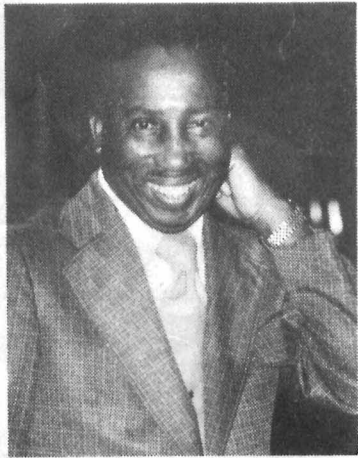




MR. HAROLD JACKSON — Shown is Mr. Harold Jackson, who left for Africa Aug. 10 with Mr. Roland Sampson. [Photo by Kerry Gubb]

Dr. Zimmerman holds campaigns

SASKATOON, Saskatchewan — Dr. Clint Zimmerman, head of the Personal Correspondence Department in Pasadena, spoke in Saskatoon's new Centennial Auditorium to audiences of 750 and 800 Aug. 4 and 5 in his Canadian personal appearance.

Dr. Zimmerman, in his first campaign of this kind, spoke the first night about the present confused and unhappy state of this world due to its disregard of God's law and how keeping God's law is the only solution to these problems.

The final night he showed how modern "churchianity" came into being and how it is now deceiving this world.

Each meeting was emceed by Mr. Glen White, pastor of the Winnipeg churches and district supervisor of the Central Canadian District. He introduced the local 32-member chorale and Mr. Gerald Bieritz, an instructor in voice in Bricket Wood, who sang two solos and directed the chorale.

The audiences were composed mainly of *Plain Truth* readers and *World Tomorrow* listeners.

Capsule reports spark response in Australia

by **DARRELL J. MUCHE**
SYDNEY, Australia — April 2, 1973, is a landmark for God's Work in Australia. Twenty-one stations of the Macquarie Radio Network began broadcasting five-minute capsule programs to the people Down Under Mondays to Fridays.

A different booklet is offered each week, and each day's program treats the subject for that week from a different viewpoint. A well-known local TV announcer, Roger Climpson, introduces and concludes each broadcast by Mr. Garner Ted Armstrong.

Good Response

Response so far has been very encouraging. Station 2GB in (See **PROGRAMS**, page 4)

Ministers begin three-month trip on fourth African baptizing tour

by **KEN MURRAY**

BRICKET WOOD — Thirty thousand exhaustive miles lie ahead for two of God's black ministers — Mr. Harold Jackson and Mr. Roland Sampson — as they begin the fourth baptizing tour into the very heart of Black Africa.

Their extensive journey began Aug. 10 when they flew from London via Morocco and the Canary Islands.

During the ensuing three months they will visit such countries as Ghana, Nigeria, Cameroon, Tanzania, Kenya and Zambia, meeting 403 prospective members and 70 members.

These figures reveal an exciting growth pattern when it is

considered that there were only 282 visit requests last year.

Mr. Jackson, who is now stationed at Bricket Wood as supervisor for the growing Black African Work, spoke before leaving of the threefold purpose of this trip.

"Firstly," he said, "we will be concentrating on West Africa, weaving the tour so as to visit the prospectives as well as the members and trying to get them close enough together to form Bible studies.

"At the same time we will have to be looking for a Feast site for 1974, which will need to be centrally located. Possibly Dahomey or Togo will be suitable, but a proper survey will be

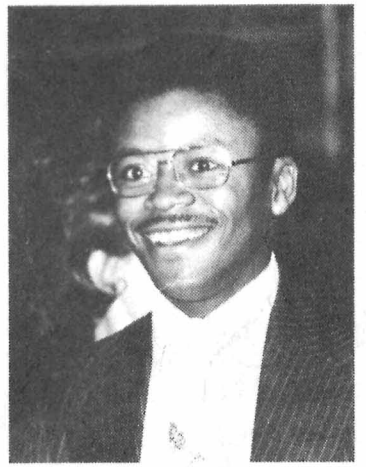
made during the trip.

"Thirdly, we need to be thinking of plans to establish a church in the most convenient position."

Mr. Jackson spoke of some of the problems faced by our black African brethren:

"Economic standards are very low. Some are hesitant about embracing the faith because they know they will be ostracized by their own families and tribal

(See **AFRICAN TOUR**, page 4)



MR. ROLAND SAMPSON — Shown is Mr. Roland Sampson, who is assisting Mr. Harold Jackson in Africa. [Photo by Kerry Gubb]

Summer tour paves start of new Scandinavian Work

BRICKET WOOD — After a recently completed summer tour of Sweden, Norway and Denmark by Mr. Stuart Powell, local elder, and Mr. Gunar Froiland, who works with *Plain Truth* newsstand distribution, the Foreign Educational Service announced the establishment of the Scandinavian Work.

The green light to establish the separate Scandinavian Work, which will be headed by Mr. Powell, means that regular tours of the region will now take place for visiting and baptizing prospective members.

This was the main purpose of the summer tour, with a secondary purpose of exploring the possibility of holding the Spring Feast and other Holy Day meetings in Scandinavia.

Monthly Bible studies began Aug. 18 in Oslo, Norway, in the K.N.A. Hotel and thereafter will probably be held on the third Sabbath of every month.

Holy Day services are also planned for the Norwegian capital.

Following the Aug. 18 study Mr. Powell and his wife began a minitour of Denmark (with tours of Norway and Sweden planned for September) to make new visits and to visit those members who are too remote to attend the services in Oslo.

These visits will be made to English-speaking Danes. Many non-English-speaking Danes are already in contact with the Work through the Danish-language *Correspondence Course* and the limited range of booklets translated into Danish.

English is the second language in the region, with just over 50 percent of the population able to speak it fairly fluently, and it will serve as the common means of reaching all four Scandinavian

countries.

With no radio outlets in the region, the main means of disseminating God's message to these countries is through newsstand distribution of *The Plain Truth*. Thirty-one thousand *Plain Truth* magazines are now placed on selected newsstands in Finland, Norway, Denmark and Sweden.

Teamwork, service themes keynote regional ministerial conferences

Teamwork to get the Work done and providing more effective service to the Church as a whole were the keynote themes at the Cincinnati and Washington regional conferences held Aug. 1 through 3 and 6 through 9 respectively.

Mr. David Antion, director of the Church Administration Division, working with Cincinnati regional director Ed Smith and Washington director Ken Westby, met with over 100 ministers,

ministerial trainees and their wives in southeastern Ohio and in Mount Pocono for relaxation, fellowship and, more important, hours of intensive workshop sessions.

Mr. Gunar Freibergs, Ambassador College faculty member, also was present. He gave lectures on the canonization of the Bible, the Temple and the development and influence of Grecian culture on religion.

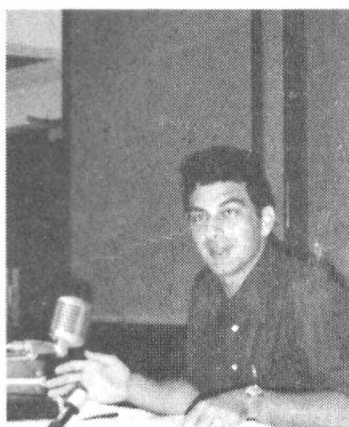
According to Mr. Westby, the

Aires, where he was to remain for two or three more days and then go on to Santiago, Chile, prior to returning up the west coast of South America to Costa Rica. He was to stop to take the daughter and son-in-law of the president of Costa Rica, José Figueres Ferrer, on up to Ambassador College in the wake of his previous visit with the president of that country some weeks

(See **PERSONAL**, page 4)

- The promotion of unity among the ministry.
- Inspiration and encouragement.
- Mind expansion through education.
- Fellowship for the strengthening of old friendships and building of new.

One minister commented that for him the most important as (See **TEAMWORK**, page 16)



REGIONAL CONFERENCES — Mr. David Antion (left picture), director of the Church Administration Division, discusses future plans and news with ministers and their wives from the Cincinnati Region. The right picture was taken at the Washington, D.C., conference. Mr. Ken Westby, regional director of the Washington Region, is behind the lectern. [Photos by Jim Chapman and Dexter Faulkner]



THE GRAPEVINE

OFFICIAL

PASADENA — Mr. Colin Adair, director of the Philippine Work, arrived in Pasadena Friday, Aug. 10, to discuss with Mr. Leslie McCullough, director of the Foreign Educational Service, the future of that Pacific office.

The basic topics discussed on the quick business trip were future editions of *The Plain Truth* in the Philippines and financial assistance in the future.

He returned Wednesday, Aug. 15.

JERUSALEM — A host of Israeli-government dignitaries welcomed Mr. Herbert W. Armstrong and the Ambassador College diggers to Hebrew University here for a final banquet Thursday, Aug. 2.

Among those present at the annual dinner were Teddy Kolleck, mayor of Jerusalem; Professor Binyamin Mazar, director of the excavation; Professor Yigael Yadin, director of the Institute of Archaeology at Hebrew University; Yosef Aviram, secretary of the Israeli Exploration Society; and Professor Nachman Avigad, director of the excavation in the Jewish quarter.

The program was emceed by Professor Mazar, who had nothing but words of praise for Mr. Herbert Armstrong and Ambassador College.

He described Mr. Armstrong as "a man of great ideas in the spirit of the Bible."

Professor Mazar then thanked all of the diggers for their "tremendous cooperation and dedication" at the Dig.

"The only disadvantage of Ambassador students," Professor Mazar commented, "is that they have to leave after so short a time."

In his comments to the group Mr. Armstrong said:

"I hope I can be called a roving ambassador for world peace."

Professor Mazar then made a surprise presentation to Mr. Armstrong: an Indian-style painting of the Western Wall.

Minister of Tourism Moshe Kol presented Mr. Armstrong with a silver medallion showing the Knesset (parliament) on one side and the city on the other.

PASADENA — Mr. Leroy Neff, former head of Flight Operations here, has been transferred to Big Sandy to be business manager for the college there. Mr. Neff served on the Texas campus from 1963 until his move to headquarters in 1971.

"He will be returning to his former responsibility — only in an expanded form as chief financial officer for the institution," explained Big Sandy's deputy chancellor, Mr. Ronald Dart.

Mr. Neff is scheduled to arrive in Big Sandy the week of Aug. 20.

Mr. Craig Van Patten has been named the new head of Flight Operations in Pasadena.

BIG SANDY — Visitors to the campus here this past week included Mr. Norman Smith, director of the Media Division, and Mr. Joe Clayton, who is currently preparing a slide presentation on the Agriculture Department here.

Mr. Smith preached to the Big Sandy P.M. church Aug. 11 and left the next morning.

PASADENA — Mr. David Antion, director of church administration, has had an interesting past few weeks.

First, at the regional ministerial conference in Cincinnati bomb threats forced evacuation of his and fellow ministers' motel rooms until after midnight (see story on page 1).

That wasn't so bad since, as Mr. Antion said, "we had some really fine bull sessions while out in the parking lot. I certainly did enjoy the sessions, but it was the hour that I objected to."

Then, a few days later, his Pasadena home was burgled. His stereo and speakers, several pictures from the wall, a chess set and several brass candlestick holders were stolen. Apparently the burglars returned a second time but were scared away when a woman in the Church passed by, saw the suspects ringing the doorbell and pulled into the driveway.

PASADENA — Mr. Charles Hunting, evangelist from England, was here for a round of divisional meetings the week of Aug. 13.

JERUSALEM — The Ambassador College diggers will be one of several archaeological groups to be covered in a future issue of *Time* magazine.

Monday, July 30, Marlin Levin, one of *Time's* Mideast correspondents and a *Time* photographer, visited the Jerusalem excavations to talk to the Ambassador College students and to take pictures of them in action.

That same evening Levin visited the Shepherd Hotel, the summer home of the diggers, to talk to the students and gain some information for the article which he is writing.

Although Levin knew of Ambassador College and its connection with the Worldwide Church of God, his article is nonreligious in nature. It deals with the increasing number of American students who are spending the summer overseas on archaeological digs like the one in Jerusalem.

The article will appear in the education section of *Time*.

PASADENA — *Time* magazine correspondents contacted officials of the campus here in anticipation of a forthcoming article recently. (There is no known connection between the inquiries here and those in the Middle East.)

Letters

TO THE EDITOR

Wants foreign news

This is my third try in getting a letter out to you. It just seems that words are so small at times. So let me just say I do thank you so much for the newspaper. It is so very nice and enlightening.

I would like to know more about the brethren on foreign soil, all phases of their lives, if this is possible. Thank you again.

Mrs. L.K. Blair
New Carlisle, Ohio

Evangelist's wife

The Worldwide News is really enjoyed in our home and is read from cover to cover.

However, I must say while reading about Mr. David Antion I certainly was disappointed after looking at such an attractive picture of him and his wife and son to find no mention of them in the article.

Having not been around that long in God's Church, I don't even know her name.

I really thought of this after reading the article on page 13 [July 9], "Good Wife Helps to Make Husband More Successful."

Jo Anna Wells
Vaux Hall, N.J.

S.E.P. worth sacrifice

We were so fortunate to have three of our children accepted to S.E.P. It costs a lot but not at all more than it's worth.

We want to thank all who made this possible. I hope every teen-ager receives ... [this] much needed and beneficial program for our youth.

Mrs. Raymond R. Kalamaha
Douglas, N.D.

Need more interviews

How about interviewing the writers of *The Plain Truth*? Messrs. Docken, Dankenbring or Vinson?

Was surprised at the number of items in your personals column. Those people's enthusiasm inspired me to do something I've wanted to do for a long time — that is, correspond with someone from my hometown area.

Mrs. Marvin C. Frampton
Pasadena, Calif.

We're working on the interviews. There is so much material to cover we don't always get everything in we'd like to.

Dog eats "WN"

I didn't really realize how much I appreciated it [the *News*] until our poodle shredded the first and last pages of ours a couple Sabbaths ago before we were able to read it!

All I could salvage was the crossword puzzle. My husband and I really enjoyed working it. Anxious to see how we did. Sure hope one can be in often. I'm going to try and find some or invent some to send.

So keep up the good work and I'll keep the paper away from our dog!

Mrs. Paul Peffly
Towanda, Kan.

Who's reading my "WN"?

I just discovered that other members receive their copy of the church newspaper in a new, clean condition. By the appearance of mine when I receive it, someone is reading it on his coffee break.

Mrs. Gerard Wylin
Romeo, Mich.

Sharp and Flatt are naturals

I really enjoyed the article "Puns Portray Evangelists" [July 23].

The reason you don't find a Sharp or a Flatt in the Song of Solomon is because it was written in the key of C. You need the Key of David to C it.

Mrs. Paul E. Barchers
Richmond, Mo.

Wants answers

On which articles receive the most response [July 23]: I will go with the 23 percent and say I would like to

have a page of answers to questions put to our ministers and executives, and these could be questions about world affairs, current issues, religion and the Bible, from anyone — reporters or what have you.

Everything in their lives will be interesting to us, and I feel we would learn a lot from how they handle different things.

Margaret Pentecost
The Dalles, Ore.

Teen runner

I wanted to write and tell you that I think it's neat about the All-Corners Track Meets in Pasadena [June 25]! I am 17 and have always loved to run very much. Last spring I ran in the 880-yard and got the time of 2.26 in district, qualifying for state.

Unfortunately, state meets are always on Saturdays.

But I will come to Pasadena and run with people who I know are not bad losers and not spoiled winners but just love running and participating in sports as much as I do!

Karen Stanton
Albany, Ore.

Felt like quitting

This is a letter of appreciation concerning the article on Lynne Thomas in the July 9 *Worldwide News*. That short article gave me new zeal and enthusiasm to try. I had applied at Ambassador College and was turned down. I felt like quitting, but thanks to our paper I now am going to try much harder to be more qualified for next year!

Ray Olson
Mount Iron, Minn.

Puzzle suggestions

I enjoy doing the church crossword puzzles. Not only do they teach you things but also refresh your memory of things which are lost in your subconsciousness.

I think it would be very helpful if the Bible reference verse were given along with the questions. So then if there is someone who becomes discouraged because he cannot find the information, there will be a help.

I also think it would be a good idea to put the answering puzzle in the same issue.

Mrs. J.F. Crow Jr.
Tampa, Fla.

Any paper

Thank you so very much for a tremendous paper. It is really great. Print it on any paper you wish or can as long as we can get the news.

Since being baptized less than a year ago, I feel that this is really a tremendous opportunity to become acquainted with this large family of ours.

Mrs. Leo Dubreuil
Ivoryton, Conn.

"WN" inspires

I'm sorry I've been putting off my part in voicing my feelings about the newspaper. I know that our response is important to its success. When I think about this tremendous blessing, I just want to let out a big "yahoo!"

It is such a vital thing, I can't see how we ever did without it. I am convinced that this is one of the many results of the fast Mr. Armstrong proclaimed last Nov. 18.

Rick Bernson
Jacksonville, Ill.

Service for the blind

I did not order *The Worldwide News* because of impaired sight but was pleasantly surprised when it came on a tape. Enclosed is a contribution in appreciation for this service.

Kirk Finigan
Albuquerque, N.M.

For the heart, from the heart

Dining with a six-year-old can be a wonderful and joyous experience. I know it's the blessing that makes the dinner, not the food. Especially when the blessing is asked by David Lichtenstein, son of Mr. James Lichtenstein, pastor in Philadelphia, Pa.:

"Our heavenly Father, ... thank You so much for the napkins ... , salt and pepper ... , plate and knife and fork ... , and the butter ... and spoons. And for all things ... we ask.

In Jesus' name, amen."

As his eyes hit his plate, a sick look came over his face as he said, "I really don't like tomatoes, you know, but my mommy said I don't have to like what's on my plate. I just have to eat it."

So needless to say David's clean plate proved he was really thankful.
Mrs. Gerry Shaffer
Philadelphia, Pa.

Two requests

I have two requests to make. First: My father is very sick and has been in bed one year now. Would you ask the brethren to pray to God for him?

Second request: I am a Maltese and I have only come in contact with one other Maltese in the Church. I have read in *The Good News* that a couple were baptized during a tour. But I have no addresses of any.

If there is any that would like to write me, I would appreciate it very much, knowing that there are not many Maltese in the Church.

E. Vella
c/- P.O., North Eton
Via Mackay, Old., 4741, Australia

Something big

... I find those [articles] relating to the Foreign Work to be especially interesting. They tend to give me the thrilling feeling that this Church is really part of something big.

It's an exciting feeling to know we are bringing hope and peace not only to the Americans and British peoples but to those people in Africa, South America, Asia and Europe as well.

Gary W. Pedersen
Inver Grove Heights, Minn.

THE WORLDWIDE NEWS

CIRCULATION: 21,000

The Worldwide News is the official newspaper of the Worldwide Church of God, headquartered in Pasadena, Calif. It is published biweekly by Ambassador College, Big Sandy, Tex., and is made available to the membership of the church. Changes of address are handled automatically with *Plain Truth* magazine changes of address. Copyright © 1973, Worldwide Church of God. All rights reserved.

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Copy editing: Dixon Cartwright Jr., Editor; J. Edward Glancy.

Circulation: Dean Koenke, Loren Weinbrenner.

Second-class postage paid at Big Sandy, Tex. Postmaster: Please send Form 3579 to "The Worldwide News," Box 111, Big Sandy, Tex., 75755.

Bible study begins for inmates behind Leavenworth Prison walls

Editor's note: A regular semi-monthly Bible study has been started in Leavenworth Prison, a federal penitentiary in Leavenworth, Kan., by Mr. Robert Spence, pastor of the Kansas City North and South churches. He writes the following report.

by ROBERT SPENCE
KANSAS CITY, Mo. — The Bible study at Leavenworth Prison was requested by two inmates who are very interested in the teaching of the Bible. A written request was made to the proper authorities, followed by a personal discussion of the matter with the prison chaplain, M.R. Craig.

Ordinarily, for a Bible study to be started it would be necessary for at least six of the inmates to request it. However, there was a slipup somewhere (!) and the application was approved, with the Bible studies starting during the latter part of June.

Leavenworth Prison was constructed in the 1920s mainly by convict laborers. It is a maximum-security penitentiary, and its inmates include many of the most hardened criminals.

In fact, one of the inmates made the statement: "Leavenworth is the end of the line now that there is no Alcatraz."

When criminals have problems in other penal institutions, they are usually transferred to Leavenworth.

Cesspool of Criminality
Interestingly enough, another inmate related how a judge called the institution "the cesspool of criminality."

With statements as this, one tends to wonder what it is like in the prison not only concerning the life of the prisoners but also in a Bible-study situation.

Once you go through the numerous gates and doors (all carefully locked behind you) the inmates have a degree of freedom within three main areas.

The men all have their work assignments but are usually free from 6 p.m. till 9 p.m. to spend their time as they desire.

Obviously, those who are troublemakers are not allowed this freedom.

During the evening some of the men spend their time in the gym area and are involved in exercising and sports.

Others attend various classes and studies.

At 8 o'clock the gates between these three major areas are opened and the prisoners can go to one of the other areas.

However, all must be in their cells by 9 p.m.

The prison staff allows various types of religious teachings to be conducted in the prison. For example, on Sunday, services are conducted for Catholic, Protestant, Jewish and Muhammadan inmates.

Monday has meetings scheduled for Catholic, Mormon and Yoke Fellows Group.

Tuesday's schedule includes Catholic mass, Bible study and metaphysics.

Wednesday evening has a

Black Muslim service and a Worldwide Church of God Bible study.

Thursday again has Catholic mass and religious discussion and another Yoke Fellows Group.

Friday reveals choir practice, Legion of Mary, M.S.T.A. meeting, Catholic mass and Yoke Fellows Group.

Saturday has only one service scheduled and that is an afternoon service conducted by the Seventh-day Adventists.

Wide Variety
It is apparent that the prisoners have a wide variety of religions to choose from. However, many of the inmates do not become involved at all. Some will studiously attend almost any religious meetings, not out of a belief in the teaching but because they feel that it will help their record when their parole comes up for discussion. Others, it seems, will study the Bible just to argue and to confuse.

It also appears that some attend in order to have something to do — to pass the time as they wait for the long, long months to go by until they are discharged.

The attitude of the men who originally desired the Worldwide Church of God Bible study, however, clearly indicates that God is dealing with them. Their attitude is the same as that reflected by those yielding to God outside prison.

Two of the men desire baptism, which is a problem being investigated at this time.

Mr. Waterhouse on tour

Mr. Gerald Waterhouse, evangelist in the Work, released his itinerary for the rest of the year for publication in *The Worldwide News*. Below is a listing of the church areas he plans to visit and the dates he is scheduled to be in each one.

DATE	CITY, ACTIVITY
Aug. 20	Midland, study
Aug. 21	Gaylord, study
Aug. 22	Flint, study
Aug. 23	Chatham, study
Aug. 25	Detroit A.M., services
Aug. 25	Detroit P.M., services
Aug. 27	Cleveland, study
Aug. 28	Erie, study
Aug. 29	Buffalo, study
Aug. 30	Buffalo, study
Sept. 1	Syracuse A.M., services
Sept. 1	Rochester P.M., services
Sept. 5	Concord, study
Sept. 6	Montpelier, study
Sept. 8	Montreal, services
Sept. 10	Ottawa, study
Sept. 12	Kitchener, study
Sept. 13	Hamilton, study
Sept. 15	Toronto A.M., services
Sept. 15	Toronto P.M., services
Sept. 17	Albany, study
Sept. 18	Springfield, Mass., study
Sept. 19	Boston, study
Sept. 20	Providence, study
Sept. 21	Bridgeport, study
Sept. 22	Manhattan A.M., services
Sept. 22	Brooklyn-Queens, services
Sept. 24	Long Island, study
Sept. 25	Newark, study
Sept. 27	Philadelphia, Trumpets
Sept. 29	Lancaster A.M., services
Sept. 29	Harrisburg P.M., services
Oct. 1	Mount Pocono, study
Oct. 2	Allentown, study
Oct. 3	Hagerstown, study
Oct. 6	Baltimore, Atonement
Oct. 11-18	St. Petersburg, Feast
Oct. 24	Newport News, study
Oct. 25	Richmond, study
Oct. 27	Washington A.M., services
Oct. 27	Annapolis P.M., services
Oct. 31	Columbia, Mo., study

Special permission will have to be given and a location and facility found to baptize them.

Both men are studying in order to improve themselves. One is taking a college course, while the other is learning about computer programming.

The first Bible study was indeed an interesting experience. In order to reach the room where the Bible study was to be conducted, it was necessary to go through five barred-and-locked gates and one locked wooden door. And, of course, when the time came to leave, we had to go back through all of those gates and doors.

Mug Shots of Ministers

Mr. John Biedler is assisting me in conducting these Bible studies. Interestingly enough, in order to be allowed to enter the federal penitentiary it was required that mug shots be taken of both of us. Underneath the pictures appear our names and the date of the photograph, and a quick look at the photo gives the appearance of a genuine prison picture.

It is a most gratifying feeling to be able to serve the prisoners that God is calling, to help and encourage them toward salvation.

While conducting the studies it is easy to forget that one is surrounded by barred gates, walls and armed guards. But when the study is over and the walk begins toward the outside, it is indeed relaxing when finally you are outside.



TORRICO FAMILY — Shown is the Torrico family on moving day. From left to right are Mrs. Torrico, David, Mr. Torrico and Rebeka. [Photo by Stephen McKee]

Santa Rosa member leaves for new post in Ecuador

by STEPHEN MCKEE
SANTA ROSA, Calif. — Jorge Torrico, native of Bolivia, professional engineer, family man and one of our own at the Santa Rosa church, left for an extended stay in Quito, Ecuador, Tuesday, July 3.

According to Mr. Charles Scott, pastor of the Santa Rosa-Fairfield, Calif., churches, there will be a great opportunity for Torrico to be of help to the Work in South America by visiting persons who have written to Ambassador College asking to be contacted.

"We don't know how much time he will be able to fit in with his engineering work schedule," said Mr. Scott, "but Jorge was ecstatic at the prospect. The need is great for laymen born to the Spanish language, since the Spanish Work is limited by available money in adding men to the visiting program in South America. Jorge will be able to find a place for all the Christian talent he has developed in his seven years in God's Church."

Members Used Directly
"This is an excellent example of how members of the Church are being used more and more directly in God's Work. I'm sure it will be an encouragement to everyone."

Torrico has been active in Spokesman Club. He is a graduate of the Leadership Training Class. He had been the church librarian until his transfer was announced.

He married his artistic wife, Lillian, in 1961.

They have two children, David, 10½, and Rebeka, 9.

The Torricos came into God's Church together in 1966.

Mr. Torrico is also a native of Bolivia, having come here from the city of Santa Cruz.

They first met in this country.

Mrs. Torrico has found an outlet for her artistic inclinations in church and social decorations of great charm, as well as in her activities as an amateur painter at home.

The Torricos may attend the Feast of Tabernacles in either Mexico City or Chile.

"Right now it looks like Chile," said Torrico.

Torrico was born in La Paz, Bolivia, in the Andes Mountains, two countries to the south of

Ecuador.
In his youth he was able to come to California, where he worked his way, with some family help, through California State Polytechnic College. He graduated in 1956.

High Head
He is a mechanical engineer specializing in the design of hydroelectric projects with International Engineering Co., a subsidiary of Morrison-Knudsen Construction Co.

He will look after the mechanical aspects of the design of what is called a "high head" hydro project to be installed at Cuenca, Ecuador.

In this project water will drop through a giant pipe 1,800 feet to a waterwheel in a power plant which, for want of open space, will be located in a man-made cavern in the canyon wall.

Torrico says that most of his work will be done in the city of Quito, about 200 miles from the plant site.

He will be associated with other engineers who will take charge of the electrical- and civil-engineering aspects of the job.

Besides pure design work, Torrico and his associates will be charged with training Ecuadorians in engineering skills.

College accepts more students

Several more names of students accepted for the fall semester at Ambassador College have been released by the registrars of the Pasadena and Big Sandy campuses.

Accepted for Pasadena are David Carter of Richardson, Tex., Kent Wilson of Joliet, Ill., and Paula Simensen of Grand Rapids, Minn.

Accepted for Big Sandy are Pat Brady of Palos Verdes Estates, Calif., Toni Gilles of Hobbs, N.M., Dana Holbrooks of Seminole, Tex., Michael Hopper of Russell Springs, Ky., Joy Sheffield of Hallsville, Mo., Darlene Smith of Ackerman, Miss., and Karan Williams of Lubbock, Tex.

Now you know

The language spoken by the most persons is Mandarin, used by an estimated 475 million Chinese.

Personal

(Continued from page 1)

earlier.

We had in some ways a very tiring trip, yet in other ways a most enjoyable one.

My father and I had an opportunity (somewhat limited because of sickness on my part) for a number of talks, and it was very enjoyable to be in countries where I can once again pick up a great deal of lost or forgotten knowledge of the Spanish language.

Arriving in Argentina, we discovered there had been an absolute 15-day curtailment of the sale of beef in that country in order that all of the beef available in Argentina could be exported.

This, apparently, was both to help absorb or to fill up the vacuum of U.S. beef shortages in exports to Japan and the Common Market as well as to the United States itself. And in addition it was a move to help better the import-export balance of the Argentine nation.

Argentina's elections are coming up in another very few weeks. It appears to me, quite frankly, that Juan Perón, the former dictator who was ousted back in the '50s and exiled to Spain, will very likely be catapulted back into power by a vast popular vote of the working class of the country.

Newspaper articles in Argentine newspapers spoke of the imminent return of the body of "Evita," Perón's former wife who died following that exile and who has practically been canonized as a saint.

Perón's present wife, Maria Isabel Martínez, a former actress, has been nominated by the party as vice president and, it appears, has already accepted the nomination and intends to run.

So if the elections go as the broad majority seem to expect, it appears that the National Socialist move in Argentina will be an accomplished fact within a very few months.

Chile, as you may have been reading in your own newspapers, has also been in the midst of terrible governmental turmoil these past few months, with assassinations, kidnappings, demonstrations and riots.

President Allende experienced the resignation of his entire cabinet and had to appoint an entire new cabinet from the military.

It is possible, though not probable on this visit, that Mr. Herbert Armstrong will have a visit with President Allende at sometime in the future.

I know many Americans would view travel to such "exotic" places as Rio de Janeiro and Buenos Aires as a fabulous, once-in-a-lifetime opportunity. I could not disagree more.

This, of course, was by no means my first visit to these places — having traveled quite extensively in South America on previous occasions — but suffice it to say that the incredible poverty, squalor, filth and disease evident in such cities is a stomach-jolting experience that leaves you in a state of depression.

An hour's taxi ride from the

international airport in Rio to a hotel on the other side of town is almost like a chapter out of Dante's *Inferno*.

We found winter in full fray in Buenos Aires, of course, with the grass brown and withered and no leaves in evidence on the trees.

We had two or three fairly good days which we were really unable to enjoy because of a combination of sickness among persons in our group and being confined pretty much to the hotel in which we were staying.

It is sometimes difficult for us to realize in North America that our hottest month of August is the coldest month in Argentina and, of course, for our brethren down in Australia, where the seasons are exactly opposite to ours.

I was just talking to headquarters yesterday concerning our new fall television programing. I was both pleased and disappointed with the schedule that is set up.

I was pleased because we have some very fine breakthroughs in some very important areas, including Washington, D.C., where we will be on channel 7 Monday through Friday at 7 a.m., and in the New York City area, where we are on the leading independent television channel in the United States, WOR, channel 9, Monday through Friday at 8 a.m. and Sunday at 10 p.m.

Also, it appears we will have fairly good coverage in the very populous Oakland and Bay area of California, with channel 2 in Oakland airing the program at 6:30 a.m. Monday through Friday and again at 10 a.m. on the Sabbath, with San Jose, channel 11, carrying the program at 7 a.m. Monday through Friday.

And we are on once a week in Bakersfield and on a UHF channel in Fresno Monday through Friday at 6:30 a.m. and Saturday at 2 p.m.

Stockton, Calif., in the extreme southern Bay area, also airs the program on channel 13 at 6:30 a.m. Monday through Friday. These times, together with one or two other fairly good buys, are, of course, good news.

One other area which is also a UHF station is Springfield, Mo., where we will be on an NBC affiliate station following Harry Reasoner and the news at 5:30 p.m. Monday through Friday and again at 9:30 p.m. on Sunday night.

However, I am at the same time quite disappointed in that we're only able to arrange a 6:30 a.m. time Monday through Friday in Los Angeles and that we lost our previous 7 a.m. time on channel 5. We retained only the 10:30 p.m. once-a-week time on Sunday on that station and a guarantee of 13 weeks at 6:30 a.m. on channel 13. We will be moved to 7:30 a.m. Monday through Friday after that 13 weeks.

The present schedule appears to have no television whatsoever in Seattle, Portland, Houston, Miami, Baltimore, Philadelphia, Chicago and many other very large or medium-size cities all across the United States.

Of course, all of you can read, and I hope you will not only

read but even study the television schedule which will be coming out in the next issue of the *News* so you can really remember the situation in your prayers.

It is not only not easy to arrange good times in fringe prime time, such as 5:30 or 6 or 6:30 in the evenings for the telecast (or even at 10:30 or 11 or 11:30 p.m.), it is the closest thing to impossible there is in the world today.

It would literally take huge miracles from God involving our entire economic structure to open the way for the telecast to be in these prime-time areas.

The prices are enormous. For example, it costs \$180,000 a year in the Los Angeles area for an exceedingly early morning time. Whether we realize it or not, the entire media budget of the whole Work of God could easily be expended on just one big-city station seven nights a week in prime time, leaving us NO other money for any other television exposure.

So in one way these terribly early morning times when only a tiny percentage of television sets are tuned in are a blessing, while in other ways they are an extreme disappointment.

This schedule which you will read in the *News* represents the expenditure of \$45,000 MORE by the end of the first six months than we expended last year and leaves us only \$150,000 in an already extremely strained budget for any opportunities that might come along in any one of the cities that I have mentioned, plus many others which I have not listed here.

We are in a very serious crunch in our deep desire to get this message via the telecast, radio, *The Plain Truth* magazine, the new expanded *Good News* magazine and our many booklets before the masses of the American and Canadian peoples, which, after all, must continue to bear the lion's share of the financial burden for the entire Work of God around the world in our seemingly utter in-

(See PERSONAL, page 16)

Programs

(Continued from page 1)

Sydney has pulled the highest, with an average of 173 requests per week.

However, on a cost-per-response basis top marks go to 3AW in Melbourne. Its average weekly response is 58, which works out at \$1.70 (Australian) per letter.

Closely following 3AW is 5DN in Adelaide with an average weekly response of 50 and a cost of \$1.78 for each letter. This is the very first time the broadcast has been aired in Adelaide, capital of South Australia with a population of 855,300.

Some of the literature offered has included *The Seven Laws of Success*, *Our Polluted Planet*, *Modern Romans*, *Personal Finances* and *The Plain Truth* for April and June.

The overall response to each subject indicates a strong interest in the problems of pollution and finance, but the highest weekly demand has been for the booklet *You and the Law*, which

SCRIPTURE SQUARES
BY VIVIAN PETTYJOHN
Print the answers, one under the other, to form a square. The first letters, reading down, will form a word which answers the question asked.

SQUARE NO. 1
(4 LETTERS)
1. Name of Timothy's grandmother (II Timothy 1:5).
2. The name of Ruth's son (Ruth 4:17).
3. Jesus said, "I am the _____, ye are the branches" (John 15:5).
4. Garden where Adam and Eve lived (Genesis 2:8).

The letters in squares reveal that the 13th chapter of I Corinthians is called the "_____" chapter.

SQUARE NO. 2
(5 LETTERS)
1. "Seek ye the Lord while he may be _____" (Isaiah 55:6).
2. Jesus said, "... Lo, I am with you _____" (Matthew 28:20).
3. "Little children, keep yourselves from _____" (I John 5:21).
4. "Go ye, therefore, and _____ all nations ..." (Matthew 28:19).
5. "... Pray every where, lifting up holy _____" (I Timothy 2:8).

The letters in squares reveal that the 11th chapter of Hebrews is called the "_____" chapter.

SOLUTIONS IN NEXT ISSUE

has been produced in conjunction with the Victoria Police Department. Six hundred thirty-five requests for this booklet were received by the end of June.

Since the capsule programs started, an extra 5,000 letters have been received at the Sydney office, increasing the Australian mail by 54 percent.

Letters are coming in from all parts of the country, including the dead center, Alice Springs. Station 8HA in "The Alice," population 11,118, has been pulling an average of five letters per week.

Its highest response, strangely enough, was for the booklet *Modern Romans*. Apparently they do not escape the trends of modern civilization even out there.

Switchboard Swamped

Starting June 4 the Sydney office's phone number was announced after the program on 2GB. Within 10 seconds all eight lines of the switchboard were swamped.

Thirty-six calls were received that first day and since then the daily average has been 28.

In view of the success of the capsule programs, our agents are considering times on other stations. Results are being studied to determine areas for possible future placement.

The Macquarie Network has been so impressed it has offered to broadcast at no cost several 10-second announcements throughout each day to highlight the five-minute program. If these had to be paid for it would mean an expenditure of \$5,000 a month.

ANSWER TO LAST PUZZLE

A	L	E	O	P	A	R	D	N	R	E	T	T	I	B	M	K	W	A	H
C	A	N	K	E	R	W	O	R	M	A	E	L	E	U	C	B	O	F	I
C	P	D	R	A	Z	I	D	C	E	W	O	L	L	A	W	S	I	I	
F	W	A	S	P	P	S	E	E	O	O	E	G	O	T	O	P	S	R	
E	I	S	D	R	A	G	O	N	W	X	N	P	R	C	E	R	R	H	
R	N	I	L	O	R	P	E	R	I	D	O	V	E	E	U	R	R	A	
R	G	C	C	N	O	I	L	K	E	C	I	L	Y	S	P	A	V	R	
E	S	N	A	C	A	M	E	L	E	O	N	I	H	T	I	P	R	O	
T	A	I	R	A	O	B	E	A	R	W	E	C	O	P	L	S	E	N	
O	I	C	E	L	O	M	F	D	C	P	E	A	U	A	L	G	F	E	
T	W	O	L	F	A	S	L	I	A	O	N	N	R	E	P	I	V	D	
H	I	C	H	E	S	I	O	T	R	O	D	I	R	J	E	A	E		
K	L	K	O	C	A	E	P	T	P	Y	G	A	R	G	V	H	R	N	
C	H	A	M	O	N	S	K	P	L	N	R	O	C	I	N	U	W	E	
E	N	T	E	M	P	R	O	W	R	E	N	L	A	P	D	M	L	D	
I	T	R	O	R	A	M	T	N	O	E	O	T	P	G	M	T	A	C	
S	D	I	K	M	O	N	O	B	A	D	H	A	R	E	O	U	L	A	
P	R	C	K	S	E	C	A	R	F	I	S	S	O	M	U	R	E	H	
I	R	E	P	P	O	H	S	S	A	R	G	W	E	A	S	E	L	A	
D	T	B	R	P	I	G	E	O	N	N	H	O	R	N	E	T	U	R	
E	V	E	R	E	G	D	A	B	E	E	D	L	E	N	I	W	S	T	
R	S	E	L	G	A	E	W	L	W	O	F	L	I	E	S	W	A	N	

African tour

(Continued from page 1)

communities.

"For those countries where people work 6½ to seven days a week, then they have a Sabbath problem. If they refuse to work on Saturday the government will not employ them.

"Those that show faith in God, however, find that the door opens to them."

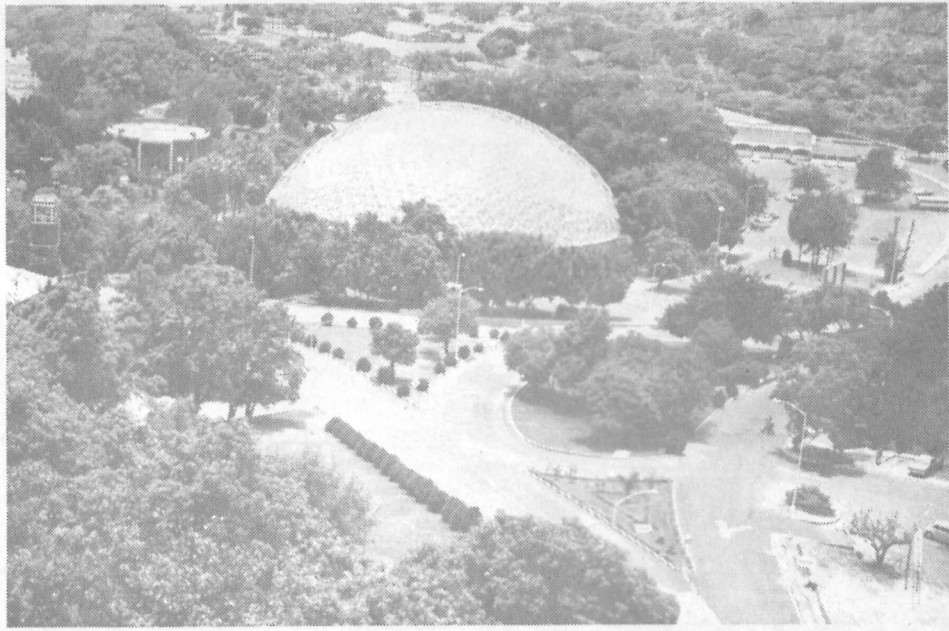
Sacrifices are also being made by these two ministers on this venturesome tour. Mr. Sampson, who is a local elder from Houston, Tex., will be away from his wife for three months. He will be returning to the U.S. in November and will then be flying with his wife to take up residence as minister of the Trinidad church.

Mr. Jackson will return to Bricket Wood, where he will continue to work with Mr. Morton in Church Administration. His work activity here will entail projecting the future growth of the Work in West Africa and personally answering the African letters which come in.

The doors into Black Africa are opening wide. Governments of that region have shown favor toward the Work.



OAXTEPEC FEAST SITE — These are scenes at the Oaxtepec Feast site, a semitropical resort area, where brethren from Mexico and Central America will again meet for the Feast this year. The Feast site is conveniently located only 55 miles from Mexico City.



Left picture shows the Nevada Sierras and the health resort area of Oaxtepec. Right photo shows the giant glass dome covering the sulfur springs near where the brethren will be housed. [Photos by Enrique Rufz]

Spanish-speaking brethren to meet in Oaxtepec

MEXICO CITY — For the second year in a row our brethren in Mexico and Central America will have the great blessing of getting together to celebrate the Feast of Tabernacles at the place which God has chosen, the beautiful and inspiring health resort area of Oaxtepec.

Oaxtepec is a semitropical resort area where in 1426 the great Aztec emperor Montezuma I used to spend some quiet and relaxing moments.

The Feast site which God has provided for us is very conveniently located only 55 miles away from the large megalopolis of Mexico City.

Over a very modern superhighway which crosses over 9,000-foot pine-covered mountains, one descends amid some low-hanging clouds to a very peaceful and tranquil valley at the base of the Nevada Sierras at only 4,500 feet above sea level and from where the majestic 19,000-foot snow-covered volcanoes of Iztaccihuatl and Popocatepetl can be viewed.

Last year brethren came from all parts of Mexico, British Honduras, El Salvador, the U.S., Costa Rica and even Zurich. This year more brethren from more countries will be coming in.

They will come from Canada, the U.S., a rather large group of Spanish-speaking brethren from British Honduras, El Salvador, Nicaragua, Costa Rica and Zurich, which will make this celebration a truly international Feast.

The Feast area itself is about 225 acres all fenced in. It was prepared and developed by the Mexican government as a vacation and recreation center. It seems that it was prepared just in time for our use and enjoyment.

It has all of the conveniences imaginable: beautiful lush green gardens; multitudes of flowers, especially jacarandas; a nice hotel; convenient bungalows with kitchenettes; sulfur springs; about 12 swimming pools, some Olympic size and some with sulfur-spring water; a nice winding stream, where baptisms usually take place; a funicular; basketball and volleyball courts; baseball and football fields; a nice auditorium

with a capacity for about 700 persons, where services will be held, and even a private stadium with a capacity for 5,000 persons, which could be used if we have enough competitors; plus a supermarket.

It couldn't be more complete! Besides all of that, there are other attractions. Nearby are

caves and Indian ruins to explore. And in the nearby mountains only 20 minutes away by road is the popular town of "the everlasting spring," Cuernavaca, where Cortez' summer palace can be seen.

A bit farther by road is the silver-mining town of Taxco, with its picturesque red-roof

houses, and about 3½ hours away over a superhighway are the famous resort beaches of Acapulco.

For the many brethren who will be coming in from the States, their dollars are worth 12½ pesos, which will make monetary computations interesting for them.

Incidentally, this will be the first year in which a rather large number of Spanish-speaking brethren will be coming in from the U.S. to celebrate the Feast. It will give the opportunity to many of them to know the land of their ancestors, and to others to visit their homeland they left many years ago.

Texas outdoors setting for oldest site

by STAN McNIEL

BIG SANDY — Big Sandy, home of one of the three Ambassador College campuses, is the oldest existing Festival site.

Since the first Feast of Tabernacles at Big Sandy in 1953 with only 750 in attendance, many changes have taken place.

The Feast in the early '50s was held in the old redwood tabernacle, now converted into a library and student lounge. Because of the different atmosphere offered, it is the favorite building of many students.

The huge metal tabernacle built in 1958 to host the burgeoning Festival attendance is today the Field House. It comprises faculty offices, an auditorium, the student dining hall and the faculty dining room.

The third and present tabernacle for those congregating for the Feast is a giant metal auditorium capable of seating over 15,000 people.

Those attending the Big Sandy Feast have multiple opportunities to enjoy the natural beauty and solitude of the East Texas piney woods.

11,000 Expected

Eleven thousand people are expected to attend the Big Sandy Festival this year. Of those, about 2,000 will be in motels and private homes, 1,500 will be area residents, and the large majority, 7,500, will be taking advantage of the opportunity for which Big Sandy as a Festival site is well known: camping in the Pinewoods Camp Area.

The Pinewoods began as a reforestation project of the state of Texas before the land was ever acquired by the Worldwide Church of God. The young pines

were planted in straight rows with perfect spacing for camping.

Today, under the auspices of the Festival Department, the Pinewoods is divided into 32 streets with all of the camping lots systematically computerized to make campsite assignments easier.

There is also a large camping area available across Lake Loma, a lake on the Big Sandy campus.

Friendly Out-of-Doors

You will enjoy the friendly outdoor atmosphere at Big Sandy. There are plenty of recreational activities and sights to see on the Ambassador College grounds.

You may want to hike over part of the 2,500-acre campus or

swim in Lake Loma.

College lifeguards will be scheduled for duty during swimming hours.

The new farm lake in the wooded area is only a short hike from the camping grounds.

Nearby lakes will also interest water skiers and fishermen.

Roller skating and many other enjoyable family sports are within easy driving distance.

One of the highlights of your visit will be a tour of the college grounds, including the farm. Tour schedules will be announced.

With 11,000 people attending the Festival in such a sparsely populated area, dining can be a problem. The most efficient means for providing quality food is cooking it yourself, dining

buffet style in the college dining hall or making purchases at the student concession stands.

Many members have come to enjoy a crystal-clear East Texas evening with a stroll through the Pinewoods. The sweet savor of choice cuts of meat being cooked to perfection over many a tried-and-tested campfire is a special delight.

Weather Varies

The weather in East Texas varies considerably at the time of the Festival. Normally it is quite warm during the day, allowing outdoor activities, but a Texas norther can bring an abrupt change in climate. Be sure to bring some warm clothing just in case.



BIG SANDY FEAST — Shown is an aerial view of the Feast site showing the Convention Center, the Festival Administration Building and the Pinewoods Camp Area, where thousands camp each year during the Feast. [Photo by Sam Duncan]

Local Church News Wrap-up

Church Picnic

BRICKET WOOD — What do people who live in a predominantly industrial area, such as the Industrial Midlands of England, look forward to as a stimulating change of pace, an opportunity to get together and have fun? Why, a church picnic, of course!

Recently one Sunday in July, members, relatives and friends of the Birmingham church began to group at a farm run by a member, Mr. Bullas.

Set in the beautiful Worcester countryside, it provided the perfect setting for a day of purposeful, relaxed activity.

After the arrival of a party of students from Bricket Wood, we set off with our local elder, Mr. Derek Seaman, for a steady walk around the farm environs. What better way for everyone to meet and talk to everyone else?

In the afternoon races came first, with the under-4 category getting them off to a good start.

Races for all ages and types followed. Everyone had an opportunity to compete, each according to his own specialty, for there were the three-legged event, the sack race and the egg-and-spoon race, to name a few.

For those who still had energy left there were team games —

football, cricket, softball, volleyball — plenty of choice and opportunity to work up an appetite for the evening meal. *Frank Jarvis.*

S.A.A.C. Campout

BRICKET WOOD — Seventy-two members of S.A.A.C., the Bricket Wood church's Social and Activities Club, returned exhilarated and refreshed from an exciting and very successful campout in England's beautiful Lake District recently.

The campout was the highlight of S.A.A.C.'s many and varied outdoor activities this year and provided a fun-packed, challenging weekend of camping, climbing and boating.

It was the third such expedition undertaken and was by far the most successful S.A.A.C. trip to date. *John Terrett.*

Little Rock Widows

LITTLE ROCK, Ark. — Mr. William C. Cowan Jr., preaching elder in the Little Rock area, feeling that the area's widows have been neglected, recently appointed George Ghent, a deacon, to be in charge of caring for their needs.

Ghent and those who aid him say that they found that the widows need love and attention shown by their brethren even more than they need various work projects done around their houses.

To become better acquainted with the widows and their needs, deacons and their wives often take a widow out to dinner after Sabbath services, and Ghent appoints men in the church to do any odd jobs needed around the widow's houses.

Mr. and Mrs. Ghent are interested in methods other areas use to better care for their widows. They welcome any suggestions. *Virginia Ghent.*

50th Anniversary

COCOA, Fla. — Thursday, July 26, members of the Cocoa Bible study held a celebration commemorating the golden wedding anniversary of Mr. and Mrs. Ed Crumb following the regular Bible study.

After the cake cutting by Mr. and Mrs. Crumb, cake and drinks were served, and the Crumbs talked to individuals about their life and past experiences.

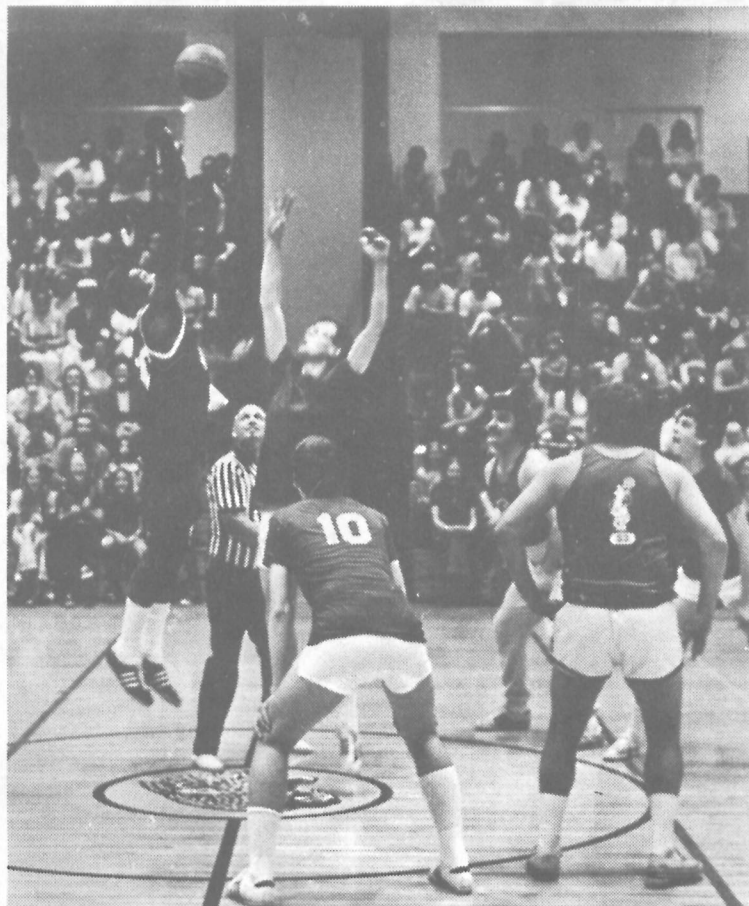
This was the Crumbs' second celebration of their 50th anniversary. The first celebration was held at their former home, in Jacksonville, N.Y. Their actual anniversary date is June 27.

Mr. and Mrs. Crumb presently live in Vero Beach, Fla., and attend services in Orlando.

The Crumbs have five children, a number of grandchildren and a great-grandson. *Bob Overstreet.*



LOST VALLEY CAMPOUT — Put together 1,800 pounds of beef on the hoof, 200 pounds of beef wieners, 30 gallons of homemade ice cream and 800 avid campers and what do you have? A recent weekend campout hosted by the Flint, Mich., church mainly for the Midland and Gaylord, Mich., churches, with campers as far away as the Ohio and Indiana areas responding. A smidgen of the Detroit churches also displayed interest, enthusiasm and willingness to recline on wet sleeping bags, provide daily refreshments for the mosquitoes or seek out the latrines by way of twisting, muddy roads. The photo composition printed here was sent in by the Flint church.



VIKINGS VS. TEEN TROTTERS — Would you believe a church teen group playing a benefit basketball game with members of a pro football team, the Minnesota Vikings? Well, it happened. On May 30, 14 teens in the Minneapolis church met the Vikings' Gene Washington, Grady Alderman, Milt Sunde, Mick Tingelhoff, Lonnie Warwick and Karl Kassulke in a contest arranged by Jerry Gageby, Minneapolis teen-age coordinator, and Mr. Bob Jones, pastor of the Minneapolis churches. With Washington leading the attack, the football titans pulled ahead in scoring, but when emcee Dennis Diehl suddenly announced the substitution of three mystery players for the Teen Trotters (University of Minnesota head basketball coach Bill Musselman, his assistant, Kevin Wilson, and Minnesota Gopher star Greg Troland), their lead narrowed and at the buzzer the score stood Vikings 51, Minneapolis Teen Trotters 48. One of the Vikings stated that in all the benefit games they have played, the 1,400 people there were the most enthusiastic. It was an unqualified success for the teen activity fund as they grossed over \$2,000 from ticket sales and contributions with a net of \$1,500.



BRICKET WOOD MEMBERS' GOLDEN ANNIVERSARY — Mr. and Mrs. Ernest Cardy are shown being presented recently with two gold pens and a gold watch at a banquet to celebrate their golden wedding anniversary. Mr. and Mrs. Cardy have been members of the Bricket Wood church since its inception in the early 1960s, and many of the friends they have made over the years were on hand to offer their congratulations. Mr. David Finlay was emcee at the banquet and also presented their gifts. Mr. and Mrs. Cardy would like to send greetings to all those people worldwide who remember them and those they knew as students from the inception of Ambassador College and wish to thank all those who sent congratulatory cards. [Photo by Ian Henderson]

Start Paddling

CARTHAGE, Mo. — "Okay, everybody, start paddling!"

Teens, kids, moms and dads pushed off. So began the Carthage area's third annual float trip on the Elk River in southwest Missouri.

The trip consisted of canoeing about 14 miles of river winding through the lovely Ozark countryside around Noel, Mo.

Paddling a while, swimming a while, then eating — this seemed to make up the day.

The trip lasted about five hours. *Sandra Hilgenberg.*

Music Seminar

WASHINGTON, D.C. — Washington regional director Ken Westby invited representatives from 30 church areas to a special music seminar recently.

The discussion was held to initiate a unified special-music program for the Washington Region and to provide an opportunity for choral directors and interested people to exchange ideas in a workshop atmosphere.

In his opening remarks Mr. Westby set the tone of the meeting by saying:

"All of us would like to see God served in the best way possible in the church services by bringing our special music up to the quality level of which we are capable."

King Finlay, director of the Washington-area choir and conductor of the Festival chorale at the Jekyll Island, Ga., Feast site, spearheaded the rest of the seminar. *Dennis Neill.*



FLOAT TRIP — Shown is a scene from the Carthage, Mo., third annual float trip on the Elk River.

A MISSING FACTOR IN INFANT NUTRITION

Editor's note: The first year of life is crucial to your child's future health. Current research emphasizes that breastfeeding is the only safe way to feed your baby — and the leading safeguard of a healthy middle age. The following article commences a series which will be published in The Worldwide News on the benefits of breastfeeding and which, it is hoped, will answer many of the questions young wives have on the subject. The series is written by Mrs. Sarah McBride, the mother of three children, and a representative of the La Leche League — an organisation formed to encourage mothers to breastfeed their children, and to help them with any difficulties they might have.

by Sarah McBride

BRICKET WOOD — We're all familiar with the laws of health as the way to abundant well-being for ourselves and our children. But how do we apply the principle to the very young — to infants under a year old? Can we know what's right for them? Is it important how we nourish them?

Current research forges a strong link between this first year and a very large proportion of the chronic conditions of middle

age. So, how your baby is nourished is vital.

But in a world filled with conflicting scientific knowledge, can we be sure what is right? Does the Bible have anything to say on the subject?

Certainly! And you will find that the way outlined in the Bible is the way that modern nutritional science confirms is best for babies. What is that method? All commentaries will confirm — on such verses as Gen. 21, v.v. 7-8 or I Sam. 1, v. 22 — that the Bible practice was to feed the baby at his mother's breast — and not just for a few weeks or months as is the modern practice.

Let's take a closer look at this "modern practice".

Most young mothers follow "the way mum did it" — or the way their peers do it. And this applies in this question of infant nutrition. In our society it usually means a very few weeks or days of nursing, with a switch to cow's milk and solid foods following at a couple of months.

Anything wrong with that? Well it's now clear that it is precisely this practice that can set the baby on a road that takes him to a big selection of chronic illnesses! Such conditions as obesity, diabetes, cancer, allergies, heart conditions, to name a few, can follow in the wake of nourishing a baby with anything other than human milk.

In fact, mounting evidence

pinpoints artificial feeding as an environmental disaster that can adversely affect the health of the next two or three generations. Your choice of breastfeeding will be a major positive contribution to the physical and mental health of the first leaders of Tomorrow's World!

The Milky Way

Even the baby food ads admit that human milk is unique! Each acclaims its product as "the closest yet to the real thing". And it is now clear that the quality differences between "the real thing" and non-human products seriously affect baby's developing systems. For it's now known that the body isn't really "complete" at birth! And it is human milk — alone — which will complete these systems perfectly.

Nutritionists have come to believe that warping of the cells by non-human proteins during the first nine months of life can set the stage for future ill-health.

Nearly a century ago in France artificial feeding — referred to as the "milky way" — took such a toll of infant life that it became known as the "cemetery way"! Improved hygiene has eliminated that problem. But the research linking chronic illnesses in later life with early bottlefeeding raises again serious questions about the "milky way" — though for new reasons.



HEALTHY CHILDREN — Correct feeding and diet in early life is crucial to health in childhood and in later life. This article tells why. [Photo by Ian Henderson]

Health Gap

There's a vast "health gap" between naturally-fed and artificially-fed babies, generally. Look at some examples:

Cot Death — unexplained sudden death while asleep — takes 1,500 infant lives each year in Britain, over 6,000 in the United States. It's extremely rare for breastfed babies to succumb. And it's now considered to result from allergy to non-human protein — cow's milk, cereals, eggs, etc. — during the first six to nine months.

Allergies — skin rash, asthma, hay fever — are increasing among artificially-fed babies and are very rare among breastfed; the ratio is about twenty to one.

Enteritis killed 143 babies under three months in Britain in 1970. The breastfed rarely even

get the disease.

Respiratory conditions are the scourge of baby's first year; more babies die from them than from cot deaths. Again, when a baby isn't given non-human proteins for at least six months, respiratory infections are unlikely to occur except in a very minor way.

The Prime of Life?

Every year in Britain the degenerative diseases bury a fair-sized townful of people — about fifty thousand — all in the "prime of life", age 30 to 55. As many again of this age group are dying on their feet — they will be buried during their next ten years. And the degenerative diseases are on a galloping increase. Is there any link with how they were nurtured as babies?

Many nutritionists believe so. The increase is statistically linked with the growing preference for artificial feeding of babies over the past few decades. And several recent studies have added substance to this belief. For example, a study of young Vietnam victims showed that the breastfed had no signs of coronary artery disease, while the bottlefed had arteriosclerosis in some degree. Another study links an early high-protein diet with cancer and respiratory disease in middle age. And this high-protein diet is, of course, what all babies receiving normal quantities of cow's milk are digesting.

The research continues. But the significance is clear; the safest way for you as a mother to nourish your baby is the way for which your anatomy, physiology and psychology were designed at creation.

If the prime aim of life is, in fact, to be "prime", baby must be nourished at his mother's breast alone for the better part of a year.

Diggers' tour of northern Israel covers historical sites of Bible

by DAVE MOLNAR

JERUSALEM — After four weeks of strenuous digging, the Ambassador College students in Jerusalem received a welcome break from the Dig in the form of a three-day vacation to northern Israel July 11 to 13.

The tour, conducted by Dr. Ernest Martin of Pasadena's theology faculty, touched on many sites of important Biblical events, especially in the area that Christ did most of His teaching.

The first stop — about 10 miles north of Jerusalem — was at Bethel. The most significant physical feature there was the ruins of a Crusader church. But Bethel was very important thousands of years earlier.

It is the place where Jacob saw the vision of the ladder with the angels descending and where he laid his head on the pillar stone (Genesis 28). Bethel is one of the two places where Jeroboam set up the false altars when the nation of Israel split. The other place was at Dan in the North, which we saw two days later.

At Dan we saw the ruins of the temple in which the golden calf was set up.

As we stood at Bethel we could also look five miles to the east and see the site of Sodom

and Gomorrah.

From Bethel we followed the route that Christ and His family probably took from Jerusalem



SAMARITAN SYNAGOGUE — A Samaritan priest reads from the Samaritan Pentateuch in Nablus, Israel. [Photo by Kerry Gubb]

to Nazareth when he was 12 years old.

Samaritans

We visited Jacob's Well in Nablus, where Christ received a drink of water from the Samaritan woman.

Nablus is one of the two dwelling places of the Samaritan sect, which now has only 450 members.

At Nablus we visited the Samaritan synagogue and talked to the Samaritan priests.

A little farther to the north is Samaria, the second capital of the northern 10 tribes. There we saw ancient ruins of a Herodian temple to Caesar.

Along the highway to the right was Tel Dothan, the place where Joseph was sold into Egypt by his brothers.

The highlight of the day was lunch at the very green and plush Valley of Megiddo. This is the prophesied site of the gathering of the armies just before the second coming of Christ.

After passing through Nazareth, the place where Christ grew up, we lodged at our hotel on the shores of the beautiful Sea of Galilee. The Sea of Galilee is actually a freshwater lake, and a refreshing moonlight swim was a fitting nightcap to a busy day.

We left early June 12 for Capernaum, the place where most of the actual ministry of Christ occurred. At Capernaum, we saw the ruins of an ancient Herodian synagogue, probably the same one in which Christ taught nearly 2,000 years ago.

Farther north we crossed the old Syrian border which Israel captured during the Six-Day War

in 1967. We were now in the Golan Heights region, the Bashan of the Bible.

There we visited Banias Springs at the base of Mt. Hermon, which is the source of the Jordan River. This is also the ancient Caesarea Philippi, the farthest point north in Christ's ministry.

Through the course of the day we traveled along the Syrian and Lebanese borders. The remains of the 1967 war were still evident in different parts of the Golan Heights area.

Heading for Home

On July 13 we headed for home, traveling along the Mediterranean coast. We stopped at the ancient city of Akko, at one time the largest seaport in Palestine.

We saw Haifa, located in the Carmel Ridge. The Carmel Ridge is the place where Elijah had his confrontation with the prophets of Baal.

Farther to the south we visited Caesarea, the place where Herod built a city in honor of his friend Augustus Caesar. Here we saw ruins of a Roman aqueduct.

And of course we were too close to the Mediterranean not to go for a swim there as well. So into the Mediterranean we went, and we were prepared with bathing suits this time.

Once we left the lowlands near the Mediterranean we headed home and "went up to Jerusalem," as the saying goes.

Now you know

SPRING CITY, Pa. (UPI)

John Ferguson said he was fed up with the chattering squirrel which moved into his window dormer. He thought he would smoke the rodent out.

Three fire companies responded when he set the roof of his two-story frame home on fire in the process. Damages were estimated at \$2,000.

The squirrel was killed.



LOCH LOMOND

Editor's note: S.E.P. (U.K.) this summer was located on the bonnie banks of Loch Lomond in Scotland, and without a doubt, was the most successful yet held in Britain. This report written by Mr. Paul Suckling, the Director of S.E.P. (U.K.), highlights the main activities of the camp, and the pictures will bring back to the campers many a happy memory.

by Paul Suckling

BRICKET WOOD — With ten days to go before the beginning of the 1973 Summer Educational Programme at Loch Lomond, Scotland, the advance crew arrived at the site with a myriad of jobs to be done — pits to be dug, generators to be installed, wires to be laid across the camp and a water filtration system to be established. The set up crew had a wide range of problems to solve. These included trying to find 16 replacement horses at the last minute, getting a supply of propane gas for our kitchen, engine failure, the erecting of 14 tents — a job which should have been done by the company supplying them, and last but not least the late arrival of the plumbing equipment for the showers.

Incidentally, we took water from Loch Lomond, chlorinated it and supplied the kitchen, the showers, and the various drinking taps around the site — enough water for 340 people! An average of 3,400 gallons was pumped each day.

At last, all problems solved, July 22 arrived. The day was warm and overcast. At 5:40 a.m.

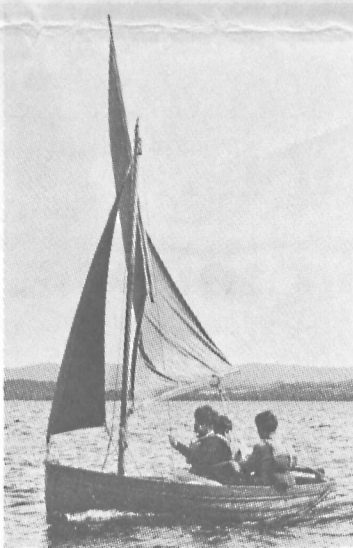
the coaches began to arrive, bringing the 240 campers from 13 different countries to spend three full weeks jam-packed with S.E.P. action and teaching. One transit van and any cars available took the campers from the bus unloading site to the campsite two miles further on, where they signed in, unloaded their luggage and then almost immediately began to help paint the kitchen building and to build their own bunk beds! S.E.P. '73 was under way!

This year's programme included many activities that have been improved enormously since last year. The boys took part in a two-day trip to the top of Ben Nevis, Britain's highest mountain, where they crossed the snowline, bivouaced overnight and then did several hundred feet of ridge walking, returning to camp tired and hungry, to rest up for the next day's activity. Each boy also made a two-inch leather belt, tooled to his own design, to which he added a brass buckle.

The girls dipped candles and decorated them, and made paper flowers and table decorations. The fishing instructor taught many fellows and girls how to tie their own flies and how to cast them.

And with two ski boats, seven sail boats and the *Imperial Venturer* — a diesel-driven motor launch — water activities were smooth sailing!

The programme this year featured a lecture from the Forestry Commission, talks on masculinity and femininity, music and its values, daily broadcasts and some telecasts, lectures on nature and the environment, and discussion



Photos by Brian Duffield and Brian Butler.

periods which covered valuable booklets such as "The Modern Romans", "The Wonderful World Tomorrow" and "The Real Jesus."

Highlights included visits by Mr. and Mrs. Hunting, Dr. and Mrs. Meredith, and Mr. and Mrs. McCullough, a full-blown sing-along with drums, harmonica and guitars, and an open day on which youngsters could relate their experiences first-hand to their parents.

Our overall aim at S.E.P. this year was to provide this unique group, the teenagers from Europe, with a very rewarding Summer Educational Programme. And to show them, as Dr. Lochner has said, that the S.E.P. stands for honesty, integrity and respect for authority, the true values in life that do not change, and values very much in evidence at Loch Lomond this summer.



IMPERIAL SENIORS TOUR HOLLAND

Editor's note: Each year the senior pupils of Imperial School in England have the wonderful opportunity of touring a part of Europe with members of the School faculty. This year they visited Holland, and this report by the headmaster of the School, Mr. Cecil King, graphically tells of their adventures.

by Cecil King

BRICKET WOOD — For the past six years the senior students of Imperial School, Bricket Wood, have enjoyed educational holidays on the mainland of Europe — visiting France, Belgium, Switzerland, Italy, Germany, Luxembourg and the Netherlands. These trips, varying in duration from eight to twenty days, have enabled us to add an extra dimension to the Imperial year.

Rising costs have meant a change from hotel accommodation to camping centres, but this, if anything, has proved even more popular with the students. The excitement of setting up camp and of life in the open — serving one another and learning team spirit — quite apart from the thrill of going abroad, makes these annual trips something eagerly anticipated throughout the school year.

For everyone they provide a series of firsts. For some it is the first time on a ship, or hovercraft, a first attempt at changing pounds to francs, or guilders, or marks, or a first exposure to a foreign language outside the classroom. For others it is a first view of the Eiffel Tower, a first time of donning crampons and setting foot on a glacier, or swinging high on a cable car, or listening to an alpine horn reverberating across the mountains. Or a first sight of the snow-capped Jungfrau, scarlet in the evening sun. It's a series of firsts that leave an indelible impression on the mind of our Imperial students. More is learnt in a few short weeks than all the geography lessons can ever portray, providing knowledge on which to build in the years to come.

It was to the Netherlands we went this summer — 27 of us,

including three faculty members. We shared eight tents. Our home — the suburbs of Amsterdam. Not many kilometres away was Schiphol, Holland's great airport. Many fierce naval battles were fought atop its waters not much over a century ago, for it stands on reclaimed land!

One of the first excursions of the tour was to follow the pattern of centuries and view the old city of water-bound Amsterdam from the canals, admiring 16th and 17th century facades preserved intact in what has been called "the largest open-air museum in the world." Other visits in Amsterdam included the massive Heineken brewery and Van Moppes diamond factory.

Aalsmeer, Holland, boasts the world's largest flower auction where a thousand million blooms are sold annually. We observed an auction in progress and then had the opportunity to become buyers ourselves and to compete for two plants donated by one of the 3,000 growers. Mike Meredith and Hani Muhtadi, quick on the button, were first to stop the computerized clock and claim the plants.

Nearby we visited a clog "factory" run by one of the five remaining hand clog makers in the country. With a few simple tools — axe, a long blade attached to the bench at one end, a few gouge chisels and a lot of energy — he soon hacked out a clog from his block of willow. The gouge chisels carved out the inside like a knife through butter. It takes about one and a half hours to produce a pair ready to walk away in — compared with the few minutes by machine. Little wonder it is a dying art.

Sunday morning is traditional costume day in Holland, so we journeyed to the Zuider Zee ports of Volendam and Monnickendam and the former island of Marken, now linked by dyke to the mainland where the costumed residents were just leaving church.

Our longest trip was around the former Zuider Zee, stopping off at Alkmaar to see the world famous cheese market where, in the market square, Edam and Gouda cheeses are tested,



MILLS AT ZAANDYKE — A group of Bricket Wood's Imperial Seniors against an impressive backdrop of windmills just outside Zaandam during their recent tour of Holland. [Photo by Robin Jones]

weighed and sold every Friday morning. We travelled on the Great Enclosure Dyke shutting the North Sea from Ysselmeer, and down through Friesland to Giethorn where everything goes by water — the shoppers, the postman, the milkman, and even the cows to the meadows. We were in time to see the milk cans being dispatched by boat and disappearing down the waterways. Right across the Zuider Zee on a road that wasn't there a few years ago we travelled, witnessing the reclamation of more valuable acres.

From the Euromast we sur-

veyed the harbour of Rotterdam — from pocket sized Delfshaven from which the Pilgrim Fathers sailed, to the massive dock basins around us — a panorama of an economic giant. At any given moment we could count 30 ships plying its waters. Our afternoon cruise on the New Waterway, with trips into some of the basins, convinced us that Europort is indeed the world's greatest port, gateway to the growing industrial might of Europe.

The devastating floods of 1953 gave the impetus for the long thought-of Delta Plan. We journeyed past the giant refineries of

Europort to the Haringvliet inlet to see the progress made on the massive scheme to seal out the North Sea — an impressive feat of engineering and one of the greatest projects ever attempted.

So ended another exciting, interest-filled holiday that had given us an awareness of life in that little kingdom which has battled so relentlessly against great odds to win a place for itself on the map. A country that today pulsates with activity in its streets, its shops, its factories, and on its growing network of motorways. Our only regret — we hadn't explored the inside of a windmill!

Imperial Summer School Widens Students' Outlook

by Robert Mudie

BRICKET WOOD — For some children, the long summer holidays can hang heavily. Not so for the Imperial students at Bricket Wood.

Every summer, Imperial School provides a detailed programme of interesting and exciting activities. This extra angle on their education proves to be a valuable time that sparkles with new experiences.

For two weeks, at the height of a glorious English summer, about 80 young people were able to enjoy this year's programme.

"You should just feel that boat go!" an elated young girl announced to her mother. The thrill of actually handling a ten-foot sailing dinghy on her own, showed clearly in her voice. Remarks like this were common among the children.

Daily, small groups of children were given expert tuition by Mr. John Jewell, parent of one of our boys, and by Mr. Alan Beardsmore, Imperial Faculty member. The beautiful lakes at Ambassador College provided a millennial setting for this new experience. All children, from Beginners upwards, received sailing experience — some showing great potential as future sailors! Nor

were they lacking in the skill they developed in handling the canoes and scarlet kayaks which completed the flotilla.

Of course, the safety angle of water-craft was not neglected. Every child was equipped with a life-jacket, or buoyancy aid, and given careful advice on the need for following safety rules.

Meanwhile, in the College gymnasium, another group of Imperial students enjoyed a period of swimming, while yet others learned badminton — a new experience for quite a few.

A short distance away, on the broad green field that adjoins Imperial School, the children were taught horseriding. Imperial teacher, Mr. Ted Mann, ably assisted by Suzanne Burton, a High School student, gave the enthusiastic children guidance and training, and before many days had passed, the riders were trotting and cantering with confidence — and with a sense of achievement at having a powerful animal respond to their orders.

Away in another corner, archery practice took place; and not far from the butts, sharp-shooting boys and girls fired their air-rifles at the targets. Both archery and riflery help the child to develop self-discipline, accuracy, and muscular co-ordination.

A number of boys from grades five, six and seven built model aircraft, helped by Mr. John Crabtree, father of another of our boys. Designed to carry a small petrol engine and controlled by wires held in the hand, the models will climb and dive with realism, and should provide many hours of pleasure.

Enjoyable nature rambles gave the children further experience in exploring the fields and pathways that surround the College grounds. They were encouraged to walk quietly, eyes and ears alert, and they collected and helped to identify many varieties of grasses, wild flowers and plants.

Two whole days were spent on special excursions to the sea-side, to a rock-climbing area, and to Woburn Safari Park on the Duke of Bedfordshire's estate at Woburn Abbey where lions, tigers, bears, giraffes, monkeys, zebra, baby elephants and various tropical birds wander freely within the high fences that surround the park.

And so Summer School ended for another year. The fortunate children went their various ways, their lives enriched by new skills, new interests, broader general education, and many pleasurable memories.



IMPERIAL SUMMER SCHOOL — From sailing dinghies to canoes to kayaks, Imperial School pupils of all ages try their skills at boating on the college lake at Bricket Wood. [Photo by Cecil King]

The Balanced Way to a Nutritious, Economic Diet

Editor's note: In the next few months, The Worldwide News will carry regular articles on food, diet, nutrition and food budgeting. These will be simple and practical and heavily spiced with money-saving recipes and ideas. Researched by Dr. Gordon Muir and Mrs. Hazel Anness, these articles also will draw on the experience of Dr. James Stewart of the College Health Department, and Mr. Edwin Canvin, the College Catering Manager. The articles in this page are introductory in nature. The real meat will follow in successive future issues.

by Gordon Muir and
Hazel Anness

BRICKET WOOD — The average British family spends almost a quarter of its income on food. Pensioners spend nearly half! Today, the food bill comes to about £2.60 per head per week for the average Briton — and this figure is rising all the time. It is, in fact, very difficult for a young adult or growing child to be adequately fed on such a sum. But IT CAN BE DONE. There are ways and means. We shall be exploring these in future articles. The purpose of the articles in this issue is to lay the groundwork.

Why is Food Important?

What we eat is the most important single factor in good health. Experience has shown it is even better to be well fed in a poor environment such as slum housing than to be malnourished in the best environment in the world.

Perfect health would require, amongst other things, correct diet from birth and correct diet of one's mother before that! Most of us cannot meet that requirement but we can get ourselves on to a sounder basis of nutrition now — if we are not already on it.

The Western world is today plagued by what we call diet-based diseases. Most know of a link between diet and heart disease but you may be surprised that wrong eating habits are also largely responsible for a whole host of problems from gall stones to varicose veins. The two main culprits in bringing this about are **FOOD TECHNOLOGY** and **INDIVIDUAL IGNORANCE**.

What We Should Know

We need to know how to buy

the right kind of food and how to prepare it and serve it as balanced, nutritious meals. This should be within the reach of all of us but it means knowing some simple rules. If we "know the ropes" we should be able to do the job even on the slimmest of budgets!

There are thousands of good diets and thousands of bad ones. Most people in Western society today are on bad ones — and expensive bad ones.

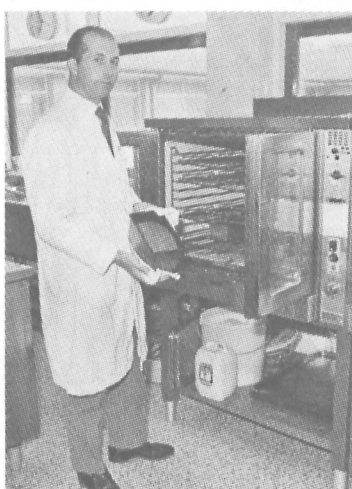
For good health, the body must get essential amounts of five vital nutrients — **PROTEINS, CARBOHYDRATES, FATS, VITAMINS** and **MINERALS**. These are needed for muscular work, vitality, body building and repair. One reason for this is that the body is continually replacing itself. We have a complete new layer of skin every few months. Organs are constantly being renewed. Half the protein material of the heart, liver and kidneys is new every ten days. The cells lining the intestine have a life of only two or three days, and the cells in the blood age so quickly that to replace them, the bone marrow has to produce about 10,000,000 new ones every second! Not surprisingly some of us fall down on the job and get anaemic or worse.

In fact, the body is a large manufacturing plant turning out the right type of protein, cells, and tissues — if it gets the right raw materials.

Unfortunately, we are not born with any *instinct* to get the right raw materials. Unless we are taught, we don't know how to guarantee the correct supply of these five essential nutrients. We need carbohydrate and fats for energy, and proteins, fats, minerals and vitamins for maintenance and repair. Without the right amount of carbohydrate-rich foods (e.g. cereals, bread, potatoes, pasta etc.) the body would use expensive protein-rich food (meat, fish, eggs etc) for the job — preventing their use in the more important role of building and maintaining tissue.

The Daily Food Guide

There is a simple, basic plan, which when understood, guarantees us the right amounts and combination of foods to supply the essential nutrients. This is the **DAILY FOOD GUIDE** — shown in the table below. The guide



WHOLE WHEAT BREAD — Mr. Edwin Canvin, Catering Manager at Bricket Wood, takes from the oven a loaf containing real food value. Watch for recipe in future issue. [Photo by Brian Duffield]

divides foods into four basic groups. The day's meals should provide the right total amount of servings from each group. Such a plan, though basic, is completely flexible. If used as a guide, no-one need worry about getting the right quantity of this vitamin

or that, or iron or calcium, or anything else.

The size of servings can be suited to the needs of family members — small for young children and those wanting to lose weight, extra large (or seconds!) for active adults and teenagers. Pregnant and nursing mothers should also have larger servings in groups one and two especially. The food plan does not tell you all you need to know about how to make ends meet on a small budget. This will follow in subsequent articles. But it does provide a completely sound basis for good and economic nutrition.

Can I Afford a Balanced Diet?

The Daily Food Guide shows us how to have a balanced diet. But who can afford it? How is it possible to have meat on the table every day when people are scraping to get by? Answer — it isn't possible for everyone, and it isn't necessary. The main meals of the day are always constructed around the protein foods of group one. But there are ways of

making one ounce of meat go as far as two ounces and there are ways of using cereals and pulses (dried peas, beans and lentils) to replace meat and still give the same food value! Just how to do this will be the subject of future articles. As a foretaste, consider the following comparison:

Cost of Providing One Third of the Day's Protein Needs from Several Sources — Mutton chop — 35 pence; stewing steak — 15 pence; haddock fillet — 13 pence; whole chicken — 12 pence; whole eggs — 12 pence; ox liver — 11 pence; whole milk — 7 pence; ox liver/heart 11 pence; cheddar cheese — 6 pence; whole mackerel — 5½ pence; whole herring — 5½ pence; whole coley — 5 pence; canned sardines — 4½ pence; dried skim milk — 4½ pence; canned pilchards — 4 pence; peanut butter — 3½ pence; canned mackerel — 3 pence; dried beans — 3 pence.

This comparison shows how we shall be tackling the problem of getting adequate and nourishing main meals at prices to meet the slimmest budgets.

The Affliction of Diet-based Disease

by Gordon Muir and
Hazel Anness

BRICKET WOOD — The wealth and affluence of the civilized west is overshadowed by modern disease plagues. Strong words, but consider the following. The average middle-aged British male can look forward to this kind of future: 1 in 14 will develop cancer; 1 in 5 will develop coronary heart disease; 1 in 12 will develop a peptic ulcer; 1 in 12 will be admitted to a general hospital each year; and 1 in 300 will be admitted to a psychiatric hospital each year.

British women aren't much better off. One in four will be regularly attending a doctor with some chronic disease and *one in eight will die of diabetes*. If it weren't for almost universal use of iron tablets, 80% of pregnant women in this country would be anaemic.

Looking at an older age group — one in seven British males in their early 60's are incapacitated through illness.

Our partners in Europe aren't

much healthier. The Federal Office of Statistics in affluent, bustling West Germany reports that *every seventh inhabitant is chronically sick*.

Experts studying this shocking morbidity are more and more realising that faulty diet is to blame. German nutritionists place the blame squarely on wrong eating. They say *every third death in the Federal Republic is caused by a nutrition-dependent disease* (1971 Health Report from the Minister for Youth, Family and Health). And coupled with bad diet, of course, is a reduction in manual labour and exercise. A report in the British Medical Journal says 40% of Britons are overweight. In West Germany, every second male is said to be overweight by an average of 11 lbs!

When we recall that one child in four will have false teeth before the age of 20 we should begin to suspect some of the things we are putting in our mouths! If our teeth can't take it, what about the rest of us?

To many people, nutrition is a blank. It is more by luck than knowledge that most people procure what minerals and vitamins they do get. *A recent survey revealed that two thirds of the people in this country didn't know milk had calcium!* The average individual spends three years eating in a lifetime. Without some guidance and direction, think of the mountains of foodless junk his body has to process.

Add to a general lack of knowledge on diet, the factor of commercial food firms competing for their share of the 70,000 tons of food sold in Britain every day and you have the ingredients of disaster. TV companies get almost one third of their advertising revenue from food commer-

cials and the most common commercials are for chocolates and confectionery. No wonder twice as many "sweets" are sold now as before the war. Besides, most food eaten in Britain is "convenience" food. *More than half the nation's diet is out of cans*. This is the "instant" society and people don't have time to make meals any more. Fresh, whole-food is out. Instant food is in.

What's Wrong With Our Food?

Many of the diseases of civilisation parallel the **REFINING OF FLOUR, THE PROCESSING OF FOOD AND THE INCREASED CONSUMPTION OF SUGAR**. Food "technology" is largely responsible.

White flour is stripped of something like 30 vital minerals and vitamins, the best part of the wheat protein and the vital fibre component which gives us roughage. Two minerals and two vitamins are added and it is called **ENRICHED!!** It is difficult to know which is the most serious loss, but possibly it is the loss of fibre. The fibre-less Western diet is probably responsible for *appendicitis, diverticulitis* and even *bowel cancer*. These are rare in primitive cultures whose staple diet is whole food. Fibreless diets cause sluggishness — undigested food remains in the intestine six to eight times longer than it would on a whole-food diet! Efforts to expel this stodgy, bulkless residue, are a major factor in "piles", *varicose veins* and *stomach hernias*.

Sugar might be the greatest nutritional curse of all times. Nearly everyone is hooked on it from birth. It is a dangerous drug. You almost can't avoid it. If you eat convenience foods you'll find it added to every conceivable

(See DISEASE, page 15)

DAILY FOOD GUIDE

1. MEAT GROUP.

Foods: Beef, lamb, poultry, eggs and fish. **Recommended Servings:** Have two or more servings from the group every day. Count as a serving: 2-3 ounces lean cooked meat, poultry or fish — all without bone; 1 egg.

Alternatives: Dry beans, peas and lentils. Peanut butter. 3 ounce serving of cooked dry beans equals ½ serving of meat. 2 tablespoons of peanut butter replaces ½ serving of meat.

2. VEGETABLE — FRUIT GROUP.

Foods: All vegetables and fruits. This guide emphasises those that are valuable sources of Vitamin C and Vitamin A.

Sources of Vit. C — Good Sources: grapefruit or juice; orange or juice; strawberries; brussels sprouts; green pepper; raw cabbage. **FAIR SOURCES:** Melon; lemon; tangerine; asparagus tips; cabbage; cauliflower; kale; potatoes in

jackets; spinach; tomatoes or juice.

Sources of Vit. A — Dark green and deep yellow vegetables and a few fruits, namely: carrots, broccoli, cress, kale, spinach, endive, other dark greens, apricots.

Recommended Servings: Have 4 or more servings every day, including: 1 serving of a good source of Vitamin C or 2 servings of a fair source. 1 serving, at least every second day, of a good source of Vitamin A.

The remaining 1-3 or more servings may be of any vegetable or fruit.

Count as a serving 3 ozs. cooked vegetable or fruit; 4 ozs. fruit juice; 1 medium apple, banana, orange or potato; half a medium grapefruit or the juice of one lemon.

3. MILK GROUP

Foods: Whole milk, dried skim milk, cheese. 3 ozs. cheddar type cheese equals 1 pint milk. 2 ozs. dried skim milk equals

1 pint milk.

Recommended Amounts: In terms of whole milk: Adults — 1 pint daily. Children, pregnant and nursing mothers — 1½ pints daily. The main purpose of milk in the diet is as a source of calcium. The quantities of cheese etc., which can replace milk for this purpose are shown.

4. BREAD — CEREAL GROUP

Foods: ALL WHOLE GRAIN breads and cereals, pastas, rice, and baked goods made with wholegrain flour.

Recommended amounts: 4 or more servings every day. Count as a serving: 1 oz. dry cereal. ½ cup cooked cereal. 1 oz. slice wholegrain bread.

OTHER FOODS

Butter, cooking oil and sugar have not been included. They take care of themselves as normal accompaniments to the other food groups.



WEDDING IN DÜSSELDORF — Shown are Ruth Jones and Vic Root, both 1973 graduates of Ambassador College, Bricket Wood, at their wedding July 29, in Düsseldorf, Germany. Root is employed by the German Work. [Photo by Martin Regtien]



WEDDING — Robin Sutcliffe, daughter of Mr. Colin Sutcliffe, director of agriculture at Bricket Wood, was married Aug. 5 to David Hulme in Bricket Wood. Hulme works in the *Plain Truth* Newsstand Distribution Department. [Photo by Bruce Lehmann]

NOTICE

The *Worldwide News* is printed in Big Sandy, USA, Sydney, Australia, and Bricket Wood, England.

You receive your copy from Bricket Wood. For organisational reasons, it is printed here some three weeks later than in Big Sandy. Consequently, your copy will not reach you until at least three weeks after the publication date. This is unavoidable but we trust you will still be very happy with the paper.

WEDDINGS

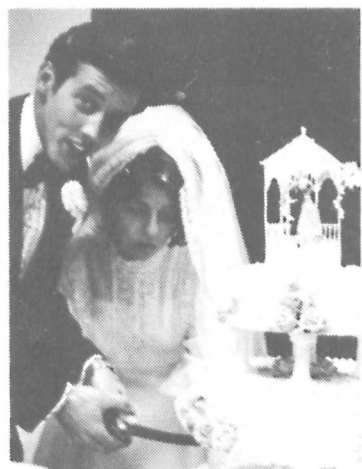
COLUMBUS, Ohio — James Robert Coram and Suella Beth Grimm, July 29.

LAKE OZARK, Mo. — John C. Williamson Jr. and Shera Muleman, July 22.

PADUCAH, Ky. — Darrell Roberts of Stonefort, Ill., and Diann Verble of Anna, Ill., May 27.

PADUCAH, Ky. — Mike Holmes of Paducah and Ann McNeely of Cape Girardeau, Mo., Aug. 4.

PADUCAH, Ky. — Johnny Jewell of Scott City, Mo., and Donna Applegate of Carbondale, Ill., Aug. 5.



WEDDING — Pictured are Mr. Briscoe Ellett and his new bride, the former Donna Reeck. They were wed July 29 at the Habana Inn in Oklahoma City, Okla., where Mr. Ellett is employed as a ministerial trainee. [Photo by Scott Ashley]

PERSONALS

Send your personal notes and cards to: **PERSONALS**, "The Worldwide News," Ambassador College Press, P.O. Box 111, St. Albans, Herts., AL2 3TR, England.

If possible we'll print your note the first issue following the week it is received.

PEN PALS

I would like a young married female to correspond with. Interested in horses, live on a small Oklahoma farm. No children, but would like to hear from someone who has a young child. Mrs. Brenda DeHart, Rt. 3, Box 1085, Fort Smith, Ark., 72901.

Sixteen-year-old male would like to correspond with a teen-ager in Spain, Mexico or France, a teen-ager in England or Australia, a teen-ager who will attend the St. Petersburg Feast. David Duff, Box 12, Glen Allen, Ala., 35559.

Would like pen pal overseas: Ireland or any English-speaking country. I am 24 with unconverted husband who is attending Auburn University. No children, married six years. Mrs. Debbie Wildorf, 1450 Saugahatchee Road, Auburn, Ala., 36830.

Want to correspond with someone in the States, Pasadena area. I am 26, single and interested in life in U.S. Howard Anders, 325 Waverley Road, Mount Waverley, Victoria, 3149, Australia.

Want to correspond with Alaska member, preferably widow(s) in 50 age group. Mrs. Carnell Leach, 3131 West 94th Avenue, Westminster, Colo., 80030.

I am 17 and have learned French. Would like lots of French-speaking pen friends. My sister Angella is 14 and would like English-speaking pen friends from all over the world. She loves saving postcards and my brother saves foreign stamps. Teresa King, Pitts Farm, Cragg Vale, Mytholmoyd, Hebden Bridge, Yorkshire, HX7 5TX, England.

Sixteen-year-old high-school junior who is interested in having a male pen pal somewhere between 16 and 18. Enjoy most sports — tennis, writing, poetry. Also psychology. Speaks English, Spanish. Silvia Ferrer, 4900 North Winchester Avenue, Chicago, Ill., 60640.

Would like pen pal from either Scotland or Ireland. Sue Adams, Rt. 1, Butlerville, Ind., 47223.

Miss Sandra Brown (a young blind woman), 4234 Evanston Avenue, Indianapolis, Ind., 46205, would like to have a foreign pen pal.

I am a married 20-year-old female. Interests include sewing, cooking, reading, crocheting and people. Please write. Jenny Martin, Rt. 4, Albion, Ind., 46701.

I'm 15, like swimming, traveling and writing long letters. Noril Jones, 201 East Washington Street, Parker, Ind., 47368.

Would like pen pals, girls or boys, from any place outside U.S. who can read and write English. I am 11. I like music, sports. Sharry Hammar, 3301 South Fern, Wichita, Kan., 67217.

Want to correspond on a regular basis. Interested in history, God's people and other church areas. Male, 17, high-school senior, French. Richard Lussier, 146 Pratt Street, Mansfield, Mass., 02048.

Spiritual widow of 32 years with no children would like to write to someone of the same situation in Hawaii. Mrs. Elsie M. Melton, 1547 South Avenue, Springfield, Mo., 65807.

Want someone with whom to form a lasting friendship and share local news. Like to hear from blacks age 30s and 40s. Miss Georgia Kemp, 954 1/2 Gooden Cove Apt. 1, Clarksdale, Miss., 38614.

I am Cynthia Byerly, a beginner stamp collector, and would like someone to write to. Box 13, Myers, Mont., 59060.

Would like girl pen pal. Am 10 1/2 years old, like biking, swimming, cooking, reading. Also play piano. Debbie Niederhuber, 15 Hollis Lane, Willingboro, N.J., 08046.

My son Mike, 18, has rheumatic fever. He and I would be very thankful if he could receive letters from young men and girls. He needs encouragement, he likes to write. Mrs. William B. Pilon, 113 Hamlin Center Road, Hilton, N.Y., 14468.

Would like pen pal. Am 11 years old. Love sports very much. I am a girl, attend the Bronx-Manhattan church. Wilma Larrier, 826 Columbus Avenue 12H, New York, N.Y., 10025.

Would like pen pal in Australia or Canada. Like to cook and sew. I am 10, live on a farm. Penelope McClain, Rt. 1, McClain Road, West Liberty, Ohio, 43357.

I'm a 13-year-old eighth-grade girl. I like to write people anywhere. I would try very hard to learn another language. Ronda Juniper, 825 South Brinker, Columbus, Ohio, 43204.

Would like a pen pal. Tracy Williams, age 9 1/2, 6948 East Virgin Place, Tulsa, Okla., 74115.

I am 16, would like to write to a boy or girl who can read and write English in Spanish speaking country. Rhoda Johnson, Rt. 1, Box 28C, Midland,

Tex., 79701.

I'm a girl, 20, live on a ranch in Utah. Hobbies: rock hunting, arrowhead hunting, riding horses and herding cows, making beads. Marie Hotz, Castle Valley Ranch, Moab, Utah, 84532.

Studying French, would like to write to someone from France. Amy Jordan, Rt. 1, Endicott, Wash., 99125.

We can only speak and read English but would love to write to someone from any country. Michelle Poe, 16, Melissa Poe, 12, N. 6012 Calispel, Spokane, Wash., 99208.

Would like to write to a girl around 22 in Ireland or Scotland. I'm 22, going to college, interested in the womanly arts: cooking and sewing. Debbie Small, 13612 S.E. 37th, Bellevue, Wash., 98006.

Would like pen pal. I am 67 and a widow. Mrs. Bessie Lassen, 836 West 12th Street, Medford, Ore., 97501.

I am 31, have three children, 14, 13, 6. Would like a pen pal. Mrs. Carol Guches, P.O. Box 244, Applegate, Ore., 97530.

WANTED

WANTED: Complete set from Genesis to Daniel of "The Story of Man," by Basil Wolverton, for two small children. David Conley, 2521 Beaumont Street, Kissimmee, Fla., 32741.

I am camping at the Feast this year for the first time. Would some families who have camped out before send me tips on what would be good meals to prepare, etc., and some different foods and recipes they prepared that were tasty and took a minimum of effort. Mrs. Michael Broomhall, 3596 Arnsby Road, Columbus, Ohio, 43227.

Student of historical linguistics with interest in the ancient Near East wishes to buy a copy of Dr. Hoeh's two-volume dissertation, "Compendium of World History." Former Ambassador students whose bag was not exactly history, contact Jim Thompson, 503 West Eighth Street, Concordia, Kan., 66901.

Please contact me if you have Volume I of "The Bible Story" to loan or give away. Mavis Jolin, 21822 Stephens, St. Clair Shores, Mich., 48080.

MISCELLANEOUS

ATTENTION: Bluegrass pickers and old-time fiddlers! Anyone who plays this type of music and is going to the Big Sandy Feast, I would like to hear from you and arrange for a get-together at the Feast. Chester Barbour, 705 North Quebec, Tulsa, Okla., 74115.

Chris and Bryher Hancock would love to hear from Phil and Faye Phillips, whom they met in Newquay Cornwall in 1969-70. Our present address is 2. Hive Cottage, Hendrabridge, Liskeard PL14 3LJ, Cornwall, U.K.

Driveway space for bubble-top van en route to Poconos needed between Oct. 3 and 24 near Big Sandy; Fort Walton Beach, Fla.; southeast or northeast Detroit (and near Appoline Avenue); near Media, Pa.; and/or Wenonah, N.J.; in or near Groton, Conn. Please send quick postcard if you're willing: Eugenio S. Api, Supervisor's Office, Food Service, Ambassador College, 300 West Green, Pasadena, Calif., 91123.

Single person needs ride on Oct. 10 from San Francisco to Squaw Valley and at end of Festival back to San Francisco. Please write for full details. Prefer to ride with large family with lots of small children. Chris Dutcher, P.O. Box 11120, Philadelphia, Pa., 19136.

BABIES

ARCATA, Calif. — Ruby Diann Buck, daughter and fifth child of Mr. and Mrs. Ernest W. Buck, June 28, 12:46 a.m., 8 pounds, 15 ounces, 20 inches.

BIG SANDY, Tex. — Jon Michael Lingle, son and fifth child of Joe and Ann Lingle, Aug. 6, 7:30 a.m., 7 pounds, 4 ounces, 20 inches.

BLUEFIELD, W.Va. — Douglas Maxey Jr., son and third child of Douglas and Ethel Maxey, July 4, 8 pounds, 12 3/4 ounces, 20 1/2 inches.

BLUEFIELD, W.Va. — Kimberly Dawn Wheeler, daughter and third child of Harry and Lois Wheeler, July 24, 5:55 p.m., 6 pounds, 11 ounces, 20 1/2 inches.

CHARLOTTE, N.C. — Rhonda Suzette McClamrock, daughter and second child of Mr. and Mrs. Ronald S. McClamrock, Aug. 1, 11:33 a.m., 8 pounds, 4 ounces, 21 inches.

DALLAS, Tex. — Scott Harrison Hakes, son and third child of Carl and Ellen Hakes, July 31, 10:50 a.m., 7 pounds, 15 ounces, 19 inches.

DENVER, Colo. — Donald Gene Hummel, son and first child of Myron and Joette Hummel, July 27, 11:02 a.m., 7 pounds, 6 ounces, 20 1/2 inches.

FAYETTEVILLE, N.C. — Matthew Bryce Royal, son and first child of Jerry and Frances Royal, July 23, 3:45 a.m., 7 pounds, 2 ounces, 21 1/4 inches.

FOREST GROVE, Ore. — Aaron Richard Green, son and first child of Richard and Sally Green, June 29, 1:27 a.m., 8 pounds, 10 ounces, 22 inches.

HOUSTON, Tex. — Teel Mariette Roe, daughter and second child of John and Kitra Roe, July 15, 7:42 a.m., 6 pounds, 15 1/2 ounces, 19 1/2 inches.

JACKSONVILLE, Fla. — Connie Lee Drury, daughter and first child of Lamar and Priscilla Drury, July 6,

11:36 p.m., 5 pounds, 7 ounces, 19 inches.

KNOXVILLE, Tenn. — Elizabeth Marie Corbitt, daughter and first child of Ed and Patti Corbitt Jr., July 28, 11:55 p.m., 8 pounds, 10 ounces, 21 inches.

LEXINGTON, Ky. — Virginia Christine Shifflet, daughter and fourth child of Mr. and Mrs. William Shifflet, July 28, 7 pounds, 8 ounces.

LUFKIN, Tex. — Christi Denise King, daughter and second child of Steve and Lana King, July 11, 6 pounds, 12 ounces, 19 1/2 inches.

MELBOURNE, Australia — Joanne Elizabeth Eddington, daughter and sixth child of Bill and Rae Eddington, June 29, 5:27 a.m., 6 pounds, 13 ounces, 20 inches.

MELBOURNE, Australia — Benjamin Clifford Prior, son and fifth child of Cliff and Joy Prior, July 26, 1:15 p.m., 8 pounds, 1 ounce.

MUNCIE, Ind. — Carrie Anne Grinnell, daughter and second child of Charlie and Linda Grinnell, July 23, 5:52 p.m., 5 pounds, 14 1/2 ounces, 19 1/2 inches.

NEWARK, N.J. — Cherie Denise Vereen, daughter and first child of Jesse and Rosilyn Vereen, June 26, 7:25 p.m., 6 pounds, 10 ounces, 18 1/2 inches.

OAKLAND, Calif. — Christina Louise Carter, daughter and third child of Roy and Anita Carter, June 6, 4:18 p.m., 7 pounds, 19 3/4 inches.

OLYMPIA, Wash. — Bryce Boyd James, son and third child of Bob and Jeannie James, June 25, 10 a.m., 6 pounds, 8 ounces, 20 inches.

OLYMPIA, Wash. — Jason Daniel Corbett, son and sixth child of Mr. and Mrs. James H. Corbett, July 28, 8 pounds, 11 ounces, 21 1/2 inches.

PADUCAH, Ky. — Jason Wade Ralph, son and first child of Mark and Rebecca Ralph, Aug. 7, 3:30 p.m., 7 pounds, 2 ounces, 21 inches.

PASADENA, Calif. — Joy Marie Blevins, daughter and second child of Dwight and Betty Blevins, July 10, 10:45 p.m., 9 1/2 pounds, 19 inches.

PASADENA, Calif. — Julie Ann Bohannon, daughter and second child of Mr. and Mrs. Joseph Bohannon, July 4, 3:40 a.m., 7 1/2 pounds, 19 1/2 inches.

PASADENA, Calif. — Lynn Marie Grabbe, daughter and third child of Carson and Verna Grabbe, April 1, 2:30 a.m., 7 1/2 pounds, 21 inches.

PASADENA — Derrick Eugene Watkins, son and fourth child of Gene and Barbara Watkins, July 8, 12:47 a.m., 9 pounds, 21 1/2 inches.

PHILADELPHIA, Pa. — Marian Faye Lawson, daughter and fourth child of Mr. and Mrs. Ervin Lawson, Aug. 7, 7:50 a.m., 8 pounds, 3 ounces.

PHOENIX, Ariz. — Gary Jason Mittendorf, son and first child of Gary and Sandra Mittendorf, Aug. 8, 5:49 p.m., 9 pounds, 2 1/4 ounces, 21 1/2 inches.

PUEBLO, Colo. — Jason Matthew Adam, son and fourth child of James and Judy Adam, July 23, 8:26 p.m., 7 pounds, 8 ounces, 20 inches.

SALEM, Ore. — Michael Joseph "Joey" Young, son and first child of Michael and Janice Young, July 22, 7:07 p.m., 9 pounds, 13 ounces, 22 inches.

SALT LAKE CITY, Utah — Janet Lynne Kennedy, daughter and third child of Richard and Kathleen Kennedy, July 28, 3:05 p.m., 6 pounds, 17 1/2 inches.

SAN DIEGO, Calif. — Benjamin Theodore Miller, son and first child of Charles and Laurel Miller, July 28, 7:15 p.m., 8 pounds, 22 inches.

SAN MARINO, Calif. — Brooke Melisa Black, daughter and sixth child of Mr. and Mrs. Robert Black, July 29, 8:45 p.m., 7 pounds, 2 ounces, 18 inches.

SEATTLE, Wash. — Julianna Christine Cumming, daughter and second child of Mr. and Mrs. Chris Cumming, Aug. 8, 7:45 a.m., 8 pounds, 10 ounces, 23 inches.

SEATTLE, Wash. — Lael Eugene Grant, son and third child of Elizabeth and Robert Grant, July 11, 5 pounds, 12 ounces, 19 inches.

TOLEDO, Ohio — David Edward Waller, son and second child of Edward and Bonnie Waller, Aug. 1, 9:45 a.m., 5 pounds, 12 ounces, 19 inches.

TUCSON, Ariz. — Loreita Genette Spurlock, daughter and second child of Larry and Linda Spurlock, Aug. 3, 3:34 a.m., 9 pounds, 2 ounces, 21 1/4 inches.

TULSA, Okla. — Karla Juniel Kelly, daughter and fourth child of Mr. and Mrs. Daniel P. Kelly, July 20, 11:35 p.m., 6 pounds, 12 ounces, 18 inches.

VICTORIA, British Columbia — Stephen Paul Crompton, son and second child of Mr. and Mrs. Peter Crompton, July 26, 11:15 p.m., 7 pounds, 11 ounces, 20 1/2 inches.

WALTERBORO, S.C. — Rona Margo Frazier, daughter and first child of Mr. and Mrs. John C. Frazier, July 19, 7 pounds, 8 ounces, 20 inches.

WASHINGTON, D.C. — Anthony Rex Peake, son and second child of Kenneth and Elizabeth Peake, July 7, 12:50 p.m., 8 pounds, 8 ounces, 23 inches.

WISCONSIN DELLS, Wis. — April Marie Kieran, daughter and sixth child of Mr. and Mrs. John Kieran, July 27, 2:15 a.m., 7 pounds, 4 ounces, 20 inches.

YOUNGSTOWN, Ohio — Gregory Charles Blood, son and first child of Ed and Darla Blood, July 7, 12:53 a.m., 9 pounds, 21 1/2 inches.

Scientists coach smart cockroach

CORVALLIS, Ore. (UPI) — It's been hard to find a smart cockroach since Don Marquis' "Archie" gave up his literary career, but scientists at Oregon State University are trying to produce one.

Dr. W.P. Stephens said a behavioral research program is teaching cockroaches despite their lack of brains — by conditioning their behavior through electric shocks.

He didn't explain what a conditioned cockroach will be good for.

New computer complex a symbol of progress

by PETER BUTLER

BRICKET WOOD — The completion of a new and spacious building directly adjacent to the Ambassador College Press at Radlett, England, in recent months opened the way for a vitally significant step forward for the Work in Britain this year.

The new building, designed primarily as a factory unit but expertly converted for use as an office complex, now houses six departments which were formerly located in different buildings and even in different areas, some in Radlett and some at the college in Bricket Wood.

The Computer Complex, as the building is called, has resulted in vastly smoother operations, with the Data Processing, Mail Processing, Coworker, Personal Correspondence, Circulation, Accounts, and Purchasing departments all situated under one roof.

And to add to the impact of the changes, in April a brand-new IBM 370, Model 135, computer was wheeled into the building to replace the 360, Model 25, and form the very hub of the complex around which operations are now geared.

Centralization for these departments is a very real advantage, for they all work in direct liaison for the Data Processing Center.

The Coworker, Mail Processing, Accounts, and Purchasing departments are now linked to the computer through their own terminals. And even the Computer Typesetting Department established in the adjacent Press Building benefits directly from the changes.

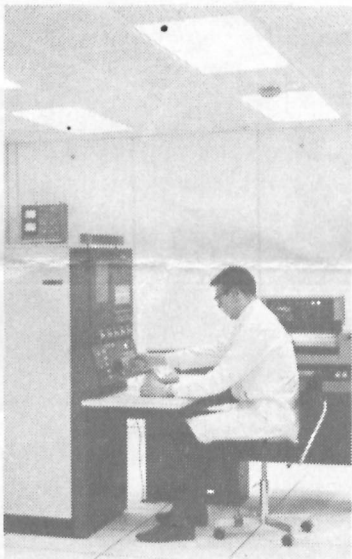
No longer does it have the inconvenience and time-consuming twice-daily haul to college — where Data Processing was formerly located — to have key-punched tapes processed by the computer.

The new Computer Complex is a symbol of the impressive



COMPUTER COMPLEX — This picture shows part of the Mail Processing Department in the complex. This and other departments are described in a number of articles on these two pages. [Photo by Ian Henderson]

progress of the Foreign Work, and this double-page feature on the complex will acquaint readers more with the overall scope of God's Work in Britain and in the areas which Britain serves. •



COMPUTER ROOM — Shown is the new IBM 370, Model 135, computer with George Henderson at the controls. [Photo by Ian Henderson]

Access to computer helps departments in many ways

by TOM HARPER

BRICKET WOOD — Running the Work costs money, and keeping track of the expenditures involved is a full-time job. If bills weren't paid on time the good name of Ambassador College would suffer.

Enter the Accounts Department.

Student bills, pay slips, national-insurance payments, bank statements, taxation details, standing orders (pause for breath), departmental budgets, special dollar reports for Pasadena, invoice reports, debtor's statements, monthly income standing — it all sounds rather technical, doesn't it?

Yet that's merely a part of the vital task that Accounts must perform.

When you come right down to

it, it all involves a tremendous output of effort to produce the right kind of reports every month from myriad individual details.

Using a computer to process complex and wide-ranging financial data on expenditures past, present and projected enables the department to prepare reports which would otherwise be impossible to produce.

It also greatly facilitates the preparation of simpler routine reports.

So it was that back in the early days of data processing in Bricket Wood almost the first area of the Work to be aided by the computer was the Accounts Department.

That early initial contact has now developed into a full-fledged relationship.

Today a sophisticated suite of

terminal-control programs allows accounts data to be entered, redisplayed or altered at will.

Linking the Accounts Department to the new computer was a simple matter of running cables from offices on the upper floor of the complex to the computer room directly below.

Coworker Department

The Accounts Department is not the only area of the Work to benefit from the new computer. The vital task of carefully keeping track of the money sent in by members, coworkers and donors is taken care of by the Coworker Department.

This department has instant access, via terminal, to the records of members and coworkers held in the computer's disk memory. This enables a really personal service to be given to those who support the Work financially.

Personal Correspondence Department

With questions ranging in content and seriousness from "Should I put up Christmas decorations for my employer?" to "My husband is a violent man. He keeps beating me up. Please help me," the staff of the Personal Correspondence Department has a unique opportunity to serve others with the knowledge and principles gained through many hours of college lectures and private Bible study.

Under the guiding hand of Mr. Robert C. Boraker, minister, two full-time writers and four senior students together with a team of typists answer an average of 1,000 letters a month.

Close physical proximity to the Mail Processing Department allows these letters to be handled swiftly.

In order to give an even speedier and an even more personal service, plans are now under active consideration to link the department's records to the computer.

Wheel design reshapes offices

by JOHN CRABTREE

BRICKET WOOD — Plans for the development of Ambassador College's new Computer Complex at Radlett, England, began in 1971. At that time it became obvious that existing facilities would soon be overtaken by the expanding work load. A new computer was needed.

Pasadena has been through the exercise of installing a new computer several times, so it was decided to ask for help from that campus, and Mr. Keith Hunter, manager of the Pasadena Data Processing Center at that time, was soon on his way to Bricket Wood.

Through experience gained in Pasadena, Mr. Hunter was able to design a plan which would quite revolutionize the office systems used in Bricket Wood. The plan was simple in design but far reaching in effect. It can best be described by using the concept of a wheel.

Hub of the Wheel

The hub of the wheel, or the heart of the complex, would be the new IBM 370, Model 135, computer holding in its disk memory the many files ranging from departmental budgets to subscribers' names and addresses.

Radiating from the computer like the spokes of a wheel would be cables going out to terminals located in various departments, such as Accounts, Personal Correspondence, Mail Processing, Coworker and the Press.

The terminals, resembling small TV sets with keyboards, would give each department access to the central files held by the computer, thus avoiding duplication of files. These files would be the one and only set and would be updated by the various departments through their terminals.

The information on the files would be constantly at the fin-

gertips of these departments. Each department would no longer need to send its work to the Data Processing Center for entry into the computer, but in effect the computer would be brought into each department so that it could process its own work. This would reap great dividends in terms of increased efficiency and accuracy due to the shorter and simpler processing cycles, lack of duplicate handling of data, and improved communications.

To effect this plan, several problems had to be overcome. All operating departments requiring access to the computer would need to be in close proximity. The Accounts Department was adjacent to the computer at the college, but the Press, Mail Processing, Coworker, and Personal Correspondence departments were some two miles away at Radlett.

To consolidate in Radlett seemed the obvious answer, and

it was realized that a new factory unit, erected by Percy Bilton, Ltd., alongside the college press, would be the ideal location.

Designed as a Factory

This new building was designed primarily as a factory, and most of the 14,000 square feet of available space was contained in one vast shop floor with a small office section on an upper story.

This seemed hardly suitable for a complex of departmental offices, but it provided enough space for the new computer and the Mail Processing, Coworker, Personal Correspondence, Accounts, and Circulation departments, all to be housed in one building. A cable could be laid underground to link the Press to the new computer.

The building was leased, and upon completion earlier this year the college took possession and set about converting it to suit its purposes.

In effect, the vast interior proved advantageous. We re-

quired a large open-plan office layout with desks in clusters. This was achieved by constructing a configuration of functional, purpose-designed prefabricated floor-to-ceiling partitioning, all raised on a false floor seven inches high.

Underneath this floor were laid all cables, wires and electrical circuits directly to the computer, terminals and desks.

Consequently, all telephone, terminals, intercom and typewriter wires are completely hidden from view, coming up through the floor right under the desks.

This prefabricated partitioning is of great advantage. Any time it is felt the office configuration needs changing the alterations would be simple and fast.

The false floor is made up of individual two-foot-square plywood and carpeted tiles, any of which can be lifted to give easy access at any time to the cables and wiring for repairs or adjustments to the circuits.

For the computer room itself (See **COMPUTER**, page 16)

Computer benefits subscribers in improving circulation service

by ALLAN DE JAGER

BRICKET WOOD — The new Circulation Department was officially launched in November, 1972, by Mr. Charles Hunting, circulation manager in the United Kingdom of *The Plain Truth*.

Its original function was that of centralizing all statistical information associated with our *Plain Truth* files for both headquarters and local management.

Included among special studies were mailing-list projections for the next five years for the Foreign Educational Service.

Subsequently the department's activities were increased to take in planning and monitoring of subscription-renewal systems as well as some simple market research. A *Plain Truth* insert card was used to survey several samples of our British readership, giving useful feedback on subscribers' interest levels as opposed to a bare record of the number of subscribers.

Another stage in the department's evolution began with *Plain Truth* insert cards offering various booklets to our United Kingdom subscribers.

Also offered were free subscriptions for readers' friends or relatives and free enrollment in the *Correspondence Course*.

The most recent project involved the mailing of personalized letters to 5,000 of our subscribers. These letters offered a booklet which complemented literature that had already been requested by these people.

Results of all the experiments have been very encouraging.

Ideally situated in the new Computer Complex, the Circulation Department has convenient access to the computer for statistical information and also for in-depth analysis of responses to

the various projects.

Like its sister department in Pasadena (Information Services), Bricket Wood's Circulation De-

partment is constantly seeking new ways to reach more effectively our *Plain Truth* readers with vital supporting literature.

Move to new complex aids mail reading department

Editor's note: This article on the Mail Processing Department at Bricket Wood is written by Mr. John Meakin, who oversees the operations of the department under its director, Dr. Roy McCarthy.

by JOHN MEAKIN

BRICKET WOOD — One department which benefits immeasurably from the new Computer Complex and location alongside Data Processing is Mail Processing.

Mail Processing is directed by Dr. Roy McCarthy, who is a preaching elder and also head of the Dutch Work.

All incoming mail for the Work in Bricket Wood and Radlett is processed by the department, with its staff of some 36 people.

Let's take an inside look at the department's operation, which serves the 800,000 subscribers who receive *The Plain Truth* from Bricket Wood.

Some 535,000 letters are received annually from these subscribers from 115 countries.

Of these letters 360,000 come directly to Bricket Wood, and 175,000 are forwarded from the Geneva, Düsseldorf and Johannesburg offices.

Within the department 15 upperclass male students are responsible for reading over 7,000 letters received directly each week. The bulk of these letters

are prepared for entry into the computer via the terminals in the department, and the rest are passed to other departments for further action.

These 15 students are organized into three sections, each responsible for a number of the 115 countries served by the department:

The European section covers Great Britain, Europe, the Middle East and the relatively small amount of mail from the West Indies.

The African section handles mail from Central, East and West Africa; the majority is from Ghana and Nigeria.

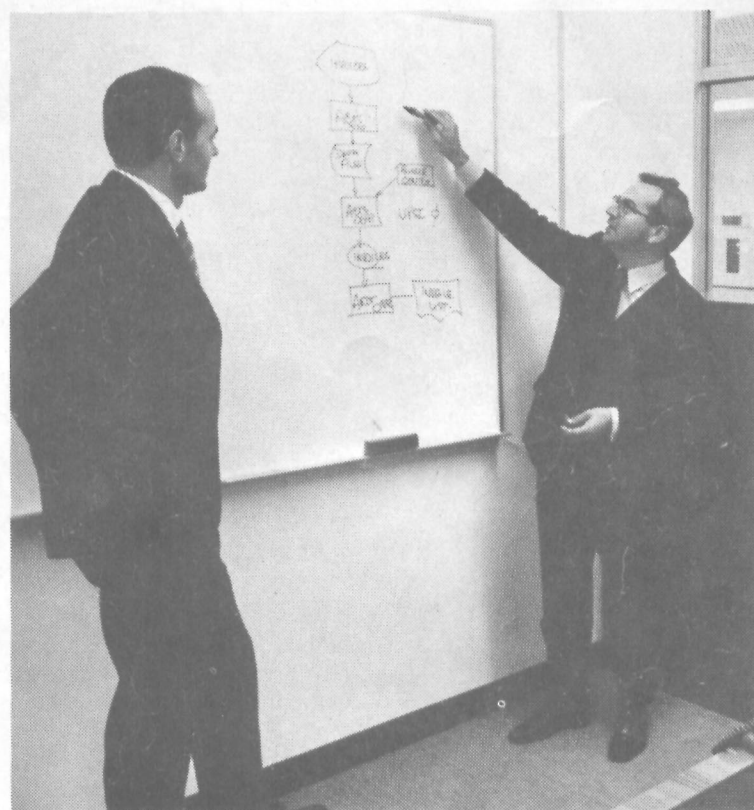
The third section is responsible for the Indian subcontinent and adjacent countries.

In addition to reading the mail, each section prepares its own statistics and weekly trend reports, and its lead man is responsible for the training of the men in that section.

Valuable Opportunity

All in all, a very valuable opportunity is given to the men. They gain an intimate knowledge of our literature and in-depth experience in dealing with the questions and problems of people from many different backgrounds and nations.

It is indeed a valuable part of an upperclass student's Ambassador training, and of the class



DATA PROCESSING — Mr. Allan de Jager, left, director of the Circulation Department, looks on as Mr. Stewart Gilchrist, operations manager, describes a new program for the computer. [Photo by Kerry Gubb]

which has just graduated, 27 of the 32 men spent part of their final year in the department.

As at least 15 of these graduates now work in field and office positions around the world, the experience they gained from mail reading is now of great help to them and the people they serve.

Among the lead men we had this year, Gary Harvey and Roy Hickford have gone to New Zealand, John Bartholomew to South Africa, Vic Root to Germany and Rod Matthews to Australia.

Two full-time men are employed in the department: Peter Hawkins, a 1971 Bricket Wood graduate, and I. His responsibilities include mail reading, projects, statistic reports and the production each week of *Weekly Comments*, which is a summary of mailing trends and readers'

letters.

After the mail has been read it is passed to 15 upperclass girls who are responsible for entering it into computer terminals under the supervision of their overseer, Hilary Jefferson-Smith.

When we add up mail from all sources — mail sent to Bricket Wood direct and mail from our Düsseldorf, Geneva and Johannesburg offices — there are in excess of 15,000 items to be entered on the terminals each week.

Finally, a word about the benefits of the new offices and the new computer:

The first immediately obvious improvement was the dramatic increase in effective communication. With departments all close together in one building, what before had been a tedious, time-consuming pursuit of people by phone is now a leisurely short walk down a brightly carpeted corridor.

Direct Access

The most far-reaching effect, however, and the most exciting has been the upgrading of our computer terminal system.

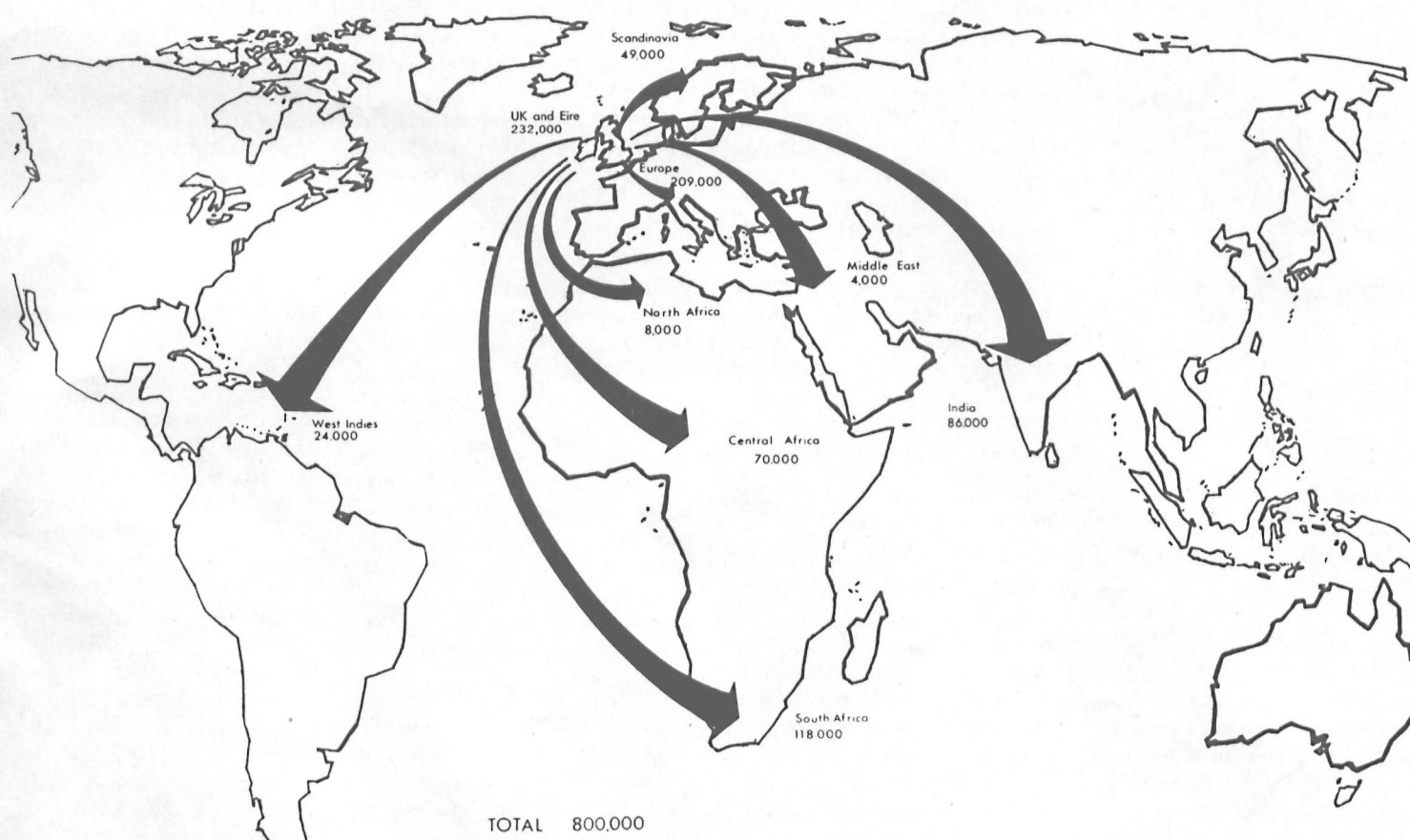
The new larger-capacity computer has allowed us to use the terminals to their fullest capacity. Previously we were only able to enter material into the terminals, but now we are "on line." This simply means we have direct access to a subscriber's record. By keying in just a portion of a person's name and address we can display his computer record immediately.

So we are not only able to enter material into the computer but now receive a direct, immediate answer.

As a result many additional steps in the processing of the mail have been eliminated, making the whole operation smoother and much faster. Now we can change a person's address, send literature and in other ways update a person's computer record in one swift operation at the terminal.

Consequently, the many thousands of subscribers are now served faster and ever more efficiently.

Plain Truth circulation from Bricket Wood



WORLDWIDE SERVICE Diagram shows the areas served by Bricket Wood and the number of *Plain Truths* currently being sent to each area. [Artwork by Robin Jackson]

Teens come to college for summer

by DAVID SILCOX

BRICKET WOOD — The summer months of June, July and August usually find the student population at the Ambassador College campus in Bricket Wood drastically depleted.

The diggers leaving for Jerusalem, students going to Big Sandy to work, and others departing to visit relatives or to take trips all help to leave the dormitories very sparsely populated.

This creates problems also for department heads who find they are very short-staffed over this period.

Teens Invited

This year, however, teen-agers from various areas of the British Isles and Europe were invited to come to Ambassador College for five weeks to work and experience a little of what life at Ambassador is really like.

Mr. Paul Suckling, director of the Summer Educational Program (S.E.P.) in the United Kingdom, supervised the activi-

ties of the teens on campus. He was assisted by Andrew Silcox, 1972 graduate and Imperial teacher, and third-year Ambassador student Sharon Muehlbauer.

Each teen-ager was assigned a room in the dormitory with college students, and all meals were eaten in the college dining hall.

The teen-agers were assigned particular departments in which to work. This included working on the grounds, with janitors, on the paint crew and in the kitchen, and each teen-ager worked up to 40 hours per week.

A full program of social and sports activities was planned, including sing-alongs, barbecues and the ever-popular weekly soccer matches against the college faculty.

It was during one of these matches that the only injury of the whole summer occurred. One of the teen-agers from Scotland suffered a broken nose.

A day trip visiting the sites in London was organized. This

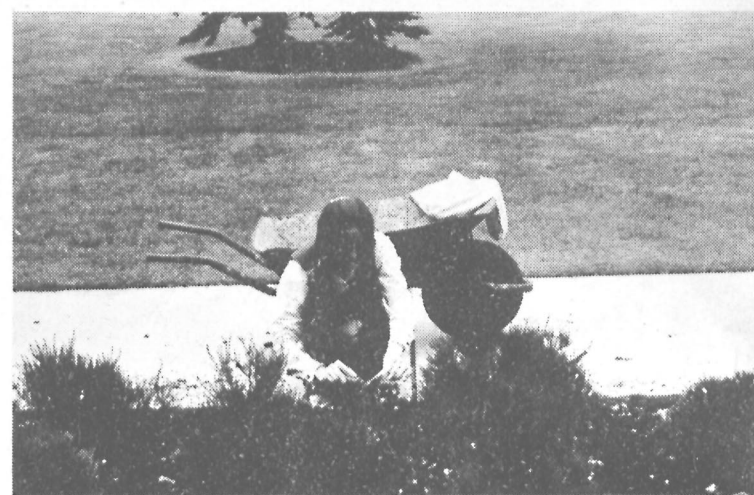
proved particularly successful for those young people who had come over from France, Belgium, Holland and Germany.

Tuesday and Wednesday mornings were particularly exciting periods. Water skiing was available for everybody on the nearby lakes. Equipment normally used at S.E.P. was made available for the teen-agers, and many experienced the thrill of skimming across the water for the first time.

An important goal in bringing the teen-agers on campus was to enable them to experience college life as much as possible.

Dr. Meredith as Evaluator

With this in mind speech clubs were arranged for the boys and girls on Monday nights. These clubs were patterned exactly after an Ambassador Club format. The final evening was particularly enjoyable as boys' and girls' clubs were combined and Dr. Roderick Meredith was invited as overall evaluator.



TEENS VISIT COLLEGE — ABOVE: A British teen-ager tends the college grounds at Bricket Wood as part of her summer stay, which includes employment and recreation. See story on left. BELOW: Mr. Tom Lapacka, local elder from the Lenoir, N.C., church, along with his wife Linda watch one of many North and South Carolina teen-agers they brought down to the Big Sandy campus for a week's visit prepare to go off the diving board at Lake Loma. See story below. [Photos by Brian Duffield and Eugene Smyda]



HI-LITES

FROM IMPERIAL SCHOOLS AND TEEN-AGERS AROUND THE WORLD

Being lured by call of the wild? Try hiking in the outdoors

by Al Portune Jr.

PASADENA — It was the end of a long day, but it had been worth every minute of it.

We were bone tired from the long drive and the hike that had brought us to our beautiful campsite on the edge of Charity Creek in the High Sierras of Northern California.

With only an hour of sunlight left, we immediately began to make camp and prepare a delicious dinner in the woods. We knew our first day would be rough, so we had brought steaks, potatoes and other trimmings for a really excellent meal the first night out.

It was a gorgeous night such as you seldom see. Crystal-clear air allowed us to view the Milky Way in all of its majesty.

Conversation soon died and was replaced by the snores of tired but happy hikers on their first expedition.

This was our introduction to our first hiking trip — certainly one of the most enjoyable and exciting recreational opportunities anyone could ever have.

I asked my good friend Dudley Trone, a local elder in the San Jose church, to get together a small group of teenage boys for a hiking trip into the Sierras. He took care of all of the arrangements with the boys, giving them instruction about the type of clothing and food to take and when to be ready.

The beautiful thing about hiking is that almost anyone anywhere can go on a hiking trip with just a few preparations.

One of our main goals on this

trip was to learn the do's and don'ts of hiking. I am sure everyone who went would tell you that he learned a great deal that he didn't know before he left.

How to Prepare

How do you prepare for a hiking trip anyway?

The first thing we did was to



go to the library and get several books on the subject. There is literally a wealth of information about hiking in the library.

Decide where you want to go and how much time you want to spend. The Forestry Commission will offer advice on any area you want to hike in. They have officers and rangers in various areas and they will be only too pleased to give you advice.

In some areas you may require a permit to go where Forestry Commission land comes down to public waterways. For example, Forestry Commission land comes down to the banks of Loch Lomond; a Forestry Commission permit is required for camping on the land and one permit from

the Water Authorities is required for fishing in the loch.

You might also ask questions about fire hazards or any other things which you may think of.

With a map in hand you can very easily plan your itinerary. Most of your trails will be interconnecting. It's a simple thing to plan a tour that will bring you back to where you started.

The basic question many will ask is, "How far should we go each day?"

Personally, I think that is up to the individual. It depends on the age of the people who are going; it depends on their physical condition; it depends upon what you want to do while you are hiking. We hiked about three miles and made a base camp. From there we planned our daily activities.

One day was spent in fishing, another in a hike and yet another in just sitting around the camp talking and enjoying the scenery. You may want to keep moving for a period of several days. Each group should decide what is best for it.

What to Take

What do you take when you go hiking? Obviously there are hundreds of things you could take, but what should you take?

Something every hiker learns the first time he goes is that you must travel light. There are certain necessities, however, that you must have on a hiking trip.

First of all, your sleeping gear. I would recommend a lightweight sleeping bag. I used a three-pound nylon bag, dacron filled.

In addition, I took a four-pound pad to put under my sleeping bag.

Be sure you take some waterproof equipment such as a poncho — which you can purchase at most sporting-goods stores. It will keep you dry in case you get into a rainstorm and can be used under your sleeping bag in clear weather to keep moisture away from your sleeping gear.

Next you need a haversack. There are dozens of different kinds available. We used the larger-type sacks with lightweight frames.

All the books were fairly clear about how much weight you should carry. It is recommended for men that they not carry over 35 pounds. For women the weight is 25 pounds.

I certainly recommend that you heed this warning. I didn't and paid the penalty. With my sack fully loaded I found that it tipped the scales at 47 pounds, and yet it seemed that I needed everything that was in there.

The weight problem was caused by taking too much food along. (Perhaps if a number of you are going out together, you could split up the food carrying, as well as the food cost!)

I would recommend that you make out a menu for the number of days that you are going to be gone. This way you will know how much food you need and you will know how much to eat while you are on your trip.

What Kind of Clothes?

Next comes your clothing. Once again, travel as light as possible. We were gone for five days and I only took one pair of trousers. I had two or three T-shirts which I could wash out if necessary. I also took a light
(See HIKING, page 15)

Carolina teens visit Big Sandy

BIG SANDY — Fourteen-year-old Norene Hyde of Alexis, N.C., was one of 27 teens from North and South Carolina who recently spent nearly a week on the campus of Ambassador College here.

Along with her companions she slept in a college dormitory, ate in the student dining hall, watched TV in the student lounge and by and large got a feeling of the campus that the average visitor never gets.

Just prior to her departure back to North Carolina she was spending an afternoon in the sun at Lake Loma where she told *The Worldwide News* that "seeing Ambassador College firsthand makes me want to attend here even more once I graduate from high school."

And according to Mr. Tom Lapacka, local elder from the Lenoir, N.C., church, it's a feeling shared by many who made the 2,000-mile trip to Big Sandy and back.

"This sort of trip gives one a realistic view of the college . . . , what the students are like, what the environment has to offer," he said.

Mr. Lapacka, once himself a student on the Big Sandy campus, guided the group.

"The whole trip was suggested by Mr. Don Smith, pastor of the Charlotte, N.C., church and made possible by an overhauled school bus which the church bought recently," stated Mr. Lapacka.

He went on to say: "With the bus we are able to take longer and more extensive trips. This group, which included chaperons and five widows, made the trip at only \$45 a person."

Californian Teen travels U.S. on savings

BIG SANDY — Two months ago Lee Allison, 18, from Lynwood, California, dipped into his savings to buy a bus ticket that has taken him to places he has always wanted to see: Big Sandy, Houston; San Francisco; Salt Lake City; Denver; Orr, Minn.; Chicago; Montreal; Toronto; Boston; New York; Washington, D.C.; Fort Lauderdale; and New Orleans.

Lee described the adventure in these words:

"Here you study about a country, live in a country, so I set a goal I was going to see it. I didn't know how or when, but I started saving my money. Just before I graduated this year I heard about Greyhound's 'Ameripass'."

The rest is history. He bought the pass for a mere \$150 and

proceeded to see the country from one corner to the other at his leisure.

When not staying with his friends, his home was the local YMCA.

For food, "I would go down to a grocery store, buy sandwich bread, meat, etc., and make myself sandwiches rather than buy in restaurants. I can make eight sandwiches for the price of one sold in a restaurant."

All of his travelling prompts him to declare:

"There's a lot around you, but you have to look for it."

Lee will be doing more looking in about two years, he says, but for now it's back to school. He is enrolling at Pepperdine University in Los Angeles, where he will major in business administration and communications.

Summer camp in Germany a success for 34 youths

by HENRY STURCKE

DÜSSELDORF, West Germany — Summertime with its warmer weather and the closing of school is a natural time for our local churches to conduct large-scale activities for young people.

This year the German office in Düsseldorf decided to try a mini-summer camp patterned after the Summer Educational Program which for years has proven so successful in the U.S. and Britain.

From the 15th to the 20th of July, 34 young people from Germany, Austria and Switzerland, ranging in age from 7 to 16, took part in the activity in the beautiful Sauerland area near Wuppertal in Germany, about an hour's drive from Düsseldorf.

The camp consists of a bungalow which provided sleeping and washing facilities and a kitchen for the 23 girls who attended.

The 11 boys slept outside in a rented tent. The bungalow belongs to a nearby farmer who leases it to the YMCA, which in turn manages and supervises the place for the use of youth

groups.

According to Mr. Frank Schnee, German office manager:

"We are planning to have such an activity twice a year — one in the winter and one in the summer — since the German schools break up their vacation in that way.

"The children all seemed to enjoy the opportunity, and the parents have said that the children all came back enthusiastic."

One parent wrote to Mr. Schnee:

"The boys returned home safely in an excellent attitude and bubbling over with happiness and enthusiasm. This first camp experience therefore has been successful! We do want to extend our thanks to you and all of those who had a hand in it."

"I am delighted at the prospect of future youth activities for the church children," the note continued. "They badly need this sort of thing, since they have to step back in so many school activities taking place on Fridays and Saturdays."

Disease

(Continued from page 10)

item from Scotch broth to French mustard — why? It pays — people like it.

In Britain in the last 150 years, the consumption of sugar has risen six-fold to reach the staggering total of 115 lbs. per person per year! More than two pounds per week — much of it in convenience foods. Sugar gives nothing but pure calories. But it robs the body of vital B vitamins in the process of being burned up. Taken in these quantities it strains the insulin producing glands to breaking point leaving many with *diabetes*. And, of course, the link between high sugar consumption and *heart disease* has been known for many years. Another diet induced condition is *gall stones* (present in about 10% of adults). The toll of wrong diet is horrifying. Apart from the gruesome statistics already given, we can say this. Three to ten per cent of the population in Western society develops *known diabetes*. And most cases undoubtedly remain *unknown*. Over one third of people past the age of 40 probably have *diverticular disease of the colon*. Beyond 80 it is probably two thirds. Ten to seventeen per cent of all adults have varicose veins. "Piles" (haemorrhoids) are present in nearly half of all people over 50. *Cancer of the large intestine* is the second commonest cancer. All of these diseases — and more, e.g., thyroid disorders, rheumatoid arthritis and multiple sclerosis — are rare in cultures adhering to a traditional way of life where natural unrefined foods are eaten.

The evidence is they were much rarer in Western society before the present century. The evidence points the finger strongly at two things — refined foods and a staggering sugar consumption.

The moral is clear. We can afford to do without refined, processed foods. We can only gain by dropping sugar consumption to a necessary minimum. Honey is a better alternative — and even then, a wise man was once moved to issue a warning on that too (Prov. 25:27).



HONORABLE MENTION — Young Ann Tomillo displays her artwork which received recognition. She is one of many pupils in art classes for children in local Florida churches.

Artist teaches class in Florida

by ARNOLD SIMON

ORLANDO, Fla. — Art has come to the central Florida churches in the form of Mrs. Frances Reiker, 66-year-old York, Pa., native who has already created a stir in the Orlando area both in and out of the Church.

Mrs. Reiker pioneered art classes in the District III recreation facilities of Brevard County, Fla. She holds regular art classes each winter in Port o' Call, a trailer community.

While living in Pennsylvania she taught beginning art to a church family. She decided to continue teaching free art to church members when she

moved down to the Melbourne, Fla., area.

When the classes were announced, students from pre-school to retirement age showed up and after the 10-week course was completed she had 13 graduates.

On Thursday, June 28, Mrs. Reiker held an art show to display her students' work. The drawings were done with charcoal and divided into four categories: still life, landscape, portrait and animal.

Betty Maxey, a local artist, judged the 15 exhibits and selected 20 winners.

Mrs. Reiker is planning on continuing and expanding the classes to cover a larger area, since class sizes are limited.

Classes are held in private homes or yards.

Hiking

(Continued from page 14)

nylon jacket which acted as a windbreaker as well as something to keep me warm. In Britain it's best to include a sweater with your gear to help supplement a nylon jacket or anorak. Also, if you have included adequate waterproofs, you won't need to carry the added weight of a complete change of clothing that you ordinarily would in case of rain.

Of all your clothing I would certainly recommend that you be the most careful with your footgear. Be sure you have a good pair of boots that are well broken in before you leave. Try to get hold of a pair that are big enough for you to wear a couple of pairs of thick socks with — your feet will last longer!

Miscellaneous

After food and clothing comes your miscellaneous gear. You will need a mess kit and possibly certain other utensils. We took a Teflon frying pan with a collapsible handle. This proved very valuable; the messkit frying pans are very small.

We had other utensils as well, such as knives, forks, spoons. Some of the other things you will want to remember to take are insect repellent, a first-aid kit, a good knife, matches, sunglasses and a hat.

Respect the woods when you enter them. Be careful with fire! When you build a fire, build it in an area which has natural insulating material if at all possible.

We found a little area which was very rocky and had almost

no wood lying around. We cleared away pine needles and other brush before building our fire. In this way it greatly reduced any chance of a fire getting out of hand.

Our hiking was extremely rewarding in many ways. But perhaps the greatest blessing to me was that of being with a group of teen-agers for a period of several days.

We talked about many things and had the opportunity to learn on a firsthand basis. We let each boy be completely responsible for himself. He took care of his own bedding and his own cooking.

Some boys had pine needles or dirt in their food some of the time, but it didn't kill them and they learned a great deal. They learned how to respect wild animals, and they learned some woodsmanship that may stand them in good stead in the future.

Try It!

Get together with another family or a group of young people and find the excitement and adventure in planning a trip such as ours. You'll probably think of things that I haven't mentioned in this article. Good areas in Britain for hiking are the Lake District and Scotland, but without doubt there will also be ideal areas fairly close to your home.

This article is only intended to stimulate some ideas on your part.

Rekindle a little bit of that pioneering spirit. Get yourself a haversack and a few enthusiastic people and take off on an adventure that is destined to be one of your fondest memories.

(Editor's note: This article has been adapted for the European edition.)



MINI-SUMMER CAMP — Shown are participants of the German churches' mini-summer camp after a three-hour hike in the Sauerland area. The complete story is given above. [Photo by Anton Tripp]

Big Sandy pursues accreditation, seeks separate incorporation

PASADENA — A special announcement from Mr. Garner Ted Armstrong recently revealed that among other far-ranging talks with his father during his recent South American visit, whole approval for the separate incorporation of the Big Sandy campus has been given.

Incorporation has become necessary in order to seek accreditation, according to Mr. Armstrong. Many details remain to be cleared up, including investigation into the tax-exempt structure of Ambassador College in Big Sandy.

According to Mr. Armstrong, the selection of the board of trustees is already under way and will include several persons from the East Texas area, as well as a number of outstanding brethren in the Church from other parts of the country. Mr. Herbert Armstrong will be chairman of the board and Mr. Ted Armstrong vice chairman.

"Following the selection of the board at least two resolutions will be effected which will commission the Big Sandy administration and faculty, one, to separately incorporate and, two, to pursue accreditation," Mr. Armstrong said.

Work is also proceeding on the adaptation of a separate catalog for the Big Sandy campus along the lines of that of Bricket Wood in England (separately incorporated many years ago) "which will embody all of the principles of the Pasadena catalog, stating as succinctly and

clearly as possible the real goals of Ambassador College," Mr. Armstrong explained, "and it is hoped that accreditation for the Big Sandy campus can be achieved within a very few years."

"The dean of the faculty, Dr. Donald Deakins, will be working closely with members of the Southern Association as well as Deputy Chancellor Ronald Dart and other members of the administration and faculty in seeking for Ambassador College, Big Sandy, the recognition we feel is many years tardy," Mr. Armstrong said.

Personal

(Continued from page 4)

ability to find the wherewithal to pay the enormous bills that come piling into headquarters every single week.

As all of you know through the coworker letters and earlier articles in the *News*, we have been operating at a minus increase this year, and unless there is a dramatic upturn of some sort between now and the end of the year it appears we will have dropped behind last year and that we can only expect a further deterioration in 1974.

Unless God Almighty can stir enough of us deeply enough in our prayers and our personal lives so that we can be instruments in His hands to be used more effectively in our own personal calling in the Work, as well

"This will also open for us the opportunity for students having access to GI financing and allow the college to accept foreign students, which has previously been an impossibility."

The Southern Association of Colleges and Schools, Atlanta, Ga., is the accrediting association which covers the area that includes Big Sandy.

The board members and the structure of the organization will be covered at some future time in the *News* when each prospective member has been contacted personally and the structure of the board has been finalized.

as bringing additional thousands and tens of thousands among us to help shoulder this crushing financial burden, it could (and I am not merely crying wolf) become likely that we shall have to experience a straight 10 or 15 percent cut right across the board in every facet of the entire Work.

This would mean a 10 percent cut in television, 10 percent in radio and 10 percent in the presses, the colleges and every other facet of the Work, including ministers, automobiles, furbishings and all equipment and tools which are presently being used in conducting the Work.

It is so difficult to express myself in this area, because I know, as I believe *all* of our ministers are aware, that the broad majority of all of our brethren are giving clear up to and in many cases beyond any normal capacity for giving, and that their whole hearts, lives and beings are dedicated to and involved in this Work.

Still, the financial crunch appears to be perennially with us.

When the Television Department tells me that a station in a big city wants to charge us \$600 for only one-half hour at 6:30 a.m. in the morning when only a tiny percentage of television sets are on and I quickly add \$600 times five days per week times 52 weeks per year, I am staggered at the immense price tag placed on putting our television program before the general public when much of the general public is not even up and watching and listening.

Of course, it is (I hope!) a blessing for the Church to be able to see the telecast, but after all the telecast is not really teaching or feeding the flock. But at least it does serve to keep us all knit together in having a *feel* for the Work and feeling a part of the Work as we can experience, vicariously, the impact the telecast may have upon others who are not yet called.

I honestly believe that the most serious need for God's Church today is that of deep, prevailing and continuous prayer — taking a serious look inside our own selves, our own hearts and minds, asking ourselves what are our short-range goals and our long-range goals.

Do our short-range, immediate goals blend into and become a part of the ONLY long-range

goal that is worthwhile in this life?

I view the United States economy, which is reacting with shuddering shocks over a deep meat shortage, wheat shortage, skyrocketing prices, greedy, voracious hoarding of existing food stocks, a weakening of the dollar and the tax on the dollar abroad.

I view all of this from the window of powerful nations abroad, even some of lesser countries such as Brazil and Argentina, where the American dollar is no longer an asset in people's pockets but a liability.

And I was absolutely shocked to see prices virtually the SAME in these countries as at home. In years previous I was able to experience a tremendous purchasing power with my dollars when I went into comparatively underdeveloped countries abroad. It really comes home that we are in the midst of a last-ditch economic CRISIS in the United States of America.

Back in the early '50s when I was in Argentina with Dr. Benjamin Rea (the former dean of the faculty at Ambassador College in Bricket Wood, deceased), I remember well purchasing a succulent four-inch-thick steak which I asked the waiter to take back and "butterfly" because of its thickness for — would you believe? — 50 cents!

On this trip to Argentina I was unable to buy a steak even one time in a restaurant during our four days or so there, and when I could buy lamb chops they cost approximately the same as in the United States!

As I have at least hinted in previous letters in the *News*, there is going to come a time very soon in our tottering economy when our paper money (which after all is only paper and is not based upon any heavy metal these days!) will be worth approximately the same as yesterday's newspapers — or even less, because they will not start fires anywhere near so easily and the reading matter isn't all that interesting!

It brings home to me more and more then how urgent it is we use the mammon of this world *while we can* for the only really great cause and purpose that should excite and inspire us, before the bottom drops out of *everything* and we are no longer able to be involved in this great Work to which God has called us all.

We will be in the midst of a whirlwind of television programming and preparation for the opening of all three of the colleges and the influx of the largest student body in the history of Ambassador Colleges by the time you read this biweekly letter in the *News*.

All of this seems ironic — that we are seemingly absorbing the great risk (not a risk, really) of inviting so many more of the sons and daughters of the faithful brethren of this Church, and many outsiders, to the halls of Ambassador College at the precise time when we are in such a deadly serious crisis in the entire economic structure of the Work.

However, as I have explained in past articles and "Personals," we are not going to be able to increase the student payroll by

one red cent this coming year, and even though there will be some spin-off in food costs, dormitory and housing facilities, etc., which we will experience, we are still going to keep doing the job to which God has called us all in spite of every obstacle, as long as God gives us strength.

In Christ's service,

Garner Ted Armstrong

Laws written for employees

Editor's note: The first commandment for employees has to do with loyalty to one's employer, according to Vivian Pettyjohn of Pasadena, Calif., who wrote the following "Ten Commandments for Employees."

by VIVIAN PETTYJOHN

1. Thou shalt have no other company before this one in thy loyalty.

2. Thou shalt not be a job hopper seeking work with another company and doing less than thy best for this one which pays thy wages.

3. Thou shalt not pass confidential information to another company or person outside this company.

4. Remember the working day to keep it wholly for good work.

5. Honor and respect thy employer, supervisor and fellow workers.

6. Thou shalt not kill time or knowingly cause injury to a coworker's feelings or confidence.

7. Thou shalt not be unfaithful to thy company in thought or deed.

8. Thou shalt not steal from thy company's good name, time or possessions.

9. Thou shalt not bear false witness or gossip about any company personnel.

10. Thou shalt not covet thy coworker's position, title or salary, but thou shalt determine to be the best employee that *thou* canst be.

Computer

(Continued from page 12)

special treatment was required. It needed a complete air-conditioning system of its own and it also required a specialized fire-extinguishing method.

The computer can be viewed by visitors to the complex from an adjacent office, because in this section the partitioning includes viewing windows.

Following the completion of all the internal partitioning and flooring came the installation of the furniture. Desks, cabinets and office equipment were moved in from both the college and the Press Building.

And now, finally, the fruit of the many months of planning and preparation is being felt. Open-plan offices with clusters of blue-and-beige desks atop a soft, orange carpet give an air of restful efficiency.

As we look over the complex, now a hive of industrious effort, and through the glazed panels to the new computer, we cannot help but feel that God is opening the door wider in Bricket Wood.

With a *Plain Truth* circulation of 800,000 in four languages spread over 160 countries, we look forward to our one-millionth subscriber.



WASHINGTON REGIONAL CONFERENCE — Time out between meetings gave old friends a chance to see each other again. Pictured here enjoying a meal are, from left to right, Mr. Dave Stevenson, Mr. Britt Taylor and Mr. Gary Pavlo, all ministers in the Washington, D.C., area. [Photo by Dexter Faulkner]

Teamwork

(Continued from page 1)

pect of the conference was its openness. Many feel Mr. Antion's concept of workshop meetings where give-and-take interchange of ideas can take place has proven to be extremely effective.

The Cincinnati conference almost got off to a literal bang as midnight bomb threats twice interrupted the ministers' sleep at the Burr Oak Lodge.

The threats were reportedly

linked to conflicts over union attempts to organize labor at the lodge and were designed to disrupt lodge service and inconvenience guests.

All they accomplished was providing a little excitement and promoting early-morning fellowship in the parking lot.

Mr. Westby later summed up the conferences by stating:

"The material covered should aid the regional ministry in doing an even better job of feeding the flock of God which is among you..."