

JANUARY 1977

the PLAIN TRUTH

a magazine of understanding



IS
JUVENILE
"JUSTICE"
A WISHFUL
THINKING?

BATTLE FOR SOUTHERN AFRICA

INSIDE SADAT'S NEW EGYPT

a magazine of understanding

January 1977

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The juvenile offender creates one of society's most perplexing dilemmas. Are there viable solutions? Or is the concept of "juvenile justice" little more than wishful thinking? Read the article in this issue beginning on page 26.

Ken Evans - The Plain Truth

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Circulation Manager J. J. Martin.

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Americans have a new president, but his attempts at achieving world peace will fall short, as it has with those presidents before him. The difficulties he will encounter are simply more than any human being can properly handle, because this world of ours has progressed too rapidly *in the wrong direction!*

"Oh, I wouldn't say that!" many will exclaim. No, people don't want to believe it! They seem to prefer to deceive themselves with wishful thinking.

But therein lies the DANGER! Most men are afraid to face the facts! But these are facts nonetheless. The development of engines of mass destruction has far outpaced the development of man's power to control them.

Man has built the awesome Frankenstein monster that threatens to destroy him. Man has reached that stage of development and "progress" where he is utterly unable to save himself!

These relentless forces now set in motion would continue until the fear so frankly expressed by top scientists of the blasting of human life completely out of existence would become a reality. It was not for one thing -- the intervention of almighty God to save us from ourselves!

Shocking? Maybe to some. But thank God! His intervention is sure. It's time millions were becoming ALARMED! YES, FRIGHTENED! aroused by what's happening today and a little more than curious to learn what's prophesied for the not-too distant future.

Trouble Ahead

For the immediate future -- the next five, ten, or twenty-five years -- the sobering revelation of Bible prophecy shows this world will go from bad to worse. World confusion, hatred, strife, warfare and terrible destruction will increase with rapid acceleration. It's the natural course to expect.

The United Nations won't be able to bring peace. The aggressor nations -- and we are so gullible we never recognize them until AFTER they plunge the world into another war -- will go right on with their scheming and diabolical planning for world rule.

Personal from...

Robert A. Rosenberg

EXCITING NEWS! PEACE IS ON THE WAY!

The dreaded nuclear war we have all feared for so long will come -- not because God wills it, but because men will choose to unleash this destructive power on one another.

The greatest prophet who ever lived looked down into our time and the now-imminent future and said, "And there shall be distress of nations, with perplexity, men's hearts failing them for fear, and for looking after those things which are coming on the earth. And then shall they see the Son of man coming in a cloud with power and GREAT GLORY. And when these things begin to come to pass, know ye that the KINGDOM of God is nigh at hand. Verily I say unto you, This generation shall not pass away till all be fulfilled" (Luke 21:25-32).

World Government Needed

World government is needed, but through human leaders it is simply impossible! What man lives today who has the qualifications -- who could safely be entrusted with that much power? What man would not abuse such vast power, exalt himself, wield it for his own ambitious and selfish purposes? What man has the wisdom to execute such power, to save this world from itself, and to

administer his great office for the good of the governed?

Human civilization has "progressed" adversely to the point where now it is utterly HELPLESS to save the world from itself. The world's sole hope now lies in the supernatural intervention of God!

We're so hopelessly involved and entangled in the type of paganized competitive-government civilization built upon earth that we cannot extricate ourselves. Let's face it. We're in the death grip of an evil system and only God can save us from extinction.

But God will intervene. He will send Jesus Christ once again to earth, and this time not as a lamb-like gentle teacher, but in all the supreme supernatural power and GLORY of God.

"And he shall send Jesus Christ which before was preached unto you, whom the heavens must receive until the TIMES OF RESTITUTION of all things" (Acts 3:20-21). Jesus Himself said "I'll go. I will come again" (John 14:3). And His coming happens to be the world's only hope.

World Government Through Christ

Few seem to have understood the purpose of either Christ's coming to
(Continued on page 42)

IN AMERICA'S CLOSE PRESIDENTIAL ELECTION challenger Jimmy Carter bested incumbent Gerald Ford with 50.5% of the popular vote. At one point in the campaign Carter had held more than a thirty-point lead over Ford. Pollster George Gallup stated that the President was "in the midst of a dramatic comeback" as he stumbled over key foreign policy issues. Carter picked up 15 votes in the second of three electoral college contests, the Texas caucus, to win the White House.



1976 THE EVENTS THAT

Washington London Peking Beirut Tokyo Guatemala City Johannesburg



RECORD LOW RECORD HIGH

ON MARS The Viking 1 lander touched down on the red planet on September 19, 1976, becoming the first U.S. spacecraft to land on another planet. The lander was launched on May 17, 1975, and spent 13 months in transit. It was the first of two Viking landers to be launched by NASA. The second, Viking 2, landed on Mars on September 3, 1976.

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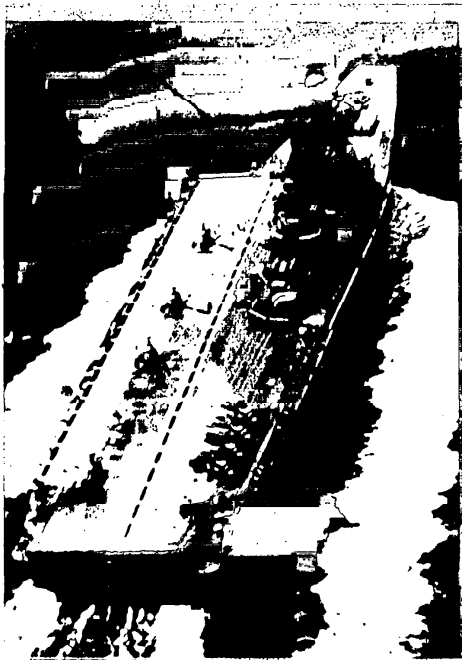
CHANGED OUR WORLD!

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BICENTENNIAL BIRTHDAY

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RUSSIA'S FIRST aircraft carrier in the Mediterranean, the Kiev (left), demonstrated growing worldwide Soviet offensive strategy. **LOCKHEED BRIBERY SCANDAL** reverberated with deep political repercussions in many nations, including Italy, the Netherlands, and Japan, where former Premier Kakuei Tanaka (below) was among those indicted. **GENETIC ENGINEERING** (right), took a giant step forward in 1976 with the successful synthesis of an artificial gene.



1976 THE EVENTS!



QUAKES, GEOLOGICAL AND POLITICAL Guatemala devastated (above) signaled an upsurge of killer quakes that also hit China, the Soviet Union, Italy, Bali, New Guinea, the Philippines, and Turkey. Riots in South Africa's black townships (right), following closely a Communist victory in the Angolan civil war, catapulted southern Africa into the forefront of world attention.



Guerrilla warfare escalates in Rhodesia as efforts to achieve a settlement in Geneva sputter; militants in South West Africa (Namibia) claim they will have no part of a peaceful transfer of power; riots break out in the black urban townships of Africa's largest industrialized country, the Republic of South Africa.

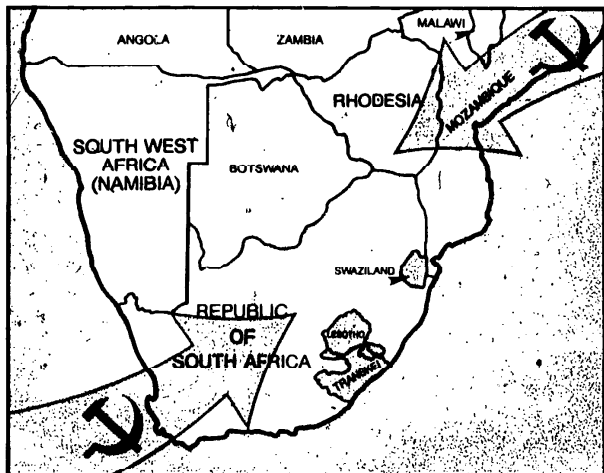
Turmoil on Africa's troublesome southern tip now vies with the Middle East for newspaper headlines around the world. Few people, however, take the time to probe behind the headlines or to research behind the skimpy 30-second news reports on television.

As a result, the average man on the street in North America and the democracies of Western Europe is not being told the whole story of his vast stake in the outcome of the turbulent events that have been sweeping the African subcontinent. Nothing short of the economic health of whole societies in the West and the jobs of literally millions of workers could be on the line.

Africa's Powerhouse

Of all the nations of Africa, the Republic of South Africa is far and away the most dynamic. Possessing but 5% of the total population of Africa and only 4% of its land mass, South Africa nevertheless accounts for more than 25% of Africa's gross national product, 20% of its agricultural output, half of its electricity, and over 60% of the continent's total industrial output.

The Witwatersrand industrial complex, centered around Johannesburg, is the fifth largest concentration in the world and the largest south of Milan in northern Italy. South Africa's highly efficient agricultural sector, despite being hampered by sparse and unpredictable rainfall as well as poor soil (only 12% of the Republic's land is arable), nevertheless is one of the very few in the world which is produc-



tion, a nongovernmental fact-finding and fact-distributing organization which projects to the rest of the world the facts about South Africa, *be they good or bad*, and similarly informs South Africans of both their status and image in the rest of the world.

In no uncertain terms, Dr. Marais spelled out to me some economic facts of life that Americans and Western Europeans should be made much more aware of:

The Republic of

South Africa is situated at perhaps the most vital or sensitive corner of the world's sea-lanes. Around the Cape of Good Hope sail 24,000 ships every year — mostly tankers — bound for Europe and America. These lanes carry most of Europe's oil supply and will, toward the turn of the century, carry 60% of the U.S.A.'s oil needs. With the Soviet navy pushing aggressively into the Indian Ocean and acquiring port privileges on the east and west coasts of Africa, the maintenance of this oceanic "pipeline" is critical.

Storeroom for the Free World

The importance of South Africa and her neighbors to the industrialized free world, however, transcends mere geographic location. At a time when the major Western industrial countries are concerned more than ever before about possible future commodity shortages, they should take note of these facts:

- South Africa's annual gold production represents more than 70% of all the gold produced in the Western world.
- About 50% of all the gem diamonds of the world are produced in South Africa and South West Africa, as well as large quantities of industrial diamonds.
- South Africa is the largest producer of platinum in the free world. This is an essential ingredient in fertilizers and in many metallurgical processes, and it is widely used in the jewelry trade.

THE BATTLE FOR SOUTHERN AFRICA

by Gene H. Hogberg

A new front in the East-West struggle has opened up wide. At stake is a vitally strategic region containing the free world's richest treasure trove of mineral wealth. Its loss to the industrialized West would be incalculable.

ing enough food to feed its people.

South Africa, however, is important not only in the African context, but also in the broader picture as a key component of the free world's economic stability.

Recently, in Cape Town I had the privilege of speaking with Dr. Jan Marais, founder, chairman, and chief executive of the Trust Bank of Africa, one of the "Big Five" of his nation's banking institutions. Since 1974 Dr. Marais has also been president of the South Africa Founda-



"South Africans are certainly working towards the elimination of [internal] irritating practices and policies . . . [but] nothing, no matter what changes we make, even one man, one vote right now, will apparently satisfy our real enemies, because their real aim is not to achieve peace, happiness, equality of opportunity and progress for all our population groups, but implicitly to overthrow civilized life in South Africa and to outwit the free world in international strategy. They realize that the control of the southern tip of Africa, on account of its resources, strategic situation and facilities offered, trade- and military-wise, is a most important key to future world domination."

— Dr. Jan S. Marais,
President of the South Africa Foundation

- South Africa is the world's second largest producer of chromium after the U.S.S.R. Together with neighboring Rhodesia, the region holds 96% of the free world's chromium resources.

- Other minerals South Africa holds in abundance include manganese, vanadium, fluorite, asbestos, antimony, vermiculite, titanium, and nickel, as well as coal and iron ore. Fluorite, chrome, manganese, and vanadium are absolutely essential for the production of high-quality steel, such as that used in the armament industry. (Adds one U.S. Interior official: "When we can do without steel, we can do without manganese.")

In addition to the above, South Africa has between 25% and 30% of the Western world's uranium resources.

In sum, the 20 metallic and 30 nonmetallic minerals mined in South Africa include almost every raw material needed by modern industry. With existing mineral resources, South Africa is regarded as *one of the world's top four mining countries*. It ranks next to Australia and just below America and the Soviet Union as far as nonfuel mineral wealth is concerned.

"Against this background," asks Dr. Marais, "is it logical to say that South Africa is of no importance to the West?" To the contrary, he adds, "there are many who believe that South Africa will in the future increasingly be the raw material store-room for the free world."

Moscow's Main Goal in Africa

Dr. Marais is not alone in alerting the Western world of its growing

dependence upon the resources of southern Africa.

Dr. W. C. J. van Rensburg, technical director of the Minerals Bureau of South Africa, recently warned: "The mineral potential of southern Africa is so vast and of such obvious importance to the industrial nations of the free world that they should do everything in their power to promote détente and the orderly development of the [African] subcontinent. If they neglect this duty to their own peoples, they may come to regret their tardiness and lack of statesmanship."

Dr. van Rensburg was speaking at the recent international Mineral Resources Conference held in Mbabane, capital of the Kingdom of Swaziland on South Africa's eastern border.

The conference was attended by 80 of the world's top mineralogists. The consensus these experts reached was this: *The Soviet Union's primary interest in southern Africa is to deprive the industrialized West of its supply of crucial minerals, so causing severe disruption of the West's economy.*

What if the Soviet Union should be successful in exploiting to the full the racial tensions in the nations of southern Africa? What if, in domino fashion, Rhodesia, South West Africa, and finally South Africa were to fall into the communist orbit?

If a Russian-backed regime were ever to take over the government of South Africa, it would mean that the Soviet Union would control 90% of the world's platinum reserves, 75% of the manganese, 80% of the gold, 60% to 80% of the diamonds, and 80% of the vanadium supply.

Under such conditions, the West would be at the mercy of the greatest raw materials cartel the world has ever seen—far exceeding the control of much of the world's oil by the OPEC nations. Moscow would then be in a position to extract maximum political advantage for granting other nations access to these badly needed raw materials.

Fanning the Racial Flames

Because of the inherent racial complexities in southern Africa, the situation is made to order for Moscow's

(Continued on page 39)



THE MOST NEGLECTED KEY TO BETTER HEALTH

by Donald D. Schroeder

Doctors report the next greatest advance in health care will not come from a medicine bottle but from individual prevention of disease!

Health-care costs are rising at such an astronomical rate that they are now taking a dime out of every dollar of the average U.S. family's income.

More and more people feel angered, frightened, and helpless before the trend of soaring medical costs on one hand and the increasingly impersonal quality of

health care or unsatisfactory health results on the other.

In the United States alone, the expenditure for health care tops \$115 billion annually — triple that of a decade ago. That's a national average per capita health-care spending of around \$550 a year, or over \$2,000 for an average family of four. Not every per-

son or family spends this staggering sum, but many do.

Today's health services — from doctors' offices to hospitals to psychiatric couches — are swamped with patients. Though we have the best health care in history and we're living longer, millions simply do not enjoy good health or feel good. Each year record amounts are spent on newer and more exotic drugs, sophisticated health gimmickry, and fads in the search for health. But we're not spending most of this money for ailments that plagued our grandfather's generation.

Gone are the great infectious disease epidemics of smallpox, yellow fever, tuberculosis, cholera, typhoid, diphtheria, and polio. The weapons of sanitation and drugs have beaten them down to manageable proportions. But in their place are a growing number of ailments and diseases that characterize "advanced" civilization and often defy medical solution: cardiovascular diseases, cancer, lung diseases, diabetes, cirrhosis of the liver, and nervous disorders.

Modern men and women are plagued with emotional problems, worries, and tensions. Valium and other tranquilizers, top penicillin, birth control pills, and pain killers are the most prescribed drugs. Accidents cause another great toll of suffering.

Some 80% of a doctor's work consists of treating minor complaints and giving reassurance. Common colds, minor injuries, gas, gastrointestinal upsets, back pain, arthritis, and psychoneurotic anxiety states account for the vast majority of visits to clinics and doctors' offices.

Many doctors report one out of four people is emotionally tense, and worried about insomnia, fatigue, too much or too little appetite, or inability to cope with modern life. An estimated 10% of the population suffers from some form of mental illness, but only one out of seven of these receive any specialized help.

The widespread promotion of

The most important key to better health is individual effort to learn and comply with the basic laws and principles that regulate good human health — balanced diets, proper exercise, and temperate life-styles.

"miracle" drugs and the glorification of advanced medical technology have raised unrealistic expectations of what the medical system can do. While modern medical tools are helpful, even necessary and life-saving in many cases, too many are laboring under the illusion that the miracles of medicine alone will keep them well, and that the answer to all of their health problems somehow lies in a colorful little pill.

Unfortunately, safe, quick, and sure cures are few and far between. Powerful new drugs have helped millions, but they have also injured and even killed many others by adverse reactions.

New Direction Needed

There is no absolute guarantee any of us will be able to escape any modern health problem. Some environments or disease-causing agents may be beyond our effective control. But what can we do to better our health or improve our resistance to disease?

Data now support the conclusion that the most common health problems of the average American or Westerner will not be significantly alleviated by increases in the number of hospitals or physicians, by more and more expensive machines for diagnosis and treatment, or by new drugs.

While all of these may be necessary tools in the fight against existing diseases, Dr. John H. Knowles, president of the Rockefeller Foundation, points out the next direction better health care must take. The

individual must realize that a perpetuation of the present system of high-cost, after-the-fact medicine will only result in higher costs and more frustration. The next major advance in the health of the American people will result only from what the individual is willing to do for himself.

A recent American Medical Association report also clearly pinpoints the major cause of so many modern health problems: "While much progress has been made in overcoming many historic plagues of mankind, we find more and more illness due, at least in part, to abuse and neglect by the individual himself."

Dr. Knowles says too many Americans have come to look on gluttony, alcoholic intemperance, reckless driving, sexual frenzy, and smoking as constitutional rights, and they've come to expect government-financed "cures" for all the unhappy consequences.

Rene Dubos, noted microbiologist and pathologist, observes:

"To ward off disease or recover health, men as a rule find it easier to depend on the healers than to attempt the difficult task of living wisely."

The most important key to better health, then, is individual effort to learn and comply with the "basic laws and principles that regulate good human health — balanced diets, proper exercise, temperate life styles."

Shocking Lack of Individual Disease Prevention

In 1968, Dr. Dwight D. Witter, of San Francisco, president of the American Medical Association, declared in a major medical convention speech that physicians resist the advances and the primary requirements of really caring for the inherited body.

He went on to explain that many physicians falsely assume there are easy ways to stay well and youthful, looking instead for "fixes" among other things, for that lack of patient education and countless variety of pills, ointments and so forth offered

Diet and Diseases of Modern Civilization

Heart disease and cancer of the colon, rare in centuries past, are now common killers. Diverticulitis and chronic constipation affect millions. Up to 25% of deaths are caused by diabetes or related conditions.

One common factor in the above diseases is that they are rare in rural communities which adhere to a traditional way of life involving whole-food diets. This is not to say that these communities don't suffer from other dietary deficiencies such as protein malnutrition, etc., but they do obtain the nutrients which seem to prevent the modern degenerative diseases.

Interestingly, when these communities are exposed to the Western-style diet for any length of time, Western disease patterns begin to emerge.

Intricate medical detective work has been done on the Western diet by Drs. Burkitt, Walker, Painter, Cleave, Heaton, and Trowell in Britain, and Dr. Ancel Keys and others in the United States. Their research points out at least three major flaws in the modern diet.

Many of these men note major dietary and degenerative disease changes began about the time of the Industrial Revolution when new practices of refining flour and processing food and staggering increases in sugar consumption became widespread.

New methods of milling with steel

rollers in the 1840s enabled the refining of grain to take place inexpensively. Now the masses could share in the luxury of soft, fiberless white bread which had previously been available only to the wealthy. Unfortunately this was before the discovery of vitamins.

The milling process strips the flour of something like 30 vital minerals and vitamins, the best part of the protein, and vital fiber which gives roughage. Today, food technology puts back two minerals and two vitamins and labels the product "enriched."

A major flaw, according to Burkitt, is the lack of proper bulk in the diet. He reports that between 1880 and 1960 there was a fall of about 90% in the fiber content of the average Western diet.

At the same time flour milling advances were made, improved sugar-refining methods were found. Cheap sugar became available to all. In Colonial America the average person ate about 10 pounds of sugar a year. Today in both Britain and America, the figure is about 120 pounds per person per year. And sugar gives us *nothing* but calories. Sugar not only develops the vicious sweet-tooth syndrome and encourages tooth decay, but is also a major factor in obesity and many researchers point out its role in the rise of diabetes and heart disease.

Refined sugar is hard to avoid.

It is in everything from broth preparations to French mustard. In an analysis of 78 breakfast cereals, only 31 were less than 25% sugar. Some modern children's cereals are over 50% sugar.

The refined-sugar, refined-flour, lack-of-fiber diet results in sluggish bowels and constipation. These diets take six to eight times longer to pass through the human body than the residues of whole-food diets. One result is a fortune to the laxative industries.

What Should You Do?

For many people it would be a big start on the road to better health to get back to a more natural, balanced diet. Whole-grain breads and cereals and fresh fruits and vegetables, rather than the bland, processed variety, are part of a good dietary foundation for the average person. Raw fruit is an excellent source of fiber. Nuts, seeds, raw vegetables, and fruit are much better between-meal snacks than candy bars.

Eating properly will probably involve changing your eating habits, perhaps a transition too great for many, despite the high stakes. What you eat is one of the most important decisions you make every day. Research has discovered some of the major flaws of modern diets. Don't take these facts lightly.

— Dr. Gordon Muir

start and inadequate exercise and quality.

The shocking fact is that around 70% of the over \$115 billion annual American health bill goes for drugs, doctors and hospitals. But only a minority, 15%, goes to the prevention of disease.

Dr. Lawrence W. Green, who heads the health education section at Johns Hopkins University School of Hygiene and Public Health, emphasizes: "Patient education is a far better way to prevent disease than spending money on

more hospitals. This gets at the upstream source of the problem. The large amount of money we are spending now on Medicaid and Medicare deal with health problems that in many cases could have been prevented.

The desperate need for more preventive care has also been scored by various leaders of the American Medical Association in recent reports. Unfortunately the message gets sparse emphasis from the medical profession as a whole in its daily practice.

The great majority of doctors, are trained to apply medical solutions to most health problems, however trivial and patients themselves have been educated to expect them. In many cases patients are incensed if they don't get a prescription to quick fix their ailment.

"Give me a pill to solve my problem, Doc!" or "Fix me up, don't ask me to change my life!" are far too common attitudes.

Doctors often refer to a "20-year-abuse syndrome," meaning that many persons can abuse their natu-

Some "Old Fashioned" Health Laws That Make Good Sense Today

You wouldn't normally think that health principles found in a document written thousands of years ago would be up-to-date in this era of modern medicine. Yet if some of the Old Testament health laws were properly implemented today, they would prove to be a positive boon to the state of the world's health.

States Dr. D. T. Atkinson: "In the Bible greater stress was placed upon prevention of disease than was given to the treatment of bodily ailments, and in this no race of people, before or since, has left us such a wealth of laws relative to hygiene and sanitation as the Hebrews. These important laws, coming down through the ages, are still used to a marked degree in every country in the world sufficiently enlightened to observe them. One has but to read the book of Leviticus carefully and thoughtfully to conclude that the admonitions of Moses contained therein are, in fact, the groundwork of most of today's sanitary laws. As one closes the book, he must, regardless of his spiritual leanings, feel that the wisdom therein expressed regarding the rules to protect health are superior to any which then existed in the world and that to this day they have been little improved upon" (*Magic, Myth and Medicine*, p. 20).

Take, for instance, the principles of sanitation and hygiene. Over 1,400 years ago the children of Israel were instructed to bury human waste (Deut. 23:12-13).

Says medical historian Arturo Castiglioni: "The regulations in Deuteronomy as to how soldiers should prevent the danger of infection coming from their excrement by covering it with earth constitute a most important document of sanitary legislation" (*A History of Medicine*, p. 70). Castiglioni continued: "Study of Biblical texts appears to have demonstrated that the ancient Semitic

peoples, in agreement with the most modern tenets of epidemiology, attributed more importance to animal transmitters of disease, like the rat and the fly, than to the contagious individual" (p. 71).

Unfortunately, even in our modern world we sometimes ignore the vital importance of sanitation and hygiene in combating and preventing illness and contagion. Our modern cities are becoming increasingly congested, polluted, filthy, and dirty. Garbage strikes pose serious health problems. Our air is becoming unfit to breathe because of pollution; and our water is becoming increasingly contaminated with industrial chemicals, urban wastes, and a host of modern pollutants.

Bible Dietary Laws

The Bible stresses that proper diet is important in the prevention of disease. Leviticus 11 enumerates the dietary laws which God gave ancient Israel. Among other things, he forbade them to eat the flesh of pigs (swine), rabbits, or shellfish (Lev. 11:6-12).

Writes Dr. Louis Lasagna: "Many of these make good medical sense. . . . The prohibition of hare and swine as sources of food certainly must have diminished the incidence of disease, in view of the capacity of these animals to transmit tularemia and trichinosis, respectively. The transmission of gastrointestinal infections (including typhoid fever) via polluted shellfish or water also testifies to the apparent wisdom of the Hebrews in warning against such sea food and impure water" (*The Doctors' Dilemmas*, p. 85).

Another interesting Old Testament law forbade the eating of animal fat. This also has proven a valuable health practice. Dr. Paul Dudley White, the heart specialist who treated President Eisenhower while he was in the White House,

once quoted Leviticus 7:23: "You shall eat no fat, of ox, or sheep, or goat" (RSV). Animal fats are high in cholesterol, a fatty, waxy material which the body needs in limited amounts. The body's inability to properly metabolize cholesterol in some cases, however, may be a contributing factor in some forms of heart disease. Therefore, Dr. White asserted: "It is conceivable that a few years from now we medical men may repeat to the citizens of the United States of America the advice that Moses was asked by God to present to the children of Israel 3,000 years ago."

Laws of Quarantine

In many nations of the Western world, contagious diseases were not brought under control until rigid national quarantine measures were introduced in the nineteenth and twentieth centuries. Again, many of these had been practiced by the ancient Israelites. As the author of *Magic, Myth and Medicine* tells us: "The laws of health laid down in Leviticus are the basis of modern sanitary science. Moses ordered that cases of leprosy should be segregated, that dwellings from which infected Jews had gone should be inspected before again being occupied, and that persons recovering from contagious disease were not to be allowed to go abroad until examined. The modern quarantine harks back to these sanitary regulations of the Old Testament" (p. 58).

These historical examples graphically demonstrate the effectiveness of the principles God handed down millennia ago. Strictly speaking, of course, the Bible is not a health textbook or medical manual. But it does lay the foundation of knowledge and reveals many health laws which mankind has required thousands of years to rediscover.

rally good health for 20 or so years before degenerative diseases begin to catch up with them.

Consider heart disease. A lot has yet to be learned about the development of this disease. Yet it is common knowledge that heavy smoking and drinking, high-fat diets, obesity, and lack of exercise play a significant role in many cases. Yet these "causes" can be moderated or actually eliminated without going the costly drug route in most cases.

Consider cancer. It would be erroneous to oversimplify the causes of the over one hundred various forms of this disease, for there are many. Among the newly discovered factors are heredity and emotions which may predispose certain individuals to cancerous (or some other) disease, given a certain set of bodily abuses or stresses. Still, the American Cancer Society estimates 80% of cancer cases are caused directly or indirectly by chemicals or other agents in our environment.

Through careless habits of smoking, eating chemically loaded diets, drinking too much alcohol, or careless and prolonged contact with known carcinogenic agents, many individuals are greatly increasing their chances of being the one in four Americans who will eventually be afflicted by the cancer plague.

Not all sources of chemical pollution can be avoided in our modern industrial societies, but more careful concern about what we eat, breathe, or handle adds to our odds of preventing future disease and sickness.

Diets are a major cause of many health problems — a fact that nutritionists have stressed over and over for years. A few years ago, a gov-

ernment committee was given evidence of the deteriorating quality of the average American diet. "Americans take better care of their automobiles than they do of their own bodies," remarked a shocked senator. We are "a nation of nutritional illiterates," he concluded.

More recently, Dr. Theodore Cooper, the Department of Health, Education, and Welfare's assistant secretary for health, declared in a report which was titled *Health*

to live more temperate lives, and to control their emotions.

These suggestions pretty well sum up the rules of good health in a nutshell.

It is not the intention of this article to oversimplify the causes of any health problem or to detract from the knowledge and skill of medical practitioners or options available for treating existing ailments. Individuals with existing or special health problems should seek help and advice from reputable

health officials before they make any radical changes in their eating or exercise habits.

Disease Prevention: The Best Health Measure

Fortunately, more and more doctors are facing up to the greatest shortcoming of our modern health-care system: lack of emphasis on disease prevention!

Our body operates by impressive laws. Lifestyle, exercise, and dietary habits are really the key parameters in the health equation. And while it is true that we certainly don't live in an ideal, stress-free, pollution-free world, the more we stick with the foundation blocks of good health, the better off we will be.

Lewis Herber, in *Our Synthetic Environment*, page 202, states the

caus of the matter simply. "Whether [a person] likes it or not, there are 'rules of the game,' which must be obeyed if an environmental change is to advance human vigor, resistance to disease, and longevity. When these rules, simple as they may be, are transgressed, nature takes its revenge in the form of ill health and disease. When they are obeyed, man's life can be full, creative, and remarkably free of physical impairment." □

Help yourself to better health

Take time to do something about your health. You can start by reading an important free booklet — *Principles of Healthful Living* — that could help you avoid a major health catastrophe. This booklet explains vital health factors that most people have overlooked or ignored. To request your free copy, write to *The Plain Truth*. (See addresses inside front

cover.) But don't wait. Do it now — before it's too late.



United States, 1975. "The data suggest that much improvement in health status could come from individual action."

In other words, Americans — as well as many other people throughout the world — still have not learned some of the seemingly most obvious health lessons: They can become healthier simply by a willingness to exercise properly, to quit overeating, to stop drinking so much, to reduce late hours, to avoid too much drug consumption,



The laser is one of man's most incredible and spectacular inventions. It produces a beam of light billions of times more intense than radiation from the surface of the sun. Used properly, the laser has an amazing potential for good — for the benefit of mankind. But the laser also has an awesome, mind-boggling potential for war and destruction. What will be man's decision? Will we use the laser for good or for evil?

by Robert A. Ginsky

Man was created with a remarkable ability to think, reason, and invent. Whether we consider a "simple" invention like the wheel or the most complex and sophisticated computer, man has a marvelous and unmatched capacity to see a problem, analyze it, and develop a solution.

Man has been given a truly unique creative capacity which can be used for the benefit of all. But this creative ability can also be channeled into heinously destructive channels.

Enter the Laser

The laser, a modern invention, is a good case in point. The basic principles of the laser were developed back in 1958 as an extension of the maser, a form of microwave amplifier used in communications.

The laser is actually a device for producing an incredibly intense beam of light by stimulating atoms to emit a certain wavelength. Ord-

inary light is billions of times greater than the light from the surface of the sun.

Laser Communication

The laser also has great potential in communications. By using "light pipes" and "integrated optics" lasers can vastly increase the number of conversations or "information channels" that can be transmitted. Their capacity is stupendous.

Americans make some 10 million interstate telephone calls every day. But just a single laser could simultaneously handle 100 million conversations in its beam. Since the wavelength of laser light is some 10,000 times shorter than the shortest wavelength of an electronic device, the amount of information that can be carried by a laser signal is 10,000 times greater. To put it another way, that single beam could handle all radio, television, and telephone signals in the world at the same time.

THE LASER—FOR GOOD OR EVIL?

inary "white" light is made of many "colors," or wavelengths, but laser light is made of a narrow beam of single-wavelength light where all the waves are in step. The result is that one can very accurately control this powerful, intense beam and make it do some fantastic things.

Probably the most obvious use is in cutting, holes, welding, and drilling. Lasers can quickly cut through almost anything. For example, in just one second a laser can cut through a one-inch-thick steel sheet. Lasers are excellent for "spot welding," where in some cases, precision-controlled pulses of three thousandths of a second are used.

Pulsed lasers are used to score thin film electronic circuits with an accuracy and smoothness unobtainable by other means. Some pulsed lasers are so powerful that their output could be compared to squeezing Niagara Falls through a squirt gun in a fraction of a second.

Lasers have been produced which have an intensity one hundred bil-

lion times greater than the light from the surface of the sun. One of the greatest hopes is that the laser can be used for generating power from controlled nuclear fusion. Many scientists believe the laser holds the key to the fusion process. If successful, man would have a virtually unlimited source of power at his command.

Lasers are also used for delicate alignments. The giant 747 jumbo jet was built using the unerring beam of a laser as a form of transit to meet the demanding tolerances of wing and control surfaces.

Holography

Then there's holography, which uses a laser to re-create 3-D pictures of an object that are "optically indistinguishable" from the real thing. Even 360 degree holograms are now available where you can actually see a three-dimensional image just as though you were walking around it in a complete, 360-degree circle.

Lasers are also used for determining distance. Range-finding lasers have measured the distance to the

magn to within one foot. That's like measuring the distance from the White House to the Washington Monument to within a thousandth of an inch.

One of the most dramatic uses of the laser is in surgery and even in the treatment of eye maladies, where detached or bleeding retinas can be salvaged by "spot welding," using highly accurate pulses from a laser.

Yes, the laser can be used for the benefit of mankind. It can be employed in communication, in drilling and cutting, for research, and even for delicate operations on the human eye. The laser does have tremendous potential for good.

But the laser also can be used as a terrible and nightmarish weapon of destruction. Will man use the laser only for peaceful purposes for the benefit of mankind? Or will the laser, like other inventions, be used for evil, war, and destruction?

The Lesson of History

When you look back at the history of how man has used his inventions, one fact stands out. It's not a particularly pleasant fact, but it's true! Man has invariably used his inventions for war and destruction.

The Swedish chemist and inventor, Alfred Nobel, is best known for initiating the prestigious Nobel Prize. But in 1867 he produced his greatest invention: dynamite. Nobel knew that such explosives could be used for many peaceful purposes, but he also hoped that the incredible destructiveness of dynamite would bring an end to war. Nobel's hope was short lived, however, because history shows that as soon as dynamite became available, man began to use it for war and destruction. Of course, one can always say dynamite is an exception and there are lots of other inventions that aren't used in a destructive way. But the axiom is this: If an invention can be used for war and destruction, it probably will be.

The Saga of the Airplane

Take the case of the airplane. Before the turn of the century, powered flight was unknown to man. Then, on December 17, 1903, Wilbur and Orville Wright made the



LASER SURGERY, a revolutionary new technique, makes use of the cutting self-cauterizing capabilities of high-intensity coherent light.

first sustained, controlled flight of a heavier-than-air craft. The flight was 12 seconds long and covered about 120 feet. Man had learned to fly.

Yet within five years, the airplane, which had started out as a practical challenge to man's ingenuity and creative genius, quickly became a military tool. By World War I, bombs and torpedoes weighing hundreds of pounds were being delivered by airplane.

War, or more politely, "defense," became the mother of invention, providing the major impetus for new aerodynamic discoveries. Emphasis was on the superlative, faster, farther, higher, longer, stronger. And deadlier.

By the mid fifties the huge and awesome B-52 was ready for combat. And today supersonic fighters and bombers are commonplace. The recently "captured" Russian MIG-25 is reputed to fly at three times the speed of sound!

The development of the airplane is an incredible story of technological revolution. Wilbur and Orville Wright would be dumbfounded at the astounding changes that have occurred since their epoch-making flight a short 74 years ago.

But the point is this: The airplane is a prime example of how man has invariably used his inventions and his creative genius for destruction and warfare.

Another Example: Atomic Energy

The same thing is true of atomic energy. Prior to the twentieth century, man knew virtually nothing about the inner secrets of the atom. Then, on July 16, 1945, the incredible, stupendous power of the atom was unleashed in the New Mexico desert. Within 30 days, two atomic bombs were detonated over Japan, obliterating two cities and over a hundred thousand people. In a few short years during World War II, man had learned more about the atomic nucleus than in all of previous history.

The atom, of course, can be used for peaceful purposes. Radioactivity can be used in cancer treatment, in "x-raying" metal casings, and in "labeling" molecules for studies in agriculture and medicine. The energy of the atom's nucleus can be slowly released in nuclear reactors to be used in producing electricity or desalinizing seawater. Controlled nuclear fusion could provide prodigious amounts of energy in a time of rapidly diminishing fossil fuels. But, as the lesson of history has borne out, our military might is now dependent upon an atomic arsenal. In the event of war, atomic energy will be used once again for destruction and aggression.

But back to our original question: Will modern laser technology be used for the good of mankind, or will the laser, like other inventions, be used for destruction and war?

Like it or not, the laser has an awesome and stunning potential for destructive purposes. Many people have seen the science-fiction films with Buck Rogers-type warfare where whole buildings are blasted away by some kind of super ray gun. Or maybe we have seen a death ray obliterating men, jeeps, or anything else in its way. Sometimes the battles have occurred underwater—or maybe in outer space. It all seemed so “way out” then. But the laser promises to transform science fiction into terrifying reality!

In addition to stupendous power, the laser has two characteristics that make it a formidable weapon.

- **Line of sight.** Light from lasers travels in straight lines. There is no need to calculate trajectories. “Once you’ve got him in your sight,” said one engineer, “you’ve got him.” The Buck Rogers “ray gun” is no longer science fiction.

- **“Zero” travel time.** The “instantaneous” 186,000 mi./sec. speed of light makes escape or avoidance maneuvers impossible. There is no way to even “see” it coming.

Indeed the laser is already being incorporated into sophisticated and devastating weapons of destruction such as:

- **Smart bombs.** Lasers are already used to unerringly direct bombs to their targets. In Vietnam, “smart” laser guided bombs meant “one bomb—one kill.”

- **Laser bombs.** Nuclear weapons triggered by lasers are also being developed. Such a “laser bomb” would have the power of an H-bomb, but would be much simpler, smaller, and would not need a “dirty” atomic bomb to set it off.

- **Death rays.** Lasers are being developed for “electro-optical warfare.” The fantastic power of lasers—some pulses are over 100 billion watts—enables them to penetrate and obliterate almost anything.

The military is extremely interested in the possibility of knocking down missile warheads by melting their nose cones into a useless mass. The Air Force has tested lasers that knife through cockpit canopies “like butter.”

At the Army’s Redstone Arsenal, tanks have already been equipped with high-energy laser guns. And

hundreds of millions of dollars are being spent by the U.S. military on developing even more powerful lasers.

- **Space warfare.** Lasers work best in thin air or in a vacuum. In the future, satellites and space stations may be armed with laser weapons to shoot down hostile missiles or satellites. The Russians are already reported to be testing “killer satellites” which may be armed with sophisticated high energy lasers capable of blinding or destroying U.S. reconnaissance and military satellites.

The B-1 supersonic bomber recently given a partial go ahead by Congress, may be equipped with a powerful laser gun in its tail. There’s also the neutron “death ray” bomb that could destroy an enemy troop concentration without contaminating friendly forces.

A neutron bomb, when developed for combat, would revolutionize nuclear warfare. It could kill men with streams of deadly radiation while leaving machines and buildings undamaged.

Weapons of Revelation?

Will lasers, neutron bombs, and other modern weapons play a part in the fulfillment of Bible prophecy?

The Bible tells of a yet future time of global tribulation and war. Notice the symbolic language of Revelation:

“And the fifth angel sounded, and he opened the bottomless pit, and there arose a smoke out of the pit, as the smoke of a great furnace; and the sun and the air were darkened by reason of the smoke of the pit [the military-industrial complex].”

“And there came out of the smoke locusts [warplanes, helicopters] upon the earth; and unto them was given power, as the scorpions of the earth have power [to sting and burn like the laser].”

“And it was commanded them that they should not hurt the grass of the earth, neither any green thing, neither any tree, but only those men which have not the seal of God in their foreheads. And to them it was given that they should not kill them, but that they should be tormented five months, and their torment was as the torment of a

scorpion, when he striketh a man [sudden pain and destruction].”

“And in those days shall men seek death, and shall not find it, and shall desire to die, and death shall flee from them. And the shapes of the locusts were like unto horses prepared unto battle; and their faces were as the faces of men; and the sound of their wings was as the sound of chariots of many horses running to battle [the noise of jet aircraft and rockets]. And they had tails like unto scorpions, and there were stings in their tails [a laser equipped B-1 bomber].” (Rev. 9:1-10.)

No one really knows whether the laser will play a part in prophesied future events, but the apocalyptic potential of the laser is inescapable.

We live in a time when the collective and cumulative effect of all man’s inventions is having its full impact. And unless mankind has a miracle happen, the lesson of history is that the weapons man produces will eventually be used.

The laser—for good or for evil?

You can understand prophecy

Events now shaping up will affect every living person on earth. Discover what prophecy says about modern nations. Read tomorrow’s headlines today! Request your free copy of *The United States and the British Commonwealth in Prophecy*. Write to *The Plain Truth*. (See addresses inside front cover.)



THE UNITED STATES
and
BRITISH COMMONWEALTH
in Prophecy

Every time I think about religion it reminds me of words like chaos, division, confusion, and war. Scenes of Christian soldiers come to mind. I vividly remember the newspaper picture of several soldiers in Beirut, Lebanon, earlier this year captioned "Christian Gunmen." Incredible!

Religion Has Divided Humankind

Historically, one of the major divisive forces keeping human beings apart has been the myriads of differing points of view about why we are here, how we got here, and what we ought to do while we are here. Traditionally people have had thousands of differing conflicting beliefs and opinions about the subject of religion. Inevitably these apparently irreconcilable differences have led to open warfare. Witness Northern Ireland today. Some people there express their religious hatred with guns, knives, and bombs. Tragically innocent little children are sometimes the helpless and unsuspecting victims. Babies in carriages have been blasted to bits by bomb-toting terrorists who label themselves as "Christians." Both sides profess belief in Jesus Christ, but the contradictory belief and practice is painfully obvious. The word "Christian" has been dragged through the mud over and over again.

But Northern Ireland is not the only country where "Christians" are locked in bitter civil strife. Lebanon, previously a jet setters' playground, has been ripped completely apart by a "civil war" which is nothing more than a religious war between Moslems and Christians.

Traditionally, the human race has been divided by tribalism, chauvinism, politics, color, and language barriers. However, global communications and rapid transportation have tended to break down some of these basic elements dividing humankind. Witness the growth of

English into practically a universal language. But the real reason more progress has not been made, believe it or not, can be laid at the feet of religion—the root and core of all divisive elements dividing mankind.

Religious overtones are impossible to ignore in everyday life. Take the Presidential elections. Let's face the cold, hard facts. Whether or not a man is a Catholic, Protestant, or Jew is very important to his national constituency. People get uptight, upset, excited, and worried about the possible effects of a man's religion on his politics. Historically a divorced man could write off his chances of being elected to the top national office. True, some of these old principles and mores have gone by the boards in recent years. Still, religious overtones are clearly to be seen in almost every aspect of American life.

Religion — the Prime Shaper of Civilization

A study of the history of man's religions reveals that they have been the prime shapers of all that we call

religiously oriented madmen, who have soaked this earth in blood.

Benito Mussolini and Adolf Hitler are a couple of recent cases in point. Remember Mussolini standing on his balcony with his chin out, audaciously telling everybody what a wonderful savior he was to the human race?

Hitler preached about a thousand year reign of the Third Reich, the concept of which he extrapolated from the Bible. He understood that Christ was to return to earth to rule for a thousand years. He arbitrarily decided that savior who was Hitler actually thought of himself as a savior.

He owed it to the world to produce a super race of blonde, blue-eyed Aryans. He singled out the Jewish race as the archenemy of all good Teutonic ideals. Hitler and his henchmen ruthlessly expressed their hate-filled anti-Semitism by exterminating six million Jews.

One German author attributed Hitler's "success" to his religious appeal. "His [Hitler's] success with the masses was above all a phenomenon

of the psychology of religion. He speaks less to people's political convictions than to their spiritual state" (Joachim Fest, *Hitler*, p. 329). Hitler simply rekindled smoldering religious fires that had long burned in Teutonic history, and he preached a radical nationalistic gospel that had previously been the Father-

RELIGION— Who Needs It?

Who needs religion in the Space Age? With Mars landings, lunar walks, space probes, and politics in a Presidential year, what has religion got to do with the price of putty?

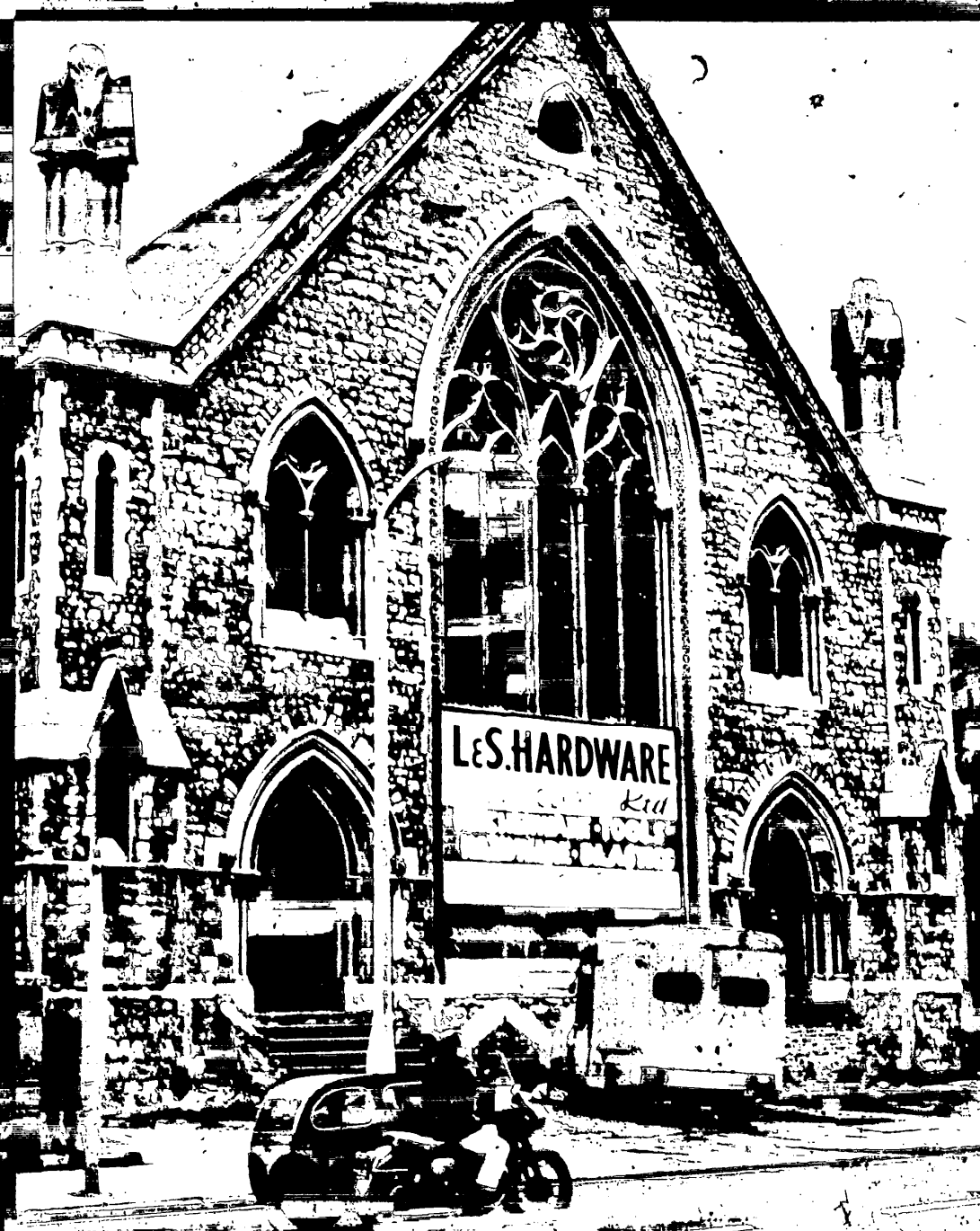
by Garner Ted Armstrong

civilization. Religion has been behind the arts, literature, and humanity's very life style. You cannot separate the history of humankind from the growth, development, metamorphosis, schisms, splits, and breakups of various religious movements.

Historically religions have divided humankind and ultimately sent it into battle. Egotistical, megalomaniacal dictators have used religion to propel their nations into major conflagrations with uncoun-

table war dead. History is rife with land as the chief defender of the Christian faith. Notice this oratorical example from the pages of Teutonic history in the dark ages: "Our race, on the contrary, was judged worthy of the imperium because of its innate virtue and because of the perseverance with which we took the labors of God upon ourselves" (Strauss, *Manifestations of Discontent in Germany on the Eve of the Reformation*, p. 71).

Adolph Hitler, under the aegis of religious appeal, became perhaps the worst demigod in all human his-



ONE BRITISH CHURCH closed its doors and later reopened as a hardware store.

tory. In Churchill's words, Corporal Hitler was "the repository of the most virulent hatreds ever to corrode the human breast."

Many of his subjects looked upon him as no less than a god. A Reich minister once said, "God has revealed himself in Adolph Hitler." Hermann Goering actually mouthed, "I have no conscience. My conscience is Adolph Hitler." Said a Rhinish group of German Christians, "Hitler's word is God's law, the decrees and the laws which represent it possess divine authority." Finally a churchwarden in Germany said, "Christ has come to us through Adolph Hitler."

God spare us from future would-be saviors in the flesh who would lead the rest of us human beings lemming like over some senseless cliff of military adventurism which might result in the extermination of mankind.

Dictatorships are on the rise, freedom is on the decline. We've got too many would-be champions, too many deliverers and saviors with the power of small armies behind them, too many false messiahs with the awesome potential for nuclear weaponry in their nations.

Meanwhile what has been good about traditional Christianity has been on the decline. The authority of the Bible itself has been eroded by the events of the last hundred years.

Attacks Against Religion in the Western World

The first major attack on the Christian religion came in the form of evolution. Darwinism came into its own at about the turn of the century. Biblical authority was threatened! The growth of evolutionary science began to attack the very underpinnings of Christianity. The famous Scopes trial featuring William Jennings Bryan vs. Clarence Darrow focused national attention on the controversy. Religion came out second best on that one.

Secondly came the growth of international communism. Millions upon uncounted millions were swallowed up by the communist orb. They are hopelessly lost so far as Christianity appears to view it. Their minds have been given over

to a completely alien, anti-Christian, anti-God philosophy.

The third attack was the onslaught of science and technology, the unparalleled growth of the Western world into a virtual space-age technocracy. Traditional forms of religion have found themselves running scared. They have been unable to cope with the challenges of a computer-oriented world.

Twelve-minute sermons have not met the needs of the average citizen plagued by crime on the streets, unemployment, runaway inflation, unacceptable tax rates, and a rapidly dissolving family structure. No wonder people are wondering why they need religion!

The Failure of Religion in Everyday Life

What does the average person converse about during the week? Chicanery and corruption in every level of government. Immorality. Drought. The price of beans and beef. Sky-high gasoline prices. Fear of crime. The safety of his children on the way home from school. Racial problems in the community. Busing. Nuclear parity with Russia. Who is number one in conventional forces? The latest horrible school bus accident?

Then why should it be any different on the day in which people worship God? Should not religion help solve some of these daily difficulties, help people understand the apparent insolubility of others, inspire good questions, lead people to comprehend impending future events, and influence people to alter their personal life style?

Why should religion be in a completely different world from the practical, workaday one in which people live? Can anyone be completely satisfied with eloquent but ambiguous, unclear, pabulum-like sermons that bear little relevance to either a person's private problems or those he may face as a citizen of the world? Are soft words, soothing tones, smooth gestures, platitudes, and the like going to answer the big questions of life?

Religion should have everything to do with both understanding international problems and solving the individual day-to-day problems of home, family, job, health, personal

economy, etc. Religion should not be confined to one little corner of your life. It ought to be at the very center of your daily life! But religion, and particularly the "Christian" brand in the Western world, has failed to discharge its duty to its adherents. Religion, to a large degree, is responsible for the moral chaos in our Western world!

The Big Questions

Religion is simply not practical unless it answers the big questions of life we all wonder about, questions like: Is there a God? Does God have a written message for mankind? Is the collection of books that make up the Bible his word to humankind? Why did God put us on this earth in the first place? What about the future? What is death, and is there any afterlife on out into eternity?

If your religion does not answer these questions in a pragmatic, technical sense, what good is it? The imponderables of religion ought to be logically answered and not by some will-o'-the-wisp, hazy notion of heaven or the like.

Religion should give you the ultimate security of knowing what lies beyond this life. And it ought to help you solve your practical problems in the here and now. If it doesn't, there's something wrong somewhere.

If you're interested in what religion really ought to be about, write for your free subscription to *The Good News* magazine, a sister publication to *The Plain Truth* magazine.

The Good News magazine portrays in easily understood language the history, scope, intent, and meaning of ancient biblical writings and their applications to today's world. Topics range from the real purpose of human life now to a future resurrection. It includes informative articles on such subjects as prophecy, marriage, and family life.

To obtain your free subscription, just write us and request it. Refer to the inside front cover for the address nearest you, or better yet! if you live in the continental United States, dial this toll-free number, 1-800-423-4444. (If you live in California, Alaska, or Hawaii, please dial 1-213-577-5225.) □



MASTERING THOSE RUGGED RESOLUTIONS

by Arthur C. Mocarow

***"I'm going to stick to a rigid diet this year and keep slim."
"This year no more credit purchases — I'm getting out of debt." Sound familiar? Millions of such resolutions are made every year, but precious few are ever realized. Here are the keys for mastering those rugged resolutions.***

The new year traditionally brings personal introspection and resolutions. People the world over think of what they want to accomplish during the next 12 months. Some people merely make wishes, but many make resolutions to regulate their daily living and thus, hopefully, increase their prospects for happiness.

There's nothing wrong with goal setting, but disappointments and

desperation mount when goals go unachieved. A person's failure to achieve usually isn't caused by a lack of ability, but rather it is caused by the lack of follow-through and sustained determined effort.

Let's say you are presently in debt \$1,200. Your resolution is to eliminate all your debts in 1977. This is your goal. Where do you start? You've defined the goal, but you need to develop a program to chart your progress, and you need to establish realistic intermediate objectives. Two essentials must be considered: *time* and *quantity*. Your goal is to erase your financial red ink by the end of the year. Your intermediate objective might be to hit a \$25 reduction each week, or a \$100 reduction per month. This way you know from week to week whether or not you are accomplishing your goal. This time-quantity measurement is essential to maintaining the follow-through and momentum that you need.

But you say you have tried it before, and it only works for a short time? You find yourself faithful for a few weeks or months, and then your resolve evaporates? This is a common problem. Millions of people the world over make resolutions, but not all are successful.

Why Many Fail

Consider a person on a diet. His goal is to lose 20 pounds in two months. That breaks down to 2½ pounds a week in eight weeks. He has a goal — to lose weight. He also has intermediate objectives — 2½ pounds per week (time and quantity).

He gets started. The first week he loses 3 pounds and has a tremendous feeling of elation. He's succeeding! He's motivated to continue the second week. The second week he happens to experience no weight loss. This he views as failure. His first reaction is to quit, but perhaps his resolve empowers him to continue for the third week.

Then, during that week, a lun-

cheon opportunity comes along at a fabulous, gourmet restaurant. The menu is delectable. The most overpowering, delicious, mouth-watering delights are set in array before him. A new challenge has emerged: to lose or not to lose. Since the ego won't countenance failure, it's time for a rationalization: "What's the difference. I didn't lose anything last week by staying on the diet. This little bit can't make a difference" — so he digs in. That was his first failure. During the same week he allows himself an extra dessert on two different occasions and a few between-meal snacks. By the end of the week he has gained 2½ pounds. Disheartened, he quits his diet, claiming his diet won't work — because he can't blame himself.

Justification is a human technique to rationalize failures so that they're acceptable to the ego. Once a person perceives a failure as a justified action, he loses his resolve to accomplish a goal. A proverb states that every man is right in his own eyes. How true that is. A person tends to justify his actions — become right in his own mind — in order to avoid an honest admission of failure, which his mind won't tolerate. This is the basic reason that a person fails to meet his resolutions.

But how can you learn to stick to your goals with dogged determination — never wavering?

Taking the "Rugged" Out of Resolutions

First, before you commit yourself to a new resolution, honestly measure the depth of your intent to achieve your goal. The stronger your commitment, the more intense your willpower will be. If your commitment is an honest commitment, you will admit that quitting is failure. You won't accept fantasized justifications to excuse your commitment. Since you don't like failure, you will be motivated to continue your resolution.

Next, assign your goal a definite
(Continued on page 45)

NERA

INSIDE SADAT'S

EGYPT

PHOTOGRAPHIC LOOK AT A PROUD NATION STRUGGLING TO SUCCEED

Egypt has its share of...
...thrown off a feudal system only...
...years ago, having struggled with an...
...attempt at socialism, burdened by the...
...human and economic cost of several...
...numbered by one of the highest...
...in the world, Egypt is today fighting for...
...life. On these pages you'll see...
...participants in this contest and...
...to the future hope in Egypt.



The Plain Truth

Article begins on next page

I'm very proud of being part of this village who grew up with me with a paternalistic attitude. I'm proud of the fact that we were able to live with the Egyptian army. I'm proud of the fact that we were able to live with the Egyptian army. I'm proud of the fact that we were able to live with the Egyptian army.

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— Anwar el Sadat

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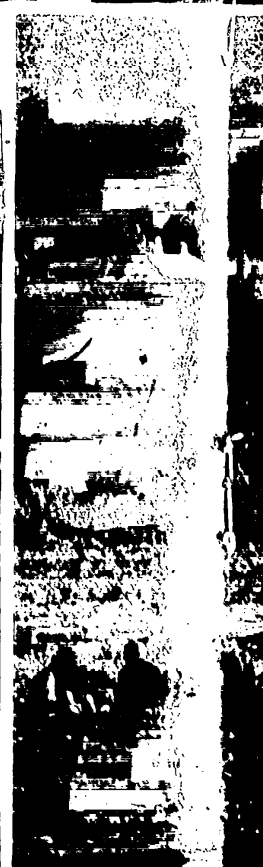
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THE NOON TIME crowd pushing its way through Cairo's Tahrir Square illustrates one of the city's toughest challenges: how to properly feed, house, and employ its seven to nine million people.

Though they live in poverty by Western standards, the Delta farming people (center) and the open-air shopkeepers (bottom) of Cairo are as proud of their children as are parents elsewhere.





is too much for the income of the country."

— **Dr. Aisha Rateb**
Minister of Social Affairs

"I would like to see them given all kinds of birth-control methods, free of course. But when you think about the peasants, they have more children because it means more income for the parents. They leave the primary school and work in the fields collecting cotton, and they give money to their parents. The government is making national security for them. And it will help."

— **Jehan el Sadat**

"I like the three cities on the canal zone there. The first thing I started after the first disengagement was returning the refugees from the three cities. They were ghost cities."

"You can't imagine how I feel happy when I visit one of these cities and see their inhabitants returning again after seven years and after the time when they thought they will never return again to their own town."

— **Anwar el Sadat**

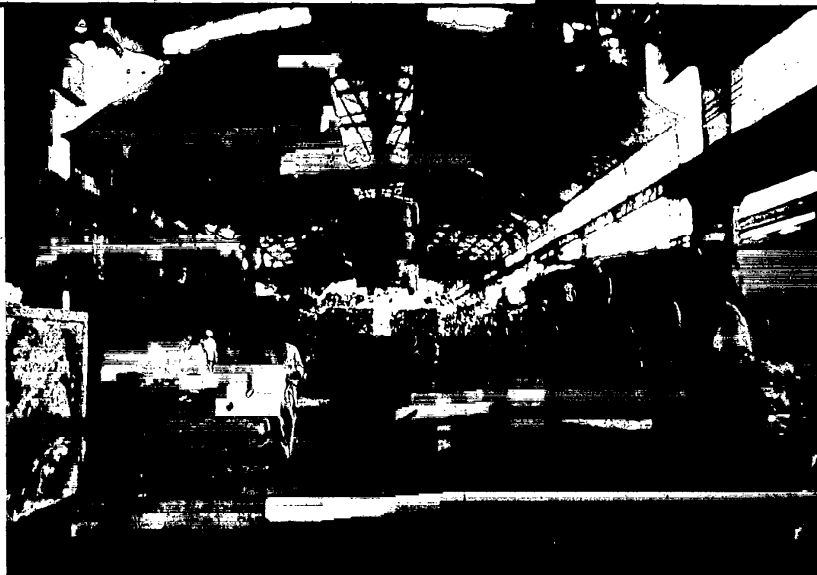
"When we were coming from the United States, I was telling my husband why weren't we in a good relationship with these people? Why? We couldn't compare ourselves to you. We are a developing country. You are the most advanced country in the world. How could we put ourselves on the same level?"

Even my husband said it in his speech during the war. He said, 'I can't continue a war with the United States.' And he stopped it."

— **Jehan el Sadat**

LIKE CHILDREN around the world, these little cotton-clad boys in Cairo (top right) eagerly pose for anyone with a camera. The street corners of Cairo abound with colorful newsstands (center right) though unfortunately the majority of the adult population of Egypt still remains illiterate.

A Muslim cemetery (bottom) forms a backdrop to peasant life in rural Egypt.



"The fact remains that the United States is the one that holds 99% of the cards of this game in its hands. We have to deal with whom the American people elect. This is their right, and we have to continue and let us hope, I'm optimistic, again I'm optimistic."

— Anwar el Sadat

"About 3% of the total surface area of Egypt is cultivated. The rest is desert. In the last 12 years we have reclaimed a total geographic area of about 950,000 acres of land."

"Egypt can feed herself with the exception of coarse grains. We cannot suffice the increasing population by its requirements of wheat and coarse grains."

"I think we will stay a free importer of coarse grains — in the form of wheat, corn, lentils, beans, etc. Because as population increases, our requirements also change and increase with it."

"If we look at agriculture as it stands now, we may say that there is a certain competition between the forage crops needed for animals working in the field and for the land that could be used for the production of agriculture commodities for the population. We believe that this would yield an increase in agriculture productivity by say from 40% to 60% of the existing standards. Especially in cotton, wheat, corn, and rice."

— Dr. Osman Badran
Minister of Agriculture

"We cannot depend upon our own resources to cope with the military requirements, the investment requirements, and the payment of very high debt service abroad. So, it

MUCH OF EGYPT'S heavy industry is in Alexandria. Workers (top) pour molten metal into pig iron molds.

A Cairo youth (center right) ties steel reinforcing bars together in the construction of a bridge commemorating Egypt's military achievements during the war of October 1973. Laborers (center left and bottom) are rebuilding the war-avaged city of Ismailia, a city midway along the Suez Canal.

-was quite clear that an open-door policy would have to include opening of the door for foreign investment to begin with.

"Of course, Arab funds alone are not enough. Development is not a matter of funds. It is not a matter of capital only. Capital, of course, is needed, but with capital you need technology. And technology is not available in the Arab world.

"So the idea of the open-door policy is to try to make a combination of Arab funds, the Egyptian labor and skills and the Western technology — the technology of the developed countries in general — East or West, it doesn't matter.

"The import bill actually tripled between '72 and '75. As for coping with it, well you have to protect the limited-income group of people in this country.

"Therefore we are subsidizing. The government is giving high subsidies of certain food materials which are of general consumption to the people.

"Frankly speaking, tourism in Egypt should have been much better than it is at the moment. . . . We are making more than 150 million pounds a year now from the tourist industry, while other countries are making billions. I'm sure the government is concentrating on giving great support to the tourist industry, and one part of its encouragement is that it is giving the private sector complete freedom, both foreign and local."

— Dr. Hamad el Sayeh
President, National
Bank of Egypt

EGYPT IS now introducing modern farming methods in a desperate attempt to provide enough food for its rapidly increasing population. Citrus fruits (top right), exported from the port of Alexandria, form a vital part of Egypt's foreign trade. With the re-opening of the Suez Canal on June 5, 1975 (center), a desperately needed source of income is once again available to Egypt's faltering economy.

Though the secret police of Nasser's time are mostly gone, policemen and soldiers abound, like this sergeant in Cairo and a group of military men waiting to cross the Suez Canal.

The PLAIN TRUTH January 1977



Since most adult criminals are juvenile delinquents that have reached age 18, reducing crime depends on a successful juvenile justice system. Though the obstacles are often formidable, here's what can be done.

by Ron Horswell

A discussion of juvenile crime traditionally begins with either a terrifying statistic or a gruesome tale of woe. A terrifying statistic tells you what an incredibly high percentage of rapes, muggings, and murders are perpetrated by incredibly young kids.

A gruesome tale of woe relates how a defiant but scarcely pubescent punk has already been in court a dozen times for rape, assault, murder, and robbery, and how he's been released each time with barely a light slap on his fat little pudgy hand.

With the reader's indulgence, the standard opening (either form) will be omitted. And those readers who endure to the end will also note the omission of the standard conclusion: namely, that as juvenile crime spirals toward "out of control," society gropes frantically for a solution. Actually there now appears to be sufficient evidence to justify indulging ourselves in a little bit of old-fashioned optimism.

The System

Just what is the juvenile justice system? The "system" is really a loose assortment of institutions designed to help, handle, or house kids in trouble, foster homes, special schools, "camps," and semi-prisons. All are fed their raw material of cantankerous, troubled, frightened, disoriented, and/or dangerous juveniles by the juvenile court.

In most large metropolitan areas, the infamous juvenile hall is also part of the "system." Juvenile hall is a place of waiting either for kids who are en route to the courtroom, or for kids who have had their day in court and are waiting for space to open up in the institution to which they have been assigned.

IS JUVENILE "JUSTICE" WISHFUL THINKING?





The Status Offense

Why do we have a separate justice system for juveniles? One reason is, of course, the basic philosophical tenet that juveniles are not as responsible for their actions as are adults.

Aside from that ancient belief, the origin of our present approach to juvenile justice can be traced back to a reform movement of the late 1800s and early 1900s. The reformers considered the urban environment with its manifold negative influences on youth to be the spawning ground of crime. Their solution was to make it illegal for kids to do all the nasty things everyone knew criminals had done when they were kids.

When prohibited by law, these naughty deeds — loitering, cursing, truancy — were known as "status offenses," because they were only illegal when committed by those of a certain status — minors.

Furthermore, reasoning that it would be best to keep kids out of adult courts, the reformers fathered an entirely new institution, the juvenile court.

As a result, today's juvenile justice system must deal with two broad categories of offenders. One category is those kids who commit actual criminal offenses, ranging in seriousness from shoplifting to murder. The second category is the status offenders, today primarily runaways, truants, and curfew violators.

Too Naïve

When we consider first just the very serious, dangerous juvenile offenders, such as those guilty of murder, rape, or robbery, it seems society has been a little too naïve in dealing with them. A juvenile who commits murder will likely spend only about a year and a half in some institution.

Society has felt that heavy sentences would have little deterrent value since the assumption is that juveniles cannot adequately apply the famous "moral calculus" described by the eighteenth-century philosopher Jeremy Bentham. (Bentham's moral calculus argued that crime will be deterred if the would-be criminal views the poten-

tial punishment as too great a price to pay for the act he is contemplating.)

Yet we hear that older gang members put the guns in the hands of the younger members because they know the court will be more lenient with the young ones. And we have to wonder if these hard-core kids are not actually masters of moral calculus. After all, when a kid, after seeing an older kid hauled out of the neighborhood for some serious crime only to return a few months later, deduces that the penalty for crime is not that great, that is moral calculus at work.

The 15- or 16-year-old is mature enough to be strongly told that there are some things society just will not tolerate.

Over-institutionalization

But in contrast to its treatment of the serious offender, society has for decades over-institutionalized both juveniles guilty of petty criminal offenses and status offenders.

Consider first the petty criminal — the shoplifter or the car thief, for example. More damage may ultimately result both to the juvenile and to society, from hauling him off to some secluded reformatory rather than from risking letting him heist a few more trinkets from the local five-and-dime.

It is commonly recognized that a large percentage of kids commit such petty crimes, to some degree or another. The vast, vast majority outgrow such behavior. For these reasons, a new school of thought has

emerged which suggests that society would serve itself better if it did not take formal action against juveniles who commit petty crimes.

Control Theory

Before further discussing over-institutionalization, especially in regard to the status offender, it will be useful to briefly mention one of the most promising modern theories on the causes of crime and delinquency: control theory.

Control theory postulates that an individual's likelihood of engaging in deviant behavior is determined by the strength of his "bond" to normal society. A strong "bond" results from a high degree of attachment to other members of society, principally family members, and from a

Kids, Crimes, and Courts

Interview with Joseph N. Sorrentino
Juvenile Court Judge



What makes a kid go wrong? What role should the courts have in dealing with juvenile offenders? And what can be done to reduce the spiraling crime rate of our youth? To find out, Plain Truth interviewer Tom Hall talked with Joseph N. Sorrentino, himself a former gang leader in New York City, but now attorney-at-law, juvenile court judge, and author of the book *The Concrete Cradle*.

HALL: Mr. Sorrentino, why did you write *The Concrete Cradle*?

SORRENTINO: Well, I think juvenile crime is escalating very dangerously, and it is, I think, symptomatic of a society that is morally sick.

Q. How do you explain this?

A. There appears to be an erosion of the legitimacy of law in the United States. Young people today disrespect the law, disrespect the police, disrespect authority, and there's also the ethic: "I'll get what I can get." I had a young girl in my courtroom who mugged an old lady, and I questioned her afterwards about why she had done it. She said, "To get what I can get." That attitude is becoming pervasive.

Q. What role are the courts being asked to play by society in stemming this rising tide of crime?

A. I think an unrealistically large role. I would agree to some degree that the courts must accept their share of the blame because often they are unwisely indulgent. The odds are 600 to 1 that a youth who commits a burglary will not go to camp or be confined. Kids often come into court with the assumption

that "you owe me one or two," which means that they can go out and commit one or two crimes.

Also, I think the average time spent in confinement by a juvenile for murder is 18 months, which is an absurdly lenient penalty for taking a human life. It derogates the reverence for life, to give it such a cheap penalty. Kids know that. In fact, the older gang members put the guns in the hands of the younger ones because they know the young kids will be dealt with lightly by the system.

I think the courts should toughen up. My brother, who is a detective in New York City, is furious with the courts. There's one judge back there that the police call "Cut-em-loose-Bruck" and another is "Let-em-go-loc."

But the assumption by society that the courts are going to solve the problem is a naive one. You have to do something about the home life of those youngsters and the larger environment of the youngster in terms of the values of American society.

Q. In your book, you talk about the "non-parent." Could you elaborate?

A. Well, a non-parent, I feel, is somebody who meets the financial obligations of the household but neglects the important function of teaching his child morals and being an example to that child. I think there's a proliferating phenomenon of emotional starvation. A lot of

high commitment to and involvement in legitimate activities of society, such as education or career.

Control theory suggests that the typical juvenile offender has a weak bond with society, that is, a poor relationship with parents and probably poor performance or poor status in school. And the facts bear out what the theory suggests. A juvenile court judge commented that 70% of the kids who come into juvenile court come from broken homes.

Hans Cohn, who directs Pasadena's Rosemary Cottage, a community-based home for girls, offered the following summarization: "Essentially our youngsters are kids who have failed persistently in just about everything that they have

tried, largely because their families have not given them much emotional support, because they have been shunted from place to place.... Their families have broken up, usually. They've been in foster homes. They've been in other institutions, and they've had no continuity in their lives and have not had an opportunity to settle down anywhere to develop any kind of roots."

When we institutionalize the status offender or petty juvenile criminal — when we take him out of normal society — the most significant effect may be to further weaken the juvenile's already far-too-weak bond to society.

On the other hand, for some kids, especially certain status offenders,

the institution may afford them their first real chance to forge a normal bond to society. This has been the case with many runaways, who, by running away, were trying to escape intolerable home conditions. Some kids get their first taste of normal life in institutions. But these are usually fairly open, community-based institutions where life for the youth is much like life on a typical block and where rules, regulations, and restrictions roughly parallel those of a normal family.

Moreover, while the juvenile offender may have a weak bond to normal, legitimate society, he often has a strong bond with the quasi-criminal youth subculture, such as gangs. In such a case, an institution

(Continued on next page)

these kids in our society are so starved for emotional gratification that they plunge into drugs as an escape from their empty lives.

Q. Is this phenomenon primarily in the ghetto?

A. When I talk about the family deteriorating, I'm also talking about middle-class families. I had a case in my court where a young girl was running away from home... just a minor offense that had a parent shown up she would have been able to be returned to her family. She was very excited and looking forward to going home, and neither parent showed up in the courtroom. So I asked the bailiff to call the girl's parents and have them come and pick her up. The father, it appeared, was out of state. The mother got on the phone and said, "Listen, we don't want her. Why don't you just keep her there in juvenile hall. You can have her."

Naturally I had to pass that message on to this little girl, and she just shattered in front of me — just started to cry and convulse. I wanted to get down from the bench and put my arms around her and really show the human emotion and affection that she needed, but all I could do in the capacity of a judge was order her back to a cell, pending placement in some foster home at some later time. And my prognosis in the case of this young girl is

that eventually she will be found overdosing or she'll be a suicide case. Without a decent set of parents, a kid doesn't have much of a chance in this society.

Q. What legal rights does the juvenile have compared to that of an adult when he is brought to court?

A. Well, the Supreme Court has conferred upon a juvenile almost all the rights that adult defendants have, except the right to a jury trial.

Q. Does that in any way change the approach of youth toward the courts?

A. There is an atmosphere of advocacy about the courtroom. I remember one thirteen-year-old girl who came into the courtroom with her mother. This young girl had been missing for several days, and her mother ran over to her and said, "Where were you? What were you doing? I've been going out of my mind looking for you." The thirteen-year-old girl turned to her mother and said, "Speak to my attorney. I don't have to talk to you."

A young boy was picked up by the police. He was twelve years old, picked up on the streets with glue on his lips, on his hands, on his nose — obviously sniffing glue which has toluene in it — destroying his brain cells. When he came into court, I think his attorney should have thought, "Well, what is in the best interests of this kid? Shouldn't he be

committed to some sort of institution for treatment?" All the attorney could think about was winning the case. He disputed the fact that the prosecution did not have the can in court to demonstrate that it actually had the chemical toluene in it and objected on hearsay grounds. Eventually this kid got the thing kicked out on a technicality. He went back out sniffing glue and destroyed his brain.

Q. You yourself used to be a gang leader in New York. Now you're a respected attorney. What was the key to your success?

A. I guess there were good people along the way, a teacher, a probation officer, people who extended a hand.... But I think it was ultimately an inner resolution within myself that I was tired of being on the down side of life, of being abused and pushed around and being a nobody and a loser. I made the commitment that I was going to change my life. I went back to night high school at 21, which is rather late to start high school. Then, ten years later I emerged as the valedictorian at Harvard Law School, so it was quite a metamorphosis.

Q. So we're all products of our own character, whether good or bad?

A. Yes, I think ultimately the spiritual resources of the individual are the most important elements of his destiny. □

may be the best thing that ever happened to the kid's "bonds."

Diversion

One reason we can permit ourselves a measure of guarded optimism over the juvenile justice situation is the introduction of the "diversion project." Diversion projects take many forms, but the basic idea of them all is to divert kids away from the formal juvenile court procedures — to try to help them in the community. Usually, there is some sort of counseling involved, often including parents.

Diverting more kids away from juvenile court will also spare the courts the problem of trying to perform two often contradictory roles. On the one hand, the juvenile bench is expected to be a just, firm *court of law* that protects both society and the rights of the accused. On the other hand, society also expects juvenile court to be a *surrogate parent* for wayward kids, guiding treatment and rehabilitation with flexible wisdom and tender loving care.

These often conflicting roles have led to many injustices and inconsistencies. It would be best to divert the petty criminal and status offender away from juvenile court as much as possible. Then the court would have to perform only one role: that of a just, hopefully somewhat firmer-than-at-present protector of society. The court would handle, for the most part, only those juveniles who are dangerous to society or habitually criminal.

Getting Into the Home

There is general agreement within the juvenile justice system that "diversion" is a step in the right direction. The consensus is that society waits too long to offer help.

Frank Jameson, who is youth services coordinator for the Pasadena Police Department and a coordinator for several diversion projects, relates a story that is far more typical than most people imagine. Jameson was asked to investigate the backgrounds of five high school students who had committed unprovoked and seemingly unreasonable acts of violence on a high school campus. The problem was originally presented to Jameson somewhat as

follows: Why do five kids "all of a sudden" and "out of the blue" decide to wreak havoc on their school grounds?

What, Jameson found, was that there was nothing "out of the blue" about the affair. Beginning with their early primary years, all five students, he learned, had repeatedly been identified by school officials as children with severe problems. The five showed up in police records as well. One, in fact, was pictured in police files at the age of eight months, the victim of an unfit home.

Jameson concluded that "it certainly seems ludicrous... to wait until a child is forced into a blatantly delinquent pattern of behavior before the system can mobilize itself to pay attention to him."

But even if potentially troubled kids can be identified at a very early age, what can society do about it? Philosophically, how far and under what conditions is society entitled to formally intrude into the workings of the individual family?

Larry Rubin, who coordinates several diversion projects in Orange County, California, says, "I think the key is to get the family involved. And that's the most difficult thing... I think there's a need for professionals to give guidance to a family that's trying to regroup and improve itself."

Howard Nariman directs a home for delinquent boys that is sponsored by the Optimist Club. Nariman feels "that sometimes parents are seeking and asking, genuinely asking, for support and help, because they may not have the resources to deal with the problem that they're facing."

Informalization and diversion within the juvenile justice system are encouraging signs. We can reasonably hope that the practice of offering no-strings-attached help to families that request it will gradually emerge.

Family Unity the Key Issue

In the long run, significant improvement in the juvenile justice system will depend more on improvement in the family unit than on any other factor.

It's impossible to say with certainty if the family unit is improving

or disintegrating. Some point with concern to the disruptive pressures piled on the family in our changing society. But there is a bright side to the family situation as well: Quickly dying out among young potential parents is the notion that a couple *must* or *should* have children. Having a child is more and more coming to be a well-thought-out, well-prepared-for decision to which the couple is highly committed. To such potential parents, a child is not a trinket whose presence defies all explanation except that "doesn't everybody have them?" Rather, a child is something they *really* want.

Trends, Not Reform

There are no simple answers to the problems of juvenile justice. The "system" will always be burdened to some degree by the often-contradictory roles of protecting society and being a surrogate parent. It will always be trying to help, treat, or rehabilitate kids who were short-changed, somewhere, usually at home.

Any progress will be in the form of positive trends rather than overnight changes initiated by well-meaning reformers. But we can reasonably expect the following trends:

We can expect to see juvenile courts, now incredibly overcrowded, handling few cases other than the dangerous, hard-core juvenile offender.

We can expect such offenders to receive treatment that more fully impresses them with the seriousness of their deeds.

On the other hand, the petty criminal and status offender will almost always be diverted away from the court and, whenever possible, into the informal "helping hands" of the community.

We can expect similar, informal help to be available not only to the kid in trouble, but also to the family in trouble, with no legal strings attached.

And finally, we can expect — although we may be confusing our expectations with our hopes — to find fewer families in trouble, and more and more homes solving the juvenile justice problem before it even begins. Let's work toward that end in our own families and communities. □

THE UNSEEN HAND IN HISTORY

In October, 539 B.C., Babylon — the greatest city of the ancient world — fell to a Medo-Persian army under Cyrus the Great.

Less than a half century earlier, the famed city had reached the height of its power and splendor under King Nebuchadnezzar, builder of the magnificent Ishtar Gate and the world-renowned Hanging Gardens, one of the seven wonders of the ancient world.

After Nebuchadnezzar's death, however, Babylonian power declined rapidly. By 539, the stage was set for collapse.

Greek historians Herodotus and Xenophon claim that Cyrus achieved entry into the heavily fortified capital by cleverly diverting the waters of the Euphrates River, which flowed under the city's huge brass gates and through the length of the metropolis.

Upstream, according to the account, Cyrus' army dug a channel to lead off the water into a huge abandoned reservoir near the river. The level of the river soon began to sink, and Cyrus' army, under cover of darkness, slipped quietly down into the now knee-deep water and waded under the gates into the unsuspecting city. The Babylonians were taken by surprise, and the city fell with little bloodshed.

The fall of Babylon was one of the decisive events of antiquity, marking the end of an era. The once-great Babylonian realm was absorbed into the Persian Empire, which soon included all of the Near East from the Aegean Sea to the Indus River.

Design in History?

Eventually, however, the great Persian Empire followed in the footsteps of its predecessor, falling to the armies of Alexander the Great

*Is history simply a
meaningless patchwork
of random events?
Or is there a definite design
and purpose behind it?*

by Keith W. Stump

some 200 years later. And likewise, the legions of Rome ultimately swallowed up the one-time domains of Alexander.

The rise and fall of empires is a recurring feature of history. One power rises to prominence, only to decline and eventually be supplanted by another.

The Greek historian Polybius recounts how the great Roman commander Scipio the Younger, while watching the city of Carthage going up in flames in 146 B.C., remarked to him: "A glorious moment, Polybius; but I have a dread foreboding that some day the same doom will be pronounced upon my own country. . . . [For thus it had] happened to Ilium . . . and to the empires of Assyria, Media, and Persia, the greatest of their time. . . ."

For centuries historians have pondered the inexorable progression of civilizations. Is history, they have wondered, simply an arbitrary succession of events, a meaningless patchwork of random incidents devoid of purpose? Or is there some sort of overall design or recurring pattern in history?

Differing Views

The belief that it is possible to discern in the course of human history some all-encompassing pattern or general scheme is very old. Many widely varying theories have been advanced attempting to give meaning to the historical process.

Oswald Spengler, the early twen-

tieth-century German philosopher, drew an analogy between the life cycles of cultures and those of biological organisms. He maintained that all civilizations pass inevitably through a four-period life cycle of birth, maturity, decay, and death.

Karl Marx and Friedrich Engels — the "fathers of communism" — saw an endless "class struggle" between the oppressed and the oppressors as the mainspring and primary motive force of history.

Thomas Carlyle, the nineteenth-century Scottish essayist and historian, contended it was the actions of a few outstanding figures such as Alexander the Great, Caesar, Genghis Khan, and Napoleon which — above all other factors — shaped the course of history. "The history of the world," he wrote, "is but the biography of great men."

The eminent English historian Arnold Toynbee maintained — based on his analysis of 26 civilizations throughout history — that the growth and continuance of civilizations is the direct result of their responding successfully to challenges, under the leadership of creative minorities. Once a civilization fails to respond successfully, it disintegrates. Unlike Spengler, however, Toynbee did not regard the death of a civilization as inevitable.

Other theorists have attempted to apply scientific procedures to the study of history, hoping to formulate scientific "laws" of historical development.

Still others have pursued various religious or metaphysical interpretations of history, such as St. Augustine in his magnum opus *The City of God* (A.D. 426), in which he conceives history as the drama of the redemption of man.

Some historians, however, find no overall pattern at all, stressing the



BABYLON — 539 B.C.



ISSUS — 333 B.C.

overriding role of the contingent, the unforeseen, and the accidental in history.

Most historians today take a diversified or eclectic approach to history, drawing upon elements of each school of thought in analyzing and explaining history. Rather than attempting to discern some type of "grand design," they limit themselves to exploring the numerous and varied causative factors and influences on the course of history.

Major Factor Overlooked

Most modern historians, however, have overlooked a major factor in the rise and fall of nations and empires. In their reconstruction and interpretation of history, the vast majority have rejected the notion that the course of history has been directly influenced and guided by providential intervention.

Yet, when the evidence is examined, the conclusion that history in its broad outlines is providentially governed seems inescapably apparent. Many of the actual makers of history — great statesmen and military leaders at the helms of nations and armies — have come to that very conclusion.

Winston Churchill, for example, clearly perceived God's hand in history. In an address before the U.S. Congress on December 26, 1941, the British prime minister asserted that "he must indeed have a blind soul who cannot see that some great purpose and design is being worked out here below...." On another occasion in Britain some 10 months later, the war-time leader further

expounded his belief in divine intervention, observing: "I sometimes have a feeling of interference.... I have a feeling sometimes that some Guiding Hand has interfered."

Benjamin Franklin held a similar conviction. Speaking at the Constitutional Convention in Philadelphia in June 1787, Franklin asserted: "The longer I live the more convincing proofs I see that *God governs in the affairs of men*. And if a sparrow cannot fall to the ground without his notice, [a reference to Matthew 10:29], is it probable that an empire can rise without his aid?"

Changing the Course of History

Historical evidence to support such a belief is abundant. Strange, inexplicable, and miraculous circumstances at certain crucial junctures in the stories of nations and empires seem to point unmistakably to the guiding hand of God. Some examples:

- In his quest for world domination, King Philip II of Spain sent his invincible fleet, the Armada, against England in July 1588. After about a week of fighting against the English, who were led by Sir Francis Drake, the Armada crossed the English Channel and anchored at Calais. On the night of July 28, Drake sent blazing fire ships adrift among the anchored Spanish fleet, causing the Spaniards to cut cable and put to sea in confusion.

The Armada fled northward, pursued hotly by Drake. The hardest fighting of the entire naval campaign followed, and the Spanish lost heavily. But before Drake could de-

liver the knockout punch, the English ran out of ammunition! As the Spanish attempted to escape and return home to Spain by way of the North Sea, however, unprecedented gale-force winds arose and drove many of the ships to their doom on the rocky shores of Ireland and Scotland.

For many days, fragments of Spanish vessels were cast by every tide upon the northern coasts of the isles. The tattered ships which escaped disaster limped home to Spain, but many were so badly battered by the severe storms that they were unfit for further service. Philip's quest for European domination was foiled, in part, by a timely change in the weather.

In commemoration of the Spanish defeat, Queen Elizabeth I — aware of the real source of the victory — ordered the striking of a silver commemorative medal bearing the inscription: "God blew, and they were scattered." Also, in a song of thanksgiving composed shortly after the Armada's defeat, Elizabeth declared: "He made the winds and waters rise, To scatter all myne enemies...."

- Napoleon's dramatic victory over the combined armies of Russia and Austria at Austerlitz on December 2, 1805, established his dominance over the European continent. But his victory cannot be attributed solely to his tactical brilliance.

December 2 began with thick fog and mist. The Russians and Austrians could have wished for nothing better. Under its cover, they hoped, the Austro-Russian armies would be



TOURS — 732 A.D.



HASTINGS — 1066

able to complete their maneuvers without the French seeing what they were doing.

"But suddenly," as one historian describes it, "the sun with uncommon brightness came through the mist, the sun of Austerlitz. It was in this blazing sun that Napoleon at once sent a huge cavalry force under Marshal Soult into the gap left between the center and the left of the Austro-Russian battlefield." This was the break Napoleon needed. His victory was sealed.

Napoleon became the master of Europe, sweeping away the decadent and largely ceremonial medieval Holy Roman Empire and establishing in its place a "revived" version—a short-lived Roman-European civilization dominated by France.

• The crucial battle of Hastings on October 14, 1066, in which the English succumbed to the Norman French under William the Conqueror has been described as "one of those battles which at rare intervals have decided the fate of nations."

In the late afternoon, Harold, last of the Anglo-Saxon kings and commander of the English army, was killed in battle shortly after being struck in the right eye by a chance Norman arrow shot into the air at random. As evening neared, the news of his death spread throughout the English ranks. Leaderless and demoralized, the English were unable to rally and re-form, and they fled the field of battle. The Norman conquest of England was assured, laying the foundation for

the emergence of a united England as a major world power.

• Napoleon's attempted comeback from exile was foiled at Waterloo in 1815 by a combined British-Prussian army under the Duke of Wellington and General Gebhard von Blücher. Napoleon's defeat, however, was due in part to a timely pouring rain.

M. A. Arnault and C. L. F. Pankoucke, in their *Life and Campaigns of Napoleon Bonaparte*, observe: "The night of the 17th [of June 1815] was dreadful, and seemed to presage the calamities of the day. The violent and incessant rain did not allow a moment's rest to the [French] army. The bad state of the roads hindered the arrival of provisions, and most of the soldiers were without food."

At dawn on the 18th, the rain was still coming down. The weather cleared somewhat by 8 o'clock, but the mud forced Napoleon to postpone his attack lest his cavalry and artillery become bogged down. By the time Napoleon ordered the attack at 11:30, some drying had taken place, but the condition of the ground nevertheless favored the troops on the defensive, namely the British and Prussians.

French author Victor Hugo (1802-1885) observed that "the shadow of a mighty right hand is cast over Waterloo; it is the day of destiny, and the force which is above man produced that day." Further elaborating on the source of the French defeat, he asserted: "If it had not rained the night between the 17th and 18th of June, the fu-

ture of Europe would have been changed. . . . Providence required only a little rain, and a cloud crossing the sky at a season when rain was not expected. That was sufficient to overthrow an empire. . . ."

• During the spectacular evacuation of over 300,000 British troops from Dunkirk (May 26-June 3, 1940), the waters of the English Channel were unusually smooth, calm, and placid. This permitted even the tiniest boats to go back and forth between Britain and France in safety on their emergency rescue runs. Many seamen knowledgeable of the Channel remarked at the strangeness of the calm at that critical time. Furthermore, bad weather to the east grounded the German Luftwaffe during part of the evacuation, permitting the British to get away in total safety until the Germans were once again able to get their planes airborne. Little wonder the episode has commonly come to be called "the Miracle of Dunkirk."

• The Allied landing on the beaches of Normandy on D-Day (June 6, 1944) is still another example. June 5—the day originally chosen for Operation OVERLORD (the code name for the invasion)—was a weatherman's nightmare. General Eisenhower wrote that on the morning of that day his camp near Portsmouth in southern England was "shaking and shuddering under a wind of almost hurricane violence, and the rain traveled in horizontal streaks." Continued high winds and stormy seas were predicted—the best allies Hitler could have. For Eisenhower to have

Illustrations: Cover Pictures



AUSTERLITZ — 1805



WATERLOO — 1815

mounted his offensive under those conditions would have spelled disaster.

Then, suddenly, the weather experts predicted a lull in the storm — a short one, to be sure, but long enough to permit a Channel crossing. So General Eisenhower made his "final and irrevocable decision" to proceed with the invasion early the next morning — Tuesday, June 6.

Shielded by low clouds, the invasion fleet took the Germans by surprise. Furthermore, because of the storm, the German coastal guards had relaxed their vigilance. The weather, in all respects, had allied itself with the Allies!

Reminiscing about the critical period just prior to the D-Day invasion, General Eisenhower noted years later: "If there were nothing else in my life to prove the existence of an almighty and merciful God, the events of the next 24 hours did it. The greatest break in a terrible outlay of weather occurred the next day and allowed that great invasion to proceed, with losses far below those we had anticipated" (*Time*, June 16, 1952).

• The Battle of Tours, fought in central France in October, A.D. 732, was described by nineteenth-century German historian Leopold von Ranke as "one of the most important epochs in the history of the world." The great victory of Charles Martel and the Franks over the invading Saracens halted Moslem expansion into Europe.

The turning point in the fierce day-long battle came when a false

rumor of unknown origin spread through the Moslem ranks just as the Moslem cavalry was finally beginning to break through the close-knit ranks of Frankish infantry.

The unfounded rumor was that some of the Franks were plundering the Moslem camp, where much spoil was stored in the tents. Fearful of losing their valuable booty, several squadrons of Moslem horsemen galloped off to protect it. Their fellow Moslems, however, though the horsemen were fleeing from the Franks, and the whole Moslem host fell into confusion. As Abd-er-Rahman, the Saracen leader, strove to lead his men back into battle, the Franks succeeded in surrounding and spearing him to death. Leaderless, the Moslem host fled in defeat.

The fate of Europe hung on that day. Had an unknown Moslem warrior not been struck by a false and unfounded notion, the future of all Europe might have taken a radically different path.

Space does not permit the recounting of similarly unusual circumstances at many other critical junctures in history. But the hand of God is clearly in evidence in world affairs through the centuries.

The Unseen Hand

Whether or not miraculous circumstances are readily apparent at all crucial turning points in history, the Bible nevertheless repeatedly assures us that God is in complete control of events.

The prophet Daniel declares that "God removes kings and sets up

kings" (Daniel 2:21, RSV). To King Nebuchadnezzar of ancient Babylon, Daniel affirmed that "the God of heaven hath given thee a kingdom, power, and strength, and glory" (Daniel 2:37). The seven years' punishment of Nebuchadnezzar (Daniel 4) was for the purpose "that all the world may understand that the Most High dominates the kingdoms of the world, and gives them to anyone he wants to, even the lowliest of men" (Dan. 4:17, *The Living Bible*).

The prophet Isaiah says it is God who "bringeth the princes to nothing" (Isaiah 40:23). King David of ancient Israel declares that "God is the judge; he putteth down one, and setteth up another" (Psalm 75:7).

It is important to understand, moreover, that God's intervention in events is not of a capricious, "play-it-by-ear" nature. Millennia ago, God — who knows the end from the beginning (Isaiah 46:10) — set forth a definite scheme of history, as revealed in the ancient prophecies of the Bible. At certain times, it has been necessary for God to directly intervene to influence events to conform with the timetable of that overall master plan.

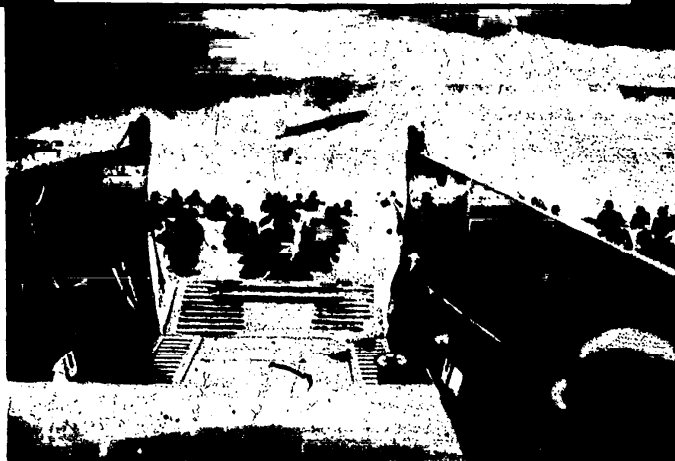
In this regard, Victor Hugo — writing with unusual insight in his description of Napoleon's defeat at Waterloo — declared, "It was time for this vast man to fall. . . ."

Fulfilled Prophecy

Few realize that the Bible is nearly one-third prophecy. Prophecy is simply history told in advance. James A. Garfield, 20th President of



DUNKIRK — 1940



NORMANDY — 1944

the United States, put it succinctly: "History is but the unrolled scroll of prophecy."

Centuries in advance of their actual fulfillment, the ancient inspired prophecies of the Bible outlined a definite, unmistakable progression of world empires, beginning with the Babylonian and continuing through the subsequent Medo-Persian, Greco-Macedonian, and Roman empires and beyond. Additional prophecies foretold the fates of numerous other major cities and nations. In all cases, the pages of history have confirmed the unerring accuracy of these prophecies.

The eighth chapter of Daniel — written some 200 years before the time of Alexander the Great — is a remarkable illustrative example of prophecy become history. In it, Daniel describes a struggle — then two centuries distant — between the Medo-Persian empire and Greece, predicting two great Grecian victories (Alexander's triumphs at Issus, 333 B.C., and at Gaugamela, 331 B.C.), the final collapse of Persia, the untimely death of Alexander, and the division of his kingdom among his four generals — all of which later came to pass exactly as foretold!

Moreover, Alexander himself — at one of those rare, fateful moments in history — may have actually seen those very predictions as he was in the process of fulfilling them! The first century A.D. Jewish historian Josephus records in his *Antiquities of the Jews* (XI, VIII, 5) that, in 332 B.C., Alexander the Great, on a campaign through Pal-

estine, met personally with Jaddua, the Jewish High Priest. "And when the book of Daniel was shewed him, wherein Daniel declared that one of the Greeks should destroy the empire of the Persians, he [Alexander] supposed that himself was the person intended, and . . . he was glad."

Josephus also records that Cyrus the Great — whose conquest of Babylon was foretold by the prophet Isaiah nearly 200 years before it happened — may likewise have read the prophecies regarding his role in rebuilding the temple in Jerusalem (Isa. 44:28).

Conference in Heaven

Interestingly, the Bible records an example of an actual conference in heaven at which was discussed the best manner of influencing a crucial historical event! Undoubtedly, similar conferences have been held frequently throughout history.

The question at hand (1 Kings 22) was how to influence Ahab — the most wicked of all the kings of ancient Israel — to go to battle against the Syrians, a battle in which he would surely be killed.

With a host of angels gathered around him, God, according to this account, asked for advice. "Who will entice Ahab to go and die at Ramoth-gad?" Various suggestions were made until one angel approached the Lord and said, "I'll do it!" "How?" the Lord asked. And he replied, "I will go as a lying spirit in the mouths of all his prophets" (1 Kings 22:20-22, *The Living Bible*). So God allowed the angel to

influence Ahab's pagan prophets to falsely assure Ahab that he would be victorious in the war.

On the day of battle, however, the powerful Syrian army — as God intended — easily defeated the Israelites. During the fighting, "someone shot an arrow at random and it struck King Ahab between the joints of his armor" (v. 34) — similar to the account of Harold's death at the fateful Battle of Hastings some 2,000 years later.

The Bible also records other supernatural tactics used frequently throughout history, such as God's destroying the ships of Tarshish with an east wind (Psalm 48:7) and his sending a great storm to rout the Philistine armies preparing for battle against the Israelites (1 Sam. 7:10).

Prophecies for Today

But is God still directing the affairs of nations today — in the fast-moving world of the mid-1970s?

Amazingly, some 90% of Bible prophecy ~~is yet to be fulfilled~~ is logical, then, to believe that these prophecies would ignore the major power centers of today — the United States, the British Commonwealth, Western Europe, the Middle East, the Soviet Union?

God is still very active in world affairs — possibly now more than ever before! Write for our two revealing free booklets, *How to Understand Prophecy* and *The United States and British Commonwealth in Prophecy*, for a fascinating look at what lies in store for the world in the years just ahead. □

Authentic Wangoo, Dunkirk from Culver Pictures, Normandy from DPA

THE GARNER TED ARMSTRONG TELECAST

U.S. STATIONS

Eastern Time

AKRON — Channel 23, WAKR-TV, 11:00 p.m. Sun
ALPENA — Channel 11, WBKB-TV, 11:30 a.m. Sun
ATLANTA — Channel 11, WXIA-TV, 10:30 a.m. Sun
BALTIMORE — Channel 45, WBFF-TV, 12:00 p.m. Sun
BANGOR — Channel 5, WABI-TV, 11:00 a.m. Sun
BINGHAMTON, N.Y. — Channel 40, WICZ-TV, 11:30 a.m. Sun
CHARLESTON — Channel 2, WCBT-TV, 12:30 p.m. Sun
CINCINNATI — Channel 5, WLWT-TV, 11:30 a.m. Sun
COLUMBIA — Channel 19, WNOK-TV, 10:00 a.m. Sun
COLUMBUS — Channel 4, WCMH-TV, 10:30 a.m. Sun
DAYTON — Channel 2, WDTN-TV, 10:30 a.m. Sun
FLINT — Channel 12, WJRT-TV, 10:30 a.m. Sun
GREENVILLE, N.C. — Channel 9, WNCT-TV, 10:30 p.m. Sun
GREENVILLE, S.C. — Channel 4, WFBC-TV, 12:00 p.m. Sun
HUNTINGTON, W.V. — Channel 13, WOWK-TV, 12:30 p.m. Sun
INDIANAPOLIS — Channel 4, WTTV-TV, 11:30 a.m. Sat
JACKSONVILLE — Channel 12, WTLV-TV, 12:30 p.m. Sat
JOHNSON CITY — Channel 11, WJHL-TV, 10:30 a.m. Sun
LANSING — Channel 16, WLX-TV, 10:30 a.m. Sun
LOUISVILLE — Channel 41, WDRB-TV, 1:00 p.m. Sat
NEW YORK — Channel 9, WOR-TV, Rotating Schedule
PHILADELPHIA — Channel 17, WPHL-TV, 11:00 p.m. Sun
PORTLAND — Channel 5, WMTW-TV, 11:30 a.m. Sun
PORTSMOUTH — Channel 18, WAVY-TV, 1:00 p.m. Sun
PROVIDENCE — Channel 12, WPRI-TV, 1:00 p.m. Sat
SALISBURY — Channel 16, WRBC-TV, 11:00 a.m. Sun
SOUTH BEND — Channel 22, WSBT-TV, 12:00 noon Sun
SPRINGFIELD — Channel 46, WHYN-TV, 1:00 p.m. Sat
STUBENVILLE — Channel 9, WSTV-TV, 12:00 noon Sun
WASHINGTON, D.C. — Channel 7, WMAL-TV, 10:00 a.m. Sun
WILMINGTON — Channel 5, WECL-TV, 11:30 a.m. Sun

Central Time

ABILENE — Channel 12, KTXS-TV, 5:30 p.m. Sun
ALEXANDRIA — Channel 5, KALB-TV, 10:00 a.m. Sun
AMARILLO — Channel 16, KFDA-TV, 2:00 p.m. Sat
BEAUMONT — Channel 12, KDMT-TV, 12:00 noon Sun
BISMARCK — Channel 5, KFYP-TV, 12:00 noon Sat
CHICAGO — Channel 44, WSNS-TV, 9:30 p.m. Sun
CORPUS CHRISTI — Channel 3, KIII-TV, 10:00 a.m. Sun
DALLAS — Channel 11, KTVT-TV, 1:30 p.m. Sun
DOTHAN — Channel 18, WDHN-TV, 8:30 a.m. Sun
FARGO — Channel 11, KTHI-TV, 12 noon Sun
FT. SMITH — Channel 5, KFSS-TV, 12:30 p.m. Sat
GARDEN CITY — Channel 11, KGLD-TV, 1:00 p.m. Sun
GREAT BEND — Channel 2, KCKT-TV, 1:30 p.m. Sun
HATTIESBURG — Channel 7, WDAF-TV, 4:30 p.m. Sun
HOUSTON — Channel 36, KHTV-TV, 9:30 a.m. Sat
HUNTSVILLE — Channel 45, WYUR-TV, 5:30 p.m. Sun
KANSAS CITY — Channel 4, WDAF-TV, 12:30 p.m. Sun
KEARNEY — Channel 13, KHGI-TV, 12:30 p.m. Sun
LUBBOCK — Channel 11, KCBQ-TV, 12:00 noon Sun
LURKIN — Channel 9, KTRT-TV, 2:00 p.m. Sun
MCCOOK — Channel 8, KOMC-TV, 1:30 p.m. Sun
MERIDIAN — Channel 11, WTOK-TV, 10:00 a.m. Sun
MIDLAND — Channel 2, KMID-TV, 5:00 p.m. Sat
MINNEAPOLIS — Channel 11, WTCN-TV, 8:30 a.m. Sun
MONROE — Channel 16, KTVF-TV, 9:30 a.m. Sun
MONTGOMERY — Channel 32, WKAB-TV, 3:30 p.m. Sun
NEW ORLEANS — Channel 4, WYLF-TV, 11:00 a.m. Sun
NORTH PLATTE — Channel 2, KNOP-TV, 6:30 p.m. Mon
OKLAHOMA CITY — Channel 5, KOCD-TV, 11:30 a.m. Sun
OMAHA — Channel 4, WOWT-TV, 3:00 p.m. Sat
PEORIA — Channel 18, WRAU-TV, 10:30 p.m. Sun
ROCKFORD — Channel 13, WREX-TV, 9:00 a.m. Sun
SHREVEPORT — Channel 6, KATL-TV, 12:00 noon Sat
SIOUX CITY — Channel 16, KMEG-TV, 11:30 a.m. Sun
SPRINGFIELD, MO. — Channel 27, KMTC-TV, 9:30 a.m. Sun
SPRINGFIELD — Channel 26, WICS-TV, 12:30 p.m. Sat
TEMPLE — Channel 6, KCEN-TV, 5:00 p.m. Sun
TOPEKA — Channel 27, KTSB-TV, 12:00 noon Sat
TUPELO — Channel 9, WTVV-TV, 5:00 p.m. Sat
TYLER — Channel 7, KLT-TV, 10:30 p.m. Sun
WICHITA — Channel 3, KARD-TV, 1:30 p.m. Sun
WICHITA FALLS — Channel 6, KAUF-TV, 11:00 a.m. Sun

Mountain Time

BOZEMAN — Channel 6, KVI-TV, 11:00 a.m. Sun
GRAND JUNCTION — Channel 5, KREX-TV, 4:30 p.m. Mon

GREAT FALLS — Channel 5, KFBB-TV, 9:30 a.m. Sun
MILES CITY — Channel 3, KYUS-TV, 10:30 a.m. Sun
MITCHELL, S.C. — Channel 5, KXON-TV, 8:30 p.m. Sun
PUEBLO — Channel 5, KOAA-TV, 9:30 a.m. Sun
ROSWELL — Channel 46, KBUM-TV, 12:00 noon Sun
SALT LAKE CITY — Channel 5, KSL-TV, 12:30 p.m. Sat
TUCSON — Channel 8, KGUN-TV, 1:00 p.m. Sun

Pacific Time

ANCHORAGE — Channel 13, KIMO-TV, 6:30 p.m. Wed
CHICO — Channel 12, KHSL-TV, 10:30 a.m. Sun
FAIRBANKS — Channel 13, KTVF-TV, 5:00 p.m. Sat
HONOLULU — Channel 2, KHON-TV, 12:30 p.m. Sat
LAS VEGAS — Channel 8, KLAS-TV, 3:30 p.m. Sat
LOS ANGELES — Channel 8, KHJ-TV, 10:00 p.m. Sun
PORTLAND — Channel 12, KPTV-TV, 11:00 a.m. Sat
RENO — Channel 2, KTVN-TV, 3:00 p.m. Sat
SACRAMENTO — Channel 13, KQVR-TV, 11:00 a.m. Sun
SALINAS — Channel 8, KSBW-TV, 5:00 p.m. Sun
TACOMA — Channel 11, KSTW-TV, 11:30 a.m. Sat

CANADIAN STATIONS

Atlantic Time

HALIFAX — Channel 5, CJCH-TV, 2:30 p.m. Sun
ST. JOHN — Channel 6, CJON-TV, 1:00 p.m. Sun
SYDNEY — Channel 4, CJCB-TV, 2:30 p.m. Sun

Eastern Time

BARRIE — Channel 3, CKVR-TV, 12:00 p.m. Sun
KINGSTON — Channel 14, CKWS-TV, 12:30 p.m. Sat
MONTREAL — Channel 12, CFMT-TV, 5:30 p.m. Sun
NORTH BAY — Channel 4, CHNB-TV, 12:00 noon Sun
PETERBOROUGH — Channel 12, CHEX-TV, 12:30 p.m. Sat
QUEBEC CITY — Channel 5, CHMT-TV, 12:00 noon Sun
SAULT STE. MARIE — Channel 2, CJIC-TV, 9:30 a.m. Sat
SUDBURY — Channel 9, CKNC-TV, 1:00 p.m. Sun
THUNDER BAY — Channel 4, CHFD-TV, 1:30 p.m. Sun
TIMMINS — Channel 6, CFCL-TV, 1:00 p.m. Sun

Central Time

BRANDON — Channel 5, CKK-TV, 4:00 p.m. Sun
REGINA — Channel 2, CKCK-TV, 12 noon Sun
SASKATOON — Channel 5, CFQC-TV, 12 noon Sun
SWIFT CURRENT — Channel 5, CJFB-TV, 11:15 p.m. Sun
WINNIPEG — Channel 7, CKY-TV, 12 noon Sun
YORKTON — Channel 3, CKOS-TV, 12 noon Sun

Mountain Time

CALGARY — Channel 4, CFCN-TV, 4:00 p.m. Sun.
***EDMONTON** — Channel 3, CFRN-TV, 11:00 a.m. Sun.
LLOYDMINSTER — Channel 2, CKSA-TV, 1:00 p.m. Sun.

Pacific Time

DAWSON CREEK — Channel 5, CJDC-TV, 5:30 p.m. Sun.
VANCOUVER — Channel 8, CHAN-TV, 11:30 a.m. Sun.
VICTORIA — Channel 6, CHEK-TV, 11:30 a.m. Sun.
WHITEHORSE — Channel 2, 4, 5, 7, 9, 13, WHTV-TV, 7:00 p.m. Sun.

PLEASE NOTE

This is only a partial listing. For a World-wide Radio/TV Log please check inside cover and write to the office nearest you. Some time periods subject to occasional pre-emption. Please check your local listing for possible time or day changes.
 * denotes new stations or changes.

RADIO LOG

U.S. STATIONS

Eastern Time

AKRON — WSLR, 1350 kc., 5:00 a.m. Mon.-Fri. & Sun., 8:30 p.m. Sun., 10:30 p.m. Mon.-Fri. & Sun.
ALLENTOWN — WSAJ, 1470 kc., 6:30 a.m. Mon.-Fri.
ASHEVILLE — WWNC, 570 kc., 11:00 p.m. Mon.-Fri. & Sun.
ATHENS — WDOL, 1470 kc., 12:30 p.m. Mon.-Fri.
BALTIMORE — WTOW, 1570 kc., 3:00 p.m. Mon.-Fri.
BIRMINGHAM — WKOY, 1240 kc., 12:00 noon Mon.-Fri., 1:30 p.m. Sun.
BROCKTON — WBET-AM & FM, 1460 kc., 97.7 mc., 6:30 p.m. Mon.-Fri.
CAYCE — WCAY, 620 kc., 12:40 noon Mon.-Fri.
CHARLESTON — WCHS, 580 kc., 10:30 p.m. Mon.-Fri.
CHATTANOOGA — WDEF, 1370 kc., 5:00 a.m. Mon.-Sat, 6:30 a.m. Sun.
CHEBAPEAKE — WCPK, 1600 kc., 12:30 p.m. Mon.-Fri.
CINCINNATI — WLW, 700 kc., 11:00 p.m. Sun. Mon.-Fri.
CINCINNATI — WZIP, 1050 kc., 12:30 p.m. Mon.-Fri.
CLEVELAND — WERE, 1300 kc., 11:00 p.m. Mon.-Fri.
COLUMBUS — WWVY-FM, 104.9 mc., 6:00 p.m. Mon.-Fri.
DAYTON — WONE, 980 kc., 11:30 p.m. Mon.-Fri., 8:30 p.m. Sun.
***DECATUR** — WOAK, 1310 kc., 10:05 a.m. Sun.
DE FURIAK SPRINGS — WGTK, 1280 kc., WOUH-FM 103.9 mc., 12:15 p.m. Mon.-Fri.
DETROIT — WLDN-FM, 95.5 mc., 7:15 a.m. Mon.-Fri., 9:00 a.m. Sun.
FAIRFIELD — WCNW, 1560 kc., 12:30 p.m. Mon.-Fri.

***FINDLAY, OH.** — WFM, 1330 kc., 10:30 a.m. Sun.
FLINT — WKMF, 1470 kc., 10:00 p.m. Mon.-Fri.
FORT WAYNE — WGL, 1250 kc., 6:30 p.m. Mon.-Fri.
***FRANKLIN** — WFTN, 1240 kc., 12:00 noon Mon.-Fri.
GAINESVILLE — WAKA, 1390 kc., 7:00 a.m. Mon.-Fri.
GAYLORD — WATC, 900 kc., 12:30 p.m. Mon.-Fri.
GLOVERSVILLE — WENT, 1340 kc., 7:00 p.m. Mon.-Fri.
GREENVILLE — WMCT-AM & FM, 1070 kc. & 107.7 mc., 6:30 p.m. Mon.-Fri.
HAMMONTON — WRDI, 1580 kc., 6:30 p.m. Mon.-Fri.
HARRISONBURG — WHP, 580 kc., 7:30 p.m. Mon.-Fri. & Sun.
HARTFORD — WCNX, 1150 kc., 12:30 p.m. Mon.-Fri.
***HORSEHEAD, N.Y.** — WENY, 1230 kc., 12:30 a.m. Sun.
INDIANAPOLIS — WBNI, 1500 kc., 2:00 p.m. Mon.-Fri.
JACKSONVILLE — WBIX, 1010 kc., 10:30 a.m. Mon.-Fri.
JACKSONVILLE, FL. — WCMG, 1090 kc., 12 noon daily.
JACKSONVILLE, N.C. — WLAS, 910 kc., 7:00 a.m. Mon.-Fri.
JOHNSTOWN — WJAC, 850 kc., 7:00 p.m. Mon.-Fri.
KALAMAZOO — WBUK, 1560 kc., 8:00 p.m. Mon.-Fri. & Sun.
KINGSFORD — WKPT, 1400 kc., 12:30 p.m. Mon.-Fri.
KISSIMMEE — WFIV, 1080 kc., 12:30 p.m. Mon.-Fri.
KNOXVILLE — WSKT, 1580 kc., 8:00 a.m. Mon.-Fri.
LANCASTER — WXRL, 1300 kc., 6:30 a.m. Mon.-Fri.
LAURINBURG — WSTS-FM, 96.5 mc., 12:30 p.m. Mon.-Fri.
LENOIR — WJRI, 1340 kc., 6:30 p.m. Mon.-Fri.
LONDON — WFTG, 1400 kc., 12:30 p.m. Mon.-Fri.
LOUISVILLE — WFIA-AM & FM, 900 kc., 103.9 mc., 11:30 a.m. Mon.-Fri. AM; 7:00 a.m. Mon.-Fri. FM.
LOUISVILLE — WHAS, 640 kc., 11:30 p.m. Mon.-Fri., 8:00 p.m. Sun.
MIAMI — WIOD, 610 kc., 11:30 p.m. Mon.-Fri.
***MONTGOMERY** — WMGV, 800 kc., 10:00 a.m. Sun.
MONTPELIER — WSKI, 1240 kc., 6:00 p.m. Mon.-Fri.
***NEW HAVEN** — WELI, 980 kc., 10:30 p.m. Mon.-Fri., 9:30 p.m. Sun.
NEW ROCHELLE — WVOX, 1460 kc., 12:30 p.m. Mon.-Fri., 10:00 a.m. Sun.
NEW YORK — WOR, 710 kc., 6:30 a.m. & 11:30 p.m. Sun., 10:30 p.m. Mon.-Fri.
NIAGARA FALLS — WILD, 1270 kc., 6:30 a.m. Mon.-Fri.
PANAMA CITY, FL. — WPCF, 1430 kc., 6:30 p.m. Mon.-Fri.
PHILADELPHIA — WRCP, 1540 kc., 12 noon Mon.-Fri., 10:30 a.m. Sun.
PIKEVILLE — WPKE, 1240 kc., 6:00 p.m. Mon.-Fri.
PITTSBURGH — WPIT, 730 kc., 12 noon Mon.-Fri., 11:00 a.m. Sun.
PITTSBURGH — KQV, 1410 kc., 10:00 p.m. Mon.-Fri.
PORTSMOUTH — WIOI, 1010 kc., 12:35 p.m. Mon.-Fri.
PROVIDENCE — WJAR, 920 kc., 11:30 p.m. Mon.-Fri.
RALEIGH — WPTF, 680 kc., 1:15 p.m. Mon.-Fri., 9:30 a.m. Sun.
***RICHMOND** — WRVA, 1140 kc., 10:00 p.m. Mon.-Fri. & Sun.
ROANOKE — WFR, 980 kc., 7:00 p.m. Mon.-Fri. & Sun.
ROCHESTER — WHAM, 1180 kc., 11:30 p.m. Mon.-Fri., 10:00 a.m. Sun.

ROCHESTER — WWHN, 930 kc., 6:30 p.m. Mon.-Fri.
SAVANNAH — WSAV, 630 kc., 7:00 p.m. Mon.-Fri.
SCRANTON — WGBI, 910 kc., 12:30 p.m. Mon.-Fri. & Sun.
***SHEFFIELD** — WSHF, 1290 kc., 9:30 a.m. Sun.
SPRINGFIELD — WAGE, 730 kc., 12 noon Mon.-Fri. & Sun.
STATESBORO — WWNS, 1240 kc., WMCD-FM 100.1 mc., 7:05 p.m. Mon.-Fri.
SYRACUSE — WSOQ, 1220 kc., 7:00 a.m. Mon.-Fri.
TAMPA — WMO, 1010 kc., 5:00 p.m. Mon.-Fri.
TOLEDO — WSPD, 1370 kc., 6:30 p.m. Mon.-Fri. & Sun.
***UNIONTOWN** — WMBS, 590 kc., 9:30 a.m. Sun.
***VALDOSTA** — WGAF, 910 kc., 10:30 a.m. Sun.
WALTERBORO — WALD, 1060 kc., 12:00 noon Mon.-Fri.
***WARREN, OH.** — WWHN, 1440 kc., 10:30 a.m. Sun.
***WASHINGTON D.C.** — WKYS-FM, 93.9 mc., 9:00 a.m. Sun.
***WASHINGTON D.C.** — WRC, 980 kc., 9:00 a.m. Sun.
WATERBURY — WDEV, 550 kc., 6:30 p.m. Mon.-Fri.
WINTER GARDEN — WHLY-FM, 106.7 mc., 7:00 a.m. Mon.-Fri.
WHEELING — WWVA, 1170 kc., 5:00 a.m. Mon.-Fri., 8:30 p.m. Sun.-Fri., 10:30 a.m. & 11:30 p.m. Sun.

Central Time

APPLETON — WAPL-AM & FM, 1570 kc., 105.7 mc., 6:00 p.m. Mon.-Fri.
ATOKA — KEOR-AM, 1110 kc., 4:30 p.m. Mon.-Fri.
ATOKA — KTFM-FM, 93.3 mc., 6:30 a.m. Mon.-Fri.
AUSTIN — KLBJ, 590 kc., 6:30 p.m. Mon.-Fri., 9:30 a.m. Sun.
BIRMINGHAM — WYDE, 850 kc., 7:00 p.m. Mon.-Fri., 6:30 a.m. & 6:30 p.m. Sun.
BOWLING GREEN — WLBJ, 1410 kc., 5:30 p.m. Mon.-Fri.
CHICAGO — WMAQ, 670 kc., 5:05 a.m. Mon.-Fri.
COFFEYVILLE — KGGF, 960 kc., 5:00 a.m. Mon.-Fri., 6:00 p.m. Mon.-Fri.
***DALLAS** — KRLD, 1080 kc., 10:30 p.m. Mon.-Fri. & Sun.
DES MOINES — KWKY, 1150 kc., 12:30 p.m. & 9:30 p.m. Mon.-Fri. & Sun.
DULUTH — WDSB, 710 kc., 6:00 p.m. Mon.-Fri.
EDEN PRAIRIE, MN. — KRBI, 8:00 p.m. Mon.-Sun.
EVANSVILLE — WJPS, 1330 kc., 10:00 p.m. Mon.-Fri.
EVANSVILLE — WVVA-FM, 106.9 mc., 4:30 p.m. Mon.-Fri.
FAYETTEVILLE — KFAY, 1250 kc., 12:30 p.m. Mon.-Fri.
GADSDEN — WAAX, 570 kc., 12:30 p.m. Mon.-Fri., 12 noon Sun.
GLADSWATER — KEER, 1430 kc., 12 noon Mon.-Fri. & Sun.
GRAND FORKS — KRAD-AM & FM, 1560 kc., 103.9 mc., 12:30 p.m. Mon.-Fri.
GREEN BAY — WGEE, 1360 kc., 6:30 p.m. Mon.-Fri.
***HOUSTON, MS.** — WCPK, 940 kc., 4:30 p.m. Sun.
HOUSTON, TX. — KPRC, 950 kc., 10:30 p.m. Mon.-Fri. & Sun.
***IOWA CITY** — KXIC, 800 kc., 6:05 a.m. Mon.-Fri.
***JACKSON** — WTJL, 1380 kc., 7:00 p.m. Sun.
JONESBORO — KNEA, 970 kc., 5:30 p.m. Mon.-Fri.
KANSAS CITY — KMBZ, 980 kc., 10:30 p.m. Mon.-Fri. & Sun.
LAKE CHARLES — KLCL, 1470 kc., 10:00 p.m. Mon.-Fri.

LENOIR CITY — WLIL, 730 kc., 8:00 a.m. Mon.-Fri.
 LITTLE ROCK — KAAY, 1019 kc., 7:30 p.m. daily, 9:30 a.m. Sun., 5:15 a.m. Mon.-Fri.
 *MAGEE, MS. — WSJC, 810 kc., 10:00 a.m. Sun.
 MEMPHIS — WREC, 600 kc., 11:00 p.m. Mon.-Fri.
 *MIDLAND — KWEL, 1600 kc., 11:30 a.m. Sun.
 MILWAUKEE — WISN, 1130 kc., 11:30 p.m. Mon.-Fri.
 MOBILE — WKRG, 710 kc., & 99.9 mc., 11:30 a.m. Mon.-Fri., & 7:30 a.m. Sun. 8:00 p.m. Mon.-Fri. & Sun. (FM).
 MONROE — KREB-FM, 106.4 mc., 5:30 p.m. Mon.-Fri.
 MT. VERNON — WMIX, 940 kc., 7:00 p.m. Mon.-Fri. & Sun.
 NASHVILLE — WSIX, 980 kc., 8:30 p.m. Mon.-Fri., 8:00 p.m. Sun.
 NEW ORLEANS — WWL, 870 kc., 8:30 p.m. Mon.-Fri.
 OKLAHOMA CITY — KTOK, 1000 kc., 10:30 p.m. Mon.-Fri. & Sun.
 PADUCAH — WDXR, 1560 kc., 12:30 p.m. Mon.-Fri.
 PAMPA — KGRO, 1230 kc., 6:00 p.m. Mon.-Fri.
 PEORIA — WMBD, 1470 kc., 10:30 p.m. Mon.-Fri. & Sun.
 ROCHESTER — KOLM, 1520 kc., 12:30 p.m. Mon.-Fri.
 *ROLLA — KCLU AM & FM, 1590 kc., 94.3 mc., 12:25 p.m. Mon.-Fri.
 RUSSELLVILLE — KARV, 1490 kc., 10:00 p.m. Mon.-Fri.
 ST. JOSEPH — KUSN, 1270 kc., 12:30 p.m. Mon.-Fri.
 ST. PAUL — KRSL, 950 kc., 8:00 p.m. Mon.-Fri. & Sun.
 SAN ANTONIO — WOAI, 1200 kc., 5:00 a.m. Mon.-Sat., 7:30 p.m. Sun.
 SHERMAN — KTXO, 1500 kc., 5:00 p.m. Mon.-Fri.
 SIOUX FALLS, S.D. — KIOV-FM, 104.7 mc., 12:30 p.m. Mon.-Fri.
 SIOUX CITY, IO. — KSCJ, 1360 kc., 6:15 p.m. Mon.-Fri. & Sun.
 TEXARKANA — KOSY, 790 kc., 5:30 p.m. Mon.-Fri.
 *VICTORIA — KTXN-FM, 98.7 mc., 9:30 a.m. Sun.
 *WATERLOO — KKEL, 1540 kc., 8:30 p.m. Mon.-Fri., 8:00 p.m. Sun., 105.7 mc. FM, 8:30 a.m. Sun.
 WATERTOWN — KWAT-FM, 96.1 mc., 12:00 noon Mon.-Fri.

Mountain Time

ALBUQUERQUE — KOB, 770 kc., 11:00 p.m. Mon.-Fri. & Sun.
 ARVADA — KOXI, 1550 kc., 1:30 p.m. Mon.-Fri.
 BLACKFOOT — KBLI, 690 kc., 6:30 p.m. Mon.-Fri.
 BOISE — KAIN, 1340 kc., 6:55 a.m. Mon.-Fri.
 CASPER — KTWQ, 1030 kc., 6:05 p.m. Mon.-Fri. & Sun.
 DENVER — KOA, 850 kc., 10:30 p.m. Mon.-Fri., 7:00 p.m. Sun.
 DURANGO — KIUP, 930 kc., 6:00 a.m. Mon.-Fri.
 FARMINGTON — KRZE, 1280 kc., 6:00 a.m. Mon.-Fri.
 KALISPELL — KOPI, 1180 kc., 6:30 p.m. Mon.-Fri. & Sun.
 *MISSOULA — KGVO, 1290 kc., 7:00 p.m. Mon.-Fri.
 ONTARIO, OR. — KSRV, 1380 kc., 7:00 p.m. Mon.-Fri.
 PRESCOTT — KYCA, 1490 kc., 7:00 p.m. Mon.-Fri.
 SALT LAKE CITY — KSL, 1160 kc., 5:06 a.m. & 11:06 p.m. Mon.-Fri., 5:30 a.m. & 11:25 p.m. Sun.
 TUCSON — KTUC, 1400 kc., 12:45 p.m. Mon.-Fri. & Sun., 6:00 a.m. Mon.-Fri., 6:30 a.m. Sun.
 WHEATLAND — KYCN, 1340 kc., 5:30 p.m. Mon.-Fri.

Pacific Time

AUBURN, WA. — KGRG, 89.9 mc., 12:00 noon Sun.
 CHICO, CA. — KHSL, 1290 kc., 7:30 p.m. Mon.-Fri.
 COVINA — KGRB, 900 kc., KOB-FM, 98.3 mc., 12 noon Mon.-Fri., 9:00 a.m. Sun.
 EUGENE — KATR, 1320 kc., 7:30 a.m. Mon.-Fri.
 FRESNO — KBIF, 900 kc., 1:00 p.m. Mon.-Fri.
 FRESNO — KMJ, 580 kc., 6:30 p.m. Mon.-Fri., 5:30 p.m. Sun.
 KEALUKEKUA, HI. — KKON, 790 kc., 6:00 p.m. Mon.-Fri.
 LAS VEGAS — KTBI-AM & FM, 970 kc., 92.3 mc., 6:30 a.m. Mon.-Fri. & Sun.
 LOS ANGELES — KLAC, 570 kc., 10:30 p.m. Mon.-Fri., 8:30 a.m. Sun.
 MEDFORD — KAGN-FM, 98.5 mc., 8:00 a.m. Mon.-Fri.
 MEDFORD — KSHA, 860 kc., 7:00 a.m. Mon.-Fri.
 OLYMPIA — KITN, 920 kc., 6:00 a.m. Mon.-Fri.
 PASCO — KOTY, 1340 kc., 12:30 p.m. Mon.-Fri., 12:00 p.m. Sun.
 PORTLAND — KLIQ, 1290 kc., 7:30 p.m. Mon.-Fri.
 PORTLAND — KWWJ, 1080 kc., 9:00 p.m. Mon.-Fri., 9:30 p.m. Sun.
 SACRAMENTO — KRAK, 1140 kc., 8:30 p.m. Mon.-Fri.
 SALINAS — KTOM, 1380 kc., 10:30 p.m. Mon.-Fri.
 SAN DIEGO — KSDO, 1130 kc., 10:30 p.m. Mon.-Fri. & Sun.
 SAN FRANCISCO — KFMR-FM, 104.9 mc., 8:00 a.m. Mon.-Fri.
 SAN FRANCISCO — KNBR, 680 kc., 11:30 p.m. Mon.-Fri.
 SAN FRANCISCO — KKIS, 990 kc., 10:00 p.m. Mon.-Sat.
 SANTA ROSA — KPIS, 1150 kc., 7:00 a.m. Mon.-Fri.
 SEATTLE — KIRO, 710 kc., 5:00 a.m. Mon.-Fri., 11:30 p.m. Mon.-Fri.
 SEATTLE — KXA, 770 kc., 7:00 a.m. Mon.-Fri.
 SEWARD — KRXA, 950 kc., 12:30 p.m. Mon.-Fri.
 SPOKANE — KICN-FM, 99.0 mc., 12:00 noon Mon.-Fri.
 VISTA, CA. — KMLO, 100 kc., 9:00 a.m. Sun.
 WAIPAHU, HI. — KAMU, 940 kc., 7:00 p.m. Mon.-Fri.
 YAKIMA — KUTI-FM, 104.5 mc., 9:30 p.m. Mon.-Fri. & Sun.

CANADIAN STATIONS

Newfoundland Time

BAIRE-VERTE — CKIM, 1240 kc., 6:00 p.m. daily.
 CLARENVILLE — CKVO, 710 kc., 6:00 p.m. daily.
 GANDER — CKGA, 730 kc., 6:00 p.m. daily.
 GRAND FALLS — CKCM, 620 kc., 6:00 p.m. daily.
 MARYSTOWN — CHCM, 560 kc., 6:00 p.m. daily.
 ST. JOHN'S — VOCM, 590 kc., 6:00 p.m. daily.

Atlantic Time

CAMPBELLTON — CKNS, 960 kc., 9:30 p.m. Mon.-Fri., 8:30 p.m. Sat.
 FREDERICTON — CFNB, 550 kc., 10:05 p.m. daily.
 MONCTON — CKCW, 1220 kc., 9:30 p.m. Mon.-Sat.
 NEWCASTLE — CFAN, 790 kc., 9:30 p.m. Mon.-Sat.
 SAINT JOHN — CFBC, AM & FM, 930 kc., 98.9 mc., 9:30 p.m. daily.
 SYDNEY — CJCB, 1270 kc., 6:00 p.m. daily.
 YARMOUTH — CJLS, 1340 kc., 7:00 p.m. Mon.-Sat.

Eastern Time

BLIND RIVER — CJNR, 730 kc., 6:30 p.m. daily.
 BRANTFORD — CKPC, 1380 kc., 6:30 p.m. daily.
 CORNWALL — CJSS, 1220 kc., 10:30 p.m. daily.
 ELLIOTT LAKE — CKNN, 1340 kc., 6:30 p.m. daily.
 HULL — CKCH, (French) 7:00 a.m. Sun.
 KINGSTON — CKWS, 960 kc., 10:30 p.m. Mon.-Fri.
 *KIRKLAND LAKE — CJKL, 560 kc., 10:30 p.m. Mon.-Sat.
 LEAMINGTON — CHVR, 710 kc., 5:30 a.m. & 6:30 p.m. daily.
 LINDSAY — CKLY, 910 kc., 10:00 p.m. Mon.-Fri.
 MONTREAL — CFMB, 1410 kc., 6:30 a.m. Mon.-Sat., 1:30 p.m. Sun.
 MONTREAL (French) — CFMB, 1410 kc., 5:00 p.m. Sat. & Sun.
 NEW LISKEARD — CJTT, 1230 kc., 9:30 p.m. Mon.-Sat.
 *NORTH BAY — CFCH, 600 kc., 10:30 p.m. Mon.-Fri. & Sun.
 PEMBROKE — CHOV, 1350 kc., 8:00 p.m. daily.
 QUEBEC — CKVC, (French) 1280 kc., 7:00 a.m. Sun.
 RIMOUSKI — CJBR, (French) 900 kc., 7:00 a.m. Sun.
 STE. AGATHE — CJSA, (French) 1230 kc., 6:30 p.m. Mon. Wed., Fri.
 SAULT STE. MARIE — CKCY, 920 kc., 6:30 p.m. daily.
 SHERBROOKE — CKTS, 900 kc., 9:30 p.m. Mon.-Fri.
 SHERBROOKE — CHLT, (French) 630 kc., 7:00 a.m. Sun.
 SMITHS FALLS — CJET, 630 kc., 7:30 p.m. Mon.-Thur. & Sat., 8:30 p.m. Fri.
 THETFORD MINES — CKLD, (French) 7:00 a.m. Sun.
 *THUNDER BAY — CKPR-FM, 94.3 mc., 8:30 p.m. daily & 9:30 p.m. Sun.
 TIMMINS — CKGB, 680 kc., 10:30 p.m. Mon.-Fri., 10:00 p.m. Sat.
 TROIS RIVIERES — CHLH, (French) 550 kc., 7:00 a.m. Sun.

Central Time

DAUPHIN — CKDM, 730 kc., 6:30 p.m. daily.
 DRYDEN — CKDR, 900 kc., 7:30 p.m. Mon.-Fri.
 *FT. FRANCIS — CFOB, 800 kc., 7:30 p.m. Mon.-Fri. & 11:00 p.m. Sun.
 KENORA — CJRL, 1220 kc., 7:30 p.m. Mon.-Fri.
 PORTAGE LA PRAIRIE — CFRY, 920 kc., 6:30 p.m. daily.
 PRINCE ALBERT — CKBI, 900 kc., 6:30 p.m. Mon.-Fri.
 REGINA — CKRM, 980 kc., 8:30 p.m. Mon.-Fri. & Sun.
 SASKATOON — CFQC, 600 kc., 8:30 p.m. daily.
 SWIFT CURRENT — CKSW, 1400 kc., 6:30 p.m. daily.
 WINNIPEG — CKJS, 810 kc., 8:00 p.m. daily.
 YORKTON — CJQX, 940 kc., 6:30 p.m. daily.

Mountain Time

BROOK — CKBR, 1340 kc., 6:00 p.m. daily.
 CALGARY — CFMN, 1060 kc., 11:00 p.m. Sun.-Fri.

PLEASE NOTE

This is only a partial listing. For a Worldwide Radio/TV Log please check inside cover and write to the office nearest you. Some time periods subject to occasional pre-emption. Please check your local listing for possible time or day changes. * denotes new stations or changes.

SOUTHERN AFRICA

(Continued from page 6)

meddling. It serves the interest of the Kremlin to aggravate current racial tensions between blacks and whites. The Soviets are pushing hard for military victories for Marxist "national liberation movements." They are lining themselves up behind the most radical "freedom fighters" who realize that their only avenue to power lies in the forcible overthrow of the existing orders.

Dr. Kissinger's proposed settlement for Rhodesia — which is intended to keep an economically sound future Zimbabwe (Rhodesia) in the Western camp — doesn't fit into Moscow's plans for "eradicating colonialism and racism." The formation of a broad-based, harmonious, multi-racial government for South West Africa (Namibia) — which again would preserve Western orientation — is intolerable to the Kremlin. Instead it backs the militant SWAPO organization in its demand for the whole Namibian pie.

Regarding South Africa itself, the communists, in their various propaganda organs, are doing their best to discredit the many positive steps being taken inside the country on the part of both the government and industry to improve relations between South Africa's many divergent population groups.

Efforts to achieve peaceable, orderly evolutionary — rather than revolutionary — change in the whole of southern Africa come under repeatedly sharp attacks in *Pravda*, *Izvestia*, and other Soviet publications. An example of Moscow's policy line is reflected in an article earlier this year in *Izvestia*:

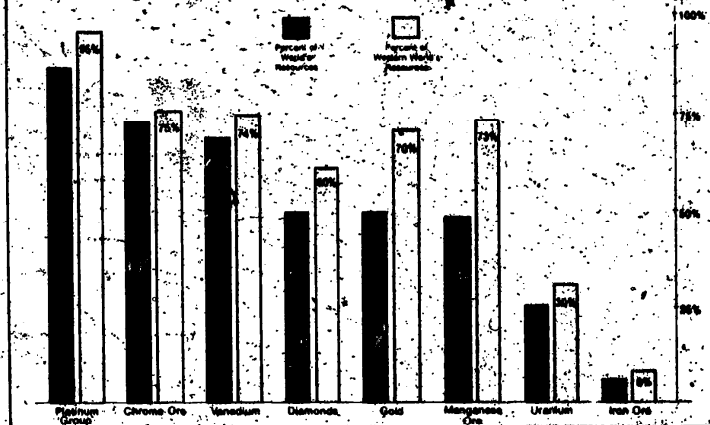
"To prevent the radicalization of Africa means to . . . block the path of noncapitalist development and insure a pro-Western orientation of Africa in the international area . . . If southern Africa gains freedom as a result of armed struggle, it will adopt firm anti-imperialist positions."

A Call for Understanding

In view of the increased external pressure upon South Africa and the

Storehouse of the West

South Africa's estimated reserves of key minerals, as a percentage of total world and free-world reserves, are as follows:



open coveting of its vast wealth. South Africans would appreciate some more understanding of their own internal troubles.

In reality, South Africa is a microcosm of the whole world. Within its borders it reflects in miniature the so-called north-south division between the highly developed industrial world and the far more numerous developing nations.

At the top of the ladder is a segment of South Africa's population — roughly 20% — which is as advanced as anywhere in the West with a standard of living comparable to that of the United States, Canada, Sweden, Switzerland, or West Germany. As Professor S. J. Terreblanche of Stellenbosch University, one of the country's most eminent

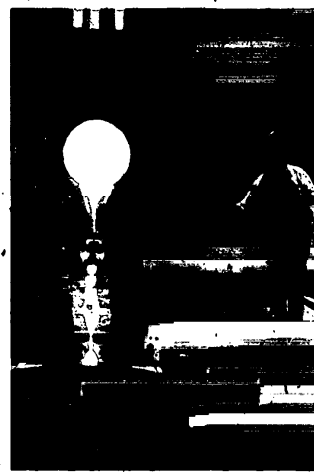
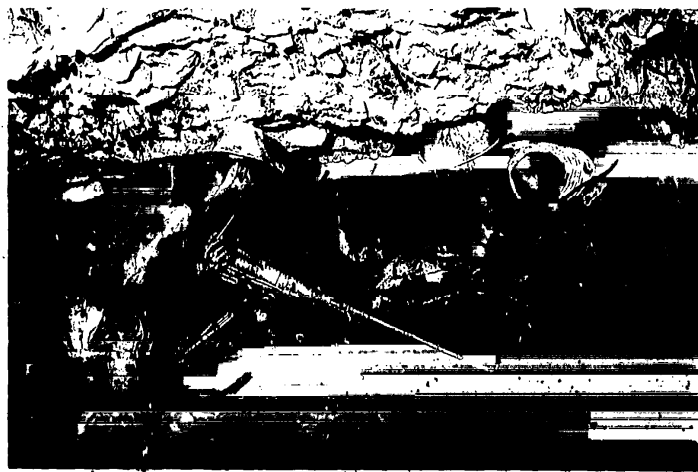
economists, told me in a conversation in his home, approximately five million South Africans — the whites and the upper levels of the Coloureds (those of mixed race) and Indians — can be classified as living in the so-called First World.

The other 20 million or so, according to Professor Terreblanche, are Third World people in various stages of development. Many of the latter, of course, live in their tribal areas essentially as their ancestors have always lived.

How best to elevate their own "developing" peoples, at what rate, and what type of political structure should evolve to accommodate the needs and aspirations of all population groups is the subject of intense debate among South Africans today.

"South Africa has the dubious honour of being chosen as the pre-eminent target for attacks which, seen in the wider perspective, are aimed past South Africa at the West in general. . . . And a West that makes only very weak attempts at opposing condemnation of South Africa's deeds, while remaining silent about millions who are murdered behind the Iron Curtain and whole nations in Africa that are wiped out, is indeed an easy victim for the tyrannical masses."

— The newspaper, *Beeld*,
Johannesburg, Oct. 28, 1976



Photos by Alon Reifinger - Contact

DISCOVERY OF GOLD and diamonds in the last century launched South Africa's economic development. Since World War II, its economy has greatly expanded in all areas of manufacturing, commerce and finance.

During the month I recently spent in South Africa, the country seemed to be literally a giant "think tank" of ideas. The entire spectrum of social and political reform was the number one topic in the press, both English and Afrikaans.* Opinions vary widely. Fortunately, Africa's freest press permits the full range of editorial opinion. This fact is not widely acknowledged among South Africa's detractors.

cantonal system... with suitable adaptations. The groups which would share in such a system would be the whites, Coloureds, Asians, and Africans either living outside black homelands destined for independence or in homelands which do not become independent."

Radical Change Dangerous

A new English-language newspaper, *The Citizen*, appeared in Johannesburg

its Non-Whites are moderate, reasonable people who will not be stampeded by hot-heads into disastrous confrontation.

"We stand for constitutional change. The time has come to... create a framework of institutions within which greater power and responsibility can be given to Non-Whites.

"However, this must be done in ways that do not threaten the freedom of the Whites to govern themselves. Whites no longer seek to dominate Non-Whites, but their survival as an independent nation in Africa is not negotiable."

There is an old Afrikaans saying which is applicable to the present situation: *stadig oor die klippe* — "slowly over the rocks." The phrase harkens back to the Voortrekker days. Descending steep, rocky hillsides, the Afrikaner pioneers had to be careful to let their covered wagons down slowly. Otherwise they would be dashed to pieces on the jagged slopes.

In the political arena today, sudden, precipitous change could destroy the ship of state — which is

"It is clear that Communist interest in Angola and other equally defenseless African states is aimed at the ultimate subjugation of Western Europe and the free world. Lenin once said the road to Paris went through Africa. This is still true today."

— Louis le Grange, South Africa's Deputy Minister of Information and the Interior

Space in this article simply does not permit full discussion of the subject of broad-based reform, but, nevertheless, new ideas are emerging for governmental reorganization, to adequately provide for the needs — and the protection — of all groups. South Africa's weekly news magazine, *To the Point*, summarizes the general trend of thinking:

"The model currently attracting the most interest is the Swiss

burg this September in response to what its editors felt was a need for more balanced news coverage. In its first edition the editors made, in effect, a policy statement: "We stand for South Africa. We believe that this is a good and great country, with virtues that far outweigh its faults.

"Its Whites are overwhelmingly decent, humane, Christian people — not racist ogres. The vast majority of

* The Dutch-derived tongue is the home language of the Afrikaners, who comprise 60% of South Africa's white population. Afrikaans is also spoken by the vast majority of South Africa's Coloureds.

exactly what the radicals and their Soviet backers want!

The concept of "plural democracies," as the evolving political structure in South Africa is commonly called, may not be the model that the United States or other single-state democracies would choose for themselves — but Pretoria's detractors in the West must be careful not to project their own systems, which differ widely in themselves, as being the only "heaven-sent" models to be used.

As the respected international analyst Lord Chalfont noted in the *Times* of London on October 26:

"It seems no more than common-sense and enlightened self-interest that western policy towards South Africa and British policy in particular should at least reflect a recognition of the country's crucial strategic importance. The White Africans, no less than the Black, need help in solving their appallingly difficult problems.

For if the Afrikaners go down, as they are quite prepared to do, in a bloody civil war, ruthlessly exploited from outside, there will be those in this country, much addicted to talk of peace and the brotherhood of man, who will rejoice. They should moderate their glee with the reflection that much else



Aron Reininger - Contact

INSIDE THE CHRYSLER PLANT in Pretoria. In South Africa every tenth person owns a motorcar, ten times the average for the rest of Africa.

will go down at the same time and that in the long run the passing bells will toll for us as well."

"Economic Leverage" from U.S.?

There are rumors that America's incoming administration is planning to exert more "economic leverage" against South Africa. If it is not careful, Washington could be falling into a carefully laid Soviet trap. The Kremlin, in fact, knows that it has the U.S., as an old Afrikaans proverb puts it, *tussen die boom en die bus* — "between the tree and the bark." Given the racial makeup of the United States, the underlying political support of the Carter administration, and the memory of deep internal divisions produced during the Vietnam War, the U.S. is likely to avoid even the appearance of "propping up" white minority governments.

In any case, some experts believe the U.S. can exert comparatively little economic leverage in South Africa. Of the approximately \$15 billion of foreign investment in South Africa, only 15% comes from the United States. A whopping 65% is from Western Europe, 12% from West Germany alone.

If South Africa, with its vast resources and strategic position, is not considered important to the United

States, there are other circles in the industrialized West that might be willing — in their own economic self-interest — to accommodate an "imperfect" South Africa.

Last year, for example, the West German secretary of state for foreign affairs, Dr. Karl Moersch, had this to say: "Our trade with South Africa is of great importance to us. South Africa is an industrially advanced country with a wealth of mineral resources. An export-oriented economy like ours, dependent as it is on imports of raw materials, cannot renounce such a trading partner."

Statements such as this do not receive wide publication, given the liberal, anti-South African orientation of the press in both North America and Western Europe. But some political figures in Europe, and many industrialists, are seriously concerned about the worsening situation in southern Africa — as well as America's seeming inability as the leader of the free world to stem the Red drive there.

If Washington won't act, Europe a united Europe someday may be forced to extend aid to South Africa in order to prevent one of the world's most strategic pieces of real estate from sliding over into the Communist camp, by default. □

Europe's Stake in South Africa

There are today foreign investments in South Africa to the tune of approximately \$15,000 million. The major sources of these investments are:

	Amount	% of Total
*European Common Market countries	\$9,750 M	65
Other European countries	\$1,200M	8
North and South America	\$2,550 M	17
African countries	\$450 M	3
Asia	\$250 M	2
Others	\$800 M	5

*Direct West German investment in South Africa totals \$213 million, while a further \$1,662 million was invested indirectly. West Germany thus contributes about 12% of all foreign investments in South Africa.

Source: The South Africa Foundation

Personal from...

(Continued from page 1)

earth over 1900 years ago for His prophesied second coming, now imminent.

He came the first time as a divine messenger, bearing a MESSAGE from God. That message was the GOOD NEWS (gospel) of the KINGDOM OF GOD — a future WORLD GOVERNMENT.

That message was Christ's gospel. In other words, it was the true gospel of Jesus Christ — the very gospel He commissioned all New Testament ministers to preach to all the world throughout this age. Yet almost universally that true gospel message is rejected today, and men have, as prophesied, turned to another gospel — a gospel ABOUT a different Jesus, certainly not the same Jesus described so vividly in the New Testament.

Yes, it was Jesus Christ who first proclaimed to the world the idea of world peace through a future WORLD GOVERNMENT.

Jesus proclaimed Himself the future KING of that world government — and for this cause He was crucified (John 18:37).

But what men did not understand about His message was that His kingdom was for the FUTURE. He said plainly, "My kingdom is not of this world" (John 18:36).

Now notice the descriptions of Christ's imminent return to this earth: "And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war [against evil]... And out of his mouth goeth a sharp sword, that with it he should smite the nations..." ("For the word of God is quick, and powerful, and sharper than any two-edged sword" — Heb. 4:12. This is not a sword of steel to do physical harm, but the Word of God to correct and do spiritual GOOD!) ... and he shall rule them [all NATIONS] with a rod of iron; and he treadeth the winepress of the fierceness and wrath of Al-

mighty God. And he hath... a NAME written, King of Kings, and Lord of Lords" (Rev. 19:11-16).

Yes, Jesus will be a supernatural, divine world ruler, a KING over all kings of the earth. His weapon will be the WORD OF GOD — THE TRUTH! And Jesus said it is the TRUTH that shall make men free.

He will be a "world KING" who shall judge all nations in RIGHTEOUSNESS. Surely that's the world's greatest need.

Is a REAL UTOPIA impossible?

Men ridicule the idea of a utopia today, as though it were impossible. But WHY should utopia be thought of as impossible? WHY shouldn't men have it?

The answer comes through another question: Why is there so much unhappiness, strife, injustice, fear, and suffering now? Simply because men are thinking, acting, and living contrary to all the laws by which such happiness, universal prosperity, and joy could come. That's the plain and simple answer. Because of selfishness, greed, and vanity.

Suppose everyone on earth loved all his neighbors equally with himself. Suppose everyone was honest, kind, just, considerate, gentle, pleasant, and cheerful, industrious, in perfect health, and of keen, alert mind, humble, trusting fully in God, and working happily with zeal and enthusiasm to accomplish all the good he could. Can you visualize what a wonderful world would result? Well, it would be a real and practical utopia.

But, you say, that's contrary to human character. Yes, true. But Jesus Christ is coming to change that! The POWER OF GOD in one, through His holy spirit, changes, converts, that soul. It gives him power, if he wills, to master — to overcome the nature within. Though FAITH he can be changed into the kind of person described above. And the mission of Jesus Christ of Nazareth at His second coming is to work exactly that change in humanity!

IMPOSSIBLE? Oh, no! Nothing is impossible with God! And Jesus is coming in all the supernatural power and glory of God!

A Preview of Coming UTOPIA

It's possible, now, for us to peer into the future — on over past and beyond the hellishness this world will put itself through during the immediate future — and catch a preview of the world tomorrow!

First, the nature of Christ's world rule:

"With righteousness shall he judge the poor, and reprove with equity for the meek of the earth. . . . They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the KNOWLEDGE OF THE ETERNAL, as the waters cover the sea [none deceived, as most are today — true knowledge universally — true education shall be a basic part of the program]. And in that day there shall be a root of Jesse [Christ], which shall stand for an ensign of the people; to it [Christ] shall the Gentiles seek" (Isa. 11:4-10).

Now for the effect — a preview of HAPPINESS and WORLD PEACE:

"But in the last days it shall come, to pass, that the mountain [kingdom] of the house of the Eternal [that is, the KINGDOM OF GOD] shall be established in the top of the mountains [that is, reigning over the great nations of earth] and it shall be exalted above the hills [the smaller nations]... And many nations shall come, and say, Come, and let us go up to the mountain of the Eternal, and to the house of the God of Jacob; and he [Christ] shall teach us of HIS ways, and we will walk in HIS paths: for THE LAW shall go forth of Zion, and the Word of the Eternal from Jerusalem. And he shall judge among many people, and rebuke strong nations afar off; and they shall beat their swords into plowshares, and their spears into pruning hooks: nation shall not lift up a sword against nation, NEITHER SHALL THEY LEARN WAR ANY MORE" (Micah 4:1-3).

It is when people are undeceived by Satan, when God's LAW goes forth, when people begin to seek God's laws and live by His ways, and when, through Christ and the indwelling of God's holy spirit, we are able to develop in our lives the character of God that we shall have PEACE, PROSPERITY, HAPPINESS and JOY! □

IN BRIEF

WHAT MADE THE DIFFERENCE FOR JIMMY CARTER?

by Stanley R. Rader

The author accompanies *Plain Truth* Editor-in-Chief Herbert W. Armstrong on his frequent visits with heads of state and other leading international dignitaries.

ROME, November 4, 1976: At high noon yesterday, we learned at last that Jimmy Carter of Georgia was our President-elect. It had been a painfully long night with conflicting and inconclusive reports trickling in to us from the United States via satellite, Italian television and radio, and telephone communications with Washington and Los Angeles.

For the third consecutive presidential election, I found myself in a far-away land, but my interest in the outcome was higher than ever.

Jimmy Carter, beginning his campaign for the Presidency, was literally Mr. Nobody. His political background was certainly sketchy. Twice a state senator in Georgia, he was defeated once for the governorship, but he was successful the second time in 1970, and he served for one term.

In 1974 he began from afar to seek the highest office of the United States — the most powerful position in the world. Even after a series of surprising primary victories, he was still thought of as Jimmy-Who? On being nominated at last by the Democratic party in New York last July, he began his acceptance speech by saying: "My name is Jimmy Carter, and I'm running for President."

Mr. Carter's opponent President Ford was seeking a mandate from the American people after serving honorably and capably for more

than two years in the wake of the worst political scandal and trauma in the history of the United States. Appointed with the consent of Congress by the then President Richard Nixon to replace the dishonored Vice-President Spiro Agnew, who was forced to resign, Mr. Gerald Ford succeeded President Nixon a few months later when the latter was pressured to resign in disgrace because of the Watergate scandal.

The campaign developed slowly and created little excitement or fanfare in the United States. Mort Sahlis' quip of 1960 during the famous Kennedy-Nixon debates seemed only too timely during the first Carter-Ford televised debate: "Thank God they both can't win!"

After the second and third debates and after hundreds of thousands of miles traveled around the United States, hundreds of public appearances by both candidates, and the saturation of the airwaves with paid-for political announcements, the general attitude reflected by the American people, according to the professional pollsters and commentators, was that of apathy.

As the election drew closer, President Ford began steadily closing the almost 30-point gap in the opinion polls that separated him and Mr. Carter. Better to have someone we knew is safe, some said, than Carter whom we do not know. Little to choose from, others said.

But once again, the pollsters really had not understood the American people. There really was a discernible difference in the two candidates. That difference was that Jimmy Carter gave the ap-

pearance, and I assume most sincerely, that he cared about the American people — as individual human beings, persons with individual problems — as well as the nation collectively, with its problems at home, the problems of inflation, of unemployment, of the insecurity of the individual about the future — problems that affect people as individuals, as members of a family. It is not enough today to think solely in collective, institutional terms. One must convey with compassion a real concern for the benefit of others.

Yes, Jimmy Carter has made many promises, implied and expressed, to keep. But all politicians, past and present, have promised too much and delivered too little. Campaign oratory has been, in the past and the present, hypocritical, bombastic, and too often downright mendacious.

Jimmy Carter will be watched very carefully by those who voted for him as well as those who were in the opposition. After all, he did proclaim that he would never lie. I want with all my heart to believe this man. I do at this time without feeling naive or foolish.

He comes from the roots of the American people. His origins are humble but totally respectable. He has succeeded incredibly where others would have feared to tread — in the teeth of the establishment of his own political party.

He is Horatio Alger come true. His victory transcends the victory of Harry S. Truman in 1948. He is literally a modern nonbiblical David, the slayer of the behemoth political establishment. He has a golden opportunity to bind up the nation's wounds caused by sectionalism that predates the Civil War, that was horribly increased by it, and that was rendered almost impossible to cure when Abe Lincoln was assassinated, which has been divisive, destructive, and has deterred the real growth and development of the United States.



Garner Ted Armstrong **SPEAKS OUT!**

Escape the Credit Trap!

If it isn't "buy now, pay later," it's "fly now, pay later." Just whip out that piece of plastic with your name embossed on it, let 'em crank it through the machine, sign your name, and you're all set to go tripping gaily off into the wild blue yonder, because "tomorrow may be too late."

Every time I see one of those commercials depicting a happy, fun-loving couple throwing away all their cares and rushing off to Fiji, the Hawaiian Islands, or the Caribbean — *on credit* — I wonder what happens when they get home, when the credit card company says, "Okay, buddy, you've had your fun. Now it's time to pay up."

According to a recent study made by a large Detroit bank, the typical U.S. wage earner — a 38-year-old father of two — makes \$13,847 a year, but he is still about \$500 in the hole by the end of every year.

Why?

Simply because society today is materialistic, based upon lust; because the advertising media dangle before us everything from vacations to automobiles, boats, furniture, appliances, clothing, an endless array of recreational gadgetry, and every type of labor-saving device to make our lives easier, happier, and more fun. And, of course, we just can't resist what we think we need — even if we have to borrow heavily to get it. We need that color TV; we need that trip; we need that new luxury car. "You owe it to yourself," we are told constantly.

We don't want to wind down our standard of living. We refuse to change our life-style. We want to continue moving upward.

There's nothing wrong, of course, in wanting to improve one's lot in life. But when it's done mainly on credit, a false illusion of prosperity is created. Spending money you don't have for things you don't really need will eventually catch up with you. The bills will start rolling in, and you won't have the money to cover them all. You might be able to successfully juggle them around for a few months, but ultimately the "final payment" will catch up with you. Not surprisingly, personal bankruptcies continue to be on the upswing across the country.

The Detroit study also revealed that the typical wage earner's checking account balance generally falls below zero by about the 28th of each month. Two or three days later, he rushes to get his paycheck into the bank to cover a few checks he's already written, and he survives again — barely.

This is the way the typical American wage earner is living. He goes under about the 28th of every month, only to emerge a few days later sputtering with a gasp of amazement that somehow he made it through another month. If the car breaks down or some other unexpected expense comes along, he might find himself in very serious financial trouble.

In fact, the average person's financial affairs are so chaotic, the

study reveals, that he literally can't afford to die, given the high cost of funerals these days!

How does a family avoid a hand-to-mouth existence? Some people don't have the faintest idea how to get out of the credit trap and off the financial merry-go-round. It never occurs to them to quit spending, to quit buying on credit, to forgo purchases of nonessentials, to resist that insatiable urge to get more and more things and, instead, to put that money into savings.

Many have actually been conditioned by television commercials to believe that the way to make money is to *spend*! One commercial I've seen lately shows a bright, apple-cheeked newlywed couple going into a department store. "We just got married the other day!" they exclaim. "We saved a hundred dollars on this item, saved three hundred on this, and saved six hundred on this." Being wheeled in front of them is a big washer and drier, an electric range, a large-screen color TV, a giant frost-free refrigerator, and so on.

What those ads ought to say is that you will *spend* comparatively less, or you will *spend* so many dollars less than with a competitor's product. But you are, nevertheless, *spending*. Yet, many people, apparently, are so gullible that they think they're saving when they are *spending*. I guess maybe they are following the example of the federal government — the number one spendthrift of all time.

In short, the whole nation — both private individuals and government — is living way beyond its means. Politicians say they want to balance the U.S. budget. How they can do this, end inflation, and put all the unemployed back to work (presumably even those who don't want to work) is anybody's guess.

But on the personal level, you can begin to do something right now to put some order into your own financial situation. Write for our free booklet, *Managing Your Personal Finances*. It will show you the way to end those nagging financial worries and escape the credit trap. □

Education Is Necessary

May I submit my warmest thanks for running one of the finest articles the PT has ever run, "Yes Nancy, Education Is Necessary" [September 1976].

Personally, I'm astounded with the amount of time I've wasted in life which could have been replaced with lasting education. If there is any one thing I would tell the youthful generation of today, it would be, "take every opportunity to advance your education!"

Louis Barrêiro,
Hanford, CA

As a teacher, I would like to say a big "thank you" to the Royal Bank of Canada for their views on education and to *The Plain Truth* staff for running the article. Though written in 1956, the statements of fact and opinion presented are as pertinent in 1976 as they were 20 years ago. The right kind of education prepares the child with a "living fund of knowledge" as the foundation upon which he/she may build for the rest of their life. We need more teachers with this educational philosophy to start our children in the right direction. Again I say "thank you."

Sherry Fowler,
Rockville, MD

"Jonah and the Whale"

I have found a lot of help through your *Plain Truth* magazine and the informative booklets you publish. They have helped to make clearer for me why man exists and what God has planned for him. I read Jon Hill's article "Can You Swallow the Tale of Jonah and the Whale?" in the September issue. It was an article containing humor along with seriousness, and it was enjoyable and enlightening to read.

Brian Forget,
Plattsburgh, NY

UFO Controversy

I was very disappointed with "The Ubiquitous UFO" article by Robert A. Ginskey in your August issue. The wording of the article seems carefully chosen to make believers in UFOs look like "UFOnuts" (your wording). Yet there seems to be no real basis for the author's anti-UFO bias. Certainly it is not based on the Bible. What's wrong with believing in UFOs?

Peter Ditzel,
Lakewood, NJ

I must tell you how surprised I was to see an article in *The Plain Truth* concerning UFOs. It's the first one ever. I was even more surprised to find the article so comprehensive and well written since the space limitations make the subject difficult to deal with. You also maintained an objective viewpoint, another surprise for me. Keep up the good work.

Dan DuPont,
North Hollywood, CA

Life on Mars

I am writing in response to your article entitled "Life on Mars? No Way!" I found the article very presumptuous and one-sided on the issue of life on Mars, or any other planet.

You argue — and rightly so — that evolution could not have occurred on Mars. But, how do you know that God never created life on Mars? If Earth was lush paradise before the great heavenly war, described in Revelation, why not Mars? There is evidence to suggest that some life forms existing before this war survived into our own times. Couldn't this have happened on Mars?

Unless you can come up with some more proof, you should label that article as *opinion*.

James Carrender,
Akron, OH

Irritated

Every time *The Plain Truth* comes, I throw it away quickly. It irritates me to no end that a presumably Christian publication can come rolling in like such a prophet of doom.

I trust God! And my strongest, most effective witness to others is that I do not have to worry and stew over the "state of the world." Yes, I can help, show my concern for others less fortunate. But to dwell on the gloom and to wring my hands in sweaty worry does not portray to others a Christian attitude. Have you missed the whole message of the gospel — the good news?

Jane Alm,
Fargo, ND

Feedback on Previous Letters

I was a little disappointed by a letter written by one of your readers. A woman asked that her subscription be canceled because of the many, many articles on "the end." Poor woman, doesn't she realize that what she calls "the end" is actually "the beginning"?

Juan Melo,
Porterville, CA

RESOLUTIONS

(Continued from page 19)

priority. Other interests will begin to sidetrack your resolve, and it will take concentrated effort to keep your time-quantity objectives on your "must do" list.

If your goal begins to appear overwhelming and you begin to think, "I don't know if I can stick with it that long," evaluate your time-quantity objectives. You may need to break your long-term goal down into smaller tasks. Make your program measurable. Shoot for a week's (or a day's) accomplishment, and then renew it for another week until you finally attain your goal. It is always easier to do small tasks than large ones. And the feeling of success, when more frequent, is more exhilarating.

By experiencing frequent success, you will be developing a repetitive new pattern. A repetitive new pattern, especially a pleasant one (experiencing success), will help you develop a positive new behavioral pattern — a new living habit. Your success in achieving intermediate objectives will culminate in the mastering of your long-range goal. Then you've won! And your life is permanently enriched as a result.

Yes, it's easy to have good intentions. You've heard the old adage "the road to hell is paved with good intentions." But it's not easy to stick to resolutions.

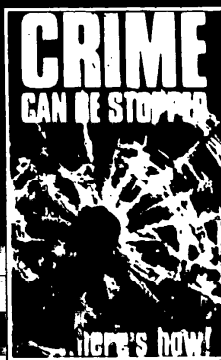
Yet if you sit down and have a long, honest talk with yourself and then develop a practical time-quantity program for monitoring your progress, you can be on your way to endorsing a new adage: "The road to life and happiness is paved with mastered resolutions." □

Arthur C. Mokarow is director of the Ambassador International Cultural Foundation Extension Center and the editor of *Successful Living*. He is also an ordained minister, counseling and working in the area of human relations.



Want to wipe the smiles off their faces?

The professional criminal has a lot to smile about these days, or so it seems. His income, for instance. A New York burglar might have a tax-free income of \$75,000 a year. A Miami narcotics importer's annual take is more like \$175,000. As for the dons of organized crime . . . who knows? But we're all footing the bill. As crimes of all types increase, we are becoming a nation of victims. Unless something is done, and quickly, it may be too late to salvage our freedom and dignity. No, we can't stop crime overnight. But we must begin. And the place to start is with ourselves. If enough of us begin to examine our own actions and motives, we can create an atmosphere in which crime cannot flourish. Then, maybe some of those fat cats won't have so much to smile about. For more information, write for the free booklet, **Crime Can Be Stopped — Here's How.** (Just return the coupon below.)



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