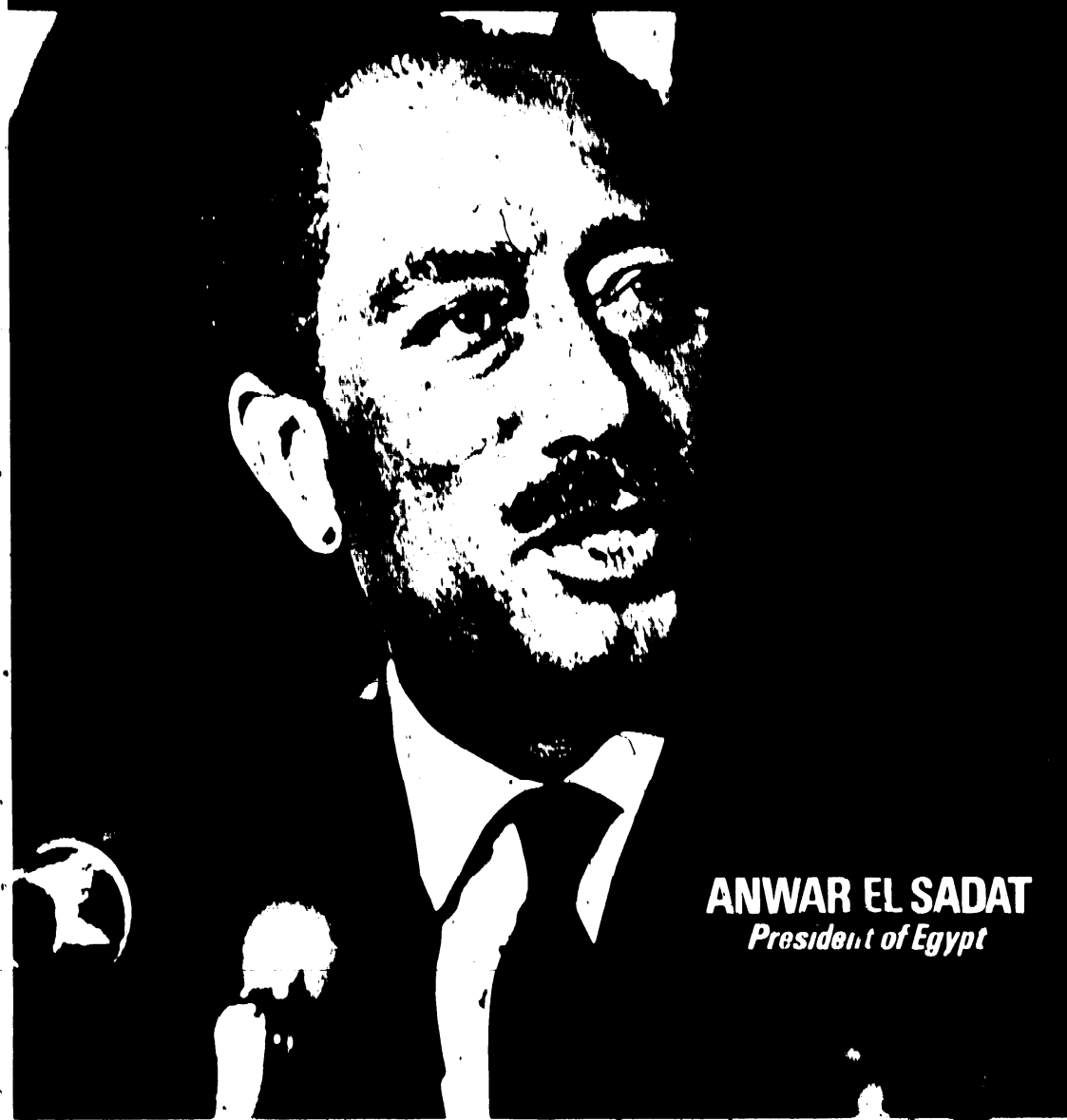


*the*  
**PLAIN TRUTH**

*a magazine of understanding*



**ANWAR EL SADAT**  
*President of Egypt*

# What Our READERS SAY

## General Comments

"I am writing to say how much I appreciate your publications, and to say how useful and how beneficial to their readers I feel that they must be. I confess that, as an Oxford University lecturer, I would normally tend to distrust information presented in the popularizing style you use, but I recognize that it is precisely this style which enables you to 'get through' to the average reader - and I am indeed happy to receive the information which lies behind the style."

Robert P.  
Oxford, England

"We have benefitted greatly from the articles on conservation and the pressing environmental problems which the world is facing today. Although we still find ourselves much at odds with some of the political and religious opinions put forth by *The PLAIN TRUTH*, we appreciate the opportunity to see the other side of the story."

"Thank you very much for your trouble."

James S.  
Dept. of Geological Sciences,  
University of Washington

"I thoroughly enjoy your magazine even though your subject treatment is pretty much on the pessimistic side. Somewhere in the back of my mind I remember some English philosopher stating once that the pessimist is far closer to the truth than the optimist. So... continue telling it like it is."

Ernest H.  
Djakarta, Indonesia

## Italy and Ethiopia

"I enjoyed reading your interesting article 'Italy and Ethiopia - Old Ties Renewed' in the September '71 issue of *The PLAIN TRUTH*."

"Since you evidently did a bit of research before writing the very well written article, I wonder if you would tell me where I might find a good history of Ethiopia and Abyssinia with particular reference to the early visitation made by the Portuguese and Italians when these unusual people became Christians rather than Jews or Moslems."

Art D.  
Coral Gable, Fla.

• Ethiopia by Jean Doreste. Published by G. P. Putnam's Sons. Copyright - 1939, N.Y.C., N.Y.

## Compassion for Emotional Problems

"My husband sent for your magazine *The PLAIN TRUTH* about six months ago and for the most part, I've enjoyed it, and have been thrilled by the information about current day events and issues. About your article in the August issue 'Why People Commit Suicide', for the most part, it is good, but I feel that more emphasis should have been on the relationship of emotional illness in suicides. Let's have a little more compassion for the person with

emotional problems. Even among professionals, it's dismaying to hear their ignorant comments about emotional problems. So emphasize help for those who have emotional problems to work them out before they reach the point of despair!"

Mrs. Sharon W.  
S. Milwaukee, Wis.

"I have just completed my third reading of Richard Gilpe's very stimulating article in the August (1971) issue entitled 'Why People Commit Suicide'. And I have found it even more exciting than before!"

R. Farrell,  
Brooklyn, N. Y.

## A Great Loaf of Bread!

"For 15 months now I've been baking bread for my husband and myself. And for those 15 months we have striven to find a way to obtain nice, even textured, high rising, good tasting bread... sometimes we'd get two or three of the characteristics but not all."

"This week I baked bread as usual following the recipe by Stig R. Erlander and Leatrice G. Erlander (in *The PLAIN TRUTH*) and the bread came out nice, evenly textured, good-tasting and high!"

Bob & Anna C.,  
Downey, Calif.

"Please extend my compliments to Mr. Charles Vinson for his wonderful article 'Bread - The Broken Staff of Life' in the August issue of *The PLAIN TRUTH*. It is the most informative piece of recent nutritional literature to come across my desk!"

"I am a home economist working with young people and am quite aware of the necessity of teaching good nutrition and dietary habits. Mr. Vinson's article is a personal inspiration to me, and will serve as a valuable teaching resource."

Barbara W.B.,  
Andalusia, Alabama

"The attack on white bread is unwarranted. Various authorities and experiments cited are either biased or inconclusive in the extreme. White bread as it is made and sold in Canada and in the United States contains B vitamins and iron in the amounts laid down by the Canadian Food and Drug Directorate and the U.S. Food and Drug Administration. There is plenty of whole wheat bread

(Continued on page 48)

IF YOU would like to share your comments with our readers, direct your letters to *The PLAIN TRUTH*, What Our Readers Say, P.O. Box 111, Pasadena, California 91109. Space will not allow all comments to be published, but we will do our best to select those that may be of special interest to our readers.

# the PLAIN TRUTH

a magazine of understanding

November 1971

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## EXECUTIVE EDITOR

Garner Ted Armstrong

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Herman L. Hoeh  
Roderick C. Meredith

## MANAGING EDITOR

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John Busco, Art Editor

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For communications to the Editor at the address below:

Editor: P.O. Box 111, Pasadena, California 91109.

Canada: P.O. Box 44, Station A, Vancouver B.C. V6C 2Y4.

Institution: Ambassador, Apartado Postal 5, D.F., Mexico.

London and Europe: P.O. Box 111, Radlett, England.

Africa: P.O. Box 1069, Johannesburg, South Africa.

Philippines: P.O. Box 849, North Sydney, New South Wales, Australia.

New Zealand: P.O. Box 2709, Auckland 1, New Zealand.

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# Personal

from

*Robert A. Cowley*

## LOOK Magazine Dies... The Secret of The PLAIN TRUTH'S Amazing Vitality

INSTEAD OF BEING the Editor of the much alive and virile PLAIN TRUTH, besides my many other heavy responsibilities, I might have been out of a job this month.

I might have been an executive on LOOK magazine. LOOK folded on October 19th. LOOK was owned and published by Cowles Communications, Inc. The parent publication of the Cowles organization is the Des Moines Register, often rated as one of the ten great newspapers of the United States.

Having, as a young man, chosen journalism and advertising as what I then expected to be a life profession, I was giving the Des Moines Register some serious competition in 1911. I was in my freshman year in advertising—in want ads—on the Des Moines Daily Capital. I was getting \$8 per week. The want ad manager of the Register, Ivah Coolidge, tried to stop the competition by offering me \$10 per week. I then took my uncle's advice by rejecting the offer, considering that I was sacrificing the extra \$2 per week to learn the lesson of "staying with it"—one of the seven laws of success.

Thirteen years later, in 1924, when I was considerably more experienced, Forrest Geneva of the Register insistently urged me to assume the advertising management of the Register. I declined. Since the area of my experience in journalism and advertising had developed more in the magazine field than newspapers, I probably would have gravitated over into LOOK when it was founded, had I joined the Cowles organization.

The demise of LOOK, therefore, had a singular interest to me.

But the magazine cemetery has received a number of other mass-circulation magazines since World War II, among them another that I had personal contact with on two occasions—The Saturday Evening Post. It ceased publication in January 1969.

When I was a boy eight years old, like, I presume, many of my older readers, I was a Saturday Evening Post "salesman." From a canvas strap over one shoulder hung a canvas bag, with

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Wide World Photo

### ABOUT OUR COVER

President Anwar El Sadat became the first President of the Arab Republic of Egypt in 1970. He was subsequently elected by the National Assembly in 1971. Sadat is one of the few survivors of the 1952 revolution, the officers who overthrew the monarchy of the late King Farouk. He has been a member of the Egyptian government since 1952.



**MAGAZINE GRAVEYARD —**  
These five major magazines  
have ceased publication since  
1950.

the woman printed, "The Saturday Evening Post, Founded by Benj. Franklin."

But much later, there was another personal contact. It was in 1919 or 1920. I was a Publishers' Representative, with my own office in Chicago's downtown "Loop." I had the advertising representation of a string of magazines.

In those days the Curtis Publishing Company of Philadelphia, publishers of the "Post," as well as *The Ladies Home Journal*, was regarded as not only the largest, but the number one efficiency organization in the publication industry. There was its legendary publisher Cyrus

M. K. Curtis, and Editor George Horace Lorimer. This giant company made a survey of advertising agencies in Chicago to find the two most promising young Publishers' Representatives as prospective members of *The Saturday Evening Post* staff. I was one of the two recommended by the many advertising agencies.

In those days I frequently sought counsel and advice from Mr. Arthur Reynolds, then President of the huge Continental and Commercial National Bank (now the Continental Illinois National), largest bank in America out-

side New York, and second largest national bank in the country. "I had known Mr. Reynolds since he had been President of the Des Moines National Bank. A secretary quickly brought him a file on the Curtis Publishing Company.

Mr. Reynolds scanned the file quickly, advised me against accepting the flattering Curtis offer. He said, in effect, "It would probably take some years before you would get close to any of the very top officials. You are now the biggest stone in a small puddle, and there you would be a tiny pebble in a big lake. The Curtis people do not promote men rapidly, and they pay comparatively small salaries, because of their reputation at the top of their field. You are learning more, and have a far better future where you are."

So, had I not taken the advice of Chicago's number one banker, I might have been looking for a new job in January, 1969. The folding of the *Post* hit the publishing world like a bombshell. Curtis Publishing liked to claim that the "Post" was founded by Benjamin Franklin. It had a mass circulation of 6,400,000 copies when it was put in the magazine graveyard.

Other important mass circulation magazines to go under since World War II (*SINCE TELEVISION*) were *The American Magazine*, circulation 2,800,000, founded 1876, ceased publication 1957, *Collier's*, circulation 3,179,000, existing from 1888 to 1957, and the *Woman's Home Companion*, circulation 4,288,800, from 1873 to 1957. All three owned by Crowell Collier.

The chief assassin of these magazines was television. Since World War II, television has been getting more and more of the national advertising dollar.

But that's not the only reason.

Meanwhile, another magazine has been having a steady, healthy, and important rise from the smallest "magazine" ever published, and now a mass circulation magazine of more than 2,000,000 copies worldwide. *The*

**PLAIN TRUTH**

There are REASONS.

There is, I repeat, a CAUSE for every effect.

Next month I hope to continue this subject and give you some surprising facts. □

# How Does Television Violence Affect YOUR Child?

*Children are growing up on a constant diet of TV violence. We need to ask ourselves: Is it all just harmless entertainment?*

by Patrick A. Purnell

**I**N AN AVERAGE American home the television set is on more than 6 hours a day. Between the average male's second and sixty-fifth year he will watch over 3000 full 24-hour days of television—that's almost nine full years of his life. Half of the American population can be found silently watch-

ing television during the average weekday winter evening.

Television waves saturate Britain. Ninety-nine percent of Britain's population can be reached by TV. In the United States over 97% of all homes have a television set. More than 25% have two or more. More homes have television sets than refrigerators, automobiles, or even bathrooms!

## Television Violence Studies

These statistics acquire great significance in the light of recent



Associated Unique Photo

summary findings contained in a report presented at the American Psychological Association Convention in Washington D. C.; prepared in conjunction with the U. S. Surgeon General's Advisory Committee. According to various reports for the committee, there is increasing scientific evidence suggesting that children are using television violence as "a partial guide for their own actions . . . Such an effect has now been shown in a wide variety of situations."

It has already been reported by the National Commission on the Causes and Prevention of Violence that television violence encourages similar behavior in children of disadvantaged or disorganized families.

The Liebert-Baron summary, reported at the American Psychological Convention, shows that normal, average youngsters appear to exhibit similar behavior patterns.

"At least under some circumstances, repeated exposure to televised aggression can lead children to accept what hitherto they have seen as a partial guide for their own actions," the two professors stated.

Two other recent reports agree with the above findings. One of them, by two University of Wisconsin researchers, agreed that "several recent field studies funded by the National Institute of Mental Health appear to indicate some correlation between television violence and the tendencies to behave aggressively."

In another federally sponsored study by two Pennsylvania State University professors, the conclusion was that "there are behavioral effects associated with viewing violence. . . . Such viewing has an impact not only on aggressive behavior but also on self control."

In view of these and similar findings, it is shocking to find that children and adolescents are the heaviest viewers of this powerful force.

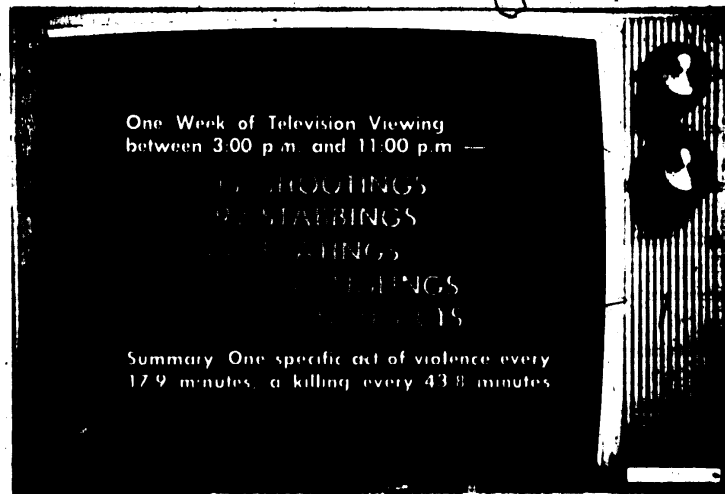
#### The Omnipresent Television Set

Many preschoolers are practically weaned on TV — spending in some cases more than half of their waking time with eyes glued to the television screen. As a result, television is becoming the new teacher, implanting in tiny

children their first and lasting impression of the outside world.

By the time the average American child reaches adolescence he will have spent twice as many hours watching television as he has sitting behind his school desk. He'll have had 22,000 hours of television "instruction," as opposed to 11,000 hours worth of school instruction.

to determine how much violence would be viewed in one week between 3:00 p.m. and 11:00. During this span of time there were 113 shootings, 92 stabbings, 168 beatings, 9 stranglings, and 179 other specific acts of violence perpetrated before the television audience. There was one specific act of violence every 17.9 minutes, a killing every 43.8 minutes.



Even before he reaches age five he will already have spent more time in front of a television than the average student in a liberal arts program spends in the classroom throughout his entire four years of college attendance.

And what will make up his TV diet?

In one of the first major British scientific studies inquiring into the impact of television on children, it was found that children favored adult TV programs — especially crime thrillers. The girls, quite unexpectedly, seemed as much interested in crime and detective programs as the boys. Small children particularly liked western shoot-em-ups.

Just how violent are these television shows?

Many program surveys have been taken to find out how much violence occurs on TV during prime-time television hours (the time when most people, including children, will be watching television).

In a Washington, D.C. survey, three major television networks were surveyed

Another shocking survey was conducted by the *Christian Science Monitor* shortly after the assassination of U. S. Senator Robert Kennedy. In 8½ hours of programming during prime-time television viewing hours, 84 killings were witnessed.

Most of the violent incidents occurred between 7:30 p.m. and 9:00 p.m. when 26.7 million children between 2 and 17 were viewing television. There was a violent incident every 16.3 minutes and a murder or killing once every 31 minutes.

By the time the average American child reaches age 14 he will have witnessed the violent destruction of over 13,000 human beings on television! His TV diet will have been filled with thousands of bodily assaults of one man against another. He'll have witnessed thousands of violent crimes and seen countless numbers of belligerent acts.

Some social scientists say it doesn't matter. They claim there is no proof that TV violence has any real effect on

children. Others say "We need more refined research on the subject." Still another point of view is: "The effectiveness of television in teaching either good or bad is not known."

But then why do advertisers spend 2½ billion dollars a year for TV advertising believing that television CAN and DOES influence people?

### Not Enough Research?

Dr. Harry J. Skornia, professor of radio and television at the University of Illinois, discussed the research done on the effect of the mass media in the Spring 1970 issue of *Better Radio and Television*, published by the National Association for Better Broadcasting.

He said there have been some five thousand studies in 40 countries on film research alone during the last 50 years. And in the last 10 years the largest number of research projects and experiments have been done specifically for television — more than on any other medium of communication or educational innovation.

### The Payne Studies

Some dozen studies into the effects of viewing films on children were conducted between 1929 and 1932 by the Payne Fund. These Payne studies resulted in 10 published volumes by Macmillan in 1935. The studies, just as applicable today, since many of the same kinds of films are now shown on television, measured and recorded the effects of viewing various types of movie films on sleep, social attitude and behavior, emotional responses, standards of morality, and delinquency and crime.

One interesting side note of the Payne studies — which also points up how much TV can teach and influence children — was this:

"The Payne Fund studies concluded that showing heroes and heroines smoking and drinking in films and programs was probably more effective in promoting these behavior patterns than any such direct or intended approach as commercials or advertising.

"In fact, one spokesman for the movie industry at that time boasted that Hollywood movies, with their insistence on showing drinking as socially acceptable and usefully relaxing, was prob-

ably more responsible than any other single pressure in bringing about the repeal of prohibition. The example set by respected celebrities provided an important example to the nation of 'what people do'."

In 1961 UNESCO listed 491 studies from the major countries of the world in an annotated international bibliography entitled, *The Influence of the Cinema on Children and Adolescents*. Nearly a thousand sources were cited either directly or indirectly.

The Army, Navy and Air Force have done over 100 carefully documented study projects, revealing the effectiveness of TV and films as an ideal medium for teaching individual physical assault and defense tactics, techniques of violence, and the use of weapons of violence.

The Ford Foundation's Fund for the Advancement of Education supported experimental projects in some 800 schools, proving TV's striking effectiveness as compared to any other medium of instruction in teaching virtually any subject in the curriculum to children of various age groups.

According to Dr. Skornia, "The most all-encompassing single finding from educational television research has been that in almost all projects there has been 'no significant difference' between what thousands of students learn from TV (often from single teachers or program series) and what they learn from face-to-face conventional teaching.

"Thousands of individuals can now learn life-saving (or life-destroying or safe-cracking) as well from TV as they would be able to learn from the thousands of individual teachers (or gangsters) that would be required for conventional teaching."

And summing up all the research which unquestionably shows how effective television is in teaching, Dr. Skornia said, "Judged by those criteria which educators find useful in predicting effectiveness in teaching, the principal characters in westerns, crime and private-eye series, situation comedies, and other popular TV programs would seem to rate fairly high in teaching effectiveness.

"There is considerable evidence or danger that what these individuals dem-

onstrate regularly will, by all valid learning theory criteria, be learned. To believe that all or most of these attractive, admired characters, often using and illustrating techniques of physical violence, revenge, burglary, escape, fighting, and do-it-yourself justice, are unsuccessful as teachers, failing to teach what they demonstrate, is directly at variance with what we know about television's superiority, specifically for demonstration purposes in teaching specific skills and behavior."

### Results of Laboratory Research

Leading social scientists like Dr. Albert Bandura, professor of psychology at Stanford, Dr. Leonard Berkowitz, professor of psychology at the University of Wisconsin, and others, have conducted laboratory experiments specifically for the purpose of evaluating the impact of televised aggression on children.

For instance, Dr. Bandura designed a series of experiments using nursery school children averaging 2 years and 3 months of age.

The children were divided into four different groups. One group witnessed a real-life adult model kick, punch and beat on the head with a mallet a five-foot Bobo doll.

A second group witnessed an adult model beat up the Bobo doll on film. The third group watched a movie, projected through a television console, that also showed an adult model beating up the Bobo doll, but this time the adult was costumed as a cartoon cat. The fourth group (the control group) didn't see any aggressive models.

After this viewing, each child was individually taken to a room which contained a Bobo doll, aggressive toys — dart guns and a mallet like the one used by the adult model, and nonaggressive toys — tea sets, crayons, coloring paper, dolls, cars, trucks and plastic farm animals.

The children witnessing the adult model attack the Bobo doll — live, on film and on television — showed almost twice as much aggression as the control group. The group seeing the model attack the doll tended to IMITATE the same type of violent aggression. The difference in arousing aggression of the

various viewing conditions — live, film, or TV — was negligible.

From this experiment two basic conclusions were reached. The experience of seeing violence tended to reduce the child's inhibitions against acting in a violent manner. Secondly, the experience helped shape the form of the child's aggressive behavior.

Dr. Leonard Berkowitz and other leading social scientists have reached similar conclusions through their laboratory research.

After careful study of all such available research, the National Commission on the Causes and Prevention of Violence was moved to warn: "We believe it is reasonable to conclude that a constant diet of violent behavior on television has an adverse effect on human character and attitudes. Violence on television encourages violent forms of behavior, and fosters moral and social values about violence in daily life which are unacceptable in a civilized society."

Yet even after all of these test results controversy still rages. A high-level group, the Surgeon General's Scientific Advisory Committee on Television and Social Behavior, had to be appointed to further investigate the impact of television violence on the behavior of children.

The majority of researchers assigned by the Surgeon General's Advisory Committee to investigate the effects of television violence are tentatively reaching the same conclusions — that TV violence encourages violent forms of behavior.

Noted researchers J. R. Dominick and Bradely S. Greenberg report in their research, *Girls' Attitudes toward Violence as Related to TV Exposure, Family Attitudes, and Social Class* (1971), said that: "The greater the level of exposure to TV violence, the more the child was willing to use violence, to suggest it as a solution to conflict, and to perceive it as effective."

Said researchers McLeod, Atkin and Chaffee in *Adolescents, Parents, and Television Use* (1971), "... the more the child watches violent television fare, the more aggressive he is likely to be as measured by a variety of self-report measures."

Dr. Robert M. Liebert, Department of Psychology, State University of New York at Stony Brook, and Dr. Robert A. Baron, Department of Psychology, Purdue University, in a report to the 1971 American Psychological Association Convention, mentioned that sixteen out of eighteen experimental studies from "seven of the eight research teams, present evidence, which supports the hypothesis that viewing aggression can instigate subsequent aggression among observers."

#### TV Violence Is Harmful

But let us ask ourselves some commonsense questions. Do we want our children to murder someone? Or even to learn how to murder someone? Of course not. No normal parent would. Then why allow your child to watch someone else get murdered? Why let your child experience the vicarious participation in a murder on television? Why fill a child's mind — and yours for that matter — with killing and all manner of violence?

Said Dr. Frederick Wertham, a psychiatrist who is reputed to be the world's leading authority on human violence, in the October 1962, *American Journal of Psychiatry*, "The relentless commercialism and the surfeit of brutality, violence and sadism has made a profound impression on susceptible young people. The result is a distortion of natural attitudes in the direction of cynicism, greed, hostility, callousness and insensitivity."

Over fifteen years ago Dr. Wertham warned that young people were going to commit more and more serious and violent crimes.

He was right. Today there is a spiraling rise of violent crimes committed by young people. There has been a 300% increase in robbery arrests among 10- to 14-year-olds between 1958 and 1970. And more than 50% of all FBI-indexed crime is committed by teen-agers under 18.

Is there any connection between these facts and our TV viewing habits?

The reader can form his own conclusions. It is, however, very dangerous to assume that such a powerful medium as television would have no effect on a

very impressionable entity — the human mind.

Does all this mean a person should yank the television cord out of the wall socket or take an axe to the TV set? No, not necessarily.

The television set of itself is not the problem. It only receives what broadcasters choose to sell and audiences choose to watch. Nor is television the only media source for violence. But it is unquestionably the largest and most influential source.

The TV industry cannot be held solely responsible for television violence either. The television industry is very attuned to audience ratings. After all, there does have to be a certain amount of demand for it by the TV audience. Witness those who got so vehemently angry when parts of their favorite shoot-em-up western was pre-empted by an important announcement concerning the American nation. They veritably stormed the network by phone because of it.

#### What You Can Do

The way to protect your children from watching so much violence on television is to be more selective in the programs you watch.

Programs that glamorize crime and emphasize illicit sex, cruelty and violence should obviously be eliminated from your home viewing. Crime and violence should never be accepted as a major theme of a program for children, or even adults for that matter.

Along with being selective about what you and your household watch on TV, be sure to watch programs together. Scientific studies show it's actually best if parents watch TV with their children, especially small children. When parents watch television with their children and comment on fallacies or wrong actions which sometimes creep into "good" programs, the effect of these fallacies and wrong actions on children is minimized. Remember, many so-called "family" programs are filled with various forms of rebellion, disrespect for authority, and lying. Children should not be allowed to assume that this sort of conduct is acceptable.

Another important television viewing  
(Continued on page 47)



# advance news

*in the wake of today's WORLD EVENTS*

## ● Russia's New Influence With Japan

While the world has watched the recent thaw in relations between China and America, the Soviet Union and Japan have quietly been improving their own ties.

Russia is using the vast mineral-laden expanse of Siberia to entice Japanese industry. And Japan has shown considerable interest in this new source of raw materials, especially now that she finds herself becoming isolated by Washington and continually harassed by Chinese accusations of "reviving militarism."

Plans for increased cooperation with Russia in exploiting Siberian natural gas and oil have been announced. The Soviets, in addition, would like Japan to build an oil pipeline from Irkutsk to the eastern port of Nakhodka, but Tokyo has not yet responded to this proposal.

Japan, which has to import almost all her vital resource needs, has long eyed Siberia's extensive wealth. But Russia had been stalling Japan's economic desires in Siberia for a number of years. World conditions continue to change, however, and so does Soviet foreign policy. Russia has been watching the U. S. warm up to the Kremlin's dreaded neighbor, China. The thought of a Sino-American non-aggression pact sends chills down the backs of Kremlin leaders.

Moscow, furthermore, has anxiously been watching the growing rift in U. S.-Japanese relations. The Soviet press is taking all opportunities to attack the U. S. and China as being anti-Japanese. It appears that as Washington's influence continues to decline in Tokyo, the Kremlin's influence will improve somewhat.

## ● Behind the Berlin Agreement

Why, after over two decades of a Cold War stalemate, has progress on a Berlin settlement finally been made?

In the eyes of most seasoned observers the decisions reached during the recent four-power Berlin talks were not really all that significant, though they will probably go a long way toward easing the tensions plaguing the former German capital since the end of World War II.

One very significant factor about the Berlin negotiations was *who* was doing the talking, not so much *what* was said. The three ruling powers in West Berlin — United States, Britain and France — did little of the actual negotiating on the part of the West. The brunt of the negotiating with the Russians and East Germans was handled by West Germany.

West Germany has come a long way since her defeat in World War II. She is presently the most powerful nation, economically, in Western Europe. Now Bonn is making its weight felt on the diplomatic front. Most of West Germany's new-found power has been exerted under the Chancellorship of Willy Brandt, the former mayor of West Berlin.

The Berlin talks are only one part of Chancellor Brandt's *Ost-Politik* (Eastern Policy). Since his election as Chancellor in 1969, Brandt has done everything possible to normalize relations between West Germany and Russia and East Germany. An agreement over Berlin has been one of Brandt's prerequisites for closer relations between his country and the Warsaw Pact nations.

It is unlikely that Brandt's desire, however earnest, could have been realized without a subsequent willingness on the part of Moscow to cool the Berlin stalemate.

The Russians were unusually cooperative during the negotiations. They forced their East German partners to grant certain concessions to the West Germans. West Berliners will again be allowed to visit East Berlin and motorists traveling the 110 miles from West Germany to West Berlin will no longer be subjected to a search and extreme delays at border check points.

One of the main factors responsible for the new Soviet spirit of cooperation is the continually escalating tension between Moscow and Peking. Historically, Russia has always striven to avoid crises on "both fronts" — East and West — at the same time. Hence the Soviet willingness to grant certain concessions to the growing European Center dominated by West Germany. Should an actual shooting war erupt between Russia and China, Soviet strategists hope their Western flank in Europe will be secure.

A second key behind Russian change of heart is the future possibility of United States troop withdrawals from West European soil. The Kremlin feels that if it puts on a friendly face, both the U. S. and other NATO powers will be more agreeable to such a pullout — probably under terms of an all-European "security" arrangement.

## ● Sato Government in the Balance?

A combination of pressures from Washington and Peking may well force basically pro-U. S. Japanese Prime Minister Eisaku Sato to step out of office before his term expires in late 1972. There is speculation that Mr. Sato —

who has served since 1964 — could be out of office by the end of this year.

Japanese-U.S. relations have been eroding for several years because of differences over trade, defense agreements, and return of former possessions, especially Okinawa.

Erosion in the U.S.-Japan alliance was of manageable proportions until President Nixon made his surprise announcement in mid-July that he would go to Peking to seek improved relations with the Peoples' Republic of China. Sato was not advised of this decision until minutes before the President's announcement.

To the Japanese Government, and especially to Sato personally, this was a degrading loss of face and disregard for Sato's leadership. Part of the lack of communication was probably due to Washington being miffed over Sato's failure to obtain more favorable trade agreements, especially in textiles.

On top of this, Communist China has refused to deal with Sato or his mainstream party on grounds it is "too militaristic." The Chinese have expressed a strong fear of revived Japanese militarism and dominance in Asia. This attitude on China's part — plus Sato's continued support for Nationalist China — has made it difficult for the Sato Government to achieve any headway toward improving relations with mainland China.

Many Japanese have long wanted to normalize relations with Communist China but have been restrained from doing so for fear of antagonizing the United States, Japan's chief trading ally as well as her military protector.

But now that President Nixon has suddenly decided to circumvent consultations with Japan in his dealings with Peking, there is a growing resentment and suspicion of U.S. foreign policy in Tokyo. Reported one Japanese official:

"All our suspicions of big-powerism are reawakened. It used to be the United States and the Soviet Union deciding the fate of the world. Now it looks as though the United States and China will decide the fate of Asia."

### ● Pipeline to Bypass Suez Canal

Egypt has reportedly begun construction on twin 42-inch oil pipelines designed to link ports on the Gulf of Suez and the Mediterranean. The huge 210-mile-long system would effectively bypass the closed Suez Canal.

Serviced by tankers at both ends, the pipeline, called "Sumed," would cut tanker voyage time to Northwest Europe by 23 days and to Mediterranean ports by 35 days. This should make for a substantial savings, of some 20 percent, in the price of crude oil.

The Sumed line would provide competition for the Eilat-Ashkelon pipeline already in existence across rival Israel.

The twin pipelines will have an initial capacity of 80 million tons of crude annually and are expected to yield Egypt some \$130 million per year, equivalent to half the Suez Canal's annual tolls. With the later addition of pumping stations, the capacity of the lines is expected to increase to 120

million tons per year. This would amount to well over one third the amount of oil imported by Europe from the Middle East in 1970.

The work is being financed by a consortium of government and private participants from Europe, Japan, the Arab states and two U.S. oil companies. This is illustrative of the tremendous significance these governments and companies attach to continual and unrestricted flow of oil from the Middle East to the various users. It is also indicative of the fact that many of these participants doubt the possibility of an accord on the Canal between Egypt and Israel in the near future.

Most important however, this major pipeline may eventually provide Egypt with needed leverage vis-a-vis oil importing Western Europe and even the U.S. in her quest for what she considers a favorable Middle East settlement.

### ● The Eritrean Crisis

Twelve hundred miles south of the Suez Canal, a high-stakes guerrilla war is raging in Eritrea — Ethiopia's fourteenth province.

The troubles in Eritrea indicate divisions that may embroil other parts of Ethiopia after the reign of the 78-year-old Emperor, Haile Selassie, ends. Selassie has held this restless, undeveloped empire together by the force of his own will and personality. He has maintained Ethiopia as a pro-Western bastion despite attempted Communist infiltration into the Middle East and North Africa.

Ever since 1962 when Ethiopia incorporated Eritrea as the 14th province of the Empire, a move that displeased many Arabic Eritreans, a radical organization, the Eritrean Liberation Front, has been fighting the Ethiopian army.

The trouble has now reached such proportions that the Ethiopian government is currently devoting 15,000 of its 40,000-man army to the hunt for guerrillas in the province.

The ELF's announced political goals have been identified with pan-Arab, anti-Zionist aspirations, including the demand that the Red Sea should become an "Arab Lake." Osman Sabbe, secretary general and chief foreign spokesman for the ELF, has told American and Arab journalists on several occasions: "We are committed to a truly independent and Arab Eritrea."

At stake in this struggle is the control of the southern entrance to the Red Sea. The Bab-el-Mandeb Strait, only 10 miles wide off the Eritrean coast, controls shipping that is of vital importance to Europe's industrial needs.

America's last base on the entire African continent is also at stake. The army's Kagnaw base in Asmara, the capital of Eritrea, is a \$70 million military-communications center with some 4,000 servicemen and dependents.

Most dangerous of all could be a possible extension of the Arab-Israeli war. Israel offers technical assistance — including a police training program — in anti-guerrilla activities to the Ethiopian government. In contrast, the chief supporters of the ELF are the Arab countries most hostile to Israel.

# MIDDLE EAST— *Year-End Tensions Mount*



Israel Press and Photo Agency

by Rouf El Gammal and  
Paul Kroll

**E**GYPTIAN President Sadat has strongly indicated that Israel must be driven out of occupied territory BEFORE the end of 1971.

In a three-and-a-half-hour marathon speech last July, Sadat put it bluntly: "The year 1971 is the decisive year in our battle and the occupation must end, one way or the other. We have to make the decision but must all bear the responsibility and the consequences. We have to organize ourselves, so that our blow to the enemy would be doubled."

With approximately two months left before January, 1972, Sadat's apocalyp-

tic announcements take on excruciating importance.

It may be only so much rhetoric—but such statements put another Arab in a political vise in 1967. The Arab was Nasser and the year was the year of the Six Day War.

Sadat's blistering ultimatum could force him to trigger another round of Middle East War. He is whipping up the Egyptian populace to war fever—a fever which may not be healed if there is no solution by January 1972. One recent nationwide television and radio speech by Sadat employed the following Old Testament-like decrees:

"When I say, an eye for an eye, a tooth for a tooth, death for death and napalm strike for napalm strike, I mean

what I say. I am prepared to sacrifice one million martyrs. But Israel should know that it too will have to sacrifice one million."

All reports in the Arab press strongly magnify the seriousness of such statements. Mohammed Hassan Heikal, a most influential journalist in the Arab World, has said over and over again, that the Middle East conflict will be solved either through peace or war by the end of 1971.

Only once has Sadat subdued his melancholy statements. He told the closing session of the Egyptian Congress: "I am not saying that our way to victory must be fully covered this year. But I say that this year must and will witness our practical movement towards



**ALONG THE SUEZ CANAL:** From a sand-bagged bunker, Egyptian President Anwar Sadat looks at Israeli positions on the occupied east bank of the Suez Canal.

removing the traces of the Israeli aggression on the basis of the principles and attitudes we have declared, whatever the effort and sacrifice."

Even then, depending on how one interprets the statement, there is little in the way of optimism to dig out of such either-or utterings.

Egyptian War Minister, Sadek, has also been stumping the countryside with flaming speeches. To the troops on the canal he said, "The time of battle has approached, there is no substitute for the battle. If the enemy strikes deep into Egypt, we will strike back without mercy."

Elsewhere, in another round of speech making, Sadek threatened, "We have no alternative now but to liberate our occupied lands."

#### Other Arab Positions

What about the stance of other Arab Federation members — Syria and Libya? Syria has been strangely quiet about the situation. Perhaps it is her close proximity and extreme vulnerabil-

ity that keeps any pronouncements to a hardly audible whisper.

The Libyans are further away and perhaps can afford more bravado. As Libyans went to the polls in September to vote for the constitution of the Federation of Arab Republics, they were told by their President Qaddafi: "As you march to the polls today, you march to Golan and the West Bank, to the mosque of Al-Aqsa and to Jerusalem."

At the moment, Egypt is the pivot point. If Sadat takes his nation to war, then the rest may well be forced to follow. However, Sadat himself is being squeezed in a pressure vise.

Libya's Qaddafi, further from the front, is exerting great pressure on Sadat to resume hostilities. Internally, the army is feeling its Soviet oats, in the form of billions of dollars of equipment. Sadat has quoted his officers as pleading with him to give the order to cross the canal.

Meanwhile, King Hussein of Jordan called for a Security Council meeting at the United Nations to discuss the

Jerusalem question. Israel is accused of driving the Arab population out of Jerusalem, to secure a Jewish majority in the city.

The king has also called for an end to alleged Israeli attempts to change the ethnic, cultural and physical character of Jerusalem. The Jerusalem dilemma could become one of the stickiest problems in future discussions.

#### ○ Moscow: A Restraining Force?

It is quite clear how the Egyptians feel. Ironically, the Soviet Union is a major restraining force on Egypt. The Kremlin has made it perfectly clear that its commitment to Egypt does not extend to waging war against Israel on behalf of the Arabs.

On the one hand, Moscow has told Egypt it would step in openly only if the Egyptian Heartland (whatever that might be?) were attacked. On the other hand it is holding out new-found smiles to the Israelis:

The editor of the influential Egyptian newspaper *Al-Abram*, Mohammed Heikal summed up the meaning of this political jockeying when he said, "Egypt no longer could count on the support of the Russians because Moscow fears that confrontation in the Middle East would lead to a major war and war between the superpowers has become an impossibility."

But the Egyptians might try it anyway without further Soviet commitment. Israeli Defense Minister Moshe Dayan has said he believes Egypt will go to war if a political settlement does not materialize by the end of the year.

#### Can Peace Be Found?

Why both Arabs and Jews must be pushed to the brink of war is in some ways an enigma. The overall policy of the Arabs commits them to an eventual war. Still officials — and private citizens on both sides — say they want peace and claim that solutions can be found.

This is perhaps the most humiliating tragedy in a senseless, quarter century of on-again-off-again war. Both sides want peace; both sides say they can live together. Yet, in spite of such claims — and they go up to the highest officials on both sides — war seems to be the final crucible. □

To determine how leading Arabs and Israelis feel about the Middle East conflict, PLAIN TRUTH Executive Editor, Garner Ted Armstrong, and staff members interviewed Arab and Israeli diplomats and political leaders at the United Nations and in Jerusalem. Here are their comments.

**"We can withstand the onslaught of Arab states — we did it three times and we repelled them. But Soviet Russia is too much."**

— Gideon Hausner, member of Israel's Knesset, former Attorney General of Israel

*GIDEON HAUSNER, well-known Israeli legal expert, gained worldwide attention as prosecuting attorney in the Adolf Eichmann trial. Then Attorney General of Israel, Mr. Hausner wrote a book about the trial, Justice in Jerusalem. Hausner has been a member of the faculty of the Hebrew University, and is presently on its board of trustees. He is also a member of Israel's Knesset (parliament) representing the Independent Liberal Party.*

**Q.** Mr. Hausner, do you believe the Jewish and Arab peoples can live together in harmony without continual antagonism in spite of ethnic and religious differences?

**A.** Definitely. I grew up in this country long before these enmities arose. We were friends and there was understanding. If left face-to-face, people-to-people, we can reach a solution easily.

**Q.** Do you, then, believe that there will eventually be direct negotiations between your government and that of Egypt's President Sadat?

**A.** I don't know whether it will be President Sadat. But it is obvious that we will ultimately have to sit down with Egyptian representatives, and han-

mer out something acceptable to both sides. Otherwise it will be an imposed solution which will not last. Only an agreed solution can have a chance, something on the basis of give and take, of mutual compromises, of a new beginning. This cannot be imposed from the outside; this must be done by free will of the states concerned.

**Q.** Do you see any willingness on the part of the Arab leadership for any sort of a compromise?

**A.** Not yet, but time will probably lead them to it. After all, they have already tried so many different ways — they have tried war; they failed. They have tried guerrilla warfare against us; they failed. They didn't try out peace yet. One day it will dawn on them that it is the only way.

**Q.** How does Israel regard the Soviet presence in Egypt? Is it a major cause for worry?

**A.** Yes, it is a cause of great anxiety. Of course, we cannot take on the Soviet Union. This is something which NATO and the Western powers would have to think about. We can withstand the onslaught of Arab states — we did it three times and we repelled them. But Soviet Russia is too much. I don't believe the Soviets will interfere in the conflict directly with all their might. Of

course the weapons which are now in Arab hands, or let us say at Arab call, are very menacing.

**Q.** How do you regard the current cease-fire along the canal? Is it a cause for optimism about the near future?

**A.** Yet, indeed. For nine or ten months now there has been no shooting across the Suez Canal. This in itself is already a new factor. If allowed to extend, probably it will create better conditions for perhaps a further extension. Of course, all these upheavals in the Arab world are playing havoc. All the internal difficulties with which President Sadat has to cope are not making things easier for him on the external front because he has got to show a strong hand — that he didn't go soft on the so-called nationalistic issues. Otherwise, people would think that he's going soft on Israel. But so long as no shooting occurs there is a chance that there will be no renewed warfare and this in itself is important.

And, of course, if there is no shooting there is always a chance that we will be able to sit down at long last and talk things over reasonably.

**Q.** Is there any role for the United Nations in effecting a peace settle-

ment and what about the big powers?

A. Much to our regret, the United Nations is not yet powerful enough to withstand the pressures of a superpower. To be realistic, we think that the Soviets are here now, involved deeply enough, to be reckoned with. Therefore, some sort of understanding will probably have to be reached between the two superpowers, provided that America — which is pleading our case — will have the basic understanding of those minimum demands we voice, which are the desires to live in security and peace among the nations.

Q. The Arabs continually call for Israel to relinquish all occupied Arab territory, of which they consider the Old City of Jerusalem a part. Meanwhile Israel has made it plain that it has no intention of ever giving up

East Jerusalem. Would you comment on this please?

A. Jerusalem has been continuously populated by Jews for the last three thousand years of recorded history. The only time — the only time — when we had no access to the wailing wall, to our synagogues there, to our shrines, were the 20 years of Arab occupation. And not a single Jew could enter there unless he came on a foreign passport and didn't disclose the fact that he was Jewish. Now that we are in control, there is perfect freedom of religion. I think we are taking very good care of the holy places. As a matter of fact, we asked the religious authorities of various denominations to take over the control of their holy shrines so that there will never, never again be a question that one religion is discriminated against and is not allowed to pray there.

Politically, for many decades now, long before this state was established, there was a Jewish majority in Jerusalem. This city has now been united; the walls which divided the two parts of it were removed. Economically, I don't think that anybody lost by it. The Arab population seems to have benefited greatly. We have waited 2,000 years to come back to Jerusalem. We have been praying three times a day for the Lord to bring us back to Jerusalem. Now that He has, we won't give it back. Why should we? Were others better custodians of the holy places than we are? Are we inferior to the Turks? To the British administration? To Jordan? Should we go back two centuries to the Egyptians, to the Mamelukes, to the Byzantine Empire? There were waves of states coming and going, ruling this Holy City. Did any one of them account himself better than we did? □

**"We are ready for a peaceful settlement with Israel, provided that the Israelis are willing to withdraw from the territories they occupy."**

**— Anwar Nusseiba, former Defense Minister of Jordan**

**ANWAR NUSSEIBA**, member of one of the oldest and most respected Arab families in Jerusalem, is an outstanding political personality in the Arab world. As a young Palestinian nationalist, in 1947, he was Secretary of the Arab National League in Jerusalem. In 1950 he became a member of the first Jordanian Parliament. Since 1952 he has held key posts in successive cabinets, including Minister of Defense during which time he also held the portfolio of Education and Development. From 1960 to 1962 he was Governor of the Jordanian sector of Jerusalem and from 1962 until his resignation in 1967 he was the Jordanian Ambassador in London. He is currently living in Jerusalem.

Q. Why is it that Arabs and Israelis are so friendly on a personal level and yet seem to have so many problems on the national level?

A. Arabs have nothing against the Jews, either racially or religiously. We believe that we come from the same roots and our religion is based on the Jewish tradition. Therefore, as far as we are concerned, there was never any reason for any conflict between us and the Jews. However, since the advent of Zionism, as we know it, and the creation of a Jewish enclave within a territory, which had been Arab, inhabited by Arabs, for thousands of years, the conflict became entirely a political conflict. It caused the 1948 war, and, as a result of it the country was divided. Then there was some fighting in 1956 and

finally in 1967. But in spite of the fighting we still see no reason, under the right conditions, why Arabs and Jews should not be living together.

We think that there is a great deal to be gained from such co-existence. In the past, when we worked together — in the heyday of our people — the Arabs and the Jews together were able to produce a great tradition, a great culture, and a very great contribution to civilization. We see no reason why the same thing should not happen again, provided we can dissolve our political problems.

Q. If Israel were to withdraw immediately to the 1967 borders would that bring peace?

A. According to my understanding of the statements of all the Arab leaders concerned, yes! But such action must be within the context of the Security Council Resolution. In other words, in addition to withdrawal, there are other problems: the problem of the refugees, for instance, and the problem of passage through international waterways.

Q. As an Arab in this area, do you have freedom of movement, freedom of speech and freedom of commerce?

A. I have never been interfered with in any way, as far as expressing my

opinions, for what they are worth. In other words, I can speak — I speak to you now, and I am sure that nobody will come and tell me, "Why did you say that?" or, "Why didn't you say that?"

On the other hand if you go beyond the mere expression of opinion to the point of doing something which affects the security of Israel, then you are fallen down upon real hard.

**Q.** Do you feel the majority of the Arab people would really be happier if Israel ceased to exist?

**A.** We're not asking that the Israelis should cease to exist as a political entity. All we ask is that they should withdraw from the territory occupied in 1967 in order to give us an opportunity to exist. It isn't a case of them not existing.

**Q.** How can Israel win the confidence of her Arab neighbors?

**A.** By expressing a willingness to withdraw from all the territories. I think it's also a case of how we can win the confidence of the Israelis.

**Q.** Egyptian President Sadat was quoted as saying: There will be no peace with Israel for this generation or the next generation, and that Egypt is willing to sacrifice a million soldiers to accomplish her objectives against Israel: Is there no other way to resolve the present confrontation except by war and bloodshed?

**A.** These remarks were made on two different occasions. However, President Sadat has also said: We are ready for a peaceful settlement with Israel, provided that the Israelis are willing to withdraw from the territories which they occupy — all the territories which they occupied in 1967. I don't know why people don't remember what he said in that context while they insist on repeating what he is reported to have said about war. Real peace is an evolving process. It isn't something which happens overnight. Even when we have a peace treaty it takes time for people to get to know each other. We have lived together for years and years, thousands of years if you like, throughout our tradition. Our relations have been good. The fact that we've had wars over the last fifty years has not been enough to spoil this backlog of good

will which we have towards the Jews. Although, peace may not result in absolutely normal relations overnight — it may take some time to overcome the last fifty years of conflict — nevertheless in time, it will take place, and this probably is what Sadat meant — that real peace will take time because it's an evolving process. I don't think he meant we have to go on shooting each other for another fifty years.

**Q.** Would it be easier if the United States and Russia were not involved in the problems between the Jews and the Arabs?

**A.** I think it would be easier, but it's very very unrealistic to think that they would ever be uninvolved.

**Q.** Many Israelis say that if the Israeli government and the Arab governments could sit down at the same table and discuss their differences, peace would be a lot quicker in coming.

**A.** I would be inclined to dispute that. Unless you begin from internationally acceptable premise and from a premise which you know both sides will more or less accept, sitting together will not achieve anything. You will only sit together and lose yourselves in heated arguments and leave the table and achieve very little!

**Q.** Do you feel that the same pressures that were used to force Israel to withdraw from the Sinai in 1956 could be used to force her withdrawal from the occupied territories now?

**A.** I very much hope that the withdrawal will come about from a conviction that the Israelis will have that withdrawing from the territories will be in the interest of peace and in the interest of the world generally. Whether the Russians and the Americans would agree to impose such a solution on the Israelis is something which I don't know. □

**"If war breaks out again between Israel and the Arabs, it's going to be a more severe one, a tougher one, and I think a longer one than the Six Day War."**

**— Ezer Weizman, member of Israel's opposition Gahal party**

**EZER WEIZMAN** was born in Israel. A military man most of his life, Mr. Weizman fought with the Royal Air Force in World War II, then played a major role in building the fledgling Israeli Air Force. Weizman held the post of Commander of the Air Force from 1956 to 1966. He subsequently served for three years as second in command in the Chief of Staff. He served briefly as Minister of Transport from 1969-70 until his party pulled out of the National Unity Government coalition. Now a leading Israeli politician, Mr. Weizman continues to represent the opposition Gahal party in the Israeli Knesset.

**Q.** In your view, what do you think will occur in the Middle East during the next five years?

**A.** First of all, I sincerely hope the Arabs will come to their senses and stop threatening us so that we will not be forced into another battle. You must realize that if war breaks out again between Israel and the Arabs, it's going to be a more severe one, a tougher one, and I think a longer one than the Six Day War. Also it might again change the looks of the Middle East as the Six Day War did. Therefore, I first of all hope that in the next five years we can prevent war.

The situation could then continue as at the present, one of no war but no peace. I hope of course that the Arabs

will come to terms with us. But if not we'll just carry on the way we are. Overall, it is very difficult in what I call the "Muddle East" to predict correctly what will happen in five year's time.

**Q. What is the fundamental issue in the Middle East?**

**A.** The fundamental issue is that the Arabs (I hope I'm wrong) have not come to the conclusion that we're here to stay for good. They still look upon us as a passing episode like the Crusaders. The Crusaders were here for 100 years all right, but after the 100 years they kicked the Crusaders back to where they belonged.

**Q. President Sadat has said there will be no prospects for peace with Israel for this generation or the next. He also said Egypt is willing to sacrifice a million soldiers to accomplish her objectives against Israel. Is there no other way to resolve the present confrontations?**

**A.** First of all, I hope he's wrong and that he speaks only for his generation. I think that if we Israelis again stand firm by what we believe, it will give us a better chance of preventing a war than anything else. The mood of the Arabs today is such that if we start to show signs of going back, this will be a sign to Sadat to go forward. Therefore, firm belief in and firm standing upon what you think is right will not only bring you a better future but most likely will also prevent a war.

**Q. Could your government return to the '67 borders and still survive in office?**

**A.** No, no definitely not, and I'm sure it will not do that.

**Q. Could Israel continue in a no-peace, no-war situation for a considerable length of time?**

**A.** Yes, we have lived like this most of our lives. After 2,000 years of being in exile, ten or fifteen years isn't a long time.

**Q. What type of international guarantees would Israel require before she agrees to withdraw her troops?**

**A.** I wouldn't withdraw my troops for

any international guarantee. I would withdraw the troops only if I had a signed agreement with Egypt to a long-term peace arrangement, not just to an interim treaty signed by an intermediary.

**Q. Who would gain the most from reopening the Suez Canal?**

**A.** Well, from a military point of view, the Russians. They would gain by having freedom of movement for their ships from the Black Sea to the Indian Ocean. And number two, European trade would benefit, and, obviously, the Egyptians.

**Q. Has Israel conducted any research on the military use of nuclear power?**

**A.** Everybody does research.

**Q. Does Israel at this time have any plans for nuclear weapons?**

**A.** That you'd better ask the Defense Minister.

**Q. Why is it that Arabs and Israelis can be very friendly on the personal level and so antagonistic on the national level?**

**A.** Because on the national level we don't sit together. On a personal level we sit together and we eat together, we live together, we argue. On a national level, there is a refusal, unfortunately on their side, to sit with us. This is exactly what I said in the beginning. If we sit together I think we'll find a way and find a common language.

**Q. Is that one of the basic requirements for finding a solution?**

**A.** Definitely, definitely. How can you find a solution with an enemy or with a friend if you don't sit together?

**Q. Would it make any difference who invited whom first?**

**A.** No. If Sadat called today, Israeli leadership would go to Cairo and talk to them. I would be the first one to recommend doing it. I wish I could go myself.

**Q. Is it possible to revive the great periods of flourishing cooperation between Arabs and Jews?**

**A.** There's a great deal of cooperation

going on now. The Arabs that have lived in the State of Israel since 1948 are completely absorbed within the economy of Israel living their own cultural life and their own religious life.

**Q. What is the future of Jerusalem?**

**A.** I think that Jerusalem is a controversial city from a world point of view and not just for us. To us Jerusalem is the heart and soul of the Jewish people and the heart and soul of Israel, and I think Jerusalem will never be divided again and will never be internationalized and will stay the way she is. Never has Jerusalem been so free for everyone, be it Christian, Moslem, or Jew, as she is today.

**Q. What course should the U.S. pursue in the Middle East to best serve her national interest?**

**A.** The common bonds between us and the United States are democracy, free enterprise, and free society with all its troubles and tribulations. We are the only true democracy in this part of the world. I think America has to convince the peoples in the Middle East and all over the world that her way of thinking and her way of living is a better way than the Soviet Union's. I'm afraid that the United States does not do that firmly and therefore, unfortunately, in certain places she's losing ground.

**Q. What would be Israel's response if Soviet air and naval units engaged in offensive military actions?**

**A.** Well, if it occurred it would be unpleasant for both sides. But I'd like to elaborate. Usually people are afraid of an unknown entity, and since Russia is a rather unknown entity because of all its secrecy, people are afraid of it. But there is quite a lot of exaggeration in that. The Russian fleet in the Middle East cannot interfere positively or seriously in any land campaign in the Sinai. The Soviet forces in Egypt, 15,000 of them, are defensive and instructional. For the Soviet Union to move large forces from Russia to Egypt is a long, lengthy logistical problem. To Vietnamize Egypt and strike at Israel from the Soviet Union is rather far



removed. I think therefore, when you analyze the possibility of Russian intervention in the current crisis, it can be frightening, and it can be annoying, but it cannot be crucial.

**Q.** Is Egypt happy, do you feel, in its dependence on Moscow?

**A.** I doubt that as well. I think that Egypt would in many respects, love to have its cake and eat it too.

**Q.** If the Soviet Union and the United States — the Big Powers — would disengage themselves from the

Middle East, would another war between Arab and Israel be more or less likely?

**A.** Less.

**Q.** Would you prefer that the Big Powers get out and leave you to work it out alone?

**A.** I would prefer the Russians to get out. I think that it's time America realized that our war here is not entirely between the Israelis and the Egyptians but a confrontation among West and East. It's time the United States realized

that she has to put a stop to the Russians somewhere.

**Q.** Do you foresee a time when Israel can join together with Lebanon, Jordan, Egypt, and others in a Middle East Common Market?

**A.** Definitely. It might take 25 years. But eventually we Israelis must think that way. If we are sure that we are not here just as a passing episode, but we are here to stay, we must think about our future as being part of the Middle East economically, culturally and physically. □

## "East Jerusalem is totally Arab...Consequently it should be considered always as Arab territory under occupation."

— Baha ud-Din Toukan, Ambassador of Jordan to the United Nations

**BAHA UD-DIN TOUKAN** has been Ambassador of Jordan to the United Nations since April 1971. His home town is Salt on the East bank of the Jordan. He graduated from the American University in Beirut and shortly thereafter joined the civil service of Jordan. He was also in the court of the late King Abdallah. In 1947 he was Consul General of Trans-Jordan in Jerusalem. A year later he took a post in the Ministry of Foreign Affairs and later became Minister Plenipotentiary to Cairo, Egypt and Ankara, Turkey. He was also Ambassador of Jordan in London. From 1966-70, he was Under-Secretary of the Ministry of Foreign Affairs and represented the Arab League in Rome.

**Q.** Mr. Ambassador, do you see any realistic chances for an early settlement to the Middle Eastern crisis?

**A.** Well, I can't foresee a solution in the very near future, but it all depends on Israel reacting more positively to the notes and demands of Dr. Jarring, that is, a commitment by Israel to abide by Resolution 242 of the Security Council. Or at least, a commitment to with-

draw from the occupied Arab territories.

**Q.** Do you foresee the potential for any renewed hostilities? Or do you believe that perhaps the attitude will mellow and that the existing ceasefire will be lengthened indefinitely?

**A.** Nobody in the Middle East — on behalf of the Arabs I say that — would like to resume hostilities. They are very peaceful and peacefully minded. It all depends on how Israel will react to this attitude in particular and to the Arab attitude of demanding a peaceful settlement on the basis of the United Nations Resolution.

**Q.** Jordan and Israel have been able to get along together historically and certainly Arabs inside Israel have been able to live, go to school and work beside the Israeli people. Why do you believe, then, that it's very difficult for peace on the national basis?

**A.** Israel, ever since its creation, has ignored all the United Nations resolutions with regard to the legal rights of the Palestinians. Palestinians were forced to leave their property and were forced out of their homes and have been living on charity in scattered refugee camps. Jordan tried to have the resolution en-

forced and implemented without success. Had they been implemented, the crisis wouldn't have reached this stage.

**Q.** Do you believe that there is any possibility that the present Israeli government will abide by the resolution?

**A.** They should, if they want to be part of this international community. The current trend in the international committee of nations is that everyone is looking for peace. Consequently everyone should cooperate to achieve this peace.

**Q.** Do you believe that if Israel withdrew to the pre-1967 borders, that peace would be achieved in the Middle East?

**A.** Yes, I think it would.

**Q.** Why do you believe this when in practical fact there was no peace prior to the June 1967 conflict?

**A.** Because prior to 1967 Israel wasn't prepared to accept the United Nations resolutions for solving this question. There were three main resolutions. One with regard to the right of the refugees to return to their homeland or receive compensation. The second resolution deals with the question of dividing Palestine into two parts — one Jewish and the other Arab. Israel defied that because it expanded beyond the boundaries of 1947. The third resolution was with regard to the internationalization of Jerusalem. So far Israel has refused to accept it. Israel has annexed West

(Continued on page 48)

# A United States of Arab Nations

## *Can it Become a Reality?*

The constitution of the Federation of three Arab Republics went to a vote before the Egyptian, Syrian and Libyan peoples September 1. The vote was almost 100 percent in favor of Federation. The question is: "Can it last?" Syria has amassed at least nine coups d'état in twenty-five years and as many unsuccessful attempts. Libya's new government is barely celebrating its second anniversary after the overthrow of the monarchy. And Egypt has recently suffered its most serious political upheaval in two decades.

by Raouf El Gammal

FOR DECADES, the vision of a unified nation from the Atlantic Ocean to the Persian Gulf has tantalized the leaders of the Arab world.

The personification of this dream was the late Egyptian President Gamal Abdel Nasser. He envisioned a Union of Arab states — 120 million strong and sharing a common language and religion — as a powerful force in world affairs. And indeed it could be. These nations sit astride the strategic underbelly of the world. They also possess tremendous reserves of "black gold" — precious oil that runs the world's industry. Also they sit astride critical trade and access routes.

### Attempts at Unity

Since World War II, attempts have been made to unite at least some of the spirited nations of the Arab world. In 1958, Egypt and Syria federated as the United Arab Republic. Yemen joined later. The Union was dissolved after three years. In 1963, Egypt, Syria and Iraq signed a pact as a first step toward unification. The agreement collapsed within a month. Finally in 1964, Iraq, Egypt, Kuwait, Jordan and Syria announced the formation of an Arab Common Market. It never came to pass.

Once again a potential giant in the

Arab world is in the making. The recent Federation between Egypt, Syria and Libya forms a new nation which covers an area of 1,737,322 square miles with a population of approximately 43 million. It possesses one third the area of the U. S. and one fifth its population.

The Sudan was one of the original countries which signed the Tripoli Charter, the first step toward the Federation. Later the Sudan decided to postpone its entry. It was still in the process of establishing its political organizations and building up the state. Some sources have reported that the other member nations insisted that the Sudan clean up its Communist elements before it joined the Federation.

Sudanese President Numeiry immediately launched a campaign outlawing the Communist party and sacking his deputy Premier, known to be a Communist sympathizer. A coup d'état in July turned the tables and ousted Numeiry, placing him under arrest. Three days later a counter coup launched by Numeiry's supporters reinstated Numeiry as Head of State.

It is now likely that Numeiry will once and for all remove Communist anti-Federation opposition.

If the Sudan joins, which appears

**EGYPT'S ANWAR SADAT**

likely, the Federation's area would cover some 2,105,022 square miles, making it the world's *seventh largest* nation in area. Its 58 million population would make it the *fourteenth* most populous, (1970 estimates) comprising about half the population of the Arab world. Extending over half of the Mediterranean and two thirds of the Red Sea coasts, it will also be strategically located along a major trading artery.

And the Federation could grow even larger.

#### Potential Candidates for Membership

The Federation has an open-door policy, extending invitations to other Arab countries to join.

Even though "revolutionary" states, such as Iraq and Algeria have not expressed any desire for entry, one has to bear in mind that a new government in favor of joining could spring up overnight.

If those two countries were to join, then the picture would drastically change. Algeria is nearly as big as all the U.S. east of the Mississippi, covering an area of 920,000 square miles. Three fourths of its 14 million people earn their living from the land. It also has vast reserves of oil and gas — Al-

**SYRIA'S HAFEZ EL ASSAD**

geria was the world's eleventh leading producer of oil in 1970. Combined with Libya they supply a hefty proportion of Europe's vital oil needs. Algeria's armed forces numbering 57,000 are now being expanded and modernized with the help of the Soviet Union.

Iraq is potentially rich in resources with an abundance of rivers and agricultural land. Its army is Soviet trained and supplied. It could well become the dominant Arab power on the Persian Gulf — another vital oil-providing area of the world.

#### Islam, a Unifying Force

Islam can become a powerful political-religious force, binding these Arab nations together into a unit with a common world outlook. But this outlook goes further than the Arab states. The Moslem faith penetrates the Balkans, stretches across the width of North Africa and into the Philippines and Indonesia. The religious influence of the Middle East could be far wider than its geographical center of gravity.

In past ages, the Islamic empire was a world power. After the death of Mohammed, the Islamic conquest went far beyond Arabia. One century after the prophet's death, the Moslems swept across the entirety of North Africa, into

Wide World Photos**LIBYA'S MUAMMAR QADDAFI**

Spain and Southern France. Toward the east, Syria, Mesopotamia, Armenia and Persia, fell before "the mighty sword of Allah."

The Arabs have not forgotten the past glories of Islam, the time when they were the world's super power. It is no wonder that they desire to revive their glorious past. But can such a power be revived?

The two greatest arguments for Arab unity are: a common language and religion. However, if this argument were valid per se, then all the Christian countries should unite. Or all those, let us say, speaking the Spanish language. It is very obvious that language and religion — though powerful unifying factors — do not always accomplish the goal of unity. Yet there doesn't seem to be any other common unifying factor between the various Arab countries — unless it would be the *commercial* factor of oil.

#### Egypt Benefits Most

There are many economic benefits of the present Federation, with each of the component states complementing the others. Libya's \$2.2 billion a year in oil revenues, which gives it the second-highest per capita income in the Arab world, could provide capital for industrial development. Syria could supply its



Wide World  
Gaafar el Numeiry, President of Sudan. His nation is slated to join the newly created Arab Federation in the near future.

partners with the food-raising farmlands. Its armed forces — Soviet supplied and trained — are Moscow's second insurance policy for a foothold in the Middle East should Egypt flop.

Egypt with its 34 million people — many of them overtrained in terms of the needs of its own economy — could provide its neighbors with technicians and labor. Of course Egypt's army, the most powerful of the Arab armies — in terms of equipment and manpower — would serve as the defender of the member countries from imperialist and Zionist aggression."

#### Libya's Role

While Syria is separated from Egypt and Libya by 300 miles, the others share a common border. Obviously, a strong unifying factor in the Federation is the present conflict with Israel. It is very sobering for the Syrians to know that Damascus is less than 40 miles from Israel's front lines.

Since Libya is further away from the Israeli border, it is expected that one would hear bellicose declarations from President Qaddafi. (As a twenty-nine-year-old strong man, he tends to be more extremist; and, of course, the distance from the Israeli border does tend to give more courage than Damascus might muster.)

Qaddafi said to a crowd in Tripoli: "If we were on the Jordanian frontier, we would have participated in a war against King Hussein, and called for the guerrillas to overthrow Jordan's government."

As the irony of events unfolded, it was Jordan who overthrew the guerrillas, some of whom have fled to Israel offering their services to fight with the Israeli army against the Arabs!

It is reported that Libya played a major role in the attempted overthrow of King El Hasan of Morocco. And it was Libya again that called for an emergency summit meeting to discuss the Jordanian guerrilla conflict. Libyan authorities even advocated military intervention against King Hussein and the expulsion of Jordan from the 14 member nations of the Arab League.

One is forced to ask the question: How can such a Federation last, when its member nations hold such opposite

views regarding vital issues? Egypt tends to be comparatively moderate, Libya is obviously extremist, while Damascus has adopted a temporary policy of silence after a very bellicose recent history.

#### Political Upheaval in Egypt

The Federation has even been the cause of heated bickerings inside Egypt. Ali Sabry, the former Vice President and leader of the Arab Socialist Union (Egypt's only legal political party), vigorously opposed the Federation. He argued that the other member countries would attempt to dictate policy in matters of internal Egyptian affairs. There is no doubt that Libya would have a strong hand by virtue of its financial capabilities.

Sabry went as far as organizing a coup d'etat with the help of the war and interior ministers, to oust Sadat. Sadat's house was bugged with listening devices by his own security officers. It wasn't until American security men — accompanying Secretary of State Rogers, who was visiting Egypt in a bid to find a solution to the Arab-Israeli conflict — had uncovered the bugging devices, that Sadat knew what was going on. The coup was unsuccessful and Sadat emerged as Egypt's strong man.

It is quite obvious that the local Communists in the Arab countries want no part in a Federation. It is also reported that other Communists abroad are of the same opinion. A strong nation uniting several Arab countries would become strong enough on its own. Dependence on the Soviet Union would decrease, resulting in a substantial slicing of Kremlin influence. Moscow might not accept this with open arms.

Meanwhile, a United States of Arab Nations might begin to flex its military and political muscles. This could inflame the dangerous Arab-Israeli conflict. The Arabs might now look upon themselves as equal to the task of defeating Israel. In other directions, an expanded Arab Federation might begin to stand up to Europe. (The United States at present has little influence in the Arab world.)

The Federation could pressure Europe in many ways. Take one example: Libya produces 3.4 million barrels of oil per



© Ambassador College



day As mentioned, it is a major supplier of oil to Europe. Libya could also put pressure on Algeria to impede oil flow. At the same time, Syria sits astride pipelines carrying Saudi Arabian and Iraqi oil to the Mediterranean.

Egypt also has come up with a new oil tactic. Its idea is to have Middle East and North African oil producers simply refuse to expand present output. This

would maintain a high level of income for oil producing nations but would create an acute oil shortage in a Western Europe geared to an ever-increasing rate of consumption. The European rate of increase is one million barrels per day — or a 12 percent increase yearly.

With these critical factors, the future of the present or expanded Federation becomes a crucial issue in world politics.

## HOW your PLAIN TRUTH subscription has been paid

Many ask, "WHY can't I pay for my own subscription? HOW can you publish such a quality magazine without advertising revenue?"

This organization operates in a way none ever did before. These entire worldwide enterprises started very small. The Editor had given a series of lectures in Eugene, Oregon in 1933, on the laws of success in life. Individual failures and collective world troubles have resulted from wrong principles which motivate human society.

This world's approach to life operates on the philosophy of self-centeredness — of getting, acquiring, and of envy, jealousy and hatred. The lectures reversed the approach, showing that the way to real success — peace, happiness and abundant well-being — is the way of outgoing concern for others equal to that for self — actually the giving, serving, cooperating way.

Response was surprising and enthusiastic. A number of lives about-faced. The manager of Radio Station KORE, and about a dozen others of very ordinary means, volunteered to contribute regularly toward getting this knowledge to more people by radio.

For seven years previously, the Editor had envisioned a monthly magazine to be named *The PLAIN TRUTH*. Now, by starting it as a mimeographed "magazine" the way had opened.

The first week in January 1934, *The WORLD TOMORROW* program started on the air. On February 1, that year, *The PLAIN*

TRUTH made its most humble bow. Response was gratifying. It was something different — something right — something vitally needed — something containing vitality and life!

There was no request for contributions. It proclaimed the giving way, and had to practice what it advocated. A few small contributors joined in the cause voluntarily. Little by little, gradually, listeners and readers became voluntary Co-Workers. They wanted to have a part in expanding this unique and needed work.

Growth seemed slow. But it was steady and continuous, at the rate of approximately 30% a year. That rate of growth has continued for 36 years. We were advocating THE WAY of GIVING, not getting. To put a price on our magazine or other literature would have seemed inconsistent. So we never have.

Although you cannot pay for your own subscription, we do gratefully accept contributions, voluntarily given, though we never solicit the public for financial support.

We believe in what we are doing, and THE WAY it is being done. Our ever-growing family of volunteer Co-Workers believe in it, and gladly give of their incomes that we, with them, may GIVE these precious success secrets to an ever-widening number of readers, listeners, viewers. These operations today are having a dynamic impact on 150 million people, worldwide.

Our happy Co-Workers join in a sincere THANK YOU for allowing us the pleasure of serving you. It gives us lasting pleasure.

## Will the Federation Last?

One has to ask: Could it be that the humiliating Arab defeat in June of 1967 might have triggered a basic ingredient required to ensure success? Impatience and emotionalism are very strong Arab characteristics. Yet some degree of patience and non-emotionalism has been evidenced.

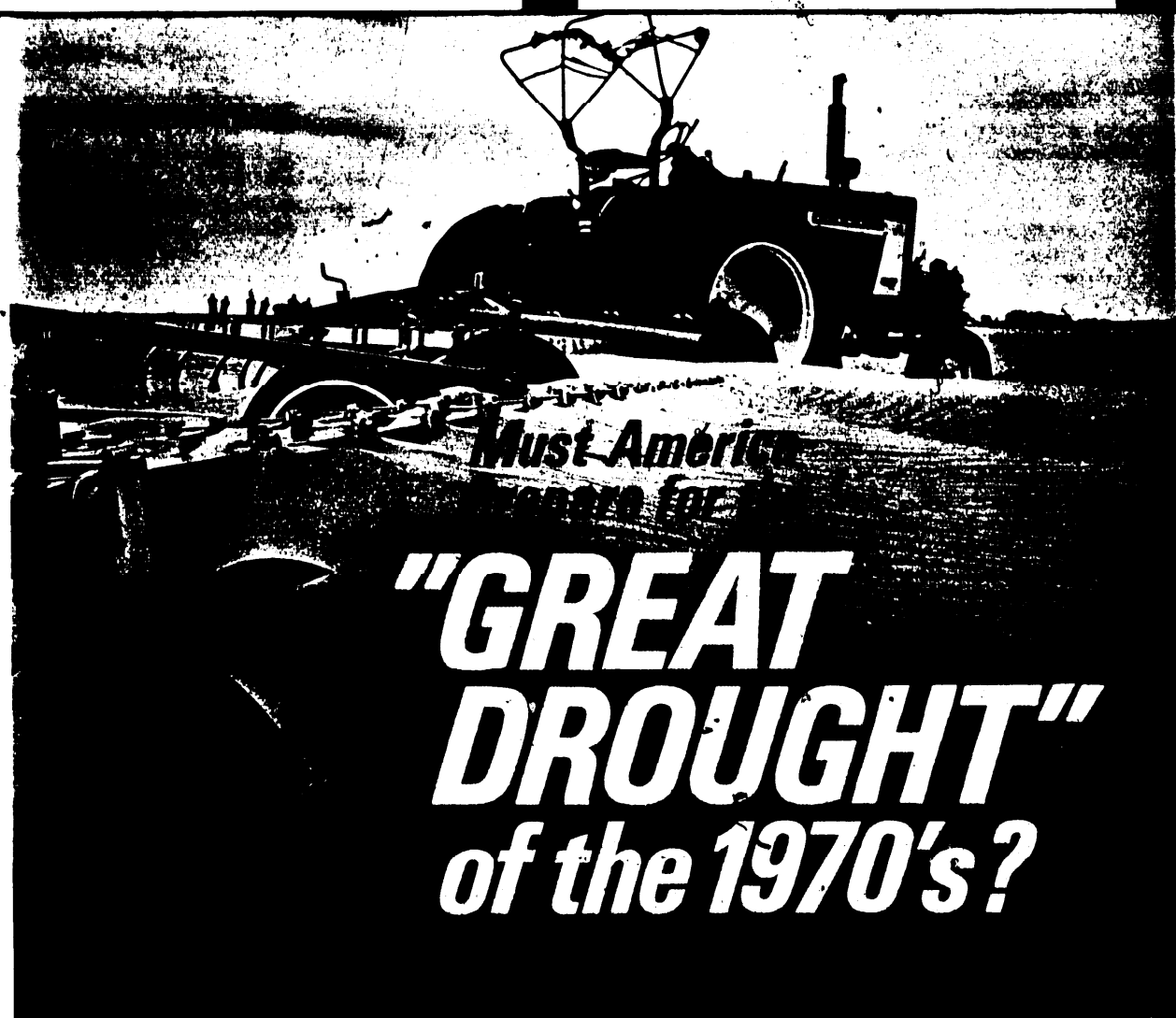
Unlike previous attempts at unification, time for preparation has been taken this time. The old pattern was to announce a Federation before talks and paper work even started. This time it has been almost two years since the Tripoli Charter was signed. The constitution was presented to the three Heads of State for final approval before the Federation was in effect. The issue was also taken to the vote before the peoples of the three countries. This was unheard of previously.

Another important change is the fact that the Sudan was requested to postpone its entry, until it was ready. But its delegation still attended all the meetings and took part in the drafting of the constitution.

There are, of course, many elements of division in the Arab world. There is hostility between Egypt and other Arab states. Then there is the pull of Egypt toward Africa, with which it is geographically united. Finally, there is the antagonism between the "radical" or "socialist" Republics and the "reactionary" or "monarchist."

Whether or not the Federation will last remains to be seen. If previous trends are an indication, then a breakaway is unavoidable — although a breakaway would be more difficult this time, since each of the three Arab countries will be entitled to intervene in the affairs of the others in case there is any threat to local or federal security. But as long as there is the fear of Israel, a strong unifying factor exists.

In the opinion of most political analysts, the Federation will not last or will wield little unified power. But the fact that it could become a formidable Arab power makes the future development of this new Federation and its possible expansion a matter worth watching very closely. □



*Must America  
prepare for*

# **"GREAT DROUGHT" of the 1970's?**

Bob Taylor Photo

**In 1971, the American Southwest was hit by a severe drought. Will conditions ease next year or must America prepare for a prolonged and devastating drought?**

by Jerry Gentry

**"A**ND YOUR heaven that is over your head shall be brass, and the earth that is under you shall be iron. The Lord shall make the rain of your land powder and dust; from heaven shall it come down upon you, until you be destroyed," wrote Moses in the Old Testament.

Periodically, such prophecies have descended upon nations ancient and modern with almost apocalyptic vengeance. Although often falling short of the ultimate horror — utter destruction of land by drought — a cyclical pattern of devastating drought has been striking the North American continent about every 20 years.

In 1971 a new and perhaps very critical pattern of drought began once again.

## **Dust Bowl Crisis?**

Those who remember the agony of the 1930's Dust Bowl do not want to relive its possible repetition during the 1970's. Yet, if the past is any key to the future, the great drought of the 70's, already under way, may well develop into "Dust Bowl" proportions.

In the 1930's disaster of dryness, millions of acres of rich farm land became powder and dust from the Canadian border to Mexico. The North American Great Plains covering parts of nearly a dozen states was hardest hit.

## **Black Blizzards of Death**

Incredible and sobering accounts of the drought and dust devastation of the 1930's testify to man's utter dependence

on a critical necessity we generally take for granted — WATER. In the 1930's, lack of water, blistering wind, and man's foolish farming practices resulted in the Dust Bowl. Startling facts about that decade of drought make farmers today cringe at the thought of its return.

Then, massive blankets of topsoil disappeared from America's heartland as rains turned to dust.

During one dust storm of May 11, 1934, an estimated 300,000,000 tons of topsoil were scoured off the Great Plains, America's breadbasket.

In some places, a foot or more of fertile topsoil blew off fields, piling up along fence rows, covering neighboring fields. Incredible black billowing clouds composed of topsoil rose to great heights. People as far as Washington D.C., New York City, and ships on the Atlantic were dusted with Kansas topsoil. One day in 1934 even the U. S. Congress had the problem graphically portrayed before its eyes when a dust cloud engulfed the Capitol.

Some reports have estimated that 25% of the farmlands in the Great Plains belt from Mexico to Canada were permanently ruined. The richness that nature had bestowed over the centuries was carried off in a matter of days in clouds of dust.

Crops were often a total loss, especially in southwestern Kansas and over great areas elsewhere.

Sixteen and twenty hours a day farmers worked the fields to save their land. They struggled in dust and in cold. Some, weakened by excessive dust in their lungs, were hospitalized. Winter temperatures were so cold the crankcase oil in tractors held together like thick honey. And dust trickled deep inside engine carburetors, cylinders and oil pans.

Black blizzards swept over the land. The sun appeared faintly as a blood-red ball at midday, if it shone at all. Auto engines failed from static electricity due to millions of charged dust particles in the air. When cars stalled, motorists set out on foot to find help. Some suffocated in the darkening dust. Birds flew wildly ahead of oncoming storms. Finally, exhausted, they fell to the ground to suffocate. Jackrabbits died by the thousands, throats clogged with dust.

Fences were buried by dust to the tops of posts. Wagons, farm implements and even houses disappeared under mounds of drift. Yet some farmers stayed on.

#### Personal Tragedies

One farmer's 1932 experience was typical. His wheat crop was ruined. Next, a seeding of barley was blown away. Determined to harvest a crop, he seeded maize. Paradoxically, rains came — in torrents, 12 inches in June that year. The maize grew well, attaining 2 feet in height. Then the rains ceased. Clouds floated by, but there was no rain. As the maize began to "head out," it dried up for lack of moisture.

This same local farmer of southwestern Kansas summed up his own situation during 1932:

"I had planted wheat in 1929, in 1930, and in 1931. I had planted barley and I had planted maize. I had planted five crops and harvested only one, for which I received a miserable, low price. You might have thought I would have become convinced that there was no profit in farming wheat in the Great Plains. But I was a glutton for punishment, and here I was planting wheat again, and still hoping." (*An Empire of Dust*, by Lawrence Svobida.)

All he received for his labor was, as the title suggests, an empire of dust.

These personal tragedies of Great Plains farming experience exemplify the suffering and misery of thousands of families during the 1930's. No crops, no livelihood. Farmers packed up and moved west to California (where you supposedly could reach out anywhere and pick an orange off a tree!), Oregon — and of course, cities everywhere.

#### Repetition of Dust Bowl?

For most people the 1930's drought is so much history. But history has a habit of repeating itself.

Once again, farmers are asking themselves: Will the beginning drought conditions of the 1970's end in a repetition of the 1930's drought? Or could the current drought be worse than others before it?

The whole question of drought is, of course, dependent upon RAINFALL. Every farmer yearns to have the Biblical

promise of "rain in due season" come true. Yet, most nations have not received rain when needed, where needed and in the amounts needed.

So badly have people wanted to break droughts that ancient tribes performed various incantations in hopes of persuading their god to send rain. Rain dances and other practices presumably



appealed the gods who could give or withhold rain.

Even in these modern times, men have looked to a Higher Power to send rainfall and thus break drought devastation.

One interesting, and apparently serious, example was reported in the news when a San Angelo, Texas, advertising man put up a billboard which pleaded, "PRAY FOR RAIN." The area was then suffering a long-term drought, one of the worst of its history.

Yet, to the dismay of the businessman, local groups pressured for the removal of the sign.

"Why?" he asked.

"Because God doesn't make it rain," they reportedly replied.



"Well, if He doesn't, I don't know who does," admitted the bewildered businessman.

One world-known weather authority and one time Assistant Chief of the U.S. Weather Bureau, Ivan Ray Tannehill, commented on this attitude of mind:

"In America we have a drought prob-

ranges every few years" (*Drought, Its Causes and Effects*, Ivan Ray Tannehill, p. 22).

Furthermore, the same author stated, "History shows that *drought lies at the bottom of most famines*." To the average, well-fed Westerner the thought of famine is a joke. "Why, with modern technology and current farming practices we'll never have famine," some might think. But this head-in-the-sand approach is dangerous.

#### Man's Short-sightedness

Sadly, it is man's mis-management of land that has helped make drought such a destructive force. Prior to the opening up of the vast U. S. Great Plains grassland for lucrative wheat farming, there was little or no erosion in the area. Historically, the rains came; so did periods of drought, and fierce winds. But the rich earth was protected by thick buffalo grass sod, which carpeted this heartland against wind or water erosion.

Then came pioneer farmers and their short-sightedness. They ploughed up vast areas of natural grasses, leaving scant protection for the bare earth, not considering the harsh winds which attack the American Middle West annually. The planting of trees as wind breaks was seldom considered. Ecologist Paul Sears put his finger on the problem with this observation: "The high plains are subject to recurring periods of drought, usually lasting for several years, and alternating with groups of normal or moist years. *To this regime the native grasses were adjusted. Wheat was not.* And when the prolonged dryness of the 1930's came the fall-sown wheat failed to germinate, leaving nothing to hold the loose soils against the high winds of late winter and spring. With them came dust storms, made gigantic by the presence of hundreds of thousands of acres of bare soil."

Unfortunately, sound ecological principles in farming were too often neglected even when these facts were understood.

Little thought was given to the long-range effects upon the land. Some future generation would handle these problems, it was thought. Soil conservation was born only out of the terrible Dust Bowl days. Tragically, it took devastat-

ing erosion to move some farmers to become conservation minded.

Today, economic realities restrict even well-meaning farmers from practicing total conservation, since they must be concerned with making profits or going under economically. Unfortunately, economics and other forces all too often encourage farmers to neglect sound ecological principles.

And in this economic straitjacket, farmers find science is hamstringing its ability to help. Implementing the inventions and discoveries of science costs the farmer money, which often he doesn't have because prices for his crops are too low. His dilemma is real.

To the average farmer, looking out over parched fields, insect-laden crops — thinking of the low profit on his crops and the high costs of farming — must come the thought, "There must be a better way." There must be a better way to farm, a better way to get rid of insect plagues, a better way to manage a farm economy, and a better way to receive enough precious water.

#### Difficult to Pin Down

The cause of the "withering hand" of drought mentioned by Tannehill, even today after decades of study, remains unidentified. Quite frankly, droughts are a mystery to most meteorologists.

Mr. John T. Carr, Jr., Assistant to Executive Director, Texas Water Development Board, stated in a report published April 1971: "The major causes of drought in Texas can be described, but the forces behind the causes are more difficult to pin down."

Uncertainty pervades the subject of forces behind drought in other areas too. No one seems to know its real causes.

Just why and when does rainfall fail? What causes drought? If the causes could be determined, then perhaps man could predict drought, and better prepare for it, avoiding resultant crop failures and famines.

A flurry of scientific study has been undertaken in recent decades concerning drought. Meteorologists have studied the earth's atmosphere in hopes of determining and predicting droughts.

One such group of scientists, Krick Associates, Inc., call themselves Weather Engineers. Many of these men



Wide World Photo

**DUST BOWL DAYS** — A "black roller" dust storm swirls down on a ranch yard near Boise City, Okla., in 1935. In the Dust Bowl years from 1934 through 1938 there were 263 such dust storms recorded in Texas and Oklahoma alone. Some areas lost a foot or more of topsoil to the winds.

lem but it is not yet a question of famine. But it is characteristic of the American people that we like to cross our bridges only when we come to them. In times of heavy rainfall we talk of flood control and in times of drought we talk of soil conservation. We must examine the records of weather and climate and identify the withering hand that falls upon our farms and

are meteorologists or engineers, formerly on the staff of the California Institute of Technology's meteorology department.

In 1946, they formed their own private organization, making their service available to cities, states and foreign countries. They study future water needs, supplies, weather, and devise methods of cloud seeding — when clouds are available — so clients can store the extra rainfall, and thus be partially prepared when drought strikes.

The Krick group of scientists predicted the drought of the 1950's, and also when it would break, as early as 1946. In 1969, a drought was predicted to begin in 1971, which it did. This drought prediction was carried in a southwestern farm magazine, *The Farmer Stockman*. The approximate location of the predicted drought was to be the heart of the former Dust Bowl. Few paid heed to this prediction. Sadly, thousands of acres of crops in this region were again ruined. Millions of dollars were lost.

#### "Official" Weather Studies

Other meteorologists have speculated about the recurrence of drought in cycles. Sunspot cycle charts reveal a pattern recurring approximately every 22 years. This cycle roughly corresponds with the droughts of the 1930's, the 1950's and the 1970's. But experts say it's not so simple to calculate drought cycles.

The official position of the U.S. National Weather Service, in fact, is that neither the beginning nor the end of a drought can be accurately predicted. Lack of understanding of how the sun's radiation causes atmospheric changes renders simplified drought calculations inaccurate, or reduces them to mere guesswork, some meteorologists say.

Currently, a conflict rages between the "official" government position, and the "educated guess" of other meteorologists.

Even so, in localized areas, meteorologists have traced weather records and found recurring droughts in some areas every 20 years or so. These cycles, and global atmospheric studies are the

basis of drought forecasting by private weather researchers.

Whether or not drought can be accurately predicted, there is little question that up till now there has been a 20-year cyclical pattern of drought throughout parts of the American Southwest.

Local records give sketchy accounts of droughts as far back as the 1850's, the 1870's, and the 1890's. In each of these decades drought struck with destructive force in parts of the Southwest. Another drought hit again with less severity after 1910. By far the most destructive recurrence came in the 1930's, and the 1950's saw the Southwest dry once again.

#### 1970's — Decade of Drought?

Following such a pattern, drought returned to haunt farmers and ranchers over a wide swath from central Texas and southwestern Oklahoma to southern California during 1971. The approximate boundaries of the old Dust Bowl were struck hardest. But Florida and parts of the midwest were also touched.

Millions of dollars were lost to the economies of five contiguous states. Oklahoma, New Mexico, Texas, Colorado, and Kansas were affected mostly along the borders where all five states meet. Arizona also was struck hard.

In some areas, such as New Mexico and Arizona, winter snows failed in the mountains. And no rains came in the spring to relieve the drought. In mid-summer these entire states were disastrously affected by drought conditions. Water had to be hauled in for some local communities. Cattle sought relief in former watering holes, turned to mud bogs. Some died in the mud, or had to be pulled to safety by ropes.

Irrigation water also was short, due to a lack of stored water in reservoirs. During June 1971, the Rio Grande River in New Mexico ran at its lowest since 1902. Water tables dropped while farmers desperately drilled deeper and deeper to provide well water for irrigation and livestock.

Pumping costs are rising, and farmers are worrying about how long the finite water supply under their property will last. This sudden widespread and rapid use of underground water has become

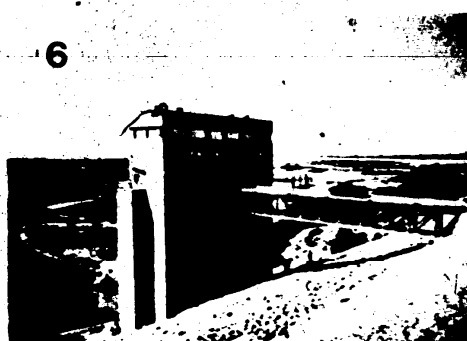


**THE AMERICAN SOUTHWEST IN 1971 — 1. "Farmland" in Lamesa, Texas, April 1971. 2. Nearly dry stock tank near Wichita Falls, Texas, July 1971. 3. Poverty stricken Oklahoma town, June 1971. 4. Drought stricken cotton in Oklahoma, June 1971. 5. Hard rains in San Angelo, Texas, April, 1971. 6. Low water level at San Angelo, Texas reservoir, April 1971.**

Center & upper right — Bob Taylor Photo  
Lower left — UPI Photo  
Ambassador College Photos

November 1971

The PLAIN TRUTH



so critical in many local areas, that a dangerous drop in the underground water tables has resulted, a fact few people realize.

#### Underground Water Supply Failing

Take the Texas Panhandle, one hard hit area, for example. It uses the normal but scanty rainfall for dry-land wheat and other farming. However, supplemental water must be drafted from underground supplies.

"Irrigation has been the dominant factor in the agricultural expansion of the area," states an Agricultural Research Service bulletin, published by USDA's Southwestern Great Plains Research Station and Texas A & M University. The bulletin states further, "The predominant source of water, the ground water of the Ogallala formation, is being used much faster than it is being replenished by natural recharge."

This aspect of drought — rapidly dropping water tables — is as critical as lack of rain. In some areas crops must be planted to utilize both irrigation and rainfall to greatest efficiency.

Ultimately, farmers will have to "change their thinking to give rainfall first priority, irrigation second," says Dr. B. A. Stewart, Director of the Southwestern Great Plains Research Center near Amarillo, Texas. Eventually the vast underground storage of water will give out. When this water is used up, this great agricultural area may well revert to semi-arid desert.

"Mining" water — as it's called when underground storage is pumped faster than natural recharge — is like spending your savings, Fred Kunkel, U.S. Geological Survey Hydrologist told PLAIN TRUTH reporters recently. "Eventually one must learn to live on current income, because savings will finally run out," he explained.

The Texas High Plains found themselves blessed with a tremendous "inheritance" of underground water, but only a moderate "income." Yet, farmers there are "spending" water in a period of few decades that took hundreds of years to accumulate. Eventually, as in any continued mining operation, the mines give out and the miners no longer have a source of income. "Water mining" is no exception.

#### Effects of South Texas Drought

Yet the pressure of drought conditions is forcing farmers to "mine water." Near San Antonio, Texas, dry-land farms — that is, farms dependent on rainfall alone — were planted late if at all, in 1971. Here, too, farmers have turned, to more productive irrigation farming, pumping water from finite underground reserves. With the pressures of drought, wells have gone dry, or have necessarily been drilled deeper — some as much as 600 to 2000 feet deep. Costs for pumping water from those depths also cut deep into farmers' profits.

Local ranchers also reported the serious conditions of their grazing lands.

"This past eight or nine months (late 1970 through June 1971) is worse than anybody can remember for any corresponding period before," commented ex-rancher Johnny Hinnart, who lives near San Antonio. "Some ranchers have sold their herds down to 20% or 40%. In my case, I was down to 25% and getting ready to ship them even though my lease hadn't expired," he continued.

North, in the Red River region of southwestern Oklahoma and north central Texas, farms and reservoirs were hit hard. Dry-land wheat farms produced practically nothing. Irrigation water was rationed in some areas and Oklahoma's overall wheat harvest was down a full third, mostly due to drought. For a time, the Red River flow was reduced to little more than a trickle.

What does the future hold for the area? Some drought stricken areas have received rain. Too often, however, people assume that one quick rain is enough to break a drought. Unfortunately this is far from fact.

#### When Is a Drought Broken?

It takes sustained rain over a long period of time to break a deep drought. Wayne Palmer, a U.S. Weather Service meteorologist, invented an index to calculate drought severity and thereby determine how much rainfall is needed to end a drought. By Palmer's method, a climatologist can determine drought conditions even during a thunderstorm.

It's possible for an area to be

drenched in a 4-inch rainstorm and still be gripped with drought.

This happened during 1971 in Florida and in southwestern Oklahoma, where floods of rain poured down on drought-stricken lands. "Understanding drought severity requires understanding of the various factors of soil moisture, temperature, crop needs, normal rainfall for the area and other related factors. No one 4-inch torrent is enough to relieve a drought that's entrenched by months of dry weather," Palmer told a PLAIN TRUTH reporter.

Droughts are clearly not a matter of quantity of water only. Timing, distribution, "rain in due season," storage, and quality are equally as important.

#### Will Drought Worsen?

What does the decade of the 1970's hold for the Southwest — and elsewhere? Will droughts continue to spread, engulfing greater and greater areas of land? Will saddening migrations away from the land, such as those of the 1930's, be repeated as a result of the ravages of drought?

Some authorities feel the present drought has just begun. "We feel this drought is not over. It will probably peak about 1975 to 1978, with intermittent relief during the years in between," stated Mr. Paul Caublin of Krick Associates, Inc., in a recent interview.

If this comes to pass, United States agriculture will be in deep trouble. Drought conditions in 1971 were not exactly pleasant. Consider then, a drought for four to seven years — getting worse year by year. Such a possible drought spectre should strike fear into the hearts of Americans.

The official National Weather Service position is different. It insists that we have no way of knowing if the drought will continue. Yet some of its own meteorologists state privately that they believe the current drought will spread and worsen. "Educated guesses" are sometimes right, whereas "official positions" may cloud the issue. Whoever is right, the best situation for the coming years is barely reassuring, and the worst visions are of an apocalyptic nightmare. □



Amherster College Photo

# YOU CAN LOSE WEIGHT

by Gary Alexander

**Forty million Americans and ten million Britons are plagued with excess weight. Are you one of them? How about your children or relatives? Here's what you can do about it.**

**B**EFORE YOU BEGIN reading this article be sure you understand this point: You **CAN** lose weight no matter how obese you are. One individual, 6 feet 3 inches and weighing 802 pounds reduced down to 252 pounds by age 39 — a loss of 570 pounds. Many dozens have lost 200 pounds or more and kept it off.

All in all, overweight Americans, Britons, Canadians, and Australians have lost well over a *million tons*! But the sad sequel to that story is that most of the weight was gained back. Quick weight loss (and gain) is easy, but very few people maintain a *slow* weight loss with no gain.

It is estimated that only about *two percent* of clinically supervised overweight patients are successful in attaining their proper weight and *maintaining* that weight for a year.

That's not very encouraging news to the millions of overweight people, most of whom either hopscotch from one fad diet to another or else *totally give up* the hope of ever losing weight.

If that's your dilemma, do yourself a favor — read just *one more* article on

overweight — this one! The *only* workable way to lose weight, and *maintain* that weight loss, is contained in the principles of this article, compiled from the writings and records of the world's most successful nutritionists and weight-loss experts.

## Life, Liberty, and Pursuit of Happiness

Your first motivation to lose weight should be in the interest of *life* itself. If you are 20 percent overweight (about 30 pounds for most people), chances are you will die *seven years* before your time. Compare this with an average *four years* loss of life for the person who smokes 25 cigarettes a day during his adult life.

Being a mere *ten pounds* overweight can carry a greater health risk than smoking 25 cigarettes a day.

The Metropolitan Life Insurance Company compared the likelihood of death for those rated as overweight compared to those of normal weight, ages 25 to 74. Here are their results:

The greater likelihood for death from any cause, at any age, was 47% higher than normal for overweight women, and 50% greater for overweight men. For all adults death by heart diseases was 63% more likely, death from liver diseases ranged between 90 and 100% more likely, death from diabetes was 275% more likely, and even mortal accidents were 24% more likely for the overweight client.

Experience has shown, however, that few overweight people are motivated to action by these statistics. It takes a heart attack, or a similar trauma to stir them to serious action. Then, it may be too late.

Most overweight people are primarily motivated to reduce by a desire to look

better, to please a mate or boyfriend, or to compete in sports or in a job.

Everyone wants the freedom to run, walk, swim, climb stairs, lift, pull, or even stand for long periods of time without fear of physical collapse — freedom to enjoy life to its fullest.

To escape the mental crutch of wrong eating habits is to know freedom, liberty, a renewed confidence. No more cruel jokes, no more heart flutter at the end of a flight of stairs, no more social rebuffs, followed by eating or crying jags. This freedom should be your strong secondary motivation — second to life.

Life and liberty free you to pursue right happiness. Your family, your hobbies, your work, and your friends become your whole life. Instead of your food and your body being the center of the universe. Thousands of success stories have demonstrated that a new successful life opens up when you "kick the habit."

While kicking the habit, you don't have the advantage of going "cold turkey" like an alcoholic or drug addict. You've got to eat to live. *The key to weight loss is what you eat, and what you burn up.*

### The Multiple Causes of Overweight

But complicating a person's efforts to lose weight are such varied factors as his background, his job, his eating habits (both past and present), his home environment, his heredity, and his society.

Most overweight people have two strikes against them, environmental and hereditary. When both parents are overweight, the child's chances are 80% of becoming overweight; if one parent is obese, the child's chances are 40%. If both parents are normal, the chances of a child being obese shrink to 10%. Most of this inheritance is not through the scapegoats of "heavy bones" or "fluids" or "water retention," but simply through the parents setting a wrong example!

The "third strike" is delivered by our society. We live in a sedentary world: sitting in school as children; sitting on jobs as parents; sitting in cars; sitting in front of TV's and motion pictures; and

sitting at leisure. Even military cadets and coal miners recline, sit, and stand over 18 hours out of each 24.

Society also provides us with "convenience foods" which multiply calories, but don't nourish. You've probably never been "filled up" by a TV dinner, but it adds hundreds of "empty" excess calories. Our grandparents, living on relatively low-calorie natural foods, and exercising as a way of life, were able to combat both of these "calorie conspiracies" which afflict today's sedentary society.

If you are overweight, resist the temptation to blame your heredity, environment, society, parents, grocer, or any other quick scapegoat. It is ultimately your fault. Nobody force-fed you.

### How NOT to Lose Weight

When you know this one and only principle for losing weight — eating fewer calories than you consume — it is fairly obvious why most diets and reducing plans do not work.

Because of glowing reports of unbelievable losses, millions of overweight people turn to the myriad diet "fads." Depending on your particular weakness, you can choose a drinking man's diet, a high-protein diet, a high-fat diet, a high carbohydrate diet, or even a Zen-Buddhist "spiritual diet." There is the "Air Force diet," which the Air Force vehemently disowns, or the "Mayo clinic diet" which the Mayo Clinic disowns. There's a diet of grapes, a diet of grapefruits, a diet of greens, and just about any one-food regimen short of Luther's Diet of Worms.

Fad diets, however, don't work — in the long run — and they can be very dangerous to health, especially over extended periods of time. Dr. Morton Chenn, Chief of the Nutrition Clinic of New York City's Health Department, has called them a "major health pollutant."

Unfortunately, fad diets are essentially symptomatic of the problem which brought the person to his present obesity. That is, many dieters have never learned to eat correctly. Fad diets promise a way to continue wrong eating patterns — with supposedly different results! Such is not the case.

Advocates of fad diets usually do lose

15 to 30 pounds in a matter of a month or so. This weight loss could be maintained if the person continued to give up the forbidden foods for the rest of his life. But on most fad diets, those "forbidden foods" contain necessary nutrients he has temporarily missed — the protein in meat, eggs, milk, and cheese; or the carbohydrates in fruit, bread, or milk; or the vitamins and minerals in liver, green vegetables, or milk.

Here is the fad dieter's dilemma:

1) either quick weight gain if he goes back to those foods, or 2) detrimental side effects if he doesn't. There is no way to win. He hasn't permanently lost those 20 pounds or so. According to Dr. Jules Hirsh, professor and senior physician at Rockefeller University, the fat cells which shrunk in size are still alive and functioning — "sending out metabolic signals" to "fill up" with the forbidden family of foods, which most people do (much of the dramatic weight loss was just water, anyway).

The greatest crime of fad diets is that the dieter didn't learn anything. He has not learned discipline, and chances are he will gorge his way back to obesity faster than ever. As a result, the "fad" dieter is usually worse off than when he started. His hopes are frustrated. He begins "diet hopping" from one plan to another. A defeatist syndrome ensues.

### The ONLY Way to Lose Weight

*The only way to lose weight permanently is to take in fewer calories than you burn up in activities.* Each pound loss will require a 3500 calorie "deficit." If you are 30 pounds overweight, for instance, you will have to manage a 100,000 calorie "deficit" over the next few months.

It's easier than you may think! In fact, enjoyable.

A paragraph from a well-known nutrition textbook sums up the best principles for doing this. "For the ordinary overweight individual (this is you, if you are among the 99 out of 100 without a medical problem), by far the most satisfactory way to effect weight reduction is simply to cut down sharply on the concentrated energy foods

(Continued on page 30)

# Help for Overweight Children

**A**DULT OBESITY has been called one of America's major health problems. But for increasing numbers of overweight children, there is a similar cause for concern.

Contrary to the popular image of the "jolly" fat child, most overweight children are not happy. All too often their fat is the butt of classmates' jokes. Because they're more clumsy and lack agility, they find themselves left out of many activities. Frequently, such children are social outcasts.

Parents need to understand that they quite often share the responsibility for their children being overweight.

A recent study by Dr. Jules Hirsch and several colleagues at Rockefeller University showed that overfeeding of infants and young children may build up an excess number of fat cells. All children are born with approximately the same percentage of fat cells in their bodies. Yet, obese adults have a much higher percentage of fat cells than normal-weight individuals. These researchers concluded that the extra fat cells may have been accumulated early in life through overfeeding. The result would be that such children are predisposed (though not "condemned") to a lifetime of obesity.

Childhood obesity is a very serious matter. The problem should be solved as early as possible. For, the older the child, the more difficult it will be to help him reduce. And if you have an overweight child, the first step to correcting the situation is to discover exactly why he is that way; then you can begin to do something about it. The following points will be of help in nearly every case.

## I. Emotional Stability

One obvious reason for obesity in children is overeating. But what is often overlooked is that an obese child's unbridled appetite may result

from a lack of emotional balance.

Parents should take an active part in helping their child to develop a wholesome and balanced personality. The child should be taught how to be responsible and productive and to cultivate a variety of interests and pursuits. He should be able to experience a sense of accomplishment, and also learn how to cope with disappointments. He should be taught to have a healthy outlook on life.

Success, of course, depends on a secure, stable and balanced home environment. When there is some emotional stress in the home, youngsters may turn to food for consolation or security. For example, if a child is deprived of one of the greatest needs of all — the feeling of being loved and appreciated — he will suffer emotionally. His urge to satisfy his hunger for love may manifest itself in habitual overeating.

## II. Avoid "Overfeeding"

If parents overindulge or overprotect their children, a serious pattern of overeating may also result. Many mothers unduly fret about their children having too little to eat. "I want my child well-padded so that if he gets sick, he won't be weakened by a loss of weight" some parents say.

In pushing unwanted food on their children, however, such parents teach youngsters to stuff themselves in an involuntary effort to please their parents. This ingrains poor eating habits that may persist throughout life — and may cause early death. The need for a child to eat what is placed before him should be balanced by placing the right amount of food on his plate.

## III. Exercise

Overeating may explain many cases of child obesity — but certainly not all. Another factor now gaining more widespread attention is lack of

exercise. In fact, inactivity may be a major cause for overweight children.

Dr. Jean Mayer, one of the foremost researchers in the field of obesity, has said, "Repeated studies have shown that the great majority of obese adolescents eat less than the average nonobese adolescents of the same sex. The inactivity of the obese adolescent easily accounts for the calories which permit excessive fat deposition" (*Overweight — Causes, Cost, and Control*).

## IV. Parental Example

Take a careful look at your own example. Are you overweight? Studies show that if both parents are obese, there is an 80 percent chance their children will become that way as adults. If both parents are slim, 90% of their children will be slim. Therefore, it is important to ask yourself: "Do I consistently overeat?" and "How much exercise do I get?" Children usually mimic their parents in many ways. Diet and activity are not exceptions. If you are setting a poor example in these areas, children will automatically pick up wrong eating and exercise habits.

However, by setting the right pace for your overweight child, you are supplying the confidence that he desperately must have to change. Many youngsters often lack the self-discipline or motivation to effectively reduce. But your new example can provide the encouragement and hope that he really needs.

## V. Choosing Right Meals

For instance, teach your child to eat well-balanced, nutritious, and relatively low-caloric meals. A typical weight-loss diet should contain roughly 1500 to 2000 calories. But don't get too picky about diet restrictions. Stress the positive — tell your child what he may eat; not just what he should avoid.

If snacking has been a problem,

see that your youngster eats only at regular intervals.

Your child may not initially like his new manner of eating. But you can overcome this problem if you make the food as appealing as possible. There are many low-calorie cookbooks that will assist you.

#### VI. Avoid Fad Diets — Especially With Children

By all means, do not place your youngster on any fad or crash diet. These diets not only fail to instill lasting diet habits, but they can do irreparable damage in children. Such diets are nutritionally unbalanced. Some skimp on vital protein — others on carbohydrates or fats. But all three elements in proper amounts are essential for sound health in growing children. Children need more protein than adults, so don't apply adult diets to children without professional guidance.

#### VII. Encouragement

Next, you must seek to make your child more active. But how can you encourage him to get more exercise? Constant nagging — such as "Why do you sit and watch television all day?" — won't do the job. It will only succeed in creating more frustration.

Instead, make exercise a family endeavor. Include your overweight child in family hikes or bicycle trips. Encourage him to cultivate an active interest in sports by teaching him to play tennis, volleyball, or to participate in a number of other activities. He may feel self-conscious and awkward at first. But with patience, praise, and encouragement on your part, your child will gradually gain more self-assurance and will even begin to join in with other boys and girls in their physical activities.

In fact, *encouragement* should be the key word in any reducing program for obese children. Such youngsters have received enough embarrassment about their size — they don't need more. Genuine concern and love — but not "mother love" — combined with a sound regimen of diet and exercise will produce results in most cases.

Your child will then be on the road to a healthier and happier life.

(Continued from page 28)

(sugars, starches, and fats), while maintaining an otherwise well-balanced and adequate diet. *Such a diet does not involve actually going hungry.*"

"It should be, as far as possible, a diet one likes and is willing to use indefinitely" (*Nutrition and Physical Fitness*, p. 461).

There is the vital key most dieters ignore!

Your diet has to be a way of life. You must live with these foods (and exercises) the rest of your life. You must undertake a program to re-program your taste buds.

It's widely understood that a weight loser cannot allow himself the luxuries of rich desserts, pastries, or most packaged and prepared "goodies." But the key is not stoic self-denial. The key is educating yourself to *enjoy* a balanced diet for the rest of your life. It involves a new attitude toward food.

#### What Type of Diet is Best?

"Diets" won't work — for most people. Nobody's life is so regimented that they can eat the same foods at the same hour day in and day out. Such dull dieting is not necessary. Calorie counting is also a bothersome chore that most dieters abandon, with good reason.

However, there are a number of effective weight reducing programs (not "diets"), today which offer wholesome, balanced, nutritionally sound plans for consistent, safe, and *delicious* continued weight loss.

Dramatic results do not occur overnight. But encouraging and noticeable results take place within weeks. And the 99% of overweight people who DON'T have medical problems WILL reach their ideal weight "legally" within a few short months. Ten pounds loss per month is normal — if the program is honestly followed.

And the weight *stays* off, because proper eating habits are firmly established by months of diligent usage. As you lose weight, your body consumes slightly fewer calories per day, and your weight will automatically level off at where it should be.

Proper weight reduction programs, such as *Weight Watchers*, are based on

taking in fewer calories, even though the members do not officially "count" calories. The program prescribes "unlimited" low-calorie foods, and specifically limited, although generous, portions of medium-calorie food.

The highly successful *Weight Watchers International*, and its many imitative competitors, *require* you to eat everything listed, *because* each course of food contains vital nutrients. Sometimes the required food is much more quantity than the dieter is used to.

We highly recommend food programs like *Weight Watchers*, which are based on most of the proper principles of weight reduction. They provide good food, plenty of it, delicious new recipes, and an environment of people who share similar goals.

But there are *some* cautions: don't join unless you're really serious about losing weight. Don't kid yourself, or "cheat," because you'll only be cheating yourself. Also, if you are confident in your own willpower, you may want to follow a proper eating program on your own without joining a club. If so, obtain the proper program of eating, and follow it alone. But remember, experience shows that most people need help — from their family or overweight friends in a club.

A third point to remember is that *proper eating habits are not enough*. Proper food is the most important point by far. But proper exercise is also important and helpful toward weight loss, despite what any "food-only" program may tell you.

#### The Role of Exercise

You can lose weight without exercise, BUT you can lose a pound *more* per week *with* exercise. More importantly, you will feel better and your weight will be muscle and tissue, not fat.

The people in our "have" nations and Western democracies are not the vigorous, out-of-doors, physically active people they once were. We don't get as much daily physical activity as our grandmothers and grandfathers did.

The average worker, though, would rather ride than walk, use elevators rather than climb stairs, and use push-button machines rather than elbow



average meal's worth of calories, but an hour of such exercise for six days a week burns off over a *pound* a week! This is in addition to your weight loss based on better eating habits.

*Most overweight people should not jump into such heavy activity immediately, without a doctor's approval.* For most overweight people over 40, a lot of brisk daily walking is more appropriate. Walking burns 5 calories a minute (for a 150-pound person walking 3½ miles per hour), or 300 calories per hour.

Walk to work or to a bus stop if possible, then walk as much as possible while at work or home. If neither of these activities are possible, take an evening walk alone or with the family (if it's safe to walk alone on your streets!). Many doctors endorse walking as the best all-around exercise for most overweight people.

#### Exercise for Life

Remember that the "way of life" principle applies in exercise as well as dieting. One day a week will make very little difference, but *daily* exercise will help — if continued as a lifetime practice!

It is important to realize that *exercise alone* is one of the hardest ways to "diet." A change in eating habits is of primary importance, since a fat person is highly limited in the amount of exercise he or she *can* do. Even in normal sitting, standing, or walking activities, obese people are much less active, by actual motion studies, than physically trim people.

But the role of exercise in weight control should not be ridiculed as it sometimes is. Many feel exercise can't burn up many calories, or that if they exercise there will be an automatic increase in appetite to cancel out the good effects.

The facts prove otherwise. Harvard nutritionist Jean Mayer states, "Too often, these misstatements have been popularized by clinicians and nutritionists who, though well and extensively informed in other matters, have never tested the validity of these particular propositions." The very fact that farmers "fatten up" their livestock by preventing exercise (by penning

them in) shows the ridiculousness of the "no-exercise" school.

#### Devising YOUR Plan

The proper kind of weight loss plan frees you up, allows snacks, breaks, and enjoyment. The right plan for you fits your needs, fits your schedule, fits your fatness and fitness. It frees you to get your real kicks out of life instead of food. You'll get new enjoyment out of your work, your friends, family and hobby. Food will be on the "back burner" of your mind.

To repeat the basic principles, your program should include:

1. Fewer calories eaten, through a program of eating *only* the right foods.
2. More calories burned up by a program of exercise.
3. A life-long way of living; food you can live with the rest of your life.
4. A slow, deliberate diet, allowing at least a month for each 10 pounds overweight.
5. The help of others — your family, doctor, and friends.
6. A motivation based on longer life, freedom from compulsive eating, and the pursuit of happiness.
7. Drive, resourcefulness, and stick-to-it-iveness.

Yes, it will take character. But the successful reducers can tell you by experience it will be fantastically rewarding, and remarkably enjoyable! Many people that we talked with, who had been overweight for years before reducing, said they felt like "new people." They felt younger, healthier, had a brighter outlook on life and were generally much happier. Many remarked they didn't understand why they hadn't reduced a long time ago.

And more important, they have experienced a deep and profound sense of personal accomplishment. That accomplishment will be yours if you follow these principles.

If you really want to be a new person, and you don't have a workable plan to lose weight, seek help from a qualified nutritionist today. Plan your course of action. Start your weight-loss campaign tomorrow morning — it's the first day of the rest of your life. □



Ambassador College Photos

Exercise can help take off pounds while putting an out-of-shape body back into condition. A strenuous sport like handball (above) will burn more calories than bicycle riding (below), but both are enjoyable and beneficial forms of exercise.

grease. Our complete life-style has changed. And with the change has come extra weight.

What kind of exercise helps you lose weight? Intensive cardiovascular sports such as handball, basketball, tennis, or squash burn up 10 calories a minute, or 600 per hour. True, that's less than an

# TELEVISION LOG

**Garner Ted Armstrong**

## NEW STATIONS:

**KOAT-TV** — Albuquerque, N. Mex. — Channel 7, 1 p.m. Sun.  
**BCTV(TV)** — Battle Creek, Mich. — Channel 12, 8 p.m. Wed.  
**KFDW-TV** — Clovis, N. Mex. — Channel 12, 1:30 p.m. Sun.  
**WJHL-TV** — Johnson City, Tenn. — Channel 11, 10:30 p.m. Tues.  
**KFBO-TV** — Sayre, Okla. — Channel 8, 1:30 p.m. Sun.  
**WBBT-TV** — South Bend, Ind. — Channel 22, 3:30 p.m. Sat.  
**WGTV(TV)** — Tallahassee, Fla. — Channel 6, 11:45 p.m. Sun.  
**WIAL-TV** — Washington, B.C. — Channel 7, 2 p.m. Sun.

## — U. S. STATIONS —

**KUSA-TV** — Aurora, Texas — Channel 10, 1:30 p.m. Sun.  
**KERO-TV** — Bakersfield, Calif. — Channel 28, 3:30 p.m. Sun.  
**KVOS-TV** — Bellingham, Wash. — Channel 12, 3:30 p.m. Sat.  
**WBR-TV** — Buffalo, N. Y. — Channel 2, 12 noon Sun.  
**WCCB-TV** — Charlotte, N. C. — Channel 18, 12:30 p.m. Sun.  
**KDRT-TV** — Des Moines, Ia. — Channel 11, 12 noon Mon.-Thur., 7:30 p.m. Fri.  
**KZBO** — Fresno, Calif. — Channel 47, 10:30 p.m. Sat.  
**KHBY** — Henderson, Nev. — Channel 5, 6:30 p.m. Sun.  
**KHAW-TV** — Hilo, Hawaii — Channel 11, 1:30 p.m. Sat.  
**KRON-TV** — Honolulu, Hawaii — Channel 2, 1:30 p.m. Sat.  
**KRNT-TV** — Iowa City — Channel 12, 12 noon Mon.-Thur., 7:30 p.m. Fri.  
**KTLA** — Los Angeles — Channel 5, 10:30 p.m. Sun.  
**KWHY-TV** — Los Angeles — Channel 22, 8 p.m. Sat.  
**KSEL-TV** — Lubbock, Texas — Channel 28, 12 noon Sun.  
**KHND-TV** — Midland, Texas — Channel 2, 4:30 p.m. Sat.  
**WTCN-TV** — Minneapolis — Channel 11, 8:30 p.m. Sun.  
**WBBH-TV** — Nashville, Tenn. — Channel 8, 7:50 a.m. Sun.  
**WDSU-TV** — New Orleans, La. — Channel 5, 4 p.m. Sun.

**KCMO-TV** — Pembina, N. Dak. — Channel 12, 5 p.m. Sun.  
**KOMI-TV** — Portland, Ore. — Channel 6, 3:30 p.m. Sun.  
**WAVY-TV** — Portsmouth, Va. — Channel 10, 12:30 p.m. Sun.  
**KSL-TV** — Salt Lake City — Channel 5, 11:30 p.m. Sat.  
**KING-TV** — Spokane, Wash. — Channel 6, 10 a.m. Sun.  
**KTNV-TV** — Tacoma, Wash. — Channel 11, 10:30 p.m. Sun.  
**KYAL-TV** — Texarkana-Shreveport — Channel 6, 12:30 p.m. Sat.  
**KOUN-TV** — Tucson, Ariz. — Channel 9, 12:30 p.m. Sun.  
**KLTU** — Tyler, Texas — Channel 7, 5 p.m. Mon., 10:30 p.m. Sun.  
**KAN-TV** — Wallula, Hawaii — Channel 7, 1:30 p.m. Sat.  
**KARD-TV** — Wichita, Kans. — Channel 5, 2 p.m. Sun.  
**WBBH-TV** — Wilkes-Barre, Pa. — Channel 28, 6:30 p.m. Sat.

## — CANADIAN STATIONS —

**KVOS-TV** — Bellingham, Wash. — Channel 12, 3:30 p.m. Sat.  
**WBR-TV** — Buffalo, N.Y. — Channel 2, 12 Noon Sun.  
**CBS-TV** — Cornwall, Ont. — Channel 8, 9:30 a.m. Sun.  
**CKSO-TV** — Elliot Lake, Ont. — Channel 5, 1 p.m. Sat.  
**CHCH-TV** — Hamilton, Ont. — Channel 11, 11:30 a.m. Sun.  
**CKWS-TV** — Kingston, Ont. — Channel 11, 12 noon Sat.  
**CFCF-TV** — Montreal, Que. — Channel 12, 5 p.m. Sun.  
**CJON-TV** — Ottawa, Ont. — Channel 13, 9:30 a.m. Sun.  
**CJTV-TV** — Port Renfrew, B.C. — Channel 11, 2 p.m. Sun.  
**KCMO-TV** — Pembina, N.D. — Channel 12, 5 p.m. Sun.  
**CKMB-TV** — Quebec City, Que. — Channel 5, 7:30 p.m. Tues.  
**CKEL-TV** — Regina, Sask. — Channel 2, 12 noon Sun.  
**KING-TV** — Spokane, Wash. — Channel 6, 10 a.m. Sun.  
**CKSO-TV** — Sudbury, Ont. — Channel 5, 1 p.m. Sat.  
**CRUP-TV** — Uxbridge, B.C. — Channel 6, 2 p.m. Sun.  
**CKLW-TV** — Windsor, Ont. — Channel 9, 11:30 a.m. Sun.  
**CJAY-TV** — Winnipeg, Man. — Channel 7, 2:30 p.m. Sun.  
**CFCF-TV NETWORK** — 12 noon Sun.  
 Saskatoon, Sask. — Channel 8.  
 Vancouver, B.C. — Channel 5.  
**CJON-TV NETWORK** — 1 p.m. Sun.  
 Calgary, Alta. — Channel 4.  
 Edmonton, Alta. — Channel 13.  
 Fort McMurray, Alta. — Channel 5.

Brooks, Alta. — Channel 9.  
 Lake Louise, Alta. — Channel 6.  
 Lethbridge, Alta. — Channel 13.  
 Drumheller, Alta. — Channel 10.  
 Sundre, Alta. — Channel 7.  
 Burnia, Alta. — Channel 5.  
 Oyen, Alta. — Channel 2.  
 Kimberley, B.C. — Channel 3.  
 Columbia Valley, B.C. — Channel 6.  
 Jubilee Hill, B.C. — Channel 8.

**CPBN-TV NETWORK** — 1 p.m. Sun.  
 Edmonton, Alta. — Channel 3.  
 Whitecourt, Alta. — Channel 12.  
 Ashmont, Alta. — Channel 12.  
 Let la Biche, Alta. — Channel 6.

**CPBN-TV NETWORK** — 11:30 a.m. Sun.  
 Peace River, Alta. — Channel 3.  
 Grand Prairie, Alta. — Channel 13.  
 Grimshaw, Alta. — Channel 9.  
 Rocky Mountain House, Alta. — Channel 12.

**CHAN-TV NETWORK** — 11:30 a.m. Sat.  
 Bowen Island, B.C. — Channel 3.  
 Brooklands, B.C. — Channel 3.  
 Burnaby, B.C. — Channel 8.  
 Chilliwack, B.C. — Channel 11.  
 Courtenay, B.C. — Channel 13.  
 Squamish, B.C. — Channel 7.  
 Vancouver, B.C. — Channel 8.  
 Kamloops, B.C. — Channel 6.  
 Vernon, B.C. — Channel 12.  
 Kelowna, B.C. — Channel 5.  
 Penticton, B.C. — Channel 10.

**CMK-TV NETWORK** — 2 p.m. Sun.  
 Kelowna, B.C. — Channel 4.  
 Kelowna, B.C. — Channel 9.  
 Newcombe Ridge, B.C. — Channel 7.  
 Nipissing, B.C. — Channel 6.  
 Port Alton, B.C. — Channel 2.  
 Port Hardy, B.C. — Channel 3.  
 Sechart, B.C. — Channel 5.  
 Vancouver, B.C. — Channel 6.  
 Victoria, B.C. — Channel 6.  
 West, B.C. — Channel 3.

**CHLA-TV NETWORK** — 2 p.m. Sat.  
 Saint John/Fredericton, N.B. — Channel 4.  
 Edmundston, N.B. — Channel 6.  
 Moncton, N.B. — Channel 7.

**CJOS-TV NETWORK** — 12 noon Sun.  
 Halifax, N.S. — Channel 5.  
 Annapolis Valley, N.S. — Channel 10.  
 Digby, N.S. — Channel 6.  
 Caledonia, N.S. — Channel 6.

**CJON-TV NETWORK** — 1 p.m. Sun.  
 St. John's Nfld. — Channel 6.  
 Argente, Nfld. — Channel 3.  
 Beauséjour, Nfld. — Channel 6.  
 Central, Nfld. — Channel 4.  
 St. Albans, Nfld. — Channel 13.  
 Grand Bank, Nfld. — Channel 10.  
 Corner Brook, Nfld. — Channel 10.

**CKB-TV NETWORK** — 4 p.m. Sat.  
 Prince Albert, Sask. — Channel 5.  
 Altona, Sask. — Channel 10.  
 North Battleford, Sask. — Channel 7.  
 Melfort, Sask. — Channel 2.  
 Swift Current, Sask. — Channel 4.  
 Regina, Sask. — Channel 8.



WBRJ — Marietta, Ohio — 910 kc., 12:30 p.m. daily.  
 KSGO — Mason City, Ia. — 1300 kc., 6:30 p.m. Mon.-Sat., 7:30 p.m. Sun.  
 WTLO — Milwaukee, Wis. — 540 kc., 8:30 a.m. Mon.-Sat., 10 a.m. Sun.  
 KQRS — Minneapolis — 1440 kc., 8:30 p.m. daily.  
 KNSA — Mission, Kans. — 1480 kc., 7 p.m. daily.  
 KLMG — Omaha, Nebr. — 1490 kc., 7:30 p.m. daily.  
 WKCI — Peoria, Ill. — 1350 kc., 7:05 p.m. daily.  
 KPSD — St. Joseph, Mo. — 680 kc., 7 p.m. daily.  
 KBOO — Sioux Falls, S. Dak. — 1140 kc., 6:45 p.m. daily.  
 WSBY — South Bend — 960 kc., 9:06 p.m. Mon.-Sat., 9 p.m. Sun.  
 WCOW — Sparta, Wis. — 1290 kc., 6:30 a.m. Mon.-Sat., 10 a.m. Sun.  
 KWTO — Springfield, Mo. — 560 kc., 6:30 p.m. daily.  
 WWSB — Toledo, Ohio — 1370 kc., 7 p.m. daily.  
 WYOW — Topeka, Kans. — 580 kc., 9:30 p.m. Mon.-Sat., 9:30 a.m. Sun.  
 KCH — Washington, Iowa — 1380 kc., 10 a.m. Sun.  
 WBAU — Wausau, Wis. — 550 kc., 7 p.m. daily.  
 KFN — Wichita, Kans. — 1330 kc., 7 p.m. Mon.-Sat., 9:30 a.m. Sun.  
 WNAK — Yankton, S. Dak. — 570 kc., 7:30 p.m. daily.  
 WYUJ — Youngstown, Ohio — 1390 kc., 10:30 p.m. daily.

## — South —

## MAJOR STATIONS

WLAC — Nashville — 1510 kc., 5 a.m. Mon.-Sat., 7 p.m. daily, 6:30 a.m. Sun.  
 WSM — Nashville — 650 kc., 9 p.m. Sun.  
 KELD — Dallas — 1080 kc., 5 a.m. & 11 p.m. daily, 9:30 p.m. Sat.-Sun.  
 KTRN — Houston — 740 kc., 7:30 p.m. Sun.-Fri.  
 WDAI — San Antonio — 1200 kc., 5 a.m. Mon.-Sat., 10:05 p.m. Sun.  
 KWEN — Shreveport — 1130 kc., 1 p.m. & 9:30 p.m. Mon.-Fri., 11:30 a.m. & 11:50 p.m. Sat., 10:30 a.m. & 9:50 p.m. Sun.  
 WNOG — New Orleans — 1060 kc., 9:30 a.m. Sun.  
 WVL — New Orleans — 870 kc., 9:30 p.m. Mon.-Sat.  
 KAAV — Little Rock — 1090 kc., 5:15 a.m., 7:30 p.m. Mon.-Sat., 9:30 a.m., 7:30 p.m. Sun.  
 WBSN — Atlanta — 1010 kc., 11 a.m. Mon.-Sat., 4 p.m. Sun.  
 WAPT — Birmingham — 1070 kc., 10 a.m. Sun.  
 WMOB — Mobile — 1550 kc., 7 a.m. Mon.-Sat., 10:30 a.m. Sun.  
 WWSB — Tampa — 1010 kc., 7 a.m. daily.  
 KNSD — Tulsa — 770 kc., 10 a.m. Sun.  
 KBO — Monterey, Mexico — 1050 kc., 8:30 p.m. daily (CST)  
 KNSD — Houston, S. S. — 1470 kc., 9 a.m. Sun.

## LOCAL-AREA STATIONS

KHNT — Abilene, Tex. — 1280 kc., 8:15 a.m. Mon.-Sat., 8 a.m. Sun.  
 KQNC — Amarillo — 710 kc., 7 p.m. daily.  
 KTBG — Austin — 390 kc., 3:30 a.m. Mon.-Sat., 9:30 a.m. Sun.  
 KIVI — Beaumont, Tex. — 560 kc., 6:30 p.m. daily.  
 WERC — Birmingham — 960 kc., 7:30 p.m. daily.  
 WFWL — Camden, Tenn. — 1220 kc., 2 p.m. Sun.  
 KML — Cameron, Tex. — 1330 kc., 12:30 p.m. Mon.-Sat., 8:45 a.m. Sun.  
 WCBC — Charleston, S. C. — 1390 kc., 7:15 p.m. Mon.-Sat., 6:30 p.m. Sun.  
 WDF — Chattanooga — 1370 kc., 92.3 FM, 7:30 p.m. daily.  
 KCTX — Childress, Tex. — 1510 kc., 11:30 a.m. Mon.-Fri., 12:15 p.m. Sat., 2 p.m. Sun.  
 KCTA — Corpus Christi, Tex. — 1030 kc., 12:30 p.m. Mon.-Fri., 4:30 p.m. Sat., 2 p.m. Sun.  
 WFAA — Dallas — 570 kc., 11:30 p.m. Mon.-Sat.  
 WAAX — Gadsden, Ala. — 570 kc., 12:30 p.m. Mon.-Sat., 12 noon Sun.  
 KERS — Glendwater, Tex. — 1430 kc., 12 noon daily.  
 KBNB — Hot Springs, Ark. — 590 kc., 12:30 p.m., 96.7 FM, 6:30 p.m. daily.  
 WDEK — Jacksonville, Fla. — 1010 kc., 12:30 p.m. daily.  
 WKSC — Kershaw, S. C. — 1300 kc., 1:15 p.m. Sun.  
 WTV — Kissimmee, Fla. — 1080 kc., 7:30 a.m. Mon.-Sat., 12:30 p.m. Sun.  
 WKXV — Knoxville — 900 kc., 12 noon daily.  
 WLAP — Lexington, Ky. — 630 kc., 7 p.m. Mon.-Sat., 10:30 a.m. Sun.  
 KPYO — Lubbock, Tex. — 790 kc., 11:30 a.m. Mon.-Sat., 4:30 p.m. Sun.  
 KWAM — Memphis — 590 kc., 11 a.m. Mon.-Sat., 10 a.m. Sun.  
 WWSB — Memphis — 560 kc., 9 a.m. Sun.  
 WOSB — Miami — 710 kc., 9 a.m. Sun.  
 WFAB — Miami — 990 kc., 9 a.m. Sun. (in Spanish).  
 KWEL — Midland, Tex. — 1600 kc., 3:15 p.m. daily.  
 WCOV — Montgomery — 1130 kc., 6:30 p.m. daily.  
 WVOG — New Orleans, La. — 600 kc., 12:15 p.m. Mon.-Fri., 12 noon Sat., 1:30 p.m. Sun.  
 KFTV — Oklahoma City — 890 kc., 12:30 p.m. Mon.-Sat., 10:30 a.m. Sun.  
 WKTX — Paducah, Ky. — 570 kc., 12:30 p.m. daily.  
 KTLJ — Rock, Tex. — 1580 kc., 1 p.m. Sun.  
 KMAC — San Antonio — 630 kc., 7:15 a.m. Mon.-Sat., 9 a.m. Sun.  
 WBAS — Savannah, Ga. — 900 kc., 12 noon daily.  
 WHEB — Tallahassee — 1330 kc., 8:30 a.m. Mon.-Sat., 10:30 a.m. Sun.  
 WFLA — Tampa — 970 kc., 7:05 p.m. daily.

KFBL — Tulsa — 1050 kc., 12 noon daily.  
 KTSB — Tyler, Tex. — 600 kc., 12 noon daily.  
 KWFT — Wichita Falls, Tex. — 620 kc., 8:30 a.m. Mon.-Sat., 4:30 p.m. Sun.  
 KSW — Woodward, Okla. — 1430 kc., 1 p.m. daily.

## — Mountain States —

## MAJOR STATIONS

KGA — Denver — 850 kc., 9:30 a.m. Sun.  
 KSWB — Des Moines, N. Mex. — 1020 kc., 6:30 a.m. daily.  
 KSL — Salt Lake City — 1160 kc., 5:30 a.m., 11:15 p.m. daily.  
 KXLD — Ciudad Juarez, Mexico — 800 kc., 8 p.m. daily (MST)

## LOCAL-AREA STATIONS

KOBM — Albuquerque — 610 kc., 6:30 p.m. daily.  
 KIDO — Boise, Idaho — 650 kc., 7:05 p.m. daily.  
 KTVB — Casper, Wyo. — 1030 kc., 6:05 p.m. daily.  
 KIX — Denver — 560 kc., 106.7 FM, 7:15 p.m. daily.  
 KCLS — Flagstaff, Ark. — 600 kc., 12:30 p.m. daily.  
 KREX — Grand Junction, Colo. — 1180 kc., 8 p.m. daily.  
 KINOM — Great Falls, Minn. — 540 kc., 6:30 p.m. Mon.-Sat., 8 p.m. Sun.  
 KOPH — Kalispell, Mont. — 1180 kc., 6:30 p.m. daily.  
 KASA — Phoenix — 1540 kc., 12:30 p.m. daily.  
 KSN — Prescott, Idaho — 950 kc., 8 p.m. daily.  
 KNT — Reno — 1540 kc., 6:30 p.m. daily.  
 KINOR — Salt Lake City — 1230 kc., 12:15 p.m. daily.  
 KTVB — Tucson — 1400 kc., 8 p.m. daily.  
 KTV — Twin Falls, Idaho — 1270 kc., 7:05 p.m. daily.

## — West Coast —

## MAJOR STATIONS

KIRO — Seattle — 710 kc., 10:30 p.m. Mon.-Fri., 3:30 a.m. Mon.-Sat.  
 KRAK — Sacramento — 1140 kc., 9 p.m. daily.  
 KMAX — San Francisco — 1160 kc., 12:30 p.m. Mon.-Sat., 10:30 a.m. Sun.  
 KOSB — Los Angeles — 1020 kc., 97.9 FM, 6 a.m. Mon.-Sat., 10 a.m. Sun.  
 KTLN — Los Angeles — 640 kc., 9 p.m. Sun.

## LOCAL-AREA STATIONS

KWYN — Ashland, Ore. — 580 kc., 7:30 a.m. Mon.-Sat., 7:30 p.m. Sun.  
 KAM — Bellingham, Wash. — 550 kc., 6:30 p.m. daily.  
 KSD — Columbia, Calif. — 1490 kc., 7:15 a.m. Sun.  
 KOSB — Eugene, Calif. — 1010 kc., 7:30 a.m. daily.  
 KSNB — Eugene — 590 kc., 7 p.m. daily.  
 (Continued on next page)

**CFPS** — Fresno — 940 kc., 9 p.m. Mon.-Sat., 10 a.m. Sun.  
**CFST** — Grand Forks, B.C. — 1940 kc., 7:30 p.m. daily.  
**KAGO** — Klamath Falls, Ore. — 1150 kc., 6:30 p.m. daily.  
**KPOX** — Long Beach — 1280 kc., 9 p.m. Mon.-Sat., 9:30 p.m. Sun.  
**KLAC** — Los Angeles — 570 kc., 8:30 a.m. Sun.  
**KYAC** — Medford, Ore. — 1250 kc., 6:30 p.m. daily.  
**KOMA** — Pasco, Wash. — 610 kc., 7 p.m. daily.  
**KEX** — Portland — 1190 kc., 9 a.m. Sun.  
**KLHG** — Portland — 1290 kc., 92.3 FM, 7:30 a.m. Mon.-Sat., 1 p.m. Sun.  
**KWJL** — Portland — 1080 kc., 8 p.m. Mon.-Sat., 10 p.m. Sun.  
**KDAY** — Salem, Ore. — 1450 kc., 6:30 a.m. Mon.-Sat., 9 a.m. Sun.  
**KVQA** — Saffron, Calif. — 1580 kc., 7 p.m. daily.  
**KACE** — San Bernardino-Riverside — 1570 kc., 9:30 a.m. Sun.  
**KERC** — San Bernardino — 1550 kc., 9 p.m. daily.  
**KEMM** — San Bernardino — 1290 kc., 6 a.m. Sun.  
**KOSO** — San Diego — 600 kc., 8:30 p.m. Sun.  
**KHNS** — San Francisco — 1550 kc., 6 a.m. Mon.-Sat., 8 a.m. Sun.  
**KVBC** — San Francisco — 610 kc., 106.1 FM, 7 a.m. Sun.  
**KVBC** — San Luis Obispo, Calif. — 920 kc., 7 p.m. daily.  
**KHLS** — Seattle — 1050 kc., 12 noon daily.  
**KFW** — Seattle — 1250 kc., 102.5 FM, 7:15 a.m. Mon.-Sat., 10 a.m. Sun.  
**KVI** — Seattle — 570 kc., 8 a.m. Sun.  
**KVBC** — Spokane — 590 kc., 7:05 p.m. daily.  
**KNO** — Tacoma, Wash. — 1560 kc., 8:30 p.m. daily.  
**KHNS** — W. Covina, Calif. — 980 kc., 12 noon Mon.-Sat., 9 a.m. Sun.  
**KHNS** — Yakima, Wash. — 1460 kc., 6:30 p.m. daily.

#### — Alaska & Hawaii —

**KPSB** — Anchorage, Alaska — 750 kc., 7:50 p.m. daily.  
**KPSB** — Fairbanks — 900 kc., 6 p.m. daily.  
**KHNS** — Honolulu, Hawaii — 1270 kc., 6 a.m., 6 p.m. daily.  
**KHNS** — Honolulu, Hawaii — 650 kc., 7 p.m. daily.

#### CANADA

**KHNS** — Blind River, Ont. — 750 kc., 6:30 p.m. daily.  
**KHNS** — Brantford, Ont. — 1580 kc., 6:30 p.m. daily.  
**KHNS** — Calgary, Alta. — 1000 kc., 9 p.m. Sun.-Fri., 8:30 p.m. Sat.  
**KHNS** — Edmonton, Alta. — 1000 kc., 9 p.m. Sun.-Fri., 8:30 p.m. Sat.

**CKRM** — Regina, Sask. — 750 kc., 6:30 p.m. daily.  
**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.  
**CKW** — Grand Forks, B.C. — 1340 kc., 7:30 p.m. daily.  
**CACN** — Hamilton, N.S. — 920 kc., 10:25 p.m. Mon.-Sat., 10 p.m. Sun.  
**CFAC** — Kamloops, B.C. — 910 kc., 10:50 p.m. Mon.-Fri., 7:40 p.m. Sat., Sun.  
**CKOV** — Kelowna, B.C. — 650 kc., 10:50 p.m. Mon.-Fri., 7:30 p.m. Sat., Sun.  
**CKWS** — Kingston, Ont. — 960 kc., 8:30 p.m. Mon.-Fri., 9:30 p.m. Sun.  
**CKWK** — Kitchener, B.C. — 1250 kc., 7:30 p.m. daily.  
**CHVE** — Leamington, Ont. — 5:50 a.m. daily at 730 kc., 6:30 p.m. daily at 710 kc.  
**CFMH** — Montreal, Que. — 1410 kc., 6:30 a.m. Mon.-Sat., 1:30 p.m. Sun.  
**CFCH** — North Bay, Ont. — 600 kc., 8:30 p.m. Mon.-Fri., 7 a.m. Sun.  
**CKOO** — Oshawa, B.C. — 1240 kc., 7:30 p.m. daily.  
**CKOV** — Ottawa, Ont. — 1310 kc., 5:30 a.m. Mon.-Sat.  
**CKYB** — Peace River, Alta. — 610 kc., 6 a.m. Mon.-Sat., 7:30 p.m. Sun.  
**CKOK** — Penikese, B.C. — 800 kc., 7:30 p.m. daily.  
**CHX** — Peterborough, Ont. — 980 kc., 8:30 p.m. Mon.-Fri., 10:30 p.m. Sat.  
**CKH** — Prince Albert, Sask. — 900 kc., 7:30 p.m. Mon.-Fri., 8 p.m. Sat., 2 p.m. Sun.  
**CHTK** — Prince Rupert, B.C. — 560 kc., 7:30 p.m. daily.  
**CKRM** — Regina, Sask. — 980 kc., 8:30 p.m. daily.  
**CFBC** — St. John, N.E. — 950 kc., 98.9 FM, 8:30 p.m. daily.  
**VOCM** — St. John's, Nfld. — 590 kc., 6:30 p.m. daily.  
**CHLO** — St. Thomas, Ont. — 1570 kc., 6 a.m. Mon.-Sat., 3:30 p.m. Sun.  
**CFBC** — Sudbourn, Sask. — 600 kc., 8:30 p.m. daily.  
**CKCY** — Sudbourn, Ont. — 920 kc., 6:30 p.m. daily.  
**CHST** — Sault Ste. Marie, Ont. — 650 kc., 7:30 p.m. Mon.-Thurs. & Sat., 8 p.m. Fri., 10:30 a.m. Sun.  
**CFTR** — Terrace, B.C. — 590 kc., 7:30 p.m. daily.  
**CHX** — Thunder Bay, Ont. — 800 kc., 7:30 p.m. Mon.-Sat., 6:25 p.m. Sun.  
**CHST** — Toronto, Ont. — 1450 kc., 6 a.m. Mon.-Sat., 10 a.m. Sun.  
**CHS** — Vernon, B.C. — 940 kc., 10:30 p.m. Mon.-Fri., 7:30 p.m. Sat., Sun.  
**CHVI** — Victoria, B.C. — 980 kc., 8:30 p.m. Sun.-Fri.  
**CHV** — Winnipeg, Man. — 580 kc., 9:30 a.m. Mon.-Sat., 7 a.m. Sun.  
**CHX** — Yorkton, Sask. — 940 kc., 8:30 p.m. daily.

#### In French —

**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.

**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.  
**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.  
**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.  
**CHST** — St. John's, N.S. — 1340 kc., 6:30 p.m. Mon.-Sat., 5:30 p.m. Sun.

#### EUROPE

**In English —**  
**RADIO BARRABOS** — 188 m. (1594 kc.) medium wave, 10:30 a.m., 7:30 p.m. Mon.-Sat., 2:45, 7:45 p.m. Sun., 60 & 91 mc. VHF 7:30 p.m. Mon.-Sat., 7:45 p.m. Sun.  
**In Spanish —**  
**RADIO MIRAMAR** — Porto, Portugal — 782 kc., 10:30 p.m. Sat.  
**\*RADIO MIRAMAR** — Barcelona, Spain — 6:45 a.m. Mon., 12 midnight Fri. & Sat.

#### ASIA

**— Guam —**  
**RADIO GUAM** — GUAM — 610 kc., 6 p.m. Sun.  
**— Okinawa —**  
**RADIO OKINAWA** — KSK — 880 kc., 12:05 p.m. Sun.

#### CARIBBEAN AND LATIN AMERICA

**In English —**  
**RADIO BARRABOS** — Pine Hill, Barbados — 900 kc., 9:30 a.m. Mon.-Fri., 11 a.m. Sat., 10:30 a.m. Sun.  
**BARRABOS REUNION** — Reunion, Barbados — 10:20 a.m. Mon.-Fri., 9:30 a.m. Sat. & Sun.  
**STV 1 — RADIO MIRAMAR** — 940 kc., 1:30 p.m. daily.  
**GUYANA BROADCASTING SERVICE** — Georgetown — 560 kc., 11 p.m. daily (except 10:05 p.m. Wed. & Sat.).  
**JAMAICA BROADCASTING** — Kingston — 560 kc., 12 midnight daily.  
**Montevideo** — 630 kc., 12 midnight daily.  
**Montevideo Bay** — 700 kc., 12 midnight daily.  
**Port Maria (Port Cullen)** — 750 kc., 12 midnight daily.  
**RADIO GUARDIAN** — Trinidad — 10 p.m. Mon.-Sat., 6:15 p.m. Sun.  
**RADIO AMERICA** — Montevideo, U.S. — 950 kc., 6:30 p.m. daily.  
**In French —**  
**CHST** — Port-au-Prince, Haiti — 1480 kc., 7:45 p.m. Wed.  
**CHST** — Port-au-Prince, Haiti — 610 kc., 7:45 p.m. Wed.  
**RADIO AMERICA** — Montevideo, U.S. — 950 kc., 6:30 p.m. Mon., Tues., Sat.  
**RADIO AMERICA** — St. Louis, U.S. — 950 kc., 6:30 p.m. Mon., Tues., Sat.

Traditional Christianity is being abandoned for other forms of "worship." Oriental religions, witchcraft, the occult, so-called Christian "sects," and outright paganism have drawn thousands from the mainstream churches. WHY are people turning to the mystical in an age priding itself on scientific and material knowledge?

## The New Fad: MYSTICISM and the OCCULT

by Lester L. Grabbe

"DOUBLE, double, toil and trouble, Fire burn, and cauldron bubble."

Almost everyone has heard these lines from Shakespeare at one time or another. Accompanying is always the nocturnal image of several black-cloaked, vile-looking old hags stirring the contents of a frothing, seething, squat iron kettle in the middle of thick woods.

But if you met a "real" witch on the street, the chances are you would never recognize her. The unimposing lady next door or the attractive secretary in your office could belong to a coven and attend *esbat* (coven meetings) regularly without being discovered.

### Occult in the Open

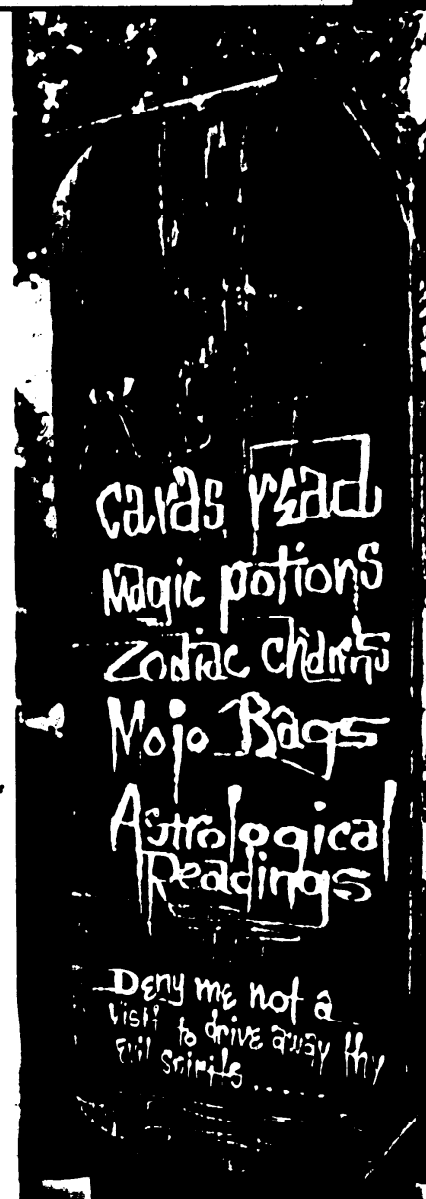
Witchcraft is only one of many new forms of "worship" attracting thousands of new converts each year. Astrology, spiritism, occultism, ouija boards (they have outsold Monopoly sets), Tarot cards, and other associated items are big business. The fact that com-

mercial businesses have capitalized on them attests to their present popularity.

What was once discussed only in hushed whispers with a nervous glance over the shoulder is now paraded before the public eye. In the Middle Ages, hundreds of thousands died as a result of being accused of witchcraft, devil worship or some other such practice. (At the famous Salem trials in 1692, 23 were executed as witches.) Now self-professed witches write books and news magazine columns.

The names of two "psychics" (Edgar Cayce and Jeanne Dixon), have become household words. Popular movies include *Rosemary's Baby*, in which a young woman has a child by a demon, and *On a Clear Day You Can See Forever*, which makes reincarnation a central core of the plot.

Jesus freaks — about which a popular book has been written called *Jesus Is My Trip* — gurus, Zen Buddhism, necromancy, spiritualist churches, and directing one's life by the stars have all found their niche in our modern society.





Ambassador College Photos

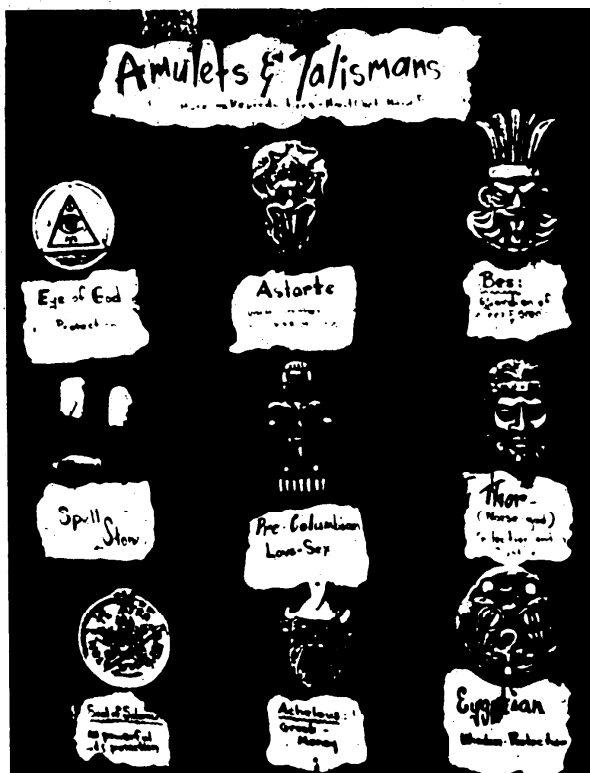
The late Bishop James Pike, who warned his parishioners about the dangers of *glossolalia* (speaking in tongues), added to his fame by seeking to communicate with his dead son through the help of a medium.

Why the sudden interest in the psychic, the spiritualistic, the occult? There is no doubt that much of the upsurge of attention is only a fad. But there is more to it than just passing fancy.

Before answering this puzzling question, let's take a look at some of the major areas of offbeat religious practices causing such a stir. First, some points about spiritism and the occult.

#### Conversations With the Dead

Necromancy — conjuring up the dead — is certainly nothing new. It was explicitly forbidden in the Pentateuch (Deut. 18:11). In the Old Testament the first king of Israel, Saul, is mentioned as having met his death after supposedly speaking to the "ghost" of the prophet Samuel. Yet, today we find the widow of a religious leader seeking messages from her late husband.



This of course, is another paradox of the Christian religion — doing what is *prohibited and condemned* by the claimed Christian Guidebook — the Bible.

The spirit manifestations in many seances have, of course, been exposed as absolute frauds. The famous escape artist Harry Houdini added further to his reputation by bringing to light the fakery often accompanying seances. It was undoubtedly through his efforts and those of others that interest in spiritualism waned between the Depression years and the 60's.

But seldom now do mediums even bother with flashing lights, messages in the air, or misty figures wafting across darkened rooms. They claim simply to be "mediums" — the human instrument through whose vocal cords the spirits speak.

Probably the most well-known spiritualist medium in the United States was the late Arthur Ford, a minister of the Disciples of Christ Church. A good deal of his fame was the result of work with Bishop Pike who wanted to consult his

son, Jim Pike, after the latter's suicide death.

There are presently two major organizations of spiritualist churches. The oldest and largest is the National Association of Spiritualist Churches. But perhaps the fastest growing is the Universal Church of the Master, founded in Los Angeles in 1908. It claims about 125 churches, the majority of which are in California, though exact

Mrs. Virginia Tighe, was hypnotized by Morey Bernstein. As he took her further and further back into her early life, he found her describing experiences in a distant land long before her birth. According to the story, he was talking to one Bridley Murphy who lived in Ireland in the early 1800's.

With the publication of the best-selling book *The Search for Bridley Murphy*, speculation about reincarnation

Britain than there was during the Middle Ages. One witch estimated there are at least 3,000 witches in Great Britain today.

There are approximately 2,000 active secret sects in France, which include the "onionists" (God is shaped like an onion), the navel worshippers, and the Druids (Druids are also in England and have an annual festival at Stonehenge). One report estimates the French spend about 1,000 million francs (\$200 million) a year in consulting 60,000 sorcerers.

Germany is the traditional land of witches, spells and hexes. According to the German Medical Information Service, 10,000 people are engaged in witchcraft there. Charges of witchcraft often come up in court.

In the United States there are those who actually claim to be practicing "Satanists." According to Arthur Lyons, Jr., author of the book *The Second Coming: Satanism in America*, there are 20,000 followers of this ideology in the United States. Some are "playing games" but others are quite fervent about their "religion." Perhaps the most well-known is San Francisco's Church of Satan, headed by High Priest Anton LaVey.

#### You Can Bet Your Lucky Stars

It is estimated that at least 5 million Americans plan their lives by the stars. This naturally does not include the additional millions who consult their daily horoscope out of curiosity or buy zodiac-decorated items ranging from drinking glasses to silk pajamas. There is enough business to keep 10,000 full-time and 175,000 part-time astrologers on the go.

More than two thirds of the daily newspapers in the United States carry astrology columns. The columnists include such famous names as Jeanne Dixon and Carroll Righter as authors. Sybil Leek, self-professed witch, writes an astrology column each month for a leading women's magazine.

You can now receive your own personalized horoscope by computer. A French firm began such a program about four years ago and has since expanded its operations to the U.S. The Paris operation spits out astro info in



Keystone Photo

**WITCHES' HUT NEAR LONDON** — In this reputedly four-hundred-year-old hut secret gatherings of Britain's witches regularly occur.

membership figures are not available. However, in the approximately 400 spiritualist churches in the United States, there are some 150,000 members.

Another religious group, the Spiritual Frontiers Fellowship, has mainly clergymen of different denominations for its 4,000 members. But it also has 110 scientists. Among those meeting regularly in groups, even in the late 50's, were a smattering of politicians and some outstanding ministers of religion.

#### The Bridley Murphy Affair

In the early 50's an unusual incident caused no small stir among the American populace. A Colorado housewife,

became household conversation. Many other people claimed to come up with details of "past lives" while under hypnosis. I personally had a man tell me his fear of fire was the result of being burned at the stake while a Crusader in a previous lifetime.

Reincarnation is, of course, a basic constituent of a number of Oriental religions. Once despised by a "Christian" populace, these religions are finding new adherents, some perhaps with tongue in cheek, but others quite serious.

#### Witches Ride Again

One Scotland Yard official estimated there is presently more black magic in



four different languages. A rival firm operates a 24-hour phone service. A third firm mails out monthly horoscopes — for a fee, of course.

Some astrologers, such as Catroll Righter, of Hollywood, conduct their businesses almost as if they were consulting physicians. Righter charges according to ability to pay. The phone rings in his office, and he sometimes has 2:30 a.m. calls from as far away as Hong Kong. But if he doesn't get nighttime calls, he says he begins to "feel not needed."

Astrology is the basis of the rock musical *Hair*, which lists a company astrologer among the credits in the program. Its opening dates on Broadway and in London, Los Angeles, Munich, Stockholm and Copenhagen were all carefully planned by the "signs."

Farmers and ranchers have raised crops and cattle by the zodiac for centuries. But even today many farm almanacs and calendars have a horoscope by which one can plant corn, harvest wheat, or plan the spring roundup.

Astrology is one aspect of twentieth-century life in which the ancient Babylonians would feel perfectly at home.

#### Some Miscellaneous Superstitions

For the millions who would not associate themselves with any of the aforementioned "cults," there is still widespread superstition, often just an offshoot of astrology, witchcraft, or the occult.

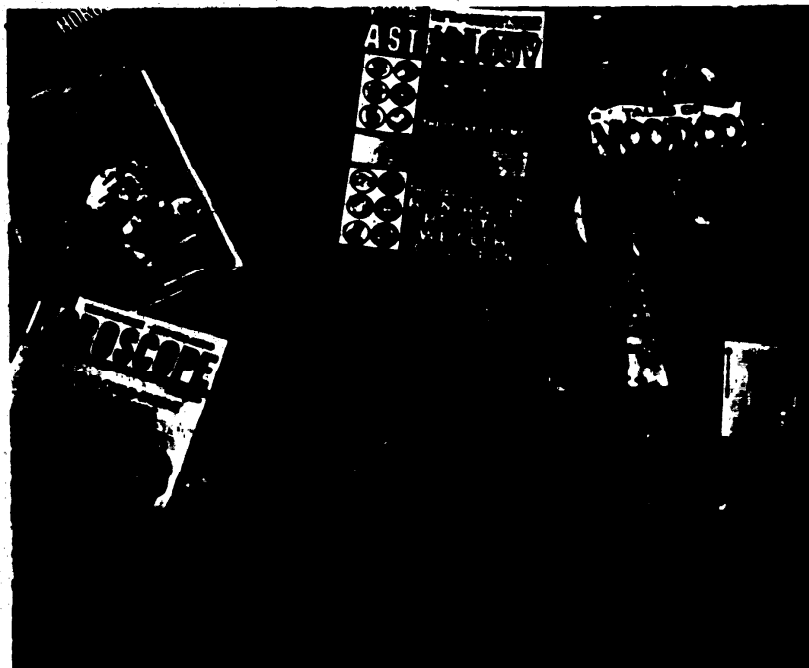
According to one estimate, there are 20 million people in the United States alone who actually carry with them a rabbit's foot or other good-luck charms. This does not include millions more who cross their fingers, knock on wood, cover before black cats, throw salt on their shoulder, or experience triskaidekaphobia (fear of the number 13). The next time you ride an elevator in a building with fourteen or more stories, look for floor 13. You will probably not find it.

According to tradition, the U.S. Navy will not launch a ship on Friday or the 13th of the month. Yet a recent survey of major air crashes saw no particularly great concentration on Friday or any other day and none since



Top photo, woodcut depicts burning of witches by the Inquisition in a German marketplace during the Middle Ages. Today society has come full circle, tolerating every aspect of the occult.

Top — Bettmann Archives  
Below — Ambassador College Photo



1937 on the 13th! It is reported that the British Navy, to counteract the superstition, purposely launched a ship on Friday the 13th, called the ship the H.M.S. Friday and used a captain whose name was Friday.

Even our speech is laden with expressions, such as "thank your lucky stars" and "cross my heart," which arise out of superstitious beliefs.

#### Glossolalia — the Tongues Movement

Perhaps one of the most unusual phenomena among Christian churches, condoned by some and condemned by others, is glossolalia. Great debate has accompanied any discussion of what constituted "tongue-speaking" in the Apostolic Church. Various groups have claimed this "gift" down through the ages since then.

It has been confined to the Pentecostal churches for most of this century. But during the last decade, it has been experienced and supported by individuals of practically all the major church groups, from the Catholics to the Episcopalians to the Baptists. It is prominent among the so-called "Jesus people," a sizeable portion of them young people — dropouts from the major churches.

#### Universal Need for Religion

But why are so many turning to the minireligions which include everything from spiritism to astrology? Why in an age of skepticism, of materialism, of science are so many seeking satisfaction in the occult and spiritualistic?

A famous Los Angeles religionist recently stated that religion is as basic to the nature of man as sex or thirst. There is a natural desire — a basic urge — within each human being for something outside and beyond himself. Some few appear to squelch that urge and claim to be atheists. (But, does an "atheist" really remain an atheist in a foxhole?)

Most satiate their desire with the "status quo" religion or church. They belong to the ecclesiastical group of their parents, their friends, their colleagues, their race or their nationality.

But the major Christian denominations are losing their influence. The rea-

son is — as we pointed out in an article on the subject in the June PLAIN TRUTH — that the mainstream churches are not fulfilling the people's needs. They have failed miserably.

People are turning to occult, the minisects and other related practices in a desperate attempt to get what they have not received elsewhere. Thus, in Britain the rise in spiritism is matched by a decline in the traditional religions.

Psychotherapist Ludwig B. Lefebvre wrote that people are trying to find ways "to get beyond themselves," yet the churches are just not responding suitably. Mankind wafts something more than just "relevancy" of religion to his secular way of life, though he certainly wants that as well. He has an inward drive for something above and beyond the human.

This innate drive is partly the cause of the widespread use of "mind-expanding" drugs. The use of LSD is often known to be accompanied by what is termed a "religious experience." Some Oriental religions, such as Tibetan Buddhism, claim to offer the same effect without drugs. The American host of one Tibetan-Buddhist guru describes such a mental trip as a "non-drug turn-on, inner enlightenment."

In fact, John Moon, registrar of Chelsea (London) College of Arts, predicted last year that black magic might replace drugs as the next "craze" among young people. But drugs often are not replaced by spiritism or occult experiences — they are instead many times an essential part of it. According to Dr. A. L. Malcolm, staff psychiatrist of the Addiction Research Foundation of Ontario, mysticism is one of the things underlying the drift to drugs by young people.

But in any case — whether drugs, mysticism, or both — the end is a "religious" trip. If such a religious experience cannot be found by conventional methods in conventional churches, it is only predictable that many will turn to a source elsewhere for excitement. This is precisely what is happening.

#### Sign of Death?

One "famous" witch explained why young people turn to witchcraft: "...they're disenchanted with the

Christian religion. They feel their religion has gotten away from the people. Everybody gets dressed up and goes to church to hear someone else do it. That's not religion, it's one big social club, so a lot of people, especially the younger people, are looking for something more."

"Social club" religious services might fill one's social needs. But not his religious needs. People are looking for something to hang on to. They want security. They want to know that a greater power than themselves is with them.

They have found the watered-down ritual in normative "churchianity" of no help. So they turn to astrology, mysticism, and the occult.

Religion writer George W. Cornell has pointed out that this state of things "reflects a widespread reaction against all-out modern secularism and its tendency to reduce religion to man's own capabilities and judgment, instead of his being helped by it." Churches have ceased to give moral guides to living. And many have quickly tired of their new-found "freedom."

People are dissatisfied with our materialistic society. They are equally disenchanted with the standard-brand churches which seem to give no alternative to the secular world. In their frustration to find a power beyond themselves, they seem to feel the only other path open is mysticism and the psychic.

One of the major causes for the collapse of Rome was the decay of religion from the status of moral judge and champion to a hollow shell of ritual and liturgy.

In desperation, people turned to astrology, sorcery, and divination, the natural refuge in a time of confusion and collapse.

The occult scene — as the drug scene, the crime scene, and the immorality scene — reflects the turbulent state of our contemporary society. It seems that decadent and dying civilizations almost always turn to the mystical in their final hours. Rome did. So did Constantinople. And Athens. Is the present interest in the occult another sign that our Western civilization is in its "final hours"? □

# what you can do...

**TIMELY Tips and Helpful Suggestions for YOU and YOUR FAMILY**

## • What To Do In Case of Poisoning

The average household has at least 40 potential poisons: medications (both external and internal), insecticides, bleaches, detergents, cleaning agents and polishes.

Every parent, guardian or baby sitter should know what action to take if a child accidentally swallows some poisonous substance. First, ascertain what the poisoning agent is, if possible. Immediately call the family doctor or the nearest hospital that has 24-hour emergency facilities. (Have these phone numbers written down in case of such an emergency.) Then follow the advice you are given.

Expert help may not be readily available. In that case, while someone else continues to call for help, you must begin emergency first aid measures. If there is an antidote given on the poison's container label, administer it as directed. Be sure to save the label for the doctor or hospital. If no antidote is given, begin implementing the following first aid procedures recommended in the American Red Cross *First Aid Textbook*:

1. Have the victim drink quantities of water or milk. This will dilute the poison. Although water is the most readily available diluting agent, milk helps protect the digestive tract lining and slows the absorption of the poison.

2. Induce vomiting in all cases EXCEPT when poisoning is by the following: Strong acids like bleaches and swimming pool acids; strong alkalis such as lye, plumbing cleaners, oven cleaners and other caustics; strychnine such as in certain gopher and rat poisons; kerosene or other petroleum products such as gasoline, furniture polishes, oils and paint thinners.

Telltale signs of these types of poisonings are sudden illness, sometimes strong breath or vomitus odor and possible burns about the lips and mouth. Likewise, do not induce vomiting if the victim is unconscious, having convulsions or in a state of exhaustion.

Otherwise, induce vomiting. A baking soda solution, consisting of several teaspoonfuls of baking soda per half glass water, given with the diluting fluids, will produce vomiting. Vomiting can also be induced by depressing the back of the tongue with your finger or with a spoon. When doing this be sure to hold the child with his hips upon your lap and his head slightly lower to prevent inhaling the vomitus.

Besides the *First Aid Textbook* by the American Red Cross, another worthwhile book covering what to do in case of poisoning is *The Mother's Guide to Child Safety* by Bryson R. Kalt and Ralph Bass, published by Grosset & Dunlap in New York. It's available at your local library, or for one dollar at a nearby book store or from the publisher.

## • Floor Furnace Burns

Floor furnaces are the leading cause of burns to children under 5. They account for one out of every five burns to children under 15. Each year in the United States alone, floor furnaces cause 50,000 to 60,000 burns that must be medically treated.

"The temperature at the level of the floor grate has been recorded at between 300 and 350 degrees F, the usual temperature for cooking chicken, beef, ham, veal and other meats," warned Dr. Julian A. Waller, professor at the University of Vermont Medical School, when reporting on floor furnace hazards to the National Commission on Product Safety. Continued Dr. Waller, "The only other heating device so constructed is the barbecue."

According to a heater manufacturer, there are no available manufactured protective devices for floor furnaces. Replacing a floor furnace with a better heating system is the safest measure.

If you own a floor furnace and can't afford to replace it, remember that it's dangerous—especially to little children.

## • A Relationship of Pasteurized Cow's Milk to Crib Death?

Crib death, sometimes called sudden death syndrome, sudden infant death, cot death or smothering syndrome, mysteriously claims the lives of thousands of babies every year. Estimates run anywhere from 10,000 to 20,000 a year. In Britain alone, three babies die every day from this baffling cause. Dr. Daniel Stowens, a pathologist who has done a great deal of study on sudden infant death, rates crib death as the tenth most common cause of death of all persons.

After years of careful investigation, doctors are still unable to find the specific cause of these sudden infant fatalities.

Though the actual specific cause of crib death is still undetermined, research points out that there is a possible link between cow's milk formula and crib death. In the 1964-1965 *Year Book of Pediatrics*, edited by Sydney S. Giellis, M.D., in a section reporting on the "Role of Antibody to Cow's Milk Proteins in sudden Death Syndrome," this conclusive statement about crib death was made: "... regardless of the results of milk protein antibody studies, the infant who dies suddenly and unexpectedly is one who is receiving cow's milk formula, whereas breast-fed babies are not to be found succumbing in this fashion."

This seems to coincide with a report made by the British Ministry of Health in 1965, suggesting that cow milk allergy

may be one of the three main causes of sudden infant death (crib death). The report revealed that in an intensive five-year study of such deaths, those that died were shown to have a high amount of antibodies to cow's milk and that 42% of those examined had cow's milk in their air passages.

One doctor has suggested that research be done to see if pasteurization of milk may be a factor. Whether or not cow's milk formula is a cause or contributing factor in the high incidence of crib death is still a controversial subject among medical experts. Nevertheless, it is better to breast-feed your baby, and not take chances on a possible tragedy.

Breast feeding is known to lower an infant's susceptibility to allergy and infection.

Says the *Marré Manual of Diagnosis and Therapy*, "Breast feeding by a healthy mother provides the natural food for infants... has the lowest incidence of food allergy, and may furnish unidentified factors which lower the incidence of infection in the infant."

### ● Parental Influence and Teen-age Marijuana Use

According to Dr. Nehama Tec, Research Director, Mid-Pairfield Child Guidance Center, Norwalk, Connecticut, *parental influence* is a key factor in whether or not teen-agers turn to using marijuana.

Dr. Tec conducted a survey among 1700 youths, aged 15 to 18, living in an affluent suburban community, attending the local public high school. His survey findings were disclosed in the November 1970, *Journal of Marriage and the Family*:

- There is a significantly higher proportion of *regular marijuana users* among children of broken homes than among those from unbroken homes.

- Among children whose parents use legal drugs there is a higher level of illegal drug involvement. The following percentage of surveyed teen-agers used marijuana: 18% of those whose mothers took sleeping pills; 20% of those mothers used tranquilizers; 25% of those whose mothers "drink more than just cocktails." (Another study of 14,000 students in Ontario, Canada noted that a teen-ager whose mother takes tranquilizers daily is three times more likely to use marijuana, LSD, or glue and six times as likely to use opiates than one whose mother does not.)

- According to Dr. Tec's survey there is a direct correlation between the amount of family recognition teen-agers are given and teen-age marijuana use or non-use. Approximately 38% of teen-agers whose parents were disappointed and displeased with them used marijuana—26% moderately and 32% regularly. Of the children whose parents were proud and pleased with them 23% used marijuana—16% moderately and only 7% regularly.

- Parents who lack warmth, are overly demanding and cold or indifferent increase the likelihood of their children using marijuana. The survey determined that 56% of children with indifferent parents used marijuana—the percentage was 47% for those whose parents were demanding and cold. In

comparison, 29% of the children whose parents showed them warmth used marijuana.

- Demanding too much of children academically was also statistically correlated with marijuana use. Likewise, indifference to children's accomplishments in school was also correlated with marijuana use.

When children can openly talk to their family about trouble they are in or problems they are facing, they are less likely to turn to using marijuana.

- Children that say they enjoy being with their family are less likely to turn to marijuana use. In the survey, 38% of those children who said they didn't enjoy being with their family regularly smoked marijuana. Only 4% of those that said they enjoyed being with their family were regular marijuana users.

What obvious conclusions does this data present? As the 1970 White House Conference on Children so aptly stated in its recommendations, "There is a need to change our patterns of living so that once again we will bring adults back into the lives of children and children back into the lives of adults."

### ● "Bargain" Freezer Meats

A family with a home freezer can usually purchase expensive food items like meat in bulk quantities at a lower cost per pound. But this is true only if a family makes its purchase from an *honest* freezer-meat provisioner.

Most freezer-meat operators do run honest businesses. The Federal Trade Commission estimates that there are at least 7,500 ethical freezer-meat dealers in the country. But there are also some 300 unscrupulous bait-and-switch freezer-meat operators. Consumers should be aware of them.

To avoid being taken in by an unscrupulous freezer-meat dealer, follow this FTC advice:

1. Beware of advertisements which offer meat at "bargain" prices far below those at retail stores. And keep in mind that bulk meat is usually sold by the hanging weight—uncut and untrimmed. Only half to three-quarters of the beef may remain after cutting and trimming.

2. Make sure it is U.S.D.A. stamped. But remember that there are a number of U.S.D.A. grades. In declining order of quality there is U. S. Prime, U. S. Choice, U. S. Good, U. S. Standard, U. S. Commercial, U. S. Utility, U. S. Cutter and U. S. Canner. The "utility" grade is two rungs above the lowest grade and comes from old cattle whose meat is rarely sold at retail. The bottom two, "cutter" and "canner" are used in processed meat products and almost never sold in retail stores.

3. If the dealer suggests a more expensive half or quarter, don't buy unless you've checked the price per pound after cutting and trimming with the price per pound of meat in a regular market. And be extremely wary of buying meat from a freezer-meat provisioner on credit. Find out to whom your promissory note must be paid, whether interest and carrying charges will be added to your payments, and how much they will be. Before buying check on the dealer's reputation with a call to your local Better Business Bureau.

# TITO'S YUGOSLAVIA:

*Key Nation in Europe's  
"Soft Underbelly"*



YUGOSLAVIA'S  
PRESIDENT  
JOSIP BROZ TITO

For over 20 years, Marshal Tito has been leading Yugoslavia's unique experiment in independent, national Communism. Today, his nation is at the crossroads.

by Harry Eisenberg

**R**UMblings are once again being felt in the Balkans, that volatile region once called the *powder keg of Europe*. Here, where sparks set off World War I, pressures are being felt which could significantly alter the world balance of power or even lead to an East West confrontation.

Strategically speaking, the heart of the Balkans is Yugoslavia. Situated near the northern Mediterranean Sea and also controlling the land routes between Western Europe and otherwise isolated Greece and Turkey, Yugoslavia is of vital interest to both Western Europe and the Soviet bloc.

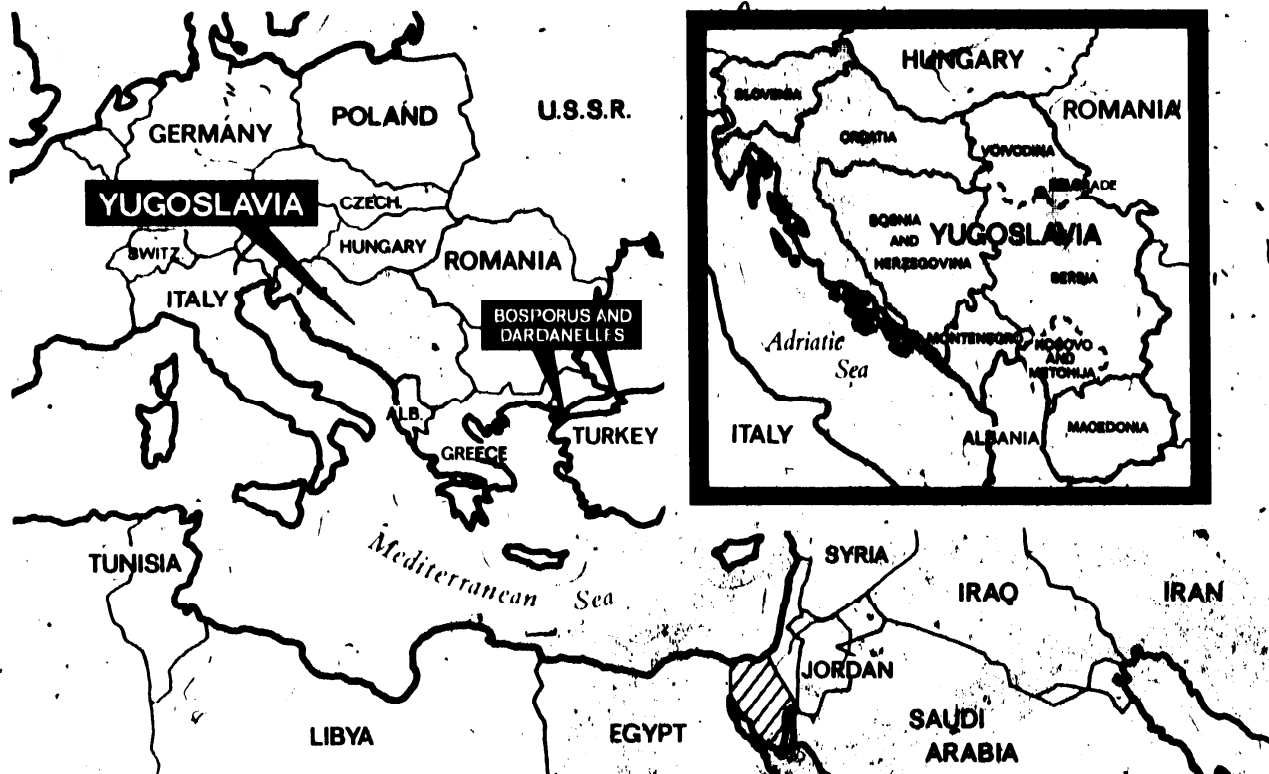
#### Soviet Designs on Yugoslavia

Feeling hemmed in because of their location, the Russians, in their quest for warm water ports, have long cast their eyes on the Balkans.

Back in 1869, Russian General Rostislav Fadeev wrote, "Russian affairs will go well, only when the peasant women on the slopes of the Balkans will hush their children to sleep, saying, 'Don't cry, the Russians are coming soon to help us, and they will bring you presents.'"

For centuries the Russians have considered Eastern Europe and the Balkans one of their most *primary* spheres of influence. This was demonstrated by the

Keystone Photo



Yugoslav women carry automatic weapons as they undergo training in the People's Army.

Wide World Photo

nineteenth century movement called *Pan-Slavism*. As promulgated in Russia it was the idea that all Slavic peoples should be united under Russian hegemony, of course.

This would conveniently include Yugoslavia — the Land of the South Slave. A noted Russian Pan-Slavist, Nikolai Danilevski, in 1869 foresaw a federation of Slavic states (led by Russia) from east of the Elbe to the Adriatic Sea. He was some 80 years ahead of his time for it was not until 1948 that Josef Stalin, who had revived the Pan Slavic idea in the closing years of World War II, was able to bring Danilevski's prediction to pass. But it was short lived.

That very same year, 1948, Tito and Yugoslavia broke with the Soviet bloc.

#### Strategic Yugoslavia

Then, in the late 50's, neighboring Albania took the Chinese side in the Sino-Soviet dispute. The Kremlin had

lost its two sure outposts in the Mediterranean. Since then the Soviets have been able to obtain Mediterranean naval bases in certain Arab lands. But as the recent coup and counter-coup in the Sudan illustrated, the situation of the Soviets in the Arab world can be precarious.

At present all Mediterranean-bound Soviet ships must pass through the Turkish, and hence NATO-controlled, Bosphorus and Dardanelles. These waters have anti-submarine nets strung across them, enabling Turkish and NATO officials to keep a close watch on Soviet strength in the Mediterranean.

If Yugoslavia were a Warsaw Pact member, the Soviets could enter the Mediterranean undetected. The Soviets could service their ships off the coasts of Yugoslavia by way of Hungary or Bulgaria and their dependence on the Turkish straits would be greatly lessened.

Furthermore, a Kremlin-controlled Yugoslavia would mean the loss of the key land link between NATO members Greece and Turkey and Western Europe. The Soviets would then be able to exert strong pressures on those two nations. It is important to remember that the attempted Communist take-over in Greece in the late 1940's was defeated partly as a result of Yugoslavia's expulsion from the Soviet Bloc.

Later, in 1953, Yugoslavia, Greece and Turkey entered into a defense pact.

But if Yugoslavia has been a thorn in the side of the Kremlin strategically, it has been one even more so ideologically. Yugoslavia is the epitome of independent national Communism, pursuing its own goals rather than those of Moscow.

Freedom for the Yugoslav government to function independently has also meant more freedoms for the Yugoslav people. Yugoslavs are free to emigrate and travel abroad. Western products and culture abound within the country and there is even a relative measure of political freedom.

This has made Yugoslavia the model for the aspirations of independent, liberal-minded communist leaders.

#### Yugoslavs Would Fight

The Yugoslavs are well aware of the Brezhnev doctrine by which the Soviets

claim the right to intervene militarily in any Communist country in order to "defend socialism." But unlike the Czechs, who indicated they would not resist an armed invasion, President Tito has made it clear that his nation would fight tooth and nail in the event of any military invasion.

The Yugoslav people have a tradition of self-defense which most recently came to the fore in World War II. At that time, underground Partisan fighters led by Marshal Tito were able to expel the German and Italian invaders and in so doing made Yugoslavia the only Axis-occupied country to be liberated by its own forces. This is a great source of pride to the Yugoslavs. The Partisans are great heroes in Yugoslavia and they promise the Russians the same treatment meted out to the Axis, if a Soviet invasion comes.

To this end the Yugoslavs maintain a standing army of some 200,000 men. They are well equipped with modern weapons, many of American origin. Behind them are 450,000 reserves and a huge "home army" numbering some three million, many of whom are specifically trained in guerrilla warfare.

#### Soviet Subversion.

When confronted with such a threat, the Kremlin has usually resorted to its other traditional, and often more effective weapon, subversion.

This has taken many forms in Yugoslavia. But the primary one has been to attempt to stir up the old rivalries and antagonisms between Yugoslavia's numerous ethnic groups—Serbs, Croats, Slovenes, Macedonians, Montenegrins, Bosnian Moslems, Albanians and Hungarians. The country is in fact divided into six republics and two autonomous provinces, mainly along ethnic lines.

The main rivalry has been between the largest nationality, the Serbs, and the next largest group, the Croats. The economically more advanced and Western-oriented Croats have traditionally demanded greater autonomy from the Serbs who dominate numerically. Some Croats went so far as to side with the Nazis, who set up a puppet state of Croatia during the war.

They were led by a group of local fascists called the Ustache. The Ustache

have not disbanded since the war and are today active among Croatian exiles in West Germany and other countries.

On the other side of the coin are hard-line Serbian Communists who feel that only a centralized government of the Stalinist variety can keep dissident Croats and others under their control.

Of course, the overwhelming majority of the Yugoslav people fit into neither category.

This includes President Tito, himself a Croat, but one who vigorously fought the Ustache. At the President's behest, the Yugoslav government recently adopted a series of constitutional amendments which turned the country into a federation, granting the republics individual control of virtually everything except defense, foreign affairs, currency, internal trade and internal security.

President Tito is convinced this represents the best bet for holding the country together once he leaves the scene.

#### Playing Both Sides

If Yugoslavia should split up, the Soviets might well find themselves with an excuse, or even better, an invitation from one of the protagonists, to come in.

To this end, the Russians have given tacit support to the hard-line Communists who came out against President Tito's decentralization proposals last Spring.

At the same time, however, the Soviets are believed to have made contact with Ustache elements in West Germany and elsewhere and offered them support in their drive for an independent Croatia.

We should note that Bulgaria, Russia's most docile satellite, continues to lay claim to the entire Yugoslav republic of Macedonia with apparent Soviet approval.

In short, the Soviets are showing their disapproval of President Tito's policies in virtually any manner, short of invasion, and there is no guarantee they will not attempt that.

#### Tito's Response

Marshal Tito has not been taking this threat to his regime and country lightly. In recent years he has been quietly

purging the Stalinist elements from the ranks of his Communist party. When some opposed the decentralization proposals last spring, many hard-line Communists found themselves going into retirement.

The Yugoslavs have also been quietly improving their relations with China to further offset the Russian threat, something the more idealistic Czechs never bothered to do.

Finally, President Tito continues to bolster his ties with the United States, as illustrated by his coming visit to Washington.

#### Moving Westward

Since Tito's break with Stalin, Yugoslavia has been moving almost continually, albeit slowly, in a westerly direction.

At first, Soviet thinking was that Marshal Tito would be overthrown from within as a result of a Russian economic and military boycott. But the West held out a hand of support, and beginning in 1949, economic and military assistance began flowing in from Britain, France and the United States. Since that time, American aid alone has come to well over two billion dollars.

Officially, Yugoslavia adopted a non-alignment stance in the 1950's and was in fact one of the champions of the "third world" movement attempting to unite the neutralist nations. But with the ouster of both Sukarno and Nkrumah, and the deaths of Nasser and Nehru, the non-aligned bloc has virtually disappeared as a force in international relations. Nothing illustrates this more perhaps than India, formerly the epitome of non-alignment, now entering into a recent twenty-year treaty with the Soviet Union.

Yugoslavia, however, while technically still neutral, has continued to broaden its ties with the West. In February 1970, Yugoslavia entered into an official trade agreement with the Common Market, with whom it had been doing much of its business anyway.

Just last March came President Tito's very successful visit to Italy. While there, the Yugoslav leader sought Italian support for strengthening and increasing his nation's Common Market ties. Such support is expected to be forthcoming.

While in Rome, President Tito became the first "Communist" head of state to have an official audience with Pope Paul. Previously, Yugoslavia had become the first and only Communist country to enter into diplomatic relations with the Vatican, relations which today can only be described as harmonious.

"Socialism and religion do not contradict each other," says Petar Segivc, one of the heads of the Yugoslav State Religion Council. "They complement each other." This is yet another evidence of changed thinking in the "New" Yugoslavia.

#### Latest Developments

This past summer the Russians, along with some of their Warsaw pact satellites, conducted military maneuvers in Hungary along both the Romanian and Yugoslav borders in an attempt to increase pressure on both states to respond more to Moscow's wishes. The code name for the maneuvers was appropriately "Yug." This was scheduled to be followed by other maneuvers along the borders of those two nations, this time in Bulgaria.

The Yugoslav response this time was to plan its own maneuvers on its side of the border for this autumn with special emphasis given to coordinating the operations of specially trained guerrilla units with the regular army.

In late September 1971, Kremlin leader Brezhnev delivered a pledge to keep hands off Yugoslav affairs, coupling it with a plea for closer cooperation with the Soviet bloc.

To add to the Balkan confusion, the Chinese are hard at work attempting to increase their influence in the region. Their diplomatic successes there, albeit limited, are occurring much to the chagrin and alarm of the Kremlin.

Romania for many years has been courting Chinese friendship in an attempt to gain leverage in its struggle for a greater measure of independence from Moscow. And China has been quite obliging, anxious to outflank its rival in the strategic Balkans.

Now the Chinese are showing an interest in Yugoslavia as well. Premier Chou En-lai is scheduled to visit the Balkans this fall, with stops in Albania,

Romania and Yugoslavia. Not to be outdone, Russia's Brezhnev is planning to visit Belgrade as well. But it is highly unlikely that either of the Communist giants will receive any kind of formal commitment from President Tito.

The Yugoslavs are, to a certain extent, wary of the Chinese as well as the Soviets. For years the rigid Stalinists in Peking denounced "Titoism" as a betrayal of Communism. Of late the Yugoslavs have grown even more liberal in their outlook while Communist Chinese remain dogmatic. Ideologically, Yugoslavia today is closer to Western European socialist states than to Peking.

#### European Sentiment

There is strong feeling in Yugoslavia today for the need to integrate that country into a strong Europe in order to offset the Soviet threat.

This is especially true in the northern republics of Croatia and Slovenia. Roman Catholic by religion and using the Latin (rather than Cyrillic) alphabet, these peoples have traditionally been associated with Central Europe, while the rest of Yugoslavia was part of the Turkish empire.

A Croatian writer recently said, "Of course some people in Belgrade will keep worrying that one day we [the Croats] may walk out of Yugoslavia. Actually we and the Slovenes are the locomotive that is pulling the Serbs, the Bosnians, the Montenegrins and the Macedonians into Europe."

There is certainly the likelihood that Yugoslavia could eventually become part of a powerful, united Europe, whose nucleus today is the European Common Market. While this has not by any means as yet occurred, it seems far, far more likely today than back in the 1950's.

The Soviet Union — already worried about wayward Romania, fearful of a revitalized China, and very concerned about losing her expanding influence in the Mediterranean — may view such a move with great alarm.

Today, the Balkan area is as much a powder keg as it ever was. A Balkan crisis is the spark that set off World War I. It is hoped that another crisis in the Balkans will not be the spark to set off World War III. □



## Television Violence

(Continued from page 6)

guideline is to *limit* the amount of television you watch and the amount you allow your children to watch. And most important, don't allow the television set to become your child's baby-sitter, even if it's not violence and wrong programming that he will be watching.

Any child who spends two, three or four hours a day sitting passively in front of the TV tube, gawking at a world of make believe and fantasy

is losing vital hours that should be spent learning how to relate and talk to brothers, sisters, playmates, parents, relatives and neighbors.

Replace much of TV viewing with family interests. What happened, for example, to the good "old-fashioned" family get-together where family members simply talked — sharing interests, ideas, needs, desires, thoughts on current world events, happenings at school, work or the neighborhood? Don't let television stifle your family conversation.

Rather than permit the television set

to absorb all your leisure time, develop an interest in some constructive hobby. Children need to be encouraged to take up constructive hobbies rather than spend all their time in front of the TV. The more a parent sets the example of having outside interests such as hobbies, the more apt his children will be to develop other interests besides watching TV.

Take the necessary first step by turning the television set off earlier and utilizing the needed initiative and thought to develop more interests for you and your children. □

## Parent-Teacher Guide to Children's Television Viewing

### QUESTIONS OF EVALUATION

1. What is added to the audience's knowledge?

2. What is most people's search for entertainment and action?

3. What is added to our understanding of the world and appreciation of mankind?

4. What is required for a program to be considered good?

5. What is the program's message?

6. What are the program's values?

### CONSIDERATIONS

1. It gives information and/or entertainment related to real-life situations or situations.

2. It shows children, parents, and adults.

3. Shows constructive, informative, balanced picture of life; encourages honest human relations; fair to all; positive attitude; fair and balanced.

4. Offers acceptable standards of behavior; presents problems and solutions; offers suggestions for better living.

5. Presents honest, clear, positive picture of life; encourages constructive, positive human relations; encourages positive attitude; encourages positive living.

6. Offers protection to children; offers positive attitude; offers positive living.

### CONSIDERATIONS

1. Dull, boring, not related to life or learning; uninteresting.

2. Unnecessary conflict; unrealistic; unrealistic; unrealistic.

3. One-sided propaganda; unrealistic; unrealistic; unrealistic.

4. Unacceptable standards of behavior; presents problems and solutions; offers suggestions for better living.

5. Dull, boring, not related to life or learning; uninteresting.

6. Offers protection to children; offers positive attitude; offers positive living.

## Baha'ud-Din Toubkan Interview

(Continued from page 15)

Jerusalem and declared it as the capital.

**Q.** Mr. Ambassador, what is the significance of the holy places in Jerusalem to the Arab people?

**A.** East Jerusalem is totally Arab, one hundred percent Arab and has certainly been part of Jordan up to 1967. Consequently it should be considered always as Arab territory under occupation.

The holy places are for everybody; the three faiths and the whole world. But the sovereignty of the land has been and should always be an Arab sovereignty.

**Q.** Well, when your government was sovereign over the territory, Mr. Ambassador, why were the Israelis not allowed free access to what they regarded as their holy sites, notably the Wailing Wall?

**A.** The voice of Israel, in this respect, is heard far more than the Arab. The Reconciliation Committee, which met in Luzon, which was formed by the United Nations resolution to try to solve the question, requested from both parties to give pledges for the protection and free access to the holy places. The Arabs gave those pledges, but Israel refused. They never gave any pledges because the holy places are not only concentrated in East Jerusalem, but all over Palestine. It is the Holy Land of the world — Not Palestine's or Israel's or belonging to the West Bank. You will find shrines and holy places for Christians and Moslems scattered all over Jerusalem.

**Q.** Do you believe the present Israeli government will relinquish East Jerusalem?

**A.** If there is justice, they should.

**Q.** What about the many modern apartment buildings presently being constructed in East Jerusalem, the annexation of the city, the linking together of its electrical and sewage systems, buslines, communications and the one mayorship under Teddy Kollek?

**A.** Just because the action has been taken doesn't mean it should be legal-

ized. It shouldn't be accepted as *fait accompli*. If such action is legalized, a breakdown in international relations would result and there wouldn't be any peace in the whole world. However, if they do relinquish the territory we would compensate them for their efforts.

**Q.** Do you foresee that the Arab Middle East could actually be benefited by a peaceful and productive Israeli economy?

**A.** The Israeli economy and its industrialization is rather exaggerated and not factual. It is an economy that has heavily relied on donations from abroad. The Arab World's economy is none the worse.

Even in Jordan — a small country — we have developed small industries. Had we been given more time we would have flourished. However, when Israel complies with Resolution 242 and hostilities cease, then I don't see why we shouldn't benefit from their experiences and they from ours. □

## What Our READERS SAY

(Continued from inside front cover)

available for those who want it, but the thought of millions of housewives (and their husbands) returning to primitive bread making is hardly on the horizon except for those on the fringe who help support the health food proponents."

Managing Director,  
Bakery Council of Canada  
Toronto, Ont.

"I want to acknowledge receipt of your August issue of *The PLAIN TRUTH* Magazine and also to say that I have read it from cover to cover. Your article 'Bread — The Broken Staff of Life' was especially interesting to me as it so happens I spent about twenty years operating flour mills. I said many times that we were putting the best part of the wheat into the feed sack."

A. O.,  
Poncha City, Oklahoma

"I especially liked the article 'Bread — The Broken Staff of Life' in the August issue. I have been trying to encourage my husband to eat whole wheat and whole grain products, instead of the white refined breadstuffs he likes so much, but he only ridiculed me and called me a 'health fanatic' — until I showed him the article. We discussed it and he said he at last realized why I had been so anxious. He quit eating products from white flour. I was so happy. What I had lacked were the facts which your magazine presented."

Joan I.

"Until August 1971 I had never heard of your magazine *The PLAIN TRUTH*. Being a medical microbiologist, I am interested in all aspects of illnesses, especially those contracted by everyday eating habits. As a result, your article on the treatment of wheat before we get the final 'Staff of Life' titillated my appetite for more such articles. I was told that it was not possible to obtain your magazine from the local book shops, neither was it possible to subscribe via subscription fees. Whatever your means of distributing your magazine, I would very much like to become a subscriber."

Darryl G.,  
Waterloo, Ont.

• *The PLAIN TRUTH* is published monthly by Ambassador College as a free educational service in the public interest — supported solely through voluntary contributions. Welcome to our growing family of subscribers.

"A letter appeared in the Oct. issue that used the terms, 'misinformed' and, 'uninformed' to criticize what probably is the best article ever written about bread.

"Why didn't the critic tell in what way or ways the author of 'Bread — The Broken Staff of Life' was 'misinformed' and, 'uninformed'?"

Eugene G.,  
Jackson, S. C.

### Suicide Not the Answer

"I am writing this letter to you in regard to a letter which was sent to you by a certain Susan S. in the October issue of your Magazine. I'm not much with words, but I do know that life is more important than anything else (including words).

"Suicide is not the answer. Believe me, Susan, somewhere, sometime, you will find a meaning for life, be it large or small.

"Even this letter, composed of about two cents worth of ink and paper, shows someone cares. And if I care, then somebody, somewhere, in someplace must also care.

"I, too, am seventeen years old, Susan, but I know that life is composed of much more than grief."

R. H.,  
Oregon City, Oregon

• Many concerned readers have written to us requesting Susan's address — hoping to offer personal help and encouragement. We must respectfully refuse. All names and addresses on our subscription file are kept in strict confidence as a courtesy to our subscribers.

### A One World Government

"In 'The Dollar Crisis,' you advocate as 'The BEST world monetary system... a one-world government.' The fact that you claim to expound truth makes me wonder just what 'truth' you have based this incredible statement upon, and if your 'truth' proposes the inclusion of atheistic Communism in this 'one-world government.'

"'Truth-seeking' research would have shown you that 'one-world government' would NOT improve any monetary system but would, INSTEAD, make it inherently worse. For our sovereign Republic to enter into ANY 'one-world government,' organization, treaty, or dealings of ANY kind with ANY Communist country is clearly contrary to God's law.

"Not since man was put on this earth

has anything perpetrated as much sin, suffering, and death as the Communist 'un-believers.' One would think that after thirty years of dealing and 'bridge-building' with the Communists, we would have come to the realization that God knows what is best for us and has so instructed. Yet we seem determined to learn the hard way."

Patricia P.  
Wichita, Kansas

• The mistake of "guilt by association" is often used to link all "one world" hopes to international communism. The point being made in our article was entirely economic. We did not mean to espouse any existing political system for the world, but to explain how international money problems can be solved. The idea of "our" sovereign republic — whether from the American, French, Soviet or other national point of view — is exactly the kind of thinking that leads to nationalistic trade barriers, high tariffs and so forth. This in turn can lead to trade war and who knows what more terrible consequences.

### Dollar Crisis

"Could you please explain some things to me: In your Oct. '71 issue you write about the Dollar Crisis and America going bankrupt among many other things. Here is what I don't understand: The U.S. saved Russia from starvation in W.W. I, helped rebuild so many countries (Germany, Austria, Italy, etc.).

"I am from Austria myself and I saw the wonderful job the Marshall Plan did over there.

"Isn't it about time the U.S. was repaid for all the help it gave in previous years? Did America lend these countries the money or what? When I borrow something I must give it back, pay it back sooner or later.

"Where am I missing the point?"

Mrs. George Y.  
San Antonio, Texas

• You are not missing the point. This is precisely what American officials are reminding foreigners who complain about the U.S. Balance of payments deficit and gold shortage, namely: "You owe us more than we owe you." Allies from World War One still owe the U.S. about \$20 billion! Since 1941, the United States has distributed another \$150 billion, of which \$46 billion was in loans. Of that \$46 billion, \$27.6 billion is still owed! Finland has paid off all her World War II loan, France has paid back most, but Great Britain still owes \$8 billion from World War I, and more since World War II.

Such figures are serving as ammunition for the isolationists in America to advocate a U.S. pull-out from foreign lands. Meanwhile, Europeans remind Americans that such massive aid was essentially "buying allies," or self-protection, therefore not true "gifts." The money owed by each side of the Atlantic to the other side can become a cause for much political friction, but cooler heads hope that "bygones will be bygones" and that neither side will renege on obligations.

### Sympathy For India

"In your esteemed magazine *The PLAIN TRUTH* in an article about India you mentioned that India is always inclined to be pro-communist in stand. I

think India cannot help it. Take for example what is happening to Bangla Deah (formerly East Pakistan). In spite of the genocide of Bengalis perpetrated by the Pakistan Army, the U.S. and other Western countries are supplying arms to Pakistan (India's enemy) and supplying relief material to India. On the other hand, the U.S.S.R. is showing India some sympathy concerning the refugee problem (7 million now). If the West changes its stand I am sure India too will change hers."

Louis C.  
Bombay, India

### Alcoholism Tragedy

"I found your article 'The Neglected Tragedy of Alcoholism' very enlightening and could easily identify with the article — but not the pictures. The pictures (and these are often the first eye-catcher in a magazine) show the end result of alcoholism since it is a progressive illness. You state in your article that only 5% of alcoholics end up like the pictures. Why not show pictures of the 95% so people could identify with themselves? Why not show pictures of the hidden alcoholics in the homes? The executive, the housewife, the Military — from the top Brass down to the Private, the Doctors and Lawyers."

H. S.  
Victoria, B.C.

### Tongues Movement

"In most cases I am in agreement with your ideology. However, I am at odds with you over 'Glossolalia' — The New Tongues Movement. While the article was well presented, it presented only the facts that are a detriment to the people who claim to have received that experience. Most of the people I know who admit to have spoken in tongues are a very godly people with a heart of love for God and man.

"If 'glossolalia' is still for people today as well as for those of the New Testament times, then the individual should prayerfully seek God for His guidance in the matter for the genuine 'gift' and not an imitation of wizards who 'peep and...mutter.' To have an imitation would be worse than to be without the original."

Harvey C.  
Los Angeles, Calif.

"On page 21, first column, under the heading 'Tongues In The Bible,' you have said: Two passages in the Bible mention "speaking in tongues": Acts 2 and 1 Corinthians 14. Not so. We also find 'tongues' mentioned in Acts 10:46 and 19:6, and in 1 Corinthians 12, verses 10, 28, and 30. (Reference 'What We Believe and Teach, Articles of Faith of the United Pentecostal Church, St. Louis, Mo.')

"Again, perhaps this was just an oversight, and I thought you might want to correct it in a later issue."

Clair E. W.  
Springfield, Ohio

• The two Bible passages we cited are the only ones that describe or explain "tongues," although you are correct that these other passages mention — in passing — the act of "speaking in tongues."

"I appreciated your objective article on the 'Tongues' movement. Having attended several such meetings (Full Gospel Fellow-

ship), I am inclined to agree that it is largely hypnotic, with a bit of super-promotionalism thrown in."

H. M. Bruce,  
Annapolis, Maryland

"I would admonish you to use extreme caution in associating the Scriptural manifestations of God's Spirit with the demonic incantations of the occult. A Christian used of God for the miraculous never loses control of his will or consciousness!"

Edward J. W.,  
Lakeland, Fla.

"I can say with certainty that I have recognized the Spanish language spoken by the Holy Spirit through an individual who was totally unfamiliar with the language.

"When speaking in tongues one does not go into a trance. Nor is one subjected by the Spirit, such as in possession by a demon, but is completely aware and has the use of all faculties."

Olive M. L.,  
Safford, Arizona

"I am no glossolalist, feel no lack in not having that gift, and no rancor nor envy towards those who do. If they make the gift preeminent, rather than the Giver, I feel they err — and certainly I cannot feel that it should be a prerequisite for membership in any group which calls itself Christian."

Frances W. M.,  
Gainesville, Florida

### Grateful for Free Literature

"I am 80. Glad that your magazines are made available whether I can afford to buy them or not. If I had to pay for them, I would definitely find my name out of your list. I have gained much from *The PLAIN TRUTH* and *TOMORROW'S WORLD*.

"I would be grateful to you if you will be kind enough to forward me these your booklets."

J. B. K.,  
Kodie-Ashanti, Ghana

### Jammu and Kashmir

"We were shocked to read your apology in the July issue of *The PLAIN TRUTH*, under an Indian Official's letter, for not showing the State of Jammu and Kashmir as an integral part of India.

"You, of all people, apologized for telling the truth.

"The State of Jammu and Kashmir, as the whole world — with the only exception of the Indian Government — knows, has been a disputed territory between India and Pakistan since 1947 and the UN is maintaining a cease-fire line between the two countries over this area ever since.

"Either prove it, that the UN has accepted the Indian claim over the Indian occupied territory of Jammu and Kashmir, that there is no dispute over this area between the two countries, and that there exists no cease-fire line over the disputed area; or apologize.

Group of Pakistanis  
Living in England

• Our map in the October, 1970 issue showed the borders of India to extend only up to the cease-fire line currently dividing the Pakistani and Indian sectors of Kashmir. These are the boundaries currently accepted by virtually all who are nonpartisan to the dispute.

# IN THIS ISSUE:

The PLAIN TRUTH  
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## ★ HOW DOES TELEVISION AFFECT YOUR CHILD?

Our children are growing up on a constant diet of TV violence. We need to ask ourselves: Is it all just harmless entertainment? See page 3.

## ★ MIDDLE EAST — YEAR-END TENSIONS MOUNT

To determine how leading Arabs and Israelis feel about the Middle East conflict, PLAIN TRUTH Executive Editor and staff members interviewed Arab and Israeli diplomats and political leaders at the United Nations and in Jerusalem. See page 9.

## ★ A UNITED STATES OF ARAB NATIONS?

The constitution of the Federation of three Arab Republics went to a vote before the Egyptian, Syrian and Libyan peoples September 1. The vote was almost 100 percent in favor of Federation. The question is: "Can it last?" See page 16.

## ★ MUST AMERICA PREPARE FOR THE "GREAT DROUGHT" OF THE 1970'S?

In 1971, the American Southwest was hit by a severe drought. Will conditions ease next year or must America prepare for a prolonged and devastating drought? See page 21.

## ★ YOU CAN LOSE WEIGHT

Forty million Americans and ten million Britons are plagued with excess weight. Are you one of them? How about your children or relatives? Here's what you can do about it. See page 27.

## ★ MYSTICISM AND THE OCCULT

Traditional Christianity is being abandoned for other forms of "worship." Oriental religions, witchcraft, the occult, so-called Christian "sects," and outright paganism have drawn thousands from the mainstream churches. WHY are people turning to the mystical in an age priding itself on scientific and material knowledge? See page 36.

## ★ TITO'S YUGOSLAVIA: KEY NATION IN EUROPE

For over 20 years, Marshal Tito has been leading Yugoslavia's unique experiment in independent, national Communism. See page 43.