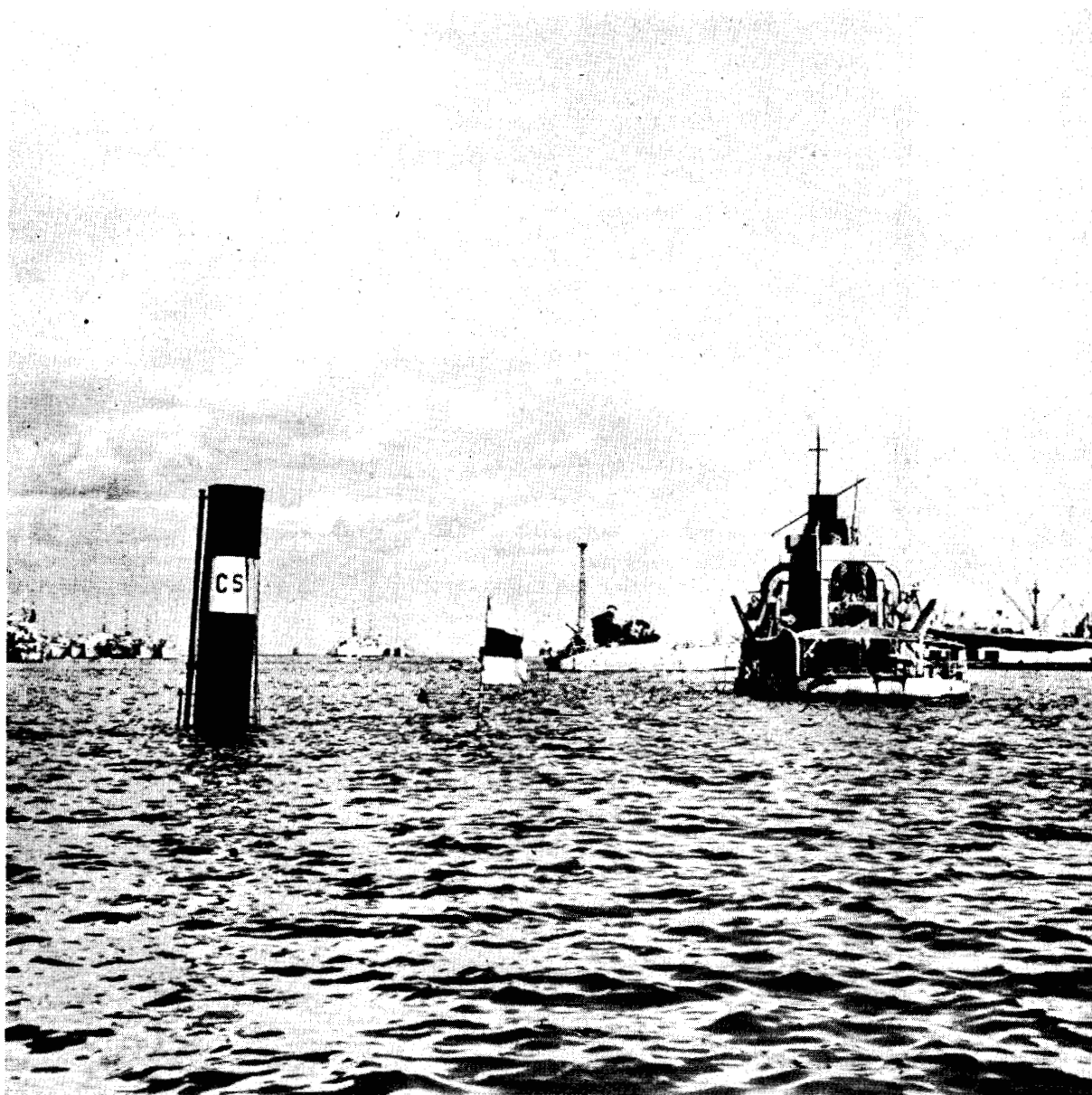


the PLAIN TRUTH

a magazine of understanding

VOL. XXII, NUMBER 1

JANUARY, 1957



Sunken ships block the Suez Canal. Egypt's dictator Nasser has sealed off the canal from all usage for nearly six months by deliberately sinking vessels in the vital passageway. —Wide World Photo

The PLAIN TRUTH

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VOL. XXII

NO. 1

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Sent FREE to all who request it,
as the Lord provides. Address
all communications to the editor.

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By the Radio Church of God

NOTICE: Be sure to notify us immediately
of any change in your address. IMPORTANT!

Heart to Heart Talk with the Editor

A CERTAIN Church found itself suddenly in need of a new pastor, due to the accidental death of the man who had filled the pastorate for many years.

The board of trustees met to consider two written applications just received. I wonder, if *you* were a member of this board, which of these applications you would be in favor of considering further, and which you would reject?

Opening the first application, the chairman read to the board as follows:

"Gentlemen: I am greatly distressed at the news of the death of your good pastor. Although I have for many years been the pastor of a very large and popular church of a different denomination, I have long been an admirer of your pastor.

"Feeling that this regrettable vacancy in your pulpit offers opportunities of much greater scope for my talents, I hereby present to you my application for your consideration. My qualifications are many.

"Although my field in this small city of 35,000 population has been limited, I have here succeeded in building my present church into the largest in this city, and the most popular. My labors here have built a church that is highly respected by the public. My preaching has been quite liberal, and I have stud-

ously avoided giving offense to those of our congregation, or to those who really count in the political, commercial, and social leadership of our community. I know that you good people are hostile to "the Law," and I know every argument against it. No one ever feels any embarrassment because of membership in our church here. I dare say not a single member has ever suffered any persecution or loss of prestige or social standing because of membership here. In fact, I have succeeded in bringing in the most influential and wealthy families of this community. Under my ministry this church has accumulated a large financial surplus, and built and paid for the finest and most costly edifice in this section of our state.

"My sole reason for desiring a change of pulpits is that I have reached the zenith of possibilities here, due to the limitation imposed by the size of the community. I feel that the large metropolitan area in which you are located offers a challenge to my ambition for building up a church on a much larger scale than is possible here.

"It is true that we here are a different denomination, and here I have been required to preach doctrines totally at variance with those you good people hold. However, that presents no problem at all. I feel that there are many different denominational roads, but they all lead to the same place. I shall be perfectly willing to preach whatever doctrines you may instruct.

"One thing I am careful to avoid is controversy. I work for harmony and PEACE. I feel that it is the duty of a pastor to INSPIRE his flock—to make them feel satisfied with themselves—never to criticize them—to psychologically *remove* from their minds any pos-

sible guilt complexes, so that with self assurance they may be uplifted by each sermon more confidently to attack their secular pursuits through the week.

"I feel sure that you will be pleased
(Please continue on page 16)

RADIO LOG

"The WORLD TOMORROW"

Herbert W. Armstrong analyzes today's news, with the prophecies of The WORLD TOMORROW!

TO THE U.S. & CANADA

- WABC—New York—770 on dial—11:30 P.M., Mon. thru Fri.; 10:30 A.M., Sun., Eastern time.
- WLS — Chicago — 890 on dial — 11:30 P.M., Mon. thru Fri.; 8:30 Sunday night.
- WWVA—Wheeling, W. Va.—1170 on dial—Sundays, 11:15 P.M. Eastern time. 10:00 P.M., Mon. thru Fri.
- WRVA—Richmond, Va.—1140 on dial—Sundays, 11:05 P.M. Eastern time.
- XELO—800 on dial, every night, 9:00 P.M. Central Standard time. (8:00 P.M. Mountain Standard time.)
- XEG—1050 on dial, every night, 8:30 P.M. Central Standard time.
- WCAE — Pittsburgh, Pa.—1250 on dial—4:00 P.M. Sundays.
- WXYZ—Detroit, Mich.—1270 on dial—1:30 P.M. Sundays.

HEARD ON PACIFIC COAST

- XERB—1090 on dial—7:00 P.M. every night.
- KGER—Los Angeles—1390 k.c.—12:30 P.M., Mon. thru Fri.; 12 noon Saturday; 2 P.M. Sun.
- KARM — Fresno—1430 k.c.—8:30 P.M., Tues. thru Sun. 9 P.M., Monday.
- KBLA—Burbank—1490 k.c.—7:30 A.M. daily. 9:30 A.M. Sunday.
- KPDQ — Portland—800 on dial—8:30 A.M. daily.
- KUGN — Eugene — 590 k.c. — 7:00 P.M. Sun. thru Fri.
- KVI—Seattle-Tacoma—570, first on dial—10:30 P.M. every night.

TO ALL OF EUROPE

RADIO LUXEMBOURG
Mondays: 23:30 Greenwich time

TO ASIA & AFRICA

RADIO CEYLON
Tuesday: 10:15-10:45 P.M. India-Pakistan Beam and Ceylon Beam.
Wednesday: 11:30-12:00 noon African Beam. 5:15-5:45 P.M. S.E. Asia Beam.

RADIO FORMOSA
Wednesday: 5:50-6:20 P.M.

RADIO LOURENCO MARQUES
Saturday: 10:00-10:30 P.M.

The WORLD TOMORROW heard in Australia!

- 2CH—Sidney—Sat., 10:15 P.M.
2AY—Albury—Sun., 10:00 P.M.
2GN—Goulburn—Sun., 10:00 P.M.
2GF—Grafton—Sun., 9:30 P.M.
3BO—Bendigo—Thurs., 4:15 P.M.
4TO—Townsville—Fri., 10:15 P.M.
4CA—Cairns—Sun., 10:00 P.M.
4WK—Warwick—Tues., 9:30 P.M.

Inside TRUTH about the HUNGARY REVOLT

Soviet economic-military power is the world's most colossal hoax. Here's the inside story of the Hungary revolt, Britain's Suez debacle, and conditions inside Russia, unknown by the world—yet foretold over a 22-year period in these columns!

by Herbert W. Armstrong

IT's time you know the TRUTH! It has been hidden from the world long enough!

Six tremendous factors combine to threaten total disaster for the United States and Great Britain. Yet our nations are plunging heedlessly and headlong toward their final DOOM!

The first of these six gigantic factors is in itself a bigger bombshell than a dozen hydrogen-bomb explosions! This is going to sound so incredible it will be hard to believe, *but it's TRUE!*

Here it is! The idea that has been sold to the western world that Russia is a powerful industrial and military nation threatening to surpass the United States, capable of waging full-scale world war against us, is the most colossal HOAX of our time!

Stalin always believed, like Hitler, that if you tell the world a lie that is big enough, the world will believe it! The world does not like to believe the TRUTH. The Communists are the most chronic, experienced, consistent and dastardly liars on earth! It is part of the instruction to all Communist Party members that they are to lie, distort facts, mislead and deceive with all cunning in order to demoralize the enemy.

The BIG LIE Technique

They claim that a Russian invented just about every important invention of this modern age. They claim that just about every important scientific discovery was made by a Russian.

The BIG LIE that Russia is a major industrial and military power equal to, or surpassing, the United States has actually been kept alive by the American government! American political and military leaders have willingly swallowed the Communist BIG LIE, *with-*



—Wide World Photo

Russian Tommygunners make sure that no one disturbs the departure of these Red tanks from East Germany. Much Russian equipment was recently removed from East Germany in anticipation of revolt elsewhere.

out proof, gullibly accepting Soviet "facts" and "figures" and "statistics" and "information" without question, at face value.

And WHY?

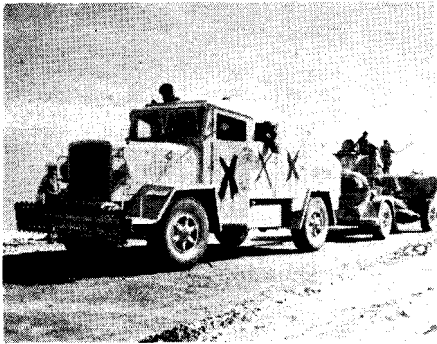
The answer brings up the *second* BIG FACTOR in present world conditions: The unsound SPENDING POLICY of the United States government that was instituted by the New Deal! The crackpot economic theory has been that we can SPEND ourselves rich—that continuous pumping of multiple-BILLIONS of dollars into circulation is the best way to keep money circulating and to insure constant and increasing prosperity.

It Started with the NEW DEAL!

As I wrote in The PLAIN TRUTH some 22 years ago, when the New Deal was in its infancy, PUMP-PRIMING is often a

good way to coax the water in the well up into the pump—merely as a means of bringing up into circulation and use the water in the well. But permanent pump-priming, bringing up only the priming-water and using that, is WASTING, and not conserving, your resources.

This, for example, is a wise principle in helping a poor man in need. To *give* such a man a *little* money to enable him to get on his own feet and become self-supporting is a wise investment in human welfare. This is what the government should have done to sick American business in 1933 and 1934. But to continue to support the man who needs your help, while he becomes lazy and indolent, injures the man you think you are befriending, and wastes your own resources. But the bureaucrats in Washington, having learned their phony eco-



—Wide World Photo

A Russian-built heavy field artillery tractor and gun bear the hastily painted Israeli markings, large X's, after their capture from the Egyptians in the Sinai desert.

nomics in theoretical class-rooms instead of in the school of hard knocks and practical experience, actually believed that the way to permanent and continuously rising prosperity is to *continue* pouring in the priming water, and to *destroy* large portions of our resources, and to *give away* other large portions.

This policy was established and carried out by:

1) A smoke-screen of propaganda to frighten the American people into believing Russia was about to surpass the United States in atom bombs, hydrogen bombs, war planes and jets, submarines, and other resources of war—in accepting at face value the BIG LIE about the "success" of the Russian five-year plans for agricultural and industrial expansion—so as to justify

2) Spending \$35,000,000,000 and more per year on a gigantic defense program—on armaments that *do not produce a dollar's worth of actual wealth*, as military insurance against a phony threat!

3) GIVING away billions of dollars in *continued* "pump-priming" not only to get other nations of the world on their economic and military feet, but to KEEP them *continuously* prosperous on American dollars *after* we have gotten them on their own feet. Do you know the result of this? It has *not* made FRIENDS—it has made ENEMIES! Foreign nations never indulged in such non-sensical philanthropy—so they assumed we had some hidden ulterior motive—they grew suspicious of us—they began to HATE us!

Our government planners at wash-

ington should have learned a sound and sober lesson from the most ridiculous "funny-paper" strip recently. A multi-billionaire gave \$10,000 per week to "Li'l Abner" and "Daisy-Mae," in order to prove that it would make them unhappy. But the stupid hill-billies were "smart." They, in turn, gave all the money to the other hillbillies of "Dog-patch." Result? In due time all these befriended neighbors came to hate "Li'l Abner" and "Daisy-Mae," and they themselves were rendered unhappy!

4) BUYING up multiple-million dollar's worth of grain, livestock, etc. from American farmers, and then destroying or giving away this actual wealth.

All this brings to mind the rather clever definitions of the various systems of government as published recently in our Ambassador College campus-paper, the "Portfolio," under the heading: "POLITICAL DEFINITIONS:"

"*Communism*: You have two cows. The government takes both and sells you the milk.

"*Fascism*: You have two cows. The government takes both, feeds the milk to the army, and shoots you.

"*Democracy*: You have two cows. The government buys one and sells it to an enemy on credit.

"*New Dealism*: You have two cows. The government buys both, shoots one,

milks the other, and throws the milk away.

"*Capitalism*: You have two cows. You sell one and buy a bull.

"*Theocracy*: You have two cows. You milk them both, sell the milk, pay God His tithe, keep the other nine tenths, and God gives you a bull."

All these dissipations (the 35 BILLION dollar per year armament spending, the loans and gifts of billions of dollars to foreign nations, the buying up of surplus foods, clothing and other products and either destroying it or giving it away—none of which PRODUCE or INCREASE our national wealth or resources a penny) are sapping our national strength.

Did you know that our national credit has dropped so low that *the United States government can finance itself only on a 90-day basis?*

Drought and Disease

The *third* BIG FACTOR in world conditions is the increasing drought and resulting spread of disease.

The drought is *continuing* from Illinois to Texas. It is now the worst in the nation's history. *New types of diseases are now making their appearance* in these dusty dried-up regions. Recently a large number of barges were tied up in the Mississippi river. Imagine that!

Booted Russian troops carry their bayonet-equipped weapons as they parade past a reviewing stand at Brandenburg airfield in East Germany. Approximately 30,000 Russian troops were withdrawn from East Germany in anticipation of a move toward Suez which failed.

—Wide World Photo



. . . in the Mississippi river! There wasn't enough water for them to move along! New livestock diseases are appearing. The Southwest is drying up!

And PROPHECY says this will continue until it brings NATIONAL DISASTER—and *one third* OF OUR AMERICAN AND CANADIAN POPULATIONS WILL DIE OF STARVATION AND DISEASE!

But this drought condition is WORLD-WIDE!

The drought is now specially affecting Russia and the satellite "Iron Curtain" countries. The Caspian Sea area in Russia is fast returning to desert or semi-desert conditions. The Russians admitted, last September, that drought had been disastrous to that part of Russia. There has been widespread drought in Turkey which the Turkish government tried to conceal.

Satellite Deflection

BIG FACTOR *four* results from factors one and three. The satellite countries are in process of becoming *Fascist* countries!

Drought has spread to the satellite countries. HUNGARY has become HUNGRY!

The people of Hungary, and those of Poland, had come to a state of desperation—after enduring years of Communist tyranny. They now face HUNGER! They were so desperate that they were willing to face Russian tanks and machine-guns rather than continue longer being persecuted, undernourished and starved!

The Soviet program has been as big a failure in the satellite countries as in Russia itself. Today the populations in a number of "Iron Curtain" nations are arising spontaneously in revolt!

This is exposing—if the world can see it—the fact that COMMUNISM HAS BEEN ONE GIGANTIC FAILURE!

Joe Stalin was a fantastic liar, a crook and a fake! He was shrewd like a cunning wild animal when he sat in conference with President Roosevelt at Yalta and at Tehran. He could outsmart and out-bargain the altruistic, naïve and trusting western "statesmen" at the poker-table of international diplomacy. But in the qualities of wisdom, vision, wise planning for the prosperous up-building of his people, and the healthy development of a nation and empire for its own good and the good of the world,



—Wide World Photo

Russian twin-jets line runway at Oranienburg air base in East Germany. They are preparing to return to Russia.

Stalin was a stupid, empty-headed but vain dullard. He gained and maintained his lofty position by the ruthless murder of all who politically opposed him, and held Molotov and all other lieutenants under him cowed by stark fear. He had the shrewdness *and* the brains of a fox!

Khrushchev also is a fantastic liar, a crook, a fake, AND AN IDIOTIC DRUNKARD! He has no more real vision, wisdom, understanding, or true grasp of national and world needs and how to fulfil them than Stalin. And mark this: Khrushchev's days are numbered! He won't be in the saddle long!

Khrushchev has admitted that Stalin was a liar, a crook, and a fake. He hasn't gotten around as yet to admitting that he, himself, is likewise characterized by all those derogatory words—but soon his successors will admit it for him.

Debunking Communist Lies

An example of Communist exaggerations and BIG LIES about Russian prosperity and power is the fact that Khrushchev's exposure of Stalin stated that Stalin's "statistics" claimed 20 million more people than actually existed in Russia.

Here is another debunking fact: In 1929 there was one cow for each five people in Russia. Today, after the great "success" of the Communist agricultural plans, there is only one cow for every NINE people! Perhaps this milk shortage explains why Khrushchev has turned

to consuming such huge quantities of vodka! Another fact now comes to light: there are 122 MILLION fewer sheep in Russia now than there were in 1953! Or, were they only falsely CLAIMING in 1953 *that many more sheep* than they had.

The Russian farmers who visited Iowa some little time back were really wide-eyed with astonishment at Iowa and Illinois farm methods! They had never seen anything remotely resembling such advanced methods in backward Russia!

It's time we get our eyes opened to the FACT that the Russian people live in abject POVERTY compared to the American standard of living! Russia does not have even a fraction of the American industrial, agricultural and commercial might.

I have said time and time again that we need not fear *provoking* Russia into an all-out major World War III—I mean a shooting military war. The Russians well know that the very day it started, Moscow, Leningrad, and all Russian major cities and industrial and war-production centers would be HYDROGEN-BOMBED—VAPORIZED into nothingness! Further, they well know that their food supply and industrial capacity could not keep them in any total war with America for any sustained period. *If* the Kremlin were to be provoked into total World War III, they would *not* be provoked into it—they would start it themselves, without warning, long before we got

around to the "provoking." The fact they have not started it means they WON'T be provoked into it.

But they are MASTER propagandists and bluffers. They are shrewd where we are naïve and trusting. They have been fighting World War III RUSSIAN STYLE against us for years, and we are too simple, gullible, stupid and naïve to recognize the fact. Their number one army is the COMMUNIST PARTY in each non-Communist nation. This "Party" is not a political party at all, but a PLAIN-

While we innocently suppose the Russians are as mighty and dangerous as their words of bluff, we remain sound asleep to the FACT that Germany is fast emerging as a far GREATER power than Russia.

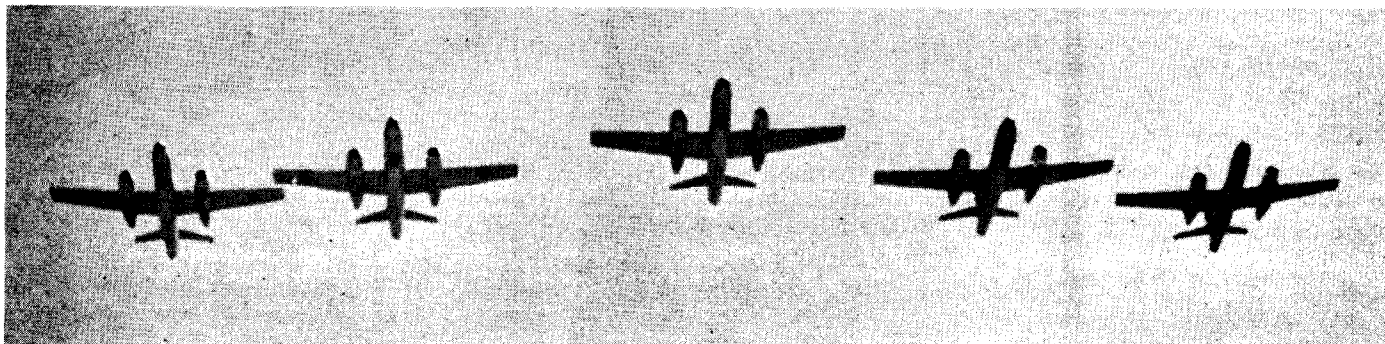
Already Germany, in actual resources and sustained industrial power, has actually *passed Great Britain*, believe it or not!

Twice in the past three years I have visited and toured over Germany. *Never* have I seen such dynamic energy for

Do you know what that means?

The Kremlin is, by military force, holding on to these satellite countries. But the TITO influence is spreading. The Kremlin is being forced to permit NATIONAL Communism to develop.

All thru these central Europe countries has come the realization that Communism has been a COLOSSAL FAILURE. They REALIZE this, in these satellite countries. The FARMERS in these countries are now demanding the return of the farms to *private ownership*. This



—Wide World Photo

Russian planes fly above Cairo. Many planes of this type were shipped to Egypt in order to provide Communist foothold near Suez.

CLOTHES ARMY, whose weapons are propaganda, lies, deception, sabotage, and every trick and method to undermine us FROM WITHIN—to demoralize us—to sap our economic strength, to destroy our belief in God, to degenerate our morals, and to divide us against ourselves—as they are succeeding in doing by having subtly started race hatred and the integration movement.

WHY, OH WHY, can't our American people WAKE UP, and realize the real Communist strength in this secret, *psychological warfare*—and also realize the TRUTH that Russia is in fact so economically, industrially, agriculturally and militarily WEAK that they DON'T DARE start the kind of war that WE call war!

We go on year after year spending 35 BILLION or more to protect ourselves from the imagined MILITARY danger, while we are totally and gullibly in ignorance of their successes in their psychological warfare?

This leads us to BIG FACTOR *five* in present world-conditions.

GERMANY Is Risen Again!

That factor is this: GERMANY is once again a MAJOR WORLD POWER—and we don't know it!

WORK—for the work of production—of restoring a whipped, beaten, depleted Germany to the pinnacle where the Germans can shout triumphantly: "DEUTSCHLAND ÜBER ALLES!"

That kind of human energy expended by man, woman and child over long hours every day, builds a powerful and DANGEROUS nation in a few short years!

But HERE is the BIG FACTOR!

Right at this time—just as this united dynamic energy has built up West Germany to the DOMINANT position in Europe once again, THESE SATELLITE NATIONS ARE TURNING FROM ACTUAL COMMUNISM TO FASCISM, and they are now getting into position to break finally and CLEAN from Russia, and join in the coming TEN-NATION NAZI-FASCIST COMBINE—the future United States of EUROPE!

Of course these "Iron Curtain" countries are still under ties with Moscow! They have not as yet succeeded in breaking clean away.

But—do you know the *inside* FACTS about the new leader of Poland? He purports to be—and the world is told that he is an avowed COMMUNIST. But, like Tito, he is actually for NATIONAL Communism!

has become a BASIC part of the programs of the leaders in each of the satellite countries! And these are basically agricultural countries!

Now what does all this MEAN?

What NATIONAL Communism Really Is

It means that IN ACTUAL FACT *private ownership*—CAPITALISM—is being restored in these countries which PROPHECY says are going to join in with Germany and other European nations in the RESURRECTED ROMAN EMPIRE!

It means they actually have turned to a kind of NATIONAL Communism, blended with capitalism. The term "Nazism" is merely a contraction of the two words "National Socialism." Notice, it is SOCIALISM—but NATIONAL socialism. And what is Communism? It is merely INTERNATIONAL SOCIALISM. The official name of the Communist Empire is "Union of Soviet Socialist Republics." Or, union of INTERNATIONAL Socialist republics! The only difference between Communism and Fascism is that one is INTERNATIONAL—the other NATIONAL; and that the one is totally STATE-ownership, while Nazism or Fascism includes

(Please continue on page 20)

Teen-agers being misled about SEX and LOVE

Should we blame our teen-age boys and girls for being confused about sex and love when we permit TV, movies, songs and novels to mislead them?

by Herman L. Hoeh

MANY ADULTS appear shocked at the teen-age confusion about sex and love. But few adults and parents would *admit* that they are just as confused about what *love* really is—and about the right use of *sex in marriage*.

"We live in a society which gives sex attraction and sex performance an adulation close to idolatry," said a recent article on this vital subject—and yet at the same time our society "attempts to ignore the existence of sex . . . and to push it aside as dirty and sinful."

WHY?

What makes parents shun "the facts of life"? Why are teen-agers often told, "Aren't you ashamed to have your mind in the gutter!" as a reply to their natural questions?

Who wouldn't be *confused* in this kind of world—where sex and love are broadcast far and wide through newsstands, radio, TV and the movies, but too often shunned in the home!

It is time we learn *why* we have been responsible for MISLEADING our teen-agers about love.

Today's Tragedy

The frightful tragedy confronting us today is that we permit physical attraction and the natural inclination for sexual experience to masquerade under the aegis of "LOVE." Love, to most teen-agers—and many adults as well, is a clever synonym for sexual intercourse or its preliminaries.

LOVE is not SEX. We need to have this fact straight in our minds. *Sex* is a natural, created, physical difference we inherit from the moment of conception. *Love*, in contrast, is the highest quality of *spiritual* character—it is something we do not naturally inherit at birth. Love

is not a physical condition of the body, but a spiritual principle—an attribute of character.

Love may be expressed through sexual relationship in the marriage state, but love itself is *a principle* we need to learn to express from the very moment we are born!

Children must learn to love. They are born fundamentally selfish. They demand that *their* needs be attended to, no matter what inconvenience it imposes on their parents. *Only when* they have learned the true meaning of love—THE UNSELFISH, CHARITABLE CONSIDERATION OF OTHERS—are young people ready to express that principle of love in marriage through the sexual union.

The greatest tragedy today is that teen-agers have not been taught in their early childhood what *love* is. They are misled to believe that love results from falling into the arms of some "lover." Such "lovers" have no love. They have *lust*. No wonder young people seem unable to distinguish love from sexual lust—THEY HAVE NEVER SEEN TRUE LOVE EXPRESSED IN THEIR HOME.

A Common Problem

Ignorance of sex in marriage, or the abuse of sex, is perhaps the most serious cause of physical and marital unhappiness. We constantly are asked to counsel with teen-agers and young adults—yes, and even parents and grandparents—about this problem. Many suffer from a deep sense of *self-consciousness*. They fear sex. Others go to the opposite extreme and ruin their lives by pre-marital sex "experimentation."

Many couples come to us with their marriage problems. And down at the root of most of them are not only warped, mistaken concepts of "love," which ruin

marital happiness, but also a long record of pre-marital affairs.

God holds the parents *responsible* for not teaching their children the meaning of genuine love and the proper use of sex. But who is responsible for the fact that most parents are as confused on the subject as are their children?

It is the ministers who are *responsible*! It is the duty of the Church to make known the spiritual and physical laws that define love—that define the proper use of sex. It is their duty to warn the people of the consequences of sexual abuse. It is their duty to teach the laws regulating marriage—laws which, if obeyed, would produce happiness both for parents and also for children. We would not have the present crop of misled teen-agers if the churches *would not have hidden the truth about sex* for past decades and centuries. We would not have confused teen-agers and young married couples heading for divorce if the churches now would tell the people about God's laws regarding the sanctity of marriage.

There are no less than three of the ten commandments that relate *directly* to sex and family relationships. God instituted sex to create and to hold together the family. He reveals laws regulating it, which produce the utmost human happiness. When we violate these spiritual laws we must reap the consequences.

Materialistic Approach

We live in a modern world with changing *human* standards. Most people *suppose* that all that is to be known about sex can be had through scientific medical experimentation and biological research.

The hidden image of sex is supposedly

at last unveiled before the public eye by all-knowing "science!" The sex "superstition" of the Bible can now be regarded as folklore!—we are told.

Sex, however, can *never* be rightly approached from the materialistic viewpoint alone!

The Right Approach

The laws regulating sex, as well as murder or idolatry, are *spiritual principles* and can not be determined through human experimentation alone. We must turn to the revelation of God to know the basic facts. *Then*, after having the *Bible foundation* as our guide, we can proceed with scientific tests. Remember, all *right* knowledge *supplements* the Bible. It *never* contradicts it.

Sex superstition is not found in the Bible. Because of modern teaching by "educated fools" who know not God, the Scripture has had pagan superstition falsely ascribed to it. Many teen-agers have been led to believe what the Bible does not say.

What the Bible Doesn't Say

Here is what the people carelessly assume the Bible says of sex. Perhaps you have believed the same things and still do. Then open your eyes! Search your Bible for the truth. It is there.

Chapter XV of Gibbon's *History of Rome* gives us a perfect description of how the *pagan church fathers*, who brought heathen beliefs into the church by using Christian names, perverted the doctrine of God with devilish ideas condemned in Old and New Testaments alike. These are the ideas which have produced the present generation of confused teen-agers.

Gibbon says: "The chaste severity of the fathers, in whatever related to the commerce of the two sexes, flowed from the same principle: their abhorrence of every enjoyment which might gratify the sensual, and degrade the spiritual nature of man. It was their favorite opinion, that if Adam had preserved his obedience to the Creator, he would have lived forever in a state of virgin purity, and that some harmless mode of vegetation might have peopled paradise with a race of innocent and immortal beings. The use of marriage was permitted only to his fallen posterity, as a necessary

expedient to continue the human species . . . (They were) unwilling to approve an institution which they were compelled to tolerate . . . Since desire was imputed as a crime, and marriage was tolerated as a defect, it was consistent with the same principles to consider a state of celibacy as the nearest approach to the divine perfection . . . The loss of sensual pleasure was supplied and compensated for by *spiritual pride*."

These beliefs are not part of the faith once delivered! They were the ideas of blinded pagans long before the birth of Jesus, and they *still are* the doctrines of paganized churchianity—which is responsible for teen-age sex delinquency.

And what about keeping people "innocent," as the traditional teaching has been doing? Human curiosity and ignorance seduces us into transgression. Boys and girls naturally experiment to find out what they are not taught or do not know. Even little children do the same. As in ancient Israel, our people are perishing for the lack of true sex knowledge (Hosea 4:6).

Who Created Sex?

Of Whom is it said: "Male and female made He them"? None less than God Himself!

And when did God say: "Be fruitful and multiply and replenish the earth"? *Before* Adam disobeyed His Maker! Genesis 2:24 records: "Therefore shall a man leave his father and mother, and shall cleave unto his wife; and they shall be one flesh."

God had a purpose in creating us male and female!

The fact is that we are what we are because God made us so. "He that made them at the beginning, made them male and female, and said, *For this cause* shall a man leave father and mother, and shall cleave to his wife; and they two shall be one flesh" (Matt. 19:4,5).

God made us male and female to *cause* young people to leave their parents, to marry and to found new homes. The last six of the ten commandments are laws regulating and protecting homes thus founded.

Young people are meant to be drawn away from childhood environment into new homes *bound by love*. Yet how many realize that without sex *there*

could be no natural affection of a man for his wife!

When two people are united by God, not by men, in marriage, love should grow. But as men and women do not know the difference between lust and love, because they have no knowledge of the laws of God which produce love by regulating sex in marriage, home life is shattered.

Two Purposes in Sex

The Scripture reveals that sex is to serve *two* great purposes in marriage: one, to bind the husband and wife together *in love*; and second, to bring children into the world and to train them in the right and good way of life.

The first of these two purposes has been woefully misunderstood although the Bible shows conclusively that *child bearing is not the only part sex plays in the family union*.

This is possibly the most important material information that exists. People seem to suppose that if they can just keep children and young people "innocent"—through ignorance—until married, they will then know by instinct all they need to know about sex. Yet surveys now show that the great majority of all married people—parents and grandparents—are totally ignorant about this great purpose in sex, and how to live a married life as God intended so that they would be drawn constantly closer together in a bond of ever-deepening love.

The tragic result is that the very function God endowed for the purpose of producing and preserving happiness is wrecking two out of every three marriages, ruining family life, and is the real secret reason for most divorces.

Modern Generation

On the average the modern generation reacts quite differently from what has been described above. Seeing the foolish prudery of the past generation, and witnessing the momentary pleasures of sin, our generation just doesn't care how it acts.

The modern philosophy seems to be that it is better to "enjoy" sin rather than to be miserable in doing "right." The error lies in the lack of understanding
(Please continue on page 24)

Western Split over SUEZ— *where is it leading?*

Will the U.S. lose her British and French allies? Can our new-found "friends" among the Arabs be trusted? What BIG power will ultimately seize the Suez Canal—in OUR generation?

by Roderick C. Meredith

London, England

"WE ARE mad at you again today," said the smiling Britisher in the office right above ours here in London. But his friendly smile betrayed the fact that he personally, at least, realized that the trouble would soon be over and we would all be friends again.

The trouble, of course, is that we Americans seem to have forsaken our allies—the British and French—over their Middle-East "police" action. At least that is the way millions of them look at it, and they are not bashful about saying so in dozens of their newspapers.

"Ike: Friend or Foe?"

This past week one of the big London daily papers ran an arresting headline over a prominent article: "Ike: Friend or Foe?" The article reports to avid British readers that in Washington and United Nations circles, Britain and France are today treated as *criminals in dock*, and that Australia, because she supported them before the U.N., is regarded as an accessory after the fact.

"WHY has Eisenhower suddenly become so hostile?" the writer asks. He answers that: (1) Eisenhower is furious because he was kept in the dark by Britain and France about their plan to invade Egypt, and the famous "Eisenhower temper" is asserting itself. (2) That now America's hands should look clean to the Arab world, and Eisenhower can become a great "moral force" for peace unless he *dirty* his hands by helping Britain and France.

Naturally, reports like these stir up a great deal of bitterness toward the U.S. and there are *many* such reports going the rounds in Britain and France these days.

Another leading London paper, Lord



—Wide World Photo

Harbor craft scuttle around sunken ships in the Suez Canal. Salvage work continues in an effort to raise the sunken craft.

Beaverbrook's "*Sunday Express*," made this comment: "Mr. Eisenhower, the man who gives the orders to the United Nations, said to Mr. Hammarskjold: 'I will join with you and Mr. Nasser in teaching the British a lesson. I will give them an army of unemployed to think about.'"

In France, bitter attacks on American policy over Egypt were made by two visiting members of the British Parliament. Said Mr. Julian Amery: "Never has any country been treated by an ally as we have been." And there was tremendous applause from his audience—at a banquet given by the French Conservatives.

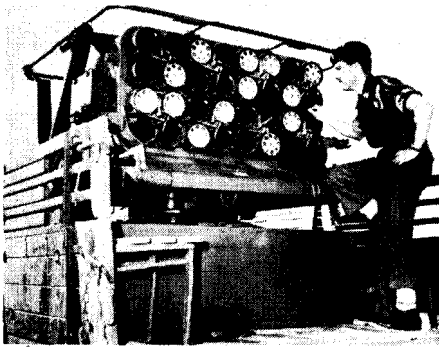
As these stinging rebuttals indicate, there is no doubt that our present policy of aiding in the humiliation of Britain and France is doing a great deal of un-

dercover harm to the esteem in which America, and Americans, are normally held in Britain and France.

The Moderate Attitude

Although Russia will try to use every trick at her disposal to bring it about, the above-mentioned trouble between America and her Western allies will NOT result in a permanent split. The leaders of Britain, France, and America know all too well that—regardless of "brotherly" squabbles—we *must* stand together in opposition to Russian totalitarianism, or we will be quietly "liquidated" one by one.

Even in the present dilemma, when it has been very difficult for human wisdom to discern who is right and wrong, much of the responsible British press has squarely opposed the Eden



—Wide World Photo

An American looks at a captured Russian rocket launcher, taken from the Egyptians in Port Said.

government's resort to war. Many have instead backed much of U.S. policy.

The United States will NOT lose Britain and France as her allies during this crisis or any other. Least of all Britain. For Britain and America are—in the very strictest sense of the word—*blood brothers*. We are physical descendants of the two sons of Joseph, Ephraim (Britain) and Manasseh (America). Those of you who do not yet understand the amazing truth of our national identity, write *immediately* for Mr. Armstrong's free booklet, "*The United States and British Commonwealth in Prophecy*."

The inspired prophecies certainly indicate that "foreigners" or *Gentiles* will eat away our strength (Hosea 7:9), but indicate Britain and America will maintain their unity to the end. After all, we are the *same* people. We have the *same* basic attitudes and ideals. We speak the *same* language, and, as a whole, our basic culture and our beneficent outlook toward other nations is the *same*.

Indeed, the *proof* of God's prophecy and of our national identity is written in *our very nature* and we CANNOT hide from it, try as some people will!

Even brothers have their differences and their quarrels, of course, but when the chips are down they stand together.

Prophecy says, then, that the U.S.-British alliance will *stick*—and in all probability our mutual alliance with France as well. But what about our dealings with the Arabs, the Germans, and other Gentile nations we hope to "buy" as our faithful allies?

Friends for Dollars?

The United States government seems

dedicated to the idea that it can buy "friends" and allies around the world with ready American cash. We intend to keep our allies by generously supplying them money and arms.

Our leaders do not understand Bible prophecy. Except for the white, English speaking nations of the British Commonwealth and the democracies of north-western Europe, the allies we are trying to buy are *Gentile nations who will surely turn on us*.

Daniel 4 describes the leaders of Gentile nations. They are given the minds and hearts of wild, ravenous beasts which live by killing and devouring others.

These Gentile nations, and their leaders, *have exactly that kind of mind*. They believe that war is often necessary for survival. Many of their leaders—particularly Nasser at the present time—would like to become *world dictators like Hitler*.

Knowing how they would take the advantage if they had the power we have, Gentiles cannot help but feel we are going to treat them in the same way once we get control. They do not understand the difference in the Israelitish mind. They are basically suspicious of us—and will be only too glad to follow any "strong man" that appears ready to help them achieve their lusts for world

power and for material wealth.

At present, it seems that Washington officials are convinced that Arab friendship must be restored *at any price* if Russia is to be kept out of the Middle East. Dollar aid is already being offered to Egypt and the Arab States as the foundation of the new "Let's be nice to Nasser" trend in U.S. policy.

What's Going to Happen?

Already, critics here in Britain are pointing out—and rightly so—that in putting its trust *and money* into these Egyptian and Arab allies, the U.S. is riding for a fall. Such backing by America at this time will be a tremendous diplomatic victory for Nasser. It is likely to make him even more impossible to deal with than before.

As a case in point, remember that Nasser has made no secret of his desire to kick the Western powers clear out of the Middle East. He intends to establish an Arab empire stretching from Persia clear across North Africa to Gibraltar.

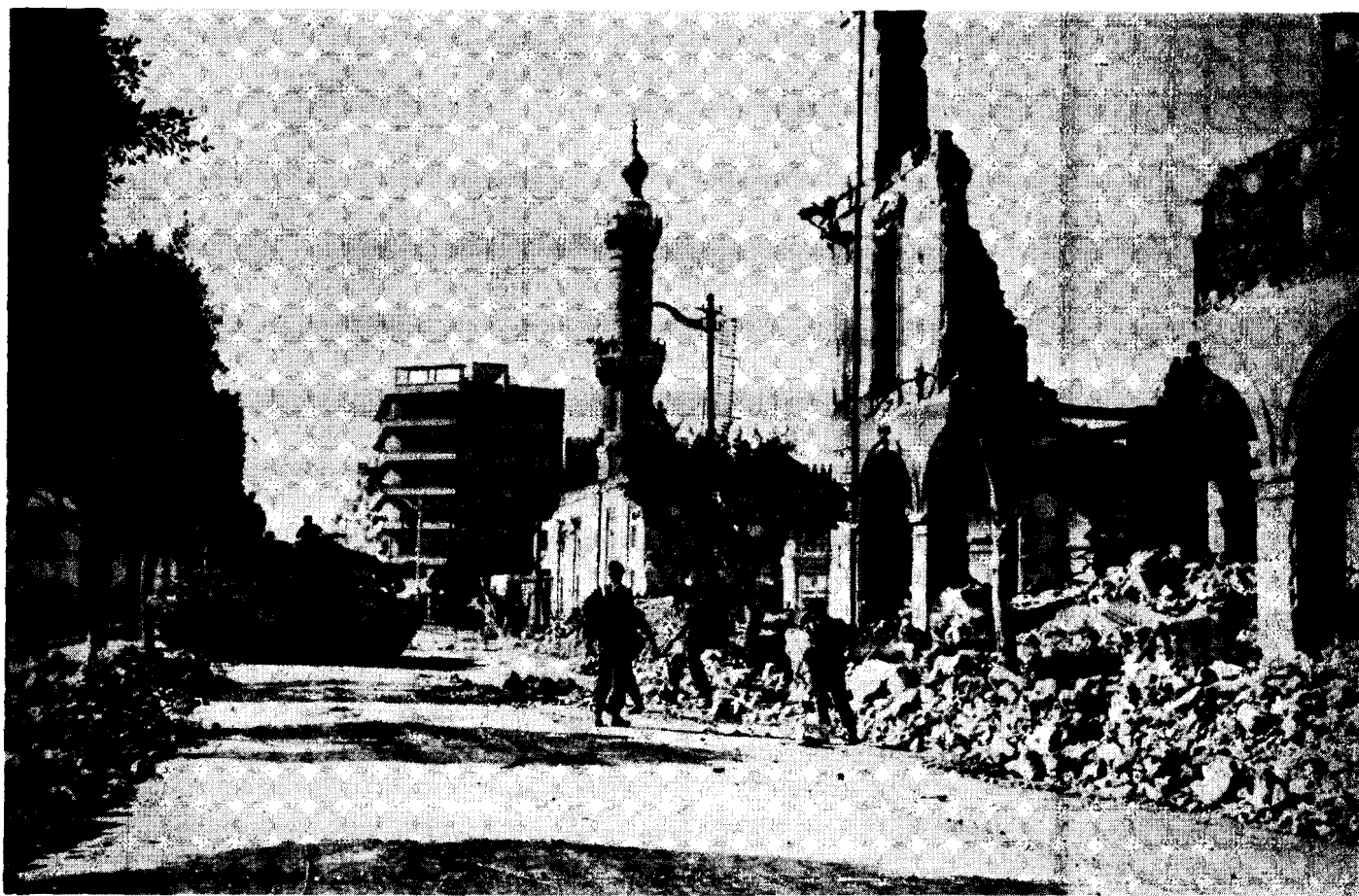
Like Hitler, Nasser sees himself in a Messianic role, fated to lead his people to their destiny. We should be as foolish to ignore Nasser's book *The Philosophy of the Revolution*, as we were to discount Hitler's *Mein Kampf*.

But it seems destined that *millions of*

British troops in front line position watch as a convoy of white United Nations cars passes.

—Wide World Photo





—Wide World Photo

British soldiers, backed up by a tank, move warily amid rubble of buildings in Port Said, Egypt, searching for snipers who ignored the cease fire order.

American tax dollars will be spent to "make friends" with Nasser. By helping him retain control of the Suez and the Arab States, *we are putting seventy per cent of the world's oil within his grasp!* Only God knows how many weeks or months his "friendship" will last.

In a prophecy for *our time*, God sternly WARNS modern Ephraim—Britain and America: "Ephraim is like a silly senseless dove, crying to *Egypt*, flying to *Assyria* . . . WOE betide them for forsaking me! DEATH to them for deserting me!" (Hoesa 7:11-13, Moffatt trans.)

When will our peoples realize that GOD is the present RULER of this universe—and that He solemnly WARNS us that we had better trust in HIM rather than in pagan, Gentile allies *who are prophesied to double-cross us in every single case!*

Who Will Finally Take Over the Suez?

In spite of American and British

fears of Russia, she is NOT the power that will ultimately gain control of the Suez Canal and the Middle East.

It is reliably reported that most of the Arab leaders have taken careful note of Russia's own little "police action" in slaughtering thousands of Hungarians and deporting others by the trainload to slave labor camps in Siberia. They are not very anxious for Russia's brand of "help" just now. Only Syria seems to be embracing the Soviet octopus, and a revolution there may yet result in kicking out the communist agents and technicians before it is too late.

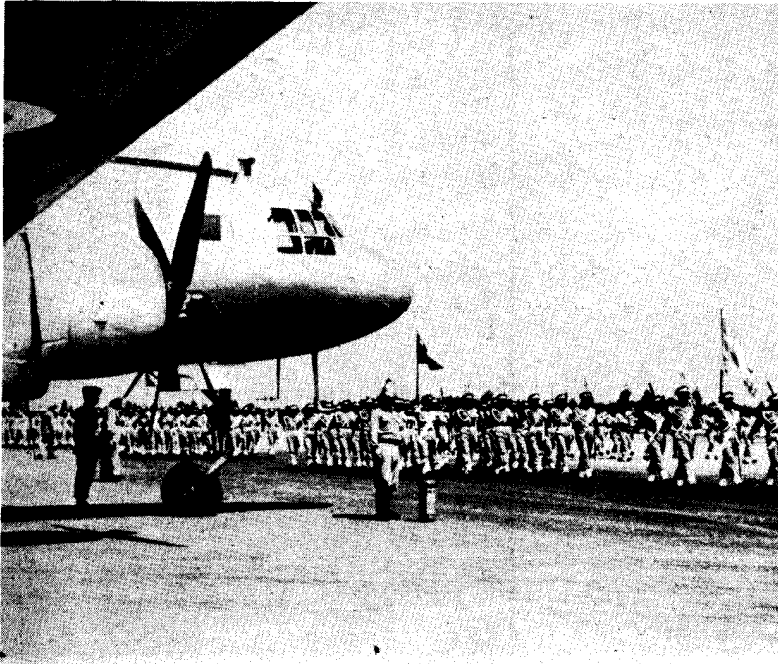
Religion is another very important reason why the Arabs have cold feet about embracing Communism. Orthodox communism is directly and unalterably opposed to religion in any form. The Arabs are, in many cases, almost fanatical in their Moslem beliefs. They instinctively and deeply fear any political authority that might in any manner run counter to their religious habits and ideas.

Actually, it is a fascist-religious power that will ultimately seize control of the Suez Canal and most of the Middle East. *The PLAIN TRUTH* has been warning our people about that power *for over twenty years!*

This power—described in your Bible as the "beast" or "king of the North"—is to be a Nazi-fascist revival of a church and state union in central Europe. It is going to be provoked by *Egypt into seizing the Suez Canal and most of the Middle East!* (Dan. 11:40-43).

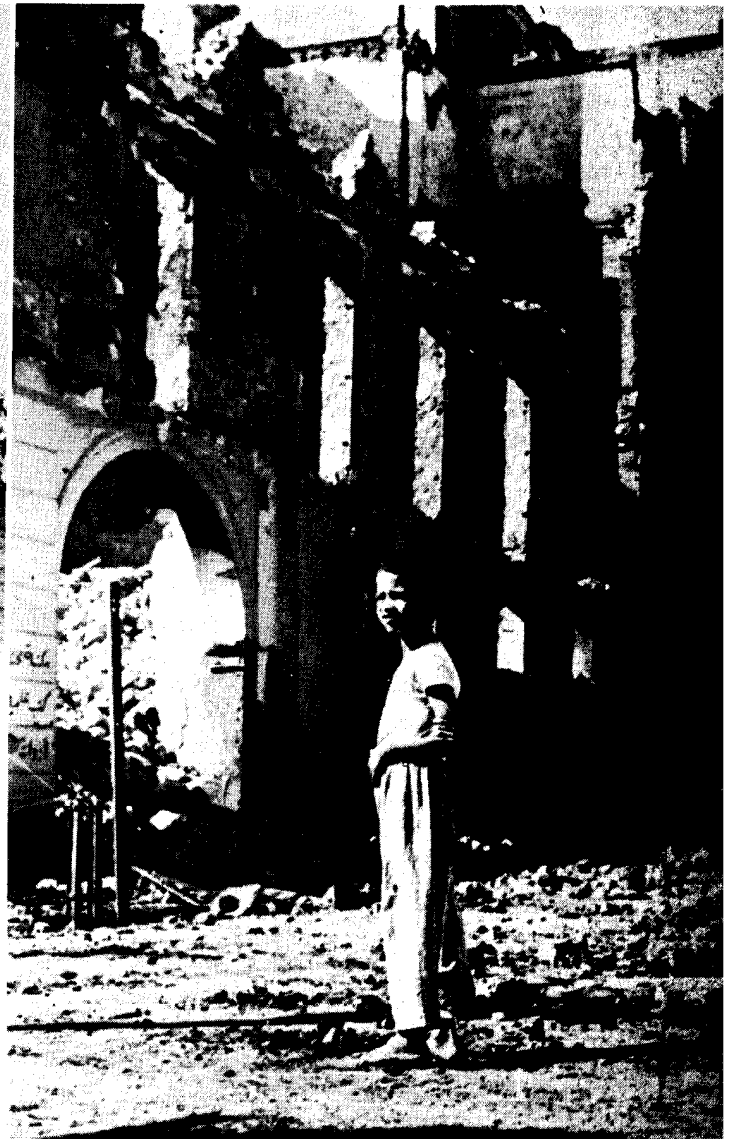
This religion-fascist system—as all of our older readers know—is the rapidly developing seventh and last revival of the Holy Roman Empire described in Revelation 17. It will be a church-state union—finally to consist of ten kings or dictators all giving their allegiance to one *super-dictator*, who in turn will make concessions to a great false religious leader.

This "beast" power is NOW beginning to rise in Europe. It will be a
(Please continue on page 14)



—Wide World Photo

This picture, taken shortly before the attack on Egypt, shows Egyptian air cadets passing in review at Bilbeis Airport. A Russian Ilyushin 14 transport plane, at left, was presented to Nasser as a gift from the Soviet Air Force.



Strife over

British soldiers try out some of the large stock of shoulder arms taken from surrendering Egyptian forces. Weapons included Russian and Czech-made carbines and submachineguns.

—Wide World Photo



Here is the price Egypt paid for accepting Russian scene of desolation in Port Said. A British tank is buildings on either side of rubble-filled street.

These arm-swinging marchers are officer-c





—Wide World Photo

an aid. An Egyptian youngster stands alone in the center foreground with shelled-out

er-candidates for Jordan's Arab Legion.

—Wide World Photo



—Wide World Photo

Here you see members of the Arab Legion in armored cars—part of the modern equipment of Jordan's army. The Arab Legion was originally trained by British officers.

SUEZ!

Tank crewmen of Jordan's Arab Legion line up beside their British-made Centurion tanks during maneuvers in the desert.

—Wide World Photo





—Wide World Photo

Here is what Moscow hoped would win Egypt over to Communist domination. A Russian tank rolls by Egyptian reviewers after British originally withdrew from Suez Canal.

(Continued from page 11)

"United States of Europe." Your tax dollars are helping to build it!

The "Beast" Rises Up!

Eleven years ago—just after the war—many people laughed out loud at Mr. Armstrong's prophetic statement that Germany would soon rise up out of its rubble heap, begin to out-produce other nations in the field of heavy industry and then dominate a union of fascist-European nations which would ultimately *invade* and *conquer* the United States and Britain.

Sounded like a *big order* eleven years ago, didn't it? At that time, Germany had just been completely pulverized by allied bombers. Her factories and her cities were rubble. And the spirit of the people seemed completely broken.

Churchill, you will remember, said that it would be a *thousand years* before Germany again could become a major power. Nearly every "expert" was sure that it would take at *least fifty*.

But that was *eleven years ago*.

Today, they are smiling out the other side of their mouths. For *Germany has come back to power—and remarkably fast!*

Aided by THIRTY BILLION DOLLARS from America, and backed up by over 50,000,000 Germans to whom hard work is a national disease, the postwar industrial recovery in West Germany is almost miraculous!

Around the Hamburg docks—the *biggest and swiftest in Europe*—gleaming new cranes whir "Made-in-Germany" goods into the holds of the world's ships. Nearby, the Deutsche Werft—*world's busiest shipyard*—is so booked up with

future orders that now it has to turn many away.

It works around the clock. It takes on women welders at equal pay—all to speed shipbuilding.

Meanwhile, Alfried Krupp, sentenced for his various war crimes to twelve years' imprisonment and confiscation of his industrial empire—but *let out early in 1951*—is once again Germany's *top* businessman. Krupp recently said: "*The only way they could have stopped us would have been to kill us all.*"

An important factor to watch is that Krupp and other German industrialists are busy making deals with *Egypt* and other Middle East countries. This German economic penetration of the Middle East is going to grow and GROW!

Gullible as usual—only able to see one enemy at a time—the United States gave Krupp its first military jet-plane

license. Now, the *Communists* want to make a deal with him!

So wealthy are the Germans that they are being urged to lend money abroad. Thus—supported by American tax dollars—the German industrial machine is already a menace to the British standard of living. It is fast out-stripping every other European nation in the world trade markets.

To complement this mighty industrial offensive, U.S. tax dollars are now beginning to build a new German army and air force.

We Are Building Our Own Frankenstein!

It is now well known that America is in the process of training and equipping a new German army. Over a year ago, in return for more than *two BILLION dollars* worth of U.S. arms, West

Soldiers of Jordan's colorful Arab Legion peer skyward as four jet planes of the country's air force perform over Amman airfield.

—Wide World Photo





—Wide World Photo

French paratroopers of the Anglo-French invasion force are here marching captured Egyptians to a collection point in the Port Said area of Egypt near the Suez Canal.

Germany agreed to develop an army of about 500,000 men, and a small navy and air force.

On paper, the army looks small. But REMEMBER, Germany was only allowed a 100,000-man army after World War I. And *now*, Germany's new Defense Minister, Mr. Strauss, is asking for ATOMIC WEAPONS for the new German *Wehrmacht!*

The official reason for American backing of this new armed force is that Germany is being heavily counted on as an ally against Russia. Only 11 short years after the war, Hitler's nation is supposedly "democratized" and a freedom-loving and faithful ally.

Because of FEAR of world Communism, Western leaders have given Germany a clean bill of health. They are embracing her and trusting her—with over *two BILLION dollars* worth of weapons and a new army.

Our policy after the war was to "denazify" Germany and forbid former Nazis to occupy any important positions.

But *today* former Nazis occupy some of the most important posts in West Germany, and the industrial cartels—which admittedly backed Hitler—are stronger than ever.

Have the Germans really reformed?

It is hard for most British and Americans to realize that the Germans CANNOT change overnight because of the very *nature* God has given them. The Germans are Gentiles and—as previously explained—God has given the Gentile leaders the minds of wild, ferocious animals. They instinctively want to *take* and to *conquer*. To them, *war* and *kill-ing* are part of the natural solution to men's problems. *How many MILLIONS of lives do we need to lose before we learn that lesson?*

God says that a revived, German-dominated central European power is the very FRANKENSTEIN that will *destroy* Britain and America!

What PROPHECY Says

The Eternal God has made definite

specific predictions in His Word that modern Israel—America and Britain—will be *forsaken* by our Gentile allies. He sternly *rebukes* us for trusting in Egypt and modern Assyria (Germany) instead of in our GOD whom we have forsaken!

Review the aforementioned prophecy in Hosea 7:8-13 (Moffatt trans. is plainer). Here God warns us against crying to Egypt, flying to Assyria—whose descendants are modern *Germany*—for help. God says: "DEATH to them for deserting me" (verse 13).

This prophecy is dual in its application and refers to *our time today*. Doubters and scoffers need only wait a few more years to SEE it happen!

Describing the *time of the end* when God will intervene and bring back both the house of *Judah* (the Jews) and the house of *Joseph* (Britain and the U.S.) from their captivity, God says: "And I will strengthen the house of *Judah*, and I will save the house of *Joseph*, and I will bring them again to place them, for

I will have mercy upon them, and they shall be as though I had not *cast them off* . . . I will bring them again also out of the land of *Egypt*, and gather them out of *Assyria* (modern GERMANY!); and I will bring them into the land of Gilead and Lebanon; and the place (room) shall not be found for them" (Zech. 10:6,10).

How clear!

America and Britain are to be conquered and taken into slavery by the German-dominated "beast" power. Our people will be taken as slave laborers to Germany, Italy and other nations.

Then Christ—at His second coming—will bring them back into Palestine, and there will not be room enough for all the multitude. Then, God says: "I will strengthen them in the Lord; and they shall walk up and down in His name, saith the Lord" (verse 12). Our people are then to be *really* converted and obedient to God, and to walk in *His name!*

Who will argue that this refers to the unconverted Jews in Palestine now, or that it has *ever* at ANY time been fulfilled either in the Jews or in Israelitish Britain and the U.S.?

This has *never* been fulfilled! It is to happen in *our time*—SOON!

Again notice Daniel 11:40-45. These last verses, referring to "*the time of the end*"—now (verse 40), clearly indicate that the coming "beast" power to rise up in Europe will enter into Palestine and take over many of the other Arab nations (verse 41), and that "Egypt shall not escape" (verse 42).

This fascist combine will later become engaged in a terrible war with Russia and her Oriental hordes which come out of the north and east toward Jerusalem (verse 44). But the second coming of Christ in *supernatural power* will prevent these armies from ultimately annihilating all human life (verse 45).

What YOU Should Do

The revived "beast" power in central Europe is to become our greatest enemy then—not Russia or the Arabs. This is the power that will finally wrest the control of the Suez Canal and the Middle East from other nations.

This is the power to WATCH.

Speaking of the terrible calamities in

these end times, Jesus commanded: "*Watch* ye therefore, and *pray* always" (Luke 21:36).

The resurrection and activity of this very fascist-religious power in central Europe and the Middle East is one of the things you should *watch the most*. *Watch* the newspapers and news magazines for the facts that are now coming out *every month* about this development.

Watch every issue of *The PLAIN TRUTH* magazine for *facts* about the development of this power, and for the *prophecies* describing it. These facts and prophecies can be *proved* true!

Heart to Heart Talk with the Editor

(Continued from page 2)

with my efforts. I have many ideas for bringing in continually an ever-increasing portion of the public into worship with you. If this application is well received, I shall be happy to come to your city for a personal interview at your convenience."

The trustees were flattered. This sounded like the very kind of man they wanted. Enthusiastically they voted to request a personal interview.

Then the chairman opened and read the second application:

"Gentlemen: The vacancy in your pulpit has come to my attention. While my services are not for hire to men, I nevertheless offer them to you for a limited duration up to three years for the simple reason that I realize they are seriously needed by your congregation.

"My qualifications are as follows: I have been well educated, schooled in all the denominational doctrines. I was a zealous part of the denominational religious system until an event in my life shook me up, and caused me to surrender totally to Jesus Christ, bringing about my conversion. Since then I have been entirely *re-educated* by THE WORD OF GOD, and empowered by His Spirit.

"This is my record: I have never preached what congregations want to hear. I have reprovved and rebuked them. I have without fear or favor shown them their sins, and instructed them in the TRUE doctrine of Christ, as it was once

delivered to the saints. I do a great deal of writing, and most of my letters are corrective as well as instructive. I preach the same Gospel Jesus preached, but I have found it is not popular.

"I have occupied pulpits in many large cities, but my congregations have always been small. Those members who have remained have been persecuted and called crazy. Wherever I go the ministerial associations have opposed me and called me a trouble-rouser, a false prophet and a heretic. I have been arrested and thrown in jail a few times, but not for actual wrong-doing.

"What I propose to do in your pulpit: First of all, I shall expose you gentlemen on the Board as the modern 'Pharisees' and hypocrites that you are. I shall tell your congregation their *sins* which are many. I shall open their eyes to the false beliefs and fables they have embraced. I shall preach to them the TRUE way of salvation, call on them to REPENT, to OBEY the LAW OF GOD, to believe the very Gospel Jesus preached and to accept the REAL Jesus as personal Saviour. I shall open their eyes to the real PURPOSE of God, and THE WAY to real happiness, peace, joy, and eternal life. I shall preach the KINGDOM OF GOD, and heal the sick.

"Since I shall not serve you hypocritical modern 'Pharisees' or do your bidding, I shall not, of course, be able to look to you for my salary. I shall look to the God whom I shall serve, being willing, if necessary, to work week-days with my hands for a living. I shall preach, not in the assumed human authority of your denomination, but by the authority of Jesus Christ. Sincerely, in Jesus' name."

The trustees were speechless with indignation—hot with resentment! The audacity!—the *insolence* of this upstart, whoever he was, of sending to these important and respectable men—leaders in the community—such an insulting letter! They would certainly not tolerate any trouble-rousing, controversial ex-jail-bird in their popular and respectable pulpit!

WHO WAS this man, anyway?

The chairman of the board looked for the signature. It said: "The Apostle Paul!"

WHICH of these preachers would *you* choose to listen to?

What to do about OVERWEIGHT

30,000,000 Americans are plagued with excess weight. Are you one of them? Here's what you can do about it.

by Isabell F. Hoeh

SURVEYS show that over 30,000,000 people in this country suffer from overweight! Doctors declare that excess pounds predispose the individual to heart disease, diabetes, and diseases of the circulatory system. Insurance companies warn that the life expectancy of the person thus burdened is greatly diminished.

As a result of this publicity many have become alarmed.

Immediately drug companies, food corporations, vitamin manufacturers, dieticians, magazine columnists and even your next door neighbor are ready with solutions of all types. Flooded by advice of every description, some agreeing, some conflicting, those concerned have reason to become confused.

Diets of all kinds, vitamin candy, drugs, exercises and various other remedies have been invented, each claiming to make losing weight easy. While any one of these may work for some, countless others become discouraged when they lose weight only to regain it again when they resume customary eating habits. And some of these suffer impaired health because of the drastic measures used.

The Cause of Overweight

What is the cause of this national evil?

Basically, the answer is simple: *overeating*, particularly of the high-calorie foods. This includes ice cream, pies, sodas, cakes, breads, fried foods and gravies. Potatoes have often been accused, but few eat enough of this unglamorous food that it alone could cause the gross overweight often seen.

Superfluous weight does not appear overnight. Occasional overindulgence at a heavily-laden holiday table does *not* cause it—it is the *little everyday habits*

such as bread with every meal, rich desserts and gravies, daily candy snacks, or several cups of coffee with cream and sugar which daily add imperceptible ounces that gradually add up to pounds!

"But why can some people do these things and never become overweight?" you may ask. This may be due to several factors. Overweight is *not* alone the result of *how much* you eat. It is how much you eat **IN PROPORTION TO HOW MUCH YOU BURN UP IN PHYSICAL AND MENTAL ACTIVITIES.**

A tall or a larger built person will naturally require more energy to keep him at a given level than a small person will. Also, the person who is very active, who does hard physical work or participates in sports, may consume more food without any obvious effects because it is burned up by physical exertion.

Some persons have glandular arrangements which cause their bodies to use more fuel to function even while at rest.

Emotional Aspects of Overweight

Overeating may be a symptom of various maladjustments. The person who is troubled, bored or emotionally upset may seek comfort or satisfaction by indulging in food just as another person thus disturbed may indulge in alcohol! Correspondingly, Proverbs 23:21 places the drunkard *and the glutton* on the same level.

Others may overeat because they have acquired a wrong sense of values. To them, eating is one of the basic enjoyments of life and they intend to enjoy it to the full. Denying themselves anything that pleases the palate is a hardship. Such people need to develop interests in other fields and to learn that non-fattening foods can be just as enjoyable as the fattening ones.

Then again you hear some say that plumpness is an inherited characteristic natural to their family. If these would analyze their diet patterns, they would find that *it is the family's food preferences*, not alone inherited tendencies, which are responsible for their overweight.

Aside from these factors, however, it is a truth that a large proportion of overweight persons were simply not taught what to eat as children. Their parents were not aware of what a good diet should consist of; or if they were, they never considered adherence to it vital. In many households the mother cooks the foods which her family appreciates the most, and too often those are the *desserts* or other rich foods. If the mother does venture to guide her family's eating habits, the father is often uncoöperative, stating flatly that he will "eat what he pleases when he pleases." And children are often inclined to imitate the more outspoken or aggressive parent.

Evidently, then, one of the first things that the would-be reducer must do is discover the cause of his trouble and be *willing* to change his present attitude and habits. Overweight is generally *the result of years of practicing insidious bad habits*. It cannot safely be overcome in a matter of days. There is no "quick" way to reduce. In his book *Outwit Your Appetite* J. W. D. Grant states that you must "convince yourself that it is really worth while for you to reduce, that the time has come when you should reduce, because your attitude of mind toward reducing will determine whether you are going to reduce the easy way, or the hard, disagreeable way."

Put foremost in your mind the health benefits that you will realize from attaining a normal weight. Think how

much better you will feel, how much more useful energy you will have, how much easier it will be to do your daily work. "Think of your program, not as a reducing diet, but as a regime which builds health and solves the weight problem for a lifetime." (From Gayelord Hauser's *Diet Does It.*)

Figuring Your Requirements

The aim of the overweight individual must be to adjust his diet to include less calories than his body actually uses so that it will draw on its own stored fat. In order to reduce, *you must take about one-third less calories than your requirement.* How do you know what your requirement is? It is best found by multiplying what your accepted normal weight should be (as shown by height-and-weight charts), by the number of calories needed per pound.

A woman five feet four inches tall with a medium frame should weigh 125 to 130 pounds. If she does *only housework*, her energy requirement would be not more than 16 calories per pound or 2000 to 2300 calories daily. About 4000 calories are needed to make a pound of body fat. If she were to eat a diet yielding 1200 to 1500 calories per day, she would use 800 calories of body fat per day, thus losing a pound of weight every five days.

Surprisingly enough, *housework is in the same category along with office work.* It is estimated that a woman doing ironing and a girl doing the fastest typing expend the same amount of energy. Fairly active exercise, such as outdoor farm work, calls for 18 to 20 calories per pound of body weight.

Many charts also include age as a factor, but there is no reason why one in good health should weigh more at fifty than at twenty-five. The basic body frame—the skeleton—does not increase in size. Any additional weight acquired as one ages is only fat unless it is additional muscle acquired through strenuous exercise.

But while technical figures involving calories are interesting, their usefulness to the prospective reducer lies in the fact that a knowledge of them provides a criterion by which *a basic menu can be outlined.* To meticulously plan every menu according to its exact caloric con-

tent is *burdensome and unnecessary.*

Points to Consider

The diet must include everything essential for efficient body functioning, yet yield a minimum of calories. Foods should not be eliminated merely because they contain calories. The total elements which they contain must be considered. For example, 1 medium egg contains as many calories as one large head of lettuce, yet the egg must not be omitted for it is a source of complete protein, iron and vitamin A, all necessary to health.

The menu should provide for plenty of protein. This is necessary to maintain muscle structure, thus keeping the body firm. Since most of the vegetable foods known to be high in protein are also relatively high in starch, this requirement should be supplied by milk, yogurt, lean meat, fish, fowl and eggs. Cheese is good, but it is rich in butterfat and can best be eaten in place of butter occasionally. A 100-calorie piece of cheese is larger than a 100-calorie piece of butter and yields calcium, protein and phosphorus besides. A 1½ inch cube of American cheese contains the same calories as one tablespoonful of butter.

Vegetables—raw, or quick-cooked, or made into juice—*should provide the major portion of the diet.* Most of them are high in minerals and vitamins, low in starches and sugars. Exceptions to this, to be used sparingly, are parsnips, winter squashes, rutabagas, oysterplant, green lima beans, green peas and celery root. They contain ten to fifteen per cent starch and sugars.

All kinds of dried beans, corn, sweet potatoes, white potatoes and yams consist of 20 per cent starch or more, and should likewise be seldom eaten while observing a reducing diet. When they are eaten, LEAVE OFF THE DESSERT OR OMIT THE BREAD IN THE MENU.

Use the green and yellow vegetables liberally as they are rich sources of protective elements. Begin lunch and dinner (or supper) with a vegetable salad seasoned with a very light dressing, or lemon juice and a little salt. This way you are sure of getting the essentials first, and it is filling! Many fine restaurants follow this practice.

If you make fresh vegetable juices to drink, make only as much as you can drink at one time. This way you get the benefit of their vitamin C. Tomato juice is the exception but whatever remains over should be tightly covered and kept refrigerated. Use fresh red and green peppers liberally as they contain more vitamin C than even most fruits.

Are Fruits Important?

The importance of fruits, and especially fruit juices, in the weight reduction program *has been overestimated.* One large apple, one medium banana or one large bunch of grapes, for example, yield 100 calories each, whereas the same quantity of most fresh vegetables will seldom yield over fifty! Fruits are rich in sugar, or if underripe, starch. If eaten liberally, *they can maintain weight that you are in need of removing.* In general, it is better to eat the whole fruit rather than just the juice. Whole fruits demand chewing which automatically mixes them with the sugar-digesting saliva. The pulp of the fresh fruit also furnishes bulk, so necessary for a feeling of satisfaction and for elimination.

Dried fruits should not be used at all except for a few chopped bits in salads since they average 75 per cent natural sugars.

Breads and Cereals

Whatever bread or cereals are used should be whole-grain. A small dish of cracked wheat cereal, cooked whole wheat, or oatmeal for breakfast furnishes important B vitamins and protein to supplement that of the egg. When cereal is eaten, the bread for that meal should be omitted.

Pies, cakes and cookies, even though made of whole grain flour, *should be eliminated* because they contain large amounts of fat and sugar.

The Place of Fats and Sugars

The simplest way to exclude fattening calories from the daily menu is to cut out the fats. An ounce of fat (about 4 teaspoonfuls) contains 255 calories, over twice as much as an ounce of either carbohydrate (sugars and starch) or protein. However, *some fats are necessary*

to supply essential fatty acids and vitamin A. These are found in the liquid salad oils and in butter and cream. *Hydrogenated fats yield only calories and should be entirely omitted.* Make your own salad dressings and use them sparingly on your salads.

Brown and raw sugar and honey possess greater satisfaction value than white sugar and should be used judiciously in the salad dressings and on cereals. Unsweetened canned fruits may be lightly sweetened with warmed honey. Charts disagree as to the energy value of honey and brown sugar. Some say that one tablespoon of honey yields 75 calories, some say 100. But, in any case, use it and sugar frugally. Don't overdo!

Remember to chew all starchy and sweet foods well so that they will cause no trouble in the stomach. Fermentation and painful gas result when the initial step of their digestion is not attended to in the mouth.

Perhaps you are thinking, why not use saccharin or Sucaryl (the trade name for cyclamate calcium) and have the sweetness without the calories? In the first place, *you should exercise WILL POWER and develop a taste for foods less sweet.* If one has become addicted to having foods sweet, there is a tendency to use more and more sweetener to produce the same degree of sweetness as originally. *We should learn to get along without crutches!*

Secondly, no one has determined what the long-term effects of saccharin on the human body are. Some experiments by German scientists indicate that, in the presence of even a very weak solution of saccharin, the digestive secretions do not do their work effectively. *The best course is to avoid such man-made substitutes.*

Constructing the Menu

Having considered what an adequate menu must include, we are ready to make a general outline.

Breakfast:

- 1 whole fruit or a glass of tomato juice (If grapefruit, use one-half large)
- 1 egg, cooked any way except fried
- 1 slice whole wheat bread *or*
- 1 small dish of whole-grain cereal
- 1 cup skim or whole milk.

(Some permit clear coffee as a breakfast beverage, leaving the milk to be drunk as a mid-morning pick-up. Unless you have formed the coffee habit, it is better to drink the milk at meal-time, with *water* between meals.)

Lunch:

Vegetable, or vegetable and fruit salad dressed with lemon juice and dash of salt, *or* a teaspoon or two of dressing

- 1 serving of cottage cheese, or fish, or beef or lamb liver
- 1 slice of whole wheat bread permissible on occasions
- 1 glass of yogurt or milk.

Dinner (or Supper):

A tossed green salad

- 1 serving of meat, or fish or poultry *or*
- a soufflé or omelet made with eggs
- 1 serving of a cooked vegetable with lemon juice and a small pat of butter
- 1 slice of bread, if required
- 1 dish unsweetened fruit, a custard or other light dessert.

Instead of dessert, you may have 1 glass of whole milk.

Sometimes, instead of the bread and dessert, have a baked potato or a potato cooked in the jacket with a pat of butter or a spoonful of sour cream. If mayonnaise or dressing is used on the salads, such a menu will furnish about 1300 calories per day, allowing a loss of one and one-half to two pounds of weight per week.

You should drink sufficient water *but not at mealtime.* This dilutes gastric juices and prolongs digestion. Some advise drinking 6 glasses of water a day but this is *too much* for most seasons. Besides, it depends on the activities engaged in. Salads and juices supply considerable moisture so that you may not experience much thirst.

Upon arising every morning it is a good practice to squeeze the juice of half a lemon into a glass of cool water and drink it, not because lemon juice dissolves fat, as some believe, but because it aids elimination.

How Fast to Lose

Weight should always be lost *gradually.* This enables the body to become readjusted without shock to vital organs.

A loss of one pound per week is fast enough for a person of middle age or older. The first week you may lose 3 to 5 pounds, this initial loss being mostly of liquid.

"Miracle" plans that promise average losses of 5 to ten pounds a week should always be regarded with suspicion! Younger people may safely lose two or three pounds each week.

Dinitrophenol, benzedrine and dexedrine are dangerous drugs and should *never* be considered! Laxative salts should *never* be used because, besides being irritating, they carry away valuable elements of the blood and lymph.

And here is something else to remember:

"Of all the reducing cures, the most hazardous are the metabolic stimulants. You are probably familiar with thyroid extract. You should never use this drug except when prescribed by your doctor. *Less than 5 per cent of obesity is due to glandular deficiency* so don't assume that you can blame the whole thing on your glands." (From *Prescription for Slimming* by Ida J. Kain.)

Food Fables

The idea that there are certain foods that you can eat which will "dissolve" body fat is fallacious. Grapefruit, lemon, grapes, or grapefruit juice are excellent to include in a reducing diet or any other diet, but they have no inherent reducing ability. A cup of canned grapefruit juice yields 100 calories, a cup of lemon juice, 80, and a cup of grape juice 120 to 160 calories. A cup of whole milk yields about 160 calories and in addition furnishes calcium, phosphorus, protein and vitamins.

It isn't what you eat that causes you to lose—*it's what you don't eat!*

Liquid diets, raw-food diets or elimination diets may help some people to reduce their capacity and thus help them to follow a regular reducing program later, **BUT THEY ARE LIKELY TO BE UPSETTING AND TOO RADICAL IN EFFECT.** In order for the body to function normally, the diet should provide natural bulk as all foods in their natural state do.

Should One Exercise?

Nearly every reducing program includes directions for specific exercises.

These are intended to tone up the muscles and skin so that wrinkling will be prevented. However, they do not need to be strenuous, but merely of a stretching nature. People middle-aged or over who have 30 or 40 pounds to lose should wait with exercising until at least half of the fat burden has been lost. Massage helps to tone up the tissues and promote circulation, but by itself it cannot "melt away" pounds.

Alcoholic Beverages

Another item to take into account when formulating a reducing plan is alcoholic beverages. There are more calories in them than you would think! Let us consider a few figures. Whiskies and highballs yield 110 to 125 calories per jigger; beer, 70 to 100 each 6-ounce glass; cocktails, 130 to 160 per 3-ounce glass; sweet wines, 120 to 150 calories each 3-ounce glass; dry wines, 70 per 3-ounce glass; most cordials, 105 to 110 calories per 1-ounce cordial glass and dry and sweet champagne, 110 to 155 calories per 4½-ounce champagne glass.

If you are having wine or another drink with your meal, leave off the dessert!

Recipes

Since salads play a prominent role in the menus, it will be helpful to have several good dressings to make them more palatable. You will find these good enough to use any time, reducing or not.

LOW-CALORIE FRENCH DRESSING

- 1 teaspoon plain all-beef gelatine
- 1 tablespoon cold water
- ¼ cup hot water
- 3 tablespoons brown sugar
- ½ teaspoon seasoning salt
- ½ cup fresh lemon juice
- dash of pepper
- ⅛ teaspoon dry mustard
- 1 teaspoon chopped chives or onion
- ½ clove garlic, minced (optional).

Soften gelatine in cold water. Add hot water and stir to dissolve gelatine. Add sugar and seasoning salt, then cool.

Combine lemon juice, pepper, garlic, dry mustard and chives. Add to gelatine and shake well. Use at room temperature.

It may be covered and stored in the refrigerator, but must be left at room temperature for at least one hour to dis-

solve. This process can be hastened by placing the jar containing the dressing in warm water. Makes 1 cup of dressing. One tablespoon contains 19 calories.

The seasoning salt consists of salt mixed with various other seasonings. Most stores carry one or more brands.

In the following recipe oil is used, but the dressing is so tangy that not much is required.

HERBED FRENCH DRESSING

- 2 tablespoons raw or brown sugar
- 1½ teaspoons salt
- 1 tablespoon powdered dry mustard
- 1 teaspoon paprika
- 1 tablespoon minced onion
- ¾ teaspoon ground ginger
- ½ teaspoon ground dill seed
- ¼ teaspoon black pepper
- ¼ teaspoon garlic salt or 1 small clove garlic, minced
- ½ cup olive oil
- ½ cup salad oil
- ¼ cup canned tomato sauce
- ⅓ cup wine vinegar
- 3 tablespoons fresh lemon juice.

Combine the sugar, salt and spices. Add the oils and let stand one or more hours at room temperature. Add the tomato sauce, vinegar and lemon juice. Shake well. Chill and serve over mixed salad greens. Makes about 1⅓ cups of dressing. This does not separate appreciably on standing.

You will need a pepper mill to grind the dill seeds.

A simple and nutritious dressing for fruit salads may be made as follows:

(Please continue on page 22)

WHY THE PLAIN TRUTH HAS NO SUBSCRIPTION PRICE

So many ask: "How can you publish a magazine, without subscription price, and without advertising?" The answer is simple. The GOSPEL must go to the whole world, and it must go FREE. It must not be sold like merchandise. "Freely ye have received," Jesus said to His disciples whom He was sending to proclaim the Gospel, "Freely GIVE." Without money and without price, is God's way. We proclaim a FREE salvation. Therefore, we cannot put a PRICE upon the PLAIN TRUTH.

We have been called of God to conduct this work. It is not our work, but God's. We have set out to conduct God's work God's way. We rely, in FAITH, upon God's promises to supply every need.

God's way is the way of LOVE—and that is the way of *giving*, not getting. God expects every true child of His to GIVE of tithes and offerings that His work may go FREE—that His true ministers may GIVE the precious Gospel to others. We simply TRUST GOD to lay it on the minds and hearts of His people to give of their tithes and offerings that we may be enabled to GIVE the good things of God's Word to the hundreds of thousands who hear the Message over the air, and the scores of thousands who read The PLAIN TRUTH.

Many times our faith has been severely tried, but God has never failed us. We must not fail HIM!

HUNGARY REVOLT

(Continued from page 6)

considerable private ownership.

Now when we see that the satellite countries are restoring considerable *private ownership*, and are turning to NATIONAL Socialism, it means simply that they are turning IN FACT from Soviet Communism to plain NAZISM!

But they are still tied to the Kremlin! Sure! Every actual "Fascist" leader in these satellite countries KNOWS that if he does not oppose Communism in theory—if he retains a tie with Moscow, and continues to profess the NAME "Communism" instead of "Fascism," that the going will be much smoother! These leaders have had enough training under Communism in deception and pretense and lying to use these same methods on the Kremlin bosses.

So they *say* they are Communist—and they are loyal to the Kremlin. But in *action*, they are managing to get their farms returned to private ownership.

WHEN THE RIGHT PSYCHOLOGICAL MOMENT ARRIVES, A NUMBER OF THESE NATIONS WILL BREAK AWAY FROM MOSCOW, and the world will then be stunned to learn that they had previously entered into a secret pact allying themselves with Germany, Italy, Spain, and other European nations in a FASCIST United Europe!

Another *most significant* evidence of this trend, showing that these satellite nations are in actual fact breaking away from Moscow and turning more toward the west, is the fact that Roman Catholics in these countries are again being allowed their liberties. The religious persecution and black-out behind the Iron Curtain is being relaxed, in these nations!

This coming UNITED EUROPE will be *more powerful* than Russia! It will embody a population of some 250 millions of people! It will be MORE POWERFUL, even, than the United States—especially after our inflationary economic bubble bursts, and the coming TOTAL drought takes one-third of our lives!

WHY British Invaded SUEZ!

And now we have left only BIG FACTOR *six!*

The public has never been told the *inside story* of WHY the British suddenly rushed troops into Egypt, and bombed out all Egyptian landing fields.

Poor Britain! She had to act like a flash, without an hour's delay, in order to save not only the Suez canal, but actually to *save Egypt and very much more!* Heroically, the British leaped to action. From a military point of view, they did precisely what they should have done, yet the REAL TRUTH could not be divulged—the world has never understood—and poor Britain takes all the blame as an aggressor and invader, and now, in pulling out her troops, loses face!

It was simply what we Americans call a terribly bad break!

This is what happened, as learned by a *New York News* correspondent: A plane enroute from Egypt to Russia crashed. In some manner, British Intelligence gained possession of a secret coded message from the wreckage. Uncoded in London, this message revealed that in just two days the Russians were going to send a large armada of jet planes and bombers, together with a very large force of supposed Russian "volunteers" into Egypt, under pretext of coming to Egypt's aid.

Had this massive Russian military force been permitted to land in Egypt, the Egyptians and the world would have awakened to the fact that by this hoax the Russian BOOT had been firmly planted on Egyptian soil! And once that Russian boot is firmly planted in any country, it is never moved except by superior force.

The Russians would have realized their long dream of being in command of the Middle-East! It probably would have provoked Britain and France into a general war—might even have brought the United States into war!

There was no time to consult Washington or the United Nations. The British, with the French, moved first and *fast*, with electrifying speed without wasting a single hour. The day *before* the Russian armada was to land, the British and French were bombing and destroying Egyptian airfields, and keeping them under such constant attack that Soviet planes would be unable to land.

Under those conditions, if the Rus-

sians had proceeded with their plan, they would have been directly attacking British and French forces—and that would have forced United States intervention on the side of Britain and France—and total hydrogen-bomb WAR might have resulted.

The Russians didn't want any such war. They were forced to back down and hold their forces in Russia.

In so acting, the British and French forces actually saved all the Arab countries from the horrors of either WAR with Russia, or finding the Russians over them as their masters!

But the world never seemed to realize the true facts. Britain was branded an aggressor.

Of course the British undoubtedly desired that the U.N. forces go in and take over the Suez Canal. The British mission was accomplished, and to withdraw their forces from Egypt was apparently the British desire—altho it would have been better for the world had they remained there, in full control of the Suez Canal!

But now that their forces were ordered out, it appeared to the world that Britain was beating a shame-faced retreat, and the British lost considerable face! Actually, the world owes Great Britain and France a tremendous vote of THANKS!

The BIG SIGNIFICANCE of all this, however, is that the British sun is fast setting. Britain is losing prestige, losing colonies and possessions and resources all over the world!

Likewise, the United States is coming to be HATED by nearly all nations.

All this leads up to ONE THING—which is actually BIG FACTOR *seven*.

The first *six* of these factors in world conditions are of MAN'S making. The

ATTENTION

Often we receive letters from listeners to The WORLD TOMORROW broadcast which state that static prevents them from obtaining good reception from nearby stations. Here is how to solve your problem. Turn to page 2 of this issue of The PLAIN TRUTH. You will find *other* stations listed there which—though farther away—will give you good reception. Listen to The WORLD TOMORROW on those stations instead!

seventh, the explanation of what it all means, is of GOD'S making! *Six*, in the Bible, is MAN'S number—*seven* is GOD'S number!

What It All MEANS!

Our people *have forsaken* GOD! And, for our own good, to bring us to our senses, GOD IS BEGINNING TO PUNISH!

Thousands of years ago, God told our forefathers, thru Moses, that IF our people would be ruled by GOD'S LAWS, and follow HIS WAYS, they should then and there be blessed with national prosperity and peace and blessings such as no nation on earth ever had enjoyed. But if they rebelled, they were to be invaded, made slaves, and the BIRTHRIGHT'S national blessings, promised unconditionally to Abraham for his descendants, were to be withheld for 2520 years.

That 2520 years ended along 1800-1803 A.D. At that time, two little nations began to sprout and expand into WORLD POWER. By 1804 London was the financial center of the world.

God Almighty bestowed on Britain and America from that very date all the national blessings promised Abraham in that Birthright! We became the wealthiest, most powerful nations the world had ever seen. But we took up atheistic evolution. We threw God, first, out of our schools. Then our peoples began to throw God out of many of the Churches, turning "modernist."

We set our foolish hearts on our new-found national prosperity. We became haughty and proud. We forsook God, and began to rely on our own military might and on foreign "allies" who in actual fact were our enemies!

God foretold all this thru the prophets!

Thru Hosea, God foretold: "Ephraim"—Great Britain—"allows himself to be mixed up with foreigners; Ephraim has become a cake unturned as it was baked. Foreigners eat away his strength, *unknown to him.*"

How true that has been of the United States, as well as Britain! The Russians, the Germans, and many other nations have SAPPED OUR NATIONAL STRENGTH in ways we have not seen!

"Israel's PRIDE shall confront and convict them: yet they will not come back to the Eternal their God, nor seek Him, in spite of it all. Ephraim is like a silly,

senseless dove, crying to Egypt, flying to Assyria; . . . Woe betide them for forsaking me! Death to them for deserting me! . . . They never put their heart into their prayers . . . They have rebelled against my Law, altho they cry to me, 'God of Israel, we know Thee.' . . . Because you relied on YOUR chariots (implements and weapons of war), on YOUR host of war-horses, in your towns shall tumults rise, and all your forts be crushed. . . . So will I deal with you, O House of Israel (Britain and America today), for your gross wickedness!" (Hos. 7:8-14; 8:1-2; 10:14-15).

The Time of Punishment Is HERE

God Almighty is already starting to PUNISH our peoples for their iniquities! While we PROFESS to be the leading "Christian" countries, we have actually turned God's Holy Bible upside down—we have *rejected* the true GOSPEL of Jesus Christ, as Christ Himself delivered and proclaimed it—we have set up PAGAN sun-worshipping practices and we call them "Christian" festivals—we have adopted false and hellish doctrines that make God's ways and His laws appear to be evil, and make evil appear to be righteousness!

Now, a *third* world-power is looming up in Europe as prophesied! We are now in a spiral of artificial, unnaturally stimulated prosperity, kept going only by government spending and by the fact that, while billions of dollars are being given away, thrown away, or wasted, the MACHINES in our industries are producing so much more, per man, that our apparent prosperity is holding out longer than it otherwise would.

But, we in the United States are riding to one tremendous, colossal BUST—an economic depression so much worse than 1929 that the year 1933 will be looked back on as prosperity. Meanwhile, God is sending FAMINE—which is increasing relentlessly, and WILL increase, says GOD, in His prophecies, until finally the starvation and resulting disease takes *one-third* of all our lives in America and Britain!

Then, when we are so disastrously weakened, the new European Fascist colossus will swoop down upon us! Prophecy is DUAL! Just as ancient Assyria invaded and conquered ancient Israel, and removed them from their land

as slaves, so will modern Assyria, which is Germany, with her ten-nation combine, invade and conquer us and remove the remaining population from our lands. Another third of our population—HALF the remainder—will be killed in the hydrogen-bomb invasion! The remaining third will be horribly TORTURED, and MARTYRED!

But—for those who will HEED God's last WARNING—who will turn to Him with ALL their hearts—with fasting and weeping, rending their hearts, surrendered, conquered by GOD, yielded to HIS WAYS and HIS LAWS—if they are growing in grace and in knowledge, overcoming the world and their own natures, WATCHING world events fulfil prophecy, and PRAYING continually FROM THE HEART—they shall be accounted worthy TO ESCAPE all these horrors that are coming in PUNISHMENT upon our people—they shall be taken by God's power to a place of complete protection!

God is sending all this punishment IN LOVE—as a last resort—as the ONLY language our stiff-necked, stubborn, rebellious people will listen to or heed. THEY COULD KNOW! The warning is now going *around the world*, on The WORLD TOMORROW program! But the majority WILL NOT HEED LOVING WORDS! They will only heed this colossal physical punishment! For their GOOD—for their SALVATION—God is going to send it!

Need YOU Fear or Worry?

We are continually painting the TERRIBLE picture of the fiendish punishments coming on our people—of the CATASTROPHES coming on the world.

Yes, we are trying to AWAKEN the

¡LITERATURA EN ESPAÑOL!

Nos agrada anunciar que tenemos las siguientes obras listas:

¿Qué Clase de Fe Es Necesaria para la Salvación?

La Verdad Acerca de la Navidad

¿Existe Dios?

El Plan de Dios de 7000 Años

La Llave del Libro de Apocalipsis

Predestinacion — ¿Lo Enseña la Biblia?

El Calendario Sagrado de Dios

La Iglesia de Dios—¿Dónde Está?

Diríjase al Departamento de Español, P. O. Box 111, Pasadena, California.

people, before it's too late.

But, need YOU be afraid?

LISTEN! *I, personally, am not afraid!* Those associated with me in this WORK OF GOD, in warning this world, *are not afraid!* Do you know why? We have already yielded to the will of God—been conquered by Him—forsaken this world and its ways that are bringing this catastrophic punishment on the world. God has *already* punished us. We are TRUSTING IN HIM.

We have His PROMISES of divine protection. We know we can RELY on those promises! We can be HAPPY—our lives filled with praise to God, and with JOY! We can devote ourselves to the work of God, knowing in whom we trust!

No, you *need not* fear—IF you have yielded, or will yield yourself in unconditional SURRENDER to God—to His WILL—to live by every Word of God—every word of The BIBLE!

Otherwise, *you'd better* FEAR!

God help you to come *completely* under HIS DIVINE PROTECTION!

What to do about OVERWEIGHT

(Continued from page 20)

BANANA DRESSING

- 2 very ripe bananas
- 2 tablespoons sweet cream
- 1 tablespoon honey
- 1 tablespoon lemon juice.

Place the peeled bananas in a bowl and sprinkle the lemon juice over them. Mash them with a spoon and add the cream and honey. Mix well and let stand about 15 minutes at room temperature before using.

If you enjoy cheese, here is a recipe:

GRATED CHEESE DRESSING

- 4 tablespoons salad oil
- ½ teaspoon vegetized salt
- 2 tablespoons lemon juice
- ¾ cup grated cheddar cheese (avoid processed cheeses)
- 1 tablespoon chopped pimiento.

Mix ingredients by shaking together in a glass jar. Store in refrigerator. Shake well before using.

If you follow the material in this article, you WILL SOLVE your overweight problem!

What You Should Know about the CORRESPONDENCE COURSE

HERE is important information concerning the Ambassador College Bible Correspondence Course.

This is a totally new, *different* kind of Bible study course, designed to lead you, by the study of *your own Bible*, to UNDERSTAND the meaning of today's world-chaos, of the PURPOSE being worked out here below, of PROPHECY, of SALVATION, of this entire Treasure-House of knowledge, which is GOD'S WORD—the TRUTH.

What *do* present terrifying world conditions mean? WHERE are we headed? HOW will mankind be saved from extinction by hydrogen and cobalt bombs and other frightful weapons? WHY did God put man here on earth? Were *you*, as an individual, put here for a PURPOSE—and *what* is that purpose? WHAT is man—WHY is man? What is THE WAY to world peace—THE WAY to *freedom* from fear and worry, poverty, sickness, unhappiness? WHAT is the reward—the FUTURE of the saved? Does GOD actually exist—can it be proved? What is God—what is God *like*? Is God a Person, a Trinity, or merely PRINCIPLE, or ESSENCE? If God is Personal and intelligent, what does He look like—how BIG is He—and how do we KNOW?

What about such doctrinal questions as heaven, hell, salvation, law and grace, the Great Tribulation, the Rapture—the *Virgin Birth*, the *Resurrection*, the *Second Coming*, the *Millennium*? Where are the dead—are they now conscious?

Never a Course Like This Before

All these, and many more questions—the most VITAL, most IMPORTANT questions of YOUR LIFE—are thoroughly gone into, and you are directed to the clear, plain, simple answers, *in your BIBLE!* You will learn HOW to study the Bible—WHY so few UNDERSTAND it. Can we PROVE whether the Bible really is the INSPIRED WORD OF GOD?

This Course is NOT denominational. It is offered *free*, without tuition to

those who earnestly desire to understand the Bible, and will devote at least a half hour, every day, to its study. The only equipment you will need is your own Bible, a good dictionary, paper and pen—alho, if you are able and wish to provide one or more additional translations, a good concordance, or other Bible “helps,” you may do so.

You do NOT send us the answers to each lesson, but about every three or four months we will send you a questionnaire or test covering several lessons to see if you have kept up with your lessons and are still interested in continuing the Course.

The value of this Correspondence Course lies in the KNOWLEDGE and UNDERSTANDING you will receive in your mind and heart.

The BIBLE is a very big Book, when you undertake to really KNOW it, and thoroughly UNDERSTAND it. And if you pursue this study earnestly and thoroughly, you will not have completely mastered it all, or come to complete knowledge in any *short* period.

The Bible Is a Life-Long Study

The length of this course is not as yet determined. We desire to make it comprehensive and thorough, but the length it runs will depend on the interest and perseverance of its enrolled students. Many thousands are already enrolled—additional thousands are starting the course every month. The study of the Bible is, and ought to be, a *life-long* study—not a six months, one year, or four-year limited course. If ENOUGH of our enrolled students show an interest and desire to continue on, *the Course probably will continue indefinitely*. As long as God's people continue HUNGRY for the spiritual food, we, God's servants, will continue to feed them.

This is a stirring, vitally interesting Course. It is not dry or dull. It *sparkles* with INTEREST. But, to benefit by it, you will have to really put your HEART

into it, and NOT LESS than thirty minutes a day of your time. It will have to become the principle and number one INTEREST in your mind, continuously, day by day. There has never been any Course like this, and if you will *set yourself* to be really devoted to it, you will be richly rewarded by constantly coming into surprising, thrilling, JOYFUL new truths.

If, with this information, you wish to start out on this interesting study, then write us IMMEDIATELY.

NO Tuition

As mentioned above, there is no tuition, and you will not be asked for contributions, unless, of your own accord and without any obligation or solicitation, you should desire to have a part with our thousands of voluntary Co-Workers, whose tithes and free-will offerings make this entire work possible. We are not controlled or subsidized, sponsored or endowed or financed by ANY denomination or organization of any kind—there are no selfish ends to gain—only a desire to serve and SHARE God's precious TRUTHS, in a self-sacrificing ministry of LOVE.

Many of our Co-Workers belong to no denomination. Many belong to various denominations. But ALL, without having any voice to dictate what is preached or taught—which is dictated by CHRIST ALONE—do sacrifice to share in Christ's GREAT COMMISSION. This is merely a frank and straightforward explanation of how this work is financed—GOD'S WAY—and is not a request or solicitation.

We sincerely hope you will want to receive this first lesson and then enroll and enter with enthusiasm and joyful ZEAL in pursuing regularly and permanently the thrilling STUDY of YOUR BIBLE.

Enclose your name and address, and state that you want to enroll NOW in the Correspondence Course.

Teen-agers misled about SEX, LOVE

(Continued from page 8)

ing what is right and what is wrong. Having *assumed* that the Bible condemns sex, our young people have disregarded *the only sure guide*.

The sum of these facts is this: Sex is the basis not only of our physical char-

acteristics, but also of personality traits. Sex in marriage is the supreme expression of LOVE. It is also the physical basis of manly courtesies, character, confidence and strength. It is what makes a woman appear feminine in her actions, express the subjection and yet inspiration of a good wife and exhibit the feminine traits of grace and loving kindness. These natural expressions of the physical differences in sex are prevented full opportunity of growth if we run from the subject.

The Result of Fornication

Many young people do not even know that fornication is sin, that it ruins lives. Medical practitioners who know not God, but who claim to be able instructors in sex, are going so far as to permit the "benefits" of fornication.

God, however, who *knows*, because He made us, has given a classic example of such in the Bible. Amnon, the son of David, loved his half-sister, Tamar. In II Samuel 13, we read that Amnon tried to force his half-sister, but she refused. "No such thing ought to be done in Israel. Howbeit he would not hearken unto her voice: but, being stronger than she, forced her, and lay with her."

Now David would have given Tamar in marriage, but Amnon cared more for himself so he refused to consider marriage. He was not willing to give love to Tamar as a husband, but to lust after her. And the sad result: "Then Amnon hated her exceedingly; so that the hatred wherewith he hated her was greater than the love wherewith he had loved her. And Amnon said unto her, Arise, be gone."

Fornication doesn't produce love! It can set in motion a chain of reactions that destroys happiness and any hope of marital security. But marriage lived as God intended instills love, because the purpose is giving and sharing one another, not taking from the other.

Adultery Is a SIN!

Our land is filled with legalized adultery.

The world no longer looks with abhorrence on it, though it be every bit as serious in result as is fornication.

Turning back two chapters in II

Samuel, we read of the very familiar error of David, his adultery with the wife of Uriah, the Hittite. David's attempt to cover his error, without realizing what he was doing, ended in murder. David had to pay a penalty for his sin, although God forgave him so he need not lose salvation.

The lesson here is that David still had to reap in this life the penalty of adultery. Adultery is one thing that when committed inevitably brings evil consequences. Children are torn from their parents or suffer from parental disregard. If you want to know the truth about adultery, write for Mr. Armstrong's *free* booklet, "Divorce and Remarriage."

Knowledge All Need

We must be taught, else we can not know. For this reason it is highly important that every parent should train his or her teen-age children in the laws of God and acquaint them with whatever material knowledge men have been able to *prove* true.

Animals inherit what is necessary for them to know by instinct. Especially is this true in those creatures where there is little or no parental care given young. But on the subject of sex, human children have no instincts. They must be taught all they need to know, lest they misdirect the bodies God has given them.

You parents should instruct your children on this subject as fast as your children can assimilate the knowledge. But you, yourselves, must learn the true facts of sex understanding before you can teach. Wrong habits, which often develop very early, as masturbation or fornication, need immediate correction and instruction for the child's sake as well as your own.

Despite years of human experience, it seems that parents have not yet learned that youth does not acquire right sex knowledge by asking other youth. Knowledge they get, but it's *too late* when they apply this misinformation in illegal commerce.

Once God's laws have been violated, supreme happiness has already fled. Young people need to understand the result of fornication *before* they come into the situation where lack of self-discipline spells life-long regret.

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