

the
PLAIN TRUTH
a magazine of understanding

VOLUME XXII, NUMBER 9

SEPTEMBER, 1957



THE WORLD TOMORROW broadcast goes out to all the world from this modern studio. Thousands have long awaited the fascinating history of how Mr. Armstrong was led into the ministry and how this work began. The first installment of this moving story begins on page three of this issue.

The PLAIN TRUTH

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VOL. XXII

NO. 9

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NOTICE: Be sure to notify us immediately of any change in address. **IMPORTANT!**

Heart to Heart Talk with the Editor

THE OTHER day a young man came out to the college to see me. He had written two or three times asking me to pray for healing of an affliction caused by an accident, and each time I had prayed for him and sent him an anointed cloth, according to the example set by the apostle Paul (Acts 19).

"I came to see you," he said, "to ask you to pray for me again. I simply can't understand why I wasn't healed."

"Oh, weren't you healed?" I asked. "How do you know you weren't?"

"Why, I still have this nervousness. I still FEEL it."

"Is that how you KNOW?" I asked.

"Of course," he replied.

Well, there was his trouble.

What would it be worth to *you* if I could tell you exactly how you could always pray to God for every need, for help and deliverance from every trouble, and *always get the answer?* If I could show you a way to always KNOW you are going to actually get what you ask of God?

I can tell you that. I have found the way, myself. Of course, in some cases, like that of this young man, where I have interceded for others, and asked God to do something for them, they have failed to receive the answer—while, on the other hand, many others have received the answer I asked for them. But as of the present moment when I now write, there is not one thing I have had to rely upon God for, and ask Him for in prayer, for myself and family or this wonderful work of His which He has committed to me, that has not been answered.

My wife and I have had to depend upon God for just about everything. Once I had to ask God to send us a dime, and we had to have it immediately. Believe it or not, in less than two minutes God sent it to our house. At another time, I had to ask God to send us \$35,000.00 by a certain date, for the work—and He sent it. Once, more than twenty years ago, I remember, before retiring at night, asking God to remove some painful canker sores inside my mouth. When I awoke, they were gone. Once we had to ask God to heal my wife of four or five serious afflictions which had come upon her simultaneously—quinsy with lock-jaw, blood-poison from a rose-thorn, a dog-bite, and two serious internal ailments. Her condition was so critical doctors did not expect her to live another twenty-four hours. She was completely healed of all these things *instantly!* When our youngest son was two years and four months he still could not talk. As a result of a fall, something obstructed speech. When we became sure of the fact of the affliction, we asked God to heal him and let him talk, and the very next day he was beginning to talk, and in a week he was speaking whole sentences like any boy his age.

I have had to ask God to deliver us, and His work, from enemies. I have asked Him for UNDERSTANDING of His will, and His word. I have had to ask for wisdom where I had none, and for guidance. I have been at my wit's end, in desperate trouble, and cried out to God for deliverance. God has answered, every time. Never once has there been a failure to get the answer.

On our return from Europe, nearly ten years ago, we found ourselves in a

full hurricane in the middle of the Atlantic. When it became known that we were in great danger—and no lifeboat could have been launched in those angry 65-foot waves—I went to my cabin and earnestly asked God to calm the storm. In two or three hours the sea was almost calm again.

You can get the same results—if you will be willing to learn what I have had to learn, and to do what God has shown me I have to do.

If money could buy you the absolute GUARANTEE that you would *always* get whatever you ask of God—ALWAYS receive the answer to your prayers, how much would this magic be worth? You'd be willing to pay a great deal for it, wouldn't you? Ah, but this is something far too precious to be purchased with money. The richest man on earth does not have enough money to buy it. Yet *you* can have it, if you'll pay the price of conforming to God's terms and conditions.

Another young man, almost like a son to me, could not understand why God refuses to heal him. He told me he had read, in our office, many letters from people who have been miraculously healed of many ailments and diseases after I had prayed for them and just sent them anointed pieces of cloth. I had also prayed for this young man, at least three times or more. Yet he knew God had refused to heal *him*. He couldn't understand why—was much discouraged. And how did he know? Why, by the EVIDENCE—he could still FEEL the affliction, and that PROVED God had not healed him!

I had no difficulty at all in seeing at once why these two fine, earnest, young men were not healed.

Before you ask God for anything, you must first know whether it is His will. He tells us His will in the Bible. He has made us hundreds of definite PROMISES—and He absolutely GUARANTEES He will keep them! Among them, He has promised to supply every NEED—not desire or want, but every NEED. He has promised to give us wisdom, to deliver us from every affliction, trouble, or temptation, to fight our enemies for us and deliver us from their power, to guide and direct us in making right and

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How God Led me to the One TRUE Church

With this issue we begin the unusual story of Mr. Armstrong's life—how he was led into the ministry, and to find the one TRUE Church. Thousands have waited years for this detailed and revealing autobiography.

by Herbert W. Armstrong

WHERE *is* the one TRUE Church today?" That was the question that haunted my mind in 1927. That is the question that perplexes thousands today.

I had just emerged from an unsuccessful six months' intensive research in an effort to prove that "all these churches can't be wrong." Like most people I had been sure that the teachings and practices of these many large denominations were based on the Bible.

Late in 1926 that assumption had been rudely challenged. My wife had accepted a belief, and entered on a way of life and practice, contrary to the orthodox teaching and custom. To me it was religious fanaticism. To me it carried the stigma of disgrace. It was humiliating—and I was proud. What would all my friends think? What would my business associates say?

Unable to shake her from it by reason or argument, I was angered into the most determined study of my life. I set out to *prove, by the BIBLE*, that "all these churches couldn't be wrong." Although I had been reared in one of them, I had never really studied the Bible.

Disillusioned and Confused

I entered upon this intensified night and day study with zeal. I was determined to drive this religious fanaticism out of my home.

But, as I began studying into the plain, simple statements of the Bible, I was dumfounded! I soon began to make the disheartening discovery that the teachings of my Sunday School days were mostly at total variance with the direct and plain "thus saith the LORD!"

I began to realize that I had been taught largely the exact OPPOSITE of what the Bible says in plain language.

I became confused—all mixed up. My head was swimming. All my foundations seemed to be crumbling beneath me. Simultaneously, I was making an intensive study of the "scientific" hypothesis of evolution, comparing it with the creation narrative in Genesis. The evolutionary doctrine began to appear plausible and convincing. Doubts assailed me.

Was there a God, after all? What *could* a man believe?

Gradually, as these months of 12 to 16-hour days of study progressed, the truth began to emerge that the beliefs and practices of these large and respectable church denominations were not based primarily on the Bible—but quite largely the very opposite of plain and simple Bible statements.

The plausible evolutionary pronouncements of Science, I saw, *refuted* the Bible and threw it out the window.

What was I to believe—the popular and highly respected churches, or Science, or the Bible? Or must I lose all faith in everything, and fling up my hands in despair?

It was a frustrating dilemma.

But I refused to give up until I found the real answer. Now I was *determined* to find the TRUTH! I was aroused!

"Oh God!" I cried out, "if there *be* a God, *reveal* yourself to me—give me irrefutable PROOF of your existence—give me PROOF of whether the Bible is really YOUR inspired Word and revelation to mankind—reveal to me WHY I was put here on earth—WHAT I am—*what* is the purpose and destiny of life—what's it all *about!*—It seems I've lost my way. Open my eyes and SHOW ME THE WAY!"

Then I remembered my mother's annual spring housecleaning days. At first

everything was more upset than ever. Hidden dirt and waste appeared. All was clutter, dirt, confusion. But Mother never got discouraged. She simply cleaned out all the dirt and waste, put everything back where it belonged, and then it was all in order and clean.

I realized I was undergoing a mental, philosophical and spiritual housecleaning. I was uncovering a lot of religious dirt—hidden error and superstition I had taken for granted because I had heard it, been taught it, or read it. And when all this "dirt" was discovered and swept out of mind, then order and peace and serene faith would appear for the first time.

It didn't come easily or quickly. It took effort, zeal, determination, patience, and a willingness to confess and get rid of error and to accept truth. But in due time the effort paid off.

I *did* find absolute and scientific PROOF that God Almighty exists, and actually RULES the universe! I *did* find PROOF—many proofs—that the Holy Bible, in its original writings, is the very inspired and direct revelation from God to mankind. I *did* find the ONLY firm and sound basis for FAITH, and source of TRUTH! I *did* find the PURPOSE of life, its destiny and THE WAY!"

And I found that Jesus Christ had said: "I will build my CHURCH!"

He did build it. Somewhere that one and only true Church had to exist today. But WHERE WAS IT?

WHERE Was the True CHURCH?

These months of vigorous study had astounded me with the realization that the teachings and practices of the large, popular, powerful, organized churches were NOT based primarily on the plain and clear teachings of the Bible. The

real SOURCE of their beliefs and customs had to be looked for elsewhere. Nor were they carrying on the real WORK and MISSION of Christ. I could find no resemblance between them and the original true Church I found described in the New Testament.

Yet, somewhere, there had to exist today the real Body of Christ—the spiritual organism in which He dwelt in Spirit—the human instrumentality fused with His Truth and His Spirit, which HE USES to carry on GOD'S WORK!

But WHERE COULD IT BE?

I was to be many years in finding it.

Actually, like almost everybody else, I didn't know, then, *what* to look for. I had first to learn how God Himself, thru His Word, describes this one Church—what it is like—what it does and does not do.

Until this challenge that angered me into intensive Bible study, I had always said, like thousands of others, "*I just can't understand the Bible.*"

The real story of this search for the one True Church begins much earlier. I'm afraid it can't be made fully and interestingly clear without giving you first the background leading up to it.

Thousands have long wanted these details, many of them exciting, of my past life—the original years of preparation, my conversion, how I came to leave a business life and be plunged into the ministry, the years of struggle, opposition, persecution, experiences with ministers and churches, miraculous answers to prayer, and the start and growth of this present worldwide work of God.

For years I have felt that it should be written. But there never seemed to be time. On occasion, I have written very brief high-spot summaries of portions of this history—but never have the real human-interest close-up personalized details been filled in.

Even my own two sons, now both ordained ministers tremendously busy in the great work of God, have never heard from me much of the experiences I have lived thru, and, for the past 40 years, shared with their mother.

When I was along in the late teens, I was thrilled and highly intrigued by reading Benjamin Franklin's Autobiography. It made such impress upon me that I later read it completely thru again,

and then still later, even a third time.

Franklin's Autobiography was written to his son. I have often felt that I should write the life experiences that have come to me for the benefit, and, I hope, encouragement and inspiration of my sons. I never could seem to get around to it.

But now, today, the associate editor of The PLAIN TRUTH tells me they need an article from me for the September number of The PLAIN TRUTH, and they need it in a hurry—by tomorrow morning, the press dead-line.

I know of no other material I can write as quickly—so, after all these years, here is the first installment of this autobiography going down on my typewriter as rapidly as my fingers can click up these keys—not only for my sons, but for all the readers of The PLAIN TRUTH around the world.

I hope you won't find it dull. The experiences I'm now going to tell you have never seemed dull to me.

My Earliest Recollections

I don't think you'll be much interested in boyhood experiences. Yet a few of them did bear influence on what was to follow.

My earliest recollection is of a house where we lived on West Harrison Street, in Des Moines, Iowa.

I was born July 31, 1892, in a red brick two-apartment flat on the northwest corner of East 14th and Grand Avenue, in Des Moines. Of course I don't remember that, but my mother, now in her 92nd year and still happily enjoying life, as God intended, says she does! A friend in Des Moines a few years ago jokingly remarked that I had become famous too late. That flat has long since been torn down and replaced by a filling station.

But I do remember a few events, between ages 2 and 5, in this cottage on West Harrison Street, near 14th. My father's parents lived next door in a larger house to the east, and I remember scampering over there to sample the delicious apple pies my Grandma Armstrong used to make.

I remember my Great Grandpa Hole, then somewhere between 92 and 94, often taking me up in his arms—and the tragedy that occurred when he fell down the stairs, and died.

I started kindergarten at age 5. I can still hear the mournful clang of the school bell, one block south.

Swearing Off Chewing

It was at this advanced age of 5 that I swore off chewing tobacco. This is how it happened. A ditch was being dug in front of our house. This was quite exciting. In those days I spent most of my time out in the front yard watching. Ditch diggers in those days universally chewed tobacco. At least these particular diggers did.

"What's that there?" I asked, as one of them whipped a plug of tobacco out of his hip pocket, and bit off a corner.

"This is something good," he answered. "Here, sonny, bite off a chaw."

I accepted his generosity. I can remember distinctly struggling to bite off "a chaw." That plug was really tough. But finally I got it bitten off. It didn't taste good, and seemed to have a rather sharp bite. But I chewed it, as I saw him chew his, and when I felt I had it well chewed, I swallowed it.

And very soon thereafter—a minute or so—I swore off chewing tobacco for LIFE!!! I say to you truthfully, I have never chewed since!

This was very shortly after the days of the old horse-drawn street cars. The new electric trolley cars had just come in—the little *dinkeys*. I remember it well. The conductor on our line was Charley,

Here is Mr. Armstrong at the age of one year with his great grandfather Hole, age 92!



and the motorman was old Bill. The most fascinating thing in the world in those days was to park myself up at the front of the long side seat, on my knees, so I could look thru the glass and watch old Bill run that car. I decided then on what I was going to be when I grew up. I was going to be a street car motorman. But something in later years seems to have sidetracked that youthful ambition.

I do remember, though, that my father had a different idea of what I would be when I grew up. I was constantly pestering him with questions. I always seemed to want to know "WHY?" Or "HOW?" I wanted to UNDERSTAND things. At age 5 I can remember Dad saying (I called him "Papa" then—he became "Dad" later at the same time that other boys' male parents had their names changed from "Papa" to "Dad." I remember he didn't like the change, but I was more concerned with what boys my own age thought than with my father's opinions) —anyway he said: "That youngin is always asking so many questions he's sure to be a Philadelphia lawyer, when he grows up."

A Spanking in School

At age 6 the family moved to Marshalltown, Iowa, where my father entered into a partnership in the flour milling business.

I remember the events of those days at age 6 much better than I do those of age 56. The mind is much more receptive, and the memory far more retentive, in the earlier years. Believe it or not, every baby learns and retains more the very first year of life than any year thereafter. Each year we learn and retain a little less than the year before. Few, however, realize this fact. For each succeeding year, the total fund of knowledge increases. We have what is learned and retained this year, *in addition* to what has been the cumulative knowledge of all past years. Writing up these early experiences brings this forcibly to mind. Occurrences are coming back to me in my mind, now, as I write, that I have not thought of consciously for years.

At Marshalltown we virtually lived from that flour mill. Almost every evening for supper—the evening meal didn't become "dinner" until years later—we

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This is a family photo of Herbert Armstrong with his father and mother, and his sister, Mabel. How differently they dressed when Mr. Armstrong was a boy!

Mr. Armstrong as a Boy!

A typical childhood scene showing Herbert Armstrong playing with his sister, Mabel. He was about 3½ years old when this photo was taken.





Another childhood scene of Mr. Armstrong with his sister, Mabel.

had corn meal mush and milk. Distinctly I can hear my father, now, giving evidence of a small amount of Scottish-Irish in his ancestry, by calling it "mursh and milk." When he needed to silence me, with his strong, clear deep bass voice, he commanded sharply, "Hursh!"

Breakfasts at Marshalltown consisted of either or both of fried mush, and/or buckwheat cakes. Dinner, today called lunch, was largely bread and gravy, made from "a dime's worth of round steak," and, as my mother always instructed when sending me to the butcher-shop, "tell him to put in plenty of suet."

I went to school in the first grade in Marshalltown. One day the teacher called me to the front of the room and gave me a good spanking with a ruler. What for, I do not remember. The one thing I do remember, vividly, is trying to save face before the other children, as I walked back to my seat near the rear of the room. With my back to the teacher, I tried to make a face and laugh for the benefit of the "kids." So far as I can remember, that is the only time I was ever spanked or severely disciplined in all my school years.

It was also at Marshalltown, at age 6, that I had my first "girl friend." I remember only part of it. It must have been some kind of children's exercises at a church function. A little girl my age—her name, I well remember, was Velma Powers—and I, had some kind of

a part or act, opening or shutting a curtain between two rooms. Whatever happened to Velma after age 6 I have never heard.

"Haw Goodie"

After a year or so the family moved back to Des Moines. My father bought, or built, a house some three or four blocks north of the place on Harrison Avenue.

It was while we lived there that my brother Russell was born, when I was 8. In front of our house was a very thorny hawthorn tree. Neighbor boys and I built a little one-room "house" up in the branches of that tree. It was great fun climbing the tree, and entering into our little wooden "house," where we were private and out of sight of our parents.

We named the tree and the tree-house "Haw-Goodie." I suppose it was because we liked to eat the haws—the little red berries of the tree.

When my little baby brother was a few months old we moved to Union, Iowa, where my father went into partnership in a hardware store.

The "Pigeon Milk" Hunt

One day I wandered into the town job-printing shop. I must have been on one of my usual information-seeking forays, asking so many questions that ways and means had to be thought up for ridding the printers of the nuisance.

"Say, sonny, I wonder if you'd run an errand for us," asked the printer. "Run over to the grocery and ask them for a pint of pigeon milk."

"What's it for?" I asked. "Why do you want it?" I always had to understand "WHY?" and "HOW?"

"To grease the presses with," explained the printer.

"How'll I pay for it?"

"Tell 'em to charge it," was the answer.

At the grocery store the grocer explained:

"Sorry, bub, we're just out of pigeon milk. They carry that now at the jewelry store."

From the jewelry store I was sent to the furniture store, and then to the dry-goods store, then to the drug store, and after almost every store in town I went

to my father's hardware store. Dad explained that I had been chasing all over town on a fool's errand. Anyway I added to my store of knowledge the fact that pigeon milk is not to be found in stores. And I didn't think it was a more foolish errand than the one a rookie sailor was sent on when his ship was anchored at Pearl Harbor. Older sailors sent him to a dour Commandant on shore to get the key to the flag pole—and he got thrown in the brig.

Our barn in Union was badly infested with rats. I determined to do something about it. I obtained a large cage rat trap at the hardware store, and almost every morning I had a number of rats in the trap. When God says, thru Jeremiah, that the heart of man is deceitful above all things, and desperately wicked, he meant mine, as well as *your* heart. I took some kind of fiendish delight in gradually drowning those rats in the rain barrel, by lowering the cage into the water. I don't recall having received the severe whippings for this I should have had. Probably my parents didn't know I did it.

I remember a birthday party my mother had for me on my 9th birthday, probably because a picture taken at the party has remained in the family box of old pictures.

Another milestone event that lingers vividly in memory was the turn of the
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This photo shows Herbert Armstrong at age nine with his sister, Mabel, and younger brother, Russell.



Are You Frustrated?

Do you need help in overcoming unhappiness and frustration? In this article, the Professor of Psychology in Ambassador College helps you to better understand these human characteristics—and what to do about them.

by Jack R. Elliott

DO YOU have difficulty in dealing with other people? Do others oppress you? Do you wish that people understood you better?

Possibly it is because of your own *human nature*. It is time you *understood* what it is and *what to do about it!*

Human nature is merely the natural, or normal, pattern of behavior of human beings. It is a thing we are born with. God gave it to us just as He gave other created beings the nature which we find in them. But, unlike the animals and others of God's creation, *God did not intend us to keep that nature!*

Understanding Human Nature

In seeking his own happiness, peace and comfort, man thinks on what is good for *self*. From morning to night he continually pampers him-SELF — what he likes, what he wants, what pleases him, what's best for him—little caring about what it will do to the other fellow.

While thoughts of self *do* portray indifference toward the desires and welfare of others, they are not indifferent to things we hope to receive from others.

You and I are guilty of such thoughts. We are guilty of being solicitous of attentions and gifts from others, while being only mildly interested in their good fortune. We know this to be true if we will only admit it. Why don't we repent of it and do something about it?

We are very concerned about what people think of us, how we look, what impressions we are making, what social group we can belong to—instead of being concerned with **HOW WE CAN HELP OTHERS**. Even when we *do* work to help others there is usually a hidden, *selfish* motive behind it. We either expect something in return or else we desire to be looked upon by others as benevolent, self-sacrificing, saintly, angels of mercy.

This is natural behavior for us. It is only being *human*. Yes, that is just what

it is! **NATURAL HUMAN NATURE** from which we need to turn away and seek **GOD'S NATURE** instead!

Wants and lusts also play a big role in our everyday *human* lives. We want a new car, a beautiful home or a rose covered cottage, a sympathetic mate, an exciting experience. We want to go to movies, on long trips—**ANY PLACE**, just so we can be *on the go*. We want diamonds, jewels, fur coats. We want new shoes and cute new hats.

Men especially lust for sexual gratification, either respectable or illicit. Women want to be held closely—romantically, and to be kissed tenderly and passionately. Often, both men and women look on illicit sex as being more thrilling, more adventuresome, more desirable than the proper use God intended. We want **ALL** of our senses gratified. We like fine, delicate foods and spices. We like rich, delicious, refreshing drinks. We seek exotic perfumes. We want our ears gratified with beautiful music or seductive speech.

To add to his pathetic condition, the average person is not interested in facing the task of overcoming and obeying God. He would rather go through life in his **OWN** human, carnal frame of mind instead of gaining experience in spiritual ways of love and joy.

Even so, he does not completely escape the laws of God which regulate such things. Frustrations, heartaches, feelings of guilt torment him—reminding him that something is wrong with his way; something is wrong with **HIM**.

Lessons to Learn

In the beginning, God set before man *good and evil, blessing and cursing, life and death*. He told man to **CHOOSE** the *good* (Deut. 30:19). But man, following the way that *seemed right* to him (Prov. 14:12), chose *evil and death*.

God, in His infinite mercy, did not

decide to destroy man the first time he chose wrongly. He does not even let man destroy himself immediately. He gave man ways of insulating himself, to a degree, from the pain of despair which resulted from his wrong way. Yet, these pain relievers of men are only temporary. They do not remove the cause, but only allow him to go on absorbing more and more punishment while he heaps more woe upon himself.

You are undoubtedly familiar with the physical pain relievers which you can purchase at the drug counters. They give temporary relief, but ignore—if not actually increase—the overall damage to the body. The pain they remove is only the symptom of a greater disease, deficiency, or malady which continues eating away the very life of the sufferer.

If something more is not done than just to remove the pain, *death* will result. *The same is true of mental disease!*

Most of us are not aware of the mental reactions we go through to relieve the stress and pain of unpleasant thoughts and problems while allowing the problem to remain unsolved and the situation uncorrected.

To relieve these stresses brought on by selfishness, man develops an **extensive** repertoire of defenses. These "face-saving," eye-hiding traits, used to defend the self, are just another part of our human nature, and may be brought into play wherever confidence in **SELF** is threatened.

These traits can be divided into three main types: (1) Aggression in order to overcome the person or thing which would dare humiliate the *self*. (2) Flight or withdrawal to escape unpleasantness. (3) Compromise by changing to a more noble appearing behavior but which still ignores the law of God.

The aggressive trait of character, which is in every one of us, causes us to want to fight back with all our might,

to discredit the one who hurt us any way we can, to cause him to lose face in the sight of all who "count"; to even attack him physically and verbally if possible; or if the oppressor is an object or animal, to *destroy* it in revenge.

If we cannot conveniently vent our wrath on him, we scowl, snarl and snap at anyone who gets in our way in order to repay SOMEONE for the hurt we have received. This is called "scape-goating."

When God's Kingdom is set up, *scape-goating* will NOT be tolerated—nor will other aggressive reactions by which one vents his retaliatory wrath on others. Those who are allowed to enter that Kingdom will have long since overcome such *selfishness*, and will have developed an entirely *different character*.

The WAY to Happiness

The *one* way to relieve the stress and strain of such situations *here and now* is through the fundamental *law of God*.

It is LOVE toward God and LOVE toward neighbor. Such a law necessarily limits *self* love and dissolves SELF protection.

We must learn *not to cultivate ego*, not to place ourselves on a lofty pedestal in our own minds and struggle to cause friends and associates to recognize our lofty esteem. If we are using this lifetime as God intended, we *must* have a wiser realization that we, as well as others, have faults and temptations to overcome. By hard work in overcoming our own selves, we have an occasion to *rejoice*. By helping others to overcome their natures, both have an occasion to *rejoice*.

But, just bogging down and attempting to justify human nature is wasting valuable time and may result in the second DEATH.

Withdrawal Reactions

Thus far, we have dealt only with the first of the three types of reactions, aggressive retaliation. Some people are too

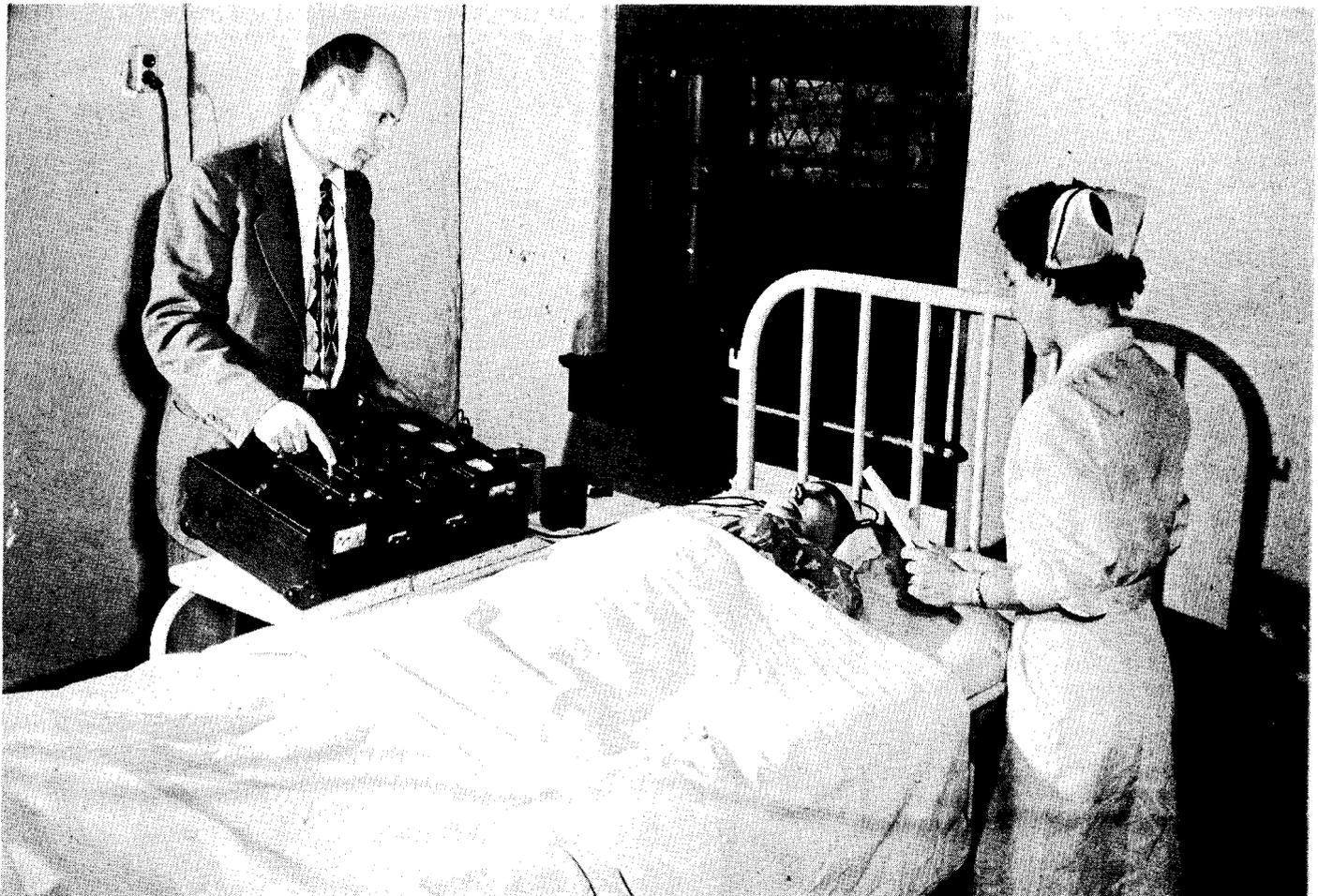
timid or too weak even to consider aggressive retaliation, perhaps through early training or perhaps through having been beaten down until no fight is left in them. These people will usually *withdraw* from the frustrating obstacle or situation.

Such a person may withdraw physically to a less menacing surrounding—to a quiet, peaceful place. Sometimes he withdraws mentally — imagines himself being revenged. This is another psychological defense which insulates and protects the individual from the sting of threats to the self.

When a person seeks to escape mentally an unpleasant reality, he may retreat into a fantasy world of make-believe. This temporary escape from the frustrations of reality is considered perfectly normal in the human carnal reaction. Whereas in real life he may be a failure, in his day-dreams he becomes a

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Thousands of frustrated individuals are committed to mental hospitals and similar institutions every year.



The *Inside Story* of the "World Tomorrow" Broadcast

Do you know what makes this work "tick"? From one on the inside, here is an intimate glimpse of Mr. and Mrs. Armstrong and their associates in this great work of God. Here are authoritative ANSWERS to doubts and questions that have occurred to thousands of you!

by Roderick C. Meredith

MANY THOUSANDS of you readers have probably wanted to "check up" on this work. You would like to know more about Mr. and Mrs. Armstrong, and their many associates in this work.

You have learned many things through "The World Tomorrow" broadcast and the pages of this magazine that have seemed shocking and astonishing at first. You have also learned that this work is *completely* independent of any other—*wholly* non-denominational, non-sectarian.

But you may have asked: "Then just who are these people anyway? Is this work stable and reliable? Could this be a religious racket, or is it the work of sincere, consecrated men whom God has called to His work of warning this rebellious world of its sins and His coming intervention in world affairs?"

Have *you* ever thought of "checking up" on these things?

Well, *I* have—and DID!

How I Became Interested in "The World Tomorrow" Broadcast

A little over eight years ago, I was in the same position as many of you are regarding this work. I was highly impressed by Mr. Armstrong's understanding of the Bible and of *prophecy* in particular, but I wasn't by any means sure that this was *the very work of God*. But I desperately wanted to *know* and to *check up*.

I first became interested in the work and broadcast through the encouragement of my uncle, Dr. C. Paul Meredith—now Director of the Ambassador Col-

lege Bible Correspondence Course.

He had already been listening to the broadcast for many years—since about 1943. He has always been a *student*, and he took careful notes on Mr. Armstrong's prophetic sermons. As time went on, he compared these notes with the *events* that were taking place—and with what other preachers had said—and soon came to realize that Mr. Armstrong was the only one who actually *knew* what was going to happen BEFORE it happened!

When I was a junior in high school, my uncle and I began listening to the program together somewhat regularly. I could see that it made sense, and that I actually learned more about the Bible through each broadcast than I would have in six months in the large Protestant church our family attended.

But at the same time, I was leading an active, busy life as a high school student and athlete. I was on the football and track teams, and boxed in the Golden Gloves tournaments. Since running the mile was my specialty, I hoped to win a track scholarship to the state university by that means.

Delayed Coming to Ambassador College

My interest in social life and athletics naturally conflicted with my desire to find the real PURPOSE of human existence and to "check up" more on the fascinating "World Tomorrow" broadcast. When high school graduation finally came, I was torn between two desires. I wanted to attend Ambassador College and find out the answer to the

basic questions of life—and get to really *know* Mr. Armstrong personally. But I also intensely desired to be a part of the social life and athletic activities at the state university. *What would I do?*

I spent most of that summer vacation working in the woods of Oregon, and wondering whether I should come to Ambassador or not. I knew that Mr. Armstrong understood many things that I *wanted* and *needed* to know. But, on the other hand, most of my friends and relatives were suspicious of this "independent" religious work—and they urged me to attend the state university.

Finally, near the summer's end, I decided to go back home to junior college for the year to allow time to "think things over." And *think* I did! I took the course in philosophy, and spent untold hours poring over voluminous books on this subject. But the more I studied, the more I realized that these "intellectuals" had *no idea whatever* that was sound and logical as to *why* man was put on this earth and *where* he was going.

In the meantime, I continued listening to Mr. Armstrong's broadcasts. Each night, I realized more and more that he knew the answers to world conditions, prophecy, and the purpose of human existence in a way that no one else I had ever heard of did. And I began to comprehend that the Almighty God was using him in a special way as His instrument.

Even during the next summer, however, doubts and misgivings appeared. Again, I went through the agonizing

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task of making a decision which I had tried to postpone.

Finally Made Up My Mind

But by this time I knew that I just *had* to come to Ambassador College! I decided that I would come even if it were only for one semester—just so I could *understand* what life was all about. I literally *craved* this *understanding*—and no one else seemed to have the answer.

Even after I made this decision, I attended a "Youth for Christ" meeting at the government dam in Idaho where I was working. After telling a long and emotional story of his evangelistic experiences in Europe and how "the precious gospel" was preached, the speaker made a stirring appeal to all who would "give their lives to God tonight if He showed them that He needed them," to *stand up*. And *up* I stood—as did most of the crowd!

But after we stood, the evangelist went no further. He did not try to preach the "gospel" to us. He did not give us *anything* definite to do or work toward in regard to serving God.

So after the program was over, I went up and introduced myself and asked him some questions. I asked him if he understood certain things in prophecy, and he admitted that he seldom studied the prophetic books and didn't pretend to understand them.

When I asked him what he thought I should do to serve God, his answer was evasive. Then I told him I had planned to go to Ambassador College and take the Bible course under Mr. Armstrong.

What did he think of that?

I shall never forget his answer: "I think Mr. Armstrong is definitely sincere, but he is definitely wrong."

Well, I pondered over what he said. But I knew that this young evangelist certainly did not understand the Bible like Mr. Armstrong, and I could see that he was *afraid* of something—he was holding something back.

So I decided that I would go to Pasadena and meet this man Armstrong face to face. I would get to really *know* him, if possible. And I would "check up" on him!

He was not going to pull the wool over MY eyes!

So I came to Pasadena, and enrolled in Ambassador College that September.

"Checking Up" On Mr. Armstrong

For the first several months after I came to college, I was engaged not only in pursuing my regular college courses—but in *proving* to myself whether or not this was the *very work of God*. Also, I set out first of all to investigate Mr. Armstrong—his sincerity, his motives in conducting this work, and the consistency of his personal life with what he taught.

I got acquainted with some of the people who had been around the college for a long time. I asked questions. I kept my eyes open. And I *studied* the Bible a great deal to try to *prove* or *disprove* the many magazine articles and booklets to which I now had easy access.

It was not long before I was forced to realize that—as the young evangelist had said—Mr. Armstrong was *definitely sincere*. He worked long, hard hours every day. His conversation, his interest, his whole *life* was wrapped up in the work he was doing. He and Mrs. Armstrong both made many sacrifices for the work—missed sleep, meals, and had even put up their home for sale during the early years of the college when the going was hard.

And I soon learned that he received *no income whatsoever* from the broadcast, but only a portion of the tithes and offerings of those to whom he ministered *personally*—those who attended the weekly chapel services of the college—the very people who knew him best and were constantly there to "check up" if he were running a racket!

Personal Impressions of Mr. and Mrs. Armstrong

Before long, since Ambassador College was quite small in those years, I got to know both Mr. and Mrs. Armstrong very well.

Mr. Armstrong does not give the sanctimonious or "religious" impression so often noted among most ministers. Nor is he the beaming, suave individual so prominent among the more modernistic type of religious leaders.

Rather, he strikes one as a dynamic, hard-thinking business man—but one who is there to *serve*, and not to *get* or

acquire. He does not "kid" himself about anything—including God or God's will. He constantly puts any new idea to the *test* to *prove* it.

While he is a man of much *prayer* and *Bible study*, he is also extremely *practical* in the carrying out of God's work.

Mrs. Armstrong is like him in many of these respects. But she has a feminine *compassion* and *tenderness* which makes her want to help anyone in need.

Of course, I found that both of them had some personal faults and idiosyncrasies—as we all do. But they were NOT direct or willful violations of God's laws in any way. It was just that they had *human nature* like the rest of us!

However, I could see that both of them were fighting to *overcome* the *self-will*, and I soon found that many others were taking part in this same battle.

The Attitude in the College and Church

When I first attended the church or college chapel services, I was amazed to find that nearly everyone there had either a Bible or notebook in his hand, and many had *both*.

In the sermons, Mr. Armstrong would read through and expound entire chapters and books in the Bible, making the meaning *clear* and *proving* any doubtful point as we came to it. For the first time in my life—in *spite of having attended a large Protestant church and Sunday school regularly all my life*—I now began to really understand the Bible.

After the services, the students and other members of the congregation would ask questions about the sermon and would be helped in *proving* it right out of the Bible. And everyone would ask Mr. Armstrong personal questions about how to apply the *principles* of the Bible to their *daily lives*. In every way, they were trying to *imitate Jesus Christ!*

In the student dormitory, I found that the older students would spend much time in personal, private *prayer* to God. It took me some time to realize it, but they would use various out-of-the-way closets and storerooms as places for private prayer. In the "bull sessions" among the men students, the *purpose* of our lives, the relation of current events to

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Vital Facts about Food

To-day we hear a great deal about vitamins, minerals and other substances found in food. Do you know what the established facts about these food substances are? This is the first of a series of articles whose purpose will be to explain the nature of the different food substances and how you may be sure of including them in your everyday diet.

by Isabell Hoeh

THE KNOWLEDGE of the factors which contribute to good nutrition has come a long way since the beginning of this century when Grijns, a Dutch scientist, suggested that beri-beri was the result of a lack of some vital ingredient contained in the polishings of rice.

Today scarcely a housewife can be found who has not read or heard something about protein, vitamins and minerals. Even the most casual radio-listener will have heard of them through radio commercials.

Yet how many of us have a definite knowledge of what these food substances are and a clear idea of the part that each one plays in the efficient functioning of our bodies? This is knowledge that we need to have so that we can know how to select foods intelligently and recognize half-truths or misinformation about foods when we hear it.

Let us begin with the food substance which, because of the great need which the body has for it, merits our first consideration.

Protein, the Building Material

Our bodies are made up of very small bits of matter called *cells*. These cells are so small that they can be detected only through the lens of a microscope. Each tiny cell is made of a material which has been named *protoplasm* (from the Greek *protos* meaning first and *plasma*, form). In the center of each cell is a tiny dot, a bit of protoplasm different in character from that which surrounds it. This is called the *nucleus* of the cell (from the Latin meaning "a kernel"). It is believed that the nucleus of each cell controls the growth and other life processes of the cell.

Now a very important ingredient in this protoplasm is *protein*. Bone cells and fat cells do not contain very much

protein, but the muscle cells are made up almost entirely of protein. As some of these cells continually become old and die, there must be a supply of protein ready to be used in the building of the new cells which replace the old cells. If the body is growing, there must also be enough protein to serve in building cells that were not there before. So the daily fare of everyone, both young and old, must include enough of the type of foods that will supply the protein needed by the body for cell repair and growth.

Two Types of Protein

But it is not sufficient that the food merely contain protein. Some of this protein must be what is called *complete* protein. In order to understand what complete protein is and the difference between it and incomplete protein, we need to understand *what* protein is.

Protein may be compared to a stack of blocks. The individual blocks making up the stack are called *amino acids*. These amino acids are all composed of the same elements (carbon, hydrogen, oxygen, nitrogen and usually sulphur) but the proportion of these in each acid is different. That is what makes one amino acid different from another. About twenty-one amino acids are found in the common protein foods.

Now we have twenty-one different blocks, each one representing an amino acid. To make a stack, that is, a protein, it is not necessary to take one of each of the twenty-one blocks. Rather, most proteins are composed of only 12 to 18 of the twenty-one. However, we do not need to get all of these twenty-one amino acids from our food because our bodies can make some of them from other food materials plus the products left over after it has made use of the essential amino acids.

But there are some amino acids that

our bodies *cannot* make from other materials; it has to get them directly from the food eaten. There are eight such amino acids necessary to man. These eight are called the *essential* amino acids.

Where to Get Them

The problem, then, is how to be sure a diet has all of these essential amino acids in it. Experiments and chemical tests have revealed that there are some proteins which do contain them all. Since they do, they are called the *complete proteins*. The foods which were found to contain these complete proteins in the largest amounts are meat, eggs, cheese, milk and soybeans. If any one of these foods is regularly included in the diet, normal growth and repair of worn-out cells will result.

Plan to have one of these complete protein foods at each meal. Or simply have a glass of milk at each meal. Either way you will get enough complete protein to maintain good health.

There can be more than one kind of protein in a single food. For example, milk contains a type of protein called casein and another type called lactalbumin. Casein is the white solid part which remains as cheese; the lactalbumin remains in the whey or liquid portion. These two proteins in milk are both complete proteins. Soybeans, on the other hand, are an example of a different combination. They, too, contain two proteins, but one is a complete protein, the other incomplete.

It has been discovered that the foods that once were thought to totally lack any of the complete proteins—cereal grains, dried beans and peas, other vegetables and nuts—do contain small amounts of them. However, the amounts are so small that really good growth cannot be expected when the diet consists

solely of them. If moderate amounts of milk, meat or eggs are eaten with them, however, good health will be sustained.

Incomplete Protein and Vegetarianism

Because the complete proteins are those proteins which contain the eight essential amino acids, it follows that *incomplete* proteins would be those which lack one or more of those amino acids. Most of the proteins found in the cereal grains, dried beans and peas, nuts and vegetables are of this type.

It is not safe for anyone uneducated in the detailed composition of foods to follow an exclusively vegetarian diet for he may soon find himself suffering from a deficiency of some of the amino acids. Though his *total daily fare* may include all of the essential amino acids, it is very possible that no *one* of his meals will. *One or more of the meals* must furnish all of the essential amino acids, for experiments have proved that all of the amino acids that the body needs must reach the cells at the same time.

Protein not Stored

Protein cannot be stored in the body. That which is not used immediately for repair and growth is broken up. Of this broken up protein, some is made into sugar-like compounds and used as energy or stored as fat, and the remainder is discarded through the kidneys. That is why it is sometimes claimed that eating much meat is "hard on the kidneys."

Contrary to what is commonly thought, the person who does work requiring much use of the muscles requires no more protein than the person who uses his muscles but little. The person doing heavy muscular work needs more of the energy foods—starch and some sugar—but *not* more protein. Protein foods are generally expensive and it is wasteful to eat more than is needed for cell repair and growth. The carbohydrate foods—those containing chiefly starch or sugar—are less expensive and more efficient sources of energy. The important thing is to eat *unrefined* starches—starches which still contain the vitamins that enable the body to use them for energy. A later article will discuss this more fully.

All natural foods, even fruits, contain some protein, but when we speak of

"protein foods" we mean those which are generally ten per cent or more protein. Here are lists of familiar foods which are high in protein content:

Animal Products

Cheese (except cream cheese)
Cottage cheese
Muscle meats:
 Beef
 Lamb
 Fowl
Organ meats:
 Liver
 Heart
 Sweetbreads
Fish
Eggs
Beef tongue
Milk:
 Dried skim
 Condensed
 Whole

Vegetable Products

Nuts
Legumes:
 Beans, dried
 Cowpeas, dried
 Lentils, dried
 Peas, dried
 Peanuts
 Soybeans, dried
Cereals:
 Oatmeal
 Wheat
Whole Wheat Bread
Wheat germ
Brewer's yeast

Sample Menus

The following menus give examples of how enough protein may be included in the diet under differing conditions. The portions given are for one person. *These are not complete menus.* They do NOT include the bread, cereal, vegetables and fruits that a complete menu would list. The purpose here is only to illustrate what foods may be used in a day's meals in order to provide the necessary protein and to show how to combine them.

BREAKFAST

Average menu—
1 egg

1 glass milk
If allergic to milk—
2 eggs
1 tablespoon peanut butter
If no meat is allowed—
1 egg
1 tablespoon nut butter
1 glass buttermilk
If eggs are excluded—
3 oz. beef tongue or
 beef heart *or*
1 lamb or veal chop
1 glass milk

LUNCH

¼ cup cottage cheese
1 tablespoon peanut butter
1 glass milk
¼ cup tuna fish
½ cup green Limas
One 1-inch cube
 American cheese
½ cup cooked dried peas
½ cup cooked dried peas
 or cooked dry Limas
1 glass milk

DINNER

4 oz. beef or lamb liver
½ cup cooked green or
 dry Limas or lentils
4 oz. turkey or other
 muscle meat
½ cup cooked kidney beans
½ cup cooked soybeans
1 glass milk
¼ cup cottage cheese
½ cup baked navy beans
1 glass milk

or

½ cup cottage cheese
½ cup baked beans

These menus will provide from 60 to 65 grams of protein. The requirement of the average-size man is estimated to be about 70 grams; that of the average woman, about 60 grams. Children up to six years do not require quite as much as the amounts given here, but from seven years onward they need as much as an adult in order to have enough for maximum growth. They should also get more of their protein from milk, if possible, since it is also rich in the calcium that they need. Pregnant and nursing mothers also need more to provide for the growth and feeding of the child.

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How To KNOW God

Most people know OF God. Many think they are His children. But the TRUTH is going to surprise you.

by Roderick C. Meredith

HOW GOOD it is to know the Lord this morning!" said the emotional preacher.

"Amen," echoed several of the congregation.

Haven't you seen people talk in this glib manner about their relationship with their God and Creator? They honestly believe that they are glorifying the Eternal God by such talk. They are—on the whole—quite evidently sincere. But non-Christians and those of less emotional beliefs just smile to themselves and feel that these people have been misguided into using religion as a means of "letting off steam."

Putting all personal feelings and preconceived ideas aside, how can one really "get to know" God?

God Reveals His Nature

There are three basic means by which you can come to know and really understand the true God—the Creator of Heaven and Earth. The first way is by carefully studying what God has produced — His creation — the thing we sometimes call "nature." The apostle Paul knew this. He was inspired to write in Romans 1:20, "For the invisible things of Him from the creation of the world are clearly seen, *being understood by the things that are made . . .*"

So evident is the supreme intelligence of God in His creation, that the atheist is totally without excuse for denying God's existence. This is a *law-abiding* universe. God is clearly revealed in nature as a God of LAW and order—of supreme wisdom and purpose behind every creation.

Try to break the law of gravity sometime! The unity of nature—the constancy of its inexorable laws—all point to the nature and character of the Creator. God's creation *did not evolve!* Its laws remain the same. Charles Darwin's own son said, "*We cannot prove that a*

single species has been changed." God decreed (Gen. 1:25) that every plant and animal should bring forth "after his kind." Not once in six thousand years has this decree been violated.

God's laws do not change! All nature thunders forth this truth. This principle applies to *spiritual* as well as physical things. *Study God's creation if you truly wish to understand your Creator.* The Bible and "nature" both teach that God's plan and His laws do not alter. "The works of his hands are verity and judgment; *all his commandments are sure. They stand fast for ever and ever, and are done in truth and uprightness*" (Ps. 111:7-8).

Second Witness Needed

In contrast to the united testimony of nature, human beings are divided and confused in their ideas of God. It has been said, "Man creates God in his own image." In the *majority of cases*, that is *true!*

People of every nation and tongue have always worshipped something. But their "god" was usually a product of their imaginations—a god that would conform to their current *human* standards, laws, and ways of looking at things.

Even today, most professing "Christians" *read their OWN idea of God into the Bible.* We all know of "sweet old ladies" who think of God as a kindly, sentimental, and *very prudish* old fellow who would be shocked to tears and completely upset if any of his children should go to a movie. Their conception of God is just as narrow and limited as their own environment, training, and mental outlook has been.

Other people go to the opposite extreme. They think of God as a far-off spiritual power with little or no direct concern with the human family. They imagine that God is "wise" enough to *let us alone* to choose our own amuse-

ments, society, laws—*our own religion* the way *we* want to have it. They think they are philosophic, cosmopolitan, "modern." *So they make God in their own image!*

The Holy Bible is the *revealed* Word of the Creator God. It was written to show us the nature of God, and how we should live and worship Him—that we might be His children. Diligently *studying* your Bible is the second way to come to know God. It is the *second witness* needed to dispel man's confusion in his ideas of God.

The Bible Carries Authority

If you have proved and really *believe* that the Bible is the inspired revelation from God to man, then you should clearly realize that God's Word is not to be argued with—or falsely interpreted to bolster pet doctrines.

We may have had our own preconceived *human* idea of God. But if we want the *truth*, let's put that aside and search God's Word to find out how *He reveals* Himself to us. Remember that, "*All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness*" (II Tim. 3:16). The Bible is to correct and reprove us—to show us where we are wrong. Will we let it?

God says, "I am the Lord, I *change not . . .*" (Mal. 3:6). We find that Jesus Christ is, "the *same* yesterday, and today, and for ever" (Heb. 13:8). The Father and the Son do not whimsically change their plans and principles, OR THEIR LAWS. They "change not."

At this point, it is important to realize that Christ *was* the God or "Lord" of the Old Testament! In John 1:1-5, we find that Christ *was* the "Word" or "Spokesman" who was with the Father from the beginning. All things were created by Jesus Christ (v. 3 and Col. 1:16). Christ was the spiritual "Rock" that went

before and protected the children of Israel, and *that gave them the Ten Commandments* (I Cor. 10:1-6).

God *in the person of Jesus Christ* is the one who gave the LAW that most preachers *hate* today! *Why* do they hide their eyes from the Christ who is supreme LAW-GIVER? Do they think that Christ has changed?

Your Bible says NO!

God's methods and laws are basically the same from Genesis to Revelation. Apparently not realizing this, most self-appointed preachers will tell you about the "God of the Old Testament" in contrast with Christ in the New Testament. Then they go on to say that Christ preached the gospel, and the Apostle Paul preached a *different* gospel. They are in CONFUSION.

In Rev. 17:5, God names this mixed-up, divided system of churchianity "Babylon the Great" which literally means "*Great Confusion*." God's true people are commanded to *come out of* this system (Rev.18:4). *Why?*

Because *they don't know the true God!* Satan has his own *false* ministers who *appear* to be ministers of righteousness (II Cor. 11:15). These *false* ministers are deceiving people, "In whom the god of this world hath *blinded* the minds of them which believe not . . ." (II Cor. 4:4).

How can these people be so easily deceived? *First*, because they blindly follow human tradition and these false ministers and therefore have a FALSE conception of God. *And second*, because they are spiritually too LAZY to *study* their Bibles and come to know the true God and *His way*.

The Bible Is Consistent

From Genesis to Revelation, God is revealed as the *Creator*, the *Ruler*, and the potential *Spiritual Father* of mankind. In Genesis 2:17, God *commanded* the man *not* to eat of the tree of the knowledge of good *and* evil. Stubborn man *disobeyed* this command and incurred the death penalty. God had shown himself as RULER, and man had disobeyed.

Long before the old covenant was instituted, Abraham was blessed because he *obeyed* God's laws and *kept* His commandments (Gen. 26:5). He recognized

God—he *KNEW* God—as Supreme RULER.

After Israel had come out of Egypt (a type of sin) to become an independent people, God gave them His commandments which they had *lost* since Abraham's time. They were to be *ruled* by God's laws—which alone can bring happiness. Having the same human nature as we do, they *disobeyed* God and were driven into captivity.

Why? Because they refused to recognize God—to *KNOW* God—as their Supreme Ruler.

Jesus Reveals Father

Jesus came in the flesh to "reveal" the Father. He showed that God's law would be in force until heaven and earth should pass away (Mat. 5:18). He didn't come to destroy God's law, but to *fulfill* it (v. 17). And *fulfill* means to *do or perform*, NOT to do away with. When a young man came to ask Jesus how to be saved, he was told, "*keep the COMMANDMENTS*" (Mat. 19:17).

Jesus taught that we were no longer to carry out the administration of the *civil* statutes and *judgments* for breaking the law (Jn. 8:1-8). We are no longer to execute judgment on evil doers (Mat. 7:1-5). The *rituals*, *sacrifices*, and *carnal ordinances* were nailed to the cross (Col. 2:14, Heb. 7:27). *But* the spiritual commandments were *never* to be broken (Mat. 5:19). He told the wealthy young man, "*keep the commandments*."

Indeed, Jesus' whole ministry was one of revealing God as the supreme Law-giver and Ruler. He preached the good news of the coming kingdom or GOVERNMENT of God (Mark 1:14). That is the *true gospel*—the good news of God's government, God's RULE.

The very foundation of Jesus' teaching was that, "Man shall not live by bread alone, but by *every word* that proceedeth out of the mouth of God" (Mat. 4:4). *What word?* *What God?* Those Jews knew very well that Christ was referring to the God of the Old Testament—the giver of the LAW—the God who was to RULE Israel. The only "word" of the *true* God—at that time—was the Old Testament as contained in *your Bible!* Jesus referred to the "law"—the Old Testament writings—as *scrip-*

ture, and He said, "*the scripture cannot be broken*" (Jn. 10:35).

YOU are commanded to live by every word of the *true* God as revealed in the New *and* Old Testaments of your Bible. He is the true *God*.

Do you *know* that God? Or do you think that Christ didn't know what He was talking about?

Let's open our minds to TRUTH!

Christ Our Example

Most professing "Christian" ministers talk about Christ as some sort of hero and Saviour, but they *refuse* to acknowledge His *gospel*, His *teaching*, and His *example*. They picture Jesus as a sweet *but helpless* little baby at Christmas time and as a Saviour who has gone "way off to heaven" at Easter time! Their conception is that He came to die for men, but that *His teaching carries NO AUTHORITY* today!

Your Bible says the *exact opposite!*

In John 1:4, we find that Jesus' life was the "light" of men. It was to show them *God's way* to live. Peter was inspired to write, ". . . Christ also suffered for us, *leaving us an example*, that ye should follow his steps" (I Pet. 2:21). Read I John 2:6. It is more properly rendered in the Moffatt translation. Speaking of Christ, John wrote, "He who says he 'remains in him' *ought to be living as he lived*."

Jesus is our *perfect* example! If we say we are a Christian—that we "remain in Him"—we ought to be *LIVING* as He lived! Are *you?* If you don't believe in and try to follow Jesus' example, you don't understand *what kind* of God the *true* God is. You are *ignorant* of how to worship and obey the God and Father of Jesus Christ.

What *was* Jesus' example?

Jesus entire life is a perfect example of OBEDIENCE to God's law and His rule! He said, ". . . 'I have *kept* my Father's commandments . . .'" (John 15:10). His own teaching was simply a magnification of God's law (Isa. 42:21). Actually, He came in the flesh to magnify *His own law*—the Ten Commandments! Remember? He *was* the God of the Old Testament who *gave* the Ten Commandments and dealt with Israel (I Cor. 10:1-6).

When He came in the flesh, Jesus

KEPT that law to set us an example. He was our "light," our example. A true Christian is simply one who follows Christ—who follows that example.

Do you begin to see the true nature of the living God?

He is the ONE who has set all physical and spiritual laws and energies in motion. He has an overall plan for this earth—He is Supreme Ruler.

God came in the flesh as Jesus Christ to preach the good news of God's kingdom—or government. Jesus always preached that gospel. Philip preached it (Acts 8:12). The apostle Paul preached it all through his ministry—even to the Gentiles at Rome (Acts 28:31). It is the ONLY true gospel!

God's Character

God is RULER. If we become His children through repentance, baptism, and receiving the Holy Spirit (Acts 2:38), we may be "born again" (Jn. 3:1-8)—changed into, actually born of spirit as a literal son of God! God is reproducing Himself! He—the Creator and Ruler of the universe—is begetting human beings through His Spirit to be born as His sons—to be in His own family—to inherent eternal life. But we must first learn how to live before God will grant us eternal life and make us His own sons.

We must develop God's wisdom, God's character. We must "live by every word of God." Realizing that our Creator knows best, we should OBEY Him. To deny this is to admit a profound ignorance of the Eternal God's great wisdom and purpose! It betrays a lack of understanding of the character of the true God.

The apostle John summed it all up when he wrote of Christ—the God of the Old Testament, the giver of the LAW—"He that saith, I know him, and keepeth not his commandments, is a LIAR, and the truth is not in him (I John 2:4).

God himself calls these lawless ministers liars when they try to deny the authority of His RULE, the wisdom of His LAW, and the very basis of His great PURPOSE.

It is time to wake up! May God help you to repent of defying His rule, of breaking His laws, and guide you to accept Christ as your Saviour from sin.

Then you may begin to develop the character of God and be born of the Spirit as His son in the resurrection. You need to come to know the true God as your Father.

Talk to God

Once you come to really know the true God—the God revealed by Jesus Christ—you will want to talk to Him. You may do this in prayer. This is the third way you may come to really "know" the true God.

As you come to know God in this way, you will soon realize that here, too, you have to OBEY God if you expect an answer. But you will find that God is LOVE and that He will gladly grant any request that is good for you under the circumstances. You will also discover that He has POWER to heal you when you are sick, to deliver you in miraculous ways from trouble, and to bless you in a manner beyond human comprehension.

So get to know God by talking to Him often.

And remember—the combined testimonies of nature, of the Bible, and of answered prayer all reveal the same true God. He is the All-Wise, All-Powerful, Law-Giving RULER of the universe.

Are you willing to acknowledge His government, obey His laws, and inherit eternal life as His child?

Heart to Heart Talk with the Editor

(Continued from page 2)

wise decisions. He has promised to heal us when we are sick.

Those are a few of the things we KNOW it is God's will to do for us—things for which we may ask, and be sure we shall get the answer!

But THERE ARE CONDITIONS!

It is like a contract, or an agreement. God promises to always do these things for us, IF we do just two things He demands of us! And an uncle of mine once impressed on me, so indelibly I shall never forget, that that little two-letter word "IF" is absolutely the biggest word in the English language. That great big

little "IF" is the obstruction that stands between you and getting the answer from God!

1st, you must OBEY. "What things soever we ask, we receive of Him because we keep His Commandments, and do those things that are pleasing IN HIS SIGHT."

2nd, you must BELIEVE, "According to your faith be it unto you."

Now these two young men are both sincere fellows who have surrendered to God, who seek to know His will, and to keep His commandments, and live HIS WAY, thru his power and strength. And both of them have sincerely SUPPOSED that they had FAITH.

But, like at least 99 out of every hundred earnest, surrendered Christians, they have not fully realized just what faith is, or how to exercise it.

The Bible definition of SIN is this: "Sin is the transgression of the law." (I John 3:4.)

The Bible definition of FAITH is this: "Now faith is the assurance of things hoped for, the evidence of things not seen." (Heb. 11:1.)

God PROMISES to heal you when you are sick. You follow His instruction, you call for the elders of the church, they pray over you the prayer of faith, anointing you with oil, and God PROMISES that when this is done, "the prayer of faith shall save the sick, and the LORD SHALL RAISE HIM UP." (Jas. 5:14-15.)

Now these two young men confronted me with the fact God had not done as He had promised. How did they know—what evidence convinced them God had not done what He promised? Why, their EVIDENCE, in both cases, was that they could FEEL the pain, the nervousness, and weakness. They could see they were not healed. There was the EVIDENCE that God had not healed them.

But once again, what is FAITH? Faith is the EVIDENCE of healing that is NOT SEEN—or felt! It is impossible for God to lie. Impossible for God to break His promise. Do you believe that?

"Oh, yes, of course," you answer—or do you, now?

I know these two young men thought they had faith. As a matter of fact, at the time I prayed for them, undoubtedly they both believed. At the time, that is.

(Please continue on next page)

But what they did not realize about FAITH is that *faith must not waver*. It must *abide*. It must remain constant—unwavering! It must ENDURE—it must CONTINUE! Thru James, God instructs us to ask “in *faith; nothing wavering*. For he that wavereth is like a wave of the sea driven with the wind and tossed. For *let not that man think that he shall receive anything of the Lord!*”

Yes, these young men really did believe—at the time!

But they did not come to the real TEST of their faith until the devil presented *his* evidence, a few days later. When, after a few days, they could still FEEL and SEE they were not healed, then Satan was presenting *his* evidence to their minds! It was evidence they could FEEL and SEE! And at just that point these young men took their eyes off Jesus—off God's PROMISE—they looked at the MATERIAL, SENSUAL evidence, and right then and there, without realizing what was taking place in their minds, they WAVED in their belief in God's promise. Instead of BELIEVING God's evidence, which is FAITH in what they certainly did not yet FEEL or SEE, they just simply could not doubt the material evidence of the human flesh and the senses of feel and sight! What they felt and saw therefore convinced them THEY WERE NOT HEALED!

They began to ask “Why didn't God heal me?” and their faith was then gone. Yes, they wavered, and God says, “Let not that man think that he shall receive anything of the Lord.”

So here is the lesson you must learn—the lesson of faith—if you would get answers to your prayers. First, search the Bible to see whether God has PROMISED to DO what you want to ask. If He has, then ask—but REMEMBER, *God nowhere promises WHEN, or HOW He will do it!* That's the thing to remember! Never forget it! God has not promised He will do it *instantly*, or when you expect, or how you expect. ALL He has promised is to DO IT! He does things in His own time. And sometimes, I have found, God is not in so great a hurry as we. And God works in mysterious ways His wonders to perform—not in the ways, nor at the time we expect.

It is sufficient for you that GOD HAS PROMISED! Take it to Him, claim His

promise, ask Him to do what He has promised—and then leave it in His hands—RELY ON HIM—trust Him, serene and unshaken in the definite assurance it is now in GOD'S HANDS, and He HAS PROMISED, and He will attend to it, without fail.

He may perform what He has promised instantaneously. Or, He may not. He may TEST YOUR FAITH, permit Satan to tempt you with his physical, sensual evidence to see if you will doubt God's Word. If it is healing you have asked, and two or three days go by, and you do not yet see the answer, but rather still feel the pain or affliction, DON'T YOU BELIEVE IT! Jesus promised that the SIGN shall FOLLOW. It will, if you remain steadfast and unwavering in LEAVING IT IN GOD'S HANDS. Meet this TEST of faith by disbelieving what you feel and see, and instead BELIEVING God's promise! God can't lie. Faith is merely believing that what God has promised He will do. Faith is your assurance of what you are still hoping for—your evidence of what is not yet visible—what you cannot yet feel.

Always remember that appearances, circumstances, evidences of the physical senses, have absolutely NOTHING to do with the performance of a miracle by God. Six weeks ago every physical evidence literally shouted at us that there was absolutely NOTHING that could save the college and this work of God. Nothing could have APPEARED more impossible. The amount of money we had to have was just too great. No such sums ever had come to us in so short a time. But I knew God had PROMISED to provide every need—had PROMISED He would not drop the work He had begun—had PROMISED to deliver His servants out of every trouble—and I knew these promises of God were stronger than all appearances, or all things seen, heard, or felt!

POUR NOS LECTEURS FRANCAIS!

Nous sommes heureux d'informer nos lecteurs que, petit à petit, les articles de Monsieur Herbert W. Armstrong sont traduits dans la langue française. Présentement, nous tenons à la disposition de ceux qui nous en font la demande une copie de l'article français, intitulé “Pourquoi Etes-Vous Né?”

No matter how impossible it appeared, I knew God's PROMISES were stronger and mightier than appearances or circumstances. I knew that and believed it. I trusted in it, implicitly. I couldn't see HOW it was possible for God to do it—but I didn't need to see how. Others said, “I can't see how it's possible”—and quit believing—but not all others, for some believed as I did. Meanwhile, I did everything in my power to do my part. I was literally “on my toes,” alert, tense, trying to overlook nothing—and all the while wondering whether God would use ANY of the lines of activity I was employing, or provide the need some altogether different way. Well, the way He did it was totally unexpected—BUT HE DID IT! That's all that matters, isn't it? I didn't do it, HE DID IT! He kept His promise—HE ALWAYS DOES!

In my personal experience, we have seen the answer come instantaneously, and we have had to endure the trial of faith, and be patient. While God *instantly* healed my wife in the instance mentioned above, and has done it also at other times; while He immediately sent that dime, there have been other times when some member of our family was healed only after we endured the test of faith, and where the supplying of financial need seemed long delayed. God often tries our patience. But He has *never* failed *me* and He *never* will fail YOU—if you will obey, and can BELIEVE, unwavering!

If the answer seems delayed in coming, remember, “the *trying* of your faith worketh PATIENCE! (James 1:3.) And the development of PATIENCE is one of the very purposes of your existence! So if God puts you to the test, and TRIES your faith, rejoice and praise Him for using this experience to create in you more enduring faith, greater PATIENCE—two very high points of holy CHARACTER! Instead of grumbling, doubting, see the loving hand of God in it, and be thankful!

If God has PROMISED, that's all you need! If God delays, HE HAS A REASON! It's *only* a delay, not a refusal. So TRUST HIM! Keep on trusting Him. BE PATIENT! The answer is SURE! Arise from thy bed of doubt, and WALK the walk of FAITH!

Are You Frustrated?

(Continued from page 8)

conquering hero or a very successful business man. Another disturbed person may take on the role of a suffering hero, who is perfectly right in all that he does, but humanity looks upon him as being erratic and falsely accuses him. All through *his dream* he glories in *feeling sorry for himself* and for not having anything to blame himself for.

Another type of reaction, common among girls, is the *beauty queen* type. In this case the girl, often bored because of lack of thrills and perhaps a lack of social acceptance, goes off in a whirl of popularity and prolongs its gorgeous splendors as long as her imagination can endure.

Flights into fantasy are a temporary relief from frustration and are indulged in by nearly everyone. *Daydreaming* becomes abnormal and dangerous when it is too frequent and too absorbing. In this instance, the individual allows the daydream to suffice instead of constructive action to make his life what it ought to be.

The Danger and Futility of Daydreaming

Daydreaming is a *wrong use* of the imaginative powers that God gave His potential sons. When used rightly, this faculty of mind is one of man's greatest assets. With it, he is able to foresee what might happen in a given circumstance. Through "living out" a situation in advance, he may well discover certain preparations and materials that he needs to provide. It is perhaps the most important factor in man's ability to create new and different things. By it, he is able to vision what a thing, not yet in existence, should look like before he sets about to fashion it. This is the *right use* of our ability to imagine and is a valuable tool to anyone who uses it correctly. The wrong use is to *daydream* or to rely on someone else to do our planning and visioning for us. In our modern society, we can even have our daydreams planned out and tailor-made for us.

Tailor-made daydreams are made available to everyone in the form of movies, novels, plays, operas, television and radio programs. Most people actually "live" the roll of the actors in their imagination. They thrill to experience which they "live out" with the hero or heroine vicariously. The adolescent girl thrills as she imagines that the handsome actor kisses her, and the lustful male often enjoys the heart throbs that go along with vicariously holding the bewitching, beautiful heroine. Or, he may thrill to the bucking of a bronc, to killing innumerable Indians, or streaking high above the clouds in a jet aircraft, hot in pursuit of the enemy who doesn't dare turn around and meet him in mortal combat.

To many individuals, this vicarious daydreaming or identifying of themselves with someone more exciting, becomes an end in itself. They never try to rise above their humdrum daily existence—relying on *daydreams* and other forms of *escapism* to supply the *adventure* and sense of *accomplishment* which a full and abundant life should bring of itself.

Repression and Escapism

Another very common withdrawing reaction is that which has been termed "repression." When a person wants to exclude undesirable thoughts or feelings, shame or guilt, he often *represses* those thoughts and memories from his consciousness. Thus, he simply closes his mind to them. Everyone at times witnesses the act of repression in himself. We often "remember too late" to perform some unpleasant duty, whereas we very seldom forget to perform the duty to which we look forward with anticipation. Repression is very similar to forgetting, but it is forgetting for *convenience* sake.

The last *main type* of SELF-defense reaction is *compromised behavior*.

Sometimes ego-involved stress cannot be reduced to a comfortable degree by either fighting back or withdrawing. The

usual "human" way out in such a case is to make some *compromise*. This usually involves lowering self-esteem or ambition, but not losing it altogether.

In the case of some carnal person seeking to satisfy a lust, he may find direct satisfaction impossible either because the goal is physically inaccessible or because he would feel guilty if he did the things necessary to accomplish it. Under these circumstances, he might substitute another goal, one which still satisfies the lust *to a degree* but which is more readily obtainable or honorable. For instance, an adolescent boy, frustrated by sexual desires, may adorn his walls with "pin-up" girls.

Rationalization is another device of human nature that we are all prone to use if we are still trying to protect the self. We do a thing either through vanity or lust, but we rationalize that we are doing it as a kindness to some other person who might *also* profit.

"Alibi Ike" is another good example of one who *rationalizes*. This person cannot admit any guilt but excuses himself by saying, "I meant to do it but I just didn't have time," or, "I would have performed the job but my assistants were lazy," or, "I failed because my teacher didn't like me."

Rationalization is *not* an attempt to deceive others, it is an attempt to assure the *self* that it is still worthy, noble, and good.

There are many more of these traits and many, many more examples, but space does not permit more in this article.

OVERCOME Your Human Nature

These are all human, carnal traits. *They are traits which we were ALL born with!* They are devices which we can use to hide our eyes from the *truth* of God and to continue in fool-hardy pursuits.

These are traits which—in the end—we *must* lay aside and face the fact that our old human, carnal nature is *not good*. We must realize that it is through this nature that Satan tempts us (James 1:14). Those who will not do this must wrestle with frustration and stress which their sins bring on them. "Kidding oneself" may relieve some of the pain temporarily, but the continuance of sin keeps

adding to the reservoir of unavoidable stress.

How about you? Are you fighting your human nature? Are you fighting a good fight as Paul said he did, or are you just drifting along doing what comes naturally?

In reading this article, have you discovered some of the *human nature* which still affects YOUR *life* and *happiness*? If so, I hope you have decided to *do something* about it!

You can remove the blight by turning to God for mercy and guidance to assist you in overcoming. If, however, you did not find anything which applies to you, but many things which apply to others, then you should *re-read* this with an open and inquiring mind to see if you were not employing some SELF-defensive trait which did not let you come to the reality of *your true condition*.

We are ALL guilty of one or more of them. No one has overcome ALL of his human nature except Christ. It is *not* a shame to have it. *But it is a shame to keep it!* Because God has said that He is more willing to give us His Holy Spirit than we are to give our hungry children bread (Luke 11:13). When we see our high calling, we should give more earnest heed lest we *neglect* so great salvation.

You NEED the Help of God's Spirit

God has promised to beget you by His Holy Spirit when you *repent* and are *baptized*. This means that you must come to *loathe* that *human nature* within yourself; that you must hunger and thirst for the pure, holy character of God, crying out to God earnestly for help; that you must be in submission always, throwing yourself upon His mer-

cy and *relying* on Him to forgive you for your past sins.

With begetting through God's Holy Spirit, you are filled with His self-LESS love, wisdom, patience, understanding and faith. Through His power, which He has placed in His Son Jesus, He will begin to capably mold you into what He has purposed for you. He will mold of you what you *cannot* make of yourself. He will give you *eternal life* and make you a member of His glorious *Spirit-born family!*

You should also be concerned for *others*, and labor for their sakes in earnest prayer and diligent effort to take the Gospel to the world, so that all who will might repent and turn to their Creator and their Savior who came to give us life more abundantly (John 10:10).

Through God's Spirit — His very *nature* placed within you — you *can* OVERCOME *human nature* and find the *supreme happiness* and inward *peace* that your Creator intended!

FOOD FACTS

(Continued from page 12)

These menus make allowance for the additional protein that the bread, cereal, vegetables, potatoes and fruits eaten in addition will contain. Two-thirds cup of cooked wheat cereal will contribute about 3 grams, 2 slices of whole wheat bread 6 grams, and one medium baked white or sweet potato 3 grams. Next time we will learn about the starches and sugars: what they are, where they are found, and how much of them we need for good health.

¡LITERATURA EN ESPAÑOL!

Nos agrada anunciar que tenemos las siguientes obras listas:

¿Qué Clase de Fe Es Necesaria para la Salvación?

La Verdad Acerca de la Navidad

¿Existe Dios?

El Plan de Dios de 7000 Años

La Llave del Libro de Apocalipsis

Predestinación — ¿Lo Enseña la Biblia?

El Calendario Sagrado de Dios

La Iglesia de Dios—¿Dónde Está?

Diríjase al Departamento de Español, P. O. Box 111, Pasadena, California.

NOTICE

Important Log Changes:

RADIO LOG

"The WORLD TOMORROW"

Herbert W. Armstrong analyzes today's news, with the prophecies of The WORLD TOMORROW!

TO THE U.S. & CANADA

WLAC—Nashville, Tenn.—1510 on dial—7:00 P.M., Mon. thru Sat.

WABC—New York—770 on dial—11:30 P.M., Mon. thru Fri.; 9:30 A.M., Sun., Eastern Daylight time.

WLS — Chicago — 890 on dial — 10:30 P.M., Mon. thru Fri.; 8:30 Sunday night.

WWVA—Wheeling, W. Va.—1170 on dial—Sundays, 10:30 A.M. and 11:05 P.M. Eastern Daylight time. 10:15 P.M., Mon. and Wed. thru Fri. 10:30 P.M., Tues.

XELO—800 on dial, every night, 9:00 P.M. Central Standard time. (8:00 P.M. Mountain Standard time.)

XEG—1050 on dial, every night, 8:30 P.M. Central Standard time.

WCAE — Pittsburgh, Pa.—1250 on dial—6:30 P.M. Sundays.

WXYZ—Detroit, Mich. — 1270 on dial—8:30 P.M. Sundays.

WIL—St. Louis, Mo.—1430 k.c.—10:30 A.M. Sundays, 9:30 P.M. Mon. thru Sat.

KIUL — Garden City, Kansas — 1240 k.c.—6:30 P.M. Sat. and Sun., 3:30 P.M. Mon. thru Fri.

CKLW—Windsor, Ontario—800 on dial—6:00 P.M. Sundays.

HEARD ON PACIFIC COAST

XERB—1090 on dial—7:00 P.M. every night.

KFWB — Los Angeles — 980 k.c. — 9:30 P.M., Sundays.

KARM — Fresno — 1430 k.c.—9:00 P.M. Daily.

KBLA — Burbank — 1490 k.c.—7:30 A.M. and 12:30 P.M. every day.

KPDQ — Portland — 800 on dial — 8:30 A.M. daily.

KUGN — Eugene — 590 k.c. — 7:00 P.M. Sun. thru Fri.

KVI—Seattle-Tacoma—570, first on dial—10:30 P.M. every night.

TO ALL OF EUROPE

RADIO LUXEMBOURG

Mondays: 23:30 Greenwich time

TO ASIA & AFRICA

RADIO GOA—60 meter band, 9:00 P.M., Friday.

ALTO BROADCASTING SYSTEM

DZAQ, Manila; DZRI, Dagupan City; DZRB, Naga City; DXMC, Davao City—9:00 P.M., Sundays.

RADIO FORMOSA

Wednesday: 5:50-6:20 P.M.

RADIO LOURENCO MARQUES

Saturday: 10:00-10:30 P.M.

The WORLD TOMORROW heard in Australia!

2CH—Sydney—Sat., 10:15 P.M.

2AY—Albury—Sun., 10:00 P.M.

2GN—Goulburn—Sun., 10:00 P.M.

2GF—Grafton—Sun., 9:30 P.M.

3BO—Bendigo—Thurs., 4:15 P.M.

4TO—Townsville—Fri., 10:15 P.M.

4CA—Cairns—Sun., 10:00 P.M.

4WK—Warwick—Tues., 9:30 P.M.

Letters to the Editor

In previous issues, we included a few of the many thousands of letters we receive each week. Here are a few more.

"I want to say thank you for the wonderful help you have given to me. I have come to realize how wonderful God is through your broadcasts and the many helpful booklets I have received from you. I enjoy studying the Bible Course, and it really brings many things to light. I can hardly wait to get each month's issue of the Plain Truth magazine. I am sending a small offering and I wish that I had much more to give. I want you to know that your warning has not been lost on me. I believe you, and if people would only open their eyes, they would see too."

Lady from Florence, Alabama

"I have just finished studying your booklet *United States in Prophecy*. I must say it is overwhelming. I was amazed beyond words, and had to fall to my knees in thankfulness to God for this most wonderful truth and evidence of the divine inspiration of the book that holds this message. Also to ask God to make me realize what this means to me personally. Thank you so much for this booklet! To me it was the most wonderful booklet you have had published."

Lady from Seattle, Washington

"I am reading your books on the Bible. I have never seen anything like it. It has helped me so much to understand the Bible. I never heard a man in my life explain it like you."

Man from Millicon, Texas

"Just want to tell you, if I only could in words, how much the Bible Course means to me, also the Plain Truth. I can hardly wait till they get here. As I read the papers and hear the news over the radio I realize we surely are living in perilous times. It is hard to find a hearing ear, though, who will listen or heed the warning even in my own family."

Lady from Mogadore, Ohio

"Mr. Armstrong, I want to tell you that I have received more understanding

of the Bible since enrolling in the Bible Correspondence Course and receiving the Plain Truth each month than I have been able to acquire all my life before. Never was there a more mixed up person than I have been and never one more hungry for God and His Truth. I prayed daily for many weeks for truth and understanding, being pulled first one way then another among my loved ones as ours is a large family . . . Then one day a lady brought me a few copies of the Plain Truth and now my Bible is really beginning to mean something I can believe and be glad and thankful for."

Lady from Missoula, Montana

". . . would like to know if it be possible to re-enroll in the Bible Correspondence Course. I quit studying the course about a year ago and have felt just like I've been in a desert ever since."

Man from Channelview, Texas

"I want to say a few words to Mr. Roderick C. Meredith about what he said about: "You Need Salvation." I know I need salvation. Because when I was studying this article with the Bible tears would come in my eyes, my soul craving for salvation. I read it over three times and had to quit reading because it broke my heart so. Because I need salvation I greatly desire your prayers always."

Lady from Vandervoort, Ark.

"Find enclosed our regular tithes and offering. We are happy to be able to return a portion of God's money to help in spreading the good news of the world tomorrow. We thank God for keeping His true church in existence all these years and pray that it may grow continually from year to year until Christ comes to sit upon His throne and rule the world with His saints."

A couple from South Pasadena, Cal.

"For the first time in my life, I am really trying to understand the Bible. Heretofore, I read it, but I didn't really

put anything into the reading. I realize that our time on earth is short, and I want to be prepared to meet God. The only way this is possible is through study of God's word, and your Bible Course is just the answer to what I've been looking for. It makes it so much easier to study the Bible and it helps me to know what to study to meet the oncoming crisis on this earth. Prophecy is terribly important right now. That's why the Bible Course means so much. I just wish everyone would send for it. It would prove to be a real blessing."

Lady from Sweetwater, Texas

"Thank you for sending me your monthly magazine Plain Truth so regularly. The addresses it contains are unique. I have never had the privilege of reading such articles as you publish therein. I am especially interested in the United States and the British Commonwealth in Prophecy. How it has opened my eyes and given me to realize the difference between 'The House of Israel' and 'The House of Judah,' and that the Jews are a different nation altogether from Israel."

Lady from Plymouth, England

"Greeting to you all. I am thanking you very much for this lesson I have received from you. If this lesson was selling, I could not have money enough to buy it."

Lady from Salthy Blam, England

"I must thank you for this month's magazine. Your articles are very good. The one which I particularly wish to mention is 'You Need Salvation.' This article should be printed in all the front pages of our newspapers. If only men would become interested in God's will instead of their own."

Man from Greenock, England

"I am reading the Plain Truth; it is more than ever I expected it to be."

Man from England

"Thank God for the World Tomorrow. I was very happy to hear your son Ted for the first time Monday night. It thrilled my soul. His message was like a bright light in the dark of the night."

Lady from London, England

How God Led me to the One TRUE Church

(Continued from page 6)

century. *That* particular New Year's Eve was a once-in-a-lifetime event. Then and there I formed an aversion to Church "Watch-nights" on New Year's Eve.

I couldn't see any fun, at 8½ years, in having to sit quietly in Church from about 8 o'clock until midnight, unable to get up and play or run around, just quietly "watching" the old century out and the new century in. Some thirty years later I was to learn that God had set the beginning and ending of years and centuries otherwise. We were only watching the passing of a humanly calculated point of time, anyway. I only knew that it was a droll and dismal evening for me. I went to sleep once or twice, only to be awakened.

Back to Des Moines we moved again after a year or so in Union, this time near East 13th and Walker. No events worth recording occurred until we had moved into a new house my father built on West 17th at Clark, when I was 10 and 11 years old.

Learning to Swim

While living there, I began to play football on our grade-school team, learned to skate and to swim.

Two or three of the boys I ran around with at that time, most of them a year older than I, took me one day to the "bathing beach" on the Des Moines river. There was a diving barge out in the river where the water was deep enough for diving, and a couple of ropes stretched tightly about even with the surface of the water from the shore to the barge. I would go out to the barge holding on to the ropes, for I had not yet learned to swim.

One day two of my companions got me out almost to the barge, where the water was well over my head, pulled me loose from the rope, and yelled at me that I had to swim, or sink.

With my life at stake, I plowed des-

perately into the water with my arms and legs, and managed to keep above water until I churned my way into water shallow enough to stand on the river bottom. That's how I learned to swim.

In those days the automobile was in its earliest infancy—mostly built like the horse-drawn carriages, hard solid rubber tires, steered by a stick or handle rather than a wheel. We often called them horseless carriages. My father was always jolly, and he loved a joke. It was while we were living in this house that he called out to us:

"Hurry! Come quick! Here goes a horseless carriage!"

Seeing one of these early automobiles was a rare sight. We came running to the front window. A carriage was going by, drawn, not by horses, but a pair of mules. Dad's strong bass voice boomed forth in hearty laughter.

The two boys I "palled" around with mostly in those days were Harold Cronk, who lived across the street, and Clayton Schoonover, who lived a block or two away. We played baseball, football, marbles, and other games together. We dug a cave over in "Cronky's" yard. Then, from this cave, we dug a tunnel five or six feet long, that led into a second cave. We had shoveled out all that dirt thru the tunnel and first cave. The only entrance into the second cave was to crawl thru that tunnel, and it was too small to admit the passage of an adult. Thus, the second cave was a hide-out from parents. Altho I had sworn off from chewing tobacco at age 5, it was back in this second cave at age 10 or 11 that I learned first to smoke.

Learning to Smoke

Boys will do idiotic, crazy, foolish things. How boys that age ever live into maturity I have never been able to understand, except that God must provide an angel for every little boy to preserve his life from violence and accidental death.

The only ventilation in that second cave came thru the tunnel and first cave. I don't believe we ever smoked more than once or twice back in that cave—just for the novelty of doing a forbidden thing—and I don't remember, now, whether we had real tobacco cigarettes or some other kind. I do remember once smoking corn silk down on "my cousin's farm"—which of course belonged to my uncle. I'm sure every man raised on a middle-west farm remembers the same experience. Actually I don't remember that smoking ever became a habit until age 19, and never a heavy habit—but it was not broken until my conversion.

Wrestling became a favorite sport in those days. These were the days of Frank Gotch, Farmer Burns, Zbysco, and others, when wrestling was a real sport and not a fakery show. "Clay" Schoonover's older brothers had set up a real wrestling mat, and they taught us all the main holds. I think I loved ice skating perhaps more than any other sport, however. I had learned to take wide, sweeping strokes in a style so that my body would sway way over, from one side to the other, using the force of gravity to help propel forward. There was a rhythm and sort of thrill sensation to it that was enjoyable.

During these days I did a great deal of bicycle riding, developing big calf muscles on both legs. By this time my father had invented the air-circulating jacket idea around a furnace, and had gone into the furnace manufacturing business, with a small factory on East 1st or 2nd Street. I worked summer vacations in the factory.

I had a sister, Mabel, two years younger than I. She died, at age 9, in this house. Dad soon sold that house, after my sister's death, and built another new house back on the south-west corner of 14th and Harrison, only about three doors from the place where we lived from the time I was a few months old until age 6.

After my sister's death my mother prayed earnestly that God would give her another daughter. When I was 12, that daughter was born, and a half hour later her twin brother, Dwight Leslie. My mother, incidentally, is a twin. Her name is Eva, pronounced with the soft "E" to rhyme with the name of her twin sister, Emma, who is not now living.

Also incidentally, my younger brother Dwight is mainly the composer of the new Bible Hymnal now being prepared for the publishers, which we hope to have published within the next six months. He has composed some 38 or 40 new hymns, the music set to the Psalms or other Scriptures. In this Hymnal also will appear some 50 or 75 of the old favorite hymns known and loved by nearly everybody, insofar as their words are Scriptural. The words of so very many favorite hymns are not. Also there will be included a number of very old hymns from an old Presbyterian Bible hymnal, with the Psalms set to music. Many of the most beautiful old hymns nearly everyone knows will be published with the old unscriptural words replaced by the words of various Psalms. GOD Himself gave us the WORDS to sing. The Psalms are SONGS!

Early Religious Training

I think it is time, now, to explain what boyhood religious training was mine.

Both my father and mother were of solid Quaker stock. My ancestors came to America with William Penn, a hundred years before the United States became a nation. Indeed I have the genealogy of my ancestors back to Edward I of England, and thru the British Royal genealogy, back to King Herremon of Ireland who married Queen Tea Tephî, daughter of Zedekiah, King of Judah. The Bible then carries the genealogy back to King David, and on to Abraham, and indeed back to Adam. My mother is something like a third cousin to former President Herbert Hoover, who also is of Quaker ancestry.

From earliest memory I was kept regularly in the Sunday school and church services of the First Friends Church in Des Moines. Apparently there are several branches of the Friends Church, like most other denominations. I never knew much about any of the others, but the one in which I was reared from a baby was *not* one of those quaint and unique meetings where everyone sits still until the "Spirit moves him" or twiddles his thumbs.

We had a Pastor just like most orthodox Protestant Churches. The style of service was almost identical with that of a fundamentalist Methodist, Baptist, Christian, or Presbyterian church.

From earliest boyhood I was in a boys' class, and we all sort of grew up together. I can't remember when I first knew those boys. I guess we were all taken there as babies together.

Anyway it was interesting, some ten years ago, to learn what had become of most of them—for I had drifted away from church about age 18, and had gotten completely out of touch. One of them was Dean of Student Personnel at San Francisco State College, with a Ph.D. from Yale. I contacted him, and he gave me considerable and valuable assistance and counsel in founding Ambassador College in 1947.

Another, who had been perhaps my principal boy-hood chum thru those early years, was a retired retail furniture merchant, who had enlarged and successfully maintained the retail establishment founded by his father. Another was a successful Dentist. The son of the Pastor of my boyhood days, had died, apparently early in life. Another had become director of a large relief agency in the Middle East. On the whole, the boys of that class had grown to become successful men.

For some little time during those church years—perhaps a stretch of three to five years—I had the job of "pumping" the pipe organ. We had in the church a small pipe organ that was not electrically powered. A long handle protruded out the right hand side near the rear. This side of the organ was placed in a corner, and a draw-curtain hung in front of the handle. When I was pumping the organ bellows I was hidden behind the curtain.

My father was, all thru these years, the main bass in the choir. He had a deep bass voice of unusual quality and power. He could reach down to low "C" with sufficient volume to fill a large auditorium. All thru those years, too, he sang in the church male quartette. I think it must have been the best male quartette in Des Moines, for they were in constant demand to sing at various places all over the city. The high tenor was proprietor of Des Moines' leading photographic studio. The second tenor was president of an insurance company. I don't seem to remember the occupation of the baritone.

Several in my family seem to have in-

herited good voices from my father. In my case it never turned out to be a singing voice, and has been used only in speaking. My brother Dwight has inherited a special musical talent for composing, beside playing the violin and piano. My elder daughter sang for years on The WORLD TOMORROW program, and has been heard around the world. My other daughter has a good voice but never studied music. My two sons both have unusually good speaking and singing voices, but only Ted has taken training for singing. He now speaks on the radio program about a third of the time, and often listeners cannot tell at first whether they are listening to him or to me.

A few years ago in New York I procured several original phonograph records of Caruso's voice, one personally autographed by him. On hearing them I recognized the same identical voice *quality*, or *color*, that was my father's, except his was in the lower deep bass range. I have often felt my father might have become a really great singer had he received proper training. I'm sure many hundreds who heard him believed the same.

Spark of Ambition Ignited

At this point I think it better to skip over the remaining boyhood days, and come to age 16. Between ages 12 and 16, beside school, I had many Saturday and vacation jobs. I carried a paper route, was errand boy for a grocery store, special delivery boy for a dry goods store, spent one summer vacation as draftsman for a furnace company, and there were other odd jobs.

But at age 16, during summer vacation, I obtained my first job away from home. The job was waiting on tables in the dining room of a semi-resort hotel in the next town east of Des Moines, Altoona. There was an electric line—an interurban street car—that ran out thru Altoona and on east to the little town of Colfax. This Altoona hotel served food of a standard that attracted many guests from Des Moines.

The owner was a single man of perhaps 45. He complimented my work highly. Soon he began to tell me that he could see qualities in me that were destined to carry me to large success in life.

He constantly expressed great confidence in me, and what I would be able to accomplish, if I were willing to put forth the effort.

The effect it had on me reminds me of an experience my wife has related when she was a little girl. She was in her father's general store. A man came in, placed his hand on her head, and said:

"You're a *pretty* little girl, aren't you?"

"I'll thank you," spoke up her mother indignantly, "not to tell my daughters they are pretty! That's not good for them."

Promptly little Loma ran to a mirror and looked into it. She made a discovery. She decided the man was right, saying to herself approvingly: "Well I *am* pretty am't I?"

I had never realized before that I possessed any abilities. Actually I had never been a leader among boys. Most of the time I had played with boys older than I who automatically took the lead.

But now, for the first time, I began to believe in myself. This hotel owner aroused ambition—created within me the DESIRE to climb the ladder of success—to become an important SOMEBODY. This, of course, was vanity. But he also stimulated the WILL to put forth whatever effort it would take to achieve this success. He made me realize I would have to study, acquire knowledge and know-how, be industrious and exercise self-denial. Actually this flowered into grossly over-rated SELF confidence and cocky conceit. But it impelled me to *driving* effort.

Returning to Des Moines, I began to spend extra hours outside of high school at the city library, mostly in the Philosophy, Biography, and Business Administration sections. I began to study Plato, Socrates, Aristotle and Epictetus. It was at this time that I first read Benjamin Franklin's Autobiography.

My first date with a girl took place at about this time—a date to escort a next-door neighbor girl in my class in high school to some school function. At that stage I was pretty much in awe of girls, and felt awkward in their presence. It has always been a puzzle to me as to why so many boys around that age are afraid of girls, ill at ease before them, and yet girls seem not to be shy or bashful in any way in the company of boys.

For the next 8 years I continued to date this girl on and off, but never did I put my arm around her, kiss her, or, as they would say today "neck with her." (It was called "loving up" in those days.) It just wasn't generally done in those days—or, if it was, my eyes had not yet been opened to the practise.

I went to North High School in Des Moines. Its total enrollment was only 400 then. In high school I went out for football, and for track, and played a small amount of basketball in the gym. In football I played end or half. I weighed only 135 in those days, and was too light to make the team, but I went along in a suit with the team to all of its home games, usually played in the Drake University Stadium. In track I went out for the mile run, but never was entered in the state meet. The best time I ever made was 5 minutes flat, on th Drake track, where the annual Drake Relays, nationally famous, are still run. Even then I fainted at the finish line. Today the world's best runners get over the mile under 4 minutes!

I was just an average student in school. I remember the botany teacher once compared me to a sponge.

"Herbert Armstrong," she said sharply before the whole class, "you are just like a sponge. You never study your lesson, you never contribute or give out anything in class. You just sit there and *soak up* what the other pupils recite, and then when final exams come along, you always get close to 100%!"

I never did apply myself in school until the awakening at age 16, and even then I became much more absorbed in outside studies of subjects of my own choosing in which I was more interested. But I remember that always I was able to get above 90% (they graded on the percentage basis in those days) in all final exams—and often 98% or 100%. I did real heavy cramming the 24 hours before the tests.

Choosing a Vocation

We skip now to age 18. High school behind me, I had to decide whether to go on thru college. The time had come to decide on a profession, vocation, or occupation for life.

In the public library I found a book titled "Choosing a Vocation." It took the

reader first thru a thorough course of self-analysis, as to talents and abilities, weaknesses and faults, likes and dislikes. Then it carried the reader thru a survey of the various vocations, to arrive at the one where the candidate best fit.

This self-analysis led the reader to the field of life work where his shortcomings and faults would handicap him the least, his talents and abilities help him the most, and the field he most liked so that he could put his heart into his work.

The answer, in my case, turned out to be the advertising profession.

It so happened that my father's younger brother, Frank Armstrong, was the most prominent advertising man in Iowa. He had been primarily instrumental in organizing Ad Clubs in cities all over the state, and finally in organizing the first State Association of Ad Clubs in the nation. He was its first president. He was the most sought-after banquet speaker in the state. Naturally I went directly to my uncle for counsel.

Where could I obtain the best training for the advertising profession? At that time none of the colleges or universities offered a course in this field that my uncle considered practical. I think it was a year or two later that the University of Missouri first offered a thorough course in advertising and merchandising. About the same time or soon after Harvard followed suit, then others. But at that time, my uncle advised me that the best place to start at the bottom in the advertising field was in the want-ad department of a daily newspaper.

I had not applied myself with much zeal, anyway, in class-room work in school; but I had studied diligently in fields of my own choosing outside of school.

My uncle was a self-educated man. Indeed he was one of the best educated men in Iowa, yet he had not gone past, I believe, the seventh grade in school. But he had studied constantly. He had acquired a very large library in his home. Some of America's greatest and most successful men have been self-educated, including George Washington, Benjamin Franklin, Abraham Lincoln, Andrew Carnegie, John D. Rockefeller, Cornelius Vanderbilt, Henry Ford, and Thomas A. Edison. As a matter of fact,

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"CERTAINLY, SIR!"

by Herbert W. Armstrong

"I would like another pat of butter, please."

"Certainly, Sir," replied the bus-boy as we breakfasted in a San Francisco hotel.

It was not so much what he said. It was the manner in which it was spoken that started a train of thought.

"Why is it," I began philosophizing to my wife, "that we Americans are so ill-trained in good manners and the use of the English language? This bus-boy is evidently English. I doubt if one in a hundred college seniors in America, ready for graduation from college, could speak and act with the grace and culture of this English bus-boy. Yet in every other phase of education they would all probably show much further advancement than this young man.

"In other words, he probably has no more than a high school education, yet because he has been reared in an English home he *appears* to have more education than the average American college graduate."

Judged by Our Speech

"Remember when we were in England?" I continued. "Even servants and people with very little education, in the more humble stations of English life, spoke and acted with better speech, more poise and culture, than most Americans of considerable education.

"Did you notice the *manner* in which this bus-boy said 'Certainly, Sir?' It bespoke a developed, experienced *personality*. It wasn't said in a hesitant, self-conscious manner. It was spoken in the manner to which he is accustomed by long experience. Back of it, and reflected in his voice, was a personality habitually trained in easy, courteous, respectful and fluent self-expression."

We have just come to our room from breakfast, and so here I am turning this idea into an article for our readers.

This type of self-expression—this personality development—this training in good speech and good manners, cannot

be instilled in the school classroom alone. The English example demonstrates that it must be developed in the home—in a happy, cultured, well-mannered family life, where certain restraints are enforced by the parents, and slipshod carelessness, undue familiarity, and general letting down of the bars is not tolerated.

This requires careful diligence on the part of parents. When they, themselves, let down the bars, become careless about personal appearance, cocking feet on tables or chairs, speaking crossly, losing tempers, scarring the furniture or moving it out of place, they may expect their children to mature into uncouth, ill-trained, ignorant-*appearing* men and women.

Even when young parents firmly resolve to start out their family life with the most careful training, it is exceedingly difficult in an America with its public-school playgrounds, where young children come into daily contact with ill-trained youngsters from other homes.

I remember when our boys, along about the second or third grade, were heard saying, "Aw, that ain't no good."

"Where on earth did you learn that kind of language?" I asked.

"Why, at school, Daddy."

I was amazed. But of course they didn't learn that kind of grammar in the classroom. They got it from other children on the playgrounds.

When students who have graduated from high school come to Ambassador College, with most grades in the "A's" or "B's," proficient in mathematics, history, and other subjects, but are not so well-trained in their English, we require them to take a special course in Remedial English for which no credit is given. We want Ambassador students not only to be well educated in the sense of possessing a large fund of knowledge, and sound understanding, but we want them to *appear* educated by the way they express themselves—in personality, in speech, and in manners. It is our most difficult task.

They study English, and composition, and public speaking, and use of the voice in speaking, and foreign languages, under very competent professors. Still, we find, it takes constant diligent drill, and it takes time, and it takes patience.

But I must add, there is a great deal of satisfaction in the realization that progress is really greater than we usually realize, watching the day-to-day development of students.

I would recommend to all parents whose children are still young that they take some reputable and approved correspondence course in good English and good speech. Take inventory in your own home.

Ask yourselves, "Do we eat at our family table with the same manners we would if we were visiting some friends or relatives? Do we speak softly, or do we yell? If we wish to speak to another of the family in another part of the house, do we remain where we are and shout, or do we go to the other room and speak quietly?"

"Do we teach the children to obey the fifth commandment, and honor their parents by courteous and polite speaking as well as in other ways? Or do we permit our children to 'sass' us, and speak impudently and disrespectfully?"

"Do we always put things back in their proper place after use, and diligently enforce this practice on our children, or do we carelessly leave everything just where we last used it, thus teaching the children by example to do likewise, and creating clutter and confusion?"

Remember, God is not the author of confusion. A real Christian home will be one that is neat, clean, and orderly, and where the family speaks softly with good manners. Otherwise you are breaking some of the Commandments of God, living in disorder and confusion, and doing serious harm and injury to the future of your children.

In all things, let us be circumspect and walk orderly.

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How God Led Me

(Continued from page 22)

if you stop to think about it, *Jesus Christ himself attended no college or similar institution!*

"Education," said my Ben Franklin type uncle, "does not consist of walking back and forth over the door-sill of a college class room, nor of warming an arm-chair class-room seat. A man can go to college and still not get an education. Education comes from books, but it also comes from experience, travel, and DOING. You can get the books outside as well as inside a college. The reason most young men have to go to college to get an education is that they have no self-starter—no drive—no purpose—no determination. Left to themselves, they would never study. They must have study forced on them by class-room assignments, with the lash of the grading system and the stigma attached to low grades to drive them into study.

"Now in your case," he continued, "you can't get the kind of course you need in college. You've proved you do drive yourself on to study more persistently outside of class-room work than in. I think you'll get your education, and keep up your study. I can steer you into the direction of study, and advise you of the books and texts and trade magazines for that study, that will not only train you for the advertising profession, but give you a broad and general education in other fields as well."

I took his advice.

I didn't look for just any job. I decided, on his advice, to get a job in the want-ad department of the Des Moines Daily Capital. How I got that job, and what then immediately began to happen will be recounted in the next installment of this series.

But little did I realize, then, that the advertising profession was NOT, after all, to be my final life profession. I could not have remotely DREAMED I would be called into God's ministry, and that I was now being launched on the *very identical training and experience* needed for God's ministry!

Nor could I then have had the slightest conception that the Eternal God was

purposely protecting me from becoming conformed to the groove into which this world's institutions of higher learning had descended, in order that in due time I might be used as His instrumentality in founding and building GOD'S OWN college—a college unfettered by the errors of tradition, and with a clear vision to recapture the TRUE VALUES.

It fell to my lot to seek out and obtain my education the HARD way, just as I was destined to have to seek out and find God's long-hidden TRUTH the HARD way. But it could have been no other way.

The unusual, somewhat amazing, and intriguing experiences I was to live and suffer thru will be continued in the next issue.

The Inside Story

(Continued from page 10)

prophecy, the *understanding* of some scripture text or principle—these were almost invariably the topics of conversation.

I had mingled intimately with other fellows all my life in my large boyhood "gang," on athletic trips, at "Y" camp, at the various places I had worked during summer vacations. But I had NEVER met fellows like this before!

Yet they were *not* emotional or sentimentally religious in the usual sense at all. They didn't have the kind of "religious talk" that seems to characterize so many Bible college students.

They were *sound-minded—balanced—thoughtful*. They KNEW what life was all about and the meaning of world conditions. And I became increasingly aware that they KNEW God in a way I had never known of or experienced before.

The names of these men will be familiar to many of you—Herman Hoeh, Ray Cole, Raymond McNair and others. They are now among the top ministers in this work. You often read their articles in the PLAIN TRUTH.

Next month I will tell you more about these men and others, more about Mr. and Mrs. Armstrong, more about what makes this great work "tick."