



The Good News of
**TOMORROW'S
WORLD**

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SINAI FROM SPACE

Personal from



The Key to Radiant Health

WE PRIDE OURSELVES on being the most advanced, enlightened, scientifically developed generation that ever lived.

We suppose that we are now on the doorstep of eradicating sickness and disease, due to the miraculous advances of medical science. We suppose the great advances in sanitary measures, in the new “wonder drugs,” in preventive serums, vaccines and inoculations are bringing modern civilization into a state of wonderful health.

We couldn't be more wrong!

Modern civilization is *not* bringing health nor abolishing disease.

While the medical profession works to reduce TB, cancer, and other diseases, modern civilization is CREATING NEW DISEASES NEVER HEARD OF A FEW GENERATIONS AGO. Sickness and disease are on an accelerating INCREASE!

It may seem incredible! We frantically brush our teeth and use toothpastes supposed to produce “fewer cavities,” yet there is more tooth trouble than was known in any past century. The more furiously we brush with “fewer-cavities” brands of toothpaste, the more tooth troubles we suffer!

WHY?

How can this BE? Is toothpaste to blame?

I suppose many would ask: “But isn't it *natural* to be sick? Are we not made in such a way that we simply have to become sick and contract disease? And didn't God raise up medical science to combat it?”

The answer is an EMPHATIC *NO!*

Sickness and disease are NOT natural! We were made to BE WELL!

When man invents and produces a fine mechanism — a fine watch, automobile, jet plane, washing machine — he expects the fine watch to keep good time for years; the first Rolls Royce automobile ever

made is still running; the huge 747 jets make the “polar flight” every day from London to the West Coast of the United States without motor failure. Of course I am not talking about a cheaply made watch, automobile or washing machine. But the most marvelous and perfectly made mechanism ever produced is the human body and mind.

The Almighty God made the human body so that — even though composed of material substance from the ground — its *normal condition* is one of robust, invigorating, radiant GOOD HEALTH!

Sickness and disease are ABNORMAL — they are the PENALTY of VIOLATION OF NATURAL LAWS. They are PHYSICAL SIN!

I knew the philosopher-author-lecturer-publisher Elbert Hubbard, who died when a German submarine sank the *Lusitania* before U. S. entry into World War I. He understood something of physical health. Once when I visited him at East Aurora, N. Y., other guests and I were herded out on the veranda of Roycroft Inn, for a vigorous round of heaving the “medicine ball” at each other. It was vigorous exercise. Hubbard kept fit — watched his diet, got in plenty of exercise, natural sleep, deep breathing in fresh air.

He said: “Of two things, being thrown in jail, or becoming sick, becoming sick is the *greater disgrace!*” One is thrown in jail for violation of a *man-made* law — it could be a nonsensical law — he could have been falsely accused. But when one is sick, a NATURAL law has been broken — and there was no false arrest.

One may break man-made civil laws and not get caught. But when you break GOD'S LAWS, the penalty is automatic!

And what does modern civilization do about it? It — *not God* — raised up “medical science” to try to deal with the effect — ignoring the CAUSE — attempting to remove the PENALTY which the Creator GOD imposed for physical violations. Treating the EFFECT, while ignoring the CAUSE, is to *encourage* the violation

which CAUSES the sickness; to encourage SIN! Only most people never thought of it that way.

Now LOOK AT THE STAGGERING FACTS:

Children of 1910 had many diseases never heard of three generations before. They grew into young manhood by 1917. They enlisted or were drafted into the army in World War I. But in 1917, nearly one third of our young men between the ages of 18 and 31 were so UNFIT physically they could not be accepted for military duty.

Have conditions improved?

By 1964, the number unfit for military duty had climbed from slightly under 33% (in itself a disgrace!!!) to 53%. This was not all physical unfitness — a *new* sinister threat to our national progress and safety was now rising rapidly — 16.2% of these *failed mental tests!*

Nearly one half of all Americans — more than 96 million — are suffering with at least one chronic disease or disability. Of those over age 45, *seven out of ten* are afflicted with at least one chronic condition.

Each day some TWO MILLION Americans see a doctor! Over THIRTY-TWO MILLION are yearly spending time in hospitals; about 1½ million are hospital patients on any one day!

There are over TWELVE MILLION surgical operations performed annually in the United States alone!

In Britain conditions are as bad — or worse.

In the United States, Canada, Britain, Australia, *our national vitality is on the wane!*

But, one asks, hasn't medical science made tremendous strides in conquering diseases? But while they are working on some diseases, several times as many NEW DISEASES appear in our midst — diseases unheard of some four generations ago! Diseases of MODERN CIVILIZATION!

Among diseases of modern civilization are diabetes, cancer, heart diseases, Bright's disease, kidney diseases, acidosis, asthma, rheumatism. There is a definite CAUSE for these.

Look at young children pouring out of public elementary schools today. Notice how many are pale, anemic, round-shouldered, more than half of them constipated, wearing glasses, having bad teeth, diseased tonsils.

How many today live in a home where there is *never* a cold or fever, no tooth troubles, or poor eyesight, or any of these diseases? Where *no one* is ever sick? Do you know of any such home? You're a most rare person if you do! All humanity *should* live in such

homes — *could!!* — and many, if not most, *will* in the GOD-ruled WORLD TOMORROW!

One of the greatest industries today is the cosmetics industry — selling millions of dollars (or equivalent in other monetary standards) in materials to *paint on* "natural" facial color that has been ROBBED from natural foods!

The very *first* trouble with our deteriorating physical status is that we take sickness for granted! We seem to assume sickness is natural and necessary. We are in IGNORANCE of the CAUSES. Modern society treats the RESULT, but *ignores* the CAUSE!

WHAT, then, are the specific CAUSES?

One physician said to me: "We doctors are kept so busy treating sicknesses and diseases that we simply have no time to study and research into the CAUSES."

But *some* of the most noted physicians and surgeons have given thought and study into the CAUSES. And leading doctors have said that 90% to 92% of all sickness and disease results from FAULTY DIET! Some of them have said that the average American or British dining table is a dietetic HORROR! Few people, it seems, realize that FOOD has any connection with health or sickness. The actual FACTS are appalling!

Let me give you some important facts!

First, just what *are* we? Of what are we composed?

God Himself ought to know — and He says: "Dust thou art, and unto dust shalt thou return." And again, "The Eternal God formed man of the dust of the ground" (Gen. 3:19; 2:7). Dust — ground — is MATTER — material substance. In the ground are approximately 103 elements. But the human body is basically composed of 16 of them. And these are the 16 that grow in food.

Elements compose matter in the two general classifications — the organic and inorganic. Organic compounds are *living* matter. All elements are inorganic — non-living — and some of the elements take little or no part in the formation of living material. Gold and poisonous mercury are such comparatively inactive elements. But iron, much harder than gold, *does* grow in plant life into organic or *living* matter. Beet tops are fairly rich in iron. In somewhat lesser content there is some iron in blackberries and cherries. Grapes have very little, yet an enterprising advertising man years ago took advantage of that small amount by packaging raisins in small

(Continued on page 46)

How to Be an OVERCOMER

WHY are we not more successful in living up to God's standard? WHY do we slip and fall occasionally? Here is how YOU can overcome where you are weakest and hardest tempted!!

by Herbert W. Armstrong

DO YOU have some "besetting sin" — some point of weakness, perhaps secret, you have been unable to overcome?

Have *you* ever met temptation, struggled with it, only to wake up a little later to the remorseful fact that you had slipped, and failed to overcome?

Or perhaps you are struggling with some habit that holds you as its slave — struggling, wrestling, always fighting it, yet somehow never able to conquer it.

Only the Overcomers

These things are serious. We *must* overcome these sins, these habits, these sudden temptations — be cleansed of them thoroughly — if we expect to get through to the Kingdom and inherit eternal life.

"To him that OVERCOMETH," says Jesus, "will I grant to sit with me in my throne" (Rev. 3:21).

"He that OVERCOMETH, and keep-

eth my works unto the end, *to HIM* will I give power over the nations: and he shall rule them with a rod of iron" (Rev. 2:26-27).

Not all are even called, now. Many, though they may have *heard* the true message, have never received a conscious convicting KNOWLEDGE of the truth. This is not the time when God is calling them.

But God is now calling *SOME* to a life of separation — to a new and different and Spirit-filled and Spirit-led life — in order that they may be wholly CLEANSED of sin, and that they may GROW in grace and knowledge, thus being prepared, trained, fitted for a position of solemn responsibility — that of king or priest — in God's KINGDOM! And it is *only* those who qualify by the training, the overcoming, the spiritual development and growth, DURING THIS PRESENT LIFE, who shall thus reign with Christ. Study the

parable of the pounds in Luke 19:11-27.

So the Christian life is a new and a different life — an OVERCOMING life. Sin must be torn out, root and branch. We must be made righteous, holy.

Why We Stumble and Fall

Why, then, do so many of us continually stumble and fall? Yes, even those who do strive, struggle, and even PRAY, and PRAY for help, for victory, over some vicious habit? WHY?

First, notice a portion of Paul's instructions to the Philippians.

"And be found in him, not having mine OWN righteousness, which is of the law, but *that which is through the faith of Christ*, the righteousness WHICH IS OF GOD *by faith*" (Phil. 3:9).

Notice, it is not OUR righteousness, but GOD'S.

David was inspired to write: "All

thy commandments are righteousness" (Psalm 119:172). Yes, and LOVE is the fulfilling of the law (Rom. 13:10).

The Kind of Love Required

Right here is one trouble. Too many Commandment-keepers are struggling along, trying to keep the Commandments in their own power and strength — thinking it is THEIR own personal human love that fulfills the Law!

Too many "Commandment-keepers" have only been converted to the ARGUMENT of keeping God's Commandments, and have never really EXPERIENCED definite salvation — for a real conversion is a DEFINITE EXPERIENCE! Such people need to go to a private place, alone with God, and get to their knees, and pour out their hearts to God, and stay with it until they really KNOW they are converted by GOD'S POWER, and have received His blessed Holy Spirit!

No wonder so many become continually discouraged, and feel like giving up!

We do not even HAVE the kind of love that fulfills God's Law and makes us righteous! LOVE is of God, for God IS love! And it takes "the love of God . . . shed abroad in our hearts by the Holy Spirit" (Rom. 5:5), to fulfill the Law, make us Commandment-keepers, and give us GOD'S RIGHTEOUSNESS.

The Law is SPIRITUAL (Rom. 7:14). We are carnal. It takes a SPIRITUAL love to fulfill a spiritual law. The Holy Spirit within us is merely GOD'S LAW IN ACTION! And since God alone can supply the LOVE that makes us righteous, it becomes GOD'S righteousness, not ours.

How to Get Faith

But how do we receive the LOVE? Note again the scripture quoted above: ". . . the righteousness which is of God BY FAITH."

It comes, then, by FAITH. Now most people seem to believe that the FAITH, by which we must receive everything God gives us, is something that we, ourselves, must work up and supply, by some kind of hard effort. And it does become *such an effort*, doesn't it, trying to strive to have FAITH?

Foolish babes in Christ! Can't we see that if WE were able to supply the faith which brings all else, that we, ourselves, would earn our own salvation by WORKS? It would be the kind of righteousness that is only FILTHY RAGS to God!

Stop trying to work up faith. YOU have no faith. The scripture above speaks only of "THE FAITH OF CHRIST"! Not *your* faith — CHRIST'S faith. Jesus had REAL FAITH! He performed miracles! And He rose from the dead — and HE LIVES.

Here is the secret! He gives — He imparts — His strong faith to you and to me! Yes, even FAITH is a gift of God — one of the spiritual GIFTS (Eph. 2:8 and I Cor. 12:9).

Then how shall we go about getting more of it? By yielding, submitting our desires, our purposes, our wills, to HIM, by ASKING Him in real earnest persevering prayer, and by trusting Him to give it!

Why We Have Not Been Delivered

God's Word promises: "There hath no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; *but will with the temptation* also MAKE A WAY TO ESCAPE, that ye may be able to bear it" (I Cor. 10:13).

But has it not often seemed, in your experience, that God has failed to keep this promise? Temptation has come. You have struggled, even prayed, yet you were overpowered, and you did not find the way of escape! Then what is wrong?

Jesus said, "I will NEVER leave you nor forsake you." "I am with you always, even unto the end of the world." God's Word promises, "Sin shall NOT have dominion over you." Yet have you not found that sin has had DOMINION over you, holding you its slave? Have you not fought it desperately, even with tears streaming down your face — only to fail?

How to Apply and Use Faith

WHY? What is wrong? Simply that we have not known how to receive, apply, and use the FAITH God promises to give!

First, there is something WE must do. Some go to one extreme and try to do it all. Others swing to the opposite extreme, plead with God, make little effort themselves, and expect Him to do it all.

James says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you" (James 4:7).

Submit! Resist! This takes effort.

Peter says to humble ourselves, casting ALL our care upon the Lord, and to be sober and VIGILANT, because the devil is walking about, watching for the chance to tempt us when we are off our guard, "whom RESIST steadfast in the faith" (I Peter 5:6-9). We are to resist Satan, and do it in the faith of Christ — but HOW?

The key to it all is "BE VIGILANT." Be on your guard! Be ever watchful! Be prepared! That's where we fall down! It takes constant, continuous, vigilant effort, never letting down!

Unless we, ourselves, had to put forth some effort we could not be OVERCOMERS! But if we had power to do it all, we should not need God! So it requires our effort — our continuous, watchful, ever VIGILANT effort — *empowered by GOD'S SPIRIT!*

James continues: "Draw nigh to God, and he will draw nigh to you" (James 4:8). Now we are getting closer to our answer! When temptation comes, we ARE TOO FAR FROM GOD — and we are then unable, SUDDENLY, on the spur of the moment to get close enough to Him to get the help and the deliverance we need!

It sometimes takes TIME to get CLOSE to God — into that intimate contact with Him so that we can draw on Him for the power we suddenly need!

In other words, when temptation unexpectedly has come, we have found ourselves caught off guard — out of prayer — out of contact with God — OUT OF SPIRITUAL TRAINING!

You were entering a CONTEST with Satan. You tried to wrestle with him, but you were OUT OF TRAINING, out of spiritual condition.

Suppose a prizefighter would suddenly find himself, untrained and unprepared, in the ring in a contest with the world's heavyweight champion! Do you think any living man could win? How

much STRONGER is Satan, by comparison! No wonder we fail! Could such a fighter, who had been dissipating, carousing, weakening himself physically, SUDDENLY summon enough strength and skill to conquer the champion of the world? Could a mile runner run a successful race and win, unless he trained and trained, and prepared himself carefully for the race — unless he were IN CONDITION when it came?

We can no more win these SPIRITUAL battles when out of SPIRITUAL training. All spiritual power and strength must come from God. We can drink it in from Him, only when we are IN CONTACT with Him — close to Him — in communion with Him!

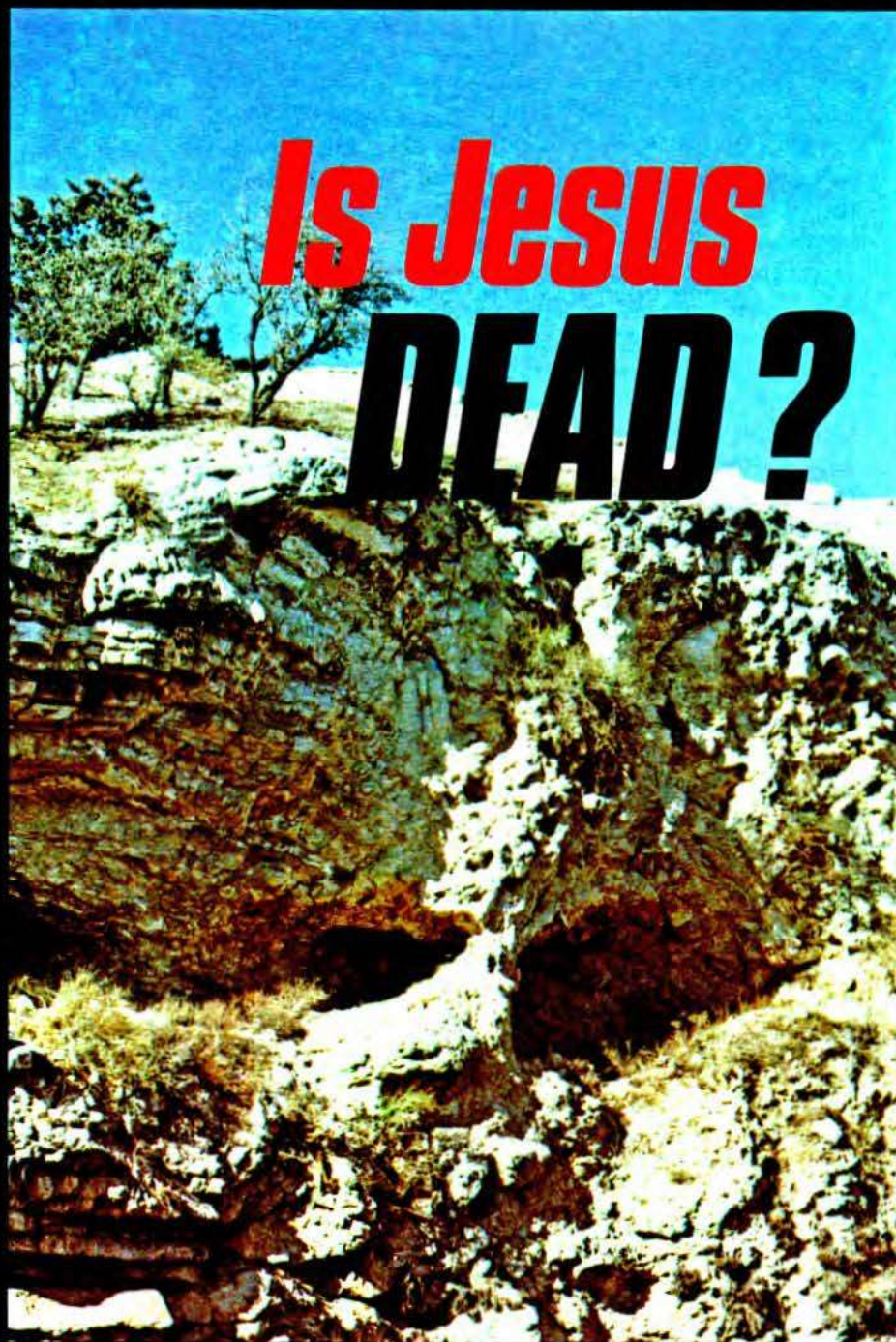
And, when the temptations suddenly assail you, no matter how hard you then try, or cry out to God for help, you are simply TOO FAR AWAY FROM HIM to get help!

Spiritual training, to get and KEEP in constant vigilant condition to meet the foe of temptation and sin, requires *continuous, earnest, persistent PRAYER!* That is why we are commanded so often to PRAY WITHOUT CEASING! TO KEEP IT UP!

If we draw nigh to God, and then KEEP close to Him, our problem will be solved. We will then have the FAITH. We will then be continually FILLED with His Spirit — His power to overcome.

We can keep in spiritual training only if we keep our affections — our minds — our thoughts — on SPIRITUAL things. Read Colossians 3:1-10. Most of us keep our minds filled with earthly, material cares and interests, turning to the spiritual only occasionally! Seek FIRST the Kingdom of God and HIS RIGHTEOUSNESS!

Sometimes it takes a siege of FASTING AND PRAYER — earnest, *determined, persevering prayer* — seeking God with all our might — with weeping — staying with it, DETERMINED, until we get through. Then we must keep in CONTINUOUS prayer. Cast ALL our cares upon HIM. We are not doing that. If we do, there will be many things each day to pray about! And it takes daily PRIVATE prayer, in real earnest, besides family prayer. Is eternal life WORTH IT? □



Is Jesus DEAD?

Is Christ REALLY ALIVE today? DID Jesus of Nazareth really walk out of His tomb? COULD it be possible? Today, vast percentages of professing "Christians" REJECT the resurrection and second coming of Christ! What about it? Can it be PROVED Christ is risen?

by Garner Ted Armstrong

IS IT INCREDIBLE that Christ was raised from the dead? Is the resurrection a FACT, or merely a kind of "divinized MYTH" used to "convey a profound truth" as some modernists claim? Is the resurrection merely a "fundamental belief" or an actual historical FACT? *What about it?* Have you ever really PROVED it one way or the other?

If Christ Is NOT RISEN . . .

The Apostle Paul was inspired to write, ". . . If Christ be not risen,

Personal

(Continued from page 2)

packets at candy counters, with the slogan, "Have you had your IRON today?" Supposing raisins to be rich in iron, millions bought the raisins.

One of the hardest elements known is manganese. This metal is used in bank safes. Yet small traces of this element are drunk in through rootlets of some plants and converted into *living* matter in food. Our bodies *need* manganese. But it is a good thing for us that they need only small traces of it, or we should not be able to obtain enough of it in organic form.

So it is literally true that "we are just what we eat." Each of our bodies started from a small ovum, no larger than the period at the end of this sentence — and even that was developed through food that grew in the ground. And that ovum had to be fertilized by a sperm cell only one fiftieth as large. But what caused that tiny embryo to GROW until you were born? It was developed from food that grew out of soil — out of dust. But you are now much larger and heavier than when you were born. Where did all the *rest of you* come from? From FOOD, which came from the ground — FROM DUST!

So it is literally true that you *are* what you eat — and "dust thou art." Since you ARE merely *food* converted into a human body and mind, is it not plain that whatever FOOD you put into your mouth has a very great deal to do with WHAT you are — and WITH YOUR HEALTH or lack of it?

Now let me give you more facts.

Of the *two* kinds of compounds the 16 elements compose, ONLY organic ones are food. Many inorganic compounds are actually in fact — like potassium cyanide, deadly poison! For example, anemic people need more iron. They have become anemic through iron deficiency. But if you are to build natural good health, you must get that iron in ORGANIC FOOD — not in pills made of inorganic iron. ONLY organic substances grown through food are naturally absorbed into the bloodstream to replenish broken-down cells and supply tissue, healthy flesh and blood.

Now of the 16 NATURAL elements that grow in food, twelve are alkaline-reacting elements. Included in these are iron, calcium, magnesium, potassium, silicon, sulphur, manganese. These supply the nourishment — replace deteriorating cells, build bone, flesh, tissue, skin, hair.

Four of the 16 elements produce carbohydrates — the acid-reacting food-stuffs. These are carbon, hydrogen, oxygen, nitrogen. Principal of these is carbon. These are found in starch, sugar, and fats. You've read advertisements advising, "Give your child more (the brand advertised) to supply quick energy." One thing is wrong with that: IT IS TOO TRUE!

The carbohydrates *do* supply our energy. They are — up to a certain point (and *that's* the *vital* point) absorbed into the bloodstream. On the way back to the heart the blood passes through the lungs. Your lungs are like the carburetor in your automobile. The "carbon" in your car that supplies *its* energy is the gasoline (petrol to our British and Continental readers). As it passes through the carburetor, it is *fired* on mixing with the oxygen in the air. This is a little explosion, which forces down the piston and results in propelling the car.

In like manner, as your blood passes through your lungs, it "fires" upon mixing with the oxygen in the air you have inhaled. Your breath filters out the waste products the blood is carrying off, and they (broken-down cells) are expelled through exhaling your breath. That's why you sometimes have "bad breath." I think you can see what happens when your lungs are filled with poisonous tobacco smoke. They simply do not perform their full duty. And *this* damage is *in addition to* what doctors are now telling us about LUNG CANCER! You get a DOUBLE DOSE of bad health!

At the same time, this "firing" of the carbon in the blood supplies not only ENERGY, it also supplies your bodily heat — keeping your body at normal temperature of 98.6 degrees.

Now here is a MOST IMPORTANT FACT! Nearly all of us, today, because of what our food factories have done to our foods, are eating several times more

of the carbohydrates in food than we should for normal good health. So WHAT HAPPENS? If this carbon in the blood supplies not only energy but also our bodily heat, WHY does it not raise our bodily temperature up to two or three times the normal 98.6 degrees?

The answer to that is IMPORTANT!

That is something DOCTORS OUGHT TO BE TELLING US. Why don't they? I guess you'll have to ask *them* — I can't answer for them. Perhaps they are just so busy TREATING the PENALTY you have incurred by BREAKING NATURE'S LAWS, eating an over-abundance of the carbohydrates.

But I will tell you what happens. And YOU had better HEED!

If eating twice as much of the carbohydrates as you should actually *doubled* your bodily temperature, you'd die of high fever before the doctor could get to you. But YOUR CREATOR provided a preventive, so it does not react quite that way. Just as some taxicab companies put a "governor" on the accelerators of their cars, so that the driver can only push it down far enough to reach the controlled speed the company has predetermined — perhaps 45 — perhaps 55 or 60 miles per hour — so your Maker designed the bloodstream of your body to absorb no more carbohydrates than 1/2 of 1% approximately of either the weight or volume of blood — and at the moment I do not remember which.

What, THEN, happens to the excess of the carbohydrates you are stuffing down your stomachs? They *do* supply a certain unnatural artificial energy — but they are primarily eliminated in an unnatural way, contrary to nature's laws, through the kidneys. And this process in time builds up and causes a whole string of these modern diseases of a law-breaking civilization! But SOME of it *is* carried as a toxin or poison by the blood into muscles and joints. And after so long a time, you "catch a cold" or "a fever" — so you think, not realizing that you actually ATE that cold or fever before you "caught it." It may go into pneumonia! A cold or fever is merely a sudden violent elimination of toxins and poisons you have injected into your body by

WRONG DIET which has BROKEN GOD'S PHYSICAL LAWS!

Or, this accumulation of toxins may result in rheumatism, arthritis, or other disease.

Actually, your body requires two or three times as much of the alkaline-reacting mineral elements as of the carbohydrates — yet the average American or Briton is eating at least two or three times as much of the carbohydrates.

And *what are* the carbohydrates?

They are the starches, sugars, fats and oils.

Today nearly everything we eat passes through man's hands — or his factories — before it comes to the consumer. In the interests of bigger profits the gigantic food industry is giving us a diet of FOODLESS "foods."

Take wheat. Wheat is almost a perfect food. It contains all 16 major food elements, in near perfectly balanced proportion. But they take that perfect grain of wheat apart, rob it of the 12 mineral elements, and turn it into white flour — containing the four carbohydrate elements.

Why?

Well, if they were to give you real WHOLE wheat flour, it would spoil after so long a time. And in the BIG BUSINESS distribution system, the flour may not reach the consumer until after it spoils. *That* would mean a loss to the food industry.

One dietician gave this advice: "My BASIC RULE in diet is: Eat *only* those natural foods that will spoil — and eat them before they do."

What SHOULD we do? Well, I'll tell you what we do at Ambassador College. We raise our own wheat in Kansas, our own beef and many other items of food in Texas. We have large trucks (vans — lorries) — the largest allowed on the highways — one a refrigerator truck. We bring our own hard wheat, naturally and organically grown, in our own trucks to the Pasadena and Texas campuses. There we have our own stone grinders. When our bake shops are ready to bake another batch of bread, or pastries, the wheat is ground into flour — real whole wheat flour — and immediately baked. We use honey or

natural brown sugar instead of "refined" sugar (which has been robbed of its alkaline elements).

There are many things more that we do — but that serves as an illustration. We feed about 1200 students on all three campuses three times a day, and we try to feed them on REAL FOOD, not foodless "foods."

There is another area in which our English-speaking peoples ruin their own health. They take a good steak, or a mixed green salad of uncooked leafy green vegetables, or other fruits or vegetables, and then RUIN them with sauces, gravies, or dressings that will wreck any stomach — at least in time! People think they must mix foods into conglomerations of meat with starch, sugars, condiments, artificial flavors, preservatives, sea-"foods," and unhealthy mixtures — IN CONFUSION! The "best" chefs are those who can concoct the most injurious sauces and conglomerations. And then the people of this degenerate world suppose it is just NATURAL to be sick!

A little baby will put about everything in reach into his mouth. It seems most of our adults are still doing it. If we like the taste — or develop a perverted taste — we think it must be good food! But everything that grows is NOT good food. Nor is every animal good for food.

Another reason our bodies are being robbed of the alkaline minerals is the way our women cook. Ask a woman WHY she does not feed her children steel-cut oats, and natural brown rice.

"Oh, that takes too much time!" she will probably answer. So she uses the quick-cooking minute oats or minute rice — the kind that has been robbed of all the real food value and reduced to a starch. She *just can't afford to take time* to give her children good health. She must HURRY — and build up in their bodies anemia, and diseases that will KILL them before their time.

A murder is merely ending a life *before its time*. Many of you are doing that on the installment plan — doing it not only to yourselves, but also to your children.

Suggest to a woman that she cook her vegetables on slow heat — at a

temperature of 180 degrees in a heavy aluminum utensil. She will probably protest that she can't take the time. Many women, I have found, simply are unwilling to believe the TRUTH. They think proper cooking would take more time — and THEY HAVEN'T TIME to keep their children healthy. If it means killing their own children BEFORE their time — murder on the installment plan — they simply CAN'T TAKE TIME to prevent this installment-plan murder!

Many children are raised on a diet of white bread, jellies and jams, potatoes with greasy and starchy gravy, a little meat, pie and cake and cookies and pastries, and candy. Some will ask: "Well what else *can* we eat?"

Eat more vegetables — green leafy raw salad vegetables unspoiled by injurious dressings; non-starch vegetables cooked at low temperatures — about 180 degrees, and served with only butter and a little salt; fresh fruits; clean lean meats (NO FAT); whole grains; fresh raw (unpasteurized) milk, butter, cheese; eggs and clean fowl.

What about potatoes? And I mean Irish potatoes. Are they not starchy? Only when and because you women pare off the alkaline part containing the needed minerals. Slice a potato in half and notice the ring a little way inside the skin. The portion between that ring and the skin is the alkaline part. The inside is the starch part. If you cook the whole — unpeeled — potato in a heavy aluminum pan at about 180 degrees temperature, you'll find that the skin is *very* thin and will peel right off, leaving you the WHOLE potato. In this form, it is called by some the king of vegetables.

If you have bony, knobby knees and elbows, and would like to be more pleasingly rounded (or plump without being fat or overweight), try cutting out the *inside* of the potato, and eating often of the alkaline part. The alkaline portion outside the visible ring, a little way inside the skin of the potato, is strong in potassium. In perhaps six months you'll be surprised at what this natural, organic potassium will do.

In this editorial I have had space only to scrape the surface of this subject. Perhaps sometime I may find

time to write more fully and in more detail.

But before ending, I want to give you a little of what our Creator says about health and sickness. It is God's will that we be IN HEALTH (III John 2). God intended us to obey His laws — His physical laws that operate in our bodies for good health as well as His spiritual Law. Yet He knew our weaknesses and rebellious nature. When we repent of breaking His spiritual Law and transgressing against Him, our loving and merciful Father has provided a way for removing the penalty — through Jesus' sacrifice, paying the penalty in our stead.

In like manner, when nature's laws have been broken, this is God's instruction to those who have become His begotten children:

"Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him" (James 5:14-15).

Notice important specific points in that instruction. It says the prayer of FAITH shall save the sick. But James also says (chapter 1:6-7) that if one's faith wavers, he will not receive the answer. Yet also, in the "faith chapter" of the Bible, Hebrews 11, we read this: "He that cometh to God must BELIEVE that he is, and that he is a REWARDER of them that diligently seek Him" (verse 6).

And again, what we ask of Him we receive BECAUSE we keep His Commandments, and do those things that please Him (I John 3:22).

So, although God *does heal*, there are conditions — we do have our part to perform.

Notice further: When the sick came to Jesus, He healed them, "That it might be fulfilled which was spoken by Isaiah the prophet, saying, Himself took our infirmities, and bare our sicknesses" (Matt. 8:17). And I Peter 2:24, "by whose stripes ye were healed." Before Jesus was crucified, He was beaten with stripes — paying the penalty of our *physical* transgressions in our stead.

This kind of healing — and nothing else *is* actual HEALING — is a divine miracle, FORGIVING physical SIN — and removing its penalty. It is a MOST SERIOUS THING, not to be taken lightly — not to be made a mockery of by fanatical and wild public demonstrations in "healing meetings." Jesus healed — the apostles healed — He gave AUTHORITY to His ministers to heal — but they did it quietly, without demonstration, as a ministry of LOVE — not as a highly publicized circus sideshow to attract crowds.

This sort of sensational "divine healing" is NOT the way of God. Such practices today have only brought ridicule and discredit and in no sense do I advocate or approve them! The courts and law-enforcing agencies, as a result of these UNSCRIPTURAL "divine healing" practices, are completely hostile to "divine healing." But what Jesus did, and commissioned HIS true ministers to do, IS SOMETHING ALTOGETHER DIFFERENT.

Real healing by God's power is a matter of FORGIVING SIN — sin against the physical body. Read Luke 5:18-26. None but GOD can forgive sin (verse 21). Doctors, therefore, CANNOT HEAL. They can work *with* nature's laws — but that is not HEALING.

Do we, then, advise people *against* going to medical doctors? By NO MEANS. Doctors have their place in this world. But the healing that God performs is NOT OF THIS WORLD.

I have answered the call of thousands, who have come to me for prayer for healing. Many *have* been healed — miraculously — of even cancer and an advanced case, in a hospital, of leukemia. On the other hand, many *have not* been healed. Yet I have prayed with the same faith for the one as the other.

WHY are many not healed? Jesus said it is ACCORDING TO YOUR FAITH. Perhaps they did not fully believe. Perhaps they were not obedient. Perhaps they should read James 4:3, where it says: "Ye ask, and receive not, because..." And you may read the answer yourself.

So let me make this plain.

I DO NOT SAY, DON'T GO TO THE DOCTOR of medicine: I DO NOT KNOW

whether *YOU* will be healed by God — because I cannot know whether you have the faith, are conforming to God's conditions, have really repented and turned from violating God's Laws. I do not leave people without ANY help — for, if they do not have the faith, have not repented, are not keeping God's Commandments, they probably won't be healed, and I cannot advise them against the only help they might have — that which this world's society has set up. Healing by God is NOT a thing to experiment with!

But, why not solve this whole question by avoiding the CAUSE of sickness and disease — and KEEPING HEALTHY in the first place? Then there is NO PROBLEM, is there? □

Laying of Hands

(Continued from page 42)

and servants would *lay hands on the sick* — and the sick would recover. While many professing Christians know nothing of God's promise to heal, others make a public mockery and display of what they think is the healing power of God.

James 5:14 is a command from God to those who are sick. No minister's hands are special or holy. No olive oil has any mysterious power. It is God Himself who heals through His Holy Spirit; but He has prescribed a physical act to show our faith and trust in Him and to show that we know where He is working on the earth today — to show our acceptance of the authority He has placed with His servants.

How clear God's Word is! From beginning to end it mentions and explains this basic doctrine — *the laying on of hands*. It's not mystical or magical. There's no spiritual power or faith in anyone's appendages.

But God commands that the physical act of *the laying on of hands* be used by true Christians.

How many churches are there that make this *basic truth* part of their WAY OF LIFE?

You can be sure that Christ's TRUE CHURCH will be following His example in the doctrine of the laying on of hands in its many applications. □