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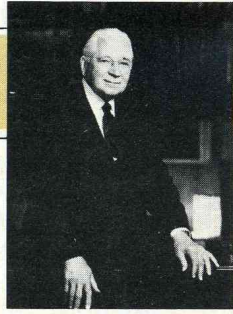
PLAIN TRUTH

a magazine of understanding



A Tougher America?

Secretary of State Alexander M. Haig Jr.



Personal from...

Robert J. Heffernan

Is Specialized Talent God-Given?

Last night I heard the Diva Montserrat Caballé at the Ambassador Auditorium in Pasadena. The Auditorium was jam-packed—even six rows of seats—three on each side—on stage. The orchestra pit, which is a huge elevator, was lowered so that heads of those seated on it were just above stage floor level. Nearly a hundred were seated in the orchestra pit.

What extraordinary talent the world-renowned Diva displayed before a rapt and delighted audience! Standing ovations demanded five encores before the audience would let her retire.

Such talent is a rarity. Caballé is one of two or three sopranos rated at the top in the world.

The director of the Performing Arts Series at the Ambassador Auditorium told me the Diva would like to meet me after the performance.

“Such exceptional talent!” I exclaimed on meeting her. “Yet, as I remember Elbert Hubbard saying some 68 years ago, ‘genius is 1 percent inspiration, and 99 percent perspiration.’”

She smiled. “Yes, that is true,” she agreed. “If one has talent, one must apply oneself and work very hard to develop that talent.”

I have come to know a few who have obtained world fame in the performing arts. Arthur Rubinstein, the famous pianist. Isaac Stern and Yehudi Menuhin, violinists, for example. Were they specially talented above other people? Undoubtedly, yet everyone began while quite young—and stuck to it with



Left: Warren Watson—PT Right: J. Heffernan, courtesy Angel Records

determination day after day, year after year. They didn't quit. They *worked at it*. They continued improving. They were not content with mediocrity. They became real "PROS"!

I knew a boy who had the *talent* of a child prodigy on the piano at age 6 or 7. But he tired of that, turned to blowing a trumpet, tired of that, reached maturity unable to do much of anything in any area.

Are the "great artists" specially endowed with talent above others? To some extent, yes.

But specially God-given?

Not necessarily, except by ordinary heredity. By natural heredity some are talented in one direction, some in others, while still others have at least not discovered any special aptitudes at all.

All human talent was created by God in the fact that He created man, and endowed man with capacity to reproduce. Some, by natural heredity, have certain aptitudes, some have others. Heredity does play a certain part in one's success or failure in this life. So does environment—by which I mean whatever external influences are exerted. Yet the biggest factors in determining success or failure in life are MOTIVATION,

DETERMINATION, DRIVE, PERSEVERANCE.

I have outlined the Seven Laws of Success as (1) the right goal; (2) education and training for that goal; (3) good health; (4) drive, self-propulsion, energy; (5) resourcefulness—ability to *think* about what one is doing while one is doing it, thinking one's way through to solutions; (6) endurance—stick-to-itiveness—never giving up; and (7) last in order but first in importance, the guidance and help of God through Bible understanding, prayer, abiding faith, yieldedness.

Of course the number-one goal, above all others, is to achieve eternal life in the Kingdom of God. While most need an occupation to earn a living—at least the man of the family, yet the over-abiding goal must be to be born of God. And, regardless of subgoals, this supreme goal must take precedence and no other must impede or replace it. And this supreme goal, also, must be *worked at*, day in and day out, with persistence. One must GROW spiritually in grace and the knowledge of our Lord and Savior Jesus Christ. One must continually *overcome*, after complete repentance and faith, and receiving God's Holy Spirit.

The Christian life requires the same continuous, diligent, no-letup effort that a great pianist, violinist or singer must exert.

There is the easy road that leads to failure, but the way to achievement, whether in a profession, or entrance into eternal life in the Kingdom of God, is the hard, difficult, never-give-up way of persistent, determined effort and self-prodding.

Most professing Christians think they had it all made when they "received Christ." They had it no more "made" than a great performing artist had it "made" into world fame on first deciding, as a child, to become proficient in his or her chosen profession.

But is it worth the effort? Apparently most professing Christians have never come to see how GREAT is such salvation and eternal life! Sure, it's a free gift. One can't buy it. One can't earn it. The eternal life is free—a free gift by God's grace. Yet the great God of LOVE won't give it to one in the pain, anguish, sorrow, discontent and unhappiness produced by SIN. Sin is the transgression of God's law of LOVE toward God and toward neighbor. To live above that transgression demands effort. Yes, a PRICE has to be paid.

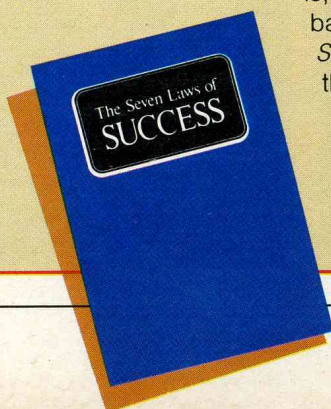
God paid a price beyond description when He *gave* His only begotten Son. Jesus paid the SUPREME penalty of death in your stead to make possible that free gift. And YOU have to pay the price of repentance, faith, obedience, overcoming, growing spiritually in knowledge and love and obedience and faith and endurance!

Jesus said, "He that endures unto the end, the same shall be saved." Even though eternal life is a free gift, a price had to be paid by the Giver. You may be saved by grace, but your reward shall be according to your WORKS. In the parables of the talents and the pounds, the one who did nothing with what he had been GIVEN had taken away from him even that which had been GIVEN! That's why God's Word tells us to work out our own salvation with fear and trembling. □

What Is Your Definition of Success?

Picture yourself five years from now, doing exactly what you'd like to do with your life. Could you, today, have taken pen and paper in hand and written out what it is you'd like to accomplish or become?

If you could you have just discovered one of the most important secrets of success—that of setting out clear goals. You see, *real* success is not based on luck. Anyone can be successful—anyone, that is, who is willing to apply a few basic principles. Our booklet *The Seven Laws of Success* explains these vital keys.



To request your *free* copy, just write to the *Plain Truth* office nearest you or use the handy literature request card in this issue.

The Key to RADIANT HEALTH

by Herbert W. Armstrong

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!

WHY?

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!

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!

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.

But, one asks, hasn't medical science made tremendous strides in conquering diseases? Yes, 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 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 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 percent of all sickness and disease results from FAULTY DIET! Some of the them have said that the average Western meal is a dietetic HORROR! Few people, it

seems, realize that FOOD has any connection with health or sickness. The 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 Lord 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.

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 AND WATER which came from the ground—from DUST!

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?

God made organic substances, grown through food, to be naturally absorbed into the bloodstream to replenish broken-down cells and supply tissue, healthy flesh and blood.

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 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 taxi-

“

Eat *only* those
natural foods
that will spoil—and
eat them before
they do.

”

cab 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, even so your Maker designed the bloodstream of your body to absorb no more carbohydrates than one-half of 1 percent approximately of the volume of blood.

What, THEN, happens to the excess of the carbohydrates? 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 or other disease.

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.”

There is another area in which people ruin their own health. They take a beef steak, or a mixed green salad of uncooked leafy green vegetables or other fruit 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 unhealthful mix-

tures—IN CONFUSION! 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.

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.

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” (Jas. 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—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? □