildlife, history and so on. Read *with* them. Set an example by letting them see you reading.

Television can also be an effective tool for education, if used wisely. Supervised viewing of educational and informative programs can add a visual dimension to learning and stimulate additional interest and understanding. Be careful not to allow indiscriminate use of the set. There is nothing wrong with occasional viewing for entertainment, as long as wrong influences are guarded against by proper supervision. Point out wrong values and actions on television. Discuss what is going on in the show. Remember, television is a privilege, not a right.

Family trips can also be a valuable method of education. Take your children to museums if any are accessible. Museums hold a great fascination for young people. Planetariums are also of great interest to children. They can open wide vistas of interest in the universe and the world in which we live. Trips to historical sites or natural points of interest can also provide valuable learning experiences. Such experiences at an early age leave lasting impressions. Your children want and need family activities of this nature.

The more a child knows, the more he or she will want to know. Helping to develop an inquiring mind in your child is one of the most important efforts you can make during preadolescent years.

Sex Education

During the preadolescent period, questions about sex inevitably arise. Children at this age want to know the simple answers to their questions—and they *will* find out—one way or the other!

Parents often don't know how to go about telling their children the facts of life. They become tongue-tied and embarrassed when confronted with their children's sexual questions. They become uncomfortable and uneasy. They grope for words or they change the subject. Most children are thus left to pick it up on their own, to put two and two together for themselves. More often than not, they pick it up in the proverbial gutter, usually from classmates in the form of dirty jokes or magazines.

Don't allow this to happen to

your child! You should have begun teaching your child in the preschool years about birth, the nursing of babies and sex when he is young, before he hears it from misinformed sources. Educate your child in stages about birth and sex as early as possible, before other influences come to bear. Do not allow other children to play the role of sex educator for your child!

How should you proceed? First, make sure you are sufficiently versed on the subject to be able to provide simple, but correct and accurate answers to their questions. It is often surprising how much parents don't know about their bodies and the reproductive process!

Create an atmosphere of open communication. Candidly and openly answer according to a child's level of understanding. Don't worry that children will be embarrassed or frightened by explicit answers, thoughtfully presented. The embarrassment and

develop because of outside influences.

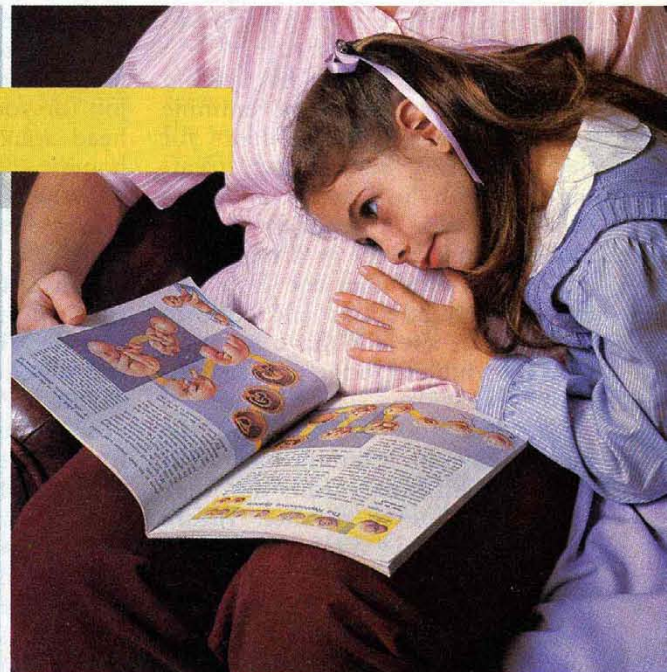
Be careful not to associate human sexuality with feelings of guilt or shame. Let your children know that sex is sacred and wholesome. Don't convey—consciously or unconsciously—a negative view of the opposite sex. Regardless of your own innermost feelings, don't create wrong attitudes in your child. Attitudes acquired early in life tend to be retained. Impart the right kind of wholesome, responsible Bible-based attitudes about sex to your children.

A few books, carefully chosen, can also be helpful. Go through a simple book about sex with your children. Photographs of the human body and explicit diagrams can often help clarify what words sometimes fail to convey.

Why not also request our free book *The Missing Dimension in Sex* for this information?

There has been much controversy

Teach your children about birth, babies and sex before they hear it from misinformed sources.



apprehension are usually only on the part of the parent!

And don't wait until your children ask about sex. Almost all want to know, but some are too shy to ask. If they don't inquire, don't assume they have no interest or are not old enough to deal with the subject. Take the initiative and teach them when they are young, before wrong attitudes

in recent decades about sex education in public schools. If sex information is imparted first in the home, the negative aspects (if any) of the school's presentation can be overruled. When your child's teacher covers human sexuality in class, your child will be able to take that information and view it through eyes that have already been trained to discern good and

bad according to the Bible's value system.

Remember, too, that a large portion of your child's understanding of sex and love in marriage will come from their viewing the relationship between you and your spouse. If you are unaffectionate with your spouse—if your child never sees you hug, kiss or hold hands with each other—chances are that he or she will grow up to be an undemonstrative and unaffectionate adult. Set the right example! A levelheaded approach to sex from the early years will produce an adult able to handle his or her sexuality wisely and responsibly.

The preadolescent years are also a time when attention must be given to developing right attitudes about being a boy or girl, attitudes that will carry over into adulthood.

Possibly the most important aspect of such teaching is strong example. Young people want and need someone to copy. If parents are setting the right examples of masculinity and femininity, most of the battle is already won.

If a father treats his young daughter with respect as a feminine young woman—opening doors for her, respecting her privacy, treating her with love and kindness—this is the type of behavior she will look for and expect in a man later on. If her father does not show love and fatherly affection and concern toward her, she will have no standard by which to judge proper masculine behavior.

Mothers, too, must exhibit the proper kind of feminine character traits to their sons—traits that they would like to see in their future daughters-in-law. Young men are often drawn to women who remind them of their mothers whom they dearly loved and admired. As the song from yesteryear observes: "I want a girl, just like the girl, that married dear old dad." If a mother fails to set a proper feminine example, her son may later have difficulty in evaluating and choosing a suitable mate.

In single-parent families, it is important that the children—regardless of their sex—be exposed to adults representing the sex of the missing parent, adults who can set a right example of masculinity or

femininity to the children. Such adults can be relatives, friends, co-workers, neighbors. Single parents must not neglect this important aspect of their child-rearing responsibilities.

A girl needs to understand what she is and her potential as a woman. She has to be taught to exhibit those characteristics that make for true femininity—characteristics such as virtue, industry, outgoing concern for others, generosity, understanding, helpfulness. She should be taught how to conduct herself in all situations as a lady.

Instruction in etiquette and manners is essential. If slovenly conduct and deportment are allowed to flourish in these early years, it will be difficult to break those bad habits later on. *Begin early* to set right standards! Work now to mold your daughter into a woman of personal-ity and charm.

Practical skills such as cooking, sewing and cleaning can also be taught beginning in these early school-age years. Do not wait until the high school years, or hope that home economics classes will do the job for you. Give your daughters a head start by early instruction at home.

Proper grooming habits should also be established at this age. Mothers should take time to instruct their daughters in hair care, proper dress and personal hygiene. The habits of proper diet and a regular program of exercise should be stressed in these early years. Your children will thank you for it later.

Your daughters are the wives and mothers of tomorrow. They will be the examples for your grandchildren. Be diligent to give them—and future generations—the right start!

Boys must understand that the purpose of being a boy is to become a *man*. Today, one finds far too many teenage boys and young men who are out-of-condition weaklings—sallow-faced, sunken-chested and wimpish. This should not be.

Boys should be motivated and taught to develop courage and strength, to be fit physically. They should be encouraged, as should girls, to take an active part in sports

and athletic programs to get in shape and stay that way. Basketball, tennis, soccer, softball, volleyball, swimming, jogging—the possibilities are endless. Such physical activity will develop strength and coordination and stimulate mental agility.

Boys should also be provided with chances to work. They should be taught to work *diligently* and *conscientiously* at whatever job they are given and to enjoy it. Hard work is a trait that has been rapidly on the decline among young people—but one that is an essential for later success as an adult.

Boys should also be trained in proper etiquette and grooming. Manners and a clean-cut appearance are essential. Mothers should help their sons develop good habits of neatness and cleanliness. If a mother constantly picks up after her son, he will not learn the habit of personal cleanliness. Encourage in him the habit of hanging up his own clothing, of keeping his own room neat.

Both boys and girls should be given chances to develop an appreciation for good music. Music today is a big part of every child's life. Children should be encouraged to develop their musical abilities, vocal and instrumental.

Finally, it is helpful to supplement parental example with biblical examples. Read to your children examples of real men and women from the Bible. Discuss with them why these men and women were examples of true masculinity and femininity. And read also the bad examples, explaining why those men and women failed.

Developing Character and Morals

The home is an essential element in the instilling of right character and morals. You can have a profound effect on how your children will conduct their lives after they leave home.

Children want guidelines. Most young children earnestly desire help from their parents. It gives them a sense of security. They know you are concerned for them if you give them guidelines. Let children know how you expect them to behave. Give them clear standards of conduct.

When it comes to instilling character and morals, realize again that example is of paramount importance. Your actions speak louder than your words. Do you lie, cheat, swear, follow a double standard, gossip, complain, criticize? Your children see it! How can a parent expect to be credible to his children if he does not follow his own advice?

Other forces, however, are also trying to shape your children's character. Television, radio, music—these are powerful influences. Any potential wrong effects of these forces need to be offset. It will take time and effort to successfully do battle with them when necessary. But it is worth it.

Teach your children to respect you, their teachers, their elders, the laws of the land and the rights of others. Be sure, too, that you are personally living your life in such a manner to deserve their respect and honor.

Develop within your child the belief and practice of proper values. Explain the positive and negative results of right or wrong actions, in language your child will understand. Vividly paint the picture. Explain the bad results of smoking, lying, drug use, too much television, degrading music, the wrong kind of friends, laziness, self-pity and irresponsibility. Help him realize why certain actions and conduct are wrong and harmful.

Parents should teach their children that there are absolute, living, spiritual laws that govern all life, and that these laws exact penalties if they are broken. Teach your children obedience to God and his laws. Teach them the Ten Commandments. Explain how they apply to everyday life, to situations your children encounter in their day-to-day existence. These great laws of life summarize the way of giving, the way of outgoing concern to fellowman and of honor to God.

Bible study should be a part of every family's schedule. Understand the principles you have been teaching your children with examples from the Bible. Show them examples of right behavior, explain why this behavior pleased God, and point out the blessings that came from such behavior. Also illustrate

the consequences of wrong behavior by scriptural examples.

As a parent, you must be alert to the times. Don't live in a dream world. Don't assume things are the same as when you were a child. This is a fast-changing world, a much different world than when you were young. Children have a natural desire to conform, to do what their peers are doing.

As a parent, you must be informed about today's youths and their concerns and preoccupations. Talk to your child; talk to other parents; talk to teachers; read newspapers and magazines. Keep your fingers on the pulse of the world. If you fail to understand the influences bombarding your child, you may be helpless to counter them.

Watch for wrong attitudes in your children. Be on guard against attitudes of anger, selfishness, dishonesty and rebellion. Inquire why your children feel the way they do. Guide them to understand why any such attitudes are harmful to themselves and to others. Instruct them in the proper responses to situations, and why such responses work for the best in the long run.

In the same vein, encourage the right attitudes of love, giving, sharing, understanding, obedience and forgiveness. Show your pleasure and appreciation when they act responsibly.

Of course, it will at times be necessary to discipline wrong conduct. When such occasions arise, act with wisdom, love, compassion, mercy—and with firmness. Be strict in things that are wrong. Don't be a permissive parent. Correct in a firm yet loving manner. Help them understand why their actions were wrong, and why discipline is necessary.

Exercise the proper judgment in deciding what type of correction to administer. Proper corporal punishment is an effective tool of correction at this age, but should not be the only method used. Often a simple predetermined denial of privileges for a period of time can be an effective form of discipline for the removal of bad habits. When physical correction is administered, remember that it should *never* cause injury to the child.

Child beating causes permanent physical and—even more importantly—emotional damage to a child.

Any correction should fit the infraction. Use wisdom in correction. Bear in mind that children are not adults and should not be expected to act completely like adults when they are young. Be realistic. Don't overreact or overcorrect. Strive for the proper balance. Discipline in love, not in anger. If you are emotionally out of control, wait to cool down before administering correction. Don't let your emotions cloud your judgment.

Remember, too, that mercy can sometimes be as effective in teaching the lesson as administering actual discipline. The display of a forgiving attitude on the part of the parent ("I'm not going to punish you *this* time, but . . .") will impress your children with your fairness if they did not fully understand the problem. And even when proper corporal punishment is administered, never harbor a lingering grudge against them. Let them know that you corrected for their own good, and that the matter is now over. Give them a chance for an immediate change of heart or action.

Also, it is important to reward good conduct. Positive reinforcement for right action is as effective a teacher as discipline for wrongdoing. Praise your children when the situation calls for it. Comment on your pleasure at seeing their right conduct. Commend them for their helpfulness and consideration. Such rewards will lend powerful support to your teaching that right conduct brings happiness and harmony. Praise does work wonders.

In summary, remember that your preadolescent children are young and full of energy. They are inquisitive, impressionable and pliable. Establish contact with them. And help them to establish contact with God and he will help them.

Get to really know your children and understand them. Be interested and concerned. Be encouraging. Lay a firm foundation in these crucial years. Your efforts now will pay eternal dividends!

Our next installment covers the teen years. □

FAMINE

(Continued from page 4)

amounted to 15 percent of the world supply). The fact that the blight did not start in the heart of the corn belt saved the crop from disaster, since virtually the entire corn crop was vulnerable.

Nearly all the corn grown in the United States is based on three genetic varieties, or races, Dr. Goodman emphasizes. Yet there are 250 known varieties in the world.

Americans once again, in 1984, saw the vulnerability of major crops with the outbreak of citrus canker in the Florida orange groves.

Genetic diversity, explains another NCSU professor, Dr. Gene Namkoong, is nature's barrier against crop epidemics. But because crops of uniform size, shape, color and texture are more efficient to process in modern agribusiness, more uniform crops are being produced worldwide. In addition, crops producing higher yields are in much demand.

The result is greater genetic uniformity—and greater susceptibility to pests, crop diseases, and adverse weather conditions. Adds Dr. Goodman, as reported in *The Journal of North Carolina State University*:

"At one time, crop rotation formed geographical barriers to crop epidemics, but in modern agribusiness, single crops are grown in dense fields stretching across entire states. There's nothing to stop disease from spreading."

Plant geneticists, according to Professor Namkoong, are "running to stay in the same place," in order to develop new disease-resistant varieties of major crops. To keep a step ahead of the pest and disease threats, researchers must have access to so-called primitive varieties, usually located in Third World nations.

These local cultivars are necessary to maintain the inventories of national "seed banks" such as the one maintained by the U.S. Department of Agriculture in Fort Collins, Colorado. Americans might be shocked to learn that not one major food or fiber plant presently grown in the United States is native to its soil!

The major crisis now confronting

geneticists is the steady disappearance of native varieties in the world. Reports the November 1982 issue of *Environment* magazine in an article written by Walt Reichert:

"This germ plasm pool is dwindling in the United States and abroad. In America, the economics of modern agriculture have forced out the subsistence farmer who once relied upon breeds of plants and animals that were local in origin and adaptation. These have been replaced by the widespread



Germination tests are periodically made on seeds representing 100,000 varieties of plants at the National Seed Storage Laboratory in Fort Collins, Colorado.

monocultures of the big-business agriculturalist.

"At the same time, export of the American-financed 'green revolution,' with its phenomenally productive rice, wheat and corn hybrids, has decreased the use of local species by farmers around the world—driving to extinction thousands of the parent stock of modern agriculture."

It is not necessary merely to maintain native varieties in seed banks but to have continued access to them in the wild. In their native habitats, the wild varieties constantly adjust to the threats placed upon them, in a state of dynamic relationship to the natural environment.

For this reason, plant researchers are especially wary of political disruptions in the largely Third World nations that are the source of so much of their native stocks.

Ironically, Ethiopia has long been a major source of genetic diversity for many temperate zone crops. For example, an Ethiopian strain protects California barley from the devastating yellow dwarf disease.

Not long ago the Ethiopian government stopped the export of germ plasm in any form or variety.

Experts predict that Third World countries, who often complain of having to pay stiff prices for new varieties developed in the West based upon their old germ stocks, will be demanding more control over their genetic resources, much as Arab states have done since 1974 over oil.

Nearly everywhere, the shrinking gene pool is causing concern. Not only grains, but vegetables such as green beans and canning peas now rest on a very narrow genetic base. According to Dr. Erna Bennett, formerly of the Food and Agriculture Organization in Rome, all major crops in Europe depend upon five to 10 varieties.

Dr. Bennett told the *The Plain Truth* in 1973 that unless genetic deterioration is arrested, humanity faces the prospect of "continent-wide famines" in the not-too-distant future!

Scientists believe they have a solution to the shrinking gene pool crisis: gene splicing, or "recombinant DNA." This involves the splicing of disease-resistant strains from one variety onto another, possibly even across species barriers.

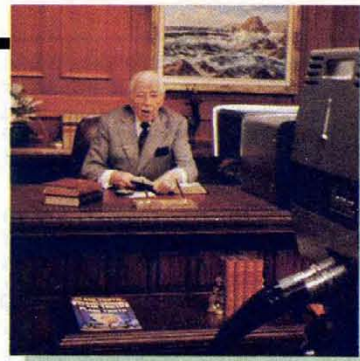
But experts predict it will be many years before major practical impacts will be experienced in agriculture. In the meantime, more valuable genetic resources will vanish. The fact is, gene splicing is another attempt to treat the effect, not the cause, of the worldwide breakdown in natural, traditional methods in agriculture.

Worldwide plant epidemics are coming. As Professor Namkoong predicted: "Once you lose your genetic base, you can't recapture it. Major famines are inevitable, even with zero population growth, within 50 years."

What is so evident today in East Africa is destined to become a worldwide phenomenon before the "end of the age" of human misrule. □

"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

WBMG, Birmingham — 42, 10:30 a.m., Sun.
WBRC, Birmingham — 6, 6:30 a.m., Sun.
WTVY, Dothan — 4, 7:00 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, 12:00 midnight, 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.
KYEL, Yuma — 13, 8:30 a.m., Sun.

ARKANSAS

KTVE, El Dorado — 10, 7:00 a.m., Sun.
KTVP, Fayetteville — 29, 10:30 a.m., Sun.
KPOM, Ft. Smith — 24, 9:00 a.m., Sun.
KAIT, Jonesboro — 8, 10:00 a.m., Sun.
KATV, Little Rock — 7, 9:30 a.m., Sun.

CALIFORNIA

KBAK, Bakersfield — 29, 9:00 a.m., Sun.
KIEM, Eureka — 3, 9:00 a.m., Sun.
KJEO, Fresno — 47, 7:30 a.m., Sun.
KCOP, Los Angeles — 13, 12:00 midnight, Sun.
KHJ, Los Angeles — 9, 10:00 p.m., Sun.
KTTV, Los Angeles — 11, 7:00 a.m., Sun.
KTVU, Oakland — 2, 8:00 a.m., Sat.
KESQ, Palm Springs — 42, 10:30 a.m., Sun.
KRCR, Redding — 7, 7:30 a.m., Sun.
KQVR, Sacramento — 13, 7:30 a.m., Sun.
KRBK, Sacramento — 31, 7:30 a.m., Sat.
KSBW, Salinas — 8, 7:30 a.m., Sun.
KCST, San Diego — 39, 7:30 a.m., Sun.
KBHK, San Francisco — 44, 11:30 p.m., Sun.
KRON, San Francisco — 4, 7:00 a.m., Sun.
KSBY, San Luis Obispo — 6, 8:30 a.m., Sun.

COLORADO

KRDO, Colorado Springs — 13, 10:30 a.m., Sun.
KWGN, Denver — 2, 7:00 a.m., Sat.

KUSA, Denver — 9, 7:30 a.m., Sun.
KTVS, Sterling — 3, 10:00 a.m., Sun.

CONNECTICUT

WTXX, Waterbury — 20, 7:30 a.m., Sun.

DISTRICT OF COLUMBIA

WDVM, Washington — 9, 7:00 a.m., Sun.

FLORIDA

WBBH, Ft. Myers — 20, 9:30 a.m., Sun.
WTVX, Ft. Pierce — 34, 7:00 a.m., Sun.
WCJB, Gainesville — 20, 7:00 a.m., Sun.
WTLV, Jacksonville — 12, 9:30 a.m., Sun.
WCIX, Miami — 6, 9:30 a.m., Sat.
WTVJ, Miami — 4, 7:00 a.m., Sun.
WJHG, Panama City — 7, 7:30 a.m., Sun.
WEAR, Pensacola — 3, 11:30 a.m., Sun.
WXLT, Sarasota — 40, 7:00 a.m., Sun.
WCTV, Tallahassee — 6, 12:00 noon, Sun.
WXFL, Tampa — 8, 9:00 a.m., Sun.
WPEC, W. Palm Beach — 12, 9:30 a.m., Sun.
WESH, Winter Park — 2, 9:00 a.m., Sun.

GEORGIA

WTSG, Albany — 31, 8:00 a.m., Sun.
WGNX, Atlanta — 46, 7:00 a.m., Sat.
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.
WGXA, Macon — 24, 11:30 a.m., Sun.
WTOC, Savannah — 11, 10:30 a.m., Sun.
WVGA, Valdosta — 44, 10:30 a.m., Sun.

HAWAII

KHNL, Honolulu — 13, 9:30 a.m., Sun.

IDAHO

KBCI, Boise — 2, 9:00 a.m., Sun.
KPVI, Pocatello — 6, 7:30 a.m., Sun.

ILLINOIS

WICD, Champaign — 15, 6:30 a.m., Sun.
WCIU, Chicago — 26, 10:30 p.m., Sat.
WGN, Chicago — 9, 7:30 a.m., Sat.
WSIL, Harrisburg — 3, 9:30 a.m., Sun.
WQAD, Moline — 8, 8:30 a.m., Sun.
WMBD, Peoria — 31, 10:30 a.m., Sun.
KHQA, Quincy — 7, 8:30 a.m., Sun.
WTVQ, Rockford — 17, 9:00 a.m., Sun.
WICS, Springfield — 20, 6:30 a.m., Sun.

INDIANA

WTVW, Evansville — 7, 7:30 a.m., Sun.
WKJG, Ft. Wayne — 33, 9:30 a.m., Sun.
WRTV, Indianapolis — 6, 7:30 a.m., Sun.
WTHR, Indianapolis — 13, 8:30 a.m., Sun.

WWSB, South Bend — 22, 10:00 a.m., Sun.
WTVW, Terre Haute — 2, 10:30 a.m., Sun.

IOWA

WOL, Des Moines — 5, 10:00 a.m., Sun.
KIMT, Mason City — 3, 10:00 a.m., Sun.
KTVO, Ottumwa — 3, 10:00 a.m., Sun.
KTIV, Sioux City — 4, 7:00 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.
KSNT, Topeka — 27, 10:30 a.m., Sun.
KAKE, Wichita — 10, 10:00 a.m., Sun.

KENTUCKY

WBKO, Bowling Green — 13, 10:30 a.m., Sun.
WLEX, Lexington — 18, 9:30 a.m., Sun.
WAVE, Louisville — 3, 9:30 a.m., Sun.

LOUISIANA

KLAX, Alexandria — 31, 9:30 a.m., Sun.
WAFB, Baton Rouge — 9, 11:30 p.m., Sat.
KATC, Lafayette — 3, 8:30 a.m., Sun.
WGNO, New Orleans — 26, 7:30 a.m., Sat.
WVUE, New Orleans — 8, 9:00 a.m., Sun.
WWL, New Orleans — 4, 7:00 a.m., Sun.
KTBS, Shreveport — 3, 8:30 a.m., Sun.

MAINE

WVIL, Bangor — 7, 9:00 a.m., Sun.
WMTW, Poland Spring — 8, 9:00 a.m., Sun.
WAGM, Presque Isle — 8, 9:00 a.m., Sun.

MARYLAND

WBFF, Baltimore — 45, 10:30 a.m., Sun.
WHAG, Hagerstown — 25, 7:30 a.m., Sat.
WMDT, Salisbury — 47, 11:00 a.m., Sun.

MASSACHUSETTS

WSBK, Boston — 38, 9:00 a.m., Sun.
WLNE, New Bedford — 6, 7:30 a.m., Sun.
WGGB, Springfield — 40, 9:00 a.m., Sun.

MICHIGAN

WUHQ, Battle Creek — 41, 11:30 a.m., Sun.
WTOM, Cheboygan — 4, 10:00 a.m., Sun.
WXON, Detroit — 20, 8:00 a.m., Sat.
WJMN, Escanaba — 8, 8:30 a.m., Sun.
WJRT, Flint — 12, 8:00 a.m., Sun.
WZZM, Grand Rapids — 13, 12:00 noon, Sun.
WILX, Lansing — 10, 10:30 a.m., Sun.

WLUC, Marquette — 6, 11:30 a.m., Sun.
WJBK, Southfield — 2, 6:30 a.m., Sun.
WPBN, Traverse City — 7, 10:00 a.m., Sun.

MINNESOTA

KCMT, Alexandria — 7, 9:30 a.m., Sun.
KDLH, Duluth — 3, 10:00 a.m., Sun.
KEYC, N. Mankato — 12, 8:30 a.m., Sun.
KMSP, Minneapolis — 9, 7:00 a.m., Sat.
WCCO-II, Minneapolis (cable) — 41, 5:30 p.m., Sat.; 5:00 p.m., Sun.
KSTP, St. Paul — 5, 7:00 a.m., Sun.

MISSISSIPPI

WLOX, Biloxi — 13, 8:30 a.m., Sun.
WABG, Greenwood — 6, 7:00 a.m., Sun.
WLBT, Jackson — 3, 9:30 a.m., Sun.
WTOK, Meridian — 11, 10:30 a.m., Sun.

MISSOURI

KRCG, Jefferson City — 13, 10:30 a.m., Sun.
KODE, Joplin — 12, 8:00 a.m., Sun.
KPOB, Poplar Bluff — 15, 9:30 a.m., Sun.
KOLR, Springfield — 10, 10:00 a.m., Sun.
KPLR, St. Louis — 11, 11:00 p.m., Sun.
KSDK, St. Louis — 5, 9:00 a.m., Sun.

MONTANA

KFBB, Great Falls — 5, 8:30 a.m., Sun.
KOUS, Hardin — 4, 7:30 a.m., Sun.

NEBRASKA

KWNB, Hayes Center — 6, 8:00 a.m., Sun.
KHGI, Kearney — 13, 8:00 a.m., Sun.
KBGT, Lincoln — 8, 8:00 a.m., Sun.
WOWT, Omaha — 6, 7:30 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, 6:30 a.m., Sun.; 5:30 a.m., Sat.
KOLO, Reno — 8, 10:30 a.m., Sun.

NEW HAMPSHIRE

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

NEW MEXICO

KGSW, Albuquerque — 14, 11:00 a.m., Sun.

NEW YORK

WNYT, Albany — 13, 7:00 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.
WROC, Rochester — 8, 11:30 a.m., Sun.
WIXT, Syracuse — 9, 7:00 a.m., Sun.
WUTR, Utica — 20, 8:30 a.m., Sun.
WWNY, Watertown — 7, 11:30 a.m., Sun.

NORTH CAROLINA

WHNS, Asheville — 21, 10:00 a.m., Sun.
WPCQ, Charlotte — 36, 8:00 a.m., Sun.
WGHP, High Point — 8, 11:00 a.m., Sun.
WPTF, Raleigh — 28, 11:00 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, 11:30 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.
WLIO, Lima — 35, 8:30 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.
KTUL, Tulsa — 8, 9:30 a.m., Sun.
Satellite Program Network, Tulsa (on cable stations throughout U.S.)—10:30 a.m., CT, Tue.

OREGON

KCBY, Coos Bay — 11, 7:30 a.m., Sun.
KVAL, Eugene — 13, 7:30 a.m., Sun.
KDRV, Medford — 12, 7:30 a.m., Sun.
KOIN, Portland — 6, 6:30 a.m., Sun.
KPIC, Roseburg — 4, 7:30 a.m., Sun.
KECH, Salem — 22, 6:30 p.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.
WPGH, Pittsburgh — 53, 9:30 a.m., Sat.
WPXI, Pittsburgh — 11, 7:30 a.m., Sun.
WTVE, Reading — 51, 10:00 a.m., Sun.
WDAU, Scranton — 22, 12:00 noon, Sun.
WNEP, Wilkes Barre — 16, 8:30 a.m., Sun.

RHODE ISLAND

WPRI, Providence — 12, 10:30 a.m., Sun.

SOUTH CAROLINA

WCBD, Charleston — 2, 9:00 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.
WTVN, Chattanooga — 9, 12:30 p.m., Sun.
WBBJ, Jackson — 7, 12:00 noon, Sun.
WKPT, Kingsport — 19, 11:30 a.m., Sun.
WATE, Knoxville — 6, 11:00 a.m., Sun.
WPTY, Memphis — 24, 9:30 p.m., Sun.
WKRN, Nashville — 2, 7:00 a.m., Sun.
WTVF, Nashville — 5, 10:30 a.m., Sun.

TEXAS

KTXS, Abilene — 12, 7:15 a.m., Sun.
KAMR, Amarillo — 4, 9:00 a.m., Sun.

KTXA, Arlington — 21, 6:30 a.m., Sun.
KBVO, Austin — 42, 7:00 a.m., Sun.
KWAB, Big Springs — 9, 9:30 a.m., Sun.
KZTV, Corpus Christi — 10, 10:00 a.m., Sun.

WFAA, Dallas — 8, 12:00 noon, 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.
KGNS, Laredo — 8, 7:30 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.
KLSI, San Angelo — 8, 10:30 a.m., Sun.
KENS, San Antonio — 5, 7:00 a.m., Sun.
KSAT, San Antonio — 12, 8:30 a.m., Sun.
KLTU, 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.
WLSL, 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, 9:30 a.m., Sun.
KCPC, Tacoma — 13, 9:00 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, 9:00 a.m., Sun.
WFRV, Green Bay — 5, 7:30 a.m., Sun.
WXOW, La Crosse — 19, 9:00 a.m., Sun.
WKOW, Madison — 27, 9:00 a.m., Sun.
WTMJ, Milwaukee — 4, 7:30 a.m., Sun.
WAOE, Rhinelander — 12, 10:30 a.m., Sun.
WAOW, Wausau — 9, 9:00 a.m., Sun.

WYOMING

KCWY, Casper — 14, 10:00 a.m., Sun.
KYCU, Cheyenne — 5, 10:00 a.m., Sun.
KOWY, Lander — 5, 10:00 a.m., Sun.
KWWY, Rock Springs — 13, 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, 8:30 a.m., Sat.
CHBC, Okanagan — 2, 8:30 a.m., Sat.
CKPG, Prince George — 2, 9:30 a.m., Sat.
CFTK, Terrace-Kitimat — 3, 9:30 a.m., Sat.
CHAN, Vancouver — 8, 6:30 a.m., Sun.
CHEK, Victoria — 6, 7:30 a.m., Sat.

ALBERTA

CFAC, Calgary — 2, 5:30 a.m., Wed.
CFRN, Edmonton — 3, 5:30 a.m., Mon.

CHAT, Medicine Hat — 6, 11:00 a.m., Sun.

CKRD, Red Deer — 6, 10:00 a.m., Sun.
KXLY, Spokane — 4, 9:30 a.m., Sun.

SASKATCHEWAN

CKSA, Lloydminster — 2, 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.
CJBN, Kenora — 13, 9:00 a.m., Sun.
CKNY, North Bay — 9, 10:30 a.m., Sun.
CJOH, Ottawa — 13, 10:30 a.m., Sun.
CJIC, Sault Ste. Marie — 5, 11:30 a.m., Sat.
Global, CIII, Southern Ontario — 8:30 a.m., Sat.; 9:00 a.m., Sun.
CICI, Sudbury — 3, 10:30 a.m., Sun.
CKPR, Thunder Bay — 2, 10:30 a.m., Sun.
CITO, Timmins — 6, 10:30 a.m., Sun.
CFTO, Toronto — 9, 9:00 a.m., Sun.

QUEBEC

CFCF, Montreal — 12, 7:00 a.m., Sun.
CKMI, Quebec City — 5, 10:30 a.m., Sun.

ATLANTIC CANADA

WVII, Bangor, Maine — 7, 9:00 a.m., Sun.
CJCH, Halifax, N.S. — 5, 11:30 a.m., Sun.
CKCW, Moncton, N.B. — 2, 11:30 a.m., Sun.
WAGM, Presque Isle, Maine — 8, 9:00 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, CJON, St. John's, NFLD. — 6, 10:30 a.m., Sun.
CJCB, Sydney, N.S. — 4, 11:30 a.m., Sun.

AUSTRALIA

ACT

CTC7, Canberra — 7:30 a.m., every second Sun.
CTC10, Tuggeranong — 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.
CBN11, Bathurst — 9:30 a.m., Sat.
WIN6, Bega — 8:30 a.m., Sun.
BKN7, Broken Hill — 7:30 a.m., Sun.
WIN3, Broker's Nose — 8:30 a.m., Sun.
CWN10, Cobar — 9:30 a.m., Sat.
CTC10, Cooma — 7:30 a.m., every second Sun.
GMV10, Deniliquin — 8:00 a.m., Sun.
CWN6, Dubbo — 9:30 a.m., Sat.
WIN3, Eden — 8:30 a.m., Sun.
CTC10, Goulburn — 7:30 a.m., every second Sun.
MTN9, Griffith — 9:30 a.m., Sat.

MTN5A, Hay — 9:30 a.m., Sat.
GMV8, Jerilderie — 6:00 a.m., Sun.
AMV4, Khancoban — 10:20 a.m., Sun.
NBN10, Merriwa — 7:25 a.m., Sun.
CWN9, Mudgee — 9:30 a.m., Sat.
NBN1, Murrurundi — 7:25 a.m., Sun.
WIN11, Narooma — 8:30 a.m., Sun.
NBN3, Newcastle — 7:25 a.m., Sun.
CBN8, Orange — 9:30 a.m., Sat.
CBN4, Portland — 9:30 a.m., Sat.
NBN10, Rossgole — 7:25 a.m., Sun.
TEN10, Sydney — 6:30 a.m., 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

BTQ7, Brisbane — 6:00 a.m., Sat.
QTQ9, Brisbane — 6:00 a.m., Wed.
MVQ11, Collinsville — 11:30 a.m., Sun.
MVQ6, Dysart — 11:30 a.m., Sun.
UHF52, Gold Coast — 6:00 a.m., Sat.
UHF42, Gold Coast — 6:00 a.m., Wed.
ITQ10, Gunpowder — 1:15 p.m., Sun.
SEQ1, Gympie — 11:30 a.m., Sun.
DDQ10, Kingaroy — 11:00 a.m., Sun.
MVQ6, Mackay — 11:30 a.m., Sun.
SEQ8, Maryborough — 11:30 a.m., Sun.
SEQ5, Monto — 11:30 a.m., Sun.
MVQ11, Moranbah — 11:30 a.m., Sun.
ITQ8, Mt. Isa — 1:15 p.m., Sun.
SEQ10, Nambour — 11:30 a.m., Sun.
DDQ5A, Toowoomba — 11:00 a.m., Sun.
SDQ4, Warwick — 11:00 a.m., Sun.

SOUTH AUSTRALIA

SAS10, Adelaide — 8:00 a.m., Sun.
GTS8, Cowell — 7:30 a.m., Sun.
SES8, Mt. Gambier — 8:00 a.m., Sun.
GTS5, Pt. Lincoln — 7:30 a.m., Sun.
GTS4, Pt. Pirie — 7:30 a.m., Sun.
RTS5, Riverland — 11:30 a.m., Sun.

TASMANIA

TNT10, Burnie — 8:00 a.m., Sun.
TNT11, Derby — 8:00 a.m., Sun.
TNT48, Devonport — 8:00 a.m., Sun.
TVT6, Hobart — 7:00 a.m., Sun.
TNT9, Launceston — 8:00 a.m., Sun.
TNT6, Lileah — 8:00 a.m., Sun.
TVT8, Maydena — 7:00 a.m., Sun.
TNT11, Prospect — 8:00 a.m., Sun.
TVT8, Queenstown — 7:00 a.m., Sun.
TVT10, Rosebery — 7:00 a.m., Sun.
TNT7, St. Helens — 8:00 a.m., Sun.
TNT11, St. Marys — 8:00 a.m., Sun.
TNT7, Savage River — 8:00 a.m., Sun.
TNT11, Smithton — 8:00 a.m., Sun.
TVT8, Strathgordon — 7:00 a.m., Sun.
TVT8, Swansea — 7:00 a.m., Sun.
TVT8, Tarooma — 7:00 a.m., Sun.
TNT11, Waratah — 8:00 a.m., Sun.
TNT5A, Wynyard — 8:00 a.m., Sun.

VICTORIA

GMV10, Alexandra — 6:00 a.m., Sun.
BTV6, Ballarat — 9:00 a.m., Sun.
AMV11, Bright — 10:20 a.m., Sun.
GMV3, Eildon — 6:00 a.m., Sun.
ATV10, Melbourne — 6:00 a.m., Sun.

AMV9, Myrtleford — 10:20 a.m., Sun.
BTV7, Nhill — 9:00 a.m., Sun.
BTV11, Portland — 9:00 a.m., Sun.
GMV6, Shepparton — 6:00 a.m., Sun.
BTV9, Warrnambool — 9:00 a.m., Sun.

WESTERN AUSTRALIA

GSW9, Albany — 7:30 a.m., Sun.
BTW3, Bunbury — 7:30 a.m., Sun.
GTW11, Geraldton — 10:30 p.m., Wed.
VEW8, Kalgoorlie — 8:30 a.m., Sun.
VEW3, Kambalda — 8:30 a.m., Sun.
W10, Katanning — 7:30 a.m., Sun.
VEW6, Merredin — 8:30 a.m., Sun.
BTW6, Narrogin — 7:30 a.m., Sun.
STW9, Perth — 6:30 a.m., Sun.
BTW6, Quairading — 7:30 a.m., Sun.
VEW63, Tammin — 8:30 a.m., Sun.
BTW11, Wagin — 7:30 a.m., Sun.
VEW47, York — 8:30 a.m., Sun.

PHILIPPINES

LUZON

Legazpi — GMA Chan. 12, 8:30 a.m., Sat.; 10:00 a.m., Sun.
Metro Manila — GMA Chan. 7, 9:00 a.m., Sat.; 10:00 a.m., Sun.

MINDANAO

Cagayan de Oro — GMA Chan. 12, 8:30 a.m., Sat.; 9:00 a.m., Sun.
Davao — GMA Chan. 7, 7:30 a.m., Sat.; 8:00 a.m., Sun.
Iligan — GMA Chan. 2, 8:30 a.m., Sat. and 10:00 a.m., Sun.
Zamboanga — GMA Chan. 3, 7:30 a.m., Sat.; 8:30 a.m., Sun.

VISAYAS

Cebu — GMA Chan. 7, 8:30 a.m., Sat. and Sun.

CARIBBEAN

Bermuda, ZBM, Hamilton — 10, 5:00 p.m., Sun.
Bahamas, ZNS-TV, Nassau — 13, 10:30 a.m., Sun.
Jamaica, JBC-TV, Kingston — 11, 3:00 p.m., Sun.
Puerto Rico, WSJU, Carolina — 18, 8:00 a.m., Sun.
Puerto Rico — San Juan Cable TV WGN, Chicago 5, 7:30 a.m. CT, Sat.; WOR, New York 9, 11:00 p.m. ET, Sun.; WTBS, Atlanta 13, 7:00 a.m. ET, Sun.
Virgin Is. (U.S.A.), WSVI, Christiansted, St. Croix — 8, 8:00 a.m., Sun.
St. Maarten, LBC — 7, 4:00 p.m., Sun.
Antigua, ABS-TV, St. John's — 10, 9:00 a.m., Sun.
Trinidad and Tobago TV — 9 and 14, 6:00 p.m., Sun.

EUROPE

Italy, Tele-Monte-Carlo (Italian) — 4:30 p.m., Sun.
Luxembourg, RTL-TV (French) — 11:00 a.m., Sat.; 11:30 p.m., Thur.
Monaco, Tele-Monte-Carlo (French) — 11:30 p.m., Mon.

OTHER AREAS

Belize, Central America, TVTV — 7, 9:00 a.m., Sun.
Guam, KUAM, Agana — 8, 9:30 a.m., Sun.

See next issue for radio log.

“THE PRESIDENT walks around calling himself a good Christian,” Mrs. Ferraro declared during last year’s election campaign. “I don’t for one minute believe it, because his policies are so terribly unfair.”

Meanwhile, we have been reading for years about the Christian militiamen in Lebanon fighting their Moslem adversaries, and vice versa.

Then there are the sickening sagas of murders in Northern Ireland and Central America.

And today even practicing homosexuals claim to be Christian. Several Protestant denominations are seriously considering the issue of ordaining homosexuals into the ministry!

Think about it.

Is it merely left to each individual to decide for himself or herself what the term *Christian* means?

God—the ultimate authority—decides! And he does not whisper in our ears about who is and who is not a Christian. Or about anything else. How, then, does the God of creation communicate to us his will?

God’s will is found revealed in the inspired book we call the Holy Bible. Jesus himself said, “Man shall not live by bread alone, but by every word of God” (Luke 4:4). Jesus also stated, “The scripture cannot be broken” (John 10:35).

The apostle Paul wrote: “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness” (II Tim. 3:16).

Are we willing to be taught and corrected by the very inspired words of God? Are we willing to let the Bible tell us—in plain language—what is “Christian” and what is not?

Jesus stated: “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven” (Matt. 7:21).

What BIBLE Says About “Christianity”

But how many so-called Christians ever really study the Bible to find out what God’s will is? It may be shocking to realize, but religious surveys have repeatedly found that most Americans and Britons are not even able to name the four gospels—let alone have any idea what is in them!

Jesus challenges us, “Why call ye me, Lord, Lord, and do not the things which I say?” (Luke 6:46).

According to Jesus himself, to be his real followers—*genuine* Christians—we must learn to do what

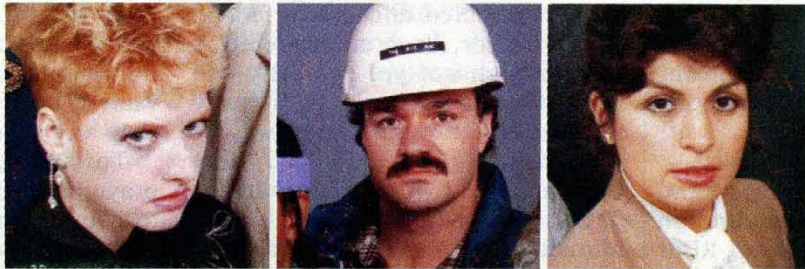
never commit adultery, but, Jesus said: “I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matt. 5:28).

Later in this same passage, Jesus said: “LOVE your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you” (verse 44).

The unvarnished words of Jesus of Nazareth are POWERFUL. How difficult it is to make these inspired words of Christ “acceptable” to mainstream Christianity today!

For what would happen if they were obeyed literally as the inspired teachings of the Son of God? If everyone truly loved his enemies, there would be no more wars and no more murders—none!

Under Jesus’ teachings, there would be no more adultery—none! And the divorce rate would quickly come screeching to a halt. For regarding marriage, Jesus said: “Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder” (Matt. 19:6).



Is it merely left to each individual to decide for himself or herself what the term *Christian* means?

Jesus taught! The key is not merely believing *on* Jesus Christ, but believing him and doing what he says!

A young man came asking Jesus what to do to have eternal life. What was Jesus’ answer? “If thou wilt enter into life, keep the *commandments*” (Matt. 19:17). Then Jesus proceeded to name some of the Ten Commandments.

Jesus magnified the Ten Commandments and made them even more binding on his followers. He said that we are not only not to kill, but are to avoid the kind of anger which is, in fact, the spirit of murder (Matt. 5:21-22).

Christians are not only to remain faithful to their mates and

The Key of OBEDIENCE

John was the apostle whom Jesus loved. He wrote about the deepest meanings of Christianity and about how we are to have fellowship with God and with Christ.

He wrote: “And hereby we do know that we know him, *if we KEEP HIS COMMANDMENTS*. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him” (I John 2:3-4).

The apostle John plainly indicted those who say they are Christians and yet do not keep God’s commandments!

Why?

Because to “know” God and

Christ—and they are “one,” as Jesus said—you need to *experience* the kind of character they possess. And God’s very character is expressed in his law—the Ten Commandments.

Notice! “For God is love” (I John 4:8).

Again, “For this *is* the love of God, that we keep his *commandments*: and his commandments are not grievous” (I John 5:3).

So a true Christian will “walk with God.” He will literally live by God’s law of love—the Ten Commandments. And, by exercising this kind of godly character, he will come to understand and “know” God. The true Christian will have God living *in* him.

HOLY SPIRIT Gives POWER

At this point, many are wondering how they can be so “perfect.” Most theologians are saying, “The law is spiritual, and you can’t keep it.”

Both are absolutely right! The law of God *is* spiritual. And man, by himself, cut off from God, cannot keep that spiritual law perfectly.

The answer?

First, God does not demand instant perfection. Rather, through his inspired Word, he tells us, “But **GROW** in grace, and in the knowledge of our Lord and Saviour Jesus Christ” (II Pet. 3:18).

The true Christian life is one of learning, overcoming and growing toward the God-like character that is our ideal. But it is not a life of excuses, or a life of misunderstanding—saying that we *do not even try* to keep God’s law and follow the example Jesus set for us. For Jesus said, “I have kept my Father’s commandments” (John 15:10). And Peter wrote of Jesus that he left us “an example, that [we] should *follow his steps*” (I Pet. 2:21).

But, as many modern theologians insist, how can we keep the spiritual principles of the Ten Commandments when we ourselves are weak, physical and inherently sinful human beings?

Notice the apostle Paul’s description of the problem: “The carnal [natural] mind is enmity against God: for it is not subject to the law of God, neither indeed can

be. So then they that are in the flesh cannot please God” (Rom. 8:7-8). Paul is clearly saying that what causes the normal, fleshly (carnal) human being a “problem” with God is that he is antagonistic to God’s law and will not submit to it!

You and I are certainly “in the flesh,” in the sense that we are *human*, aren’t we? But is that what Paul means? Continue reading: “But ye are not in the flesh, but *in the Spirit*, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his” (verse 9). In other words, unless Christ dwells in you through the Holy Spirit, you are not his; you are not a truly converted Christian!

Again: “For as many as are led by the Spirit of God, they are the sons of God” (verse 14).

This is the ultimate key to true Christianity! If you have been deeply humbled and converted by your Creator, have surrendered—even though not yet perfectly—to allow God and Christ to literally live *in* you through the power of the Holy Spirit, then and only then are you truly a Christian!

Of course, you will still have human nature, the world around you and the invisible influence of Satan the devil to overcome. You will still make mistakes and commit many sins—though fewer and fewer as you grow in grace and in knowledge. You will be studying the Bible for instruction with an open mind and heart. You will be praying for understanding of what you read and for the spiritual strength to live God’s way.

Then, through the guidance and power of the Holy Spirit, you will be growing in the knowledge and in the very character of Jesus Christ. God will be literally making you his child by putting his very nature in you through the Holy Spirit (II Pet. 1:4). Step by step, you will reflect in your daily life the character and the obedience to God the Father that Jesus demonstrated in his human flesh. You will become more and more Christ-like. You will then truly become “a Christian”—one in whom Christ literally lives through the Holy Spirit!

This is the Bible definition of a Christian.

Christ Must Be “in” the True Christian!

With his help, and through his Holy Spirit, it will not seem so difficult to refrain from killing, committing adultery, stealing, lying and dishonoring your parents. As you truly study and research the Bible to understand it, and as you pray to God daily on your knees for guidance and strength, God will become more and more real to you. You will see that his laws are *living* laws—just like the law of gravity. They work *automatically*—no matter whether you, or this or that theologian, believes in them or not.

With this in mind, it will become progressively easier for you not to have any other gods before the true God, not to bow down to or worship images or idols, not to take God’s name in vain. And, as God becomes increasingly the very center of your life as a true Christian, you will want to keep holy his Sabbath—the very day Jesus made holy.

Through all of this Bible study, prayer and dedication of your life to live as Jesus did, you will come to know God in a way very few people in our modern age ever experience. For Christ will be living *in* you. That’s what true Christianity is all about!

The apostle Paul stated: “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of [not merely “in”] the Son of God, who loved me, and gave himself for me” (Gal. 2:20).

How will Christ literally “live” his life in you through the Holy Spirit?

Will he refuse to keep his Father’s law—the Ten Commandments—which he faithfully kept and even magnified during his human life on earth? Will he keep different days holy than the ones his Father commanded and that he kept during his physical lifetime?

No!

For your Bible says very plainly, “Jesus Christ the same yesterday, and to day, and for ever” (Heb. 13:8). The true Christ of the Bible

was the Word—the Spokesman of the Hebrew Scriptures (John 1:1-3). He was the God of Israel—the Rock that protected and guided ancient Israel throughout their history (I Cor. 10:4). *He* is the one who gave and spoke the Ten Commandments! And he said, “For I am the Lord, I change not; therefore ye sons of Jacob are not consumed” (Mal. 3:6).

So the key is to realize that the true Christ of your Bible will live exactly the same life *in you* that he lived on earth some 1,900 years ago!

Jesus said, “I and my Father are one” (John 10:30). God and Christ preexisted together from eternity. They are one in mind and purpose and in character. Through the Holy Spirit, they both come to live in, strengthen and guide the true Christian! As Jesus said: “If a man love me, he will keep my words [the “words” of the Bible!]; and my Father will love him, and we will come unto him, and make our abode with him” (John 14:23).

Why don't you hear this kind of preaching and teaching about Christianity in our present society?

APOSTASY Prophesied!

Jesus said: “For *many* shall come in my name [obviously calling themselves Christian], saying, I am Christ; and shall deceive many” (Matt. 24:5).

Regarding the time of Christ's Second Coming, the apostle Paul warned: “Let no man deceive you by any means: for that day shall not come, except there come a falling away first . . .” (II Thess. 2:3).

Throughout the New Testament we are warned of men who would come preaching “another Jesus” (II Cor. 11:4)—not the Jesus of the Bible! And it is clearly indicated that these false teachers would lead astray the *vast majority* of those who call themselves and think themselves Christians.

In other words, false teachers have taken over the name of Jesus Christ and of Christianity. They are willing to have you believe “in” *their* concept of Jesus, but they deny the message he preached, the law of God that he magnified, and

the way of life he set us an example in living!

The true Christians are always described as scattered and few—the little flock (Luke 12:32), the “woman” who flees from the politico-religious system during the Middle Ages (Rev. 12:6).

But Christians have always existed who believed in living by the inspired words of the Bible, and who grasped the key of understanding that Jesus is to live his very life in them by the power of the Holy Spirit. Scattered and persecuted, these people have always constituted the true Church of God.

Though far from perfect, they walk in the way of life of the Ten Commandments. They keep holy the days God made holy—the same days Jesus and the apostles kept. They study and understand prophecy and the awesome purpose that is being worked out here below among men and nations. They know what is just ahead on the world scene and are preparing for the specific prophesied events to come!

They help support and publish this very magazine—“a magazine of understanding.” If you want to know more about the understanding of true Christianity, as revealed in this article, please write immediately for our vital free booklet entitled *The Ten Commandments*. This booklet will explain in detail—with clear Bible proof—the way of life described in this article.

Also, be sure to write for the Ambassador College Bible Correspondence Course. There has never been anything like it! It will open your eyes to the purpose of life more than anything you have read or heard. And it is sent *free* and without obligation if you request it for yourself.

The real Christ of true Christianity is destined soon to return to this earth as King of kings. God's angels will shout, “The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever” (Rev. 11:15).

Before he gets here, it would be a good idea to make sure what his message really is and to get your life in line with it. □

Sex

(Continued from page 14)

dence and set up a living at public expense. The more illegitimate children a mother has the more public money she receives.

Socially supported promiscuity has created the tragic state of mind that accepts sometimes two or three generations born out of wedlock without the least concern for the serious and damaging effects loose sexual practices create for offspring and society. Generations of families now exist that have known only this way of thinking and living.

Phantom Role Models

For proper development a child ideally needs the role models of both a loving, caring father and mother. Such children do better in all areas of life. Children need supportive two-parent families and intimate caring and teaching. When these children grow up they are much better prepared to properly educate and rear their children.

Where are the role models for many illegitimate children? In whole sections of many cities children are being raised by unmarried women with phantom fathers. No solid, stable male is available to provide an example of caring, strength, courage, self-discipline and inspiration. These children have no male role models to identify with except drifting, jobless, unstable men and hustlers on the street.

George Steinlieb, director of the Rutgers University Center for Urban Policy Research, says there is a definite linkage between juvenile delinquency and children raised without fathers. In schools, these children cause significantly more discipline problems.

Widespread sexual activity outside of marriage has fueled another growing social evil. Many women who have allowed themselves to sexually indulge, in desperation seek abortions—the killing of the helpless fetuses in the womb. In the United States, almost 75 percent of abortions are obtained by unmarried women.

Also in the United States, 90

percent of unmarried teenage mothers now choose to keep their babies—compared to a decade ago when 90 percent surrendered them for adoption. For the future this means many of these children will only know a socially undesirable role model of human conduct. That is, unless such parents admit their mistakes and change their ways and values of living.

In some nations there is no great social stigma in being illegitimate because so many others are also. But in other nations, illegitimate children—especially those of mixed blood, or the result of occupation forces—face tremendous social difficulties and ostracism.

A fearsome price is being paid in many nations for breaking or ignoring God's immutable spiritual laws governing sex, marriage and the family. It's time for some bold speaking about truly right and wholesome masculine and feminine responsibility and behavior concerning sex and marriage!

As God Sees It

Mankind long ago jumped the track. Human civilizations and individuals have rejected, repudiated or ignored God's instructions on how to live. Many have thought they could carelessly flaunt God's laws on sex. But God's laws are not mocked!

Hear the writings of Scripture the Creator has recorded for all humanity:

"...if you diligently obey the voice of the Lord your God, to observe carefully all His commandments... all these blessings shall come upon you and overtake you. . . . Blessed shall you be in the city. . . . Blessed shall be the fruit of your body. . . . Blessed shall you be when you come in, and blessed shall you be when you go out" (Deut. 28:1-4, 6, Revised Authorized Version throughout except where noted).

But, if nations or individuals wouldn't obey, "it shall come to pass... that all these curses will come upon you and overtake you: Cursed shall you be in the city, and cursed shall you be in the country. . . . Cursed shall be the fruit of your body. . . ." (verses 15-16, 18).

Illegitimacy is not a problem of

any one race or nation. It's a multi-national curse!

In many societies, having sex outside of marriage is the vogue. "Be sexy." Be the "macho man." "If you love me, you will!" Many young men and women have been led to flaunt sexiness to be popular. Many women fear losing a boyfriend unless they give in to male sexual demands. Young men pressure each other to "show their manhood" and prey on women's weakness and desire for attention, love and a home. They'll promise women anything.

If you're caught up in these sins and ways of thinking, God thunders to you: "Go and sin no more" (John 8:11). This is not true maturity or manhood in God's sight!

How does God look at the young man who has fathered a child out of wedlock? "But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever" (I Tim. 5:8).

To the married God says, "You shall not commit adultery" (Ex. 20:14). To all he says, "Flee fornication" (I Cor. 6:18, A.V.).

If any decide they can flaunt those commands, they're kidding themselves. Whether people break God's laws through ignorance, or stubbornness, or peer pressure, they undermine and damage their own lives and futures and that of their children and families! Moreover, they will morally damage and weaken their own race and nation! Maybe they don't care, but they and *you* should!

An alarmed and wise black columnist in a Midwest newspaper, *The Detroit News*, wrote an astute warning to all: "If the strength of a race depends on the strength of its families, then the black race is getting weaker every year. . . . Black leadership must convince black teenagers that virginity and responsible sexual behavior are vital to their education and future financial security."

True Manhood and Womanhood

God long ago decreed what is required for stable family life and successful human development:

"[True] love does no harm to a neighbor. . . ." (Rom. 13:10). A truly masculine man and leader in God's sight is a man knowledgeable and concerned for the protection and well-being of his family, progeny and society. He will not fornicate. He will not engender children out of wedlock. Instead he will prepare himself educationally and with skills to be able to support a wife and family. He will do all that is in his power to be a responsible provider. He will strive to be a right teacher and example to his wife and children.

The human sex drive can be controlled. Too many have all kinds of excuses for unbridling their lusts.

Yes, sex is a drive. It should be a motivating factor to motivate a young man and woman to want to develop their minds, bodies and abilities so they can, if possible, establish a right and sound marriage and home.

Unmarried women don't have to "give in." They are to obey and trust in God. If any diligently obey God, he promises to provide every genuine need (Phil. 4:19).

One little word can work wonders in avoiding a multiplicity of fears, problems and regrets. The word is *No!* No man who truly loves and respects a woman would ever pressure her on the point.

If you have made mistakes and become confused about sex, change your values. Determine not to sin anymore.

Don't make the mistake of reasoning that contraceptives make unmarried sex safe. There are more contraceptives available than ever and illegitimacy still soars! Millions of people don't use contraceptives. And many who say they do really don't. Contraceptives fail in the hands of people looking for quick sexual excitement because they use them improperly, or justly get caught unprepared.

Your Creator has commanded that sex relations are for marriage by a mature man and woman dedicated and committed to each other as a new family unit (Gen. 2:24).

The tragic evils of illegitimacy have been made clear to you. If you love people, you will resist the permissive tide. You will do what God commands. □



Understanding World Events and Trends

Common European Currency

Europeans have taken another step in their long quest for unity. It appears in

the form of a common economic unit that is growing in popularity and usage.

Introduced in 1979, the European Currency Unit (ECU) has become one of the most sought after

mediums of borrowing and lending on the international financial market.

The acronym *ECU* is reminiscent of the name of an old, widely circulated French coin, the *écu*, dating from the 14th century.

Common Market members have used the ECU as an accounting medium and as an aid in establishing relative fixed exchange rates among their currencies. Part of what has made the ECU so desirable is its stability. Since it is tied to the European monetary system, the ECU's exchange rates are not subject to fluctuations of other currencies such as the U.S. dollar.

The ECU's growth in popularity has been dramatic.

ECU Eurobond issues

now rank third behind the U.S. dollar and the West German mark. And while European consumers cannot yet use ECUs in place of marks, francs, guilders, pounds, kronen, lire or drachmas, a prototype of an ECU coin has already been minted. This year, European banks will introduce traveler's checks denominated in ECUs.

How much will the ECU eventually affect Europe? Robert Ball, writing in *Fortune* magazine, noted: "Though the EC bureaucrats in Brussels were astonished by the explosive growth of the ECU, they're hardly complaining. They see the ECU as the forerunner of a European currency that will help unite Europe politically." ■

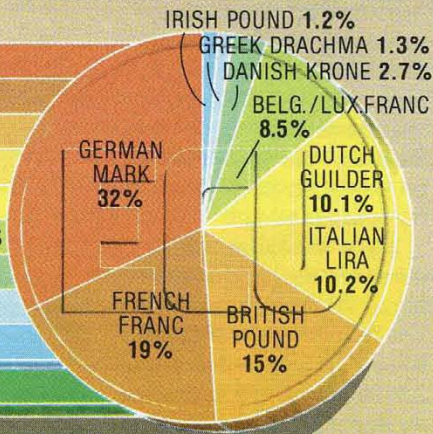
EXCHANGE RATES* IN ORDER OF INFLUENCE ON ECU

ONE ECU IS WORTH:

2.23	GERMAN MARKS
6.83	FRENCH FRANCS
.60	BRITISH POUNDS
1384.09	ITALIAN LIRE
2.52	DUTCH GUILDERS
44.91	BELG./LUX. FRANCS
8.03	DANISH KRONES
91.32	GREEK DRACHMAS
.72	IRISH POUNDS
.72	U.S. DOLLARS

MAKEUP OF TOTAL ECU VALUE

VALUE OF ECU FLUCTUATES ALONG WITH VALUES OF MEMBER CURRENCIES ACCORDING TO THESE PROPORTIONS:



PI CHART BY MONTE WOLVERTON

* As of Nov. 28, 1984

Farmers Risk Chemical Poisoning

Health-conscious consumers have worried for years about the use of chemicals on farm produce. Some of the greatest risks in the use of herbicides and pesticides are suffered by the farmers themselves.

According to the Australian Department of Health, some 10 percent of Australian farmers are poisoning themselves with farm chemicals each summer. Chemical blood

poisoning affected 11.5 percent of orchardists in the Goulburn and Shepparton districts during spraying season, for example. In New South Wales, about 10 percent of graziers and 15 percent of horticulturists were found to have some degree of chemical blood poisoning.

Although no deaths have resulted, some farmers experienced loss of strength and impaired breathing because of high levels of organophosphates in their blood.

In the more severe cases, victims of chemical

poisoning suffer from nausea, paralysis, headaches, blurred vision and excessive sweating.

The problem has been attributed to the farmers' failure to wear protective clothing and to follow strict safety precautions. Most poisonings occur when chemicals are absorbed through the skin.

Not all the poisonous symptoms and side effects of common farm chemicals have been firmly established. Pesticides containing organochlorines may be cancer causing. In 1983, the Royal Hobart

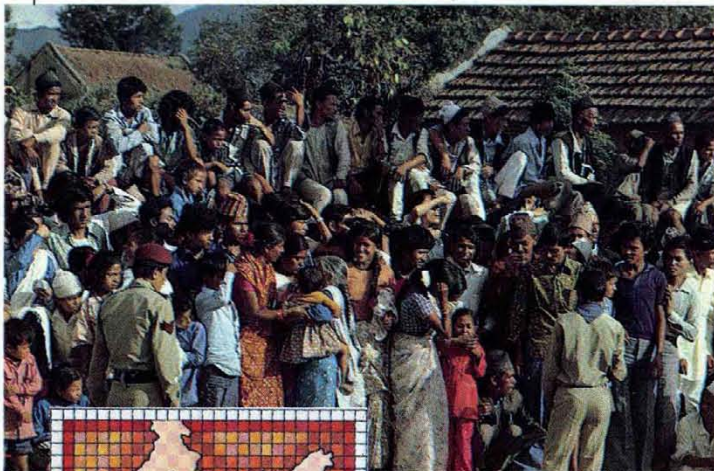
Hospital in Tasmania noted a high incidence of leukemia among apple growers using large quantities of insecticides. ■



Spraying soybeans: not all poisonous effects have been established.

India's Emerging Influence

India, now under the leadership of Rajiv Gandhi, is the second most heavily populated country in the world, after its northern



neighbor, China. One out of every six persons on the earth today lives in India, jammed into a peninsula less than one third the size of the United States. By the year 2000, India's population is expected to approach one thousand million people.

Some 25 additional Indians are born each minute, which equals 36,000 more each day or some 13 million each year. This means that India is growing at a rate of nearly one Australia every year.

Teeming Calcutta, with a population of nearly 10 million, and Bombay, with eight million, are India's largest cities. India's capital, New Delhi, has about 500,000 people.

India is a land of great diversity, reflected in its varied geography, customs, costumes, religions and

languages. Indians speak 15 main languages and nearly 800 other languages and dialects. The dominant language is Hindi.

Practically all religions are represented in India. Four out of five Indians are Hindus, with Moslems constituting the biggest

religious minority. Sikhs represent 2 percent of India's population, concentrated mainly in Punjab state.

The Hindu religion regards cattle as sacred and forbids the eating of beef. Cattle are milked but not slaughtered.

India, with one of the oldest continuous civilizations in the world, is young as a nation. Independence from British colonial rule came in 1947, at which time British India was partitioned into Hindu India and Moslem Pakistan.

Given the enormous problems India has faced, her success has been remarkable. Food-grain output in India has more than doubled in the past two decades, and is now increasing at a rate greater than that of population growth. Though agriculture is still the occupation of seven out of every 10 Indians, India can lay claim to being the world's seventh-largest industrial economy, exporting a wide variety of machinery,

machine tools, textiles, fertilizers and chemicals. Rich in natural resources, India is also a leading producer of coal, iron, electricity, forestry products and rubber.

But India is still plagued by widespread poverty and malnutrition. In this land of

contrasts, the problems are still massive. Half the population is chronically malnourished. Only one in four can read and write. Scenes of human misery are still all too common. Overall, progress has been painfully slow because of the population explosion. ■

Hypertension and Your Heart

Your heart is your most important muscle. If it stops beating, you will die. If it becomes unhealthy, you can suffer from a frightening array of ailments that lead to death.

That is exactly what happens in the case of hypertension. Your body, constantly bombarded by crises and excessive pressures, is weakened. Your resistance to illness is lowered. And your heart can be damaged by a variety of coronary diseases.

If you are an average person, your heart beats about 70 times a minute. That's more than 100,000 times every day—more than 2.5 thousand million times in an average life span of 70 years.

Your heart pumps about 1,800 gallons of blood a

“About 90 percent of hypertension is due to life-style, not physiological causes.”

day—46 million gallons in your life. Blood pressure is the force of the blood moving away from the heart, pushing against artery walls. Your blood pressure is constantly changing, but it increases when you're under stress. Drinking coffee or tea (mild

stimulants), driving in heavy traffic, taking a test, asking your boss for time off or worrying about your bills increases your blood pressure temporarily. So do strong emotions such as anger, excitement or fear.

Hypertension is when you're constantly under excessive stress. Your



blood pressure goes up and stays up.

According to life insurance companies, your blood pressure is the single best indicator of how long you will live. A 35-year-old man with a blood pressure of 150/100 will die 16 years sooner than a man with a "normal" blood pressure of 120/80.

About 90 percent of hypertension is caused by life-style rather than physiological problems. Until now, most physicians have treated hypertension by prescribing drugs. And, while more and more authorities are realizing that changing one's way of living is a better solution to hypertension, it's still

easier—and more profitable—to write a drug prescription than to tell an average patient to lose excess weight, stop smoking, quit worrying, exercise more and reduce intake of salt, cholesterol and heavily refined foods.

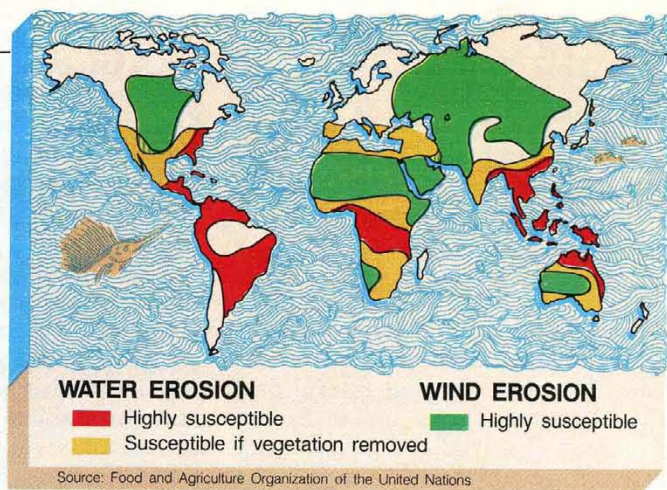
The point is this: The health of your heart and other vital organs is a key to how long you will live and how much you can enjoy your life. Eliminating hypertension is vital.

For a thorough discussion of stress and hypertension—complete with concrete solutions that can literally save your life—read the article entitled “Best Strategy for Beating Stress” in this issue. ■

The Silent Disaster

At the very time large crop increases are needed to feed growing populations, massive soil losses over vast sections of the globe are severely undermining crop productivity.

According to a report by the Worldwatch Institute, in many critical areas of the world humanity’s most precious physical resource—fertile topsoil—is being eroded, or blown away and destroyed faster than it is being renewed. In some areas the decline in soil fertility is being temporarily masked by improved crop varieties



and heavy use of chemical fertilizers.

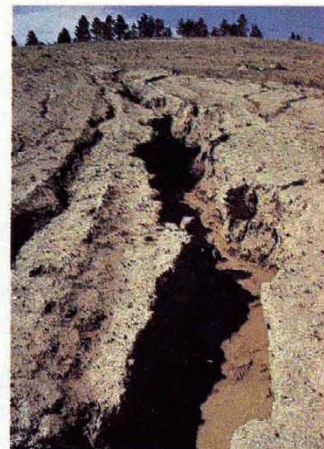
According to the report, 44 percent of U.S. cropland is losing topsoil in excess of its renewal rate. In India, another critical food-producing area, topsoil losses are even worse—60 percent of cropland is eroding excessively. And the Soviet Union may be losing more topsoil than either of these countries.

In some areas of West Africa, losses of several inches of topsoil through mismanagement have cut corn yields more than 50 percent, and certain leguminous crops by nearly 40 percent. Recent satellite photographs indicate large quantities of soil dust carried out of North Africa over the Atlantic.

Under pressure to produce more to feed

“One-third to one-half of the world’s croplands are being . . . converted from a renewable to a nonrenewable resource. . . .”

soaring populations or to make financial ends meet, many farmers of the world are abandoning terracing, crop rotation and fallowing, all of which conserve soil



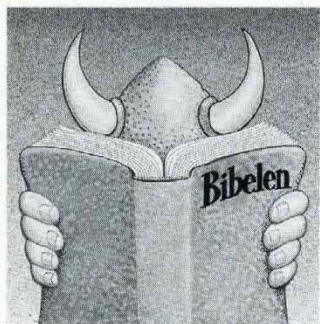
Erosion dilemma is making arable land a nonrenewable resource

resources. Marginal lands and steep hillsides are being plowed up, overgrazed or stripped of timber and vegetation. These fragile lands quickly erode and lose fertility.

The Worldwatch Institute report concludes: “Because of the shortsighted way one-third to one-half of the world’s croplands are being managed, the soils on these lands have been converted from a renewable to a nonrenewable resource. . . . Soil erosion will eventually lead to higher food prices, hunger and, quite possibly, persistent pockets of famine.”

Be sure to read the full-length article “Famine on Our Doorstep?” in this issue. ■

Shoplifting is driving consumer costs up significantly, according to British and American studies. And the typical shoplifter, contrary to popular perception, is employed and is as likely to be a man as a woman. Nearly half of all consumers, say the studies, would resent random spot checks by store security, but most don’t mind being watched by cameras or plain-clothes detectives.



MONTE WOLVERTON

Norwegians and the Bible

One in 20 Norwegians reads the Bible every day, according to a survey reported in the Norwegian daily *Vaart Land*.

The survey was conducted by the Institute for Marketing and Media. Gunnar Staalsett, Secretary-General of the

Norwegian Bible Society, the organization that commissioned the study, noted that the results were not surprising.

Five percent of Norwegians read the Bible daily and 10 percent of those surveyed said they read the Bible at least once a week.

Twenty-eight percent said at least once a year and 62 percent reported that they never read the Bible.

The results, according to the newspaper, also showed that those living on Norway’s west coast, women, the elderly and those with lower incomes and education read the Bible most often. On the other hand, those living in Oslo, men, young people and those with higher incomes and education read the Bible the least. ■

TURKEY

(Continued from page 6)

mother church of Eastern Christianity since the fourth century. Orthodoxy rejects papal infallibility and papal supremacy.

"The Turban in Constantinople"

The next major chapter in the history of Constantinople opened on May 29, 1453. On that fateful day, the Ottoman Turks under Sultan Mehmed II seized the fortress city after a seven-month siege. The Eastern Roman Empire collapsed, signaling the end of the European Middle Ages.

With the invading Turks came the religion of Islam. Christian for 11 centuries, Constantinople now became the seat of the caliph of Islam, and was renamed Istanbul. Justinian's Church of St. Sophia—once the symbol of triumphant Christianity—was converted overnight into a Muslim mosque. Orthodox churchmen in Istanbul accepted Muslim rule, declaring, "Rather the turban in Constantinople than the red hat of a Roman Cardinal!"

At their height, the feared Turks would rule from Baghdad to Morocco, from the steppes of Russia to the Persian Gulf. The Ottoman Empire would endure for more than four and a half centuries, until its disintegration in World War I.

In 1922 Kemal Atatürk proclaimed the Republic of Turkey. Abandoning centuries of Ottoman imperialism and traditional oriental habits, the visionary statesman rapidly transformed Turkey into a Western-style society—literally *dragging* the country into Europe and the 20th century by the scruff of its neck! There is no parallel in history of so total a movement from one tradition to another in so short a time.

As a result of Atatürk's secularization of Turkey's Islamic society, church and state are totally separate in Turkey today. Though 98 percent of its citizens are Muslims, Turkey's constitution does not recognize Islam as the state religion.

Healing the Breach

With this background in mind, we can now view current regional developments in clearer perspective.

Two significant trends are under

way that bear enormous implications for the future of Turkey. The first concerns relations between the Vatican and the Eastern Orthodox Church. The second pertains to Turkey's ties with Europe and the Middle East.

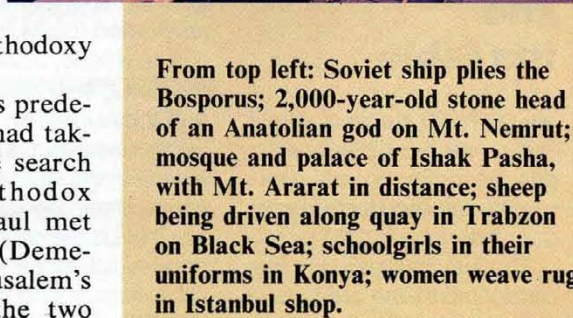
Can the nearly 1,000-year-old breach between Orthodox Christians and Roman Catholics be repaired? This question is attracting increasing attention in Rome and throughout the eastern Mediterranean. Even the predominantly non-Christian population of Turkey—especially the more educated segment—is not blind to the immense implications of this issue.

Pope John Paul II has spoken frequently of the urgent necessity for a "rapprochement between the spiritual heritage of the Christian Eastern and Western culture"—meaning the Orthodox communities in the East and the Roman Catholic and Protestant worlds in the West.

In November 1979, the Pope traveled to Istanbul for a visit with Ecumenical Orthodox Patriarch Demetrios I, the spiritual leader of the Orthodox faithful throughout the world. Demetrios is considered by Orthodox Christians to be the 269th successor to St. Andrew, one of the disciples of Jesus.

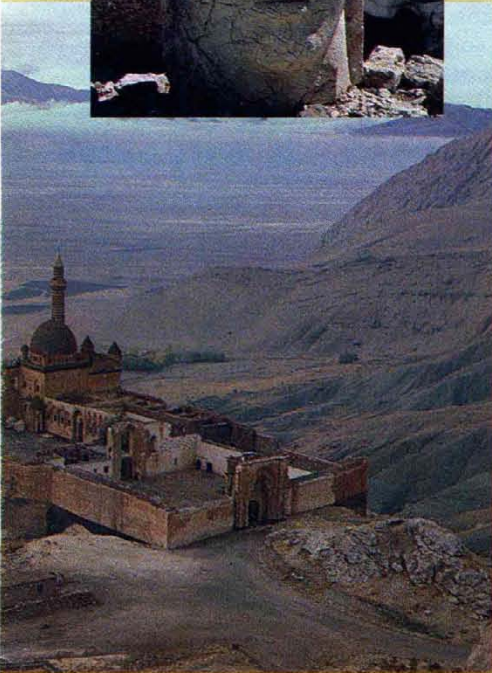
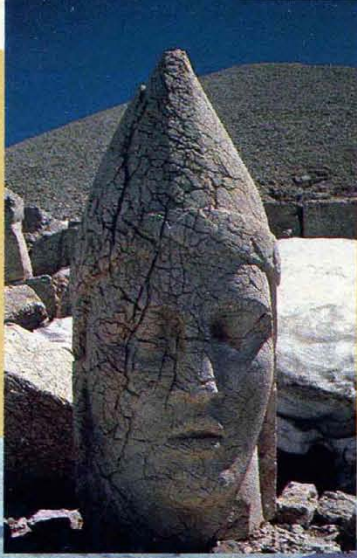
The purpose of the Pope's ecumenical visit was the launching of a full-fledged effort to achieve reconciliation between the Roman Catholic and Orthodox churches, divided since 1054. The Pope said he hoped that full reconciliation could come about by the end of the century. Demetrios is said to share the Pope's desire to strengthen ties between Orthodoxy and the Roman Church.

It had been John Paul II's predecessor, Pope Paul VI, who had taken the first big step in the search for unity with the Orthodox churches. In 1964 Pope Paul met Patriarch Athenagoras I (Demetrios' predecessor) on Jerusalem's Mount of Olives, where the two men exchanged a kiss of peace and prayed together. The next year, in a significant symbolic gesture, the



From top left: Soviet ship plies the Bosphorus; 2,000-year-old stone head of an Anatolian god on Mt. Nemrut; mosque and palace of Ishak Pasha, with Mt. Ararat in distance; sheep being driven along quay in Trabzon on Black Sea; schoolgirls in their uniforms in Konya; women weave rugs in Istanbul shop.

TOP LEFT: STUMP—PT; TOP RIGHT: ALPAY—SIPA; ALL OTHER PHOTOS BY R. AND S. MICHAUD



Patriarch and Pope officially revoked the mutual anathemas exchanged in 1054. In 1967 the two exchanged visits at Istanbul and Rome. It was the first papal visit to Turkey since A.D. 711.

A reconciliation between the Vatican and the government of Turkey was also begun during Paul VI's pontificate. In 1965 the Vatican returned to the Turks a standard captured by Christian forces during the Battle of Lepanto in 1571. This naval engagement had pitted an allied Christian fleet against the Turkish navy in a battle over Cyprus.

Will full reunification between Catholic and Orthodox be achieved in this century? Some observers believe that these ancient and competing churches may soon find that, in fact, they desperately *need* each other—that competition is too costly in a world where the spread of secularism and atheism continues unabated, and where traditional Christianity stands increasingly at risk. Pope John Paul II has spoken often of his vision of a “united spiritual front” in a world rapidly falling apart.

This may be an especially important consideration for the Patriarchate of Constantinople. Modern Turkey has scant use for a Christian leader in Muslim Istanbul. The Turks consider the Patriarchate a remnant of the Byzantine Empire they conquered in 1453. The Turkish government keeps a tight rein on the temporal affairs of the Orthodox faith. This has led some to speculate that the Church of Constantinople might one day find that it needs—for its very survival—the strength and prestige that would come from unity with Rome.

Constantinople was once the powerful center of half the Christian world. Optimistic theologians believe that Rome and Constantinople might yet reassume their old relationship as the sister capitals of a unified Christendom—a unified Christendom that could play a major role in influencing the course of world affairs! The implications of such a development for the country of

Turkey—Islamic though it is—would be enormous.

Overtures to Islam

Consider: an Islamic country the site of a major focus of a powerful new united Christendom! Turkey's historic role as a *bridge* between two worlds—the Christian West and Islamic East—would automatically be enhanced.

Growing overtures toward the Islamic world by the Vatican and by European governments lend additional significance to these possibilities.

The Roman Catholic Church has declared that it wants to sweep away centuries of suspicion and mistrust between Christianity and Islam and move into a new era of cooperation. During his visit to Turkey, Pope John Paul II stated that it is “urgent . . . to recognize and develop the spiritual bonds that unite us [Christians and Muslims] in order to protect and promote together, for all men . . . social justice, moral values, peace and liberty.”

These sentiments have been echoed by Muslim leaders. It was the late King Faisal of Saudi Arabia who helped open the way to an understanding between Catholics and Muslims with a message he sent to Pope Paul VI in 1966: “We both believe in one God, we both venerate the Blessed Mary. Islam and the Church must *pool their strength* to thwart evil and atheism.”

Were such an alliance of Christianity and Islam—of Europe and the Arab world—ever to arise in the years ahead, Turkey could well play an instrumental—even indispensable—role in its formation. By virtue of its unique position between two worlds, Turkey could find itself thrust into a middleman role in the piecing together of that new and precedent-shattering political-religious configuration.

Anchored in Europe

Now, in this light, look at the current state of Turkey's relations with Europe and with the Middle East.

Even though most of its landmass is in Asia, Turkey considers itself essentially European. Pro-Western Turkey has been a member of the NATO alliance since 1952. As NATO's southeastern



keystone, Turkey stands between Russia and the Middle East, and lies within striking range of vital Persian Gulf oil fields—a fact of great potential significance in an oil-hungry world.

Turkey's ties to Europe were further strengthened when the country became an associate member of the European Community (EC) or Common Market in 1963.

By the mid-1960s, however, the nettlesome Cyprus issue began to drive a wedge between Ankara and its Western allies in both NATO and the EC. The Turkish military intervention in northern Cyprus in 1974 further widened the split. With the suspension of democracy in Turkey

fact that he was not particularly favored by the military.

European Community officials say, however, that so far only a partial return to full democracy has been achieved in Turkey. Much still needs to be accomplished, they assert, before the close ties of Turkey's EC associate status can be fully resumed. But the dialogue between Turkey and the EC has recommenced, and the troubled relationship appears to be slowly on the mend.

Though Turks speak of what they perceive as a lack of reciprocity of friendship, they realize that their country has little option but to continue their economic and

a mending of fences by Turkey with its eastern neighbors.

For more than a half century after World War I, Turkey neglected its ties with the Arab Middle East, turning strongly, as we have seen, to Europe and the West.

In the wake of its disputes with European allies, Turkey has been recultivating its relations with Arab countries at an increasingly swift pace in recent years. Ankara has turned to the Arab world for money, oil and jobs. Trade with Islamic countries is developing rapidly.

Turkey is actively reestablishing its place in the Middle East!

Turks do not see their growing cultural and economic ties with the Middle East as occurring at the expense of Turkey's relations with the West. Their "overture to the East" grows naturally out of their common Muslim heritage and the demands of the Turkish economy.

Turkey has long suffered a crisis of identity. Most Turks want to be part of the West, yet Turkey has never felt completely sure of its place in the Western world. Events of the past decade have also rekindled feelings about Western discrimination against Turkey because of its Muslim heritage.

Turkey continues to struggle with its "split personality." It is both West and East, European and Muslim.

Today, more than ever before, Turkey finds itself in a unique position to serve as a bridge between the Muslim East and the Christian West. The responsibility that Turkey's geopolitical position and its historic experience imposes upon it is only now beginning to be comprehended by many of its people.

As a nation with historic and religious ties to both Europe and the Middle East—and now with growing political and economic ties as well—Turkey may once again be on the path to political power and influence on the world scene—and, as a consequence, the target of its traditional foes, the Soviets.

Watch Turkey!

The Plain Truth will continue to keep its readers abreast of critically important trends and events taking shape in this strategically vital country—the crossroads of East and West. □



Pope John Paul II met with Orthodox Patriarch Demetrios I in Istanbul in November 1979.

in September 1980, Turkey became Europe's odd man out.

In 1980 Turkey stood at a dangerous crossroad in its history, caught in the grip of growing economic and political chaos and torn by terrorism of the left and right. The military stepped in, temporarily suspending democracy.

Since then, dramatic progress has been achieved within the country. Law and order have been restored. The Turkish economy has returned from near bankruptcy to become one of the fastest-developing economies in the world. In November 1983, parliamentary elections were held. Civilian candidate Turgut Özal—chief architect of the economic recovery—was elected Prime Minister despite the

defense ties with the West. "We are Europeans in spite of Europe," declares one Turkish senator. The general alignment of Turkey with the family of European nations is likely to endure. Many Turks hope for eventual full EC membership.

Europeans, for their part, are very aware of Turkey's present—and future—usefulness geopolitically. Developments in both the religious and political arenas are driving home that realization with increasing force. Veteran European observers see Turkey fully anchored in the EC by the 1990s.

Tilt to the East

An important side effect of the past decade of strained relations between Turkey and Europe has been

LETTERS TO THE EDITOR



Showplace of Asia

As a Malaysia student currently studying in USA, I was rather impressed to read the November/December 1984 article on "Two Showplaces of Asia."

I would like, however, to point an error in an accompanying caption. The correct description for the photo would be "Malaysia's Buddhist architecture, Kek Lok Si Temple, Penang."

Ng Siong Ka
Columbus, Ohio

Young Readers

I am 13 years of age. I try to read *The Plain Truth* when I can. I have to travel all the way to Manchester to get it. I find the magazine very intriguing as it tells about the goings on in the world. When I hear or read about the starvation in the Third World, it makes me feel very angry about it all. It is very saddening to think about those people, and I hope something proper will be done for them.

Miss L. J. Gavin
Worsley, Lancashire

I am 12 years old and I am a new *Plain Truth* subscriber. Upon the first time I encountered your magazine in a supermarket I sat down and read it.

I soon came to realize that *The Plain Truth* was the magazine for me.

Khanh-Van Le
Anaheim, California

Saving Our Marriage

Last year my husband and I decided to take a drive so we could get away and come to a final conclusion about our relationship. We had been fighting and hurting each other for so long. Always withdrawing when the other needed to share and talk.

We drove and talked for hours then stopped at a truck stop to use the bathroom facilities. I picked up a copy of *The Plain Truth*. Several days later when making phone calls, arranging to leave what we both thought to be a dying marriage, I remembered your magazine.

Not really wanting to leave, and needing an answer, I began reading and began crying. The more I read the more I cried and soon realized that I wasn't going to leave. That I was going to stay here with my husband and make things work for us. But I could not have come to that decision alone. I now know that God led me to your magazine and has also opened my heart from the selfish person I used to be.

Again, I would like to thank you for the magazine and the Ambassador College Bible Correspondence Course. I feel God used your publications as an important tool in directing our lives.

We are now pulling together, instead of pulling each other apart. We are able to raise our son in a secure, loving family that we barely knew existed eleven months ago.

Susan G.
Harvester, Missouri

I have read Mr. Schroeder's article "Is It True Some Are 'Born that Way'?" in the July-August issue. This article had a profound effect on me. You see I have had homosexual feelings and tendencies all my life. I know they are wrong, and I have been fighting them. But the struggle is difficult—sometimes excruciatingly painful. It is like being on drugs—you're hooked.

Part of the problem is that I grew up without a father to

guide me, and show me *HOW* to be masculine. I want to be masculine—but what is masculinity? How can I have close friendships with my own sex without the relationship being sexual? Is it wrong to want close friends of the same sex? What kind of feelings should you have towards friends of your own sex? What is the difference between male friendship and female friendships? Could you publish answers to these questions in the *Plain Truth*?

Name Withheld

• We shall in forthcoming issues.

Childbirth Alternatives

I had to respond to the two articles in the *Plain Truth* magazine that arrived today in the mailbox. "Childbirth Alternatives: The Choice Should Be Yours," was written by Sheila Graham in the most exciting way. It certainly made me recall my elation and happiness experienced at our second daughter's birth at home two years ago. My heartfelt thank you to Dave and Pam who shared their pictures and experience with the *Plain Truth* readership.

Much pressure today comes to take away the rights of husband and wife to make a choice. The wife's body is given over to the whims and demands of a medical society, in many cases after the "get" of the dollar. Thank you for the encouragement you gave to couples to educate themselves to make a choice proper for their situation.

Also, to Joan C. Bogdanchik and the article "The Childless Couple," I appreciate the awareness I received of couples not able to have children, and the feelings

they face dealing with infertility. My children become even more of a blessing to me, and I hope I can understand better those who go through frustration of not being able to bear a child.

Pamela Sparks
Portland, Maine

Thanks so much for the article "The Childless Couple." Having four children ourselves we were unaware of what ordeals childless couples go through to have children. It is often hard to console someone, not having gone through the same trial ourselves. Thanks for shining new light on the subject! An article we all needed!

Mrs. Gary Ohnemus
Elizabeth, Colorado

By the time you read this, I will have already undergone voluntary tubal ligation: sterilization.

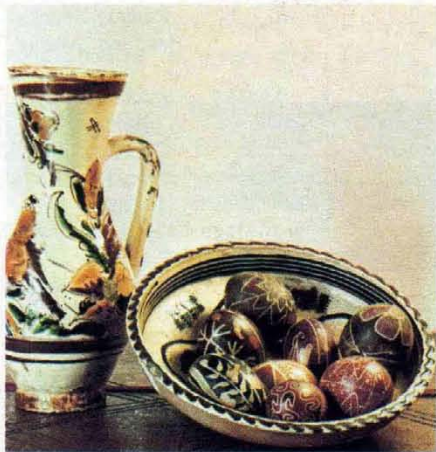
I am young, attractive and single. I don't believe in unnecessary abortion (through irresponsibility) nor am I vain nor selfish enough to believe that a child has to come from my body in order for me to love it. I enjoy sex.

What I want to know is why the majority of responsible people choose to have children. It isn't going to make them immortal. Provide for them in their old age? How selfish! Learn/teach? You can learn lessons in love every day if you choose to and also teach them on this great universal spiritual journey that we all experience.

So what's all this to do about being childless? In the words of the girl who wants to be my legal daughter: "It ain't no biggie." You love and you get love: by God and your fellow humans.

Ms. Alex Kulakis
New York City

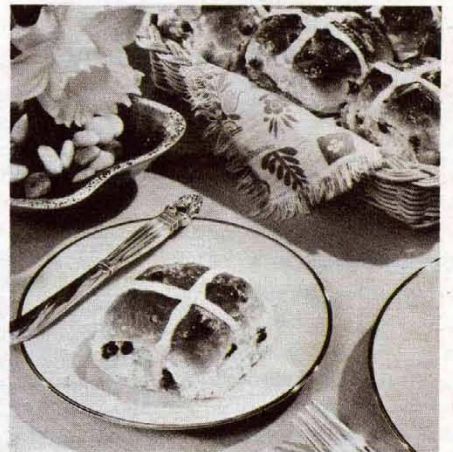
WHY Millions Observe EASTER...



DEPT. OF TOURISM—ROMANIA

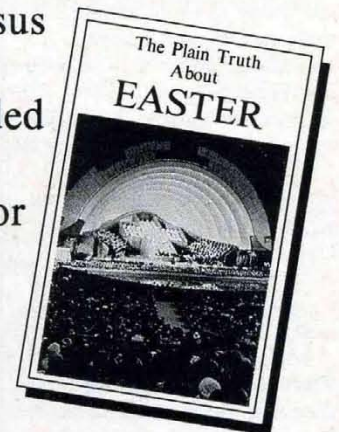


WIDE WORLD



AMERICAN STOCK

Yet don't know how it originated! Chances are you never stopped to ask. Millions have been taught since childhood to accept Easter as a yearly commemoration of the resurrection of Jesus Christ. But why Easter eggs, sunrise services, hot-cross buns? The answers are surprising! You will be astounded by the facts found in our free booklet *The Plain Truth About Easter*. For a copy, mail the request envelope or write to our address nearest you.



FREE Booklet Offer!

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