

The Western World's Growing Tragedy— Growing Old Before Our Time

By Herbert W. Armstrong
MILLIONS have been believing a myth that has brought on one of modern civilization's greatest tragedies.

I saw a pitiful example of this one day in Miami, Fla. A few of my traveling team decided to take a drive over on Miami Beach. We crossed over near the southern end, then drove north to and through the luxury hotel area. But driving up from the southern end we passed first through a district of economy-class retirement hotels.

This article is reprinted from the December, 1976, Plain Truth magazine.

As we drove slowly by, our attention was arrested by the sight of many retired "elderly" — probably between the ages of 60 and 70 — sitting idly on front verandas passing away the time. It was the despondent, beaten look on their faces that caught our attention and filled us with

dismay. Plainly, they had nothing to look forward to. There was just a tired, uninterested, hopeless stare on their faces. They were just eking out an existence until finally death would deliver them from endless monotony.

I had to wonder: WHY should people believe in a myth that cheats millions out of one of the happiest times of life? WHY should the MILLIONS believe a myth that makes them old before their time and robs them of usefulness, vigor, sparkling interest in life and real accomplishment?

I remember when I was a boy still growing up. My two grandfathers were dead, but my grandmothers, one in her late 50s, the other in her early 60s, were still living — not that my ancestors died young. I remember, between ages 3 and 5, a great-grandfather in his 90s and a great uncle, also in his 90s. My mother lived to age 95½, and she had brothers and sisters who lived into their late 80s and 90s.

But my grandmothers, after about age 50 or 55, had changed their attire to dress like "old folks." It has seemed to me that

it must have become custom for people to think they are "growing old." I have noticed that many young men, reaching somewhere around 25, begin to cultivate a changed personality, put on a facial expression and adopt a manner of speech of one "more MATURE." As they reach the later 40s and turn 50, they seem to feel they must talk, look and act like they suppose the "middle-aged" ought to appear. And by or before 60, they seem to feel they have now become "old." They appear to feel their usefulness is now over, and they must "retire."

This feeling is so universal that many corporations have retirement programs timed to age 60 or 65.

Somehow I never could quite understand that type of outlook on life. I have never reached "middle age," at least not consciously — not in my mind and manner of thinking and acting. After age 83, I have enjoyed joking about being "37, going on 36." I have simply been TOO BUSY to think of "growing old" or ever "retiring."

One of our employees came to

me at age 55. He wanted to retire. True, he had been on our payroll for some 25 or 30 years. He had been divorced and had married a widow who had a camper. She had a small income.

"We can travel very cheaply," he said, "and I want to get to travel and see some of the United States before I have to meet my Maker." He had already "grown old" — in his mind. Well, "as he thinketh in his heart, so is he," said Solomon (Proverbs 23:7).

There is a new book just off the press, *Love in the Later Years*, authored by Dr. James A. Peterson and Dr. Barbara Payne, gerontologists. The book reports a wealth of research on one of the Western world's most senseless growing tragedies and quotes some astonishing statistics, unrealized, I think, by most.

For example, it is stated that some 70 years ago, the average life span was only 47 years. Few marriages lasted until all the children had grown to maturity and left home. Most marriages lasted only until middle age and usually ended by the death of one. Now, for the first time, at least in modern history, many marriages are lasting into what has been called "old age" — 60 and past.

Such facts actually seem rather shocking to me when I think of how my marriage lasted 50 years, lacking 3½ months to the day, and I still thought of the "wife of my youth" as "young," though she died at age 75½. To me she was still only 25. (We were both 25 when we were married.) And I have seriously needed her more, these past nine years, than while she lived — although she could never have

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What Are the Secrets of My Youthful Vitality, Energy, Drive and Long Life?

By Herbert W. Armstrong
THERE is no question I am asked more often, it seems, than "What is the secret of your long life, youthful vitality, energy and drive?"

"No one secret," I usually reply. "I suppose many things enter into it."

Recently I asked a man I had never seen before, who knew something of what is being done and accomplished, but had never heard my age, if he would guess it.

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"Well," he said thoughtfully, "I suppose in mid- or late 50s — perhaps near 60." He wouldn't believe it when I told him I would be 83 in less than two months.

Many know that I frequently say jestingly, but significantly nevertheless, that I am now 37, going on 36. For a long time I went along with Jack Benny, claiming age 39, but after he admitted to a much older age, I decided to throw away a year every birthday.

Seriously, however, I doubt if many men of 50 or 55 could stand up under the rigorous ordeal of constant global travel, writing, radio and TV interviews, public speaking, the responsibility of major decisions in worldwide enterprises, and

devoting 14 hours a day to vigorous, driving work.

Yet this very constant activity, I'm sure, is part of the "secret." I have just finished writing another article in which some of this activity was mentioned, and that triggered the idea to devote this article to the same subject and carry the subject further. I think, at this point, it might be as interesting and helpful to readers as anything I could write.

Ever since I was 21 years old, I have been interested in this question of youthful longevity. This lifelong interest was sparked by a chautauqua lecture I heard in 1913. The speaker's name I do not remember, but he had been physician and physical trainer to President William Howard Taft, whose term in office expired March 4, 1913. This doctor-physical therapist had interviewed every person in the United States of 100 years or older. He had questioned every one as to the reason for such a long life.

Various ones gave various reasons. Some said it was because they never used tobacco, but others had used tobacco all their lives. Some gave credit to being teetotalers, but others used wine, especially in their old age, and even gave that credit. And so it went.

Just one thing every centenarian did, yet none gave it any credit. Every one had taken a daily rubdown, either with a

bathtowel after a daily bath or with a massaging brush of some sort.

I was impressed by that. I have followed the daily rubdowns after a daily shower with near-perfect regularity ever since.

But I give that only partial credence.

I think my "SEVEN LAWS OF SUCCESS" might be applicable here.

Law No. 1 is having the RIGHT GOAL. It seems most people have no goal in life at all. They simply drift aimlessly — going nowhere in life. I started my adult life with a definite goal. I had chosen the profession of advertising and journalism. But about 50 years ago that was changed. I learned then that it had prepared me for the RIGHT GOAL, which became my LIFE GOAL — a very great commission, and it is even yet far from FINISHED. I think there is no other "secret" that has had more to do with preserving youthful vitality and zeal and keeping me alive and active more than 14 years past the supposed "allotted life span."

That life GOAL keeps me always looking FORWARD, in anticipation, not backward, living in the past. It impels me to observe carefully many of the other laws of success — the DRIVE, the resourcefulness, the endurance — sticking to it with perseverance, when many others would have given up, retired and

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TWO FRIENDS — Kenyan President Jomo Kenyatta (left) was 83 when Pastor General Herbert W. Armstrong met him at the Nairobi, Kenya, State House May 29, 1975. President Kenyatta led Kenya until his death in 1978.

Senior statesmen stand on decades of experience

By Dan Taylor

If you have any doubts about what can be accomplished in the later years of life, take a look at what these individuals have done.

Herbert W. Armstrong, 90, is pastor general and apostle of the Worldwide Church of God, chancellor of Ambassador College, editor-in-chief of four publications and ambassador without portfolio for world peace.

This information was compiled by Dan Taylor, a researcher for The Plain Truth.

Konrad Adenauer, at 87, was chancellor of West Germany.

George Burns, at 80, won his first Academy Award for his role in *The Sunshine Boys*.

Pablo Casals, at 88, was still giving cello concerts.

Winston Churchill, at 65, became prime minister of Great Britain. At 82, he wrote, *A History of the English Speaking Peoples*, in four volumes.

Benjamin Franklin, at 81, helped work out the framework of the U.S. Constitution.

William Gladstone, at 82, became prime minister of Great Britain for the fourth time.

Vladimir Horowitz, 78, still gives piano concerts, including a command performance for Prince Charles at the Royal Opera House July 19.

Herbert von Karajan, 74, conducts the Berlin Philharmonic Orchestra, which performed at the Ambassador Auditorium Oct. 27 to 31.

Jomo Kenyatta, at 71, became president of Kenya. He served until his death in 1978, at age 85.

Grandma Moses, at 100, was still painting.

Ronald Reagan, at 69, became the oldest man ever elected President of the United States.

Arthur Rubinstein, at 89, retired from his concert tours.

Frank H. Wheaton, at 101, is the active chairman of Wheaton Industries and goes to work every business day.

Active elderly brethren retain zest, vitality throughout lives

The following articles were submitted in response to a request in the Pastor General's Report.

ANCHORAGE, Alaska — No roads connect Anchorage and Dillingham, Alaska, a fishing village on Bristol Bay. So Edra Pfeiffer must travel 350 miles by jet to attend Sabbath services in Anchorage.

Because of the distance and expense, she attends services only on Holy Days or special occasions and receives tapes of the Anchorage weekly services.

The 75-year-old widow has lived in southwest Alaska since 1944 when she arrived in Dillingham as a 37-year-old unmarried nurse to work in the Kanakanak hospital.

After 2½ years of working seven days a week in an understaffed hospital, she married Paul Hildebrand and helped him run an ice cream parlor, and afterward Hildebrand's General Store, until his death six years later.

More than a year after Mr. Hildebrand's death, she married Rudy Pfeiffer. Together they continued the successful operation of the general store. Since Mr. Pfeiffer's death in 1971, Mrs. Pfeiffer has run the store herself, most of the time without any help.

Edra and Rudy Pfeiffer were both baptized in 1959 in Pasadena by Burk McNair, now an evangelist. The first minister to visit her white house overlooking Nushagak Bay was Bill Gordon, who flew to Dillingham in 1971 to perform Mr. Pfeiffer's funeral. *Carol Roemer.*

LOUISVILLE, Ky. — Ten years before Virgil Pryor was baptized in 1956 by Gerald Waterhouse, now an evangelist, Mr. Pryor owned racehorses and operated a roller coaster and restaurant in Los Angeles, Calif.

Mr. Pryor was in charge of seating in the dining room for four years at the Feast of Tabernacles in Big Sandy, from 1957 to 1960, and from 1961 to 1964 in Squaw Valley, Calif.

He attended Sabbath services in Los Angeles and Pasadena from 1956 to 1965.

In 1965 Mr. Pryor moved to Louisville, where he became a charter member of the congregation. He acquired the first hall for services at the St. Matthew's Women's Club Nov. 26, 1966.

The church still meets there, 16 years later. Bob Bertuzzi was the first minister to pastor the Louisville church. The congregation is now pastored by Ray Meyer.

Mr. Pryor's brother opened Pryor's Restaurants in Louisville in 1922. When Mr. Pryor moved to Louisville he worked as host in one of the restaurants until three years ago.

Now 80 and with a heart condition, Mr. Pryor keeps physically fit by riding an exercise bicycle. He and his wife Mary attend services every Sabbath and miss Bible studies only because of inclement weather. *Ray Meyer.*

MONTVALE, N.J. — One thing bothered Rose Chaparian after she listened to Pastor General Herbert W. Armstrong's 15-minute broadcast from Eugene, Ore., every night in 1944 — she always hungered for more.

One evening as she listened to Mr. Armstrong her husband Paul announced, "Rose, God has answered your prayers." The broadcast had been lengthened to half an hour, and since that day Mrs. Chaparian has continued to listen and believe.

Born in Novasturtun, Syria,

March 15, 1893, Mrs. Chaparian was taught about God from her father, a strict Apostolic, and her mother, a Protestant. Hers was a tightly knit family, in which little Rose was taught to bake bread in a brick oven, clean house and care for the younger ones.

At 14 she was engaged to her childhood sweetheart, Paul. Her father gave her approval to marry but not until she was 21. Paul was nine years her senior, but they were both willing to wait.

Then tragedy struck and left a mark she can never forget — her father died on a Sunday and was buried on Monday. Paul was drafted into the army on Tuesday. Rose prayed and cried all night.

The next morning her mother declared, "My poor child, you are white!" Rose's long black hair had turned almost completely white overnight.

Paul did return. Then, he came to the United States Aug. 12, 1912, and within the year sent for Rose. She sailed across the Atlantic with 12 friends and relatives Sept. 13, 1913.

She and Paul were married in January, 1914, by an Armenian minister. There were no wedding clothes, no reception and no diamond ring, but Mrs. Chaparian says, "I had a diamond husband."

Rose had left her extended family in Syria with small hope of seeing them again. Now she poured her energy into building her own family in America.

Paul was a silk weaver and they moved to where work could be found. They had settled in Paterson, N.J., when the Depression hit. They lost their house and were forced to go on relief. Yet, with only \$12 a week, they managed to meet all their expenses during those years. Rose trusted God to care for them.

Once when they went to bed hungry, she asked God to "prepare something for the morning." When they awoke, a basket of canned goods, meat, fruit, milk and bread was on their doorstep.

God brought her into His truth through her husband who, until his death in 1952, listened faithfully to Mr. Armstrong. Mr. Chaparian would remark: "This is the man God has chosen, Rose. This is His Church; don't ever leave."

Mrs. Chaparian was baptized by Bob Spence, now pastor of the St. Louis, Mo., churches, in 1966. She now attends the Montvale congregation and continues to serve the brethren and ministry by entertaining in her home with Armenian cooking.

In the past few years cataracts have claimed most of her vision. She still listens to the broadcasts, not missing a chance to hear it on radio or television.

Rose Chaparian is the embodiment of Titus 2:3-5: "The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; that they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed."

Talking with her is a wonderful inspiration to the younger women in God's Church. Her greatest hope is to teach in God's Kingdom.

Mrs. Chaparian has four children, 11 grandchildren and seven great-grandchildren. She lives with her daughter and son-in-law in North Haledon, N.J. *Marcia Briggie.*

PIKETON, Ohio — Mirza Dobbins keeps her home neat and clean, cooks her meals, raises a garden,

freezes vegetables and bakes bread. Not so unusual, except Mrs. Dobbins, 82, suffers from a deteriorating spine condition that inflicts virtually constant pain.

An optimistic person, Mrs. Dobbins might say, "It's so provoking not to be able to do what you like!" But that's as close to complaining as she'll get.

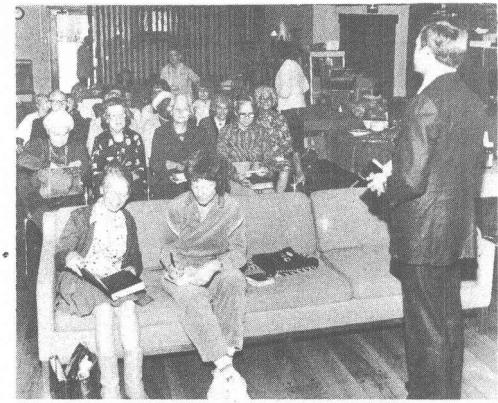
She first heard about Pastor General Herbert W. Armstrong in 1964. After studying the Church's literature, Mrs. Dobbins was baptized in December, 1967.

She considers her poor health a natural deterioration of a physical body, but also a tool God is using to help her develop character — "God didn't say we wouldn't have trials."

Brethren in the Portsmouth and Chillicothe, Ohio, churches check on Mrs. Dobbins and provide transportation to services and activities. The 82-year-old doesn't worry though about her personal safety. She says that as long as she does her part to be careful, God will take care of her.

If she were to have an accident at home, Mrs. Dobbins is confident that someone would "happen by," call or somehow discover the situation. *Teddi Treybig.*

SALEM, Ore. — Retha Dillon met Pastor General Herbert Armstrong at her marriage to Gilbert



MIDWEEK GATHERING — Senior brethren from the Pasadena Auditorium P.M. congregation listen to assistant pastor John Borax speak on living a balanced life at an Oct. 27 senior citizens' Bible study. A potluck followed. [Photo by Warren Watson]

Dillon, older brother of Mr. Armstrong's late wife, Loma, in July, 1927.

"We really did not get to know Mr. Armstrong very well until Gilbert and I moved to Portland [Ore.] in 1929," said Mrs. Dillon.

"The Armstrongs were living there at that time and were going through some very difficult times. It was just like he wrote in his book [the autobiography] or even worse."

"More than once I can remember Loma bringing the children over in the wintertime to warm them by our fire and get a little something to

eat," said Mrs. Dillon. "They were living in absolute poverty."

When Mr. Armstrong came to a knowledge of the truth he tried to preach to his in-laws. Gilbert and Retha Dillon didn't understand at first. The couple listened to the *World Tomorrow* broadcast and took the Bible Correspondence Course. They were baptized in 1957 and attended the Portland church.

After Mr. Dillon's death in 1970, Mr. Armstrong took Mrs. Dillon with him on a trip to England and Israel for the spring Holy Days.

Today Mrs. Dillon lives in her (See **VITALITY**, page 7)

Tragedy

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undertaken this new and present dimension of the "great commission" that has developed on me, for she could never have withstood the rigorous ordeal of worldwide travel I have to endure now. And I would never have left her alone at home, for I am now away about three fourths of the time.

But back to some important facts brought to light in this new book. Another trend — the experts agree — is that the divorce rate of people from 45 to 60 is rising rapidly.

And this is one factor that is contributing toward a new and growing TRAGEDY in the United States, and undoubtedly, in many other countries.

This growing TRAGEDY is the fact that 1½ million people over age 55 are living ALONE — widows, widowers and the divorced — plus a comparative few who never married.

THIS IS APPROXIMATELY ONE THIRD OF THE ENTIRE U.S. POPULATION ABOVE 55!

In March, 1971, there were in the U.S. approximately 11 million married couples, or approximately 22 million people above age 55, who were married. But approximately 11.5 million people above 55 were single and ALONE. Of these, for every single man, there were FOUR single women above 55 living alone.

When God said, "It is NOT GOOD that the man should be alone," woman had not yet been created. It was for that very reason — that it was NOT good that one should be alone — that God created WOMAN. If it is not good that a man should be alone, the same applies to a woman.

The enormity of this growing

tragedy becomes all the more apparent when we consider that this is a GROWING condition. Dr. Peterson's book states that in the U.S. within two decades HALF the total U.S. population will be over 50 years old.

For this very reason, he says, it is very important that the myths about "old age" be exposed and eradicated from the popular mind. These, he says, are myths that are DESTROYING the lives of people above 55.

The Peterson and Payne book gives a breakdown on the single persons left ALONE past age 55, as of March, 1971. There were approximately 8.3 million widows, 1.7 million widowers and approximately one million single women who had been divorced and a half million single men because of divorce. This totals the tragic number of 11.5 million people over 55 who are single and most living ALONE — slightly more than half as many as were married.

The book points out that every human being — male and female alike — NEEDS love and affection. And this applies to infants in their first year who need and thrive on affection and love expressed by parents. Growing children NEED not only companionship and guidance (yes, and discipline exercised with wisdom), but also love and affection from parents. No one questions the need for romance sure to be sought by or before the early and mid-20s. Companionship, with the expression of affection and love, is necessary, even as an emotional and spiritual FOOD throughout marriage — which, IDEALLY, should last throughout life, regardless of age.

The "GREAT MYTH," as I would phrase what is the great concern expressed by Dr. Peterson and Payne in *Love in the Later Years*, is the general

supposition that romance, love, and affection are appropriate and even needed in the 20s, but by middle age or after they are ridiculous; that by middle age people are not supposed to retain energy, vigor and active-minded accomplishment. Companionship, love and affection are the very FOOD for an energetic and dynamic success built through the 20s, 30s and 40s, and perhaps even into the early 50s, but after that people are supposed to become senile, sexually indifferent, impotent, frigid and completely useless. They are supposed to retire and sink into helplessly uselessness.

It is precisely because so many going through the 20s to and through the 50s *think* that is what they are SUPPOSED to do that they bog down and live up to the enslaving MYTH!

People seem to assume that after the 50s the human mind is supposed to decay. Perhaps some few, accepting the myth, have bogged down and grown senile. That is a tragedy. It happens only to the mind that has NOT BEEN USED. A mind IMPROVES with use and age. Wisdom comes with experience and AGE.

In my personal experience — and why *shouldn't* I share the benefit of that experience and knowledge with my millions of readers? — I have produced my greatest accomplishments since I hit the calendar age of 80. Of course that's not my *actual* age — only what the calendar says. The most important KNOWLEDGE has been learned since then. I speak today with more vigor, effectiveness and power than in my 40s.

Yes, as a man THINKS in his heart, so is he.

More power to Drs. Peterson and Payne, and to other researchers, in their efforts to abolish the satanic MYTH!



BLIND MEMBER — Uldine Jesse Thelander, 84, types on a braille writer in her home in Boise, Idaho. (See article, this page.) [Photo by Barry Baker]

Vitality

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Salem home and attends the Salem church. Her mother, 96, stays with her part time. Mrs. Dillon keeps busy knitting toys and animals for children. In addition to her two children, she has eight grandchildren and nine great-grandchildren.

"I don't get to see Herbert very much anymore," says Mrs. Dillon, "although whenever he is in the area he always makes sure that we get to visit." *Rex Sexton.*

BOISE, Idaho — Uldine Jesse Gartin was born Jan. 13, 1898. Her failing sight was noticed when she was 4 and by high school she was legally blind. She was totally blind when she was graduated from the College of Idaho.

After graduation she taught country public school, which included first through ninth grades.

She was instrumental in helping the state of Idaho establish a commission for the blind in 1967. She worked 22 years as an instructor for the adult blind. Her work required travel, which she did with guide dogs.

On behalf of the blind, she served at conventions in Washington, D.C., Seattle, Wash., Philadelphia, Pa., and New York.

She married E.V. "Vic" Thelander, one of her blind pupils, in 1964. Together they traveled to conventions for the blind, until Mr. Thelander died in 1970.

Mrs. Thelander started attending Sabbath services in 1966 and kept Festivals in Tucson, Ariz., Fresno, Calif., Salt Lake City, Utah, and Spokane, Wash.

In spite of her blindness, arthritis, heart condition and hearing problems, Mrs. Thelander still shows a willingness to encourage others with cheerfulness and a spice of humor. *Jeff McGowan.*

SEATTLE, Wash. — In the fall of 1981 a three-phase project was proposed to brethren of the Seattle church, pastored by evangelist Dennis Luker. The goal of the project was to dispel false ideas about the elderly and bridge the gap between older members and those having difficulty communicating with them.

Another goal was to make available to the brethren the vast storehouse of information gained by older members through lifetimes of experience.

The initial phase became known as the Seniors' Biography Project, a looseleaf book containing the bio-

ographies of more than 40 senior members 65 or older in the Seattle church. Workshops were conducted to teach volunteers fundamentals of writing and interviewing.

Photographs were taken of each senior citizen, completing the book. The looseleaf form was chosen so additional biographies could be

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Best insurance against disease

Eating right can enrich your life

By Sandi Borax

We all grow old — physically we are aging, day to day, nothing can change that. But we can affect the way that we age and how long we live by what we eat.

According to Mary Hegvold R.D., chairman of the Pasadena Ambassador College Home Economics Department, diet is a factor in longevity. And not only will a balanced diet of nutritious foods contribute to length of life, it will produce healthful later years and cut down on the diseases that plague the elderly.

Proper dietary habits require effort no matter what age. As we get older, dental problems, decreased mobility and increased digestive problems can limit the types of foods that we can eat.

Scarce transportation for grocery shopping, lessened interest in the taste of food and a lack of knowledge of food preparation make it harder for many to prepare appealing, nutritious meals.

Instead the "tea and toast" or "coffee and pastry" type diet is substituted, sufficient in calories, but void of real nutritious value.

Poor nutrition is a major factor in osteoporosis, a weakening of the bones common in women and in cases of certain types of anemia. It contributes to the severity of nearly every known disorder.

A balanced diet throughout life is the best insurance against diseases. But, even after having practiced good dietary habits, other changes also may be necessary as we grow older.

Our bodies become far less active and our metabolism rate (rate at which our bodies burn calories) slows. Fewer calories are needed to fuel the body, but its nutrient needs remain the same, and may even increase, in women past menopause.

Eat foods packed full of nutrients — there is no place in the diet for "empty foods" that contribute little

Seasoned senior brethren offer 'steadying hand of experience'

By Michael A. Snyder

Do you younger members find it difficult to get to know the older people in your congregation? Perhaps you have tried, but with only moderate success.

Most of you have experienced, to one degree or another, the satisfaction of serving the senior members of God's Church.

But comparatively few have really understood and fully reaped the rich rewards of a proper relationship between God's elderly and younger brethren.

The Bible commands us to "rise in the presence of the aged, show respect for the elderly and revere your God" (Leviticus 19:32, New International Version).

The apostle James wrote for us today, when he said: "Pure and undefiled religion before God . . . is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world" (James 1:27, New King James Version throughout unless noted).

Combating world's influence

Much of Western society favors the young. Advertising includes or promotes the desirability of youth. Electronic media tilt programing toward those who are younger. Too many organized social events exclude the interests of the elderly.

Why? Because society ignores an

important principle: "Wisdom is with aged men, And with length of days, understanding" (Job 12:12).

For thousands of years, successful families practiced the principle that "age should speak, and multitude of years should teach wisdom" (Job 32:7). While many Western nations ignore this, other societies continue this practice and prosper.

This article was compiled from Worldwide News interviews with evangelists Joseph Tkach, director of Ministerial Services, and Herman L. Hoeh, editor of The Plain Truth, as well as material from a July Christian leadership continuing education class at Pasadena Ambassador College.

Carn Catherwood, regional director of God's Work in Italian-speaking areas, taught the class.

God knew that this principle would strengthen and enrich our lives. He included it in His outline of sound and successful living — the Ten Commandments — one of which is: "Honor your father and your mother" (Exodus 20:12).

The apostle Paul reinforced this instruction in the New Testament when he wrote the Ephesian brethren to "honor your father and moth-

er . . . that it may be well with you and you may live long on the earth" (Ephesians 6:2,3).

But today the world subtly influences those countries that profess the word of God and even members of God's Church to ignore this vital principle.

The key to combating this is: "Do not forget to do good and to share, for with such sacrifices God is well pleased" (Hebrews 13:16).

Exchange time for knowledge

To develop and benefit from a proper relationship between the young and old in God's Church, there must first be communication and fellowship.

Older brethren have the responsibility to share their experiences in an interesting manner that younger people can relate to.

Often, as a result of society's pressures, the elderly begin to think of themselves as old and uninteresting. This attitude is dangerous and untrue, and it can become a self-fulfilling prophecy if one is not careful.

If seniors aren't wary of this, they might focus excessively on the past, reliving over and over again past experiences.

We must never stop learning and developing our minds, no matter at what age, adding to our wealth of experience.

Senior brethren have a commanded responsibility to enrich the lives of physically younger brethren.

As the apostle Paul pointed out, senior women are "to teach what is good, and so train the young women to love their husbands and children, to be sensible, chaste, domestic, kind and submissive to their husbands, that the word of God may not be discredited" (Titus 2:3-5, Revised Standard Version).

Senior men are often spoken of in the Bible as standing in the gate (see Ruth 4:11, Proverbs 31:23), where the important business and affairs of the city were conducted. The elderly were consulted and they provided a steadying hand of experience.

God does require, of course, a little sacrifice of the self to receive the benefits of this steadying hand of experience. It's simply the sacrifice of a little time.

Younger brethren must make time available to listen to and sift through the experiences and advice of the older brethren.

The value of senior men and women is clearly seen in the accomplishments of several 20th century leaders (see article, page 5).

In Clarence B. Randall's book *Sixty-Five Plus*, he notes the example of the late British prime minister, Winston Churchill: "His life reached its greatest usefulness at 65 plus; and then went on growing through 75 plus. At 40 he was bold, but reckless, facile of speech, but unseasoned in judgement. Not until his very senior years did he reach the unshakable peak of leadership" (page 11).

The same is true of senior men and women in God's Church today. But without a concerted effort to fellowship together and exchange these experiences and tested knowledge, younger brethren allow valued information to slip through their fingers.

Through service opportunities, younger brethren can serve and honor both their physical family elders and spiritual elders in the Body of Christ. By providing transportation, physical labor for various jobs and most of all a ready ear, younger brethren can enrich their lives and benefit from the experiences of the elderly.

but calories.

Eat foods from each one of the food groups: milk and dairy products, fruits and vegetables, meat and poultry, and breads and cereals. These groups allow for variety and substitution.

One is not restricted to milk only to fulfill the calcium requirement; cheese, yogurt or fish with the bones mashed are fine substitutes. If one food is not easily digested or chewed, another food from the same group can be substituted.

Stews and casseroles are ideal for one or two persons because they are easy to prepare, provide a variety of nutrients, and can be easily stored. Purée them to make a variety of soups for those who have difficulty chewing solid food.

Eating should not become a drudgery. The sensitivity of the taste buds may decrease with age. Compensate for this by using herbs such as basil, marjoram, rosemary and thyme to enhance the flavor of meat and vegetable dishes. Also, don't overcook vegetables — over-

cooking causes a loss of nutrients and adversely affects flavor.

Avoid fad diets at any age. Don't try to lose weight on crash programs. To deprive your body of nutrients or even adequate calories is dangerous. Include plenty of liquid in your diet to aid elimination.

Nearly as important as what you eat is how often you eat. Eat at least three regular meals a day, possibly as many as five. Frequent, small meals provide your body with continuous energy, and evidence indicates that a person is less likely to store fat than if larger amounts of food are eaten less frequently.

What are the responsibilities of friends and relatives of the elderly? At the risk of being nosy, find out if they are eating well.

If you live nearby, help with transportation to the store and with the shopping. If not, find someone in the area who can be relied on to do this consistently.

It takes effort to improve eating habits, but a longer, healthier, more productive life is worth it.

Discover creative paths leading to hidden talents

By George Hague

At 82, Benjamin Franklin helped draft the Constitution of the United States. At 78, Vladimir Horowitz gives piano concerts regularly. History is rife with examples of the productivity and creativity of people well past their threescore and ten.

In our Western society people are often forced to retire at an early age. That should be no reason, however, to stop learning and developing talents and interest, especially for those in the Church with the knowledge of God's master plan for humanity.

"Retired people can perform voluntary public service to libraries, hospitals or used clothing outlets," suggested evangelist Herman L. Hoeh, *Plain Truth* editor. "Senior citizens can enrich the lives of others in the community this way."

Evangelist Joseph Tkach Sr. recommended organizing activities in local church areas. "I know many brethren, some even with handicaps, who started crocheting, sewing or making knickknacks in their later years," said Mr. Tkach.

Evaluate your interests. Perhaps (See PATHS, page 8)