

Awake!

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NOVEMBER 8, 1973

THE REASON FOR THIS MAGAZINE

News sources that are able to keep you awake to the vital issues of our times must be unfettered by censorship and selfish interests. "Awake!" has no fetters. It recognizes facts, faces facts, is free to publish facts. It is not bound by political ties; it is unhampered by traditional creeds. This magazine keeps itself free, that it may speak freely to you. But it does not abuse its freedom. It maintains integrity to truth.

The viewpoint of "Awake!" is not narrow, but is international. "Awake!" has its own correspondents in scores of nations. Its articles are read in many lands, in many languages, by millions of persons.

In every issue "Awake!" presents vital topics on which you should be informed. It features penetrating articles on social conditions and offers sound counsel for meeting the problems of everyday life. Current news from every continent passes in quick review. Attention is focused on activities in the fields of government and commerce about which you should know. Straightforward discussions of religious issues alert you to matters of vital concern. Customs and people in many lands, the marvels of creation, practical sciences and points of human interest are all embraced in its coverage. "Awake!" provides wholesome, instructive reading for every member of the family.

"Awake!" pledges itself to righteous principles, to exposing hidden foes and subtle dangers, to championing freedom for all, to comforting mourners and strengthening those disheartened by the failures of a delinquent world, reflecting sure hope for the establishment of God's righteous new order in this generation.

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Awake!

"It is already the hour for you to awake."

—Romans 13:11

Volume LIV

November 8, 1973

Number 21

Whom Can You

TRUST?

EVERY normal person wants friends and neighbors whom he can trust. He also wants men who exercise authority to be those whom he can trust.

Yet, in history, rarely has the trust of so many people been as badly shattered as in our time. This is true in many places, but a prime example is found among many persons in the United States.

This has come as a result of "Watergate." Of this affair, Senator Sam Ervin, Jr., said: "I think that Watergate is the greatest tragedy this country has ever suffered"—even greater than the Civil War. It is an affair that has been given much international publicity.

Watergate is the name of a group of buildings that include a hotel, apartments, shops and offices. Located in Washington, D.C., it housed the headquarters of the Democratic National Committee during the 1972 presidential election campaign.

On June 17, 1972, in the early morning hours, five men were caught illegally entering the Democratic headquarters at Watergate. A government official dis-

missed the break-in as a "third-rate" burglary attempt.

But it was much more than that. It proved to be just the tip of a vast iceberg.

One of the men arrested and jailed decided to tell what he knew to a federal judge. After that, it was revealed that the "burglars" had been in the employ of the Republicans' Committee to Re-elect the President. Swiftly, the matter then grew into the greatest scandal in the history of the United States government.

What it really means goes far beyond anything you may have read in your newspapers or heard on your radio or television. The deeper meaning of it affects your future in a profound way.

But first, let us see what others are saying about the matter.

Alleged Crimes Committed

Investigators have uncovered what they consider a vast array of crimes. These alleged crimes were committed by many officials in high levels of government.

Senator Lowell Weicker, Jr., a Republican member of the special Senate Commit-

tee appointed to look into the matter, listed the alleged crimes over national television. He claimed that the violation of seventeen different laws had been "proven or admitted." In addition, he noted that officials had committed many "gross" or immoral acts.

Thus, "Watergate" has become a word that encompasses a wide pattern of alleged illegal, unconstitutional and gross acts, such as burglary, spying on citizens, deceit, lying under oath, and conspiracy to commit and cover over crimes. It includes the attempted misuse or subversion of various government agencies. Also included was the illegal use of election money to pay off those who committed the break-in at Watergate, in an effort to keep them from telling the truth.

What Makes It Different?

Because of what has been uncovered, the New York *Times* called the Watergate scandal "a political earthquake of such unprecedented magnitude and intensity that it would strain any institutional arrangements."

But why is this scandal considered so much more serious than others in the past? An editorial in the Easton, Pennsylvania, *Express* answers:

"Watergate is profoundly different from any other White House scandal in the nation's history. . . . What makes Watergate unique is the nature and purpose of the misuse of power. Almost without exception, past scandals have involved betrayals of the public trust for the sake of money or goods.

"But Watergate's ultimate aim seems to have been to undermine the political process itself, to 'fix' a presidential election. And with that came a wholesale disregard of federal and state laws."

Also, in *Vital Speeches of the Day*, news commentator Walter Cronkite said:

"It was an attempt, on the national level, to subvert the two-party system, which is

right at the roots of our system. It was a naked attempt to use power for the perpetuation of power, and down that road dictatorship thrives and democracy cannot survive.

"It was a naked attempt to circumvent the democratic system of law that its perpetrators had sworn to uphold."

Many People Shaken

The Watergate revelations resulted in a further erosion of trust in government by large numbers of people.

Rarely in American history has such a feeling of betrayal been felt by so many people. One high Administration official lamented: "I don't know why any citizen should ever again believe anything a Government official says."

While that view was no doubt an exaggeration, it reflected the bitter mood of many, including officials. An article in the *National Observer* reported: "Talks with bureaucrats at all levels reveal a general demoralization."

Not Really New

For the United States, the Watergate scandal is unprecedented in its scope. Yet corruption in government is certainly not new. The Los Angeles *Times* reported that even in the early 1950's, 42 percent of those polled in a presidential election said that the issue of corruption had most influenced their vote.

Too, corruption is widespread at nearly every level of government. *U.S. News & World Report* stated:

"It's not only Watergate. All across the country, official skulduggery keeps surfacing—at national, State and local levels. Result, as shown by a . . . survey, is a growing distrust of politicians in general. . . .

"Many people are describing politics as a 'shady business' and adopting a scornful attitude toward politicians generally. Some appear to regard misconduct as the rule, rather than the exception. . . .

"The cumulative effect: growing disenchantment with politicians as a group."

But growing distrust of government is not just an American problem. It is widespread in practically every country on earth. For example, in England, last June, two government officials, one a senior minister, resigned because of their involvement with prostitutes. One was photographed in bed with two harlots.

In the Soviet Union, the government recently admitted that it had lied to the people regarding an economic matter. It conceded that a huge Siberian power generator that was reported to have been 'put into service' five years ago had not been installed at all, but had burned out on the factory floor. Yet, at that time, a public inauguration ceremony, with band music and speeches, had accompanied the "installation."

Government instability is widespread too. In mid-1973 the Italian premier and his cabinet resigned. That represented the fall of Italy's thirty-fourth government since the defeat of Fascism! In Japan, the prime minister had once enjoyed a rousing 65 percent favor. But, in midyear, polls showed that his popularity had dropped to only about a third of that.

The failure of human governments to inspire trust is almost universal now. This, in spite of the fact that all forms of human government have been tried in our time. But none have really satisfied the needs of the people. They have been unable to provide true peace and security. Corruption, crime, economic insecurity, pollution, congested cities, fear and hatred advance like a tidal wave. In a report from Washington, D.C., editorial writer James Reston said: "Nobody in this town in either [political] party has any clear answer to all the complicated and distracting

problems that confront the nation at home and abroad."

It is no different in other countries. As the *National Observer* said: "Every major industrial nation is undergoing a 'crisis of confidence,' its people frustrated by the persistence of problems that their governments appear incapable of solving." Smaller nations have proved themselves no more able to solve their problems, as the constant rise and fall of their governments shows.

Institutions of All Kinds Failing

It is not only government that is being exposed as unable to solve man's problems. Institutions of every kind are being confronted with the same failure. And they are coming under attack as a result.

The Los Angeles *Times* stated: "The families of today aren't receiving much help from the institutions around them, including government, schools and churches." In view of skyrocketing prices and shortages, confidence in business and industry is also sinking.

Dr. Phillip Converse of the University of Michigan declared: "There has been a very progressive, alarming deterioration of trust in our institutions. One really has almost a sense of despair when Watergate is piled on what was already an enormous erosion."

What makes the situation so frustrating for people is that in the past, when one institution failed them, they could turn to another for comfort and direction. But now the failure is evident on all sides. It is no wonder that Dr. A. Spilhaus, former chairman of the American Association for the Advancement of Science, concluded: "There is this fundamental disbelief in your fellow man or in society's ability to solve its problems."

Why YOU SHOULD BE CONCERNED

IF YOU love what is right, and want better conditions, you should be very concerned about what is happening to man's institutions. You should also be very concerned about your position in relation to them.

Why? Because in so many areas human failure is not just a 'passing phase.' It is direct evidence in fulfillment of Bible prophecy showing that we are living in the closing years of this wicked system of things. Long ago the Bible foretold of our generation that "wicked men and impostors will advance from bad to worse, misleading and being misled." (2 Tim. 3:13) That chapter of Bible prophecy describes what is aptly called "the last days." —2 Tim. 3:1.

Further, the exposing of so much corruption and the failure of institutions to meet the needs of the people confirm what God long ago stated in his Word: "To earthling man his way does not belong. It does not belong to man who is walking even to direct his step." (Jer. 10:23) Is there any doubt, after seeing the mismanagement of human affairs in our lifetime, that man cannot 'direct his affairs' successfully apart from God? Human leaders, independent from God, will never solve mankind's problems.

A prominent factor involved, one that also accounts for so much wickedness in high places, is that Satan the Devil is "the god of this system of things." (2 Cor. 4:4) He is the corrupt invisible spirit creature

who rebelled against God and instigated the rebellion of the first man and woman. He has been permitted to dominate human affairs for a limited time, which is why Jesus Christ called Satan "the ruler of the world."—John 14:30.

By permitting the rule of rebellious Satan, and rebellious humans, God would allow to be demonstrated once and for all time whether anyone apart from God's guidance could successfully rule earth's affairs. Mankind's experience throughout history, and especially in these past few years, should prove to reasonable persons that rule of earth apart from God has been a huge failure.

Thus, what Watergate and similar failures in human institutions as a whole show is this: (1) that Satan the Devil is indeed the 'ruler of this world,' since the widespread disregard for truth so obviously reflects his wicked traits (John 8:44), and (2) that we are very near the time when God will bring rebellious, independent rulership apart from God to a halt.

What will God do to the ruling institutions of this world? The prophecy of Daniel 2:44 says clearly: "In the days of those kings the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end to all these kingdoms [in power today], and it itself will stand to times indefinite."

Yes, God, by means of his heavenly government in the hands of Jesus Christ, will soon crush this entire wicked system of things out of existence. No longer will rulership be left in the hands of man or Devil. Rulership will be exercised by the one who can really be trusted, Christ Jesus. He has already proved that he is loyal to God's laws, and is also a kind, loving, just and able administrator of man's affairs.—Isa. 11:3-5; Heb. 4:14, 15.

How It Affects You

What does all of this have to do with you? This: your life is directly affected. Why? Because God's destruction of this system of things is scheduled for the very near future!

During the coming destruction, many people will look to man's institutions—till then seemingly as impressive and stable as mountains—for protection and safety. They will say: "Hide us from the face of the One seated on the throne [God] and from the wrath of the Lamb [Christ Jesus], because the great day of their wrath has come, and who is able to stand?" (Rev. 6:16, 17) But there will be no escape in man's institutions, because all of them will go down into destruction.—Rev. 19:19, 20.

Then, after the destruction of this wicked system, God will usher in a marvelous new order. In that new order only trustworthy persons will be permitted to live. Over them, in heaven, Christ Jesus in his kingdom will rule "for righteousness," and his representatives on earth will carry out his instructions "for justice itself." (Isa. 32:1) That is why, long ago, the prophet Isaiah looked forward to God and his rule, saying: "With my soul I have desired you in the night; yes, with my spirit within me I keep looking for you; because, when there are judgments from you for the earth, righteousness is what the inhabitants of the productive land will certainly learn."—Isa. 26:9.

Do you really care for your life, and your future? Do you want to survive this system's end? Do you want to live in a new order founded on what is right? If so, what must you first do? God's Word answers: "Seek Jehovah, all you meek ones of the earth, . . . Seek righteousness, seek meekness. Probably you may be concealed in the day of Jehovah's anger." (Zeph. 2:3) That means your turning to God and

his Word and learning what his instructions are for you at this crucial time in history.

An individual who was distressed by Watergate asked: "If you can't trust the Government, whom can you trust?" In view of the failures of so many human leaders in our time, the Bible's counsel takes on added force now, when it states: "Do not put your trust in nobles, nor in the son of earthling man, to whom no salvation belongs." (Ps. 146:3) The Bible also says: "Trembling at men is what lays a snare, but he that is trusting in Jehovah will be protected." (Prov. 29:25, 26) You can trust Jehovah God and his promise to rid the earth of wickedness and usher in a righteous new order. You can trust him because God "cannot lie." He is "the God of truth."—Titus 1:2; Ps. 31:5; Heb. 6:18.

The folly of putting unwarranted trust in humans was even referred to during the Watergate hearings. Seeking to explain the tragedy of so many officials being involved in scandals, it was recalled what happened to Cardinal Wolsey, powerful clergyman of the Roman Catholic Church during the reign of King Henry VIII of England. Wolsey was involved in political affairs, zealously serving the king. But then he incurred the wrath of the ruler, was stripped of his power and accused of treason. Soon thereafter he fell ill and died. But before his death, Wolsey said remorsefully: 'Had I but served my God with half the zeal I served my king, he would not at my age have left me naked to my enemies.'

If you put your trust in humans, looking to them for solutions to man's growing problems, you will certainly come to disappointment, and very soon now. But if you put your trust in God, and do his will, you are certain to reap the benefits, for God is "the rewarder of those earnestly seeking him."—Heb. 11:6; 1 John 2:15-17.

A FRESH LOOK



muscles in earnest, displaying tidal ranges in the vicinity of fifty feet.

Tides, Their Causes

The tides roll in and the tides roll out: flood tide, then ebb tide. Fundy, as do most Atlantic coastal areas, sees this pattern repeated twice each lunar day, or period of 24 hours and 50 minutes. Day after day this endless cycle continues, as it has since the days of Noah. Why? What causes this predictable pulseline rhythm?

Basically, the answer lies with the law of gravitation. The sun and moon both exert a powerful gravitational pull on the earth and its oceans. The immense distance to the sun makes its force of attraction very much the lesser of the two. Because the distance between earth and these celestial bodies varies from day to day, likewise their forces of attraction vary. Also, because the declination of the moon, north or south of the earth's equator, is continually altering, this has an effect on the timing of the tides in the various parts of the globe. These fundamentals in no way provide the complete story, however, for scientists can list a multitude of contributing factors, although mainly of a local geographic nature.

But now, why does Fundy experience two sets of high and low tides per lunar

MY PREVIOUS visit to the Bay of Fundy was in childhood, but the same first impression remained: one of disbelief. The wharf stood about thirty feet in height but the ship tied to it was high and dry, or, more accurately stated, seated on a sea of mud.

"Who pulled the plug?" I jokingly commented to a fisherman working on his gear. Stifling a look of resignation, he quietly stated: "Tide's out. It will be back at 2:30 this afternoon." This was my re-introduction to Fundy, titleholder to the world's most mammoth tides.

The Bay of Fundy, a spur off the North Atlantic, is located between Canada's maritime provinces of Nova Scotia and New Brunswick. The inland end, or "head," is split by a wedge of land into two smaller bays, Minas Basin and Chignecto Bay. It is here that Fundy flexes its

day? Remember that the gravitational pull affects both earth and water, but water is affected to a greater extent since it is not rigid. The time of high tide for any fixed location is a certain time interval after the moon's passing over the meridian for that location, which causes the ocean to be pulled away from the solid earth and results in a "direct" tide on the moon's side of the earth. But, on the diametrically opposite side of the earth, a buildup of water also occurs. You might say that here the earth is being pulled downward and away from the water, producing an "opposite" tide.

A point to note, however, is that not all coastal areas of the globe share Fundy's semidiurnal (twice daily) tidal pattern. Although by far the most common type of pattern, scattered places about the earth experience a "diurnal" rhythm of one rise and one fall in a lunar day. The explanation for this is not simple, but, according to oceanographers, it is considered, basically, a result of various tidal forces and local geographic features combining with a canceling effect.

The difference between high and low water is termed the "range" or "amplitude" of the tides. This range is at its maximum during the time of full and new moons. The resulting "spring tides" are due to the fact that the sun and moon are directly in line with the earth, thus producing the greatest combined force of attraction. During the first and last quarters of the moon, the "neap tides," or tides of lowest range, occur. The reason: the moon has positioned itself 90 degrees away from the sun, resulting in a combined gravitational pull roughly one half that of the lunar force alone. Economy Point, in Minas Basin, has recorded spring tides of close to fifty-three feet, contrasting with neap tides that have a much smaller al-

though still impressive range of almost twenty-four feet.

Occasionally the earth's pulse really pounds, when a strong wind or gale from the sea reinforces a high tide. Such a "tidal surge" has a terrifying potential for disaster.

Why Fundy's Tides Are So Outstanding

But why should Fundy's tides stand head and shoulders above those in other areas of the world? A look at the map provides part of the answer.

Directing water toward Fundy's funnel-like mouth is a giant scoop formed by the curving coastlines of the adjacent states of Maine, New Hampshire and Massachusetts of the United States! As the swell of water enters the Bay of Fundy, a squeezing takes place, due to the constantly narrowing channel and gradual shelving of the bottom. The result: the gentle swell becomes a rushing mountain of water that rams into the head of the Bay. This accounts for the large variations in tidal range throughout the length of the Bay of Fundy. St. Mary's Bay, near the mouth of Fundy, records a range of about 22 feet, whereas Chignecto Bay and Minas Basin have the monsters with 46- and 53-foot ranges, respectively.

Also contributing to Fundy's tides is a factor known as resonance. Simply illustrated, if you disturb water in a container, it tends to oscillate or move with a rocking motion, often splashing over the ends. The oceans contain many such natural containers, one of which is the Fundy Basin. Each of these basins has its own period of oscillation, determined by its length and depth. As Fundy's tides slosh back and forth twice daily (each 12 hours and 25 minutes), its basin length is just slightly short of giving it perfect resonance with the solar and lunar rhythms. This is one of the basic reasons why Fun-

dy's tides are giants among giants, when they splash against the ends of the Bay.

Tidal Bores

The silence on the wharf was unexpectedly broken by my fisherman acquaintance: "If you want to see the bore, you had better get with it." I had almost forgotten. The tidal bore was not something to be missed by a visitor to Fundy. In fact, timetables are published for the benefit of those desiring to see this natural phenomenon.

A "bore" results when the powerful, rushing tidewaters collide with the flow of a discharging river. Within the confines of the riverbanks there is produced a wall of water that

appears to fight its way upstream. It must be noted that not all coastal rivers experience this wonder, but it is usually associated with relatively shallow depths and sudden increases in the gradient of the riverbed.

A number of Fundy's rivers present this display; some with but a few inches and others with much greater bores. At the city of Moncton, twenty miles inland from Chignecto Bay, tourists stop regularly to view the three- to four-foot bore on the Petitcodiac River. As impressive as they are, however, Fundy's tidal bores are dwarfed by those of the Fuchun River in China and South America's Amazon River. On the Amazon, an observer can see an apparent waterfall, a mile in width and up to sixteen feet in height, moving upstream at over thirteen miles per hour. Yes, the earth's tides are indeed a powerful force with which to contend.

Living with the Tides

For centuries, the pulse of maritime life has been directed by the "clock of the tides." Movement of fishing fleet, merchantman and naval vessel alike was affected. Nova Scotia shipyards, once among the busiest in the world of sail, lived by the tides. Twentieth-century shipping still does, in Fundy.

The ebb and flow still govern the many fishermen along the Fundy shore. One method utilizing "weirs," traps comprising high poles strung with nets, actually makes the tide itself do the fishing. When the tide is in, only the tops of the poles

are visible above water. As the tide ebbs, the retreating waters leave the fish stranded by the barrier

of nets. Promptly at low tide, the fisherman drives his truck or wagon over the mud to the weir and collects his fish. Trying to beat the fisherman to his harvest are the ever-present hordes of hungry sea gulls. There is, however, a more serious reason why no time is to be lost; the now advancing flood is not selective as to what or whom it traps.

Tapping the surging sea as a source of power is nothing new. In England, the city of London had its first water-pumping station powered by a tide-driven water-wheel built into Old London Bridge. A tidal power installation for pumping sewage was still in use in Hamburg, Germany, in 1880. And the tides of Fundy have also been working, powering mills. One such tidal sawmill was evidently still in operation in Maine as late as twenty years ago.

But to develop large-scale power in Fundy was a different story. This century has

Astrology—What You Should Know About It.

What's Happening to Prices?

—In the next issue.

seen a number of studies as to its feasibility, the most extensive attempt being at Passamaquoddy Bay, straddling the New Brunswick-Maine border. In each case, man did not have what was needed to harness the restless giant. He lacked co-operation, technology and financing.

A Fresh Look at Fundy

Once again Fundy is a focal point of interest. Why this fresh look at Fundy?

Confidence through technical experience has shifted the harnessing of tidal power from the realm of dream to modest reality. International research has been increasing to the point that two tidal plants are such realities. One is a small experimental project in Kislaya Bay, a site 600 miles north of Murmansk in the U.S.S.R. The other is a full-scale power development across France's Rance River, currently producing 544 million kilowatt-hours of electricity annually. "So it can be done!" say the engineers, now anxious to pit their skills against the giant, Fundy.

Another reason relates to new solutions to a basic problem with tidal power: the fact that energy production peaks depended, until recently, on the natural rhythm of the tides, and hence did not necessarily coincide with the periods that energy was needed. Production of new reversible-flow turbine-generator units and new design concepts to provide energy in more uniform daily amounts have encouraged a fresh look at the practicality of tidal power.

And, now, perhaps the main catalyst turning attention toward Fundy: the energy crisis! Related to this is the growing concern over pollution. Tidal power is essentially "clean" power, without the known major problems of polluting atmosphere, land or water. Further, tidal power is not limited like mineral resources, but is as dependable as the unceasing tides.

So the need for power exists; the energy supply is available; most of the technical problems, although difficult and complex, can now be faced. What prevents Fundy's tides from more fully benefiting man? Money! Financing such a colossal scheme, with its huge construction costs, coupled with high interest rates and mounting monetary inflation, is an obstacle indeed! In a worldwide system of things in which priorities are largely governed by financial advantage, this may well prove to be the barrier that for the present allows Fundy's mammoth tides to remain unharnessed.

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PS Form 3526 July 1973

Are You Ever Plagued with LOOSE BOWELS?

THE man had enjoyed a large Mexican dinner, from soup to nuts, as the saying goes. But before the night was over he had a violent case of diarrhea. His bowels had become inflamed because of highly seasoned food, to which he was not accustomed. His physician, a noted nutritionist, prescribed bed rest and nothing to eat but diluted milk and yeast for the next two days. This sufficed for the patient to recover.

You, of course, realize that diarrhea of various sorts has plagued mankind for a long time. The Bible tells of the shipwrecked apostle Paul curing an old man of dysentery or diarrhea while on the island of Malta nineteen hundred years ago.—Acts 28:8.

During its long history much has been learned about the causes and cures of this disagreeable and sometimes fatal malady. Loose bowels can be the end result of a number of causes. It can be the price we pay for eating too much of the wrong things, things that our digestive systems cannot handle. Or, nervous or emotional factors can be the cause.

If you plan to tour abroad, watch out! As many as 50 percent of Americans who stay abroad two or more months have a bout with diarrhea. Because it so commonly afflicts tourists, it is known in some countries as *turista*, or the "globe-trotter's peril," or "the trots," for short. Why are travelers especially plagued with this affliction? Some blame it on a change in water or climate or altitude, or a change in the intestinal flora. Others blame a form of "staph," prevalent where there is poor refrigeration of food and where it is prepared under unsanitary conditions, which can also cause ptomaine poisoning. And then there is the problem of amoebas, so rampant in tropical lands, especially in vegetables eaten raw.

One of the most serious of infant diseases is loose bowels or enteritis. It has been classed as the "worst killer of child life," especially in underdeveloped tropical lands. It has also been termed the "biggest and saddest world health problem."

You, of course, would like to know what remedies there are, should this plague attack you or your children. If the case is stubborn, consulting the family physician may well be the most prudent course. If the cause is nervous or emotional strain, it stands to reason that the remedy would lie in getting control of yourself and endeavoring to lead a more moderate and calm life. Learning to adjust and to yield and compromise, where principles are not involved, as well as not taking everything too seriously, will doubtless be of great help.

If the cause can be traced to dietary indiscretion, the course prescribed by the above-mentioned nutritionist may prove to be the best. In fact, there are a number of nutritional approaches to the problem. Perhaps you have heard that ripe bananas are highly recommended, especially for infants. It is reported that New York City's Foundling Hospital considers bananas the ideal first solid food for infants.

Breast-feeding infants is also reported to provide relief. One infant, which had gained only three ounces in three months, was about to die from diarrhea when a wet nurse brought it back to health by feeding it her own milk.

And coming more and more to the fore as a remedy for loose bowels, especially for infants, is simply carrot soup or puree to which nothing has been added.

Medical journals have also recommended the pulp of ripe apples, served either raw or cooked, because of their pectin. But watch that no skin or core is present and no sweetening or spices are added. Also recommended is ordinary oriental tea (because of its tannic acid), to which no sugar, lemon or milk has been added.

Another remedy that certain physicians have found helpful in combating loose bowels is carob powder, from the pod known as "Saint-John's-bread." It is a food very enjoyable to eat and has an appearance and flavor somewhat like chocolate. But here care must be taken, for if not used in moderation it can cause the opposite difficulty, constipation.

Yes, there are many causes of diarrhea to avoid. There are also a number of remedies to choose from should you or your children be plagued with loose bowels.

AN ASSEMBLY THAT ANTICIPATES

WHERE is the world heading? Can the overwhelming problems of mankind be solved? People everywhere are concerned.

Yet despite the pessimism of the general population, Jehovah's witnesses face the future with confidence. For that reason they have been holding earth wide a "Divine Victory" International Assembly. This past summer Detroit, Michigan, hosted the first of these five-day gatherings, from June 20 to 24. During the three months that followed, 1,433,078 persons attended the assembly in thirty-nine cities of America, Europe and Asia!

That is a lot of people—1,433,078! Some entire countries do not even have as many people. Where did such vast numbers meet?

Mammoth Facilities

The largest facilities available were obtained, including eleven of North America's biggest baseball stadiums. And even these were often crowded to capacity—and beyond.

Thus, for the convention's public address, 79,256 squeezed into Yankee Stadium, New York; 60,158 overflowed Houston's Astrodome; 52,349 crowded into Detroit's Tiger Stadium; 52,390 jammed the Oakland-Alameda Stadium; 49,684 packed Atlanta Stadium; 50,879 filled Philadelphia's Veterans Stadium; 47,339 thronged White Sox Park, Chicago; 38,225 net in Royals Stadium, Kansas City; 44,564 listened at Pittsburgh's Three Rivers



*Divine
Victory*

Stadium; 28,007 gathered in Jarry Park, home of the Montreal Expos; and two conventions during two different weeks at Dodger Stadium, Los Angeles, had final-day totals of 43,720 and 54,381 attending!

Yet these were only a few of the huge facilities used. Large auditoriums and spacious racetracks were also employed. Similar places were utilized in Europe and Asia, including the stadiums in Munich, Germany, where last year's summer Olympics were held. For the next few months other cities in Middle and South America, the South Pacific and Africa will also host the "Divine Victory" International Assembly.

Commenting on the assembly theme "Divine Victory," the Glasgow *Herald* of August 2 reported: "Some 30,000 joyous people thronged Murrayfield Stadium, Edinburgh, yesterday to celebrate a victory. . . . The victory which is giving them such pleasure is nothing so shallow as a win for Scotland over England." What victory is it, then, that Jehovah's witnesses anticipate?

A Victory Affecting All Mankind

In an editorial, Montreal's *La Presse* of July 27 explained: "They await a divine government which will replace those of the earth." Also, the Belgian magazine *CHOC* of August 19, reporting on the assembly in Brussels, carried this headline: "FIFTY THOUSAND JEHOVAH'S WITNESSES CELEBRATE WITH JOY THE NEARNESS OF THE 'END OF THE WORLD' AND GOD'S VICTORY."

Yes, the Witnesses rejoice because God's victory is at hand—he will soon wipe this wicked system of things from the earth! The apostle Peter foretold this world destruction, but then wrote: "There are new heavens and a new earth that we are awaiting according to [God's] promise, and in these righteousness is to dwell." (2 Pet. 3:13) Jehovah's witnesses really do believe this promise of God.

True, many may consider it foolish to believe such things. Yet no one can deny that the Bible foretells the end of this system. (Matt. 24:3-14; 1 John 2:17; 2 Pet. 3:3-13) And, really, are there not plenty of indications that this system is rapidly deteriorating, and just as the Bible said it would immediately prior to its end? Are Jehovah's witnesses simply ignorant calamity howlers, with no tangible evidence to support their beliefs?

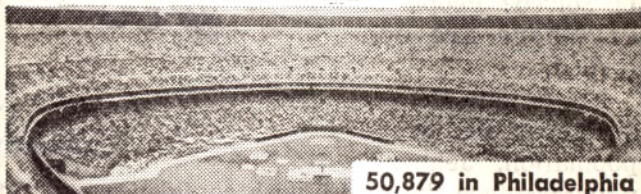
Although many may have thought so, visitors to the "Divine Victory" assembly saw evidence that caused them to pause and ponder. For example, the London *Sunday Telegraph* of August 5 reported:

"Since Wednesday the stands at Twickenham have been packed daily with more than 50,000 Jehovah's Witnesses . . . Undoubtedly there is none of the gloom traditionally associated with those who declare that 'The End Is Nigh.' Nigh it may be. In the meantime everyone seems to be enjoying

The "Divine Victory" International Assembly of Jehovah's Witnesses, in just three months, convened in 39 cities, filling the largest facilities available with a total of 1,433,078 persons



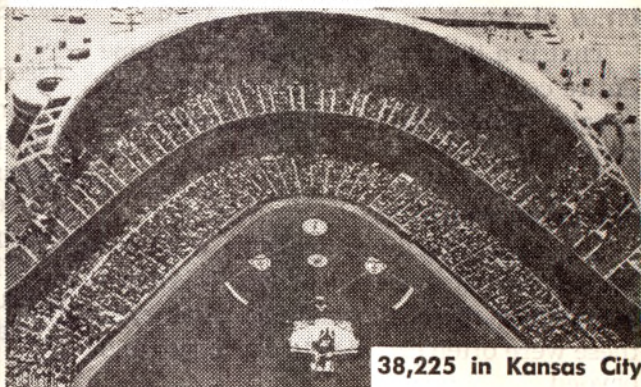
23,955 in Copenhagen



50,879 in Philadelphia



78,792 in Munich



38,225 in Kansas City



53,199 in Brussels

himself in a sober, upright, Godly but cheerful manner. . . .

"It is an impressive undertaking. If the present world order really is about to break down, the Witnesses at Twickenham seem well prepared to organise the new one."

Is it possible that these are the people that God will use as the nucleus of his promised new order? If they are, then as a group they would stand out in sharp contrast from the rest of mankind—showing the fine godly qualities that are so rare today. The "Divine Victory" assembly afforded opportunity to see well over a million Witnesses living, working and studying together. What was observed?

A Remarkable Difference

No one could miss the difference, and many reporters wrote about it. Under the heading "POLITE, CONSIDERATE, ORDERLY PEOPLE," the *Journal de Montréal* of July 27 reported:

"Jehovah's Witnesses are very, very, civilized people. Courtesy is their way of life. Neatness, cleanliness, and decency also. And this was easily noticeable at their assembly. . . . No one steps on your feet, nor do you step on any paper. It's almost perfect cleanliness. Wastepapers, half-eaten hot dogs, everything goes into the garbage cans. . . .

"You almost feel as though you were in paradise, as the atmosphere is relaxed, peaceful, and serene. And everyone is dressed modestly, and nobody's trying to show off or draw attention to themselves as they do at baseball games.

"And especially, no discrimination. People of all races enjoy fellowship together. There

is no one with hidden motives or reservations.

"Decidedly, there is a great lesson to be learned from the conduct of Jehovah's Witnesses. In observing them, one would think that America has been transformed!"

This remarkable difference in Jehovah's witnesses was noted time and again at all the conventions. In Rome, Italy, for example, the newspaper *Paese Sera* of August 9 wrote:

"Yes, there is no doubt about it, they are meek. And not only that, but also they are kind, well mannered, full of concern for one another. . . . Not one piece of paper or watermelon peel can be seen on the ground, nothing. And yet they have eaten at least 30,000 sandwiches.

"Even in the air there is something strange, but at first one is unable to say what it is. There is a different odor from that which is normally present during a soccer game in the Flaminio Stadium. There are about 50,000 persons present, but not one of them smokes. . . .

"Perhaps, rather than preaching for a little civilization in order to avoid global pollution, we should start preaching to have more Witnesses."

If all people conducted themselves as do Jehovah's witnesses, would this really solve major problems? Would there be true brotherhood and security world wide? Is that the impression visitors to the "Divine Victory" assembly actually received?

A Solution to Major Problems?

Interestingly, radio station CJTR, Trois-Rivières, Quebec, in an editorial broadcast on July 30 observed:



52,390 in Oakland

"According to reports in various Montreal newspapers, the convention of Jehovah's Witnesses is something unique to see, not so much for the number of those attending, but rather for the atmosphere and the spirit of brotherly love which prevailed in the vast ball park.

"Several journalists who visited the spot were surprised to note that . . . children displayed the discipline which we thought had disappeared since the War."

Columnist André Rufiange also wrote regarding this convention, and, at the same time, took note of the unjust persecution of Jehovah's witnesses in Quebec years ago:

"Not even a single thing went wrong nor was there any unpleasant occurrence. In order to control crowds of 20,000 people, one policeman would have been enough and even he would have been bored stiff. . . .

"Of course, I am not a Witness. But I am a witness to the fact that the Witnesses witness to efficiency and proper behaviour. Have you ever seen one of them get mad? And yet, how many slaps in the face they had to endure! Really very nice people. If they were the only people in the world, we would not at night have to bolt our doors shut and put on the burglar alarm."—*Journal de Montréal*, July 30.

Around the world, at convention city after convention city, similar observations were made. In Ireland, where Protestants and Catholics fight each other, the Irish *Times* of July 14 drew attention to "the assembly's atmosphere of fraternal peace

among different nationalities and races."

In Osaka, Japan, where over 31,000 were in attendance, the *Asahi Shimbun* of July 29 commented: "This assembly is the largest crowd that the former exhibition ground has had since Expo '70. A warm atmosphere prevailed in the audience . . . All addressed one another using the intimate expression, 'Brother.'"

A reporter observed regarding the "Divine Victory" assembly in Brussels, Belgium:

"I have seen many things, but never anything like this. . . . No noise, no pushing, nothing but happy faces. Kindness is manifested everywhere and one yields his place to another brother or sister."—*CHOC*, August 19.

The German newspaper *Süddeutsche Zeitung* of July 28-29 reported:

"Since Wednesday nearly 60,000 people have assembled [in Düsseldorf]—it is the largest convention that has ever been held in Düsseldorf, the city of Fairs. And it is a mass meeting which follows its own laws: We have never seen so many people meet together who are so orderly, so moral, so disciplined as they are."

An editorial in the Finnish magazine *Uusi Maailma* of August 15 said of the assembly in Helsinki: "This crowd of tens of thousands . . . behaves in an exemplary and quiet way."

Columnist Larry McMullen wrote in the Philadelphia *Daily News* of July 20:

"I can witness to this. In a crowd of 40,000 I did not see one cigarette lit or an empty bottle of booze under a seat. Jehovah's Witnesses do not fight wars and they are not a part of our prison population."

No wonder visitors concluded that if everyone conducted themselves like Jehovah's witnesses, doors would not have to be locked at night and wars would be eliminated. But what is responsible for the remark-



Witnesses talk about a future paradise earth, and they believe in cleanliness now



**Enjoyment of life and genuine international brotherhood
—clearly evident among delegates at Witness assembly**

able difference seen among Jehovah's witnesses?

Why the Difference?

Simply stated, it is the firm faith of the Witnesses in God's Word, and the application of it in their lives. Reporting on the Brussels convention, a writer for the magazine *Journal d'Europe* of August 14 explained:

"These 'house to house' enthusiasts did not premeditate this unprecedented publicity which is being given to the theme of their assembly . . . They do not try to be sensational nor to convert the pagans by getting them worked up by anguish . . . No, their discipling work is much more persistent than that and serious, yes, very serious. In half an hour the one I interviewed had made at least ten Bible citations—with chapter and verse. They know the Bible by heart to such an extent as to outdo the most scrupulous theologian. It's their bed-side book, if not, *their only book*, and only those who meet the requirements are baptised."

Actually, the "Divine Victory" assembly was an intensive five-day program of Bible instruction. In all, it consisted of thirty-one Bible talks and four dramas set in early Bible times. These not only high-

lighted the need for Christians to keep close in mind the nearness of God's victory, but also to perfect more fully their love for one another and to keep their lives in close harmony with the high moral principles of God's Word.

Amazed by the serious attention given to the program by the au-

dience in Munich, the *Frankfurter Allgemeine Zeitung* of August 4 said: "At a first glance one might think that the Olympic oval is filled with journalists since nearly every second convention participant is busy making neat notes."

Also a newsman for Japan's leading daily newspaper, *Asahi Shimbun*, was moved to comment:

"Many mothers with their children strapped to their backs are concentrating on their Bibles . . . Hence, when I see at this assembly all these faces beaming with joy, I cannot help thinking that I also should study the Bible to find out what it says about our future."

Program Highlights and Response

The widely advertised talk "Divine Victory—Its Meaning for Distressed Mankind" was the program highlight. It focused on the assembly theme, affirming that God's victory will be "over all the religious and political powers who ignore God's ownership of the earth." "There is every good reason," the speaker stressed, "to know that it is near!"

Bible dramas, too, were highlights of

the program. These also focused on God's victory, and the need to help others to avoid destruction. A Christian elder at the Oakland, California, convention noted regarding the drama depicting the fall of Jericho: "Rahab's concern was not just for herself, but for her entire family, not just her mother and father, but for all those in the family. There was an honest desire to save even the one that fled into the city to die." The importance likewise of showing concern for people today was thus impressed strongly upon all in attendance.

To aid in teaching others God's purposes, the book *True Peace and Security—From What Source?* was released in eleven languages—English, French, Portuguese, German, Spanish, Dutch, Danish, Finnish, Swedish, Japanese and Italian. What a program highlight this was! "This is a book for today's generation," is how one Canadian circuit overseer described it. Many undoubtedly will be helped to learn God's purposes by studying it.

Assembly delegates also enthusiastically received the 416-page book *God's Kingdom of a Thousand Years Has Approached*. It examines in detail Jesus' prophecies regarding the 'time of the end.' At the session during which that book was released, the delegates at each assembly enthusiastically resolved: "We will obey God rather than man and will not slack our hand in carrying out his command through Christ to 'preach this good news of the Kingdom in all the inhabited earth for a witness to all the nations,' before the end of this doomed system of things comes."

Another important publication for Bible study, the 1,280-page volume *Comprehensive Concordance of the New World Translation of the Holy Scriptures*, was also released at the assembly. With such fine Bible study aids, is it any wonder that Jehovah's witnesses know the Bible so well?

One of the program highlights was the release of the first of a series of new *Kingdom News* tracts and the announcement of a special worldwide work using them. By next September it is hoped that *half a billion* of these tracts will be distributed! "They strike me as Bible-based bombs to drop in the midst of the population," is how one Christian elder described them.

There was a remarkable response to the fine program. For example, a visitor from Mattoon, Illinois, said: "My mother asked me to drive her to the Kansas City assembly. I agreed but intended immediately to return home. However, my car broke down, so I attended the sessions at Royals Stadium. Each day it became more and more interesting to me. On the third day I went to the cleaning desk and volunteered to help with the cleanup after the assembly. Also, I asked a Witness from my hometown to study with me when we returned."

A \$100 contribution was received at the Winnipeg, Canada, assembly. In an accompanying letter, the man said:

"I just got the truth at this Winnipeg convention and am thankful to Jehovah for calling me out of Babylon the Great before it is too late. . . .

"I have already made contact for a Bible study and am starting today, with the hope of getting enough knowledge to be baptized and make a full dedication to do Jehovah's will. I was very happy to attend this great spiritual feast, and it did not take me long to size up and see where Jehovah's love abides, and surely it is only among His people."

Attending one of these conventions of Jehovah's witnesses is truly a rich experience, and that is why so many make such extraordinary efforts to be there.

Surmounting Obstacles to Attend

One might think that having a dozen or more children would make it impossible to

attend. But not so! Not only did a couple with *nineteen* children attend the Hallandale assembly, but all their children were there with them! At home in Wauchula, Florida, they have a family Bible study in which all participate.

Extreme sickness might also be viewed as an obstacle that would prevent attendance. But for Terry Walters and his family it was not. In 1971, fifteen-year-old Terry was found to have bone cancer. Although in constant need of oxygen, Terry wanted, above everything else, to attend this year's "Divine Victory" assembly. So arrangements were made to bring oxygen equipment to Royals Stadium, Kansas City, and thus Terry was able to enjoy the program. The following week the *Topeka State Journal* told about Terry under the heading "Lived Longer than Expected—Cancer Kills Youth."

Employment, too, can pose a real obstacle to attending an assembly; yet ways can usually be found to overcome it. For example, a Witness with a kennel loaded his fifty-seven dogs in a large air-conditioned van with built-in cages, and headed for Hallandale. There he secured accommodations at a mobile park that had a sign "All pets welcome," and attended the assembly.

Another Witness was pressured by his employer not to attend the assembly, since another employee had quit and the employer needed help. "What if I refuse to let you go?" he asked the Witness. "I would go anyway," was the reply. The employer thought a moment, and then asked, "How do you plan to travel?" When told that it would be by car, the employer said that it would take too long, and so gave the Witness \$700 for him and his family to go to the Oakland assembly by plane. In addition, he told him that he would pay him while he was away, and that when he

returned he was going to give him a raise in salary!

When the Witness asked him why he was doing all this, the employer replied: "You have set a good example for me, and besides, you're a good worker. If it were possible to hire another Jehovah's witness I would do it immediately. They are the only ones that you can trust."

Foretaste of God's New Order

When thousands of people get together who really do love God and one another, it is a foretaste of what life everywhere will soon be like following God's victory.

For example, one gets a foretaste of what it will be like when everyone is honest. At the Halifax assembly a youth found a wallet containing \$710 in American money and brought it to the Lost and Found Department, where the owner recovered it intact. At another assembly a twenty-dollar bill was brought in. One of the Witnesses came in later and reported that she had lost twenty dollars in a certain area. When she was shown the twenty-dollar bill, found in the same area, she refused it because what she had lost was seven bills, a ten, a five and five ones.

How pleasant it is, too, when people do things for others because of love for them and not for a paycheck! The *Glasgow Herald* of August 2 noted regarding the gathering in Edinburgh, which is something true of all conventions of Jehovah's witnesses:

"Everything is done by voluntary labour. More than 5000 volunteers have offered to carry out duties ranging from skilled medical attention to selling sandwiches.

"Before the visitors arrived an army of volunteers swept and cleaned the stadium, even to the extent of painting where necessary."

In Helsinki volunteer workers arranged to accommodate not only the thousands

coming to the assembly from throughout Finland, but also the more than 14,000 arriving from Sweden. A huge tent city of fifty-four acres was constructed to accommodate many of the delegates. It was laid out with streets, and included washing, laundry and ironing facilities, as well as toilets that were connected to the city sewer. A local health officer who came to make an inspection said: "Everything is so wonderfully well organized, you have to see it to believe it. To think you would go to all this trouble for just five days. It's unbelievable!"

Obstacles were overcome with a combination of love and careful planning. In Puerto Rico there was the immense task of getting 4,000 delegates from their hotels to the Stadium. This across a congested city, twice a day! Impossible? While some buses were used, about four hundred and fifty private cars, driven by Puerto Rican Witnesses, operated a shuttle service for two hours each morning of the assembly. These same Witnesses would use their cars to take the visitors home in the evening after the sessions. Certainly a tremendous display of Christian hospitality!

People are not born with a love for God and their fellowman that motivates them to do such fine things. This love is cultivated by a study of God's Word.

New Ones Who Anticipate God's Victory

After a period of Bible study with Jehovah's witnesses, persons whose hearts are moved by appreciation for what God has done for them make a dedication to serve Jehovah God. By the ceremony of water baptism, they give public witness to their dedication to God. At just the "Divine Victory" International Assembly in North America, Europe and Asia, 39,313 of these new ones symbolized their dedication to God by water baptism!

These persons come from all walks of life. Formerly, many had been drug addicts, hippies and criminals. Also, some had been homosexuals. But these all changed their lives completely to conform to God's will. Others baptized are wealthy, many are poor. Some are very old. For example, at the Hammond, Indiana, assembly a woman ninety-one years old and another ninety-two years old were immersed! Many youths, too, were baptized, and are now taking up the full-time preaching work, announcing that God's victory and his new order are near.

Do these witnesses of Jehovah, now numbering over 1,700,000 world wide, make up the true Christian organization that will alone be preserved when this old system soon perishes? A Belgian journalist reflected on this possibility. On Radio Television of Belgium, August 11, he reported in connection with the Brussels assembly:

"Jehovah's witnesses . . . have transformed the immense Halls at Heysel into a town of 50,000 inhabitants, a town where everything takes place without a hitch, . . . where brotherhood is practised with a smile, a smile which enables one to overcome the language barrier.

"As a journalist, one has almost to force himself to begin asking himself questions, to interrogate himself about the deep-seated reason of all this. Because if, after all, the zeal of the Witnesses compels us to admire them, we must also remember upon what this zeal is based, namely, upon the deep conviction that all those who do not share their viewpoint will soon be eliminated from the planet by divine victory."

Surely the earth needs a cleansing of all who are out of harmony with God's will! Should we not, therefore, force ourselves seriously to ask: Could Jehovah's witnesses be the people God will preserve alive to begin his new order? Why not examine for yourself? Visit their weekly meetings at the Kingdom Hall in your community. Observe their conduct. Examine their faith. You will be most welcome.

Salads

come in great variety



EVERY good housewife is concerned with pleasing the palates of her family by making tasty dishes. And she is also concerned with providing them with wholesome meals. A great aid in realizing these two goals is salads.

Salads serve many purposes. Aside from their nutrient value, which can be considerable, they add zest and variety to your meals. They can also save you work in preparing meals, as well as cost, and they are especially welcome on hot days.

Great indeed is the variety of salads you can make. Chief, of course, are the many kinds of salads consisting largely of greens or other vegetables, but there are also many others. There are the salads that provide protein, and those consisting of starchy foods. There are also salads made with gelatin and those with fruits.

Something Light—the Green Salads

Salads made from greens have much to recommend them. They contain an abundance of valuable minerals, vitamins and enzymes, which are indispensable to physical well-being, and so are termed "protective foods." Salads also serve a healthful *purpose* in that they provide bulk because of their cellulose, which aids one to avoid constipation.

Today researchers are coming more and more to the conclusion that many of the degenerative diseases that plague modern man are due to people's eating food that

is too rich, and too much of it. By serving tasty salads made with greens and other vegetables housewives can aid their families to avoid that modern trend. Children, it is true, often look down on such foods, preferring sweets. But wise parents will not let their children have their own way in such matters but will train them to eat such "protective foods." After all, when children become sick, the burden falls upon their parents.

Many, indeed, are the greens that can be eaten as salads. Among these are beet greens, carrot tops (when young and tender), celery, chicory, dandelion greens, endive, escarole, lettuce, turnip greens and watercress.

Increase the flavor and food value of such salads by adding onion rings, or diced onions, bits of bacon, cubes of toast, sliced red or white radishes, sliced mushrooms, bits of raw cauliflower, slices of green or red peppers, parsley, cherry tomatoes, ripe or green olives. True, salads cost money and such extras add to the cost, but as one understanding mother put it: "Better to spend my money for vegetables than for drugs, and it's a lot cheaper too." Yes, whatever you do to make such salads more tasty will most likely also make them more nutritious.

Others, Raw and Cooked

Among other vegetables that make toothsome salads are cucumbers, sliced

—do not bother peeling them. They are especially tasty with sour cream. Tomatoes sliced thin and served with chopped onions also make a fine salad. And how about grated carrots served with currants or raisins?

Coleslaw, made with shredded red or green cabbage, is both economical and a rich source of vitamin C. For variety chop the cabbage fine and add onions chopped fine or grated carrots. Closely related to coleslaw is sauerkraut salad. Cut the strands into small pieces and add diced apples and/or diced onions for a wholesome salad that can be made the year around. In a class by itself is apple and onion salad, either sliced or diced and to which a salad dressing such as mayonnaise has been added.

Among other vegetables that serve as salads are beets. Serve with onion rings or diced onions, or sweet-sour with aniseeds, a European delicacy.

Not to be overlooked is string-bean salad. It can well take the place of a green salad anytime. Serve with onions chopped small.

Of course, some vegetables substitute for salads without any special preparation, such as radishes, carrot sticks, celery stalks and scallions.

The Protein and Starch Salads

For many cooks, one of such salads, together with a protein, a starch, and a cooked nonstarchy vegetable make the ideal minimum meal. But the salad might well furnish the protein or the starch. For example, there is the popular chicken salad and the well-liked tuna, salmon, shrimp and crab-meat salads. Made with celery or other greens, or with diced onions, you can have a tasty and nourishing main dish. Fish salads provide an abundance of phosphorous, so essential, it is believed, for the

proper functioning of our central nervous system.

Not to be overlooked as a salad that provides protein is egg salad, served with celery or other vegetables. One does not, it would seem, need to be unduly concerned about their cholesterol, unless one is a heavy meat eater.

Still another protein salad is made with cottage cheese. Add chives, scallions or onions cut fine as well as caraway seeds to give it flavor. If you like it sweet, serve it with fruit, such as crushed pineapple or chopped dates.

Perhaps the most economical of all such protein salads is that made with legumes, such as beans (navy, red kidney, lima or soya) or lentils. Of course, these have to be cooked first, and then serve them with chopped onions or with a relish and/or your favorite salad dressing.

As for the starch salads, potato salad is chief, and running not far behind is macaroni salad. For the best kind of potato salad try to get small new potatoes, if in season, or potatoes with the reddish skins. They cost more but they are worth it; they have a taste all their own and do not crumble easily.

Gelatin and Fruit Salads

Gelatin, especially lime jello, is ideal for making salads, particularly when greens are not available. There are all manner of vegetables, cooked or raw, that you can use in making gelatin salads: celery, green and red peppers, grated carrots, sliced cucumbers, cubed beets, and so forth. And here again, note that gelatin adds not only taste but also food value to your salad.

Finally we have the fruit salads. Perhaps the most popular is what is known as the Waldorf salad, named after what was once one of the world's finest hotels. It is made with apples and celery cut small and with

walnuts (some like to add raisins) together with a mayonnaise dressing. It is considered something special and is as nourishing as it is tasty. Of course, the Waldorf is not, strictly speaking, a fruit salad, as it contains celery.

Preparing regular fruit salads can be as simple as buying a can of salad fruits, but then quite likely you will have mostly cooked fruits. Fresh fruits are to be preferred, such as orange or grapefruit slices, berries, grapes, peaches, pears, apples, pineapple cubes or melon balls. A particularly tasty and nourishing fruit salad, which serves as a breakfast for people living in the tropics, is one made of avocado, banana and papaya.

Salad Dressings and Flavorings

Of course, dressings are added to most salads. The simplest and, for many, the ideal salad dressing is one made with olive or safflower oil and lemon juice and a little salt (some also add a little sugar). Lemon juice has the advantage of supplying vitamin C and of being a natural rather than a fermented acid. But when cost is a consideration, corn oil will do as well, and vinegar can be used, either white malt, apple cider, wine or other fruit vinegar. There is something to be said in favor of each, so try them out and find which suits your palate the best.

There is also the matter of adding flavoring. Among such are caraway seeds, paprika, marjoram, sage, oregano, savory, mint, garlic, pimiento, parsley, dill, thyme and celery seeds. Such spices not only add to the enjoyment of the meal, but there is reason to believe that even as they stimu-

late the flow of the saliva they also stimulate the flow of the gastric juices. Incidentally, for a delicate garlic flavor, rub your salad bowl with a garlic clove or add one to your salad dressing via the blender.

Nor would we overlook the creamy salad dressings, such as those made with blue or Roquefort cheese, sour cream or yogurt. If you have to watch your calories, avoid mayonnaise or use it sparingly, diluting it with lemon juice. Also cut down on the use of oil by largely substituting tomato juice for it. Sour cream, whipped cream or a dressing made with finely chopped walnuts, sunflower seeds or raw cashew nuts goes very well with fruit salads.

Salads can be served before the main dish, with it or afterward, depending upon the kind. The green tossed salads may well be served before the main dish; doing so may help your family not to overeat. Such salads, as well as those made with other vegetables, also go well with the main dish. Fruit salads serve to top off a meal. And let it be noted that, here also, by having a fruit salad dessert you can guard against overeating, provide valuable minerals and vitamins and you will be taking something that aids in digestion (especially if pineapple is included), all of which certainly cannot be said of such heavy desserts as mince pie or plum pudding.

No question about it, when making salads you have a great variety from which to choose. And they allow for originality and resourcefulness on the part of the housewife, add to the variety and zest of a meal, provide valuable minerals, vitamins and enzymes—and even help to make your dinner table more colorful!





Fifty-fifth Graduating Class of the Watchtower Bible School of Gilead

In the list below, rows are numbered from front to back and names are listed from left to right in each row.

(1) McFarland, K.; Weiss, B.; Hepworth, B.; Sorrels, D.; Taylor, B.; Hernandez, A.; Jung, I.; Labatzki, C.; Padgett, C. (2) Archibald, R.; Sekomoto, D.; Møick, A.; Chapa, M.; Patterson, I.; Müller, M.; Shinsato, M.; Padgett, T. (3) Patterson, T.; Fook, G.; Hepworth, D.; Frandsen, E.; Rieman, A.; Nako, G.; Hernandez, R.; Melinder, A. (4) Müller, W.; Ellmark, L.; McFarland, T.; Glinka, U.; Hunter, T.; Labatzki, W.; Jensen, H.; Tabor, G. (5) Møick, E.; Andrews, W.; Glinka, U.; Weiss, R.; Kutschke, C.; Makalke, E.; Frandsen, V.; Martensen, S. (6) Kutschke, H.; Fourcault, H.; Jung, A.; Tabor, M.; Taylor, B.; Sorrels, A.; Harrison, R.; Hunter, D.; Ray, S.

Response to the Need for Workers

SEPTEMBER 10, 1973, dawned bright and clear in New York city. It was a day filled with anticipation for a group of fifty young men and women graduating from the Watchtower Bible School of Gilead. They had completed their twenty-week training, designed to equip them to serve as missionaries in distant lands.

What had motivated them to apply for Gilead School? Was it love of adventure? No. Already before coming to school, the students of the fifty-fifth class came to appreciate the import of Jesus' words: "The harvest is great, but the workers are few."—Matt. 9:37.

Commenting on why he made missionary service his goal, a twenty-nine-year-old student from Sweden remarked: 'What I learned from the Bible gave me a different outlook on life and made it meaningful. So I wanted to help others. Jehovah's witnesses in Sweden can care well for the interested people there. But since I was in position to go to another land where there are few Witnesses, I wanted to go and serve.'

A Danish couple in their thirties at first were somewhat apprehensive about serving as missionaries in a foreign land. The wife observed: 'But when we read about the great need for more workers in other lands, our conscience told us that it was right to respond. People put up with hardships to find gold. Doctors have gone to developing countries and made these their home. Why should not a servant of Jehovah be willing to do the same when he can aid others to find the way leading to everlasting life?'

It took advance effort for this couple to come to Gilead School with the prospect of serving as missionaries. About twenty-two years earlier the husband had studied English in school for about a year but did not really know the language. His wife had no knowledge of English. Therefore both of them took an eleven-month correspondence course and were able to learn enough English to qualify for missionary training at Gilead.

These and other graduates of the fifty-fifth class were certainly not novices. They had already worked hard in teaching Bible truths to people in their own countries. On the average, members of the class had been doing so for more than eleven years. But all felt that Gilead training had equipped them to serve even better.

Here are some of their observations: 'The instruction appealed to the heart. It strengthened our decision to serve in a foreign assignment.' 'Association with people from many lands at the headquarters of the Watchtower Society broadened our view of the human family. A foreign assignment no longer seemed distant. Our association deepened heartfelt concern for other people.' 'Going through the whole Bible in twenty weeks was very helpful. It impressed upon us the efforts put forth by others, like the apostle Paul, moving us to want to imitate them.'

Just as the course had been instructive, the discourses delivered by the speakers during the graduation exercises, beginning at 2:00 p.m., contained practical counsel.

U. V. Glass, one of the instructors, drew on the example of ancient Israel to en-

courage the graduates not to tire out nor to give way to complaint.

The registrar of the school, E. A. Dunlap, pointed out that their missionary assignment was a special ministry, one that they should not be walking out on without valid reason. Were they to do so, they could be grieving God's spirit.

M. G. Henschel, branch overseer for the United States, realistically spoke of the new and sometimes difficult conditions they might encounter in their missionary assignments. He admonished them to maintain their sense of humor and urged them to be observant of the customs of the people in their assignment, allowing what they might see to impel them to preach.

Supervisor of printing facilities of the Watchtower Society in Brooklyn, Max Larson, stressed the need to gain the confidence of the people to whom they would minister, being gentle and tender as is a nursing mother with her baby.—1 Thess. 2:7, 8.

G. M. Couch, supervisor of the Watchtower Society's Bethel home, noted that as missionaries they might someday experience shortage of physical food but would always have spiritual food in abundance. He encouraged them to imitate Jesus when he said: "My food is for me to do the will of him that sent me and to finish his work."—John 4:34.

In his remarks to the graduating class, F. W. Franz, vice-president of the Watchtower Society, discussed a man only briefly mentioned in the Bible, Jabez, showing that in the brief account about him there were valuable principles to be discerned. (1 Chron. 4:9, 10) Jabez prayed for the peaceful enlargement of his territory, evidently so that it might accommodate more God-fearing people. He realized that he could not do this in his own strength, but earnestly prayed for God's help. Applying the example, F. W. Franz urged the gradu-

ates to work for the enlargement of their territory in an individual sense by laboring zealously in making disciples.

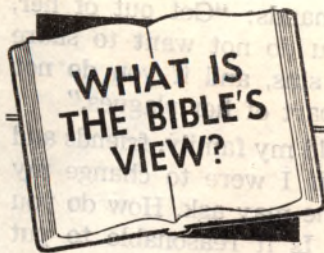
N. H. Knorr, president of the Watchtower Society, highlighted the importance of appreciation. He encouraged the graduates to appreciate Bible knowledge, esteeming it highly. Such knowledge provides a solid basis for faith and therefore he appropriately counseled them to keep their faith strong.

After an intermission the audience thoroughly enjoyed the remaining portion of the program presented by the graduating class. This included music and a stimulating Bible drama portraying the powerful activities of the apostle Paul.

With the close of the program, the graduates knew that they would soon be on their way to serve in twenty-four different lands. Thousands had gone before them, setting a fine example for them to imitate. A case in point is that of the missionaries serving in South Vietnam. Though given an opportunity to leave when things were difficult there, they remained. One of the missionaries assigned to Saigon related the following:

"It was an interesting stay. From the roof of our missionary home, we could see the battles taking place. We could see the dive bombers drop their bombs. We could see fires all over the city. And right in front of our missionary home, people by the thousands were fleeing for their lives, as the Communists were advancing in various parts of the city. One day seven of us were walking down the street, when a terrorist came by and threw a plastic bomb. It hit about twenty feet from us. We could feel the concussion of the air and we all fell to the ground."

By continuing to imitate the faith of missionaries who have stuck to their assignments despite problems, the graduates of the fifty-fifth class will be demonstrating that they have indeed responded to the need for more 'workers in the harvest.'



Is It a Sin to Change Religions?

“WHAT? Change my religion? Not me. Our family has gone to the same church for generations. If it was good enough for them, it is good enough for me. I'm perfectly satisfied with my religion.”

Does that reasoning sound familiar to you? Do you personally believe that it would be wrong for an individual to change from one religion to another? Many think so. In fact, some feel that it would be a sin against God and a condemnation of their parents if they were to change from their religion.

Is this viewpoint correct? Certainly you would want to know, because worshiping God in the correct way determines whether you will have his favor and blessing.

It should not matter whether one is satisfied with one's religion or not. Personal satisfaction is not the really important thing. What is important is God's viewpoint of the matter. To obtain this we must go to the Holy Bible.

Did you know that some prominent Bible characters

changed from their religion with God's approval? The patriarch Abraham did not pursue the religion of his father. Concerning Abraham and his father Terah, we read: “It was on the other side of the River that your forefathers dwelt a long time ago, Terah the father of Abraham and the father of Nahor, and they used to serve other gods.” (Josh. 24:2) But Abraham did not agree with the pagan religion of his father Terah and became a worshiper of the true God, Jehovah. Ruth the Moabitess is a striking example of one who changed from the false worship of her native land to become a servant of Jehovah.—Ruth 1:16.

In the first century C.E. many changed from their religion with God's approval. To former Jews, the apostle Peter wrote: “You were delivered from your fruitless form of conduct received by tradition from your forefathers.” (1 Pet. 1:18) The apostle Paul says of his former religion: “I was making greater progress in Judaism than many of my own age in my race, as I was far more zealous for the traditions of my fathers.” (Gal. 1:14) But when these sincere Jews realized that the traditions they had received from their forefathers were wrong, they changed and became Christians.—Mark 7:13; 1 Pet. 1:18.

Today, about one third of the earth's population claims to be Christian. Does this mean that if you belong to one of the hundreds of Christendom's churches your religion is acceptable to God? Consider the apostle Paul's warning to Christians of the first century:

“I know that after my going away oppressive wolves will enter in among you and will not treat the flock with tenderness, and from among you yourselves men will rise and speak twisted things to draw away the disciples after themselves.” (Acts 20:29, 30) Yes, false teachers were to arise after the death of the twelve apostles of Christ. They would teach “twisted things” in the name of Christian doctrine. So merely belonging to an organization that claims to be Christian does not assure that one's religion is right.

“But does it really matter what one believes?” someone may ask. “Is not the important thing one's sincerity and the way one treats one's fellowman?” What do you think?

Does sincerity make a wrong thing right? What about the apostle Paul? Did his zealous adherence to Jewish tradition justify his course before God? He himself admitted: "Formerly I was a blasphemer and a persecutor and an insolent man. Nevertheless, I was shown mercy, because I was ignorant and acted with a lack of faith." —1 Tim. 1:13.

Concerning certain others who practiced their religion sincerely, Paul wrote: "I bear them witness that they have a zeal for God; but not according to accurate knowledge." The result was that "they did not subject themselves to the righteousness of God." (Rom. 10:2, 3) While sincerity and kindness are important, these things alone do not make one's form of worship acceptable to God. One can be sincerely wrong.

What, then, is required? Jesus said: "God is a Spirit, and those worshiping him must worship with spirit and truth." (John 4:24) Worship that is correct in God's eyes involves more than a sincerely worshipful attitude or "spirit." It must also be in agreement with the "truth" that God has revealed in his Word. Each individual is responsible before God to make an examination of his religious beliefs in the light of Bible truth. If such an examination reveals that one's religion does not agree with the Bible, what should he do? Well, what did Abraham, Ruth, Peter, Paul and other faithful servants of Jehovah God do with reference to the religions formerly practiced? Keep in mind God's command at 1 Thessalonians 5:21: "Make sure of all things; hold fast to what is fine."

This involves leaving behind what is false. Concerning the world empire of false religion, called "Babylon the Great," Revelation

18:4 commands: "Get out of her, my people, if you do not want to share with her in her sins, and if you do not want to receive part of her plagues."

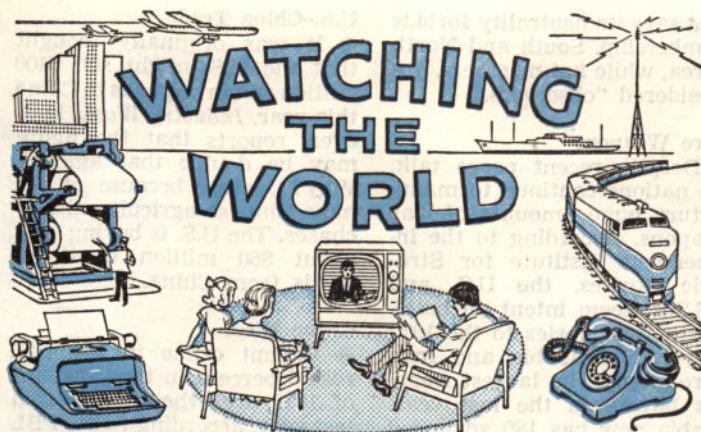
"But what would my family, friends and neighbors think if I were to change my religion?" someone may ask. How do you feel about that? Is it reasonable to put pleasing such people above obedience to God? The Bible says: "Trembling at men is what lays a snare, but he that is trusting in Jehovah will be protected." (Prov. 29:25) With regard to one's family, Jesus said: "He that has greater affection for father or mother than for me is not worthy of me; and he that has greater affection for son or daughter than for me is not worthy of me."—Matt. 10:37.

What about older people? Have you ever heard someone say: "I'm too old to change"? Is God pleased with such an attitude? Among those who are to "praise the name of Jehovah," Psalm 148 includes "old men together with boys." (Verses 12 and 13) Those who changed from Judaism to Christianity and whom God favored with miraculous gifts of his holy spirit at Pentecost included "old men." (Acts 2:17) Should it be different today?

Louise Templeman of St. John's, Newfoundland, did not think so. At the age of eighty-eight she came to realize that the church to which she belonged was not teaching Bible truth. So she became one of Jehovah's witnesses. Mrs. Templeman continued faithfully in this course until her death at the age of one hundred and one.

Is it a sin to change religions? Not if one's form of worship disagrees with the Word of God. In fact, in such a case it would be a sin not to change.

"The brothers sent both Paul and Silas out to Berea, and these [Bereans] . . . were more noble-minded than those in Thessalonica, for they received the word with the greatest eagerness of mind, carefully examining the Scriptures daily as to whether these things were so."—Acts 17:10, 11.



Famine Threat Lingers

◆ Threat of widespread famine lingers, according to *The Wall Street Journal*. In the coming year, it estimates, ten to thirty million famine-related deaths could occur. In 1973, figures now indicate, world grain production will be up twenty million tons over last year. But surplus grain stocks are the lowest in twenty years. Writer Roy L. Prosterman believes that the less developed nations will suffer. "It is hardly an exaggeration," he notes, "to say that America's garbage cans over the next year will contain a large enough amount of thrown-away food to prevent a significant proportion of the famine deaths that will otherwise occur in Asia and Africa."

Economy's Disastrous Drift

◆ World economists are currently trying to set up a better money system. Some believe it is already too late in appearing. *Money & Credit* (by New York's Macro Publishing Corporation) says: "Even if all the nations could agree soon on a new trade and monetary system, it would probably take several years to implement it. And it's becoming increasingly evident to us, at least, that the world doesn't have that kind of time left. We may have already reached the point of no return. The drift toward

disaster may have gone so far that it cannot be reversed."

Why Church Membership Drops

◆ Why do church members quit? *The Presbyterian Layman* recently listed events affecting that church's decline. They include: "(1) The National Council of Churches (largely supported by Presbyterian dollars) endorsed the concept of civil disobedience, as did some of the officials of our church; (2) . . . an acknowledged atheist . . . appeared before our 1969 General Assembly; (3) our church, in a rather devious way, gave \$50,000 to [his] organization; (4) our church established an office in the nation's capital 'to take official stands on public issues and press politically to implement these stands'; (5) our Council on Church and Society published its 'Sexuality and Human Community,' wherein premarital virginity and marital fidelity were dismissed as being 'the culture-bound conventions' of the white, Protestant, middle-class part of our society." Not surprisingly, the article says: "Our church is in serious trouble."

Tax Evasion Grows

◆ Individual tax dodgers are costing the U.S. Federal government at least \$6 billion a

year. Authorities say the problem is growing. Errors are partly responsible; officials claim that the public is baffled by tax laws. But more people are now purposely cheating. Why? Chances of an audit are only one third as likely as ten years ago. Some refuse to pay for political reasons. Dishonesty by officials is spreading to others. Observes government audit expert S. Wolfe: "The moral fiber of the public can only be hurt by the things that are going on in government and industry."

Perversion Accepted

◆ Christendom's ministers, contrary to the Bible, continue to endorse homosexuality. M. Schoenmaker, Dutch Congregationalist Church Minister in Victoria Park, Australia, in again trying to justify his homosexual 'marriage ceremonies' says: "If we forbid people to have sexual expression because they happen to be different from us, then we are forbidding them from showing God's love." A U.S. philosophical theology professor at St. Paul School of Theology Methodist makes a similar admission. The *Kansas City Star* notes: "Dr. [Paul] Jones said that St. Paul and other Christian writers had taken stands against homosexuality, but he said that in today's world situation ethics have taken the place of biblical injunctions."

A Male Becomes a Man

◆ It is sometimes argued that 'homosexuals cannot change.' The Bible says they can. (1 Cor. 6:9-11) A recent case at the University of Mississippi Medical Center emphasizes the Bible's correctness. A seventeen-year-old boy displayed 'transsexual' traits—he walked, talked, stood, sat, and dressed like a girl. A sex change operation was considered. Doctors, however, taught the boy to alter these characteristics one at a time. A year later he is, doctors say, "in all respects func-

tioning in his true physical role as a male."

One Who 'Saw the Truth'

◆ The Jesuit magazine *America* recently noted the thirtieth anniversary of the death of Austrian farmer Franz Jaegerstaetter. He was among the few Catholics who refused involvement in Nazism. But what about the rest of the Church? Writer Gordon Zahn says: "We are faced with the inescapable fact that it should not have fallen to this simple peasant in his remote village to 'speak' for the Church. If he was able to see the truth, one has to ask why the responsible leaders of the Catholic flock . . . could not. How could it be that the Catholic bishops of Germany (and his own native Austria) not only failed to condemn Hitler's unjust wars, but openly encouraged and praised the Catholic faithful who fought in his armies under the misguided belief that it was their 'Christian duty'?"

Churches and Crime

◆ Have the churches helped to reduce crime? Bill Nichols, a Dallas, Texas, Unitarian minister, says No. Responding to an item in the *Dallas Times Herald*, Nichols writes: "We need to face the fact that there is presently no statistical data to support the contention that churches make any difference whatsoever on the crime rate. The ratio of religious affiliation of criminals incarcerated in penitentiaries is the same as the ratio in the general society."

U.N. Membership

◆ How close does the U.N. come to its goal of being a 'universal' organization? In late September there were 135 members. Who is not included? Andorra, Liechtenstein, Monaco, Nauru, San Marino, Taiwan, Tonga, Vatican City, Western Samoa, South and North Vietnam. Bangladesh hopes to join soon. Switzer-

land says its neutrality forbids membership. South and North Korea, while not members, are considered "observers."

More Weapons

◆ Despite recent peace talk, the nations continue to manufacture huge amounts of war weapons. According to the independent Institute for Strategic Studies, the U.S. and U.S.S.R. seem intent on building their armories to the 1972 pact limits. Arabia and Iran were among the largest weapons buyers in the last year. Arabia now has 180 advanced fighter planes on order. Iran's defense spending more than doubled, to \$2 billion. Egypt spent \$1.7 billion, and Israel \$1.4 billion, in the same period. The report covers 119 nations.

Epidemics Continue

◆ Disease epidemics persist in parts of Asia. Eighty percent of the smallpox cases in the world are reported from India. In one week 324 cases were reported in Calcutta. A World Health Organization official says: "As long as there is smallpox in this area, the whole world is threatened." Malaria also thrives in India. In Sri Lanka malaria cases doubled, from 10,000 in October (1972) to 21,000 in January 1973. Annually there are over one and a half million cases in that entire region. Cholera and polio also increase.

Military Drinking

◆ Chief of the U.S. Army's Alcohol and Drug policy division told a Senate panel that 36 percent of the service's officers and 70 percent of its enlisted men are either heavy or problem drinkers. He considers heavy drinkers men who have five drinks a night over a four-day period. Problem drinkers are those who have difficulties with other people because of drinking. The figures are based on a 1972 study of almost ten thousand Army personnel.

U.S.-China Trade

◆ It was originally thought that the U.S. might sell \$400 million worth of goods to China this year. *Industry Week*, however, reports that the figure may be double that amount. Why? Mainly because of the huge Chinese agricultural purchases. The U.S. is buying only about \$60 million worth of goods from China.

Crime Rises

◆ Violent crime in the U.S. rose 4 percent in the first half of 1973 over the same period last year, according to the FBI. The four categories of 'violent crime' are murder, rape, robbery and aggravated assault. Murder was up a full 17 percent in rural areas, 8 percent in suburbs. In cities of over one million population, murder rose 12 percent.

Bank Robberies

◆ In the first eight months of 1973 there were 200 bank robberies in New York city; that is about one for each banking day. A midtown bank was robbed twice in a single day. One police detective says: "They happened so fast that the bank was lucky to get its [videotape] cameras reloaded with film in time for the second robbery." Thirty-two percent of those committing robberies in the city are arrested.

Violence Costs

◆ Violence broke out during a recent downtown protest march in Dallas, Texas. An "alert," mobilizing all policemen on twelve-hour watches, was called. Policemen put in over 30,000 hours of overtime. That, along with damaged police equipment, cost the department, and the taxpayers, over \$233,000!

Need for "Familiar Sights"

◆ The crew of Skylab 2 spent over 59 days in space. But some experts question man's ability to remain isolated from earth for much longer periods.

Their view is based on what happens to submarine crews. Cut off from shore on long missions, crewmen struggle for positions near the sonar to hear noises made by sea animals. They suffer severe paranoia; many prowls around looking for leaks. There are intense worries about those onshore. To avoid boredom, more than 50 percent sleep from twelve to sixteen hours a day. Sexual frustrations heighten. *Time* says: "Consciously and unconsciously, they miss such familiar sights as trees, animals and sunrises."

More Tobacco

◆ Antismoking campaigns and warnings have increased in the last decade. But has tobacco production gone down? No! Rather, it has increased 12 percent, according to the U.N. Food and Agriculture Organization. In the same period the world trade value of to-

bacco rose 50 percent, from \$1 billion to \$1.5 billion. Much of the trade increase is from "developing nations."

Lost Weapons

◆ The U.S. government says that over 12,000 guns are lost or stolen from interstate shipments each year. Many reappear in the hands of criminals.

Paradox of Technology

◆ The world has never been more advanced technically. But is man better off? Consider the comments of U.S. syndicated writer Bruce Blossat: "Spreading and rising human aspiration for a good life are taxing world resources. . . . The great cities, which should be the crown of advanced living, are deteriorating into jungles which few animals would care to prowl. The wonderful computer is said to make all solutions possible, yet fewer and fewer things work well."

He notes, too, that distrust is widespread.

Stroke Victims

◆ There are about one million new stroke cases annually in Europe, according to the World Health Organization. Thirty percent of these prove fatal. One million persons are believed to be permanently disabled from strokes. The annual cost of hospital treatment for stroke patients in Europe is estimated to be over \$7 billion.

Latest in Microsurgery

◆ Doctors at Prince of Wales Hospital in Sydney, Australia, say they can replace fingers and hands up to twenty-four hours after an accident. Dr. Earl Owen and Dr. Paul Lendvay have successfully joined thirty-one severed fingers in sixty-seven attempts. Injured persons from as far as Southeast Asia, they say, are now within range of treatment.

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