

JANUARY

Youth 85

Money
Tips

**Give It Your
Best Shot!**

Blue Water
Adventure

**'I Try to Say No, But
It Comes Out
YES...'**

Youth 85

January

VOL. V, NO. 1

Circulation: 120,000

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EDITOR-IN-CHIEF: **Herbert W. Armstrong**
MANAGING EDITOR: **Dexter H. Faulkner**

ASSOCIATE EDITOR: **Mike Bennett**
GRAPHICS: **Michael Hale**
EDITORIAL AND GRAPHICS STAFF: **Matthew Faulkner, Nathan Faulkner, Robert C. Taylor, Lowell Wagner Jr., Eileen Wendling**
CONTRIBUTORS: **You the reader**

Published by the Worldwide Church of God
PUBLISHER: **Herbert W. Armstrong**
TREASURER: **L. Leroy Neff**
PRODUCTION DIRECTOR: **Roger G. Lippross**
CIRCULATION MANAGER: **Boyd L. Leeson**

Youth 85 is published monthly (except combined June-July and October-November issues) by the Worldwide Church of God, 300 W. Green St., Pasadena, Calif., 91123. Sent free upon request. Copyright © 1985 Worldwide Church of God. All rights reserved. Printed in U.S.A. Entered as second-class mail at the Manila Central Post Office on Feb. 10, 1984. The publishers assume no responsibility for return of unsolicited artwork, photographs or manuscripts.

ADDRESS ALL COMMUNICATIONS TO THE *YOUTH 85* ADDRESS NEAREST YOU.

United States: 300 W. Green St., Pasadena, Calif., 91123. For literature requests you may call toll-free 1-800-423-4444; in Alaska and Hawaii call 818-304-6111 collect.
Canada: P.O. Box 44, Station A, Vancouver, B.C. V6C 2M2. For literature requests you may call toll-free 1-800-663-2345. In British Columbia, call 112-800-663-2345.
Mexico: Institución Ambassador, Apartado Postal 5-595, 06500, México D.F.
Colombia: Apartado Aéreo 11430, Bogotá 1, D.E.
United Kingdom, rest of Europe and the Middle East: P.O. Box 111, Borehamwood, Herts., WD6 1LU England
Zimbabwe: P.O. Box U.A.30 Union Ave., Harare
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COVER: Stretching to achieve their goals, both offensive and defensive basketball players give it their best shot. Sports can teach us the lesson of persistence. See "They Just Kept Coming!" starting on page 5. Photo by Nathan Faulkner.

Letters

Uncle killed by drunk driver

I was reading your article "Teens and Booze [the High Price of Abuse]" in the September issue. I wanted to say this article touched me very much, because I had an uncle killed the same way as Sharon was — at the hands of a drunken driver.

I took a course in driver's education this summer, and saw films of what drinking and driving can do to people.

So from this course and losing my uncle I have learned drinking and driving don't mix.

Dana Hathcoat
Arkadelphia, Arkansas

Alcoholic in the family

My mother has a drinking problem.

I am scared that someday I will be like her. I don't drink very often anymore because I don't want to have that terrible problem.

The advice I have for those who have an alcoholic in the family is to pray to God fervently. It helps. It has for me. My mother does a lot better now.

I know it is a disease and is very hard to overcome, but with God's help and the family support it can be done.

Name Withheld
Minnesota

"Behind the Bright Lights . . ."

I would like to say that I really enjoyed reading your article "Behind the Bright Lights . . ." [August]. It's a story that teaches people one of the problems of life without God. At 13, I hear and know a lot of problems with teenagers, such as drugs, alcohol, runaways, etc. They're real tragedies.

I'm grateful that I have your magazine with its sensible articles to read and learn from. I'm sure there's no other like it.

Denise Hamlet
Brooklyn, New York

Real love

Thank you so much for your articles "Hey, Look Me Over" and "Putting Your Love to the Test" [September]. I am trying to learn what real love is and what it isn't so I can do everything right next time after two bad marriages. I thank God for opening my mind to see my mistakes.

Although I'm not a youth anymore, I enjoy reading *Youth 84* and particularly this issue. I asked God for help and He sent it through the mail.

Name Withheld
Illinois

The Sure Way to End the Fear of Nuclear War NOW!

By Herbert W. Armstrong

WHY civil wars and violence — with no hope in sight for peace? World leaders do not know! They do not know that they could have peace now, in 1985, in full security for the future. Read how in this eye-opening article.

THERE IS A WAY — a *tried and proven way* — a SURE way — to end all fear of any all-out nuclear hot war between the United States and the Soviet Union.

What a pity that the governments and the peoples of this world remain blinded to THAT WAY! And it is so simple!

It's just as simple as this: There is a CAUSE for every EFFECT — yet our whole society and way of life today is based on treating the *effect*, IGNORING the CAUSE! Our people do it in treating sickness and disease. They do it in dealing with crime. They do it in WORKING FOR PEACE!

Working for peace

Everybody *wants* PEACE — or at least, so we profess! We WORK for peace! The pope pleads for PEACE! Prime ministers strive for

PEACE! Yet *there is no peace!*

WHY?

The very NEWS of all this “working for peace” was reported millennia ago in biblical prophecy! But, it was also reported, “The WAY OF PEACE *they know not*” (Isaiah 59:8).

So, the nations and world leaders CRY for peace — *work* for peace, while they endorse, sanction and continue *the way of WAR!* They follow *the way* that is the CAUSE of WAR, trying to STOP war by dealing with the *effect*, ignoring the CAUSE!

The world today is a good deal like the dope addict, who finds he is “hooked,” and can’t “kick it” on the one hand — and, on the other, he is forced to keep gradually *increasing* the dosage to just hold his own. It becomes very costly, and most dope addicts resort to stealing, crime — *anything* to get their hands on enough money to keep up their growing, escalating, ever-more-costly habit.

Isn't it about time we come to UNDERSTAND?

Nations never NEEDED go to war

Yielding to HUMAN NATURE is the CAUSE of war.

Rebellion against God's law of peace is the CAUSE of war.

So now let's take a look at one of the 10 POINTS of God's basic spiritual law. I mean that point that has to do with WARS!

In respect to WAR, the basic point is the Sixth Commandment. It says, simply, “*Thou shalt not kill.*”

If all nations obeyed that commandment and followed the way of LOVE toward other humans, there would be no war.

But, one argues, that's a pretty platitude — but it's not practical — it won't work. WHY? Because, he argues, if *your* nation obeys

Reprinted from the September, 1984, issue of the Plain Truth magazine.

Everybody wants peace — or at least, so we profess! Yet there is no peace. Why?

that commandment and is disarmed with no military force, it would be attacked and beaten by some *other* nation that disobeyed God's law, and believed in WAR. Your nation would therefore be helpless.

Oh, but it WOULDN'T! The Creator understands human nature better than we humans do. HE PROVIDED FOR THAT!

Let's open our eyes to down-to-earth practical TRUTH — to FACT!

You think the Almighty Creator-God is impractical — that He leaves those who OBEY Him, who accept His GOVERNMENT

Photos by Nathan Faulkner

FACTS! God did take a people to be His nation. He took a family of some two million helpless SLAVES — all descended from God's friend Abraham — and offered to set them up as a nation under His government.

Notice now, in your Bible, the specific application of the commandment, "Thou shalt not kill," to military force and war.

Notice how GOD says to those under HIS GOVERNMENT, that HIS GOVERNMENT — an all-powerful supernatural and supernatural government — will PROTECT His people against any invading force.

God said to Israel: "But if thou shalt indeed obey his voice, and do all that I speak; then I will be an enemy unto thine enemies, and an adversary unto thine adversaries . . . and I will cut them off" (Exodus 23:22-23).

God promised supernaturally to fight any invading enemy to protect the nation and people

alone, has the RIGHT to *take* human lives. The Sixth Commandment forbids MAN, of his own volition and at his discretion — to take human life!

Why ancient Israel went to war

But did you notice — there were CONDITIONS to God's promise of divine protection. He said He would protect them "if thou shalt indeed obey his voice, and do all that I speak."

During this first 6,000 years, in God's master plan, He does not *force* any nation, or individual, to come under His GOVERNMENT. That decision is left to man's free CHOICE.

When God, with His own thundering voice, delivered the 10 basic points of His inexorable spiritual law from Mt. Sinai, He was outlining for MANKIND *the way* to peace, happiness and abundant well-being. This applies to every individual and to every nation. Transgression of this basic law is SIN (I John 3:4).

This law — the very principle of RIGHT as distinguished from WRONG — had, of course, existed from the time of Adam.

You'll find the account of God's delivering of this law in Exodus 20:1-17 and Deuteronomy 5:4-22. But, beginning Exodus 20:18, you will read the account of God laying down basic laws and statutes of His national civil government delivered through Moses.

Then, once God had restated before this vast family of Israelites His basic spiritual law — the foundational PRINCIPLE for all the national civil statutes and judgments — and also basic civil statutes and ordinances, God put it to these people, through Moses, to CHOOSE whether they would accept HIS GOVERNMENT over them.

Notice the completing of the COVENANT — the AGREEMENT between God and this PEOPLE — to form them into a NATION under GOD'S GOVERNMENT.

"And Moses took half of the blood, and put it in basins; and
(Continued on page 25)



over them, HELPLESS? One of the responsibilities of GOVERNMENT is to protect its own subjects! You think — do you? — that the GOVERNMENT OF GOD is so feeble and lacking in power that it is unable to protect the individual or the nation it governs?

Open your eyes, now, to the

under His government. I intend to give you ample case histories to verify this.

But is it just as wrong for GOD to fight an invading army, and if necessary, take human life, as for humans? ABSOLUTELY NOT! God is the GIVER of human life. Human lives *belong to Him!* He,

'I Try to Say No, But It Comes Out Yes...'

By Clayton Steep

Does that ever happen to you? Just why is it so hard to say no?

Drugs, sex, smoking, alcohol abuse, cheating — it may seem like everyone around you is doing it.

Deep inside you know you shouldn't join in. But it's a real struggle not to. Sometimes — maybe even often — you give in.

Why?

Let's think about that.

Perhaps you'll be surprised to learn you aren't the only one faced with temptations. They happen to everybody. We are all continually tempted to do what we shouldn't do. And there is a great reason why this situation exists, as we are about to see.

Eve's experience

What is probably the most talked about temptation that ever took place? You're right if you answered the temptation of Eve. Eve was the first human being ever to be tempted. The account of her experience, believe it or not, reveals why it's so hard for you to say no. Let's look at it.

As the third chapter of the book of Genesis opens, Eve is spending some time next to a most unusual tree in the midst of a beautiful garden. She and her husband Adam are free to eat the fruit from every tree in that

garden — except from this one particular tree. The fruit from this tree is off limits. It is not good for them. It is not to be eaten and both Adam and Eve know it.

Now notice the first thing we can learn here. We don't know where Adam is at this point, but why is Eve loitering around this tree? She knows she isn't supposed to eat its fruit. Why does she hang around temptation? Why does she allow herself to be tempted?

There are many other trees in that garden that offer just as much shade. Why does Eve insist on sticking around potential trouble? Why doesn't she get her feet into action, turn around and walk swiftly away from it?

If you have a problem with drugs, why do you hang around where drugs are available? Or if you have a problem with sex, alcohol or anything else, why do you linger where you know you'll be tempted to do what you don't want to do? You know you'll give in. You can't cuddle up to temptation and expect that you won't get burned.

"Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched?" (Proverbs 6:27-28, New International Version). No he can't and neither can you. Get

away from temptation! Flee! It's not cowardly. It's smart!

That's what Eve should have done. She didn't. She hung around and wound up eating the fruit she wasn't supposed to eat.

Three enemies

Poor Eve. She was outnumbered. She was up against three enemies at the same time. Just like you often are.

Eve's first enemy was her own self and the desires of her own body. She saw that the fruit on that tree looked really interesting. She was full of curiosity. How would that fruit taste? Was it soft to the bite or sort of crisp? What kind of sensation would it produce? Would it feel good after it was down?

The more Eve thought about it, the weaker her willpower became. Finally she couldn't say no. She made the mistake of thinking about how it would be to eat the fruit. She should have gotten her mind on something else. And gotten out of there!

Eve's second enemy was peer pressure. True, no other human was present. But there was somebody there: a talking serpent! Now you would really be shocked if you were looking at a snake and it began to talk. But Eve was not shocked. Do you know why?

Eve had only been created a

matter of days earlier. Everything was new and amazing to her: the rising and setting of the sun, the smell of flowers, the birds singing, the different sounds made by different animals. So a serpent that could talk? Well, why not?

So there Eve was with another being that could carry on a conversation — an intelligent being. And this being was tempting her to do what she knew was wrong. The arguments used were hard to resist. “Oh, come on, it won’t hurt you. It will be a mind-expanding experience. You’ll be left out if you don’t do it.”

Have you ever felt peer pressure like this? Eve wanted to be accepted by this individual who was speaking with her. After all, wouldn’t she look chicken if she didn’t go along with what he said? Her pride wouldn’t allow that.

She gave in to his suggestion. Her no came out yes.

Eve’s third enemy was an unseen, but evil spirit who wanted Eve to suffer and be destroyed. That serpent Eve listened to, it couldn’t really talk. Serpents can’t talk any more than zebras can. A powerful but evil spirit was speaking through that serpent. That spirit was Satan the devil.

The same Satan is still active today. Yes, some people may poke fun at the idea and say the devil is just a silly superstition. He doesn’t care. He knows he is real and he goes right on with his evil plan.

Satan wants to destroy all humanity. That’s his goal. He especially wants to ruin young people like you, because you are the future of humanity. Today Satan doesn’t talk through a serpent. He doesn’t have to. He has more effective ways of influencing people — ways that didn’t exist in the time of Adam and Eve.

Today he can use radio, television, records and tapes, movies, novels, magazines — all these comparatively recent inventions that form people’s ideas of what are the fun and exciting things to

do. His influence is everywhere in the world. Your friends and classmates who try to pressure you into doing wrong don’t realize it, but they themselves are doing exactly what their enemy Satan wants them to do. Just like Eve.

Don’t you get caught too!

What can you do about it?

If you give in to peer pressure, who is going to be hurt the most? Your friends? No. You yourself! Don’t sacrifice your own welfare just so you can fit in with the crowd for a few moments.

When peer pressure is applied, a simple “No, that’s not for me”

**God wants us
to be overcomers.
He wants us
to stand tall and
firm against
everything that
is harmful
or wrong.**

should be enough. In case it isn’t, have an answer ready your friends will identify with.

It will take tactfulness to do this without offending them. But, when you get down to it, your character and standing up for what is right are worth the risk and the effort.

If you are a girl and you are offered drugs, you could say, “No way, I’m not going to risk giving birth to a deformed baby!” Who can argue with that?

Or if you are a guy, say: “This is the only body and brain I’m going to have in this life. I’m not going to mess them up.” The same answers hold true for alcohol abuse or smoking.

Someone is sure to tell you, “A little bit won’t hurt.” Your

answer might be: “That’s not what statistics prove. Look them up and see! You have to *prove* to me that it’s safe.” Put the burden of proof on those who are tempting you.

When it is a moral question such as cheating, say, “I have to live with my conscience.” Or, “I believe I’m eventually going to have to answer for what I do in this life.”

When it’s a matter of sex, one reader told us her answer was, “If you really loved me, you wouldn’t [pressure her for sex].” You could convey the message, “I’m not going to compromise a happy marriage for a few minutes of cheap thrills.”

The other two enemies you face — the desires of your own mind and body, which are often wrong, and the influence of Satan — can be harder to deal with. But you can do it.

First of all, as mentioned earlier, get away from temptation. Stay away from it. Move elsewhere. Fill your mind and your life with good things, with worthwhile interests, with constructive hobbies, with projects that are helpful and profitable to you and to others.

Second, realize that God has allowed all of us humans to be tempted to do wrong. He permits temptations to come our way. Why, you might ask, does He do that? For a great purpose — so we can become strong by resisting.

God wants us to be overcomers. He wants us to stand tall and firm against everything that is harmful or wrong. It is a question of character and principle.

Make resisting temptation a habit. You’ll never be sorry. Those who do are the ones who will be rewarded in this life and in the next life.

Finally, ask God to help you resist temptation. He promises He will do just that if you are sincere. He says, “I will strengthen you, yes, I will help you” (Isaiah 41:10).

Go to Him for that help. Then, when you try to say no, it will come out *no!* □



They Just Kept Coming!

By Joel Rissinger

*The other team just wouldn't quit!
Our drive — and our lead — slowly dwindled.*

Perspiration poured down my face as I made my way through the crowd.

The band had finished playing, the spectators were leaving and the popcorn vendors were counting their cash. I was exhausted and looked

forward to a hot shower.

"Don't worry, it's just a game," a spectator said as she patted me on the back. My basketball team had lost by 1 point in overtime and, although I wasn't upset, the consolation only frustrated me.

Just a game, I thought. Was it really *just* a game?

Looking back, I realize that it was more than *just* a game to me. I learned a valuable lesson that evening because of the other team. I learned the value of persistence.

My team had the lead from the beginning of the game. At one time we were almost 20 points ahead, but they just kept coming back. There was no sign of discouragement on any of their faces as they consistently worked the ball to the basket. They were determined not to quit!

As time went on, we began to grow weary. Fatigue was a factor for both teams, but we began to lose the drive we had started with. My sides were heaving and my mouth felt like someone had just stuffed an old sock down my throat.

Who cares about the game anyway? I thought. I'm tired.

After tying the score at the final buzzer, the opposing team entered the overtime with increased momentum. We made a gallant effort, but their drive paid off in the end.

What made the difference? Persistence! They wouldn't give up, no matter what the odds.

A lesson for life

What about you? How easy do you give up? Are you a chronic quitter? We all have areas in which we are weak.

Maybe you have problems at school. After one or two low grades do you just throw up your hands and stop trying?

What about with friendships? When you have an argument with a friend, do you just walk away and try to forget about him or her for the rest of your life?

Many times, and in many areas of life, we give in too soon.

However, there are times to be realistic. For example, although I love basketball, I know I'd be foolish to set the goal of becoming a professional. I'm too slow, I'm not tall enough and my shooting percentage isn't high enough. As a teenager, I had to recognize my limitations and go on to other things.

Sometimes we have to evaluate

Photo by Nathan Faulkner

The lesson is clear: Too many people stop just short of success when they could have made it in a few more steps.

our goals, get some advice and be realistic. But that's not the same as quitting — just giving up because things are too hard.

If your goal is unattainable, it should be changed. Many times, though, our goals are attainable, but the work involved has become unattractive.

So, the tendency is to give up too soon. There's a poem I keep on my dresser that I'd like to share with you. The author is anonymous, but he or she deserves a medal for this sage advice.

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit —
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out.
Don't give up though the pace seems slow —
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;

And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out —
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit —
It's when things seem worst that you mustn't quit.

Don't stop too soon

The lesson is clear: Too many people stop just short of success when they could have made it in just a few more steps.

Life is not just a game. We can't just drop the ball and walk away every time things don't go the way we planned. There's a time to set your jaw and determine that you're not going to give in. That's real persistence!

A persistent man knows he can attain his goal and is determined to do so. As I said before, I know I can't become a professional basketball player, but I *can* play in college. When in high school, I set a goal of playing basketball in college and I have since attained it — but that doesn't mean it was easy.

For instance there were the nights when we had practice till 10 or 11 or even midnight. There were times when I had tests to study for or when I just didn't feel like playing. But since I knew I could make my goal a reality and I had set my mind to do so, I achieved it.

"To dare is to do . . ."

Explorer and adventurer John Goddard is a persistent man. At age 15 he made a list of 127 life goals, and he has accomplished more than 100 of them.

Some of his adventures include kayaking down the Nile River, living with South American headhunters and piloting jet aircraft at twice the speed of sound. In the future he plans to visit the moon

as the ultimate adventure.

What keeps John Goddard going? "To dare is to do . . . to fear is to fail," he says. In other words, once he sets a goal, he dares to accomplish it and sets his mind to do so. In this way, his exploits are an inspiration to many.

The first step in becoming more persistent is to set challenging, but attainable, goals. These goals are all around you if you look for them. You may want to get to know your parents better, try to get *As* on your report card or try out for an athletic team. Whatever it is, set the goal and then make plans for attaining it.

Once you know that you can achieve this goal, don't quit! When you get discouraged, remind yourself of how you know you can succeed. As the poem says, "Rest if you must, but don't you quit!"

After you've conquered a few mountains, try something new and maybe a little more difficult. Maybe you could plan to save enough money to take a trip. You might try something more extravagant and adventurous.

You'll find the more you succeed, the more persistent you'll get. You'll develop more confidence and, before you know it, quitting will seem foolish in most instances.

Persistence is one of the most important keys to achieving success. Our booklet *The Seven Laws of Success* explains this vital principle as well as the other steps you can follow to reach your dreams. If you'd like to receive a free copy of this booklet, call or write the office nearest you — they are listed on the inside of the front cover.

The booklet goes on to show that *the* most important key to success and happiness is close contact with God. If you ask Him, He will direct you in setting goals (Proverbs 3:5-6).

God promises that if you learn to be persistent in doing what is right, you'll reap blessings for the rest of your life (Galatians 6:9). You can do it if you just stick with it! □

Homemaking- 1,001 HATS

By Lynn Marshall

What do you mean, "just a homemaker"?

"I can't see the point of staying in school — all I really want out of life is to get married and have children."

How sad to hear this comment from a girl in her early teens.

She is choosing a noble profession, but does she even begin to realize what she is saying? In essence it is, "I'm going to start on this challenging lifelong career without preparing for it."

A frightening statement

This is a frightening statement when you consider that much of the happiness and welfare of her family is going to rest on her shoulders.

If she neglects her education now, she will have to depend on know-how gained mostly by hit-and-miss methods.

Why do we think it natural that professional people, such as engineers, dentists and architects, need to spend years of their lives in intensive study, followed by a few more years working under supervision, while we take it for granted that homemaking needs no preparation whatsoever?

How strange it is that so many still take it for granted that a woman, simply because she is born a woman, should be an expert in dozens of fields without any training.

A homemaker must be an expert interior decorator, nurse, teacher, hostess, money manager, gourmet cook, dietician, diplomat, clothing care specialist —

and much, much more!

Considering the wide variety of skills a homemaker must have, the amount of goods and money entrusted to her care and the immense importance of correct upbringing of children, a homemaker's education and preparation are vitally important.

Instead of thinking of school as something to be endured only as long as necessary, consider it a chance to gain knowledge that



can be used for the good of your future family.

Since your children will be dependent almost entirely on you for everything for at least the first few years, you will need a well-rounded education. You can't teach your children things you have not yet learned.

As a wife and mother, you will need skills that can be learned in courses such as nutrition, interior design, cooking and sewing. If your school offers classes like these, be sure to take advantage of them.

A marketable skill

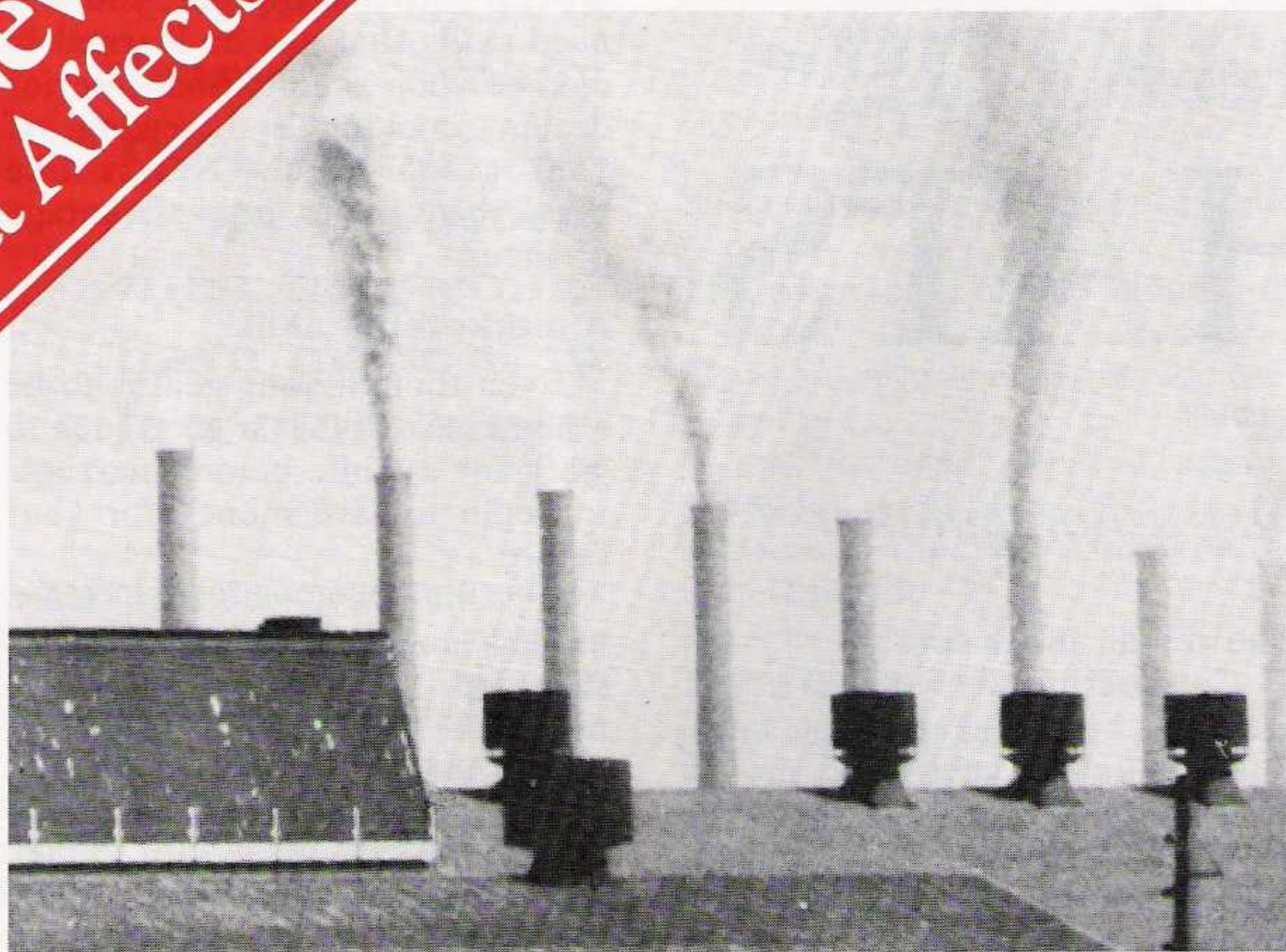
Even though your goal is to be a homemaker, it is a good idea to work for a while before marriage to begin to save money for your future.

In this way, you can learn money management as well as save up to contribute to the purchase of the furniture and appliances newlywed couples need to get started.

So, while you're still in school, choose courses that will provide you with a marketable skill. Examples of such courses are typing, shorthand, computers, hairdressing, dressmaking, book-keeping and business machine

(Continued on page 28)

Preparing meals that please the eye and the tongue — this is just one of the areas a homemaker must be expert in. This profession requires a lot of training and preparation! (Photo by Nathan Faulkner)



Could all this be making you sick?
Doctors have found a group of allergies
called 20th century disease.



Allergic to the 20th Century?

• Is it possible to be allergic to the modern world?

Yes, it seems.

A new disease doctors are calling environmental illness or 20th century disease has emerged in North America.

The condition produces severe reactions to synthetic materials, common chemicals, cigarette smoke, car exhaust, natural gas and other by-products of the 20th century.

Essentially, the disease is a malfunction in the immune system, which defends the body against infection. Dr. Irvine Korman, a specialist in environmental medicine, describes the illness as "the flip side of AIDS."

"These people's immune systems hyperact, whereas AIDS patients' underreact," said Dr. Korman.

The victims become overly sensitive to such things as

chlorinated tap water, food additives, household detergents, hair spray, toothpaste and a myriad of man-made materials and products. Once a person becomes allergic to a certain chemical, he usually develops sensitivities to others also.

Symptoms vary, but may include chronic headaches, fatigue, recurrent muscle pains, hives, severe depression, fainting spells and anxiety. The victim's body is unable to adequately cleanse itself of the chemical buildup.

In severe cases, victims are confined to rooms furnished only with safe materials like steel, porcelain, ceramic and natural fabrics. Common synthetic materials such as carpet, wallpaper, foam rubber, plastic and polyester are carefully avoided. Water and air must be specially filtered to remove chemical pollution.

Researchers believe that environmental allergies have developed because of the rising volume of toxins in our air, water and food.

The theory is that, although the human body normally adapts to a moderate level of contaminants, environmental illness can happen if an individual is exposed to more toxic chemicals than his body can handle. — *By Robert C. Taylor* □

Drug Use Trends

• "Teenage Drug Use Dropping," reads one headline. "Drugs Are Out," "Teens Turn Down Drugs" and "Dropping Out of Drugs" read others. The good news is, they are partly correct. The bad news is that around the world, the abuse of drugs by young people is still a major problem.

In West Germany, for example, one survey shows that

20 percent of those between 14 and 20 years old use drugs regularly. In Italy, drug consumption increased 80 percent among young people in a single year.

Drug-related deaths are on the rise in France. The use of amphetamines is dropping in Denmark, but the consumption of heroin and cocaine is on the rise.

But it is in the United States where the problem seems to be the biggest. A study by the University of Michigan shows that in 1978, 39 percent of American high school seniors said they had used some illicit drug within the past 30 days. In the latest survey (1983), that percentage dropped to 32.

The study says that nearly two thirds of all high school seniors (63 percent) report having sometime used an illicit drug. Of the seniors surveyed, 40 percent

tranquilizers (13 percent).

Marijuana seems to be falling rapidly out of favor. In the study, the number of students who said they had used only marijuana in the last 30 days declined more dramatically — from 24 percent in 1978 to 14 percent in 1983.

“Clearly,” said Lloyd Johnston, the chief researcher on the study, “American young people have developed a much greater caution about the regular use of marijuana. Much of this is attributable to their increased concern about the psychological and physical health effects of the drug.”

For a long time, many assumed marijuana was harmless. But new evidence is coming in. The American Thoracic Society, a part of the American Lung Association, states that marijuana contains many of the same lung-irritating substances as tobacco, plus others. These chemicals have been linked to chronic bronchitis and cancer.

A separate study by the U.S. government said that marijuana can also increase heart rate and blood pressure and impair short-term memory.

The fact that marijuana smokers smoke fewer cigarettes than tobacco smokers is offset by other facts, according to the American Lung Association. Marijuana cigarettes are unfiltered and are generally smoked down farther, so the chemicals are more concentrated. Also, marijuana smokers usually inhale deeper and hold their breath longer than tobacco smokers.

There may be some other reasons for marijuana's decline. Most students know that smoking it regularly leads to losing interest in studies, and in today's competitive job market, many students realize that they need all the preparation they can get. —

By Colleen Dixon □

Is Anybody Out There?

• The search for intelligent life on other worlds is growing. And while some scientists who believe in extraterrestrial intelligence (ETI) are delighted, others say the whole idea is just science fiction.

The search for intelligent life in our galaxy isn't new. Scientists have wondered for thousands of years if mankind is alone. Only in the last 20, with the use of radio telescopes, have they been able to look for other civilizations.

The most advanced radio telescope being built in the ETI search is at Stanford University, in California. It will listen to millions of radio frequencies at a time — much like listening to several million radio stations at once.

Among all the other natural noises that our galaxy makes, they are hoping to hear some that are obviously artificial — either a message deliberately sent to earth from another planet or just sounds made on another planet that accidentally got out into space — like television or radio.

Some believers in ETI feel that the hugeness of our galaxy means there must be life out there somewhere.

Astronomer Carl Sagan, who was host of the popular U.S. television series *Cosmos*, writes: “With a third or half a trillion* stars in our Milky Way Galaxy alone, could ours be the only one accompanied by an inhabited planet? How much more likely it is that . . . the Galaxy is pulsing and humming with advanced societies and, therefore, that the nearest such culture is not so very far away.”

“I would be flabbergasted if we

*Billion, British usage.



report having tried some drug other than marijuana. The most popular of these other drugs included stimulants (27 percent), inhalants (19 percent), cocaine (16 percent), hallucinogens such as LSD and PCP (15 percent), sedatives (14 percent) and

were the only example of life in the galaxy," Harvard University physicist Paul Horowitz said.

But some scientists strongly object. They say we *are* alone.

Robert Rood and James Trefil in their book *Are We Alone?* write: "During the past two



Is there anybody out there? Some say yes; others say we are alone.

decades, the more we have learned, the more we can see the earth as something special."

Sebastian von Hoerner, writing in the German journal *Naturwissenschaften* (The Natural Sciences), argues that if there are thousands of other

civilizations, at least one of them would have spread to our solar system. But "the absence of extraterrestrials in our solar system seems to show that there are none anywhere else in the Galaxy either . . . Even if we have no explanation for our amazing uniqueness, it still would follow that our searches for signals cannot have success."

Michael A. Hart, in *The Quarterly Journal of the Royal Astronomical Society*, writes that there is "strong evidence that we are the first civilization in our Galaxy, even though the cause of our [being first] is not yet known."

Is there a purpose for all those empty worlds? Why is man seemingly the first — and only — creature in the Galaxy? Is it chance? A fluke of nature? No. There is much more to the story than science knows.

Write for the fascinating — and free — book *The Incredible Human Potential*. The address is on the inside front cover. — *By Lowell Wagner Jr.* □

changeover while the United States hasn't? Well, when Britain and Canada changed to metric, they required it by law, while the United States has only a voluntary program.

Many experts feel the United States is losing out on a lot of international trade because of its reluctance to switch. The European Community, for example, has said it will accept only metric imports after 1990.

"Nonmetric goods are becoming increasingly unwelcome in other countries, because it means they have to put up with an oddball system," said G.T. Underwood, director of the metric programming office of the U.S. Commerce Department.

And so the big U.S. automobile companies, and many other industries, are quietly making the change. More than 50 percent of the parts in cars built by Ford and Chrysler use metric sizes, as do more than 95 percent of those built by General Motors.

But the general public isn't rushing out to buy metric rulers or measuring cups. And even some gasoline pumps that had been changed to liters are being switched back to gallons because customers liked the old system better.

Why has the metric system caught on around the world? Proponents explain that it is easier to calculate with than the system the United States still uses. Instead of 12 inches in a foot, three feet in a yard and 5,280 feet in a mile, the metric system has 100 centimeters in a meter and 1,000 meters in a kilometer. So with metrics, converting from one to another is as easy as moving the decimal point.

But moving whole countries from the old system to metrics — well, that's not quite as easy! — *By Mike Bennett* □

Editor's note: Because of the two systems, Youth 85 will continue to use both when measurements are given.

U.S. Inching Toward Metric System?

• You might not think too many people care about how far it was between King Henry I of England's nose and his outstretched thumb. But the United States, Burma and Brunei still use the measurement based on that distance — the yard.

The rest of the world — 95 percent of humanity — measures things differently. The meter is king and they use the metric system of measurement. Even England, King Henry's homeland, has changed over to metrics.

It's not that the United States hasn't tried to make the change.



Some industries, especially those that sell their products in other countries, have made the switch.

But it's been 10 years since the U.S. Congress passed the Metric Conversion Act, and it seems most people are still a long way from abandoning the traditional system of inches and pounds for the simpler and more accepted system of meters and kilograms.

Why have other industrial countries been able to make the



What's Behind Youth 85?

Why you can't buy this unique magazine

A high-quality, full-color magazine for teenagers without any advertising?

A magazine that covers a wide variety of exciting topics without any subscription price? How can Youth 85 do it?

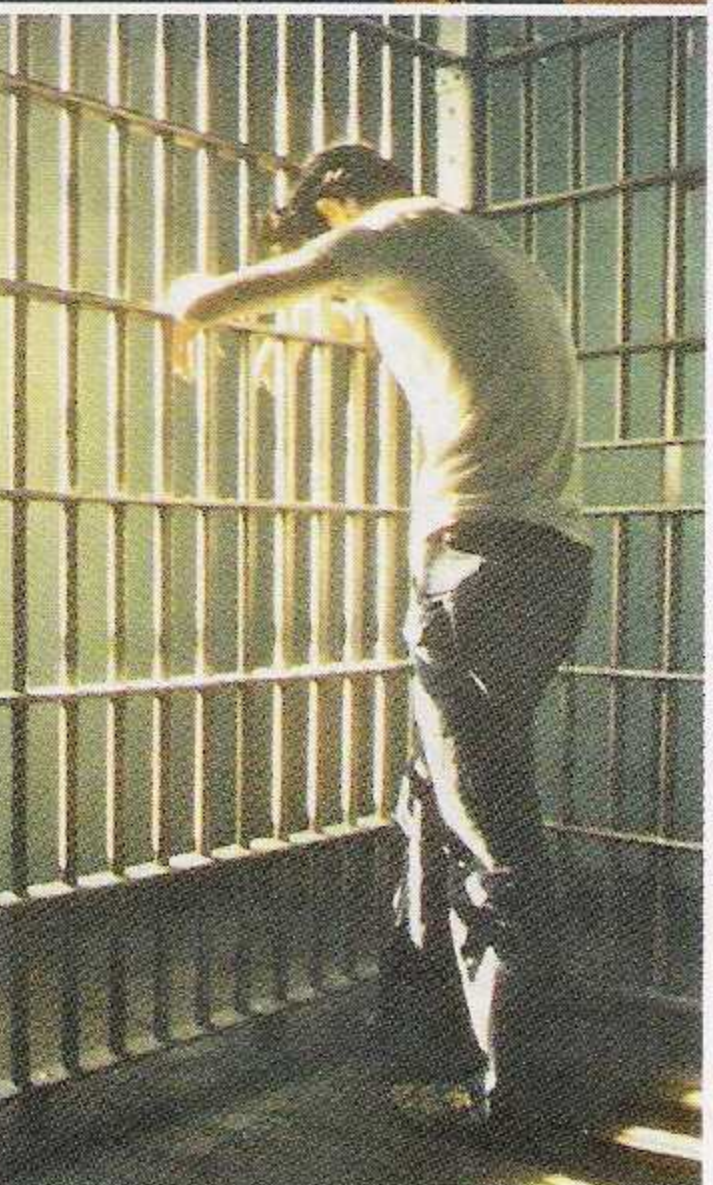
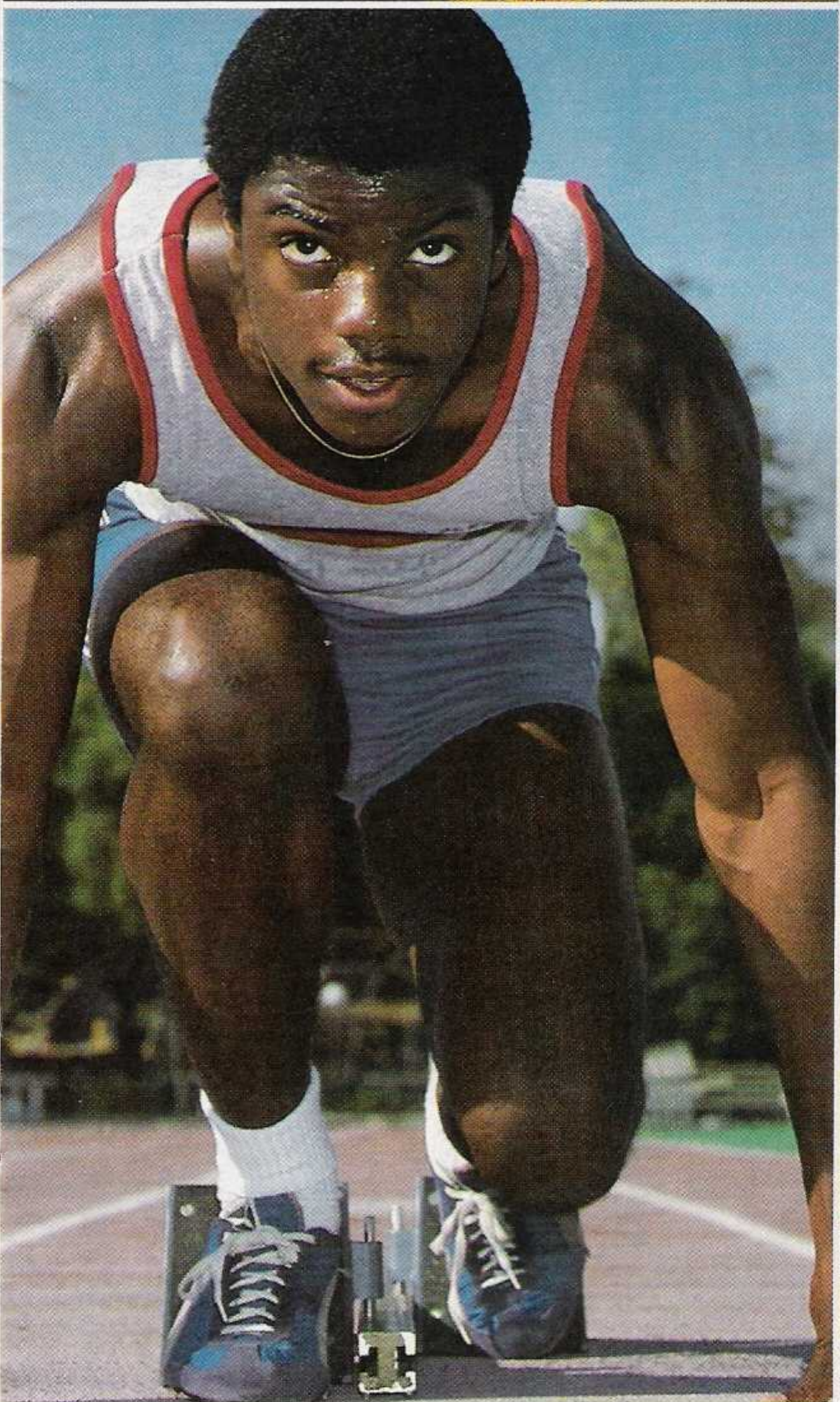
No other teen magazine is like it. No other provides the answers — the missing dimension in knowledge — for the problems we all face.

No other gives understanding of why humanity is here on earth — the real meaning and purpose of human life and what really lies ahead for us.

Why can't you buy this magazine? What is behind Youth 85, anyway?

On the next four pages we present a quick look at some other aspects of the work of the Worldwide Church of God, Youth 85's parent organization.

Sending out Youth 85 free of charge is just one of the ways the Worldwide Church of God promotes the give way of life. The Church produces many publications, including the Plain Truth magazine with more than seven million circulation in seven languages, all of which are sent out free. In this way, the Church is following the scripture "Buy the truth, and sell it not" (Proverbs 23:23).



Ambassador Foundation

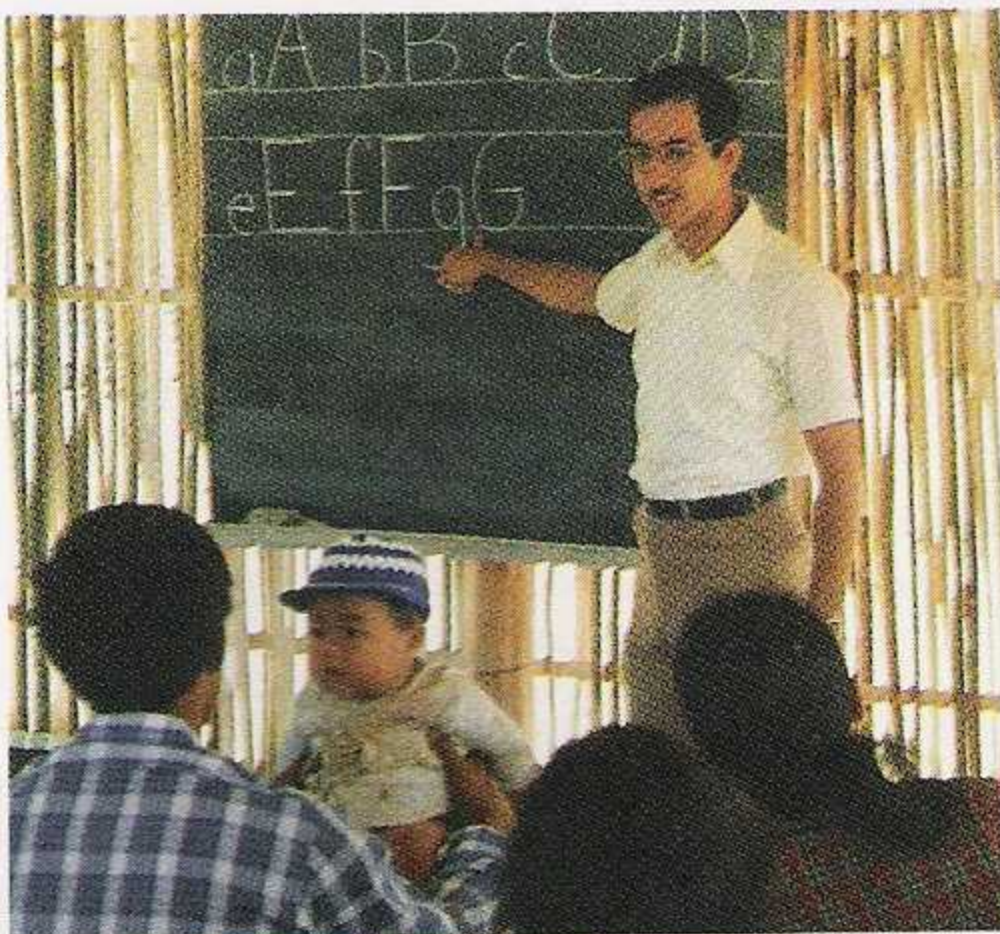
Serving the cultural and educational needs of all peoples

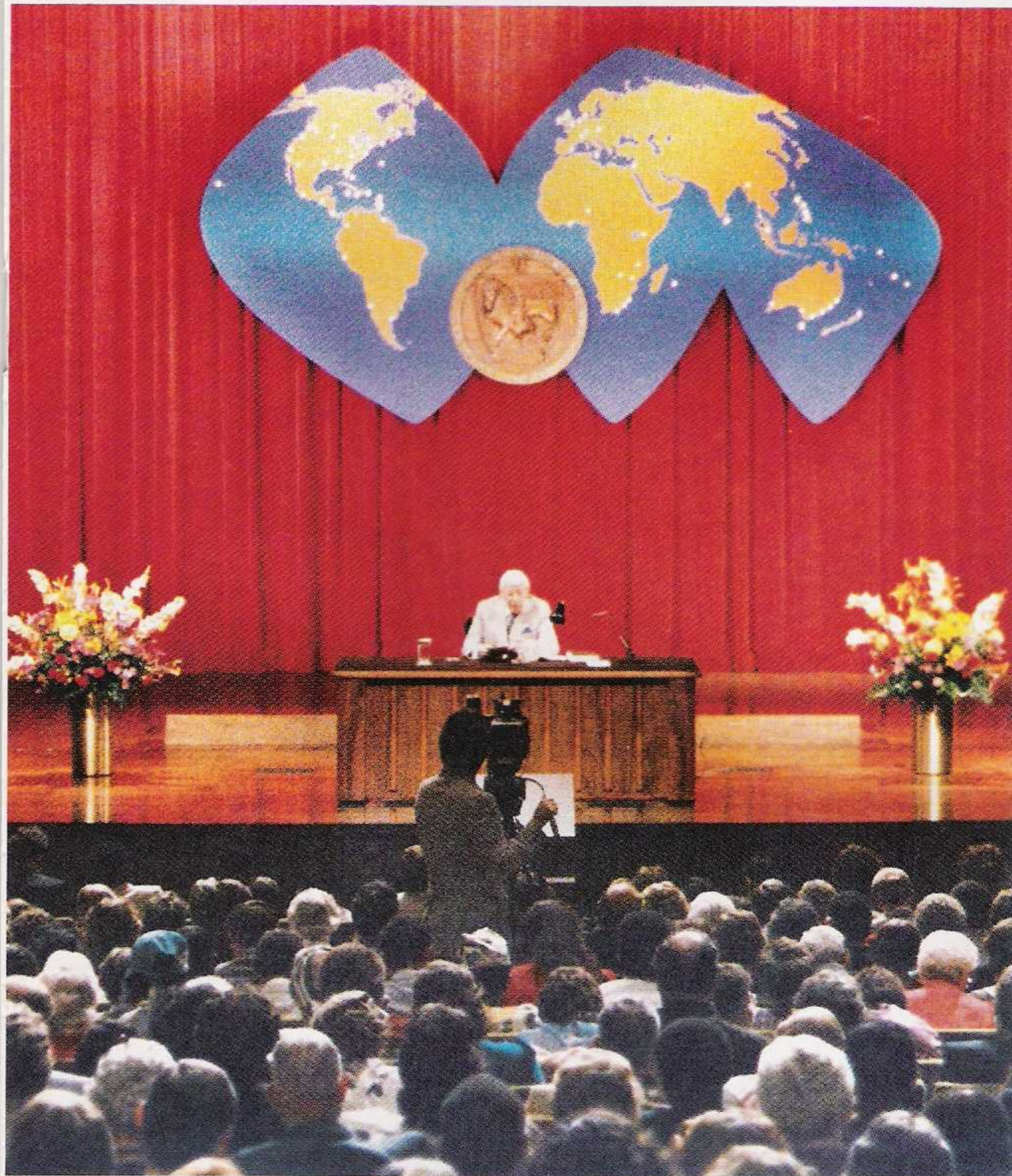
The Ambassador Foundation is an arm of the Worldwide Church of God dedicated to serving humanity through a wide variety of cultural, educational and humanitarian projects.

Led by founder and chairman Herbert W. Armstrong, the foundation's activities are like a breath of fresh air in a world where hatreds and prejudice too often rule.

Beginning upper left: an Ambassador College student teaches Laotian refugees in Thailand in a joint project with Wat Thai of Los Angeles, California; dancers from the Peking national acrobatic troupe perform in the Ambassador Auditorium in Pasadena, California, under foundation sponsorship; Mr. Armstrong tours a school for the mentally handicapped in Amman, Jordan, that is funded and assisted in part by the foundation; and conductor Herbert von Karajan leads the Berlin Philharmonic through exclusive performances in the Ambassador Auditorium.

The foundation also assists humanitarian projects in such diverse areas as Egypt, Japan, the Philippines, Israel, England and black Africa.





Worldwide Church of God

Committed to proclaiming and living God's way of life

Tracing its origins directly to the small, scattered 1st century Church that Jesus Christ personally founded in Jerusalem, the Worldwide Church of God bears the commission of proclaiming the advance good news of the restoration of the government of God to this earth.

Through an extensive publishing and broadcasting program, the Church presents — free of charge — to any that desire it the long-suppressed truth of the Bible.

The Worldwide Church of God does not ask for money from the general public. It is nonpolitical and does not actively recruit new members.

Clockwise from left, above: linked by a satellite network, Herbert W. Armstrong addresses more than 100,000 of the Church fellowship worldwide; some of the more than 100 separate Church publications; hymn singing at Church services.



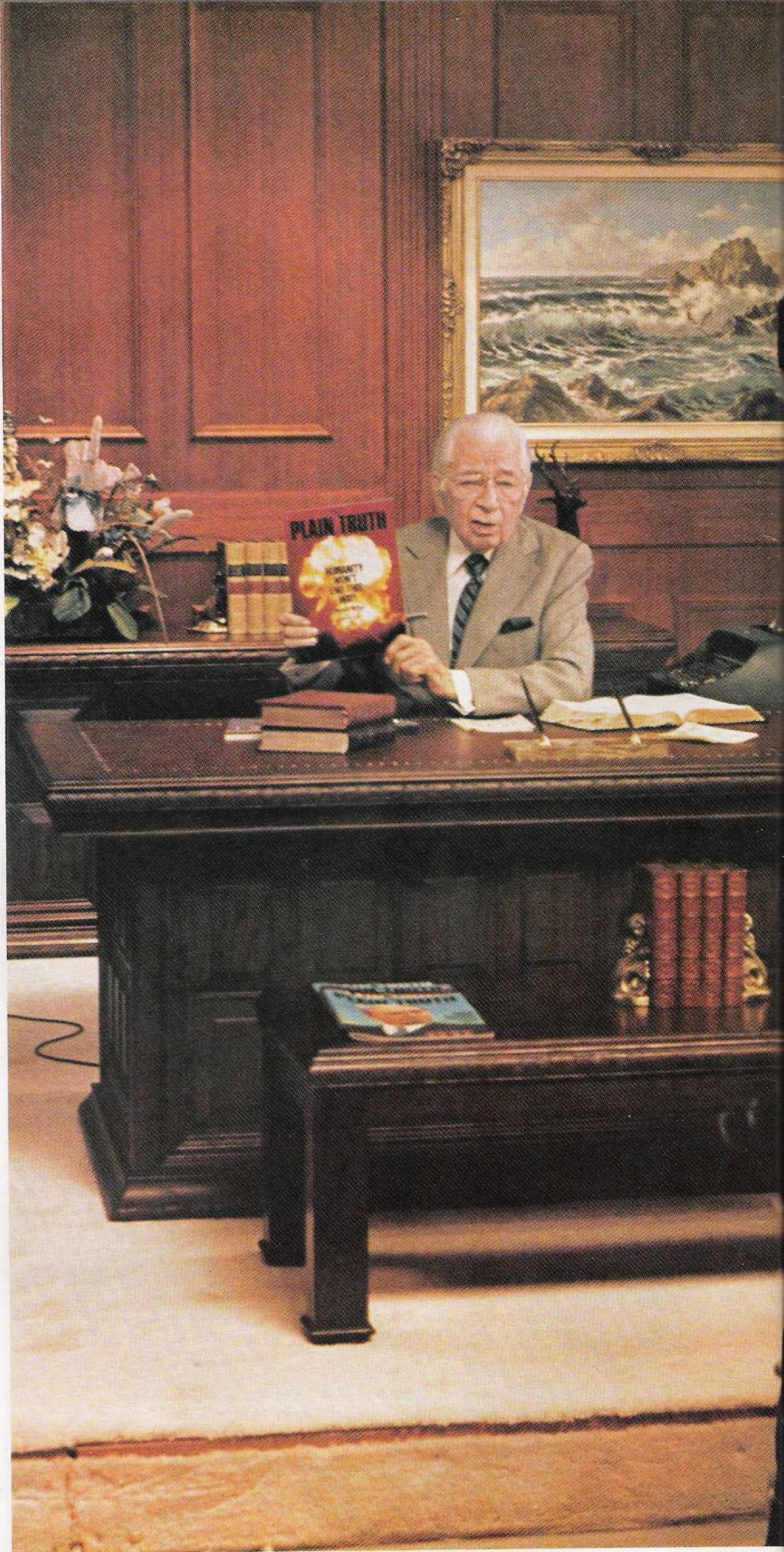
“The World Tomorrow” Program

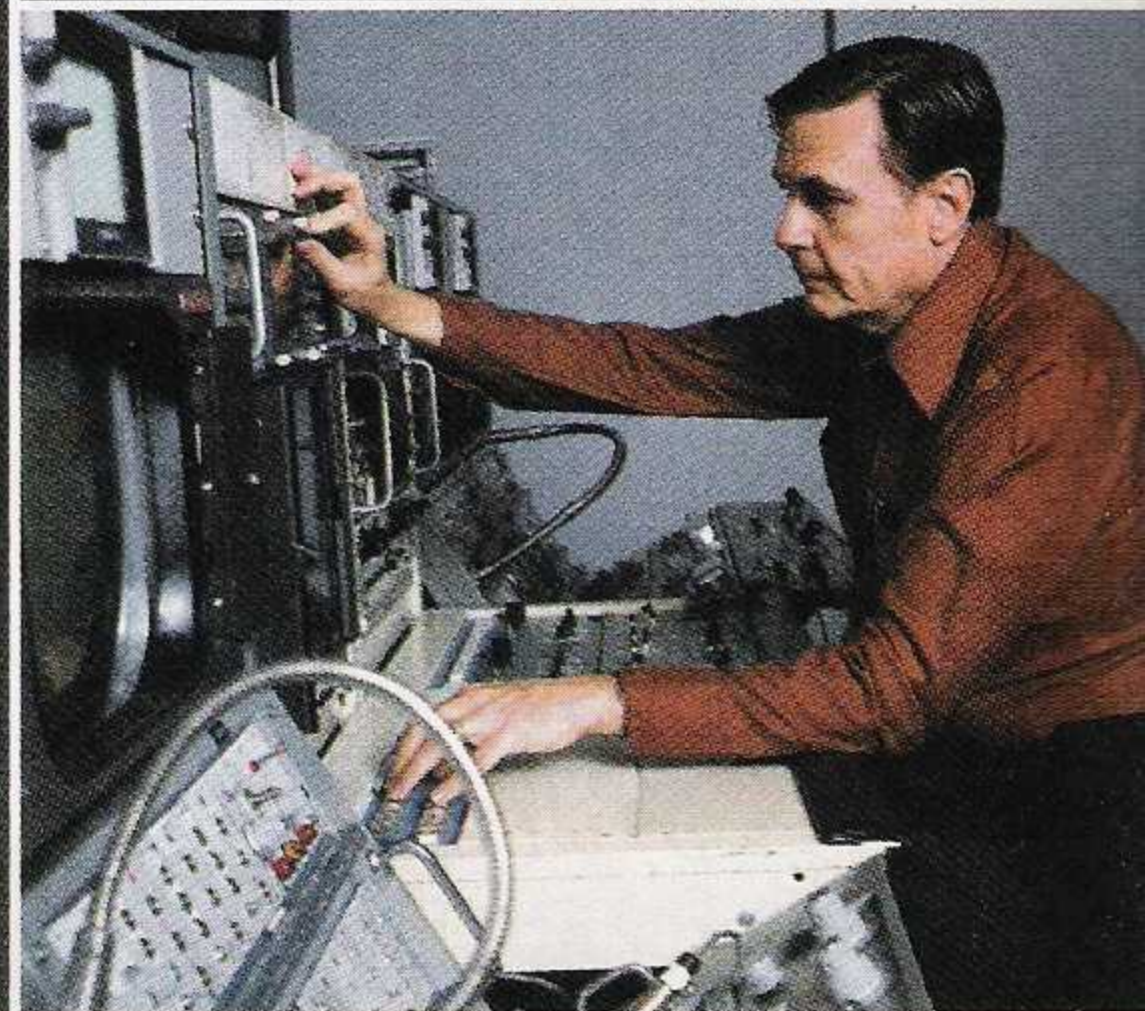
Giving hope in an age that appears hopeless

Violence, turmoil and unhappiness plague this world! Yet one voice is crying out with solid solutions — with the good news of a better world soon to come!

For more than 50 years Herbert W. Armstrong has authoritatively explained the meaning behind world events on the World Tomorrow program, now seen on more than 395 television stations worldwide.

From state-of-the-art television studios in Pasadena, California, Herbert W. Armstrong delivers weekly telecasts on the causes of today's international and domestic problems. Clockwise, at right: Mr. Armstrong offers a free subscription to The Plain Truth at the conclusion of another broadcast; an audio technician mixes a program sound track; the studio's chief engineer checks technical quality; personnel direct taping in the control room; and the telecast is electronically dubbed for worldwide distribution.





Unfolding an Oriental Art

By Robert C. Taylor

When Japan gave origami to the world, she gave us a beautiful art form — a way to express intricate objects with simple folded lines.

Origami, the art of paper folding, was developed in Japan perhaps 1,000 years ago. Paper itself had only come to Japan a little while before, and it was still an expensive and valuable material.

And so the art form began as a highly structured one, with rigidly fixed styles that required extensive training from an expert to learn. There could be no room for error or experimentation.

But, to the delight of thousands today, simpler forms were developed over the centuries, and the price of paper is down. Now this colorful and decorative hobby can be practiced by people from around the world without spending much money.

The pleasure of origami comes in folding pieces of paper to make them resemble animals or familiar objects. Some of these colorful miniature paper sculptures can be produced with little training, yet their construction easily baffles untrained onlookers.

The Japanese find origami a convenient hobby. It can be done just about anywhere, just about any time. It requires no glue, scissors, adhesive tape or special equipment.

Artful simplicity

As with most Japanese art forms, origami's beauty comes from its simplicity. And what could be simpler than folding paper? Yet, origami is as much a

scientific handcraft as it is an art or hobby.

Simple as they may appear, origami creations are not the products of random folding and guesswork. The sequence and direction of folds are carefully planned and skillfully performed.

As any good origami artist knows, there is more to origami than just following the right pattern of folds. The way the paper is folded is as important as finishing the product. If the folds are performed with patience and skill, the end result will be an attractive piece of handicraft.

Unless someone is willing to teach you, this hobby is best learned from diagrams in books. Many public and school libraries carry illustrated origami books.

The first step for the beginner is to learn the symbols used in origami charts. Unless you're eager to create intricately fascinating paper wads, it's necessary to know whether to fold up, down, in, out, backward, forward, left or right.

Folding techniques

Not all origami books use the same symbols, so study them carefully before attempting any of the folds. There are many types of folds: pocket (valley), hood (peak), staircase, pull, pinch. Each is used to achieve a specific effect.

Other techniques include curling, inserting, twisting, squashing and even inflating.

Although there are thousands of origami subjects, the crane, with its well-balanced form, is the recognized favor-

ite. It is also the figure that is most representative of the art.

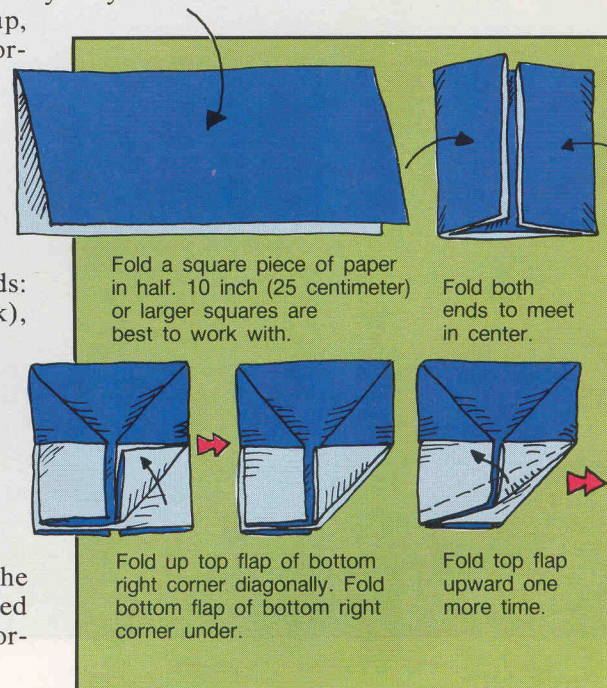
Almost all of the origami creations originate from a limited number of fundamental bases. Once each base is mastered, the artist can go on to create dozens of figures.

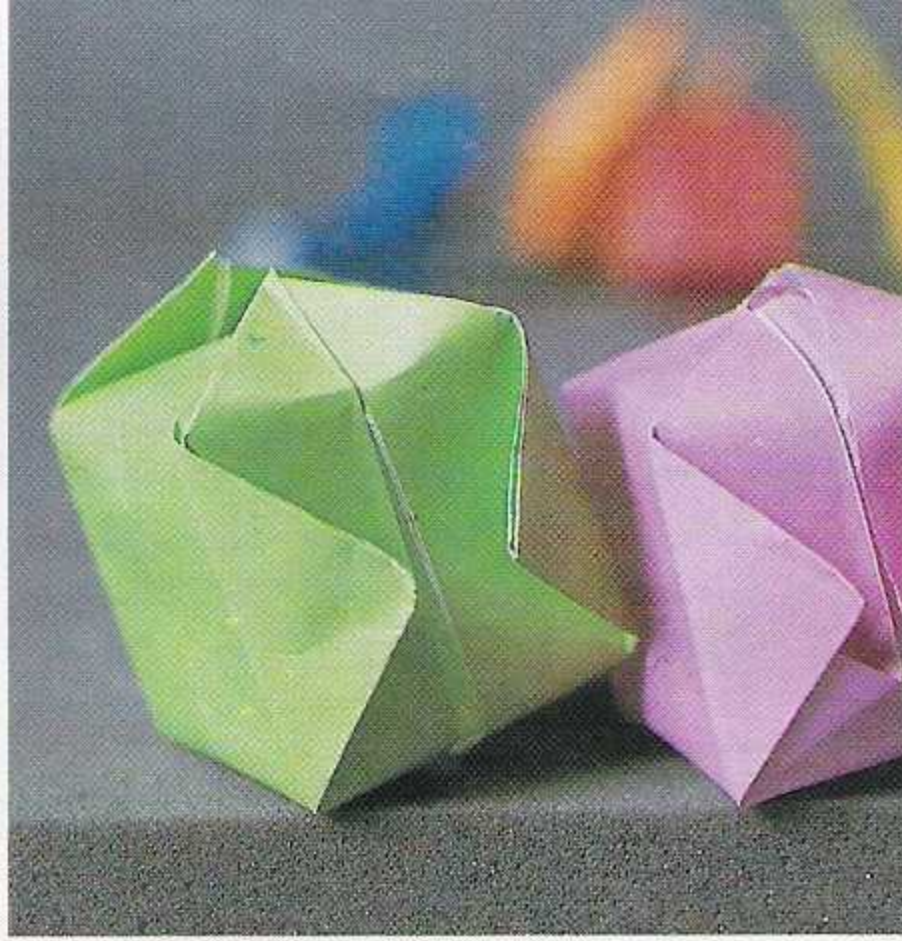
The versatile crane base, for example, can be used to form frogs, storks, dragonflies, owls, hens and many other animals.

The crane base requires square paper. Other bases may use hexagons, rectangles, octagons, triangles or diamonds.

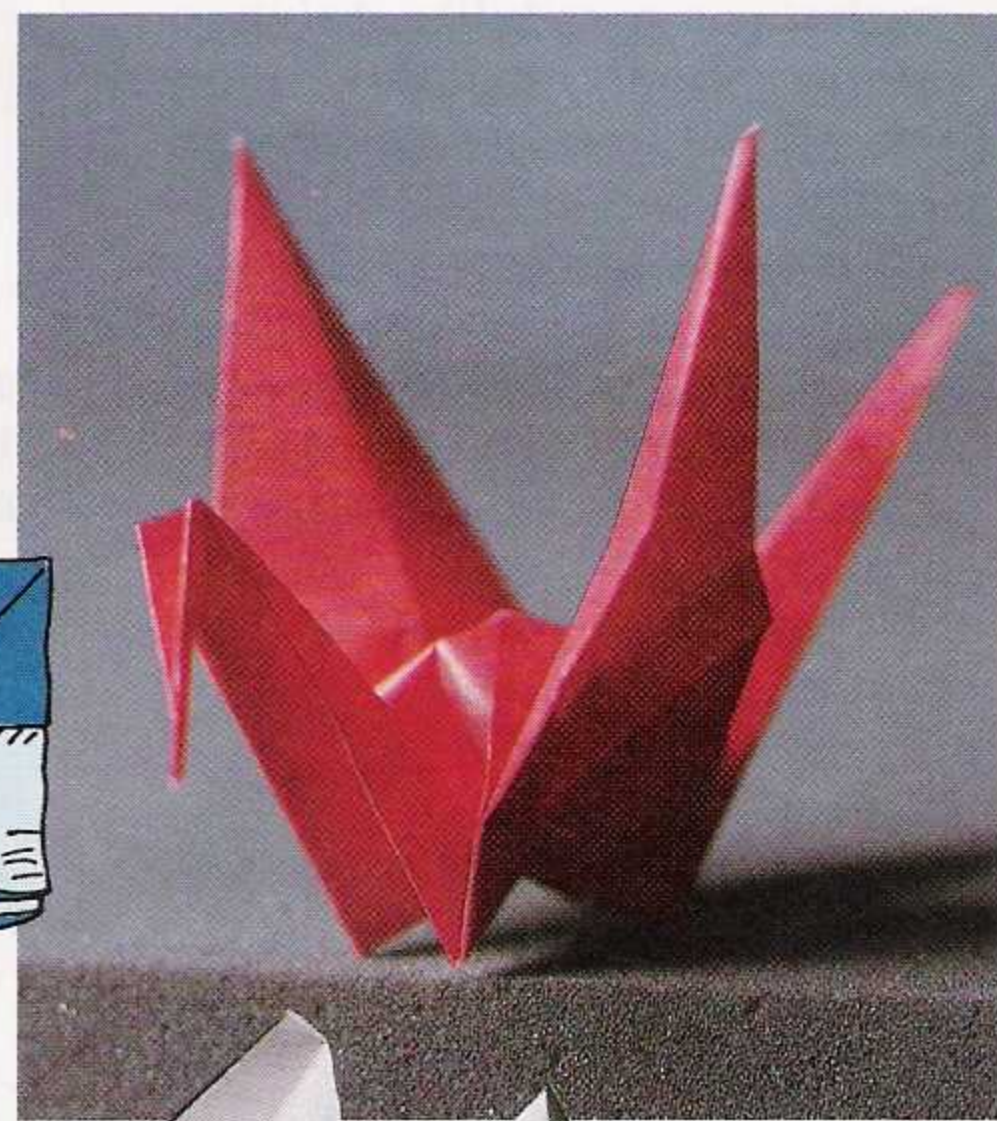
Origami, of course, is not for the Japanese only. Anyone with a bit of paper and a little imagination can produce a host of fascinating figures.

Why not try your hand at origami? It can give you hours of enjoyment and will give you a better idea why the Japanese have passed this interesting art on to each generation for a thousand years. □

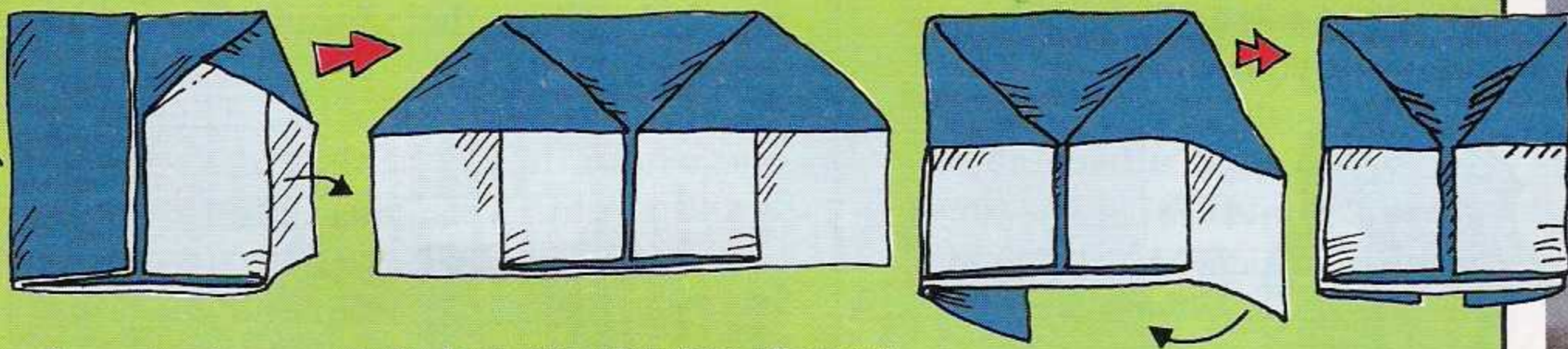




Left, Shoko Sakamoto shows how to make paper balloon cubes. Below are two samples of the Japanese favorite — the classic crane.

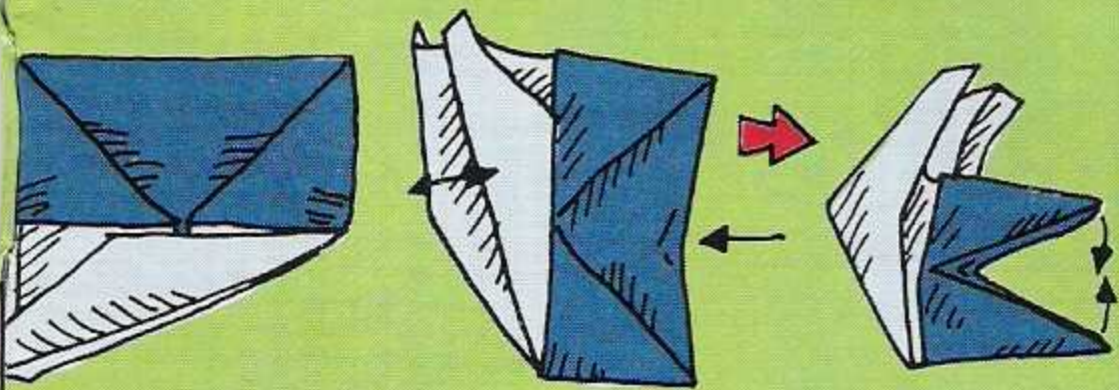


Photos by Nathan Faulkner



Open top layers out to form triangles (see diagram), flatten and crease.

Fold back both ends.



(See dotted line on diagram.) Repeat for bottom flap, folding it under.

Pull flaps you just folded wide apart. Push in opposite side and crease to form the mouth (see diagram). Insert fingers in the back opening.

Here's how to make your own fox hand puppet (pictured at right).



IDEAS PLUS

Play It Safe in the Snow

The green summer is long gone and winter's icy white covers much of the Northern Hemisphere. Winter can be a time of great beauty. But it can also be dangerous — even deadly — to the ill-equipped.

Here are a few tips to help avoid cold-weather troubles:

- Always have the right kind of clothing and enough of it. Several light garments are better than one heavy garment. Wool and many synthetic materials provide insulation even when wet. If wet weather is a possibility, bring waterproof outer clothing. Getting wet in cold weather can be fatal.

Wind can easily cut through loosely woven fabrics and rob the body of precious heat. Use Windbreakers (wind cheaters) as protective, lightweight outer garments.

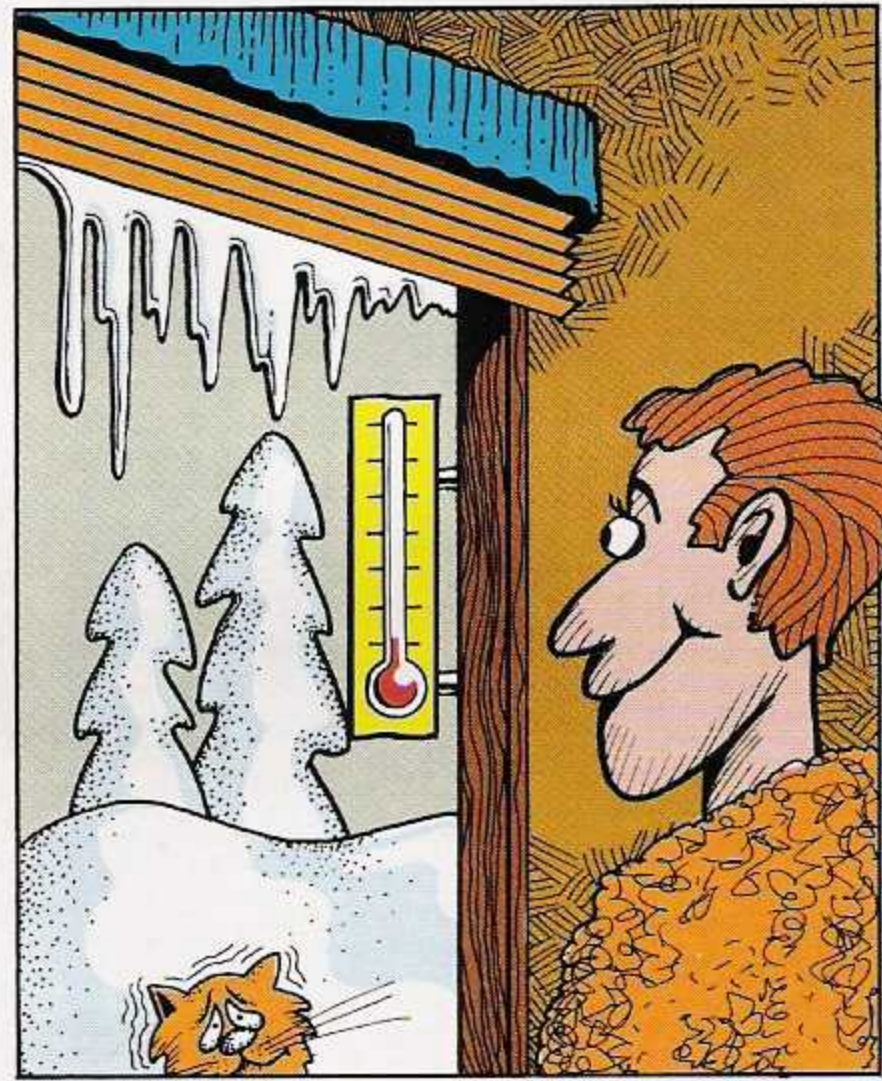
- Don't allow yourself to become too hot. Remove or unbutton layers of clothing if you begin to perspire. Perspiration reduces your clothing's ability to retain heat. It can also chill your body as it evaporates.

As your body cools down, put the extra layers of clothing back on.

- Protect

your body from frostbite and heat loss. Your ears, hands, feet and the top of your head should be kept warm and well insulated. But also remember that gloves, shoes or boots shouldn't be so tight that they cut off circulation.

- In bright sunlight, care



should be taken to avoid snow blindness. Extra-dark sunglasses, especially goggle types with ventilation, solve the problem.

Make sure your sunglasses are designed to filter out ultraviolet rays, since these rays are what cause snow blindness.

- If you'll be out in the cold weather for a long time, be sure to carry high-carbohydrate snacks to provide continuous, heat-producing energy.



- Drink plenty of fluids. Dehydration weakens the body's defenses against frostbite and exhaustion.

With these tips — along with a dose of wisdom and caution — you'll have a safe and exciting winter. — *By Robert C. Taylor* □

Who's in Your Family Tree?

Was your great grandfather a bank robber? Was your great-great grandmother burned at the stake as a witch? Are you descended from royalty?

"How would I know?" you might ask. And a good question that would be. Want to find the answers? You can, if you begin digging to find the roots of your family tree.

Start by preparing some specific questions to ask both of your parents. Then turn on a tape recorder and ask them for as much detail on their family background as they can remember. Ask things like when and where their parents and grandparents were born, married and died. Let them reminisce freely — they may remember things you wouldn't have thought to ask.

By using a tape recorder, you won't miss any little details that could prove valuable as your search continues. (If you can't get a tape recorder, make sure you take detailed notes.) Some answers don't seem important at the time, but might be just the information you need to fit a piece of the puzzle together.

Next, take your tape recorder

and visit your grandmother, grandfather and your aunts and uncles. Ask them what they remember. You'll find each of them will recall different aspects of the family. Ask to look in diaries, letters, boxes of old snapshots and old family Bibles — all the places family information is sometimes kept.

Once you have the names of the first few relatives and where they were born, you can obtain census records for further research.

In the United States, these records are available from the National Archives in Washington, D.C. Outside of the United States, check with your country's national archives or with genealogy groups.

Public libraries also have books containing information on where to write for birth, marriage and death records. They also have books on the general subject of tracing your genealogy.

Other sources of information include financial records like land deeds, mortgages or wills and voter records, immigration records, old telephone directories and newspaper obituaries.

Try to trace your family back at least four or five generations. If you do, you will have traveled more than 100 years back in history to a time when life was



very different from now. Start your search today! You never know whom you'll find in your family tree. — *By Cheryl Ebeling* □

Proverbs for Today: Improve on Silence?

“Is there a law against talking around here?”

This reaction came from a frustrated salesman who stopped in a small town. He had tried in vain to strike up a conversation with some townsfolk.

A grizzled gentleman finally responded: “Nope. No law against talking. We just like to be sure that what is said is an improvement on silence.”

Now there's a thought! Some people speak up without considering whether they have added to, or detracted from, the state of things.

If it pops into their brains, it pops out of their mouths.

Is it always appropriate to say all we know, just because we know it? Here is King Solomon's advice:

“The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness” (Proverbs 15:2).

The guidance given here is that we ought to think about what we're

going to say. Should it be said? Is now the right time, and is here the right place? Should this person hear it?

If we keep these questions in the back of our minds, they can help us carefully choose our words.

This helps reveal the value of what we might like to say. We won't just be talking for the sake of talking and coming across as being foolish.

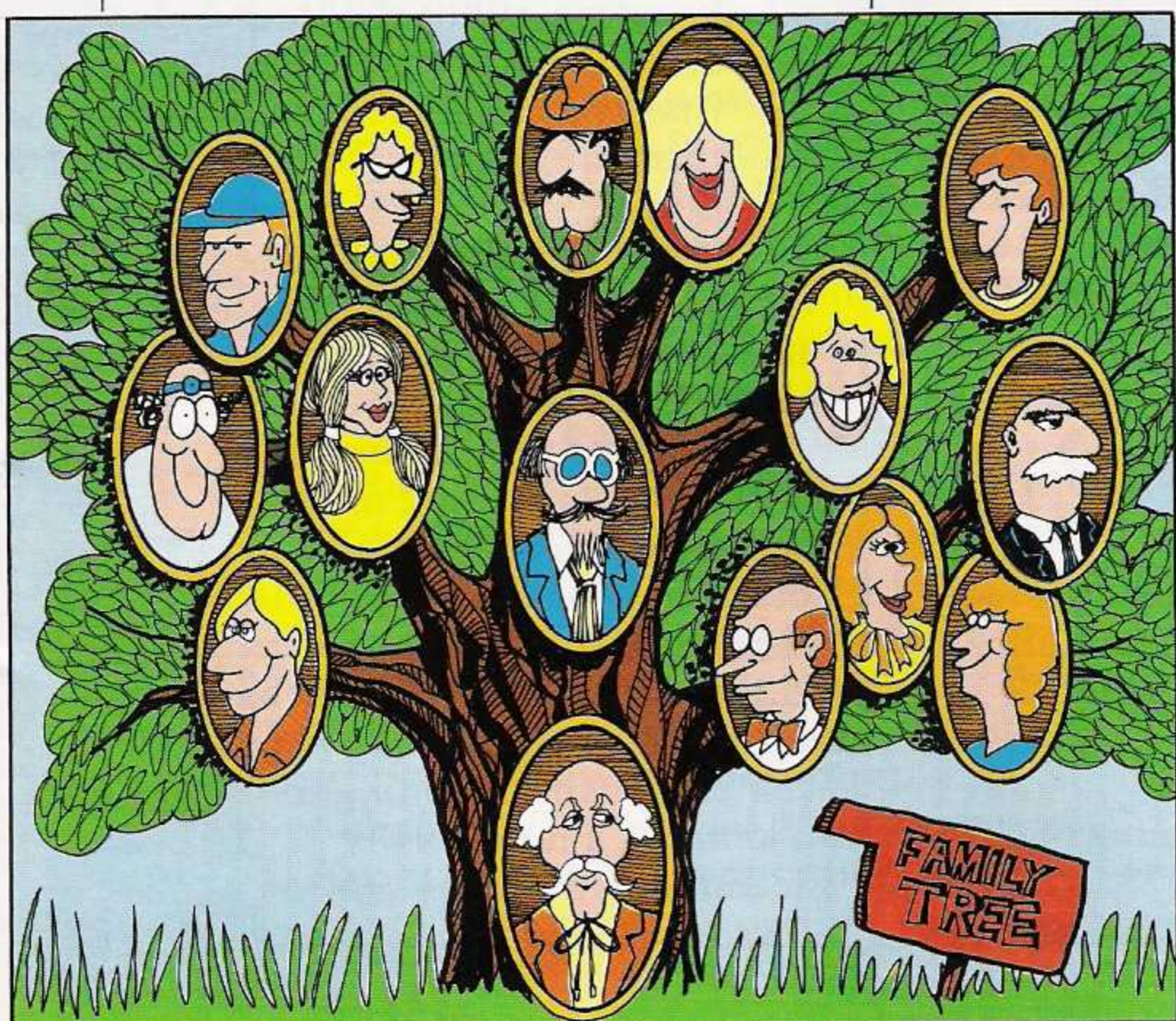
There is a great deal of good we can all do with well-chosen words. It's a matter of thinking about whether what we have in mind is uplifting and useful.

Perhaps the old man was a bit too short with his words, but he did give some good advice: Be sure what you say is an improvement on silence. — *By Jim Roberts* □

Checking Accounts—Do You Need One?

Jeannie couldn't believe it! Who would have thought there would be such a big demand for her rag dolls. Suddenly she was getting orders for them from everywhere!

But as her new business grew,



she discovered a big problem. Jeannie gets materials for her dolls from several different companies — most of them scattered around the country.

Without a checking account, Jeannie has trouble paying the companies she buys her materials from. Every time she places an order, she has to go to the bank to buy a cashier's check. What Jeannie really needs is a checking account.

Jeannie, at 16 years old, is a bit unusual. Most young people don't need checking accounts until they reach their late teens or early 20s. But Jeannie, because of her business, has a real need for one. Just what is a checking account?

Simply put, a checking account is a way to make your own money. The money is in the form of checks — pieces of paper printed with your name, account number and spaces to fill in for the date, the amount and the person you are paying.

When you sign the check, you are allowing the bank to take money out of your account and give it to the person you're paying. Which, of course, means you need to have at least that much money in your account. If you write a check for more than you actually have in your account, you could be forced to pay a big service charge or even, in some places, face criminal charges.

Most banks will charge you a monthly fee for a checking account. If you have a need for only one or two checks a month, you will be paying much more for a checking account than you would if you bought cashier's checks from the bank.

Most people will not need checking accounts until they move away from home. In some cases, you may need one if you're working full time and living at home.

When the time comes for you to open a checking account, how do you do it? Just like when you

look for a savings account (see last month's "Ideas Plus" section for more information), you'll need to call some banks to compare what they have.

One of the first things to find out is what their requirements are for opening an account. Some banks will open an account for teens, some won't. Some banks will make exceptions to their rules if your parents bank there or if you agree to keep a certain amount of money in your account.

Banks are cautious about giving out checking accounts because those blank checks they give you are almost like money. The banks will want some reason to trust you before they give you the freedom to run around writing checks.

If you'd like your own account, ask your parents for help in finding a bank that will open one for you. — *By Lowell Wagner Jr.* □

that requires little or no musical ability to play. Sound is produced by humming into a tube with a vibrating membrane inside. The membrane, usually made of waxed paper or plastic, reshapes and amplifies the sound.

Kazoos come in various shapes and sizes. Some are even shaped like bugles. The standard kazoo is made of metal or plastic and looks like an open-ended cigar. The musician hums (never blows!) into the larger open end to produce sounds unequalled by any other device.

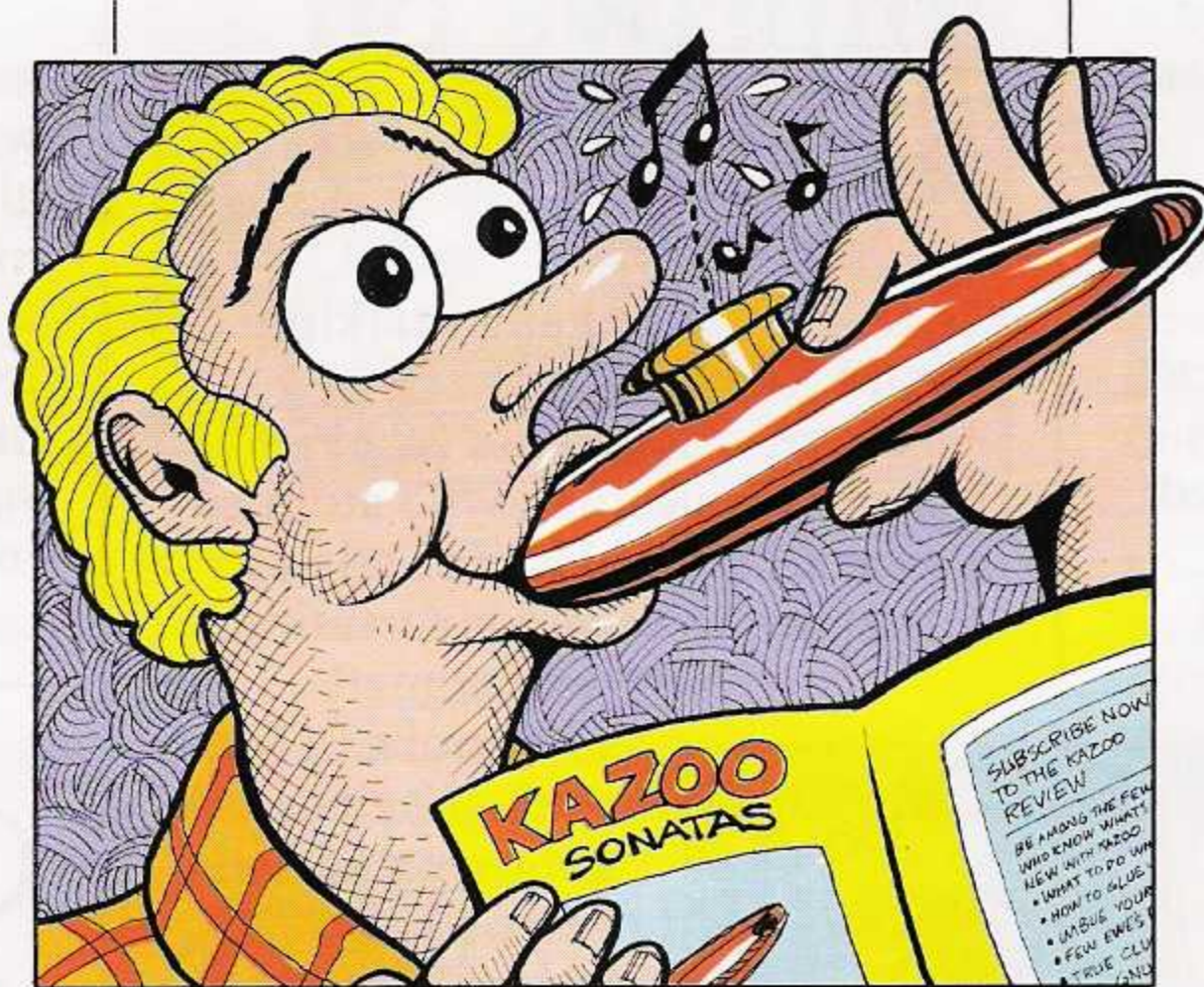
You can get the kazoo effect by wrapping a comb with tissue paper, placing your mouth on the paper and humming into it. The paper acts like the kazoo's membrane.

After you obtain your first kazoo, you must learn to play it properly. Place your lips over the larger open end and hum *do*. If your first attempts sound more like a wind tunnel, keep trying for a healthy buzzing sound.

Like most instruments, the kazoo has roots. According to Barbara Stewart in her book, *How to Kazoo*, the kazoo is related to an ancient African instrument called the mirliton. The mirliton is a voice-distorting instrument that has been used to make noises that scare listeners at tribal ceremonies. This, however, is not the intended effect with a kazoo. If you find your audience reacting this way, reevaluate your playing style.

Good kazooists sometimes form bands or clubs to use their talents. This will add spice to your newfound talent.

Once you've mastered the basics, try humming more complex tunes. With a little practice, you can even imitate frogs, bees or poorly serviced automobiles. No matter what your reason for playing it, just remember that learning to handle a kazoo is a noteworthy accomplishment. — *By Joel Rissinger* □



You Too Can Kazoo

Are you tired of seeing your dog play dead when you sing? Have you stopped taking trumpet lessons for fear you'd "blow it"? If you said yes to one of these questions the kazoo might be for you.

The kazoo is an instrument

Teen Bible Study

Money Tips

By Richard A. Sedliacik

Money! Like most people, you are probably concerned about it.

Do you have the money to buy the things you'd like to have and do the things you'd like to do?

You may be surprised to learn that the Bible contains many tips and principles about money and its wise use. In this study, you'll learn about the most important ones. Following them will help you achieve some of your immediate goals, as well as help you enjoy success in the future.

Before you begin this study, be sure to get a Bible, a pen or pencil and some paper. Reading and writing out the Bible verses that answer the questions asked in this study will help you to remember the important principles you will be learning.

1. Is God the Creator of all things? John 1:1-3, Ephesians 3:9. Does He therefore own everything? Psalm 24:1, Deuteronomy 10:14. Does God want to share His great wealth with us? John 10:10, Ill John 2.

God is the source of everything physical and spiritual. And God wants each of us to enjoy many of the good things in life.

2. What will following the laws and principles God has revealed in the Bible lead to? Psalms 1:1-3, 112:1-3. What will God do for those who respectfully trust in Him? Psalms 34:8-10, 84:11-12.

God promises to bless us materially if we seek to please Him wholeheartedly. He will intervene on our behalf and help us to prosper, provided we are doing our part.

3. What important principles are revealed in Proverbs 24:27 and 18:15?

Put in modern perspective, these two proverbs are saying that we should adequately prepare ourselves before taking on the responsibilities of a family.

Many who marry while in their teens experience rough times financially. You probably know of such people. It is wise for young men to spend their teens and early 20s acquiring the education and marketable

skills necessary for a successful career before establishing a home and family.

Young women can be planning ahead by learning homemaking and other skills at school and at home. Knowing how to sew and cook nutritious meals can save a family a considerable amount of money.

4. Is there a sure way to become poor? What is the result of excessive eating and drinking, as well as laziness? Proverbs 23:21, 24:30-34. And what about only wanting to have a good time? Proverbs 21:17.

5. But what will be the reward of the diligent, hard worker? Proverbs 13:4, 12:24. How diligent should we be? Ecclesiastes 9:10.

Diligent, hard work leads to material blessings. Build this habit now by wholeheartedly applying yourself in everything you do. Work hard while in school to master the subjects you are studying. And if you have a job, strive for quality and excellence, doing your work to the best of your ability. You will be laying a good foundation for future success!

6. What principle can we learn from the ant? Proverbs 6:6-8, 30:24-25.

Not only do ants illustrate the principle of diligence, they also show the importance of saving. They store up food for the future. You can follow their example by saving a certain amount of money each time you receive your paycheck or allowance. Spend this savings only when really necessary — on things you've planned for, not on impulse as so many do today.

Although budgeting is not specifically mentioned in the Bible, it is implied in the principle of saving up for the future. Budgeting is simply deciding in advance how you want to save and spend your money. Each time you receive a paycheck or your allowance, you can divide up your money into predetermined amounts for items you would like to buy, including a certain amount

for entertainment. A budget will help you to be in complete control of your money!

7. You have probably heard of various get-rich-quick schemes that promise a big return in a short period of time. Did Solomon warn against such schemes? Proverbs 28:19-20, 22.

There are those who think that gambling or investing in schemes that promise a big return in a short period of time is the way to prosperity. But most usually end up losing their money because they don't realize the odds are stacked against them!

8. Rather than wait and save up the cash to buy something, an easy way of borrowing the money is through the use of credit cards. But is this wise? Does the borrower in reality become servant to the lender? Proverbs 22:7.

Beware of unwise and unnecessary debts! When you are in debt to others, they have power over you. Should economic hard times strike, indebtedness can be especially burdensome, since you are obligated to make the monthly payments whether you have an income or not!

But we have yet to discuss the most important financial law. God promises certain blessings if we follow that law, and challenges us to prove whether or not He will keep His promise.

9. Does God promise to bless us financially when we pay what is rightfully due Him? Malachi 3:10. Also notice Proverbs 3:9-10. Is one actually stealing from God when he does not pay Him His tithe? Malachi 3:8-9.

God is the Creator and Owner of all things, including all of humanity. And He allows us to produce various products from His earth, and to raise the food we eat. In return God expects us to give Him only 10 percent (that's what *tithe* means) of what we produce or earn, all of which ultimately comes from Him.

Since we cannot pay God's tithe to Him personally, we are to pay it to His chosen representative on earth, whom we have proven to be faithfully proclaiming His truth to the world (Matthew 28:19-20).

10. Should we be careful not to work just for money — to make the accumulation of wealth our main goal in life? Proverbs 15:27, 23:4-5, Luke 12:15. What is of much greater value than money? Proverbs 3:13-18, 16:16, 22:1, Psalm 119:72, Matthew 6:19-21. What does Jesus Christ promise us if we seek the true riches? Matthew 6:33.

Some make prosperity their No. 1 goal in life. They believe that a lot of money is the way to happiness. But money alone will not make you happy nor will it solve every problem you'll face now or as an adult.

Jesus taught that following God's way of life should be our main goal. The strong family ties, good friends and sound personal character that result are far more important than a lot of money, and will give you more satisfaction and enjoyment in the long run than the material things you can buy!

11. What important principle did Jesus reveal about wisely handling the relatively limited resources and responsibilities we all have in life? Luke 16:10. Also notice Proverbs 28:20, first part.

How we handle our money says a lot about our character. Wisely manage the small amount of money you have now and you will be developing habits that will enable you to handle more in the future.

Why not start applying the principles outlined in this study? You'll find they really work. Begin building good money management habits that will last a lifetime!

(For additional tips on how to wisely handle your money, be sure to write for our free booklet, *Managing Your Personal Finances*.) □



Do you have the money to buy the things you'd like to have? The Bible has many tips and principles about earning and using money. (Photo by Nathan Faulkner)

Dear Youth 85,

Practical Bible-based answers to the problems of growing up.

Q. My problem is that I continually cheat on my daily schoolwork in spite of my best efforts to stop. I have told my parents, but they don't know what to do to help me. Can you help me break this habit?

A. It is good that you realize that cheating is wrong and desire to do something about it. And, you are fortunate indeed to feel close enough to your parents to confide in them about this problem. Many teens would not feel able to do this.

Cheating, however, is actually stealing and breaks one of God's commandments (Exodus 20:15). It is taking something that you have not worked for — the answers to your schoolwork.

It hurts you also because it robs you of the chance to learn from the schoolwork. This cannot help but affect you later on in life when you will wish you had the knowledge you need to succeed.

Further, this same tendency will spill over into other areas of your life and make you a person who is known as insincere. You will be one who is not the person he or she tries to appear to be. Others will notice. But it doesn't have to end up this way.

We suggest you study a bit harder so you will take pride in your schoolwork. Then you will not feel so pressured to cheat because you will have no need to. Your teachers or school library will have information about improving your study habits, which can really help you learn more without wasting a lot of time. And, maybe your parents can become more involved by helping you more with your homework.

Set up some daily rewards and punishments to encourage yourself to stop cheating. Ask for your

parents' help with this, and be sure to ask God for His help too. He wants to see you succeed. Fight the temptation to cheat as soon as it pops in your head. Strive to please God by obeying His law.

Your cheating is a habit, and like any habit, is hard to break. But with persistence and help you can defeat this harmful practice.

Q. Over the last six months or so I have become close friends with another girl at school. She has her faults, but I think she is a really nice person overall. My problem is my parents don't want me to have a deep friendship with her and I don't understand why.

A. It's a fact of life that parents many times don't like the choice of friends that their children make. Parents who do dislike their children's friends may, depending on the situation, try to totally dissolve the friendship or, as in your case, tolerate some contact but discourage a deeper friendship.

While exact circumstances differ, the reason parents disapprove is basically the same: They feel the friend is or could be a bad influence on you. And their fears are justified, for experience has shown that many good people have been dragged into trouble by seeming friends. It is

part of a parent's God-given duty to care about your friendships.

The only way to know exactly what undesirable qualities your parents see in your friend is to ask them. Some teens find it hard to talk with their parents, but since yours seem concerned about you (or they wouldn't be concerned about your friendships to begin with), it is a good bet that your parents will discuss the matter if you ask.

Remember to ask at a time and place when it is convenient for them to talk, and be respectful. If you approach them properly, most parents will take the time, and be glad to explain their reasons.

Maybe you can help correct an error if they have misjudged your friend. But you must be willing to hear them out and listen carefully to their advice.

If your friends spend some time at your home getting acquainted with your family, your parents will be in a much better position to judge their character and advise you about spending time with them. If they get to know your friends, your parents won't have to judge on circumstantial evidence or out of fear of the unknown. □

We welcome your questions and will excerpt as many as possible. Sorry we can't answer them all. Answers are prepared by Bernard W. Schnippert, a minister of the Worldwide Church of God. Address your questions to "Dear Youth 85," 300 W. Green Street, Pasadena, California, 91129.



Blue Water Adventure

By Maria Kennedy

"Would the following people please report to the dining hall at 7 a.m. tomorrow, wearing a T-shirt, shorts, jersey and sand shoes . . . Be prepared to be away from the camp for 24 hours. A list of items to be taken will be given to you."

It was the last few days of summer camp at Motutapu Island, near Auckland, New Zealand. For a brief moment we thought we must be in some sort of trouble. No one knew what was to come, except for perhaps a few staff members.

The guessing game began. Nine campers received instructions to bring their required gear in plastic bags, instead of rucksacks. The rumors soon narrowed down to the possibility of an overnight canoe trip. Those of us taking rucksacks figured we must be going for a hike around the island.

As you can imagine, many of the group were so excited that they didn't have much sleep that night!

At 7 o'clock sharp next morning we were waiting in suspense in the dining hall. The camp director arrived and greeted us. The first nine campers were informed they were about to start around the island by canoe.

But what about the rest of us? Talk about keeping us in suspense!

"Well, I suppose the rest of you would like to know what you will be doing for the next 24 hours?" said the director. We all heartily agreed.

We learned we were to be crew members on a 45-foot (13.7-meter), oceangoing cruising ketch, called the *Aspect of Arran*, that would come into the bay later in the morning.

We could hardly eat breakfast;

we were so elated. It started raining, but that didn't dampen the excitement.

We gathered up our rucksacks and the boxes of provisions and took them down to the beach as the ketch was sighted coming into the bay. We were ferried in groups out to the yacht and, despite trying to keep dry, we became soaked by the time we were aboard. It was really rough.

When all were aboard, the yacht motored out and, as it pitched and crashed through the waves, we got completely drenched. We were given quick instructions and helped to hoist the huge Genoa jib sail. Once the yacht began sailing, the motor was stopped and the ride became much steadier and more comfortable.

We were in a rain squall, but as it passed over, the sky changed quickly to blue, the sun streamed down and we spread out on the deck to dry out. The motion of the deck was causing some of us to look a bit green.

We were given turns at the helm and being on watch for the helmsman. Some faces were still somewhat pale and most were unusually quiet. We had brought lunches, but somehow they did not seem too appealing.

However, we soon began to enjoy ourselves. We were taught how to use the sophisticated electronics on board. This included radar and satellite navigation equipment and we were soon plotting our position.

We took turns at using a safety harness to stand up at the bow. It was quite exciting as we plunged through the waves and the spray wet our feet. Occasionally we saw penguins and everyone else was fortunate enough to see some dolphins. I was down in the tiny claustrophobic toilet at the time!

As we sailed, the owners, Mr. and Mrs. Carpenter, taught us about sailing, the wind and sea, and about the sailing instruments, wind direction, wind speed, boat speed, depth sounder and about



After waiting in suspense, campers boarded the oceangoing cruising ketch, *Aspect of Arran*, for an unexpected extension to the sailing program.

the special navigation equipment. We really learned a lot from them. It was truly a fantastic extension to our camp sailing program.

Our destination was Kawau Island (pronounced cow-wow). It is about 15 kilometers (9.3 miles) across the Hauraki Gulf from Motutapu Island. When we

Photos by Warren Watson

arrived, we lowered sails and anchored in a small sheltered cove and took the dinghy to shore. We looked around Mansion House, the home of the first governor of New Zealand. It has been fully restored and is now a historical landmark.

A group of us went for a bushwalk and visited the ruins of an old copper mine. When we arrived back at Mansion House, we had a barbecue on the beach.

We slept the night on board the yacht. Eight of us slept below deck and the others slept up on deck, beneath a canopy. It was a beautiful clear night and the sky was full of stars.

Next morning we set sail after breakfast. The day was beautiful and the sea calmer, so it was smooth sailing to Motutapu Island. However, when we got there, it was too rough to anchor at Administration Bay, the campsite. We decided to sail to the other side of the island to anchor. Mr. Carpenter left it to us to sail and navigate ourselves around the island.

We dropped anchor for the final time and packed up all our belongings. It was sad to leave the yacht and we all thanked Mr. and Mrs. Carpenter for the fantastic experience they had given us.

The dinghy ferried us back to the jetty and once more we were on firm ground. We climbed onto the truck for a dusty ride back to camp and there our experience ended, well almost. Until the next day we still felt the motion of the yacht!

We wouldn't have missed it for the world! "Stand by to come about . . . Ready about . . . Lee Ho . . ."

Editor's note: The author, age 17, is from Auckland, New Zealand. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 85, 300 W. Green St., Pasadena, California, 91129.

Fear of War

(Continued from page 2)

half of the blood he sprinkled on the altar. And he took the book of the covenant, and read in the audience of the people: and they said, All that the Lord hath said will we do, and be obedient. And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant, which the Lord hath made with you concerning all these words" (Exodus 24:6-8).

Government protection against war

NOTICE CAREFULLY! A *part* of God's PLATFORM OF GOVERNMENT that He laid before the people *before* they became HIS NATION was the promise that HIS GOVERNMENT would protect its citizens from need of going to WAR.

That is the OPEN PROMISE OF GOD, which would apply to ANY nation. Later, God offered the SAME government, and its protection and blessings, to the first WORLD EMPIRE — the gentile Chaldean empire under King Nebuchadnezzar — as we shall see. God plays no favorites. He does not bless one nation and harm another by His arbitrary choice.

But human nature is human nature — and facts are facts. And humanity had rebelled against God from the beginning — before the biblical Flood, and after the Flood. From the time of the Tower of Babel, men had *organized themselves* into nations, with HUMAN ideas of government — CONTRARY TO God's laws, and God's government over them. They had chosen *other gods!* Their religions were empty superstitions. And they were WAR-making kingdoms! God had dealt in no unmistakable manner with mankind, ever since creation!

NO PEOPLE, except a down-trodden SLAVE people in bondage, would have made the CHOICE to say to God, "All that the Lord hath said will we do, and be

obedient." Not only had this enlarged family of Israelites been suffering under the lash of slavery, but God had DEMONSTRATED to them HIS POWER — and HIS LOVE in outgoing concern for them — by delivering them from slavery by SPECTACULAR MIRACLES!

By the miracles in PLAGUES upon the Egyptians, God had freed the Israelites.

Human nature at work

And HUMAN NATURE? Yes, these Israelites were full of it!

WHY do world leaders, scientists and educators even today reject God, and ply their trades, professions and interests *as if God did not exist?* God Himself tells us — in HIS WORD to mankind: "Because the carnal mind [human nature] is enmity [hostile] against God: for it is not subject to the LAW of God, neither indeed can be" (Romans 8:7).

These Israelites, even while being blessed and delivered by God with MIRACLES, still were rebellious.

Even before they had reached Sinai a chain of significant incidents occurred. After the MIRACLES God had performed in FREEING them from slavery in Egypt, protecting them, blessing them, FIGHTING their military battle for them, leading them miraculously by a cloud by day and pillar of fire by night, these people began to gripe, grumble, complain and DISOBEY God. Even in the face of such incredible MIRACLES, they began, even then, to LOSE FAITH.

These people — 600,000 men, besides women and children — came to the Red Sea. There were no ships, no bridges. They could not swim such a distance. They could not walk on the water. They were STOPPED by this obstacle beyond their own power.

They looked, and within eyesight, Pharaoh's army was coming after them.

Right here, *before* they reached Mt. Sinai — *before* they heard God's own great voice thundering His Ten Command-

ments — God *demonstrated* the pattern He would follow in preserving His people from having to undergo military service or fighting in war or taking human life!

Here is God's *living* EXAMPLE NUMBER ONE!

Yet even here, the people of Israel, in fright, grumbled, complained, accused — lacked faith in God.

These Israelites had *started* out of Egypt "with an high hand" (Exodus 14:8). "But the Egyptians pursued after them, all the horses and chariots of Pharaoh, and his horsemen, *and his* ARMY, and overtook them encamping by the sea . . .

"And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the Lord.

"And they said unto Moses, Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? wherefore hast thou dealt thus with us, to carry us forth out of Egypt? Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness" (Exodus 14:9-12).

But God's PURPOSE was not to be defeated. He PURPOSED to deliver them out of Egyptian slavery. He PURPOSED to *show them* and *all nations* and all humanity that HE would fight their battles for them. So, in spite of their faithless complaining in this initial EXAMPLE of God's faithfulness, He was determined to fight their battle and save them.

"And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which HE WILL SHEW TO YOU to day. . . *The Lord shall fight for you, and ye shall hold your peace*" (verses 13-14).

The Israelites were not to fight — but STAND STILL! They were to see God save them from Pha-

raoh's ARMY. God was going to SHOW THEM that He would fight their wars for them! They were to remain at PEACE!

How GOD fights for us!

Then God's angel moved behind the Israelites, and the great dark cloud moved between them and the Egyptian army. It held the Egyptian army from attacking Israel all night, but illuminated the way before Israel.

Then God parted the waters of the sea, holding them back by divine MIRACLE, so that the waters formed a high wall on both sides, and the Israelites marched



across on the dry floor of the sea.

Now notice the dramatic example of how God miraculously fought Israel's battle for them, as recorded in the Moffatt translation:

"Moses stretched his hand out over the sea; the waters parted. Then the Eternal swept the sea along by a strong east wind, all night, till the bed of the sea was dry, and the Israelites marched through the sea on dry ground, the waters forming a wall to right and left.

"The Egyptians in pursuit of them went into the sea, all the Pharaoh's horses and chariots and cavalry. And in the watch before the dawn the Eternal looked out from the column of fire and cloud

on the Egyptian army and threw them into a panic; he clogged their chariot wheels till they drove heavily.

"The Egyptians cried, 'Let us flee from the Israelites! *The Eternal is fighting for them* against the Egyptians.' Then said the Eternal to Moses, 'Stretch your hand out over the sea, to make the waters flow back upon the chariots and cavalry of the Egyptians!'

"Moses stretched his hand out over the sea. Then, as morning broke, the sea returned to its wonted flow, and while the Egyptians were fleeing against it, the Eternal overwhelmed the Egyptians in the middle of the sea; the waters did flow back over the chariots and cavalry, over the whole army of the Pharaoh which had followed them into the sea, till not a single one of them was left. But the Israelites walked through the sea on dry ground, the waters forming a wall to right and left.

"Thus did the Eternal save Israel that day from the Egyptians, till Israel saw the Egyptians lying dead on the sea-shore; Israel saw the mighty action of the Eternal against the Egyptians, AND THE PEOPLE STOOD IN AWE OF THE ETERNAL, BELIEVING IN THE ETERNAL and in his servant Moses" (Exodus 14:21-31).

Yes, for a short while, the spell of AWE still over them, these people actually BELIEVED in God. Trusting God to DO what He has promised requires believing in MIRACLES, you say? OF COURSE! Salvation requires miracles! God is a miracle-working God!

After this miraculous delivery from disaster — from a WAR — a whole army of a then great nation destroyed — those Israelites expressed a little temporary FAITH. With Moses, they sang a song of praise and rejoicing: "I will sing unto the Lord . . . The Lord is my strength and song, and he is become my salvation . . ." (Exodus 15:1-2).

But NOW UNDERSTAND the lesson here!

Ancient Egypt is a type of SIN. God was, figuratively in type,

delivering these people out of SIN. They were starting out on GOD'S WAY of life.

But, UNDERSTAND! — God's way of life requires FAITH. It is a life of OBEDIENCE to GOD. Obedience requires FAITH. WE are SAVED by GRACE through FAITH "and that not of yourselves: *it is the gift of GOD*" (Ephesians 2:8). But not by a DEAD faith! It is a LIVING faith that makes obedience possible.

Shadrach, Meshach and Abednego (Daniel 3) obeyed God's command against idol worship — but their stout refusal to bow down to Nebuchadnezzar's idol was possible *only* by their RELIANCE ON GOD to protect and deliver them. They TRUSTED God (Daniel 3:28). They exercised FAITH — *living faith!* Empty, dead faith — just BELIEVING that God exists — is not the faith that saves. "The [demons] also believe, and tremble" (James 2:19).

But faith and obedience must ENDURE! The newly freed Israelite slaves, still under the spell of AWE after experiencing such miracles, expressed faith and sang.

But they didn't believe very deeply or for very long. When they came to the oasis of Marah, they found the water too bitter to drink. This one little problem in their path brought them again to complaining and DOUBTING (Exodus 15:24). Again, by a miracle, God made the waters sweet.

Moses led these people on to the wilderness of Sin — between Elim and Sinai. They had now been gone from Egypt one month. And again, "the whole congregation of the children of Israel murmured against Moses and Aaron . . . and . . . said . . . Would to God we had died by the hand of the Lord in the land of Egypt . . . for ye have brought us forth into this wilderness, to kill this whole assembly with hunger" (Exodus 16:2-3).

So God gave them a test of obedience, along with miraculously providing food. God said: "I will rain bread from heaven for you; and the people shall go out

and gather a certain rate every day, that I may prove them, *whether they will walk in my law, or no*" (Exodus 16:4).

The particular LAW God was testing them on was His Sabbath. And remember, they had not yet reached Sinai. On the sixth day of the week He would provide them with a TWO-DAY portion. On the seventh day, God's Sabbath, He commanded them to rest and refrain from gathering manna. On the sixth day God provided the two-day supply. Nevertheless, on God's Sabbath, some of the people, in a spirit of rebellion, and greedy for gain, went out to gather manna.

**Would it seem
preposterous that
even now God
actually would fight
our wars for us
— that our nations
could actually
have peace?**

"HOW LONG refuse ye to keep my commandments and my laws?" thundered God at them (Exodus 16:28). They were neither *trusting* nor *obeying* God.

The vast congregation journeyed on and pitched tents in Rephidim. Again, there was no water. Again they griped, murmured, accused, lost faith and "tempted the Lord" (Exodus 17:1-2).

Now we come to the CRUCIAL INCIDENT that explains WHY Israel went to war. Regularly they had been grumbling, complaining, accusing, disobeying, LOSING FAITH — in face of constant MIRACLES from God. Now, again, as God performed another miracle, causing water to gush forth out of a rock, the

people DOUBTED that God was with them. "... They tempted the Lord, saying, Is the Lord among us, or not?" (Exodus 17:7).

Now consider what had happened. Repeatedly, God had given these people awe-inspiring and miraculous demonstrations of His intention *to fight their battles for them*. These were VISIBLE miracles, which the people witnessed with their own eyes. God had demonstrated His faithfulness, His POWER, His willingness, His WAY! Yet repeatedly, these people doubted, complained, found fault, grumbled. Repeatedly they LOST FAITH. After all of this OVERWHELMING PROOF, these people DOUBTED God's faithfulness — DOUBTED His power — even DOUBTED His very existence. They disobeyed. They went *the way* of SIN!

At this point, Moses was distraught, his nerves shattered, his patience about exhausted. After all, Moses was only human!

"What am I to do with this people?" Moses appealed to God (Exodus 17:4, Moffatt translation). "They are almost ready to stone me!"

God answered Moses, had him move ahead of the people, and smite the rock at Horeb with the same stick he had used in the parting of the waters of the Red Sea. Then again God performed a visible MIRACLE — water gushed out of the rock.

But, at this juncture, Amalek came against the Israelites in great strength with an invading army. This time God ALLOWED the Israelites *to write the lesson of experience*. He allowed them to SIN. God does not forcibly prevent humans from sinning.

Moses, at the end of his patience trying to induce these stubborn, rebellious people to believe in and TRUST God, said to Joshua, "Choose us out men, and go out, FIGHT with Amalek" (Exodus 17:9). Lacking the faith to trust God for their protection, Moses feared they would be slaughtered. Although Moses weakened and gave the order for

WAR, it was THE PEOPLE themselves who actually had MADE THE DECISION for war, by their utter lack of reliance on God.

It was altogether unnecessary for these Israelites to arm themselves and wage WAR. It was WRONG! It was SIN. But God let the decision be theirs!

This incident was the *turning point*.

It occurred even before they reached Mt. Sinai. It was after this that God laid before them HIS PROPOSITION for them to become His nation, ruled by His government. It was after this that God promised, conditioned on obedience and faith, always to fight their battles for them — to protect them from war — to give them constant PEACE. It was after this that they accepted His government over them. But already they had shown lack of faith and trust, even during the days when God was DEMONSTRATING His power and faithfulness by so many miracles!

They had experienced a taste of war. They could have — *should have* — turned from it, afterward, and relied on God instead of their own power. But they didn't.

God's PURPOSE stands!

Even though God ALLOWS humans to make their own decisions — allows them to SIN — allows nations to go to WAR — nevertheless God's purpose must stand! HIS PURPOSE was to settle these descendants of Abraham in the land He had promised Abraham — "the PROMISED LAND."

God's promise to Abraham, 430 years before, had been made UNCONDITIONAL. Abraham had performed *his* part of that agreement. He had obeyed God, kept God's commandments and laws. Now God's faithfulness demanded that He plant these people in that land, regardless of their conduct!

These descendants of Abraham had *made their decision* to be a fighting, war-waging nation. That decision was theirs to make. And since they had made it, God used *them* to do the fighting in driving

out the inhabitants illegally possessing the land God had allotted to Abraham's descendants. Consequently God gave orders for *them* to do what fighting — and killing — was necessary to accomplish God's PURPOSE of putting them in the land of promise!

But that did not make war RIGHT. Whether to DO right or wrong — that is MAN'S decision! These Israelites did not need to fight.

So it was BECAUSE of Israel's faithlessness and disobedience that God ALLOWED them to SIN by taking up arms. And therefore God used them as His instruments in driving out the nations illegally in the land. Even now the Israelites could have REPENTED, *changed* their decision and trusted God to fight their battles for them.

Nations CAN choose peace!

Would it seem preposterous to chiefs of state today, to believe that even NOW, in our day, God Almighty actually *would* fight our wars for us — that OUR nations, today, *could actually have* PEACE — and have it *this very year*?

Undoubtedly it would! World leaders today — in ALL nations — have gotten so far from God and God's ways, and God has become SO UNREAL to them that it probably would seem ridiculous even to suggest such a thing. The scientists, the industrial and commercial leaders, the educators — yes, and even the CLERGY — have all departed SO FAR from God and HIS WAYS, that such a thought would not even enter their minds.

Yet the ETERNAL has not left us without absolute ASSURANCE! He has recorded, in His Word, not only His promises and assurances, but three additional concrete *case histories* — in addition to those recounted in this article — proving that He ACTUALLY DID DO THE FIGHTING for a nation being invaded, when that nation and its rulers TRUSTED HIM. These can be found in the October, 1984, issue of the *Plain Truth* magazine. □

Homemaking-

(Continued from page 7)

operation. If you have a skill from school, you will be qualified for a better paying job than if you don't have special skills.

Preparing for the unexpected

Not only does being a homemaker, wife and mother take a great deal of preparation, on top of this, we live in an age of uncertainty where life has the uncanny knack of throwing the unexpected at us.

A few examples of things that happen regularly and often quite unexpectedly are: husband loses job, husband's health breaks down, bankruptcy, serious injury causing handicap or untimely death.

If any of these things happen, how does a wife help her husband?

If he is no longer around, how does she pick up the pieces and do the best she possibly can for the children?

The young girl who commented that she couldn't see the point in staying in school probably hadn't thought about these things. If she prepares well, she can more efficiently help herself and others, but if she doesn't continue her education, she may well hinder her husband and children.

It is a true saying that "a stream can rise no higher than its source." It is sobering to consider, "Will a lack of preparation not only hold me back, but also keep my children and husband from rising to heights they might otherwise reach?" □

Editor's note: Next month we will print a follow-up article by Mrs. Marshall about specific ways to prepare for this rewarding career.

PHOTO CREDITS: (left to right, top to bottom). Page 11: *Youth 85* Photos. Page 12: Halford — *Plain Truth* (PT), Finch — PT, Watson — PT, Dieter Blum. Page 13: Buschmann — PT, Watson — PT, Belluche — PT. Pages 14-15: Watson — PT, Watson — PT, PT Photo, PT Photo, Werings — PT.

BY THE WAY...

'I'm Depressed'

By Dexter H. Faulkner

Do you ever feel depressed?

I do sometimes. Why is it that some days nothing seems to go right, and those days can stretch into weeks and even months?

Actually, I know I'm not the only one who ever feels depressed — letters from you readers show that you feel that way sometimes too.

One of you, Jennifer Adams, wrote us about her experience.

"For some weeks I have been in a depressive, unaccomplishing state. I have a healthy, loving family. We have no immensely distressing or unbearable problems. But, tonight, I was emotionally at the end of my rope. I knew I needed some kind of help. I needed encouragement."

Does Jennifer's plight sound familiar? Many times it's hard to pinpoint why we feel the way we do, and we feel foolish trying to explain it to anyone. Jennifer prayed about it.

Later she switched on the television, and live coverage of the Olympic men's gymnastics teams in Los Angeles, California, was on. "For some reason I was very interested. Watching those Olympians made me a bit envious. I wanted to excel as they did."

Jennifer became fascinated with the efforts of the Olympic

gymnasts as she watched them striving for perfection under pressure until the U.S. team finally won the gold medal.

"The supreme joy of a long hard road behind you, and having your ultimate reward! They had great union, joy and love as a team. I was very proud of them. I saw most of those grown men crying. I don't know if I'll ever forget that moment."

Jennifer was so moved that she did what many of us should do when depressed — she went and talked to someone she trusted and was close to. In Jennifer's case it was her mother.

Her mother reminded her of her own potential, of how she too could be a winner and achieve not only the temporary joy of a winning athlete, but long-lasting success.

She explained to Jennifer that there was a great purpose for her being born and that God was concerned about her fulfilling that purpose. She reminded her that before long God was going to set up His Kingdom on earth,

and that He was training human beings to rule under Him in that Kingdom as a part of His very own Family.

Jennifer wrote that she learned a valuable lesson that she hopes never to forget.

"My mother told me that I could also become an Olympian. A much greater one. She made me realize that I could excel and achieve the supreme goal of eternal happiness.

"Those men will someday be forgotten by many, as stronger and more skillful Olympians of the future take the title. But the supreme Olympian I can become will never be forgotten."

Jennifer learned that there was more to life than classes, teachers, looks, clothes, girl friends and boyfriends. Today's problems can seem overwhelming, unsolvable, but they're not.

"One of the most beautiful things has occurred tonight," Jennifer wrote. "I have now learned how to fulfill the desire to achieve and excel and become a supreme Olympian!"

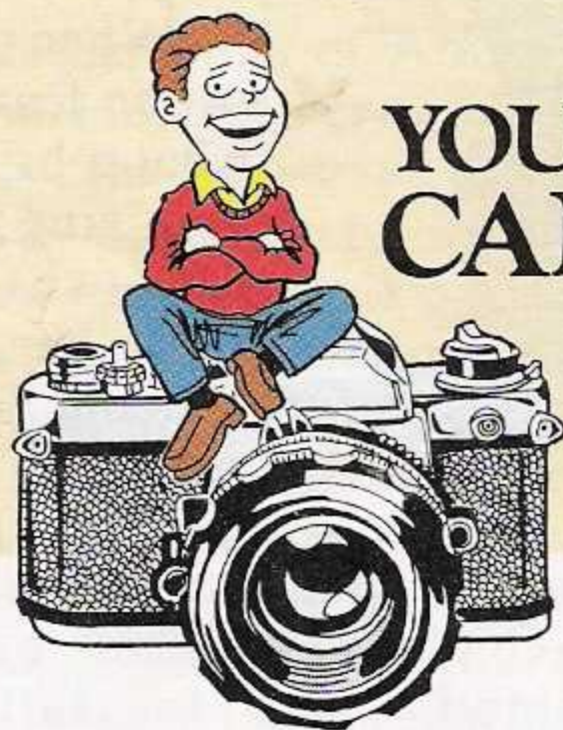
When Jennifer learned what a bright, promising future was in store for her, she forgot about being depressed. If you would like to know

more about what a wise and loving God has in store for all humankind, write for Editor-in-Chief Herbert W. Armstrong's encouraging book, *The Incredible Human Potential*. And be a winner! □



Illustration by Bruce Hedges

Photographer — Charlene Bagshaw
Age 19
Edmonton, Alberta



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JAMESTOWN TN 38556

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