

LOOK UP...

"... FOR YOUR REDEMPTION DRAWETH NIGH"

The Stone of Destiny leaving Egypt



Why is this stone so important and where is it going? For the story behind this stone and a brief history of its travels, see page 4.

September/October

1996

SEEK YE FIRST THE KINGDOM OF GOD

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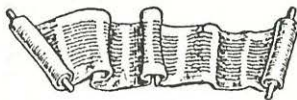
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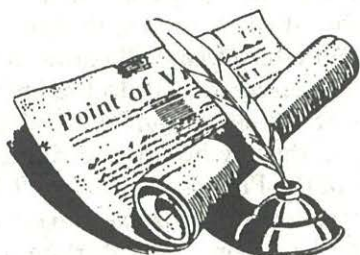
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Authors alone are solely responsible for the views expressed.

Point of View

Editorial



During a recent talk with some friends, who attend a local church, it was again confirmed to me the lack of understanding and knowledge of God's Laws and of His Kingdom on earth. When I expressed the view that one day there will be no more interest and debts will be cancelled every sixth year, I got the feeling that in their minds they were still trying to defend the present Babylonian System. One of them stated that because of the change of government we can expect a conservative change back to moral values and a more just society.

It is absolutely imperative when you discuss the economics of God's Kingdom that you erase from your mind the economic polices of the system under which we exist. During this talk I expressed the opinion that I am amazed how difficult it is to get across the idea that not too far in the future we all will be living in a society where the needs of the people will be met. To be specific such a condition within our nation will not immediately be as stated above, but with the presence of Christ and those who are to

rule with Him equity and justice will be soon coming.

To many it is difficult to express these ideas because of the spiritualising of so much of Scripture and because a heavenly bliss is the expected outcome for all Christians. They say there is no need for nationhood, citizenship, economic laws, etc., in Heaven there is no need to even consider the Laws that relate to a literal Kingdom on earth. Church membership and being saved are the two priorities of "Christians" today. Even the death penalty is not to be considered a deterrent, because according to another acquaintance this does not give the murderer the chance to become a Christian. I am absolutely amazed at the shallowness of their thinking. Very few have the desire to want to know anything about God's Kingdom on earth and how it will function. Now I will admit we all have a lot to learn and even rethink our own ideas, but like any subject there is a lot to know. The leaders of the churches have generally put into the "too hard basket" the subject of His earthly Kingdom and the economics of how it will function.

The Port Arthur tragedy highlights the possibility of a completely unexpected event occurring. Before that tragedy no one would have thought it possible that the peaceful resort would be shattered in such a manner. I personally see that tragedy not just a gun issue but is a reflection of a society that is being

torn apart at the edges. Because our leaders will not consider God's Laws as a solution in these matters, I can see further tragedies happening again. Due to our national sin such tragedies will slowly bring about a positive change. Individual men and women will be raised up to prepare Israel to be restored as a servant people. But of course we must see the need to change to God's Laws in all the lands appointed to Israel, not just in Australia.

Whilst the person I was talking to showed some interest in the need to understand the meaning of words, a couple of times when we talked for a few moments on some controversial matters the reply was, "such matters are not important." In passing, before we jumped to another subject, I expressed the view, that it may not be important to some people, but it still does not deny the proven facts. And that a lot of circumstantial evidence can not be put aside just because we do not see the need for such information. May I draw an analogy, before powerful telescopes were around to pick up the farthest planet in our solar system, namely Pluto, a number of scientists said that there had to be another planet out there, based on purely maths and certain natural forces in the universe. Now, for the scientists concerned the final discovery of Pluto not only proved the mathematical formulas but to the scientific world was of great interest. But to the average person in the street, what does it matter? However, is anyone going to deny the existence

of Pluto; of course not. The facts are there to prove the existence of Pluto, but does it mean that because nearly 100% of the earth's population do not care whether it exists or not, that therefore Pluto will disappear? Of course not, the same reasoning applies to the literal existence of the Kingdom of God on earth and to those who are the rightful inheritors of the Promises (Romans 9:4).

The Scripture talks of the darkness outside the Kingdom. This darkness, I believe is where those who are not prepared to live under God's Laws are to be sent or allowed to exist. The "New Jerusalem" will be the hub of the Kingdom of God on earth, it will have boundaries according to the lands appointed by God for Israel. Other countries will soon learn of the benefits of keeping God's Laws and they will eventually want to be a part of this overall plan for mankind. But in the meantime Israel will have to get their own house in order. Eden will be eventually restored in true Israel within the boundaries of their appointed lands. I am sure individuals from outside Israel will be part of the Kingdom of God on earth, just like those who stayed in the houses with the sign of the blood on the lintel, when in Egypt; no matter who they were they were saved from the angel of death. The big difference in the future is that the laws are to be written on the hearts of the many who have been chosen to rule and with the citizens who have been found worthy of such a position.

The panoramic picture of a restored Israel with laws, appointed lands, and Christ ruling with His Government is

beyond belief for most people. When Christ said, "A new commandment I give unto you, that ye love one another," in reality it was not a new commandment for such a commandment is to be found in Lev. 19:18 and other places of the Old Testament. It was only a new commandment when Christ expressed it, because such laws had been forgotten and not taught by the temple leaders. It is the same with the message of the Kingdom of God on earth and the Identity teaching. Such ideas were more openly expressed and believed down through history, but in recent times, especially since the second World War, these beliefs have been hunted from the teaching colleges. As a result the people in the pews know

nothing of these beliefs and how we can look forward to the future with a firm belief that the God of Abraham, Isaac and Jacob has not forgotten His people nor His promises of abundance.

As we live out our last short period amidst a decaying money controlled system, may we prepare ourselves for the duties and responsibilities set for us, in a Kingdom where we will buy without price (Isaiah 55:1). Whilst all around us doubts abound, the reality of an earthly Kingdom is sure. We remain a very small minority, but we can be assured that what was written before was for our instruction, that we through patience and a comfort of the Scriptures might have hope, (Romans 15:4).



Bridal Presents

"The servant brought forth jewels of silver, and jewels of gold, and raiment, and gave {them} to Rebekah." (Gen. 24:53).

1. Rich and splendid apparel, especially such as was adorned with gold, was very general among Eastern nations from earliest times, and is still quite common. Reference is made to this in Psa. 45:9, 13: *"Upon thy right hand did stand the queen in gold of Ophir." — "Her clothing {is} of wrought gold."*

2. These beautiful and costly bridal-presents are given to the intended bride by the expectant bridegroom for the purpose of binding the contract.

Manners and Customs of the Bible
J. Freeman



This year is the 700th anniversary since Edward I removed the *Stone of Destiny* from Scotland to England. According to the *Times* newspaper, July 4, 1996, John Major, the British Prime Minister has decided to send the *Stone* back to Scotland. Queen Elizabeth II was required to and did give her approval.

The following article is a brief history of this most important ancient Israel symbol.

The History of the Stone of Destiny

C. McKelvey

We read in the word of God that Jacob left his Father's House in fear of his life. He had deceived his father, taken the Birthright from his brother, and was fleeing from his brother's anger. It was all so unnecessary, as God had already promised him the Birthright and, therefore, it would have to come to him in God's own time. Yet, influenced by his mother, he could not wait.

On that first night away from home "He lighted upon (came to) a certain place, and tarried there all night, because the sun was set; and he took of the stones of that place, and put {them for} his pillows, and lay down in that place to sleep. And he dreamed" (Genesis 28:11-12). In this dream he was assured by God that the Birthright would be his, that he would return to his own home, and that God would keep and protect him in the years to come.

We then read, "And Jacob awaked out of his sleep, and he said, Surely the Lord is in this place; and I knew {it} not. ... Jacob arose up early in the morning, and took the stone

that he had put {for} his pillows, and set it up {for} a pillar, and poured oil upon the top of it," and in so doing he said, "And this stone, which I have set {for} a pillar, shall be God's house." (Gen. 28:16, 18, 22). Thus there came into being an anointed or Messiah Stone, sacred from that moment onward.

Originally it was a stone of no value, picked up at random from the wayside but in that act of anointing with oil it became the House of God, the most precious and sacred stone in the whole world. Twenty years later the Lord appeared into Jacob and said, "I {am} the God of Bethel (the House of God), where thou anointedst the pillar." (Genesis 31:13). Thus God associated himself with the Stone or pillar of the Covenant.

Let us pass on to the period of Israel's wanderings during which once more a stone comes into the picture. Israel is suffering from lack of water and is in fear of perishing in the wilderness, so Moses prays unto the Lord and is commanded

to speak unto the Rock. As a result water comes out of the rock in such a heavy flow that the whole camp of some three million people is supplied, and what is more, the flow is constant.

There is no evidence that a river began at that point and twisted backwards and forwards as Israel moved from place to place. In fact, the evidence is all to the contrary. Israel took the rock or the Stone and carried it for forty years in the wilderness.

In the New Testament we read, *"And the Rock that followed them was anointed"* (I Cor. 10:4). Thus, the anointed Rock became their water supply. Later, when again there was a water shortage, Moses was told to speak to the Rock, but instead of speaking he struck the Rock and in so doing raised his hand against the Lord's anointed and forfeited his right to enter the promised Land.

In spite of all he had done as the servant of God, this was an unforgivable act and Moses had to be punished. To meddle with what has been anointed with oil unto the Lord is dangerous.

Passing on in Israel's history we come to the time when David is made King. David was selected of God to be King over Israel and given *three everlasting covenants* and a *great promise*. These covenants are of such supreme and vital im-

portance that God bound them to His own Holiness. They are:

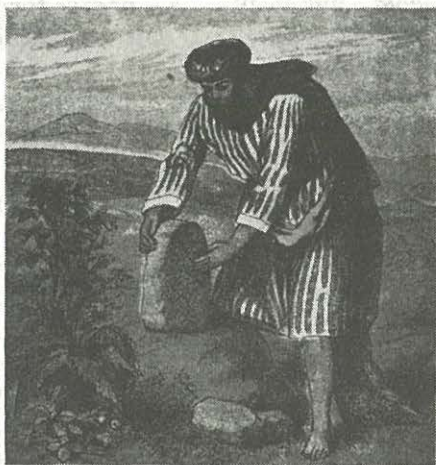
- (1) An everlasting Royal seed.
- (2) An everlasting Throne.
- (3) An everlasting Kingdom.
- (4) A land of security for His people.

In the 89th Psalm verse 3 we read, *"I have made a covenant with my chosen, I have sworn unto David, my servant: Thy seed will I establish forever, and build up thy throne to all generations."*

Again in verses 34-36 we read, *"My covenant will I not break, nor alter the thing that is gone out of my lips. Once have I sworn by my holiness that I will not lie unto David. His seed shall endure forever, and his throne as the sun before me."* And in verse 20, *"I have found David, my serv-*

ant; with my holy oil have I anointed him." Here is the *everlasting Seed, Throne and Kingdom* that must endure through all generations.

Let others belittle these promises as they may, but let them remember they are not belittling the faith of those who believe in the identity of the British people but belittling the Holiness of God to their condemnation. We believe the promises were made; we believe the covenants have been kept; we believe in the Holiness of God; we believe that David's seed, throne and kingdom are function-



Jacob preparing to anoint the Stone

ing in this generation.

This great promise is again given to us in II Samuel 7:12-16, and this time the Land of Security is also promised. *"I will set up thy (David's) seed after thee, which shall proceed out of thy bowels, and I will establish his Kingdom. He shall build an House for my name, and I will establish the throne of his Kingdom forever. ... But my mercy shall not depart away from him, as I took {it} from Saul, whom I put away before thee. And thine House and thy Kingdom shall be established forever before thee; and thy Throne shall be established forever."*

Again, we read in verse 10, *"Moreover, I will appoint a place for my people, Israel, and will plant them, that they may dwell in a place of their own, and move no more; neither shall the children of Wickedness afflict them any more, as beforetime."* The Throne, the Seed, the Kingdom, the Land of God's Holiness would be eternally lost if these promises were ever to be broken.

There are yet to be added two more very important factors. One is to be found in I Chronicles 29:23. *"Then Solomon sat on the Throne of the Lord as King instead of David, his father."* The Throne of David is here given its rightful name and place in Israel. It is the *Throne of the Lord*. This makes the Throne of David the most sacred and hallowed of all the material things on earth. The other factor to be considered is that the Kings of Israel belonging to David's Line were enthroned standing beside a Pillar. We read in II Kings, 11:14, *"The King stood by a pillar, as the manner was."* This is re-stated in

other places in the books of the Kings. Thus we sum up:

1. The Throne of David was to be everlasting.
2. It was really the Throne of the Lord.
3. David's seed was to occupy it for all generations.
4. It was always to be in the midst of Israel – the Kingdom.
5. It was a pillar, or stone, or Rock– three names for the same thing.
6. It was anointed.

We now pass on in time to the year 975 BC when the Ten-Tribed House of Israel walked out of the Kingdom and refused to be governed by the House of David, and so David's Throne, Seed and Kingdom were vested in the Two-Tribed House of Judah.

We span another 350 years. The House of Israel has been removed from the Land of Palestine for over 120 years. Nebuchadnezzar is storming the land of Judah. The House of Judah is doomed to go into captivity; therefore, it seems as if the Throne and Seed of David must come to an end. Yet out of the darkness rings the Voice of the Prophet. We read, *"David shall never want (lack) a man to sit upon the throne of the House of Israel"* (Jer. 33:17). And again, *"Thus saith the Lord, If ye can break my covenant of the day, and my Covenant of the night, and that there should not be day and night in their season, {then} may also my covenant be broken with David, my servant, that he should not have a son to reign upon his throne"* (Jer. 33:20-21).

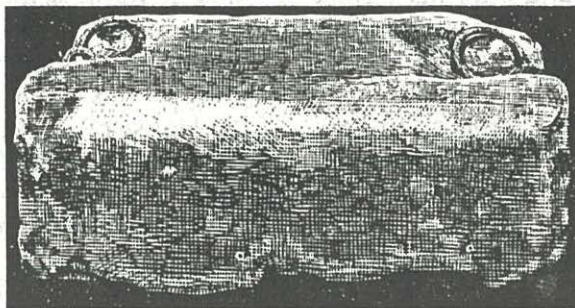
Jeremiah therefore announced that the Throne and seed of David would be

transferred to the House of Israel. Ezekiel the prophet gives us this prophecy in greater detail in Chapter 17, when he informs us that a daughter of the last King of Judah would be planted as a new cedar tree in the House of Israel and would grow into a mighty tree, in other words, would rule over the House of Israel, which would become world-wide in its realm and dominions.

May we pause here to correct something that has been written many times and is not quite scriptural. *That the Throne can have only four moves.* The passage upon which this statement is based is to be found in Ezekiel 21:26-27. "Remove the diadem, and take off the Crown; this {shall} not {be} the same; ... I will overturn, overturn, overturn it, and it shall be no {more} (overturned), until he come whose right it is; and I will give it him." This refers to the Crown not the Throne. It is the Royal House that must be overturned three times and then pass into the Head of the House of David even the Lord Jesus Christ. The Throne must precede or go with each change made in the seat of Government and, providing it is in the right place at the time of a Coronation, is fulfilling its *destiny* and purpose.

Again we are in Jerusalem. The Last King of Judah has lost his sight and is a

prisoner in Babylon. All his sons are slain. The Temple is in ruins, all the Judahites are in captivity with the exception of a few left behind to till the soil. These are too terrified to remain, and flee into Egypt, thus breaking the command of the Lord to remain where they are. We read in Jeremiah 43:4-7, "So Johanan, the son of Kareah, and all the captains of the forces, ... took all the remnant of Judah ... {even} men, and women, and children, and the King's daughters ... and Jeremiah, the prophet, and Baruch, the son of Neriah. So they came into the Land of Egypt."



A drawing of the Coronation Stone showing the iron rings by which it was carried

Bible History concerning this matter ends here. What became of the Throne of David? What happened to David's line or David's Kingdom? Answer as we may, doubt as we will, God's

Honour and Holiness is at stake. Somewhere, somehow they must still be in existence, and wherever they are to be found they will be operating as one in the land of security. As believers in the Lord *we seek no proof, we rest in faith.* God has declared it, it must be true.

Yet proof exists, for when we turn to Irish History of about six hundred BC, we learn of the arrival in Ulster of a Hebrew Prophet called Ollam Fodhla. Thomas More records in his *History of Ireland*, that this prophet brought with

him a crowning stone called the *Lia Fail*, or *Stone of Destiny*, which sacred stone was supposed to have special powers, so much so, that if any unrightful person were ever crowned thereon the Stone would cry out in protest. He also brought with him the Israel Law and two Eastern Princesses, one was married to the King of Ireland and became renowned in Irish folk song.

This Crowning stone remained in Ireland for eleven hundred years.

In 513 AD Fergus I, son of Earca, King of Ireland, went over to Scotland and conquered Argyll, and after his victory sent for the stone and was eventually crowned upon it at Iona as King of Argyll, but the Scots *forgot to send it back*.

This raises the question as to how long a borrowed article may remain in the hands of the borrower before they can claim ownership. The answer is *never*.

The Stone was transferred to Scone in the 10th Century and remained in Scotland until 1296, when Edward I removed it to England. Dr. Brewer in his *History of England*, writes as follows:

"(Q.) How did Edward I greatly offend the prejudices of the Scotch?"

(A.) By taking away from Scone the great stone upon which the Kings of Scotland were accustomed to sit when they were crowned.

(Q.) What did he do with it?

(A.) He sent it to Westminster and there, being framed into a seat, it has been used ever since as the Coronation Chair of England. The Stone was called Lia Fail, and was said to be Jacob's Pillar.

(Q.) Why did he remove this stone?

(A.) Because the Scotch believed that their

Kingdom would be safe so long as they retained that Stone."

This History was written in 1868, and carefully revised in 1875 and 1883.

This brings us up to date and still the question remains, who has the right to the Throne — England, Scotland, Ireland or Palestine? The answer is — *Not one of them*.

The Stone is still and ever will be the *Throne of the Lord*. It does not belong to any nation or land. It belongs to God and is entrusted by Him to the Royal House and Seed of David and is in their possession by right, as the will of God.

We now have to consider the present situation. This brings us to two more great promises concerning the Throne of the House of David.

The first is to be found in Luke Chapter 1:32-33, concerning the birth of our Lord, *"He shall be great, and shall be called the Son of the Highest; and the Lord God will give unto Him the Throne of His father, David. And He shall reign over the House of Jacob forever; and of His Kingdom there shall be no end."*

Jesus, the Son and Lord of David, will take over the Throne and Kingdom of David, and so the everlasting consummation of the promises will reveal God's Covenant as kept in every detail.

We read in prophecy that just prior to the coming of the Lord, Satan will attempt to destroy, or to rule the Kingdom. Isaiah 14:12-13 says, *"How art thou fallen from heaven, O Lucifer, son of the morning! ... For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne*

above the stars of God; I will sit also upon the mount of the congregation, in the sides of the north."

The Congregation is Israel living in the land of security, in the North-West. Satan declares that he will obtain control of this Kingdom and so prevent its falling into the hands of the Lord. If Satan could destroy the Kingdom, the Royal Line or the Royal throne, then, the Lord Jesus would be unable to set up His Kingdom on Earth. He must take over David's throne, there is no other throne for Him.

Satan has come down to earth in great wrath to make his final attack upon the Covenants of God (Revelation Chapter 12).

- (a) Twice he has attempted to destroy the people of the Kingdom in two world wars.
- (b) In 1940 he tried to invade the Land of Security and failed. He may try yet again; but will fail yet again.
- (c) He tried to destroy the Royal Line in the short-lived reign of uncrowned

Edward the eighth. That attempt failed.

- (d) Now there are continual attacks against the Throne, and every time he will fail.

The attack, therefore, has been made against the Throne, the Royal Seed, the Kingdom and the Land. To us, who are watching, here is the four-fold witness of the near approach of the Lord, and we can rejoice in this one fact which stands out in this story of Westminster and the Stone. The Lord will take over that throne. It will be set up in the New Kingdom under its rightful title "*The Throne of the Lord.*" The last scene given us in the Bible concerning it is that once again it is supplying the needs

of the nation. "*And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.*" Revelation 22:1. Let us all rejoice together and watch as true servants of the Lord for His appearing.



The Stone
under the
Coronation
Chair

Courtesy: Covenant Voice & Brith



The Church of England

The Church of England is to have no allegiance with any foreign system. This was made absolute in the words of Article XXXVII, to which Article all Clergy of the Church are still required to subscribe. "*The King's Majesty hath the chief power in this Realm of England, and other his Dominions, unto whom the chief Government of all Estates of this Realm, whither they be Ecclesiastical or Civil in all causes doth appertain, and is not, nor ought to be, subject to any foreign Jurisdiction ... The Bishop of Rome hath no jurisdiction in this Realm of England.*"



Health – THE IMPORTANCE OF OXYGEN

(Part 1 of 2)

R. Gibbons

Breathing

How long can you live without any food — several days? How long can you live with no food and no water — hours? A day or two? How long can you live without breathing — seconds? Or minutes? What would be your most vital requirement then? Oxygen, the breath of life!

"Without the meeting of the air and the blood, the life of the Temple of GOD would end at once. Hence it has been so arranged by Infinite Intelligence that the air and the blood cannot fail to meet. When the River of Life, dark with poisons, flows from the right ventricle of the heart through the pulmonary artery into the lungs, it always finds the air waiting in the tiny breathing rooms." — F. M. Rossiter, B.S., M.D., "Story of the body," P. 124.

What *kind* of air does the blood find waiting in the tiny breathing rooms of our lungs? Most of us are too careless about the quality of the air that we inhale.

Breathing in or inhaling is meant to bring oxygen into the lungs to purify and charge the blood. Breathing out or exhalation is meant to expel a toxic load from the blood, mainly carbon dioxide. Respiration is a dual process of life and death.

Inspire, to live, carries life into the body; and expire, to die, carries death out

of the body. That is, when the air supply is good.

When the air supply is polluted, inspiration carries death into the body. If the inhaled air contains enough poison, death comes quickly. If the air has less poison, death comes in slow degrees, by instalments — that is sickness.

Exhalation

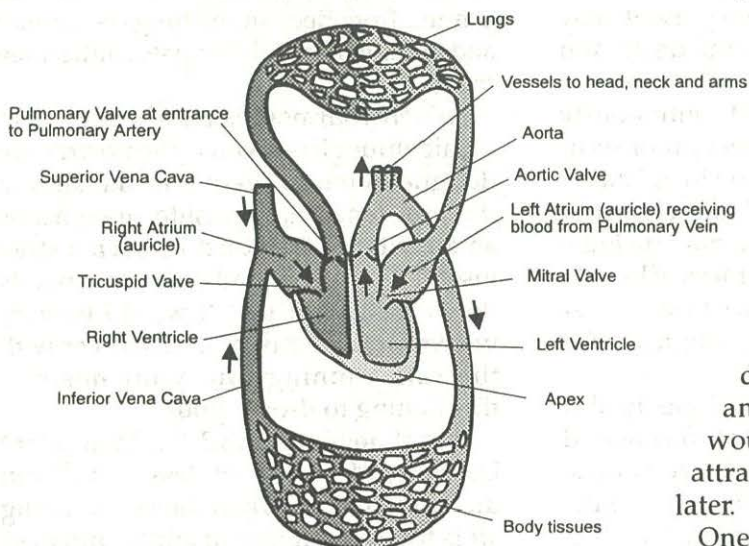
Poisonous gases are collected by the blood-stream from all parts of the body and are set free in the lungs. These gases are acids: carbonic, lactic, hydrochloric, phosphoric and other acids.

In the miracle of breathing, venous blood, dark purplish in colour and loaded with toxins passes through the lungs and is wonderfully transformed in a second as it rapidly unloads the poison and absorbs oxygen in its place to become the bright, scarlet, arterial blood.

Cell Population

Your body actually consists of billions of tiny cells too small to be seen with the naked eye. These are in great variety, different in size, shape, length of life and purpose. For example we have bone cells, blood cells, muscle cells, hair cells, brain cells, skin cells, etc. These very minute, basic organisms have life cycles in which they breath, eat, drink, defecate,

The Vascular System



This is a very simple diagram representing blood being circulated through the lungs for purifying

multiply by dividing and actually cooperate in sustaining your good health, carrying out their Divinely appointed tasks and functions. Believe me, they are very well worth looking after! Cell function liberates into the tissues toxic waste to be transported away by both of those two marvellously designed systems, the lymphatic and the blood circulation.

In order to live healthily and not be prematurely starved, suffocated and poisoned, each of your cells must receive a volume of fluid equal to 2,000 times its own volume, and a volume of oxygen at least 20,000 times its own volume per day. So this helps us to realise why clean air and pure water are vital to the body's living economy, and why we start dying

by degrees by inhaling polluted air. It contaminates the bloodstream, which in turn brings disease to our body tissues. Lack of sufficient oxygen (fresh air) and not enough pure water to drink will bring on headaches, colds and many other problems. To breath smoke-filled air or chemical fumes, drink artificial fizzy drinks and eat greasy junk food would be a witch's brew for attracting ill health sooner or later.

One's blood must be poisoned to some degree for one to become ill. The easiest and quickest way to poison the blood is to inhale a poisonous atmosphere.

Carbon Dioxide CO₂

Carbon dioxide is the product of complete combustion of organic material.

You cannot detect this gas with your five senses because it is odourless and colourless. If breathed in quantities it can cause suffocation simply by excluding oxygen from the lungs. It can be breathed in low concentrations without harm, and there are no injurious after-effects. Normal air contains about one part in 2,500. It is one and one-half times as heavy as air so it tends to collect in calm low lying places such as basements, wells, sewers, mines, etc. The principal danger of

carbon dioxide is a fact that it displaces oxygen. A ten percent concentration, even with sufficient oxygen present, may result in unconsciousness and death. You can appreciate the need for a current of fresh air to pass gently and continuously across your bedroom. Insect proof security screens may need to be installed.

Early symptoms of an elevated amount of carbon dioxide may include: headache, dizziness, shortness of breath, weakness, yawning, drowsiness, sneezing, oppression, languor, coughs, colds and loss of consciousness.

This potentially harmful gas is also present to some degree in fermented products, alcohol, yeast, aerated waters, soda drinks, baking powder, etc., so the food and drinks which contain carbon dioxide gas are of an acid nature. As our normal diet is far too acid anyway, it is best to avoid these items.

Respiration — A Habit or a Gift?

Here are some observations about respiration you may not have thought much about.

Normally, inhalation is followed immediately by exhalation; but after exhalation there occurs a short rest, about one second in length. Apart from the fact that the muscles of the diaphragm (stretched like a floor under your lungs), and the muscles of your rib cage are glad of a brief rest, there is another reason. Those exhaled toxic gases need a short space of time to disperse out of range before you inhale your next breath of (hopefully) clean air containing more oxygen and less carbon dioxide. To further

aid in the dispersing of the stale air just exhaled, we realise that this exhaled air coming from deep in the lungs is warmer and tends to rise and dissipate a little more freely.

When your nose is clear it is good to inhale through it because the nostrils are designed both to pre-warm the air and the moistened hairs inside them act as an air filter to trap dust or even a stray insect. Aren't you glad your nose points down instead of up? It would be very uncomfortable caught in a shower with the rain running into your nostrils, threatening to drown you!

What about S.I.D.S.? (Sudden Infant Death Syndrome). Helpless infants can die in their sleep when the surrounding air is fouled by ignorant adults and their tobacco smoke, or by lack of oxygen, plus too much exhaled carbon dioxide present because of closed windows, recycled air conditioning, other breathing bodies present (families and pets), with no sufficient current of fresh air. Such a tragic death is painless but very permanent.

The Vital Automatic

You must be very glad you don't have to consciously and *deliberately* inhale and exhale all the time. You would soon forget to do it and die. But this absolutely vital process that must go on continuously all day and all night without stopping is actually programmed into our bodies so it is persistently automatic. Sure, we can over-rule it briefly by deliberate choice and thus (a) speed up or slow down the rhythm; (b) breath more

deeply or produce other temporary effects, even to the extent of stopping it, and as we hold our breath the stress builds up to such an overpowering degree that we simply *must* resume our breathing again.

Who then, programmed such an essential, life preserving function into our detailed, complicated system, to begin at birth and to continue so persistently and automatically for so many years of life? Who gives the atheist every breath they take? Did it develop gradually by long ages of trial and error, a biological evolutionary process until it reached a safe, life preserving level? Such an idea of course, is ludicrous and obviously impossible. It must work perfectly from the start, this process of respiration. It was programmed into your complete natal system to operate perfectly, for any failure would bring sudden death. There can be no allowance for trial and error.

Daily Exercise

Regular daily exercise is a must for all of us. A sedentary occupation and remaining still for hours at a time will certainly slow down circulation of the blood and lymph, also cramp and slow down your breathing. Consequently our cells will get oxygen starved and become sick. Body then deteriorates and weakens. Old age creeps over us. So, if sedentary business is necessary, have frequent breaks with some active diversion such as a few exercises and deep breathing. Your brain needs that extra oxygen to operate better.

The best possible exercise would be a

couple of minutes rebounding (bouncing) on your mini-trampoline. We recommend the very best "Rolls-Royce" of exercise rebounders, the "Vitaliser," made robust and neat for lounge room use, here in Australia by Australians. (Vital Rebound Exercisers Pty Ltd. P.O. Box 452, Smithfield, 2164).

Until you invest in a "Vitaliser," here is a helpful exercise for your frequent breaks during "TV adds," at the end of each book chapter, or at the end of your page of writing.

It involves one inhalation with *two* exhalations.

Place yourself in a current of fresh air.

Stand erect. Hold one thumb with the other hand. Throw your arms up high whilst breathing in.

Drop your arms so your inner forearms strike your hips, breathing out. Then immediately bend forward with your joined hands sliding down to your knees for support as you briskly puff out a second time. (The idea is to force out the stale air lingering in the bottom of your lungs.)

Pause a second. Natural reflex will then urge you to start inhaling, so by then you are straightening up to begin with the arms lifted high again.

It helps to keep hold of one thumb with the other hand as you do this sequence. Each of these three movements will take barely two seconds, so that is ten sequences in only one minute!

In our next study we will examine further the important roll of oxygen in our daily lives for better and healthier living.

BOG

Archaeology Report – A LETTER TO PERGAMUM

Dr. C. Hemer

The huge citadel-hill of Pergamum rises a thousand feet above the plain of the river Caicus, 65 miles north of Smyrna. It dominates the traveller's approach. It fully looks the part of a great royal stronghold.

Yet this city boasts no such antiquity as Ephesus or Smyrna. Though traces of early settlement have been found on the hill, and it certainly played a part in war and brigandage in the turbulent years of Persian suzerainty, its real appearance in history begins late and dramatically. It was not, in fact, so well suited to the conditions of more primitive times, when city-sites were small.

After the death of Alexander the Great in 323 B.C., this part of his conquests came eventually under the control of Lysimachus, originally king of Thrace, who was a benefactor and builder of both Ephesus and Smyrna. Lysimachus entrusted his war-treasure of 9,000 talents to a Paphlagonian named Philetaerus, who held the fortress of Pergamum faithfully for his master for a number of years. In 282 however, he rebelled, and asked for the protection of the rival Seleucid dynasty. Strabo tells us he pursued an opportunistic policy, conciliating whatever powers were nearest and of most influence at the time.

In this way Philetaerus succeeded in establishing a secure little principality to bequeath to his nephew Eumenes (263-

241). Eumenes gained independence of Seleucid overlordship and left his territory to his son Attalus (241-197). Attalus won a great victory over the Galatians, the Celtic Gaulish tribes who had been raiding many of the settled parts of Asia Minor, and celebrated the victory by taking the titles of "king" and *soter* (saviour). The whole dynasty of the kingdom of Pergamum is accordingly known as the Attalids. Attalus I Soter realised that he had no hope of expansion in Asia Minor without invoking the aid of an external power strong enough to undermine both Syria and Macedon.

Such a power was Rome, and it was Attalus who first invoked Roman intervention in the East. It was not then apparent that Pergamum itself would eventually succumb to its ally. Attalus maintained an independence of Rome: his successors rose to an almost imperial splendour as Roman vassals.

Attalus' son was Eumenes II (197-159). His anti-Seleucid policies provoked Roman intervention in Asia Minor. At the decisive battle of Magnesia in 190 the Romans overthrew the power of their Seleucid adversary, Antiochus III the Great, and won effective control over all the land as far as the Taurus mountains. They handed over the rule of most of this territory to their ally Eumenes. So the Attalid kingdom of Pergamum suddenly assumes the appearance of a great power.



Temple of Trajan, Pergamum. This building gained the city its second "neocorate," an honorific title bestowed on cities permitted to have an official temple for emperor worship. Built soon after Revelation was written.

We shall meet again Eumenes and his brother and successor Attalus II Philadelphus (159-138). The period was marked by progressively more abject subservience to Rome. The final scene was bizarre, but a logical outcome of the realities of the situation. The last king, Attalus III Philometor, bequeathed his dominions to the Roman people. From them the Romans organised their province of Asia. Pergamum was, at least initially, the political centre of the new province.

The City and its Religious Background

Pergamum is one of the most spectacular archaeological sites in Turkey. The city proper occupied the massive

granite hill, but there are many remains also at its foot, in and around the modern town still called Bergama. And at some distance even from there is the great shrine of Asklepios, the god of healing, comprising a wide range of buildings and almost forming a second city, connected with the other by a Sacred Way.

The aeropolis hill rises to a rounded summit at its north end. The ancient town

stood on a long, steep, southward-facing slope, beneath which the summit-plateau fell away precipitously on all sides. It is now reached by a long spiral road which circles the whole mountain before arriving at the top. The summit is bleak and windswept, but commands extraordinary views, over the vale below to the sea and the Greek island of Lesbos beyond, and inland across many miles of the jumbled hills and mountains of Mysia. Sections of the formidable Hellenistic walls are preserved. Among the many temples, palaces and works of engineering, some buildings merit particular notice. There are the remains of the temple dedicated to Trajan, the library adjoining the terrace of the temple of Athena, the altar of Zeus Soter, and the theatre. The shape and gradient of this

theatre are conditioned by the extreme steepness of the ground: the long climb down its exceptionally steep and narrow *cavea* leads to the terrace of the temple of Dionysus. This neighbourhood gives a yet more striking appreciation of the feat of building a city here: the whole quarter has been laboriously carved out of the mountainside. The stone is hard, dark and rough.

This city was essentially the creation of the Attalids, and its character reflects some aspects of their policy. They made it a centre of culture and fostered a state religious policy. Eumenes II had ambitions to make his library the equal or superior of that in Alexandria in Egypt. We shall return later to this point. More important was the emphasis on religion as an instrument of ensuring loyalty. The kings readily accepted and used the oriental tendency to ascribe divinity to rulers. The title "Soter," taken by Attalus I, was itself quasi-religious. The victory it marked was further celebrated by the erection of the great throne-altar of Zeus Soter. And the Attalids built other great national shrines to the other state gods, Athena Nicephorus ("bringer of victory"), Dionysus Cathegemon ("leader"), and Asklepios Soter ("saviour," or here rather "healer").

The concept of state religion carried over easily into the Roman period. The earliest Roman emperors were very loath to sanction a regular cult of the living ruler, but the concept rapidly asserted itself in the East. The first great temple of Rome and Augustus was erected here in Pergamum in 29 B.C. It was on the

basis of this temple that Pergamum rested its proud claim to priority over its rivals in the "neocorate." It seems debatable whether Pergamum remained capital of the province through the early imperial period; perhaps rather it came to share with Ephesus its administrative functions. But it was evidently still the religious capital and the principal seat of the imperial cult.

The Throne of Satan

"And to the angel of the church in Pergamum write: The One who has the sharp two-edged sword says this:

I know where you live, where Satan's throne is; and you hold fast My name, and did not deny my faith, even in the days of Antipas My witness, My faithful one, who was killed among you, where Satan dwells.

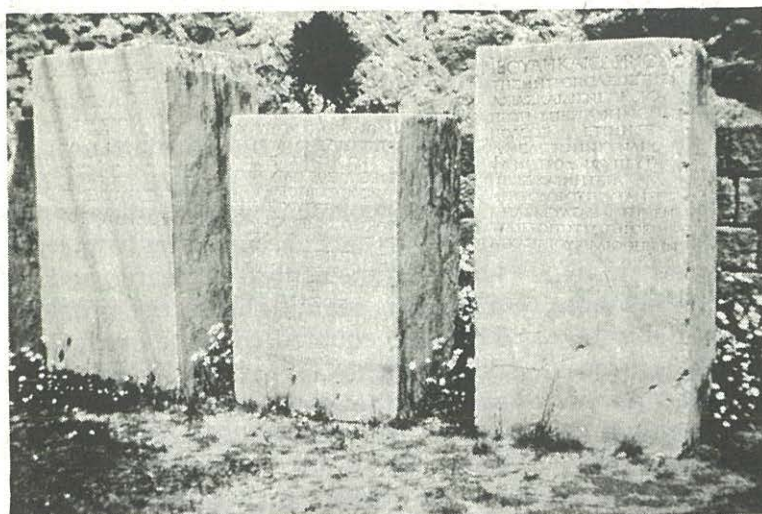
But I have a few things against you, because you have there some who hold the teaching of Balaam, who kept teaching Balak to put a stumbling block before the sons of Israel, to eat things sacrificed to idols, and to commit acts of immorality.

Thus you also have some who in the same way hold the teaching of the Nicolaitans.

Repent therefore; or else I am coming to you quickly, and I will make war against them with the sword of My mouth.

He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give some of the hidden manna, and I will give him a white stone, and a new name written on the stone which no one knows but he who receives it." (Revelation 2:12-17).

In most of the other letters Christ de-



Three inscriptions of about the second century A.D. from Pergamum. Centre and right inscriptions both refer to the city as "metropolis of Asia and twice neokoros, first city of the Pergamenes."

clares that He knows the "works" of the church. Here He knows "where you live." It is "where Satan's throne is." He refers at the outset to their situation.

The words "the throne of Satan" have been much discussed. The religious background of Pergamum offers many possibilities. The visual appearance of the city-hill itself has been likened to that of a great throne, dedicated to the service of evil. This, however, savours of picturesque modern fancy rather than ancient reality.

But the image might seem appropriate to several of the cults of Pergamum. The great throne-shaped altar of Zeus Soter, for instance, was adorned with sculptures of giants with serpents' tails instead of legs. The serpent was the emblem of Satan for Jew or Christian. And

the title "Saviour," which belonged to Christ, was here blasphemously usurped by the pagan god and his royal worshipper.

The case of the Asklepios-cult is even more striking. This god, too, bore the title "saviour," and his emblem was the serpent. The serpent-motif recurs continually in the cult of the serpent-god of healing. From here it has persisted as the symbol of medicine to the present day. Snakes

were used in the nocturnal rites of the place. And a design of serpents was featured on both faces of the "cistophoric" coinage circulated by the Attalids through the various city-mints of their kingdom.

Each of these features of pagan religious background no doubt contributes to our whole picture, but I feel the throne of Satan denoted one thing above all else to the Christian of the Domitianic period. That was the compulsion to worship the emperor, which was centred on this place through its boasted priority in the neocorate. Kings and gods here had long claimed divine titles: now the concept of divine kingship was being worked out with a deliberate rigour not seen previously. There seemed to be an increasingly explicit parallelism between Christ and

Caesar in their claims. Nero was referred to as "the saviour of the world": now Domitian demanded to be addressed as "lord and god." So people in Pergamum were faced with a choice in its starkest terms between rival claimants.

The commendation of the church's stand rests against this kind of background. Here Antipas had already testified with his life. The name is not significant. The man was presumably remembered as a first martyr, a test case and legal precedent whose fate showed plainly the way events were moving. Perhaps Antipas suffered in the amphitheatre we still see.

After looking at the situation we may turn back to Christ's answer in His introductory words of verse 12 (cf. 1:16). He holds the "sharp two-edged sword." The language here and in verse 16 recalls Isaiah 11:4 and 49:2, but is reapplied to the need of the Christian facing judicial execution by the Roman authority. The word used for "sword," *romphaia*, was typically the foreigner's sword of domination. It is both sharp-pointed and two-edged, adapted both for stabbing and slashing, an apt description of the Roman weapon. In the province of Asia the Roman proconsul alone held what was technically known as the *ius gladii* (the power of the sword), the absolute power of life and death over all the inhabitants.

But Christ reminds the church in Pergamum that He really holds the absolute and ultimate executive and judicial authority. The sword "proceeding from his mouth (1:16) is associated with the "word of God" (cf. Rev. 19:13, 15;

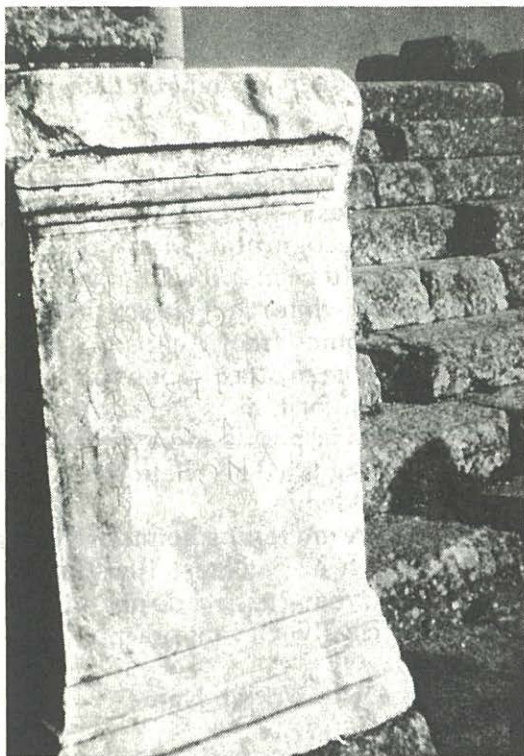
Heb. 4:12; Eph. 6:17). The word of His judgement will in the end overrule the false verdict of the human court.

Balaam and the Nicolaitans

The Nicolaitans were mentioned previously in the Ephesian letter (v. 6). Here, however, the context is clearer, and we may gain some light on the problem. They are equated in some sense with Balaam, who taught Israel "to eat things sacrificed to idols, and to commit fornication" (cf. Numbers 25:1-3; 31:16). The same sins are also ascribed to the teaching of "Jezebel" at Thyatira, though she is never called a Nicolaitan. We may at least suppose that the influences of movements in Ephesus, Pergamum and Thyatira were of similar type, though their degree of hold upon the church differed from one place to the next.

Extra-Biblical sources do not help very much here. Irenaeus in the second century makes the Nicolaitans the followers of Nicolas the deacon of Acts 6:5. There is no proof that this is a sound tradition. He and other early Fathers denounce them as advocates of immorality and associate them with Gnostic movements.

It seems clear enough from the primary references that Nicolaitanism was a libertarian or antinomian movement, whatever else it may have been or become. It evidently had the effect of devaluing the ethical demands of the Christian gospel. It operated in those three cities where I suggest the pressures from the pagan side were most insistent.



An inscription on white marble from the temple of Asklepios contrasting with steps of the dark black granite of Pergamum.

It sought to justify a compromise which is here stigmatised as involving idolatrous apostasy and immorality. There was clearly a plausible case to be made. The very survival of the church was at stake. It must come to terms with painful realities. An intelligent Christian could see the absurdity of emperor worship. They knew that a human "god" was mortal and that pagan deities had no objective existence. It was not worth risking death for the sake of an excessive scrupulosity over such trivial matters.

The words of Christ may have come as a shock. He equates these plausible Nicolaitans with the notorious Balaam. They were confusing the real issues. The real effect of their teaching was like his. The equation is very emphatic: it has been suggested that a deliberate word-play is intended on the names. "Balaam" and "Nicolas" could in popular etymology be given equivalent meanings, "conqueror," or "destroyer, of the people," in Hebrew and Greek respectively. Balaam certainly plays an important part in Jewish tradition, and there are other references to controversies involving his name (cf. Jude 11 and II Pet. 2:15). He was the type of lawless wickedness, the great antagonist in tradition of the law-giver Moses. [For more information on the subject of the Nicolaitans, see: "Are You A Nicolaitan?" *Look Up*, Vol.3 No.6 and "Have Your Say – Nicolaitans In Retrospect" Vol.4 No.1 — Ed.]

The Manna and the White Stone

The final promise in this letter is one of its most difficult sections. The "hidden manna" appears to involve allusion to Jewish tradition, yet Pergamum, never primarily a commercial city, seems to have had less Jewish influences, so far as we may tell, than most of the other places. And the "white stone" has given rise to a multiplicity of interpretations.

A few words first about the manna. The allusion is traceable ultimately to Exodus 16:32-34, where the Lord commanded a sample of the manna to be preserved as a memorial for future gen-

erations. Tradition explained that this had not been lost at the destruction of Solomon's temple, but hidden until the coming of the Messiah.

The "white stone" has given rise to twenty or more interpretations. I am inclined to think there is no exclusively right answer here, that the image is suggestive but a little elusive, and may have suggested several fruitful lines of thought to a Christian reader in Domitianic Pergamum. They may indeed be a shift of focus as we pass from image to image — manna, the white stone, the written name. It is, however, possible to offer some critical discrimination among the many theories. Some are not really viable at all. The idea of an allusion to a gladiator's token of discharge, for instance, seems to rest upon a misunderstanding of the evidence: the surviving tokens had no such purpose, and there is no ground for belief in the existence of the custom they were supposed to illustrate.

The "stone" (*psephos*) is properly a "pebble" or perhaps "tablet" as a token (Latin: *tessera*). As pebbles were traditionally used for voting, *psephos* may freely stand for "vote."

A very attractive idea here is that the "white stone" denotes acquittal. A Greek jury voted with black or white pebbles. The phrase "pebble of Minerva (Athena)" was proverbially used of the presiding judge's casting vote of acquittal. The image would be apposite here, reinforcing a theme already noticed in this letter, the authority of Christ in judgement to reverse the false verdict

which threatened His servants. But we must note that this is an incomplete analogy, which offers no light on the written name.

A *tessera* might be used for many purposes, as a ticket of admission or membership, or as a bond of friendship or a token of recognition. Many types of *tessera* would be inscribed, but were not necessarily white. One attractive line of thought comes from Aelius Aristides again. The man's fastidious search for health brought him to Pergamum. He later writes of possessing a secret symbol which signified his relationship with the god Asklepios.

There are interesting points of contact here which are at least illustrative, though surviving *tesserae* do not substantiate any clearly relevant practice.

The Written Name

Consideration of the written name raises different possibilities.

Writing materials were often thought significant in antiquity. Permanent records would naturally be cut on stone, but tablets of lead, for instance, were ill-omened, and a more proper vehicle for curses.

There is an interesting story involving writing materials in the history of Pergamum. Ptolemy V of Egypt tried to stop the growth of the rival library at Pergamum by the expedient of forbidding the export of papyrus from Egypt. As Egypt held a virtual monopoly of production of this usual form of paper, Eumenes II was forced to improvise by

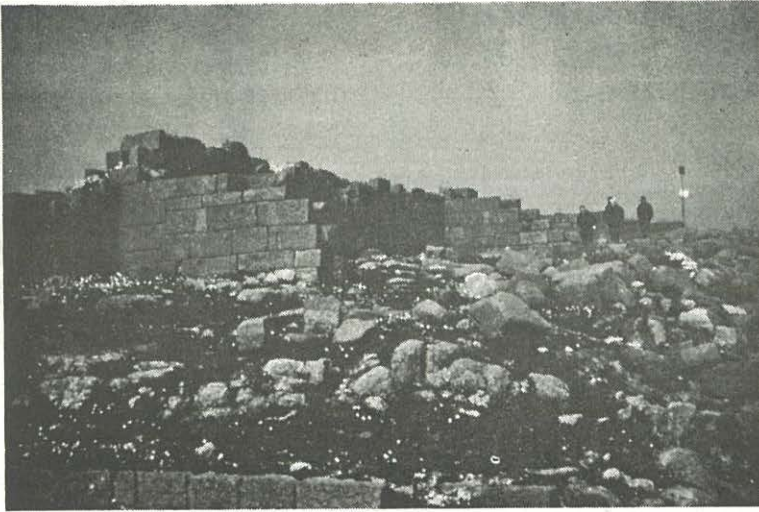
Conclusion

We may conclude with some attempt to sum up the thrust of this group of images. It amounts to a pledge of Christ's purpose to receive "them that overcometh." It is to be a relationship with the individual, whatever the pressures of those hostile forces against which the individual would appear helpless. The new name is here to

be bestowed on the individual who overcomes. It belongs distinctively to them. It marks the individual and unique value of each conqueror in the eyes of the Lord. We may contrast the different usage of 3:12 where the "new name" is of Christ.

There are some parallels between the letter to Smyrna and the letter to Pergamum. Both these churches faced persecution in acute forms, though the circumstances differed somewhat. There is no easy reassurance for either. There are great promises for the victor, but no prospect that they will reach their reward without suffering to the full. And Pergamum is in the greater peril, not so much from the prospect of martyrdom, but because it harboured advocates of the pagan compromise. The Pergamum letter compares most closely with that to Thyatira, where a similar movement had been allowed to gain influence in the church.

Courtesy: Buried History



The library building of Eumenes II as it is today. Pergamum.

developing an alternative, made from the skins of sheep. This became known as "Pergamene paper," and the name has eventually come down into English in the form of "parchment."

The acropolis of Pergamum is all made of rough, dark stone, which is quite unsuitable for inscriptions. The inscribed stones scattered on the hill are all of white marble, which has had to be brought from elsewhere, and which looks strangely incongruous there. Hon- orific decrees of the city repeatedly stipulate that the record of its benefactors shall be inscribed on "white stone" (*leukos Ithos*).

These observations about writing materials are clearly insufficient as an explanation, but may be relevant as a suggestive element in the complex. And *psephos* is not a very suitable word for stone as a material.



HAVE YOUR SAY

Dear Editor,

It has been known for centuries that the man referred to as "The Christ" was not born on the 25th of December but on a date approximately 3 months earlier.

Now, it is very obvious that an important event did occur approximately 3 months before the 25th December in the year of His birth.

I refer to the *Archko Volume — Pilate's Report To Tiberius Caesar, Emperor of Rome* — in which Christ states quite clearly that he was born on the day that Caesar (Augustus) gave peace to the Roman World.

A question here is obvious:

Is the Messiah a fool that He should make a silly statement as that? OF COURSE NOT! For it is obvious many years had passed before a certain date upon which the Roman Senate, in appreciation, conferred on Augustus a title in appreciation of the fact that he did just as Christ declared.

Augustus received this title with tears in his eyes for of all the many titles which he had received, including *Pontifex Maximus* (High Priest), the title *Pater Patriae* that is to say, *Father of the Nation*, this new title he valued more than any of the other titles which had been conferred upon him by the Senate.

Now, according to "Britannica" this title was placed upon Augustus in 2 BC.

But I suspect it may have been 3 BC. Of this I am not sure. I also suspect that the title was given to him at a most appropriate time in his life.

This is to say upon his 60th birthday celebration.

He was born on the 24th (some authorities say 23rd) of September, 63 BC.

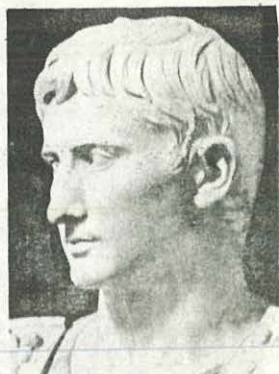
In checking upon these dates bear in mind that there came into being two Julian Calendars — The Roman and The Christian and in both cases, the New Year in those days (of Christ) always began on the 25th March not the 1st January.

Also, bear in mind the elementary calculation of both systems (Roman and Christian) for the calculation of any given leap year.

Also note that the Christian Calendar began on a Roman Leap Year. Therefore, an immediate question instantly arises here. Namely to what do we add to the year 4 AD of the Christian Calendar to make it the very first leap year? The answer is obvious. That is zero.

Please note that according to any Universal Calendar, the year zero began (in a Gregorian sense) at zero hour on 1st January (Thursday).

Also bear in mind the common prac-



Caesar Augustus
63 BC – 14 AD

tice that when calculating the number of years passed between BC years up to and including AD years, one must add one year and of course in working backwards from AD to BC that one year must be subtracted. This situation is caused by the very year zero which most people declare no such year exists. If that is so then why

do we have to add or subtract one year when moving between BC and AD years.

Food for thought!

Yours Respectfully

Edward Dalton (subscriber)
Surry Hills 2010



"Husks" — Not Corn Husks



In the story of the wayward son (commonly called the "prodigal son," though this expression does not appear in the Bible), some have thought he became so hungry in the "far country" that he ate the husks which were given to feed the swine. But the story does not say this. In his hunger, we are told, "*he would fain (gladly) have filled his belly with the husks that the swine did eat*" (Luke 15:16), but he came to himself and returned to his father's house.

Just what these "husks" were has also been commonly misunderstood. We know it was not the outward covering of the corn (maize) we are familiar with; it was not corn husks. The accompanying words from the commentary by Barnes (p. 103 will explain: "The 'husks' — a mistranslation — are fleshy pods, somewhat like those of the locust-tree, from six to ten inches long and one broad, laid inside with a gelatinous substance, not wholly unpleasant to the taste when thoroughly ripe ... it is still the food which the swine do eat ... The cut will give an idea of these pods, or husks, as they are called in our translation."



Conspiracy Tracker –

The Pharmaceutical Drug Racket

(Part 1 of 3)

An article published by: Campaign Against Fraudulent Medical Research, P.O. Box 128, Cabramatta, NSW 2166. This article was reprinted in Nexus New Times Magazine, Vol. 2 No. 13 & Vol.2 No.14, P.O. Box 30, Mapleton, Qld 4560

Submitted

The Rocketing Cost of Health Care

"Medical 'ignorance' is costing us billions," reads a heading in *The Daily Telegraph Mirror* of 24 February, 1991, over an article as follows:

"Poor funding and a lack of knowledge about preventative medicine has led to a \$2 billion blow-out in public health spending experts say.

These costs rose nationally from \$26 billion to \$28 billion [in one year] — an average of \$1700 per person — according to figures released by the Australian Institute of Health."

The rocketing cost of health care in Australia is not unique to this country, but is typical of all industrial nations. In his book *Limits to Medicine* (1979), prominent medical historian, Ivan Illich, writes:

"During the past twenty years, while the price index in the United States has risen by about 74 per cent, the cost of medical care has escalated by 330 per cent. Between 1950 and 1971 public expenditure for health insurance increased tenfold, private insurance

benefits increased eightfold, and direct out-of-pocket payments about threefold. In overall expenditures other countries such as France and Germany kept abreast of the United States. In all industrial nations — Atlantic, Scandinavian, or East European — the growth rate of the health sector has advanced faster than that of the GNP [gross national product]. Even discounting inflation, federal health outlays increased by more than 40 per cent between 1969 and 1974."

Are We Consuming Too Many Drugs?

As was reported in *The Bulletin*, 24 March, 1992, one of the fastest-growing components of Australia's costly health bill is the pharmaceutical drug trade, which accounts for \$2 billion a year for prescription drugs. The *Bulletin* article reveals that "Australians are on a drug binge, consuming twice as many antibiotics per capita as Sweden and far more than the US and Britain." The situation in the United States and Britain was bad enough for Illich to write:

"In the United States, the volume of the

drug business has grown by a factor of 100 during the current century: 20,000 tons of aspirin are consumed per year, almost 225 tablets per person. In England, every tenth night of sleep is induced by a hypnotic drug and 19 per cent of women and 9 per cent of men take a prescribed tranquilliser during any one year. In the United States, central nervous-system agents are the fastest-growing sector of the pharmaceutical market, now making up 31 per cent of total sales. Dependence on prescribed tranquillisers has risen by 290 per cent since 1962, a period during which the per capita consumption of liquor rose by only 23 per cent and the estimated consumption of illegal opiates by about 50 per cent."

At the time of Illich writing this (1976), it is estimated that 50 to 80 per cent of adults in the United States and the United Kingdom were consuming a medically prescribed chemical every 24 to 36 hours. In his book *Confessions of a Medical Heretic* (1980), famed medical writer and paediatrician, Dr Robert Mendelsohn, accused doctors of having "seeded the entire population with these powerful drugs." Mendelsohn further states that "every year, from 8 to 10 million Americans go to the doctor when they have a cold. About ninety-five per cent of them come away with a prescription — half of which are for antibiotics."

A recent report by the National Health Strategy (1992) has pointed out that 160 million prescriptions are being dispensed from Australian pharmacies every year, and an estimated further 20 million from hospital pharmacies. This figure represents a 640 per cent increase

since 1949, during which time 280,719 prescriptions were dispensed.

Recent figures of how many OTC (over-the-counter) or non-prescriptive drugs consumed by Australians are difficult to obtain. Industry sources are reluctant to divulge this information. However, a study by the Health Commission of NSW in 1979 that stated that "at present Australia has one of the leading rates of per capita consumption of analgesics in the world," quoted 1973 figures for sales of OTC medications at \$166 million. It is estimated that in 1991 \$1.4 billion was spent on OTC medications which, when added to the \$2 billion spent on prescription drugs, totals a staggering \$3.4 billion.

Drugs In The Food We Eat

Apart from the vast number of drugs taken directly, people are also unknowingly consuming large amounts of drugs and other chemical substances indirectly from the food they eat. Most food industries rely on chemical substances from the soil to supermarket and the animal products industries are by far the most excessive users of these substances.

Over 15 years ago, there were more than 1,000 drug products and as many chemicals in use by the livestock and poultry producers in the United States. Also, more than 40 per cent of the antibiotics and other antibacterials produced every year in the US was used as animal feed additives and for other animal purposes. Almost 100 per cent of poultry, 90 per cent of pigs and veal calves, and 60

per cent of cattle have regular amounts of antibacterials added to their feed. Seventy-five per cent of hogs have their feed supplemented with sulphur drugs and almost 70 per cent of US beef is from cattle fed on hormones to promote growth.

The Consequences

As could be expected, one result of the vast over-consumption of drugs is the astronomical profits generated by the drug industry. Since the beginning of the sixties, drug industry profits (as a percentage of sales and company net worth) have surpassed all other manufacturing industries listed on the Stock Exchange. Another result is the inevitable deterioration of public health. According to the Food & Drug Administration (FDA), 1.5 million Americans were hospitalised in 1978 as a consequence of taking drugs and some 30 per cent of all hospitalised people are further damaged by their treatments. Every year, an estimated 140,000 Americans are killed because of drug-taking and one in seven hospital beds is taken up by patients suffering from adverse drug reactions. A report by the General Accounting Office in the United States revealed that 51.5 per cent of all drugs introduced between 1976 and 1985 had to be relabelled because of serious adverse reactions found after the marketing of these drugs. This included heart, liver

and kidney failure, foetal toxicity and birth defects, severe blood disorders, respiratory arrest, seizures and blindness. The changes to the labelling either restricted a drug's use or added major warnings.

How Common Are Drug Adverse Reactions?

Although there is a scarcity of published information on the medical and economic importance of adverse drug reactions in Australia, a recent study (1991), cited by the National Health Strategy

report on drug use, claims that in 1987-1988 there were between 30,000 and 40,000 hospital admissions in Australia because of drug-taking and also those adverse drug reactions

(ADRs) would have been a major factor for between 700 to 900 deaths a year.

There are some who are highly critical of the official estimation of the extent of drug reactions within communities. Dr Julian Gold, head of the National Health Surveillance Unit of the Commonwealth Institute of Health, whose job as a medical epidemiologist is to collate information on the total health environment, estimates that up to 40 per cent of all patients in Australia may actually be victims of doctor-induced (iatrogenic) illnesses. A 40 per cent figure has also been estimated for the United Kingdom. Gen-

Since the sixties, drug industry profits have surpassed all other manufacturing industries

erally, of this amount half are from drug reactions.

Under-Reporting of Drug Reactions

Many drug reactions go unnoticed. In *Controversies in Therapeutics* (1980), Dr Leighton Cluff comments:

"National Health statistics do not reflect the magnitude of the problem of drug-induced diseases. A death certificate may indicate that a person died of renal failure, but it may not state that the disease was caused by a drug."

According to a US Senate Select Committee, hundreds of victims of the drug chloramphenicol died undiagnosed in the United States.

Dr Leighton Cluff further states: *"Physicians are currently not required to report observed cases of drug-induced diseases to a centralised registry."*

In Australia, the reporting by doctors of adverse reactions is voluntary. Postage-paid forms are provided to doctors who are asked to report adverse reactions to ADRAC. Due to complacency, ignorance, and perhaps guilt that their prescribed treatment has caused harm, most doctors fail to fill in these forms.

In the United Kingdom, which has a similar reporting system to ours, only one to ten per cent of cases are revealed. The inadequacy of the reporting system in the UK was demonstrated by the fact that only about a dozen of the 3,500 deaths, later linked with isoprenaline aerosol inhalers during the 1960's, were actually reported by doctors at the time.

Because most adverse reactions go

unreported, the official estimates must be only the tip of the iceberg.

Who Is To Blame For Drug Damages?

Not only do health officials grossly underestimate the extent of drug reactions, they also try to convince the unwary public that drug-related illnesses are largely due to inappropriate drug usage. Officials try to place the onus on consumers and prescribing doctors, and reassure the public that problems rarely occur if drugs are used as prescribed. To protect the drug industry from blame, officials purposely ignore the fact that most drugs are harmful; even if used "appropriately."

Epidemic Iatrogenesis

On doctor or hospital induced illnesses, a once active member of the Doctors' Reform Society and author of the book *Medicine Out Of Control* (1979), Dr Richard Taylor, writes:

"In fact, because of the increasing complexity of medical technology and the increase in the variety of chemicals available for treatment, iatrogenic disease is on the increase. ..."

"Unfortunately iatrogenic diseases may be self-perpetuating. Many iatrogenic complications require specific treatment, thus exposing the patient to the possibility of yet another iatrogenic disease. A patient may even experience an iatrogenic complication from a diagnostic test which was required to diagnose the initial iatrogenic disease. The situation in which an iatrogenic disease provokes a second

iatrogenic complication could be termed second level Iatrogenesis. In a hospital setting these situations are not uncommon. It is even possible for third and fourth level Iatrogenesis to occur. ... Every drug administered, every diagnostic test performed, every operative procedure entered into, carries with it the risk of iatrogenic complications. The more medication, tests and operations a patient experiences, the more likely he or she is to develop an iatrogenic disease. Because of the present fragmentation of medical care with each sub-specialist looking after their own particular organ system, the total risk to which the patient is exposed is often forgotten."

Allopathic or "modern medicine" has become more of a band-aid treatment. In their attempts to "patch-up" symptoms of illnesses, doctors are known to use poisonous chemical-based drugs, radical surgical operations and dangerous radiation, which often cause more harm than the original problem.

Apart from introducing more illnesses, allopathic "treatments" mask symptoms of the underlying causes of the illness, which inevitably make it more difficult to detect and treat, and thereby causing it to become more chronic.

Allopathic medicine can be useful and sometimes life-saving for emergency situations (for example, car accidents), yet its harmfulness and ineffectiveness

cannot be over-stated.

A prominent critic of allopathic medicine has been the late Dr Robert Mendelsohn, who exposed much corruption in American medicine. Dr Mendelsohn published the following best-selling books: *Confessions of a Medical Heretic* (1980), *Mal(e) Practice: How Doctors Manipulate Women* (1982), and *How to Raise a Healthy Child In Spite of Your Doctor* (1987). These books are highly recommended.

Doctors Strike: Death Rate Drops

With the above in mind, it is not surprising that during a one month physicians' strike in Israel in 1973, the national

death rate reached the lowest ever. According to statistics by the Jerusalem Burial Society, the number of funerals dropped by almost half.

Identical circumstances occurred in 1976 in Bogota, the capital city of Co-

lumbia where, there, the doctors went on strike for 52 days and, as pointed out by the National Catholic Reporter, during that time the death rate fell by 35 per cent. This was confirmed by the National Morticians' Association of Columbia.

Again in California a few years later, and in the United Kingdom in 1978, identical events have occurred.

During a one month physicians' strike in Israel the national death rate reached the lowest ever, the number of funerals dropped by almost half.

The Small Role of Medicine in Mortality

It is important to understand that the vast majority of people are born healthy and, if not tampered with, are "equipped" to remain healthy throughout life. We seldom require intervention with illnesses because the body, as well as the mind, is usually able to defend and heal itself against disease and injury. Only infrequently do we require assistance.

Medical intervention is the least important of the four factors that determine the state of health. The Centre For Disease Control analysed data on the ten leading causes of death in the United States, and determined that lifestyle was by far the most important factor (51%), followed by environment (20%), biologic inheritance (19%), and lastly medical intervention (10%).

According to a classic analysis by Professor Thomas McKeon of Birmingham University, medicine played a very small role in extending the average lifespan in Britain over the past few centuries, the major benefit to people having been improvements in nutrition and public sanitation.

All of the available statistics prove that health depends primarily on prevention, through hygiene and proper nutrition.

In the few instances, when therapy of any sort is warranted, it must deal with the whole person (the holistic approach), treating the actual cause rather than attempting to isolate and suppress symp-

toms. Allopathic medicine fails in comparison to the holistic approach, and in many instances damages the patient even more than the illness it intends to treat.

Natural medicines and therapies, such as herbalism, homoeopathy, naturopathy, osteopathy and acupuncture, to name a few, work on the holistic approach, and are generally far superior in safety and efficacy than allopathic "treatments."

Drug Companies Bribing Doctors

A major reason why health care is in such a shambles is that the medical establishment has allowed itself to be bought off by the pharmaceutical industry, whose prime motive is profit. In the book *Dissent in Medicine — Nine Doctors Speak Out* (1985), Dr Alan Levin writes:

"Health care in the United States has become a mega-billion dollar business. It is responsible for over 12 per cent of the gross national product. Revenues from the health industry, which currently exceed \$360 billion a year, are second only to those of the defence industry. True profits are much higher. [In 1991 the US had spent \$750 billion on health care.] It has been estimated that by the year 2000, annual health care costs in the US will have increased to at least 1.5 trillion dollars. It is not difficult, then, to see why this industry is so appealing to corporate investors. Many industrialists determined to profit from health-care products have encountered one major obstacle: practising physicians remain the primary distributors of health care products.

Physicians, who have traditionally existed as independent entrepreneurs, do not fit easily into the corporate mind-set. If corporations did not have control over their distributors (the physicians) they would not be able to guarantee profits to their stockholders. ... Thus, we need not wonder why senior executives of major health-care oriented corporations have decided to woo physicians into their camps."

Pharmaceutical companies have curried the favour of practising physicians for many years. As the cost of development and marketing of pharmaceuticals increased [during the 1960s], the drug companies' efforts to attract the allegiance of practising physicians intensified.

Not only did drug company operation costs increase markedly, but the rewards of the marketplace rose tremendously. The increase in revenues brought competition which led to a nationwide increase in drug advertising. Advertisements in medical journals and public magazines were popularised by carefully controlled news releases associated with "medical breakthroughs."

These advertising efforts, which began with gifts to practising doctors and medical students, have become a massive campaign to mould the attitudes, thoughts, and policies of practising physicians. Drug companies hire detail men and women to visit physicians' offices and to distribute drug samples. They describe these drugs and attempt to persuade physicians to use their products. Like any other salesperson, they denigrate the products of their competitors

while glossing over the shortcomings of their own. Detail people have no formal medical or pharmacological training and are not regulated by any state or federal agencies. Despite their lack of training, these salespeople have been very effective. Their sales campaigns have been so successful within the United States that the average physician today has virtually been trained by the drug details. This practice has led to widespread overuse of drugs by both physicians in their everyday practice and the lay public. With the exception of heroin and cocaine, 85 percent of all drugs currently abused in the streets are manufactured by "ethical" drug companies. Gross sales forecasts from these "ethical" drug companies deliberately include profits made from illicit sales to drug peddlers.

The drug industry woos young medical students by offering them gifts, free trips to conferences, and free educational material.

A double page article titled "\$200 m 'bribe' to lure our doctors," appearing in *The Sun Herald* (18 August, 1992), reported that:

"Drug companies spend a massive \$200 million every year in Australia on marketing their products. That represents almost \$10,000 a year spent attempting to woo each of Australia's 21,000 'actively prescribing' GPs, according to Dr Ken Harvey from La Trobe University." The article cited Theo van Lieshout, secretary of the NSW Doctors' Reform Society, as saying that 50 per cent of drugs on the market did not exist 10 years ago — and doctors had not learned about them in medical school.

Busy physicians therefore rely mainly on drug company sales staff to tell them about new medications.

As reported in *The Bulletin* (24 March, 1991), Dr Ken Harvey stated:

"The students concede concern. The problem is, after five years out in practice, with six drug reps a week coming in, they have gone away from prescribing sensibly and by scientific name to prescribing the brand promoted by the last rep who walked in."

University Scientists — The Willing Pawns

Drug companies employ many means in bribing doctors and medical institutions. Dr Levin writes:

"Young physicians are offered research grants by drug companies. Medical schools are given large sums of money for clinical trials and basic pharmaceutical research. Drug companies regularly host lavish dinner and cocktail parties for groups of physicians. They provide funding for the establishment of hospital buildings, medical school buildings and 'independent' research institutes.

"The pharmaceutical industry has purposefully moved to develop an enormous amount of influence within medical teaching institutions. This move was greatly facilitated by several factors. The first was the economic recession, which caused a marked constriction in federal funding for research programmes. Academic scientists lacked funding for pet research projects. The second was the tremendous interest that academic scientists held in biotechnology, the stock market, and the possibility of becoming millionaires

overnight. The third is the fact that academic physicians tend to lack real clinical experience. In the university, the physician is an expert in esoteric disease, end-stage disease, and animal models of human disease. He or she has little or no experience with the day-to-day needs of the chronically ill patient or the patient with very early symptoms of serious illness. As the academic physician does not depend upon the goodwill of the patient for his or her livelihood, the patient's well-being becomes of minor consideration to him or her. All these factors make the academic physician a very poor judge of treatment efficacy and a willing pawn of health industrialists.

"Pharmaceutical companies, by enlisting the aid of influential academic physicians, have gained control of the practice of medicine in the United States. They now set the standards of practice by hiring investigators to perform studies which establish the efficacy of their products or impugn that of their competitors.

"Practising physicians are intimidated into using treatment regimes which they know do not work. One glaring example is cancer chemotherapy.

"Your family doctor is no longer free to choose the treatment modality he or she feels is best for you, but must follow the dictates established by physicians whose motives and alliances are such that their decisions may not be in your best interests." [Emphasis added.]

Ivan Illich commented that *"The medical establishment has become a major threat to health. The disabling impact of professional control over medicine has reached the proportions of an epidemic."*

To be continued



CHILDREN'S CORNER

Adam and Eve

M. Gascoigne

Baby Hilary Jane toddled happily about on the grass under the trees by the side of the little stream, gathering dandelions until both her hands were quite, quite full.

Then, "Me go home now. Take dandies to mine Mummy," she cried triumphantly, and after beaming round sunnily on the twins and their friends, Brian and Sheila, and their young cousin, Peter, she turned and trotted contentedly through the gate and up the garden path.

"You know," said Pete thoughtfully when she had disappeared, "it does seem queer that God thought that the animals and birds would be friends enough to keep Adam from feeling lonely and unhappy in the Garden of Eden. Oh, I am sure that dogs and cats and even horses can be lovely pets for anyone to have, but when people are in real trouble and are feeling very sad, or when they are ever so happy about something, they want a Mummy to go to, as Hilary Jane always does, to share it with and to tell all about it. Well, didn't Adam want a Mummy or someone like that too, Brian, and why didn't God understand that he would feel like that?"

"Oh, but God did understand, He always understands how people are feeling, Pete," Brian answered him gently, knowing that Pete himself was feeling just a little bit lonely because his own Mummy had had to go away for a very long holiday after

being ill in hospitals. "Why, He knew right from the beginning that Adam would want a real somebody, not just an animal, but somebody like himself, to help him and love him and to stay with him for ever."

"Yes, Pete," went on Mavis quietly, "somebody to share in the good times and also help each other through the bad times. God was ready to give her to Adam at the time when he began to feel lonely."

"First of all, Pete," Brian told him, "God sent Adam to sleep. Then, while he was asleep, God took one of the bones out of his side, the Bible tells us that it was a rib and from it made a woman, the first of all women, who was to be Adam's wife. No, Pete, don't ask me how God did it, because I don't know: Nobody but God Himself can know that really, for no one but God and Adam, who was fast asleep, were there and though God must have told Adam what He had done, I don't expect he properly under-



stood it any more than anyone else has ever done from that day to this."

"But when Adam woke up, Pete," smiled Sheila, "and heard what had happened and saw beside him the woman God had made, you can guess how happy he felt." He cried out: "Now at last I shall not be lonely any longer. This is really my true helper and friend. She was made from a bone of my body. Then I will call her 'Woman,' for that means she was made from a part of me."

"Mine Mummy send 'oo dis," panted Hilary Jane, coming with great speed from out of the garden gate, a large cardboard box clasped tightly in her arms.

"Ah! sponge-cakes and chocolate biscuits!" cried Hugh, picking up the tiny one and swinging her into the air. "Three cheers for all Mummies! I do think God was sensible to give them to us."

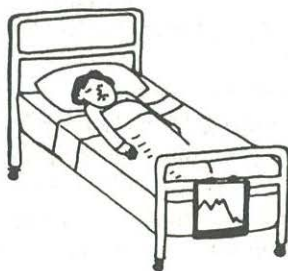
(Genesis, Chapter 2, verses 20 to 24.)

Pictures A & B sound like the name of a book in the Bible.

A



B



Who is the odd one out?



A

B

C



D

E

F

Picture A = Acts, B = Obadiah
Who is the odd one out?
D — In all cases the horn is the same
colour as its opposite eye



Bible Study – No Evolution Here

Selected

Our First Ancestors

Were our first ancestors civilised or uncivilised? Did they wander constantly and hunt and fight for a living? Could they write?

Modern science once thought it had the answer to those questions, and the answer, science said, was that our first ancestors were the most ignorant of barbarians.

But the recent findings of archaeologists have altered this concept. Dr. W.W. Bell-Dawson, a Canadian scientist has this to say in his book, *The Bible Confirmed by Science*:

"Neither in Egypt nor in Babylonia has any beginning of civilisation been found. As far back as archaeology can take us, man is already civilised, building cities and temples, carving hard stone into artistic form, and even employing a system of picture writing. And of Egypt it may be said the older the country the more perfect it is found to be. The fact is a very remarkable one, in view of modern theories of development, and of the evolution of civilisation out of barbarism. Such theories are not borne out by the discoveries of archaeology. Instead of the progress we should expect, we find retrogression and decay; where we look for the rude beginnings of art, we find an advanced society and artistic perfection. Is it possible that the Biblical view is right after all, and the civilised man has been civilised from the outset?"

Archaeology Versus Evolution

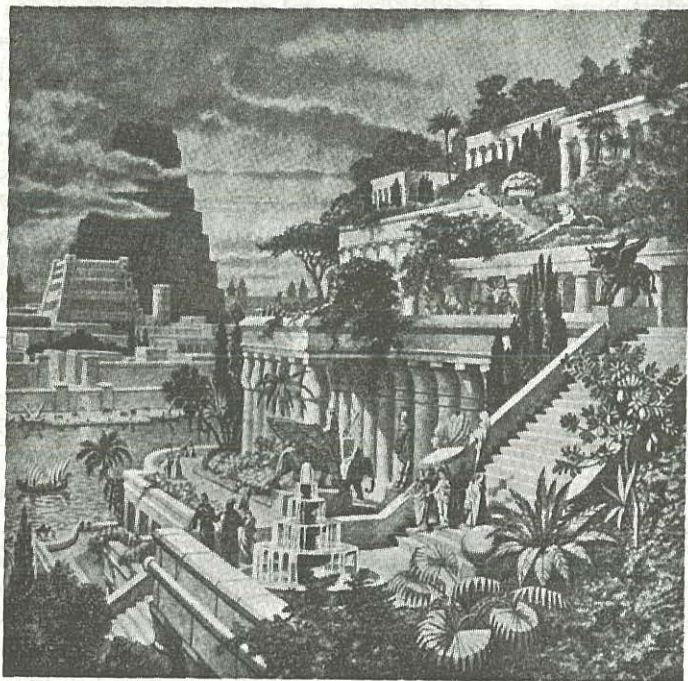
W.W. Prescott, in his book, *The Spade and the Bible*, says:

"Not a ruined city has been opened up that has given any comfort to unbelieving critics or evolutionists. Every find of archaeologists in Bible lands has gone to confirm Scripture and confound its enemies."

Life in the early ages centred around the temple. All the temple towers of early Babylonia were of the same design; a series of vast, almost square platforms rising one above the other, with stairways leading up. The shrine of the god was on the top.

The Ziggurat at Ur had three platforms, some had as many as eight. The shrine at the top was in blue glazed brick with a golden metal roof. The Babylonian word *ziggarratu* means, *pinnacle on top of mountain*. The theory that the ancient conquerors of these plains, in remote ages, were mountaineers who, either from homesickness or from religious conservatism, or both, wished to worship their god on the high places, as they had always done. In Chaldea they had to make the high places with their own hands, and the account of the building of the tower of Babel could be the record of such an event.

In Genesis 11:2-4 we read, *"And it came to pass, as they journeyed from the east, ...*



A reconstruction of the splendour of ancient Babylon. Showing the Hanging Gardens and Tower of Babel, it looks rather like a modern postcard - by the American artist, Joseph Boggs Beale

they said one to another, Go to (come), let us make brick, and burn them thoroughly. And they had brick for stone, and slime had they for mortar. And they said Go to, let us build us a city and a tower, whose top {may reach} unto heaven, ..."

These temples were not merely places of worship – about their courts were store-houses for the tithes and offerings brought in by the faithful worshippers, or paid as rent by tenants of the sacred estates. There were living quarters for the priests and the temple servants. There were workshops and factories where the men and women attached to the temple

were employed, spinning and weaving into cloth the wool which the farmers brought, casting and hammering into art objects the copper and silver paid as tithes by the merchants of the city.

Exhaustive accounts were kept of what was received and what was disbursed. Immense cattle yards were kept where the livestock given to the temple was cared for. They found contracts setting forth their responsibilities and regulating their profits – documents referring to granaries, freight boats, etc.

The temple stood in relation to the people as the State does in modern times, and the records here are of administration. They show an efficient and well-organised community.

Each person had a cylinder seal, they were rolled across the wet clay and used in place of a signature. These seals are very small, some only $\frac{5}{8}$ ths of an inch long. It took great skill and very tiny tools to carve on this small cylinder. Various semi-precious stones were used, one of gold was found in the tomb of a queen. About 3,750 BC. the art of the seal reached perhaps its highest expression. They carved figures whose physical characteristics were emphasised realistically, and at the centre of the composition there was a panel containing an in-

scription. One shows a bearded hero watering buffalos from a vase out of which flow two streams, then it shows water and a rock border at the bottom. The inscription names *Ibnisharrum*, as the owner of the seal, and dedicates it to *Shargalisharri* king of Akkad. He was a grandson of Sargon, descendant of Ham. This whole scene was on a cylinder seal less than an inch long. No modern jewel engraver could do better.

Because it is difficult to imagine life other than in terms of that which we know, after death they assumed that their occupations and needs would be similar, that the next world is a continuation of this one. Whatever a person used in their lifetime they will use after death. The woman takes her spindle, her needle, her mirror and her cosmetics. The carpenter takes his saw and chisels, the soldier his weapons of war. The king must be provided with a goodly sample of his pomp on earth. It is not surprising then that the archaeologist derives most of their material from the cemeteries of the old world, and what they find illustrates not only their beliefs and burial customs, but also their everyday life.

From the Royal tombs at Ur dating about 3,000 BC. come some very beautiful things. The famous gold dagger of Ur, a weapon whose blade is gold, its hilt of lapis lazuli decorated with gold studs, and its sheath of gold filigree work. With it was another object scarcely less remarkable, a cone shaped container of gold, ornamented with a spiral pattern and containing a set of little toilet instruments, tweezers, lancet, and pencil also

of gold. The royal graves all have a harp. The most magnificent yet found has a sounding-box bordered with a broad edging of mosaic in red, white and blue. The two uprights were encrusted with white shell and lapis lazuli and red stone arranged in zones separated with wide gold bands. Shell plaques engraved with animal scenes adorned the front, and above these projected a splendid head of a bearded bull wrought in heavy gold, with a lapis lazuli beard.

Queen Shubad on her deathbed wore an ornate headdress made of a long gold hair ribbon covered by beaded wreaths with gold pendants, heavy earrings of gold and a golden Spanish type comb with five points ending in lapis centred flowers of gold. By the side of the body lay a second headdress. On a diadem made of soft white leather had been sewn thousands of minute lapis lazuli beads, and against this background of solid blue were set a row of exquisitely fashioned gold animals, stags, gazelles, bulls and goats, with between them clusters of pomegranates, three fruit hanging together shielded by their leaves.

There is a helmet of beaten gold made to fit low over the head with cheek-pieces to protect the face. It was in the form of a wig, the locks of hair hammered up in relief, the individual hairs shown by delicate lines. The ears are rendered in high relief and are pierced so as not to interfere with hearing. Sir Leonard Wooley, who headed the excavation at Ur said, "*As an example of the goldsmiths work this is the most beautiful thing we have found, and if there were nothing else by which the*

art of these ancient Sumerians could be judged we should still, on the strength of it alone, accord them high rank in the roll of civilised races."

The contents of the tombs illustrate a very highly developed state of society. A society in which the architect was familiar with all the basic principles of construction known to us today. They commonly used not only the column, but the arch, the vault, and the dome. Architectural forms which were not to find their way into the western world for hundreds of years. The craftsman in metal possessed a knowledge of metallurgy and a great technical skill. The merchant carried on a far-flung trade and recorded their transactions in writing; the army was well organised and victorious, agriculture prospered, and great wealth gave scope to luxury.

We do not mean that all the world had a high culture for basically only those

nations who have it now, had it then. Sir Charles Marston in his book, *The Bible Comes Alive!* says, "All stages of civilisation exist today throughout the world, and so far as we are aware, always have existed. And where glorious monuments certify to a great past, those who now dwell around them often testify to a great decay." The old truths of the Bible, which are ever new, will abide. Like their Author, they are "the same yesterday, and today, and forever." They cannot be shaken. Current world history is fulfilling its prophecies. Its truth is written on the ruins of earthly kingdoms. Neither the Bible nor Babylonian excavation know anything of uncivilised man. Life at the beginning of civilisation, was simple but cultured, due to the influence of the Adamic people.

Courtesy: "The American Institute of Theology"



The Nurse

"They sent away Rebekah, their sister, and her nurse." (Gen. 24:59)

In an Eastern family the nurse is a very important personage. She is esteemed almost as a parent; and, accompanying the bride to her new home, there remains with her. She becomes the adviser, the assistant, and the friend of the bride. To the nurse, as to a mother, the bride will confide her greatest secrets. Thus Rebekah took with her on her long journey to her future home the nurse who had cared for her since childhood, so that, besides the female servants she took with her (verse 61), she might have one intimate familiar friend among strangers.

Manners and Customs of the Bible
J. Freeman



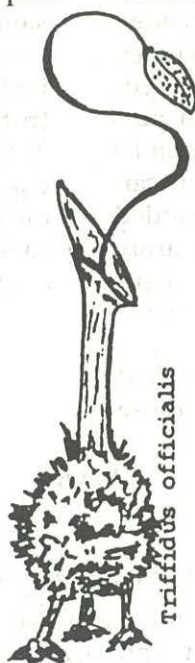
Herbs for Health – **Aloe Vera**

Everyone's Herbal

I. Shipard

ALOE VERA Living First-Aid Plant

Many people call it the miracle or medicine plant. And certainly the pain killing and healing powers of this curious "cactus-like" plant is scarcely short of miraculous. It is widely used in the USA and in many countries families have an aloe plant handy for treating accidents on the spot. In America Aloe is a large commercial industry. There are Aloe farms in NSW and as far north as Cairns in Queensland, with processing plants in various centres. For more than 3,000 years Aloe has been used to treat human ills. Its miraculous properties have been rediscovered time after time. The Aloe is a member of the lily family, which includes onions, garlic, pineapples and asparagus. It is a perennial with strong fibrous roots and thick fleshy dagger like leaves usually with spiny teeth at the edge of the leaf. The crystal-clear, jelly-like inner tissue of the leaves is the healing gel of Aloe. There are over 200 species in the Aloe family, which belong to a large class of plants known as "Xeroids" so called as they possess the ability to close their stomata completely to avoid loss of water, and so can sur-



vive long periods of drought stress. All Xeroids have this special chemical make-up which closes any wound immediately so that the plant will not lose its precious water. The wound then heals with miraculous rapidity and the plant begins to grow in another direction. Ancient people observed this, and reasoned that if it worked for the plant it would work for them. Thus from earliest history we have records of the uses of Aloe.

ALOE VERA, Nature's Wonder Plant is reported to have six main benefits as a:

- Pain inhibitor** (relieves hurt and itching);
- Antimicrobial** (resistant to infections);
- Astringent** (tightens tissue and restores tone);
- Cell stimulator** (increases cell growth for more rapid healing);
- Scar inhibitor** (restoration of normal tissue) and
- Inner cleanser** (general tonic).

The active ingredients of Aloe Vera are many:

VITAMINS: A (Beta carotene), B1 (Thiamine) B2 (Riboflavin), B3 (Pyridoxine), Folic Acid, C, E, K and B12.

AMINO ACIDS: Alanine, Arginine, Aspartic, Cystine, Glutamic, Glycerine, Histidine, Hydroxyproline, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Tyrosine, Valine, Tryptophan, Threonine.

MINERALS: Calcium, Chloride, Chromium, Copper, Magnesium, Potassium, Sodium, Zinc, Silicon, Iron, Cobalt, Phosphorus.

ENZYMES: Alkaline phosphatase, Amylase, Carbohydrase, Lipase, Oxidase, and mono and poly Saccharides and other substances.

Aloe Vera also has lignin, which gives it the ability to penetrate the skin; and saponins, which are Aloe's antiseptic and cleaning agents. Also there has been found to be great compatibility between the Aloe Vera plant biology and human biology. Aloe Vera can be a benefit to any person on a vegetarian diet, as it can provide the necessary vitamin B12. This is only found in animal products, comfrey, and some sprouted seeds like alfalfa, and possibly a small number of other plants. Aloe tested for B12 contained 50 picograms of B12 per millilitre. B12 is vital to the body for the production of blood cells and for the nervous system. Pernicious anaemia with lack of vitality, weakness, mental confusion, is the classical B12 deficiency disease.

"Healthier Living" with Aloe Vera

ALOE VERA is easy to grow. In cool climates it may be treated as a tender pot plant as it does not like frosts. It likes sun

or partial shade, rich soil and a neutral pH, good drainage and adequate water. The only factor known to damage plants in warm climates is over watering. The plant can resist droughts, absorbing water from the air through its leaves. It is said a potted plant alongside the kitchen sink will absorb the moisture for itself as needed. When Aloe is required for use, simply remove an outer leaf from the plant with a knife near the base of the plant. If all the leaf is not required at once, wrap cut end in glad wrap and store in the bottom of the fridge.

Many members of the Aloe family grow in Australia, but it is often difficult to get them identified botanically. The main Aloes used medically and commercially are Aloe Vera *Barbadensis* called the True or Curacao Aloe, Aloe *Ferrox*, and Aloe *Perryi* or Socotrine. There are many other Aloe species in Australia with similar medical properties but with harsher action and would seldom be used internally. Although most Aloes contribute to mankind in one manner or another there is one Aloe (*Venenose*) of which the juice is poisonous. The advantage of using Aloe *Perryi* which is one of the main Aloes used medicinally is that it is pleasant to take internally, in fact almost flavourless.

Uses for which ALOE VERA has been successfully applied:

1. For burns and scalds, insect bites, scratches from prickles, thorns and nettle stings and sunburn. If aloe is applied quickly it gives relief and healing with-

out pain. Either split a leaf and apply the pulp directly to the damaged area, or soak a cloth with the clear gel and bandage the injured area. Aloe is effective in healing without scars, if application is immediate and frequent. For burns and sunburn the skin should be kept moist with gel.

2. For eczema, dermatitis, chronic skin and fungal disease, stubborn sores, hives, allergies, cuts, prickly heat, frost bite, skin cancer, liver spots, bed sores, nappy rash, chilblains, cold sores, cracked lips, dandruff, skin ulcers, ringworm, blisters, itching (including itchy tropical ear, aching ear), bruises, varicose veins, chicken pox sores. Itching and burning subsides quickly. Hospitals that have used Aloe Vera ointment have found it 50% more effective for burn treatment than other remedies previously considered effective and healing took place with minimum formation of scar tissue. Research done in America by the University of Chicago Burn Centre and Directors of Plastic Reconstructive Surgery have found that it contains aspirin-like compounds of their precursors, eg, emolin, barboin, and emodin, and it was thought that the anti-inflammatory, edema relieving, and wound healing properties attributed to the extract might be due to an anti-prostanoid effect.

3. For purifying drinking water. It removes the chlorine or fluoridation taste and makes the water taste like that of a crystal clear mountain spring. With a

sharp knife, remove skin from the leaf, cut up gel in chunks and put in large jug of water in fridge. Just keep adding tap water as some is used. In several weeks if the pulp starts to disintegrate the gel can be removed and start again with fresh pulp. This liquid can be used for cold drinks, tea and coffee.

4. As a general tonic. Many people take it regularly for general good health and well being, and to give greater stamina. Cut several leaves and let stand for $\frac{1}{2}$ hour for yellow aloin juice to drain. Then make a juice with the leaves by placing approximately 115 gms (4 oz.) of chopped 2 cm ($\frac{1}{2}$ ") thick fresh leaf. Trim off the skin if not required as a laxative, although this is not necessary if using Aloe Perryi. Place in pint size glass jars with lid and fill up with cold water. Keep in fridge. Leave to steep overnight before use. Leaves will usually float to start with, and then sink when infused and ready to use. After use, the water in the bottle can be replenished many times as leaves will be effective 5 days to several weeks. Do not stir or shake bottle unnecessarily as enzymes are a sensitive entity, and are perishable, destructible by heat or shock. A $\frac{1}{4}$ to $\frac{1}{2}$ a glass or more from the gel juice bottle can be taken first thing in the morning, and also the same amount before each meal, and also at bed time if desired. It is found to be an excellent tonic, removing toxins from the body, is a blood purifier, and very healing and soothing to the stomach and aids the digestion of food.

After several weeks of faithful use of

the juice, benefits are felt. Water from the jars can be drunk any time during the day when feeling thirsty. Then just re-top the jar up again with tap water. It is a good idea to make up several jars and refrigerate, so that the jars can be rotated during the day after use. If the jars are not used for several days the juice may ferment. Discard and make a fresh batch. It is advisable to use only Aloe Vera Barbadensis, Aloe Perryi, and Aloe Ferrox internally.

Some people prefer to eat the leaves fresh rather than make up the juice. Cut leaves, let stand $1/2$ hour and just chomp on the leaf daily.

5. As a laxative. Aloe stimulates the movement of the muscular tissue in the walls of the intestine and bowel and increases the flow of intestinal juices. For severe constipation use the aloe skin peeling as the portion just beneath the skin contains the bitter cathartic element. Put it into a jar with a little water in fridge, and drink as needed to give a satisfactory movement. Usually it takes from 12-18 hours to take effect. If the brew is too bitter combine it with fruit juice, or try using Aloe Perryi as it is mild and pleasant to take. After a few days of satisfactory results, the dose could be taken once or twice a week. The strength is determined by the amount of peel that is put into the jar, Take $1/2$ glass of juice from the bottle once a day, preferably on rising. After using from jar, it can be topped up several times with water. The aloe skin contains aloin, a yellowish juice which is the natural laxative which will

stain if allowed to drip on clothes. If the leaf is not required in jelly juice mixture for its laxative properties the skin is usually removed or the leaf is let to stand for 30 minutes to allow the aloin drain out as this is the bitter part; but this is usually not necessary with Aloe Perryi and its mild flavour.

6. For ulcers or stubborn sores. Apply as in No. 1 or 7a or 7b to regenerate damaged cells. In sores containing infections, cleanse well so that this rapid healing will not enclose or heal over infected areas. The dressings from ulcers come off clean; the gel seems to digest pus present. When the gel or healing portion of the leaf is well used or dry, simply remove this by slicing the top layer off to expose a brand new juice surface.

7. Rheumatic or arthritic aching or stiff joints: a) Some people grind a leaf, heat the pulp, put in a gauze bag and apply to affected area and cover with towels; or, b) A leaf is split into slabs like fish fillets and heated and held in position with bandages. c) The fresh gel is just rubbed on. Many people find it an advantage to take the juice internally as well as in No. 4. Many have found instant relief from arthritic symptoms, while others receive relief after 1-2 months treatment.

8. For baldness and hair treatments. Sometimes the hair cells are dormant. With faithful application of gel, the peeled pulp will wake up dormant cells. Peel skin off leaf, blend to a pulp into an

"egg white" like gel and apply to scalp. Many women use this gel as a hair set too, rubbing it into the scalp and for a hair conditioner.

As a hair conditioner it has the effect of absorbing excessive oils. The Indians of Mexico, admired for their thick inky-black hair that rarely if ever grows thin or turns grey, are said to owe their lustrous crown of glory to regular application of Aloe gel. Prior to washing their hair, the gel is rubbed into the scalp and allowed to remain on overnight. The hair is then shampooed. Certain properties in the gel produce a low sudsing action that leaves the hair beautifully glossy, adding luster, richness and manageability to the hair. Use the gel as a dandruff treatment too.

9. The gel is used with milk for dysentery, kidney infection and sluggish liver. Aloe activates the liver to secrete more bile which also helps the digestion.

10. In cosmetic preparations, suntan lotions, face creams, skin moisturisers and softeners, rouge, lipstick and cleansing creams, finger nail strengthener, sudless shampoos. Cleopatra attributed her irresistible charm and beauty to the use of Aloe. As a skin cleanser it is very beneficial as it does not cause irritation; as a natural moisturiser as it absorbs excessive skin oils; as a freshener and facial cream it restores a glow to the skin. It is also used as an underarm deodorant. Brown skin spots or aging spots have been reduced by faithful twice daily application. Aloe's antiseptic action can

also treat infections in oil-clogged pores, like acne and pimples. Besides destroying microbes, it can counteract the acne infection with its astringent action, stimulating tissues and healing blemishes with little or no scarring. For using Aloe with very dry skin, it may be necessary to use it with a moisturiser.

11. Stomach or duodenal ulcers. Quantities of blended gel are taken at regular intervals, totalling a pint a day preferably on an empty stomach (with treatment use a bland diet). Or take as in No. 4. Aloe has been used by many people and found effective for peptic ulcers. This may be because Aloe may be able to inhibit the secretion of hydrochloric acid which irritates the stomach lining.

12. Aloe has been used to treat chronic nose congestion. Patients treated with Aloe were able to breathe and smell with greater ease, and had significantly less nasal secretions.

13. Science has not proven that Aloe juice can increase sexual potency, but a direct correlation between nutrition and vitality does exist, as Aloe contains a multitude of necessary nutrients and minerals that the body needs to function at optimum levels. Ancient history tells of Aloe's aphrodisiac properties.

14. Haemorrhoids and bleeding piles. Application after bowel movement, after bath, and at bed time. Insert a chunk of peeled pulp the size of $\frac{1}{2}$ a finger into the rectum. This chunk can first be fro-

zen to make it more rigid so it can be applied easier. One lady heard of Aloe's value for bowel disease, so she began to take it for haemorrhoids, drinking the juice as in No. 4 daily, and has had a complete recovery.

15. Aloe contains enzymes that are beneficial to the whole system and appears to often activate the function of sluggish parts of the body.

16. For wounds. The mucilaginous juice of the leaf dries quickly when applied to the skin, hindering bacterial growth. Due to this action it will stop bleeding of small cuts quickly and will aid in the healing process (giving the sore protection from the air), providing that the wound is cleansed of all foreign substances before the juice is applied. When Aloe is applied to wounds, swelling subsides quickly, and regeneration of tissue is rapid.

17. For sinus, colds, phlegm, rasping voice, and mucus, as in No. 4.

18. Aloe taken internally as juice (No. 4) acts as a general sun screen protection from within, from the sun and wind and the body is not as susceptible to adverse conditions. Or apply gel from the Aloe leaf before going out in the sun, which can block out up to 90% of the burning rays of the sun and allow about 75% of the tanning rays to reach the skin. The gel dries quickly and does not leave the body greasy. The gel can be applied often. This can give skin protection and

eliminate harmful rays. Maybe a lot of skin cancer could be eliminated too. But be wise and still wear wide brim hats.

19. For tired and aching feet. Mix gel with hot water and soak feet in it. Helps also in treating corns and calluses.

20. As a food, salad conditioner, appetiser with honey or lemon juice or other fruit juices, or just plain water as a health drink as in No. 3. Aloe is frequently added to different foods, with accompanying claims that the juice will improve the taste of soups, fruit juices, gravies, cream sauces, vegetables, sea foods and other dishes. This can be left to the individual's taste buds to judge, but in any event, Aloe is probably much safer and kinder to the digestion and nerves than many other additives in foods.

21. At bed time to help relax and promote restful sleep. Use the infused leaf in water as in No. 4 with $\frac{1}{2}$ a glass at bed time.

22. To promote suppressed menstruation and for period pains as in No. 4.

23. For gums irritated by dentures. Apply a thin slice of gel and hold in place with denture. Also use gel for mouth ulcers, after tooth extraction, gum infections, for infant's and children's teething pains, rub gel on pain spot.

24. Smoothing out old scar tissue by promoting normal growth of new skin

tissue. Also used for pregnancy stretch marks.

25. As a body regulator it also acts as a slimming aid.

26. As a soothing balm for minor skin irritations, antidote for detergent hands, cracked and garden worn hands, rough elbows, bed sores, dry or chapped skin and cracked soles of feet. Apply gel fresh from the leaf.

27. Fresh pulp applied to forehead to relieve headaches and migraines.

28. For tiredness, endurance of summer heat and exhaustion. Take as No. 3 or 4.

29. Aloe has been used to counteract the burning sap of plants if accidentally got on the skin or in the eyes. (Like hot chilli, or the irritating milky sap of plants that can be painful like frangipani.) If you get entwined with clinging tropical legumes and the skin becomes itchy, quickly apply gel from leaf to skin, to give relief.

30. To check aging lines of face and neck. Straight gel is applied.

31. As after shave lotion, and providing a soothing, quick healing, antiseptic medication for razor cuts.

32. Aloe is fermented and made into a beverage resembling cider.

33. Aloe has been used to expel pin worms. Use infused juice on empty stom-

ach in the morning and several times a day. Make as in No. 4. Aloe is also used for worming animals. As a purgative dose for horses use straight gel, 25-50 gms, cattle 50-75 gms, sheep, goats and pigs 10-25 gms, dogs 2-5 gms, cats 1-2 gms, for chooks a small piece of leaf in their drinking water will help to keep them healthy. Gel can be mixed with animal food and molasses.

34. For pet and animal care. For ailments and diseases, use a similar dose or application as for humans. The juice can be added to the animals drinking water or food, or for external use the straight gel can be applied.

An infusion has been found effective for poultry with enteritis and indigestion, and to add to drinking water during moulting. Aloe was found to be effective for blood scours in calves. The book "*Aloe Vera — New Scientific Discoveries*," reports the story of a farmer who had a big dairy operation who started losing his animals to some disease. The farmer started putting Aloe in the drinking water and the disease stopped. Aloe is used by horse trainers for horses with injured bow tendons. Because of Aloe's extraordinary penetrating power, it is able to relieve pain deep beneath the surface, including that of joints and muscles. It can also reduce bleeding by its coagulating action, lessens the fever of sores and dilates capillaries, thus increasing the supply of blood to the area in which it is applied. Many veterinarian supplies have Aloe products.

35. Aloe is used by athletes in training for all the various skin and muscle problems which can hinder performance. When treating these kinds of injuries massage the Aloe directly into the painful areas, or make a poultice with gauze saturated with Aloe pulp. Tests carried out by Olympic officials on Aloe, to ensure that it contains no drugs which might improve an athlete's performance, came out with flying colours. An interesting point established by these tests is that as Aloe contains no harmful substances, it is practically impossible to overdose on it. It is also safe for children to take.

36. Aloe is used in the preparation of Friars Balsam and other medical preparations. There just could be Aloe in what your doctor prescribed!

37. Fresh juice applied to surgical wounds hastens healing.

38. An old remedy for asthma was to boil some chopped Aloe leaves in a pan of water and then breathe in the vapour. An elderly gentleman told me recently that when he was a child he was subject to severe asthma attacks. His mother would take Aloe leaves and boil them with water, when cooled he would drink the liquid which would give quick relief from the asthma attack.

39. Also used for boils, bed wetting, brain growth stimulant, convulsions, indigestion, heat rash, sleeplessness, pain,

to reduce perspiration, tonsillitis, eye cleanser and gargle for sore throats.

40. Perhaps, the most remarkable of all claims made for the gel is in the treatment of radiation burns, for radium or X-ray burns, or for other radio active elements used in atomic energy research. Medical researchers have found it to be the only successful treatment for radiation burns.

41. Also used for blood infections, cancer of the uterus, general fitness and longevity, paralysis, heartburn, hyperactivity, sprains and damaged ligaments, inflammation of the colon, bowel diseases, shingles, herpes, high blood pressure, multiple sclerosis, tuberculosis, gout, edema, to guard against epidemics of cold and flu, angina, coronary thrombosis, had breath, muscle cramps and fluid retention. A lady recently settled in Australia from Europe tells how in her village every home had Aloe growing, and for anyone with the first symptoms of a cold Aloe was immediately administered.

42. Russian research has noted that Aloe treatment has inhibited cancer of the oesophagus, stomach, intestines and mammary glands. Considerable research has been done also with patients with conjunctivitis, atrophy of the optic nerve and glaucoma, gynaecological diseases, poliomyelitis, nervous diseases, traumatic epilepsy, skin, ear, nose, throat and liver diseases. Quick healing has been noted in bone frac-

tures. (With reduced consolidation time of fractures by 20 to 25 days.)

The medical applications the Russians have found for Aloe juice are staggering. Most treatment is by subcutaneous injection, with the Aloe leaves being prepared by seasoning several weeks in dark, cold (2-6°C) conditions. The juice is then extracted and stabilised.

In the Western world there are many brands of processed Aloe products on the market. Before purchasing it is advisable to check if it is stabilised, and what percentage of Aloe is in the product, otherwise you could be buying quite a deal of water!

In the USA Aloe Vera gel is approved by the Food and Drug Administration for the treatment of burns and minor skin problems. It does not claim that Aloe Vera will cure any internal disease. However, since it does have such a wide range of properties and is known to be safe, many people, both physicians and patients use it as an adjunct to their regular health programme, and many get amazing results and improved health.

People enquire if the gel fresh from the leaf is as effective as the stabilised product. Naturally the fresher the leaf the better. Aloe is a plant every person can grow in even the smallest yard or flat. The leaves can be picked fresh as required. This can work out considerably cheaper than continually buying processed products. Then what about the infusion in the jar in the fridge? Is it as good as the stabilised commercial preparation? All we can say is use it, try it. Many peo-

ple use it regularly and get excellent results. We know of several people who take the juice made from fresh leaves daily. One lady knows when her brew in the fridge is well used after several weeks by when she starts getting back her aches and pains. Taking the Aloe juice needs to become a part of everyday routine. People in past history did not have the stabilised, or bottled products, and yet they recorded Aloe's healing benefits. Many people experience a tremendous health benefit by making their own mixture and using it regularly. Don't expect results after the first glass of juice. Often it is 1-3 months before any results are felt or seen. And it is a little hard to look inside the body and see the cleansing action which could be going on.

Despite the glowing reports of a more radiant complexion, relief from pain, Aloe Vera may not work for every ailment. But scientists have determined that even if Aloe is found to be completely useless, it is harmless, with no known side effects when taken internally.

Many disorders and diseases have been relieved, removed or resolved by dutiful use of Aloe. Many people vouch for Aloe helping them to maintain a superb state of good health and energy. Some species of Aloes may cause slight allergy to an extremely minute minority of people, but the use of Aloe Perryi and Aloe Vera Barbadosensis would probably be acceptable and non allergenic to even the most sensitive skin. It is a remarkable plant to be excited about when you see fast results. People pass on from one to another amazing results, for people do

enjoy sharing good news.

The Ancient Egyptians called Aloe "the plant of immortality." Aloe is mentioned in Scripture, in, the Psalms of Solomon. Aloe was also used in burial procedures. Aloe was used in the burial of Jesus. The earliest recorded mention of the use of Aloe is in 1500 BC in the Egyptian Papyrus Ebers, which list the many medicinal and cosmetic values of the plant. Legend tells us that Egyptian queens Cleopatra and Nefertiti bathed in Aloe juice to retain their youth and beautiful looks. Seminole Indians in Florida had a myth of the Fountain of Youth, with the stream flowing from the centre of Aloe plants. Marco Polo observed the Chinese applying Aloe salve. Lore from India, Africa and South America relates that when hung in a room Aloe will protect the inhabitants from mosquitoes and other insects. The experiences of those who grow Aloe Vera commercially attest to this folklore. The plants themselves are virtually free from insects, pests and disease, and some tests have shown the plant to be an effective insect repellent. Old stories from Europe, the East Indies and the Caribbean all relate how effectively Aloe treats aches and pains in bones and joints, and alleviates the pain of gout. Historical records also show that Alexander the Great was sent by Aristotle to the island of Socotra off the east coast of Africa to bring back plants to treat his soldiers' wounds. Dioscorides, the famed Greek author of the 1st. Century AD made a detailed report of Aloe Vera's applications. Queen Victoria's armies, and many other armies in between

have relied on Aloe Vera to help keep them healthy in times of battle and endurance.

Because Aloe is a natural product, made from a simple plant that looks like a cactus, it has suffered some of the stigma of being classed as "herbalism" by the official section of the medical profession. They don't like to accept its wonderful healing properties. Many people won't believe it either, until they have tried it for themselves. Some people do not like the thought of mixing up the leaves and using it fearing it may taste woeful! Many people overcome this by mixing it with fruit juice. This is a good way to disguise the flavour for the children too.

Aloe Vera *Barbadensis* or Aloe Perryi not only make an attractive potted plant, but can make a very practical gift; a gift to be remembered time and again. And such a gift could save a lot of suffering and pain. Many people plant their Aloes near the house, so it is near to hand in emergencies. We always have an Aloe leaf cut, on hand in the kitchen ready for accidental burning, cuts, bruises, bleeding, etc.

References for this article have come from "Aloe Vera, New Scientific Discoveries" by M.B. Skousen; "The Modern Herbal" by Mary Grieve; "The Useful Plant Aloe Vera" published by R. Prevost, the "National Farmer," November 1980. Uses have also come from many people who have used Aloe with wonderful results, and I thank them for their enthusiastic reports of help and healing through Aloe. These reports can encourage us all

to make use of this plant.

Aloe Vera, with its most ingenious mixture of antibiotic, anti-inflammatory, astringent coagulating agents, pain inhibitor, growth stimulator and healer, used by thousands of people through the centuries can truly be called the "Potted Physician" or the "Wand from Heaven."

(If only some of the above claims are true then ALOE VERA is truly a remarkable plant — Ed.)

Footnote: Many people ask how they can identify Aloe Vera Barbadosensis, especially as they know many nurseries are still selling plants for Barbadosensis when they are in fact Perryi or other aloes. When plants are young Aloe Perryi and Aloe Vera Barbadosensis do look similar. As Aloe Vera Barbadosensis mature they lose most spots, leaves go grey/green, and they do not pup till of a good size, usually at least 2 years old. The flower is yellow. Perryi have orange flowers and pup when quite small.

Courtesy: Australasian Survivor



Hymn of the Month

All hail the power of Jesu's name;
Let angel's prostrate fall;
Bring forth the royal diadem
And crown Him Lord of all.

Crown Him, ye morning stars of light,
Who launched this floating ball;
Now hail the strength of Israel's might,
And crown Him Lord of all.

Crown Him, ye martyrs of our God,
Who from His altar call;
Of Jesse's stem extol the Rod,
And crown Him Lord of all.

Ye seed of Israel's chosen race,
Ye ransomed from the fall,
Hail Him who saves you by His grace,
And crown Him Lord of all.

Hail Him, ye heirs of David's line
Whom David, Lord, did call;
The God Incarnate, Man Divine,
And crown Him Lord of all.

Let every kindred, every tongue
Before Him prostrate fall;
Join in the universal song,
And crown Him Lord of all.

E. PERRONET (1726-1792).



Differences In Racial Upbringing

The following article by G. Bankston, which appeared in The American Mercury, Torrance, California, USA, throws revealing light on one of the differences between the racial upbringing of the Jew and that of the Gentile.

— Editor, STA. Observer

The white race has been disposed. They are a humble, obedient servant in their own lands. Perhaps we can see why if we look at the way another race brings up its young, then draw comparisons.

When a male Jew completes his thirteenth year, the age of responsibility and religious duty, it is recognised in a ceremony known as the Bar Mitzvah. The details of the ceremony vary in different locales, but the underlying purpose and the extensive preparatory period are basically the same everywhere.

A knowledge of the Bar Mitzvah can help one understand how a fraction of one per cent of the world's population has reached a position of financial and political dominance.

Nothing in this article is intended to indicate a flaw in the Jewish make-up. The flaw is to be found in the Gentile and their waste of genetic treasure.

Not all male Jews become "Bar Mitzvah boys." That is, not all go through the entire educational process that culminates in the ceremony. A very large percentage do, and most of the rest reach the point of substantial indoctrination.

Racial Instruction

By the time a boy can listen attentively and read he is taught his race's religious and tribal background. The historical figures become persons with whom he can identify and strive to emulate. The age-old enemies become his personal and present enemies. His racial identity becomes stronger and he feels an obligation to overcome the old foes of his people.

When he reaches about ten or eleven the Hebrew School may require fifteen or twenty hours of his time each week. He learns Hebrew — perhaps just enough to get through the Sabbath ceremonies, perhaps enough to converse should he visit Israel.

The racial and religious instruction deepens and intensifies. Familiarity with the Talmud is achieved. His loyalty to his people becomes complete and uncompromised. His personality develops. He becomes self-assured and assertive.

Finally the great day arrives. It is not for the family alone, not just a moment on a Sabbath when the congregation gives a cursory nod and quick verbal congratulations. It is a day-long celebration in which the entire Jewish commu-

nity joins. Relatives from all over the country and from foreign nations come to take part. Gifts befitting an adult are given by everyone.

Overwhelming "All Enemies"

The usual Sabbath service is not observed because the Bar Mitzvah requires the entire morning. Various members of the congregation, as well as the Bar Mitzvah boy's father, uncles and other relatives take part reading in Hebrew from the Torah. There is a great deal of singing, chanting, responsive readings and other formalities. The boy, of course, has his part, including reading in Hebrew from the Torah.

The ceremony ends when the boy goes up to the Rabbi who gives the final words which in essence are:

"When you arrived at the Synagogue this morning there were nine men present. After you entered there were ten men. That is the first time in your life that occurred because — now you count! From now on you count! From now on you must take your place as a Jew in overcoming all enemies of our people!"

When the formal ceremony is over everyone enjoys the Kiddish. Drinks, soft and alcoholic, hors d'oeuvres, gefilte fish made by the women in the congregation, pickled herring, pastries and other delicacies pleasing to the Jewish palate are served.

In the evening everyone shares in the Simcha. The dinner is as formal and lavish as the particular family's wallet can provide. If possible a band is

present for dancing. Short congratulatory speeches are made, as well as toasts. It is a time of joy for the Bar Mitzvah boy, the family and the entire Jewish nation. Another knowledgeable, dedicated, purposeful Jew now is pledged to the ancient battle.

Jews are to be congratulated and admired for maintaining with every boy a long, sustained program that results in an integrated, disciplined mind with high self esteem, purpose and steadfast loyalty. Only this sort of early training and indoctrination can result in the level of advancement noted in the Jews in every field — politics, finance, arts, education.

Different With Gentiles

While the Jew is busy elevating himself the Gentile is emasculating himself through the efforts of teachers, public officials, and worst of all, the clergy.

While the Jew is building self esteem, the Gentile is being taught that he or she is a "sinner," doomed to die in corruption.

While the Jew is building racial pride and integrity within his own people, the Gentile is being taught racial amalgamation and the "universal brotherhood of man," being made to feel evil and guilty for being White and taught to give up what they have earned for others.

While the Jew is teaching his own "overcome all enemies of our people," Gentile is being taught "interdependence."

Fighting His Own Kind

While the Jew is building loyalty to his race, the Gentile is being taught to be loyal to a multiplicity of political enemies, political dogmas and religious bodies that keep them fighting their own kind.

While the Jew is becoming self-assured and assertive, the Gentile becomes more of a humble cow ("goy" or "goyim") waiting to be milked.

It is too bad that America allows Jews to control its culture. We have thus lost knowledge of our own nationality, religion, identity and heritage. For example,

how many White Americans have heard of Arminius? He saved Europe from Latinisation at the time of Christ. (Arminius, also known as *Hermann the Liberator*, was a German chieftain who trapped and destroyed a Roman army under Varus at the battle of Teutoburg Forest. He lived from 17 BC to AD 21.)

The concept of race must become dominant in the White person's mind, so that they can bring about conditions (teaching of racial history in schools, etc.) that will assure racial survival despite efforts of the enemy to homogenise and hybridise them and eventually eliminate them.



Quotations from Balaam

Two well-known Bible quotations are based on the words of Balaam. "God {is} not a man, that he should lie; neither the son of man, that he should repent. Hath he said, and shall he not do {it}? Or hath he spoken, and shall he not make it good?" (Numbers 23:19). These words are true — they provide a great preaching text — yet these were not the words of a recognised prophet of God, but of Balaam.

The other quotation from Balaam, "What hath God wrought!" was made famous because it formed the first message sent over the electric telegraph which was perfected and built by Samuel F. B. Morse. The first telegraph line, constructed with \$30,000 appropriated by Congress in 1834, was completed in the spring of 1844 and ran between Washington, D.C. and Baltimore, Maryland.

The quotation, "What hath God wrought!" was chosen by Annie Ellsworth, daughter of the commissioner of patents, the complete text of which says: "Surely {there is} no enchantment against Jacob, neither {is there} any divination against Israel. According to this time it shall be said to Jacob and of Israel, What hath God wrought!" (Num. 23:23).



Devotional – Criticism Or Intercession?

R. Gibbons
(Subscriber)

"If any man (one) see his (their) brother (neighbour) sin a sin {which is} not unto death, he (they) shall ask, and He shall give him (them) life for them that sin not unto death." (I John 5:16)

How easy it is to recognise sin in others but to overlook or excuse our own faults and weaknesses! We readily notice the "speck" in our neighbour's eye, but seem unaware of the "plank" in our own. This, of course is a very natural failing of the natural man, but, however, a somewhat compatible but contrasting perception is found in the spiritual realm! By the direct penetration of God's Spirit, (not the acuteness of the mind), a condition of sin is revealed to us in another's life. This operation may well be a subsidiary variation of number seven of the nine gifts of the Spirit, ie. "discerning of spirits." If so, it is a gift from God, not a skill.

Our temptation now is to either tell straight to their face — a delicate and dangerous tactic — or else to criticise and condemn them to others behind their back — cowardly gossip.

Never indulge in criticising, complaining or condemning others. Such behaviour is self-lowering for a saint; it is "muck raking." You are not a judge with all the relevant facts of the case before you. (If you had been from the same parentage, upbringing or circumstances you might be as bad or worse.)

So what do you do instead? "If any-

one sees their neighbour sin ... THEY SHALL ASK, and God shall give them life ..." We are told to INTERCEDE on this person's behalf. The wonderful grace of God then comes in to answer our prayers: "God shall give them life." That means forgiveness, cleansing, deliverance and harmony with the Eternal.

Consequently, we now realise that with this revelation of spiritual discernment about other believers comes a burden of responsibility and a real challenge to intercede for them. Firstly try to understand the attitude of the Saviour in this matter; the mind of the One Who suffered and died to reconcile this person or persons to Himself, and Who wants to give them His perfect character to emancipate them completely from all bondage to the old nature of sin.

It is not a case of persuading God to correct them our way. Never pray, "O Lord, stop this person from doing this thing." Pray positively. Thank God for the problem, "In everything give thanks; for this is the will of God in Christ Jesus concerning you." (I Thess. 5:18). "Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;" (Eph. 5:20). Why? Because where

sin abounds, grace abounds much more! ("Moreover, the law entered, that the offence might abound. But where sin abounded, grace did much more abound;" (Rom. 5:20). Thank Him for His grace. Let us get the Everlasting Father's mind on this matter concerning the one for whom we intercede. For example, "I exhort, therefore, that first of all, supplications, prayers, intercessions, {and} giving of thanks, be made for all men (people); For kings, and {for} all that are in authority, that we may lead a quiet and peaceable life in all godliness and honesty. For this {is} good and acceptable in the sight of God our Saviour, Who will have all men (people) to be saved, and to come unto the knowledge of the truth." (I Tim. 2:1-4). "The Lord is not slack concerning his promise, as some men (people) count slackness, but is longsuffering toward us, not willing that any should perish, but that all should come to repentance." (II Peter 3:9).

Yes, study to get His view about the people for whom we pray. They may not be able to pray for themselves. You are meant to pray for them, "... supplications, prayers, intercessions, {and} giving of thanks,

be made for all men (people). ..." (I Tim. 2:1). If you are a member of "a holy priesthood ... a chosen generation, a royal priesthood ... showing forth the praise of Him Who hath called you out of darkness into His marvellous light: ..." Then surely a priest's work is to intercede on behalf of others, so this is our high calling.

Intercession is the ministry of every true disciple of the Messiah. It has virtually no snares. Intercession is a quiet, hidden, unselfish ministry incorporating daily worship and praise, exercising the magnanimous love of our gracious heavenly Father which is, "Shed abroad (to others) in our hearts by the Holy Spirit given unto us," (Rom. 5:5, see Matt. 5:44-48).

We should confidently claim in our prayers on behalf of others conviction of sin, repentance, forgiveness, cleansing by the blood of Yahshua our Saviour and abundant new life in the Spirit.

"... I am come that they might have life, and that they might have {it} more abundantly." (John 10:10).



The Lord Jesus said:

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. ... And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give {it} you." (John 14:27; 16:23)



Controversial – The Cosmic Battleground

Is Modern Man's interest in UFO's the Response to an Ancient Pattern?

Subscriber

Millions of people have seen objects in the sky that they could not identify, and many thousands have taken the time and trouble to submit written reports about them. The vast majority of these sightings could well be of such things as meteors, planets, stars, weather balloons, swamp gas, and atmospheric disturbances. There remain however, a significant body of experiences that are truly inexplicable.

There is no doubt that disk shaped objects have been seen by a great many honest, sober, and mystified men and women. The objects have been tracked by ground-based and airborne radar and have been photographed by still and movie cameras in black and white and colour. The crafts have been observed to hover, move straight up or down, and accelerate and manoeuvre at speeds far beyond the capability of any known aeroplane.

Declassified documents obtained through the US Freedom Of Information Act (FOIA) in the mid-1980s prove that the United States government, the CIA and Military institutions (and those of other countries) are very interested in the Unidentified Flying Objects (UFO) phenomena years after they publicly claimed that their research on UFO's had ceased! The United States Air Force project "Blue Book" was able to come up with a "rationale" for all but 700 out of 12,600 cases of sightings between 1947 and 1969.

Apparently, there was absolutely no way they could dismiss the 700 cases. Despite the best efforts of the powers-that-be to explain away each and every UFO sighting, every photograph or other bit of evidence, why is it that over 50% of the US public believe that UFO's exist? The UFO phenomena are a persistent challenge to mankind.

"I have come to these conclusions," states Robert Achzenner (author, lecturer and UFO expert). "The unknown objects and their manifestations are real, they are intelligently controlled; and no government authority or scientific agency knows what they are, where they are from, or why they are here." Psychologist Leo Sprinkle, of the University of Wyoming Division of Counselling and Testing (he is also a consultant for the Aerial Phenomena Research Organisation), interviewed dozens of people who claimed to have been aboard UFO's. He stated: "My guess is that they're more than just a physical phenomenon, that they're a psychic or spiritual phenomenon too." While Prof. J. Allen Hynek says UFO's origi-

nate in a "parallel reality."

From the end of the second world war to the 1970s "underground" UFO researchers came to the consensus, based on available data, that there were two distinct classes of UFO's.

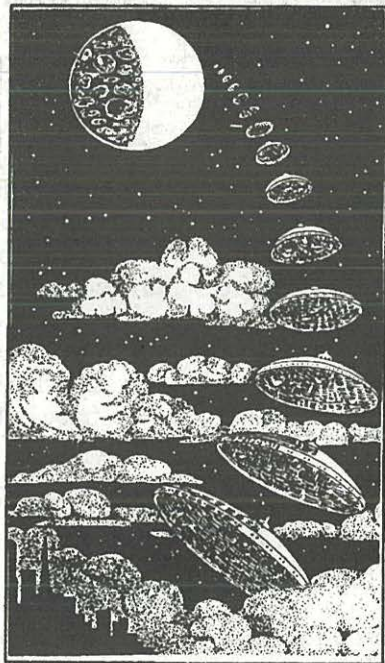
The basic position has been stated by the doyen (senior member of a body) of modern Ufologists, Brinsley le Poer Trench (Lord Clancarty), who concluded there were two types of UFO phenomenon: one is benevolent, the other hostile, perhaps regarding human beings much like a scientist regards a laboratory rat.

Noted writers such as John Keel have identified this latter (hostile to humans) type with certain "dark forces" that have historically plagued mankind.

Over the past three decades a third type of UFO has received increasing attention from Ufologists, these are man-made UFO's. There is a diversity of opinion over the specific origins of these man-made UFO's: A secret US government project or a sinister alliance between extra-terrestrials and the international elites to produce crafts on Earth or a surviving remnant of Nazi UFO's based at the South Pole are a few of the numerous explanations canvassed by researchers.

Now for the purpose of this article we will accept that UFO phenomenon can be clearly classified under the following:

1. THE HEAVENLY HOST — Messengers from the Supreme Being of the Universe. They appear in radiant or perfect human form, sometimes associated with white light, having supernatural power. Their message directs people's attention heavenward. They are emissaries of truth, justice and ultimate reality. In this category we place the Elohim, an ancient plural Hebrew word that has the meaning of "Mighty Divine Ones." The Elohim are universe builders, while the Most High bears the name of YAHWEH.



2. THE DARK GODS — Weird-looking "aliens," "dark forces" that treat humanity in a hostile, malevolent, manipulative manner, seeking to dominate and control the Earth. These are the Satanic forces, cruel gods and fallen angels of ancient lore. Their actions range from sexual assault, animal/human mutilation, psychic attack, to inducing trance states in subjects. They seek to keep humanity in its half-sleep of illusion, bound to the material plane. John A. Keel referred to these Dark Gods when he

wrote: "Why don't they contact us? The sceptics ask. It might be better for us to ask, Why didn't they leave us alone?"

3. MAN-MADE UFO's — While this article will not touch on this subject, there is, however a considerable — and ever growing — body of data that many UFO's are indeed MAN-MADE.

Using the first two categories to analyse primeval history and religion we can easily see how remarkably ancient and modern UFO data dovetail and correlate.

Naturally they are always couched in the particular cultural paradigm of the era in which they occur. For instance, in the societies of classical antiquity, and in Biblical times, there is an abundance of documentation pertaining to "visitations from above." These take the form of encounters with "angels," "spirits," "beings clothed in white" (and, more significantly, black), "gods" appearing, and the endless records of fiery "chariots," countless "comets," swords of light, to the "suns at midnight" and "moons at mid-day."

Modern people, with their blinkered rationalistic-materialist vision and arrogance finds it nearly impossible to evaluate the records of antiquity with contemporary paranormal phenomena. They therefore try to reduce the "signs, wonders and portents in the sky" assiduously recorded by the priests, prophets, savants and wise men and women of antiquity to "mass hysteria," "ignorant superstition," or "misinterpretation of natural things." Reducing

everything to this level creates a vacuum that inevitably leads to the blindness of humanism, evolution, moral relativism and conditioned mechanistic thinking. But then these are the "fruits" of the modern world that limit and distort the human soul!

What the Ancients Knew

The Japanese have myths and legends which claim that their islands were first settled by beings who descended from the sky. These stories are a part of the Japanese culture.

The Eskimos believe they were somehow transported to the Arctic circle in ancient times.

The natives of the Sahara desert have folklore about blue-skinned people from the sky who had such an impact that certain tribes still dye their skins blue in emulation of these ancient cosmic beings.

Deep in the Bayan-Kara-Ula Mountains of China there is a tribe of diminutive people about four feet high. Hieroglyphs have been found in that region (on the border of China and Tibet) by Russian archaeologists. When translated, these records describe how members of the Dropa tribe came to Earth in some kind of spacecraft. The stone disks bearing these inscriptions have been dated at about twelve thousand years. Ancient graves have also been found there containing small human bodies with huge craniums and underdeveloped skeletons.

According to Dr. Ivar Lissner the ancient peoples of China have existed on

the Earth for thousands upon thousands of years.

African skeletons discovered by anthropologists, buried in the caves of Kilimanjaro, have been dated from around 73,000 years ago. Many African religions tell us that the first people were sent down by the "Gods" to build the world, and in that remote "time before Time" there was no great separation of people from the Gods. But there came a moment when people offended the Gods by their acts of greed and selfishness, and the Gods decided to withdraw from the people. In some versions the Gods simply pulled up the ladder or rope which joined heaven with the world, and which the first African people could move up and down as they wished.

The next time you hear an African American rap musician saying, "the original man is the Black man," you might consider that he or she is reciting a tradition carried down from the most ancient African myths.

Today, the Nation of Islam in North Africa teaches that the Black man was the first man to arrive on Earth. The Black Muslims await the return of the "Mother Ship" to take the faithful back to heaven prior to Armageddon.

In the writings of the ancient Egyptians we have the story of their original homeland of Atlatcan or Atlantis. How in the days of this Golden Age the children of the Almighty (the Elohim) used

to come and go from heaven to Earth in celestial chariots.

The people of Atlantis could see these Elohim or celestial beings at times, and hear them and their music, but as they moved among them they could not hear a sound from their movement. Then one day evil beings came to Earth and led the people into all manner of depravity and rebellion.

These Dark Gods seized control of Atlantis and the Elohim withdrew from their close contact with the people, with the result that a large portion of the Atlantean race became a prey to the selfish use of power and intermar-

ried with the Dark Gods and their invading Serpent race.

The ancient Akkadian records tell a similar story of how in the battle between the Great Gods, the evil deity brought warlike "swordsman and axemen" down to Earth from outer space.

Then there are other arcane myths, legends and lore that tell of even older civilisations, such as Lemuria. How old races degenerated and disappeared altogether or were absorbed by the newly arrived dominant races.

Also archaeologists digging in the Middle East have found artefacts which indicate that Neanderthal, Cro-Magnon, and modern man all existed during the same period. This not only shoots down the theory of evolution, but it suggests that modern man — a creature with a



conscience and a consciousness — was separate and distinct from the primitive creatures.

Of equal surprise to the evolutionists is the fact, discovered by recent excavation, of the suddenness with which civilisation appeared in the world. Dr H.R. Hall writes in his *History of the Near East*, "*When civilisation appears it is already full grown.*"

Did all Earth's ancient civilisations and peoples — and by extension our own — have their origins outside this planet?

The myths, legends and sacred records of antiquity, together with the great discoveries of archaeology confirm that the races and peoples of planet Earth are descendants of earlier civilisations which existed thousands, even millions, of years ago.

These very civilisations owe their genesis to the direct intervention of beings from another dimension. This explains the finding of ethnology and anthropology, as Prof. Howells concludes in *Man-kind So Far*:

"The great, familiar racial stocks, the White, Yellow, and Black, obviously represent an ancient separation." As one of England's greatest 19th century scholars wrote: "*Mankind sprang not from one, but from many centres over the globe! Turn whithersoever we may, on every hand, we behold the giant shapes of ancient empires, which flit like dim shadows evoked by a master hand!*"

Enter Adam and Eve

The story of Adam and Eve can be found in the ancient writings of the

Phoenicians, Sumerians, Hebrews, and many other ancient peoples.

Traditionally, Biblical scholars have placed the genesis of Adamic civilisation at 4000 BC, though others put forward an earlier date of approximately 5400 BC. The Genesis story, as it is recorded in the Old Testament, far from discounting the thesis we have put forward above, actually verifies and clarifies it. **The process of creation explained in the first chapter of the Book of Genesis may well have covered a quite considerable period of time.**

The opening verse of Genesis states: "*In the beginning Elohim created the heavens and the Earth.*" (Holy Name Bible). When the "beginning" was, we are not told. Ferrar Fenton renders this verse: "*By periods God created that which produced the Solar Systems; then that which produced the Earth.*"

Reading verse 2, we find a remarkable declaration, "*And the Earth became without form and void and darkness was upon the face of the deep. And the Spirit of Elohim moved upon the face of the waters.*" (Holy Name Bible). Note that in Hebrew, it says, "*Now the earth HAD BECOME chaotic and empty.*" (See Rotherham's *Emphasised Bible*). That is, some early catastrophe had wrecked the earth, which was not "without form and void" before that:

"I beheld the earth and, lo, {it was} without form, and void; and the heavens, and they {had} no light. I beheld the mountains and, lo, they trembled, and all the hills moved lightly. I beheld and, lo, {there was} no man, and all the birds of the heavens were fled. I beheld and, lo, the fruitful place {was} a wil-



"And the Earth became without form and void ..."

derness, and all the cities thereof were broken down at the presence of the LORD, {and} by his fierce anger. For thus hath the LORD said, The whole land shall be desolate, yet will I not make a full end." (Jeremiah 4:23-27)

From verse 26 of the first chapter of Genesis we read: "And Elohim said, Let us make man in our image, after our likeness: and let them rule over the fish of the sea, and over the birds of the heaven.... So Elohim created man in His image, in the image of Elohim created He him: male and female created He them. And Elohim blessed them and Elohim said unto them, Be fruitful, and multiply, and replenish the Earth..." (Holy Name Bible).

Note that you cannot "replenish" something that was never filled before.

By the beginning of chapter two we are told, "Thus the heavens and the Earth were completed, and all their host."

However, reading further in the second chapter we discover verses 7 and 8 stating, "And YAHWEH Elohim formed man (the Hebrew word ADAM) of the dust of the ground and breathed into his nostrils the breath of life and man (ADAM) became a living soul. And YAHWEH Elohim planted a garden eastward in Eden and there He put the man, (ADAM); whom he had formed." Verse 21 and 22 tells us: "And YAHWEH Elohim caused a deep sleep to fall upon the man (ADAM), and he slept: and He took the tsela and closed up the flesh instead thereof: And the tsela which YAHWEH Elohim had taken from man (ADAM) made He a women and brought her unto the man (ADAM)." (Holy Name Bible)

Two Creation Stories

Evidently, there are two distinct creation stories. The first chapter of Genesis deals with the Elohim's re-creation of the Earth over great periods and the bringing forth of men and women by the Elohim to "replenish the Earth." Chapter two relates how YAHWEH Elohim, at a period following the earlier Elohim creation forms a physical body and places in it the "breath of life" so that "Adam became a living soul."

YAHWEH Elohim later makes the physical body of Eve out of a portion of Adam. Beginning with Adam and Eve, the Bible becomes the log book of the children of Adam and their relationship to their Most High YAHWEH Elohim:

"This {is} the book of the generations of Adam. In the day that God created man, in the likeness of God made he him" (Genesis 5:1).

The process of creation explained in symbols and allegory in Genesis chapter two is in a sense a specific microcosm of the universal creation, but it is particular to Adam.

We are told that Adam was an androgynous (being of the same; literal offspring) being directly linked with YAHWEH Elohim, the Most High of the universe. He was an "ultra-terrestrial" having a glorious celestial form enveloped with light and energy.

I believe that Adam and Eve's mission was to facilitate the transference of the celestial children of YAHWEH to Earth and the establishment of the Kingdom of YAHWEH on this planet.

The planet was already inhabited by various life forms. There were people who were the survivors of the great civilisations of antiquity like Atlantis, Lemuria and the "time before Time" when the Elohim walked with people. There were primitive animals, which might have included caveman as well as lower beasts.

There were also thousands, if not millions, of non-physical beings from the world of higher frequencies. These beings are known as the fallen angels or the Dark Gods and they are identified in the Bible as the angels that rebelled.

The Archangel Lucifer was once given dominion over many islands in the universe, chief of which was the planet Earth. Then, when he rebelled against the

government of YAHWEH, he retreated to the planet Earth, hence he is referred to as Satan and as the god of this world, II Corinthians 4:4:

"In whom the god of this world hath blinded the minds of them who believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them."

We learn from the writings of Enoch that Lucifer travelled throughout the Universe on ships of fire and that angels formed the great couriers of his legions. Here on Earth the final combat shall take place.

"Advance party"

I believe that Adam had a celestial body and had volunteered to come to Earth as what we might call the "advance party" to commence the process that would see the sons and daughters of YAHWEH incarnated out of the celestial realms. Transferred from heaven to Earth to do battle with the forces of the Adversary.

Adam and Eve were given very specific instructions by their Heavenly Father YAHWEH Elohim. The Book of Genesis tells us of the seduction of Eve by Lucifer and Adam's acquiescence, in direct violation of the divine law. Consequently, they "fell" from their "ultra-terrestrial" state, lost their radiant glory and their bodies became wholly physical subject to sickness and death.

Through the process of physical birth, their offspring were spirits trapped in the material plane. Now in mortal bodies of

flesh, blind to their celestial origin the children of Adam moved out across the planet.

The power of spiritual perception was mutated by the "fall" and they were exiled on this planet. They became "strangers and pilgrims in the Earth." Of them the Psalmist wrote: "I (YAHWEH) have said, Ye {are} gods (Elohim); and (for) all of you {are} children of the Most High. But ye shall die like men, and fall like one of the princes. Arise, O God (YAHWEH Elohim), judge the earth; for thou shalt inherit all nations." (Psalm 82:6-7)

Yes, this was all within the Divine Plan of the ages. The Earth had come a long way from the endless yesterdays and now was entering the final short round of human civilisation. The stage was now set for the battle between the children of the women and the children of Satan:

"And I will put enmity between thee and the woman, and between thy seed (children of Satan) and her seed (the children of light); he shall bruise thy head, and thou shalt bruise his heel." (Genesis 3:15). A physical battlefield was being prepared.

Is our contemporary interest in UFO's and outer space the response to some ancient pattern?

The Last Days

In our age there is a great dividing taking place.

While many people are carried further and further into mental captivity and spiritual blindness, there is a remnant whose consciousness is stirring. A comparatively small group of scattered seekers are yearning for something long forgotten. In other words they are searching for their real roots, for they have been there.

Could this be the stirring of the "astral seed," the awakening of an ancient memory?

The greatest discovery may yet be the awakening of the sons and daughters of YAHWEH to their relationship to Him, what they were originally sent here for, and how that mission is to be carried out. How they are to fulfil their responsibilities for the restoration of this part of the Universe that is out of adjustment.

Then when all this is brought back to their remembrance they will truly appreciate the words, "Lift up your heads for your redemption draweth nigh."



Australiana:

First Women's Union:

Rose Scott, a leader of the suffrage movement in New South Wales, organised the first women's trade union -- a group of Melbourne tailoresses -- in 1874.



The Paramount Call

W. McCulloch

"Whom he did foreknow, he also did predestinate {to be} conformed to the image of his Son, ... Moreover ... them he also called; ... whom he justified, them he also glorified" (Rom. 8:29-30). "... For He is Lord of lords, and King of kings, and they that are with him are called, and chosen, and faithful." (Rev. 17:14).

If one thing is clearer than another in the religions of today it is that there are great diversities of spiritual status existing among various groups of people. Far from there being among them a common bond of spiritual brotherhood, we see that millions deny the existence of a God and a future life and even fight against such faith. Further millions are indifferent to other than their own material interests. The Christian churches are disunited on faith as well as on organisation and worship; only a small minority is prepared to look wholly away from man, and to look to God for the world's salvation, and even fewer still depend on the hope of the Lord appearing again.

Those Who Are Called

No one theory, perhaps, can explain the existence of these great diversities in people's capacity to believe. It cannot be supposed that God – Who is no Respector of persons – bestows His spiritual gifts arbitrarily or upon the undeserving. But whatever the ultimate explanation be, it is a clear fact of experience that

some have, even in childhood, a predisposition, what St. Paul calls a predestination, to seek for Divine things.

That God foreknows, fosters and promotes this disposition can be illustrated in some measure by a parallel drawn from education. A discerning teacher can often pick out from among their pupils those who are gifted and likely to go far in their subject, long before the members of that class are aware among themselves of their comparable abilities. These gifted pupils can be marked out for advancement before they have decisively demonstrated their worth.

In the same way God can foreknow and predispose deserving people to high spiritual attainment; and that without injustice. To this destiny He calls them at some point in their course, even in youth. The child Samuel heard the call in the Temple, Saul met it on his way to Damascus; Peter, James and John at their fishing-nets. No feature was more characteristic of early Christian discipleship than this emphasis on a call: "Called ... out of darkness; called ... with an holy calling; called according to his purpose; called in one hope of your calling." What

is God's call to Christians, what is the one hope today?

The Call Defined

As lamp after lamp of the world's optimism goes out and shadows deepen, what is needed is *the call to be caught up into the spirit of desiring Christ's coming*. That spirit pervades the New Testament. St. Paul encouraged "all them ... that love his (Jesus') appearing" (II Tim. 4:8); and St. John's final prayer was, "Even so, come, Lord Jesus." (Rev. 22:20).

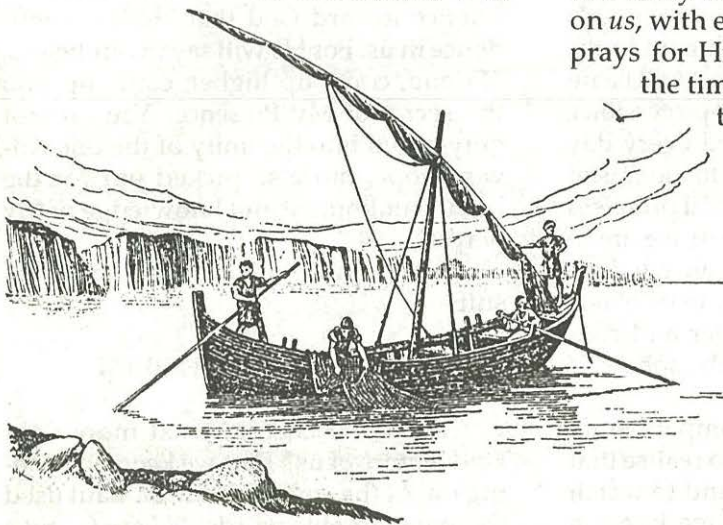
Great efforts have been made this century to draw together in forms of mutual sympathy the leaders of the Greek, Roman, Anglican, Presbyterian and Free Churches. However much such efforts may disperse enmities, they will not provide *the world* with a superhuman power to overthrow evil

and to create a new heaven and a new earth. How many priests and ministers prefer to serve the Great High Priest in His absence rather than to desire His appearing? How many millions of lay-people are chiefly at one in *not* desiring His appearing? Yet there will be no true unity of spirit except in that very desire, as the desires of all nations prove to be Dead Sea fruit.

If a close friend of yours had been residing for years in some distant land, would not their hearts warm to hear that you longed for their return? Even so, to Jesus Christ, those who long for His return to rule the earth for which He died are His truest friends, the centre of His Church. There is no *other* "high" church than the unity of those called by Him into this high calling. Therefore we ought to be careful to seek, cultivate and preserve this unity of spirit, as far as it depends on *us*, with every body of Christians that prays for His advent. We do not know the time nor the manner of it; both

these may surprise us as much as the manger and the upbringing at Nazareth disappointed Israel's idea of a Messiah.

We do not know. But let us be quite clear that the true centre of all Christian unity lies in that ardent desire; for it will lead to those with that desire being caught up spiritually into the Real Presence. That hope will increasingly prove the



Peter, James and John were fishing when they were called to follow Jesus

one and only hope; such desirers, today, are the called according to His purpose, which is to *save the world from its efforts to save itself*.

Those Who Are Chosen

A pupil who enters a university usually does so on the results of examination and interview. At that stage they may constitute only ten per cent, in total, of their age-range. Already they have to some extent been selected, picked, chosen. But as they go through university, annual tests are set which sort out ability more keenly, so that the topflight of the school consists of a more selected few who are deemed worthy of further, post-secondary education.

In the same way we must expect that God, having called us with a holy calling, will test us to see whether we walk worthy of that calling. For He is as a refiner's fire, to purify us as silver and gold in the furnace "seven times." This test will be no longer of beliefs or words or professions. Millions of words are printed every day that tomorrow are consigned to the wastepaper basket. Dozens of political promises never mature into substance. If we are to be His living epistles, read by all, religious or irreligious, the test is likely to be of our weaknesses in deed, character and conduct, and not necessarily in the sphere of religion.

We need not sound a trumpet before us for our daily workmates to realise that we are religiously inclined and to watch us narrowly. The writer once knew a young man who was eager to spread his

Advent views; but when he prayed about it he felt impelled inexorably to concentrate rather on performing to his best extent the daily routine of secular duties that he had found uncongenial, dry and arduous. This proved a hard furrow; but by patient continuance over the years he so improved his standard that, when he did speak of his religious faith, he was heard with the more deference.

Moreover, this testing resulted in experience of his own weakness and strength, and became a foundation for hope and assurance. There is a text that is seldom preached on, "*Beloved, if our heart condemn us not, then have we confidence toward God.*" (I John 3:21). God's tests are tests of life and character, real not imaginary. Striving our best we shall pass them. Our heart, our conscience will not condemn us and we shall have confidence toward God that He has confidence in us. For He will say in our hearts, "Friend, come up higher, come up into the secret of My Presence. You are not only called into the unity of the one Advent hope, but also picked out for the higher attainment and knowledge of My ways."

Called, and that call justified by results.

Those Who Are Faithful

Called and chosen, what more does God require of us? That we keep on keeping on. At the end of his life St. Paul used these remarkable words: "*I have fought a good fight, I have finished {my} course, I have*

kept the faith" (II Tim. 4:7). He had fought with wild beasts at Ephesus, and with Jews and Gentiles in Asia and Europe. He had then pursued his course in Spain and Britain and at the court of Caesar. Tried before Nero, he had been released; tried again later, he had been condemned and now faced execution. He had finished his course. And in a day of increasing heresies and defaulting he had clung to the faith.

When declining years emphasize our weakness, it is not hard to become depressed. When we have matriculated and graduated in God's service, have undergone life's tests and emerged with a "Well-done," it may still be necessary to remember not to be *weary* in well-doing, but just to go on faithfully with repetition-work. In youth one may have mounted up with wings as eagles to the lofty eyrie of the Advent-hope; in maturity under stress and strain one may have grown content to run and not be weary; but now, in the final phase, it is enough to walk and not faint. A person may stumble and fall forward, pick themselves up and go on again; but that is not fainting.

The Reward

The reward is to be glorified by being conformed to the image of God's Son and to form one of the entourage of the Lord of lords and King of kings.

But when? "If we faint not, we shall reap in *due season*" (see Gal. 6:9). And when is that? Not in the last trials of faithfulness. The Lord's work — of calling,

choosing and safeguarding His own — is *before Him*, in advance; but "*His reward {is} with him*" (Isa. 40:10) when the Lord God will come with a strong hand and His Arm shall rule for Him. That will be the *due season* of reaping — now the work, afterwards the prize giving.

But is the reward sure? Let St. Paul answer: "*Henceforth there is laid up (in store) for me a crown of righteousness (a glorified body), which the Lord, the righteous judge, shall give me at that day; and not to me only, but unto all them also that love His appearing*" (II Tim. 4:8). There had been a time when he did not possess so firm an assurance: "*If by any means I might attain unto the resurrection of the dead. Not as though I had already attained*" (Phil. 3:11-12). But now, facing the Roman axe, he was quite sure, sure of the prize laid up in store for him at the distant Day, and not for himself only but also for all those — note the essential qualification — for all those that *love His appearing*, being called, and chosen, and faithful.

Shall we not pray, with Charles Wesley:

*O that each in the Day
Of His coming may say
"I have fought my way through,
I have finished the work Thou didst give me to do."*

*O that each from his Lord
May receive the glad word
"Well and faithfully done,
Enter into My joy and sit down in My Throne."*

Courtesy: National Message

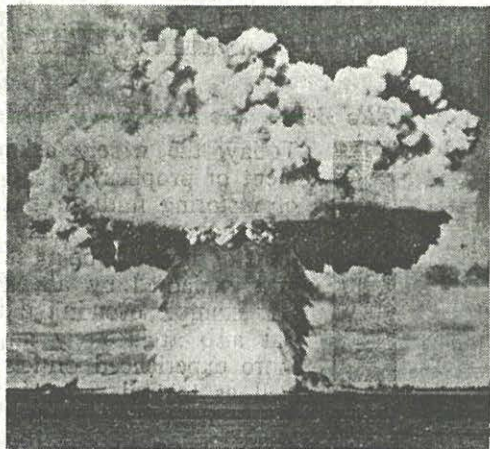


Survival – One Good Reason To Prepare For The Unthinkable

(Part 2 of 2)

Nuclear Warfare And Fallout Shelters

Subscriber



The terrifying power of the Hydrogen bomb

The first ninety seconds after a nuclear explosion is of course the worst, because of the force of the blast, the intense heat and radiation. After the first seven hours have passed, the radio activity is reduced to only one tenth of its strength at the time of the explosion. After forty-nine hours the radio activity is reduced to only one thousandth the strength at the time of the explosion.

The first indication of a nuclear blast is a brilliant, intense light, much brighter than the sun. Then, almost immediately the well-known mushroom shaped cloud follows, and the intense heat of the

light and very soon to follow, the powerful blast.

If ever you see a brilliant flash, dive for cover or fall flat, face down. Try to cover any areas of exposed skin. Stay down until heavy objects stop falling. Then, get to covered shelter as soon as possible before the residual fallout arrives, usually about a minute after the blast.

There are three major effects of a nuclear explosion, these are listed and explained below.

HEAT ... Flash-heat ... Flesh will melt off the bones before the skeleton can fall to the ground. At great distances the skin will burn if exposed. Any material that will cast a shadow will give good protection if you are not too close to the explosion. **Fires ...** Flash heat will start forest fires, ignite fuels and short electrical-circuits to start fires.

BLAST ... Shock Wave ... Most injuries are caused by the blast, high winds and flying objects.

RADIATION ... Initial ... The first radiation occurs at the time of the blast. By the time objects stop falling, the initial danger is over. **Residual ...** This is known as fallout. It usually occurs

about one minute after the blast. It is anything from large objects falling to fine particles of dust floating in the air and moving with the wind.

Always keep the skin covered from the initial blast and from the residual fallout. If you get any of these particles or the fine radio active dust on you, wash it off with soap and water. If it's on your clothes, discard them and change if possible. Any covered containers of water should be safe. Also, any canned or sealed foods are all right to eat, just wash off the container with soap and water before you open it. Any covered wells will be safe to drink from in one to two days. Open water sources will take several days to become safe for drinking. You can dig a hole several feet from an open water source such as a river. The water that seeps into your hole will be safe to drink if you boil it or use water purification tablets. Boiling will not kill radiation, only bacteria. Water however, is one of the first things that becomes safe to ingest. Radiation just doesn't stay in the water very long. Also, babies and young children are affected the most by radiation, this includes the water that they drink.

If you have a gas mask (or dust filtering mask), wear it. You can breathe radio active dust into your lungs as well as get it on your skin. Don't touch any exposed metal after the initial blast, it may be super hot to say nothing of the radio activity present. The cover of a blanket may be enough to save your life. Initially it can keep the skin from burn-

ing off of your body and later it can help keep fallout dust off you.

There are three rays given off by an atomic blast. These are *Alpha*, *Beta* and *Gamma* rays. We only have to be concerned with the very dangerous Gamma rays. "Roentgens" are the measurement used for metering Gamma radiation. The following is a human exposure chart:

ROENTGENS THE EFFECT ON THE EXPOSED HUMAN BODY	
1-100	No effect
100-200	Minor sickness, about five percent will require medical care.
200-400	Sickness, some will die, but over fifty percent will live.
400-600	Severe sickness, less than fifty percent will survive.
600-700	Very few will live.

This is for short term exposure, about four days. Every one has different resistances to radiation, but generally young children have the least amount of resistance. Plants with their edible parts below the ground can be eaten after they are thoroughly washed. Next, smooth above ground plants can be washed and eaten. Your last choice should be rough exterior plants, which must be washed very well. All sealed goods can be eaten, just wash off the containers before you open them.

If you have an advanced warning of a nuclear attack, get all livestock under

cover. Any protection is better than none; whatever protection it is, it will help. The same is true for the livestock's food and water. Animals can be eaten after exposure. Skin the animal and discard all of the innards before cooking it. Do not eat the meat close to the bone, because most of the radiation settles in the bones. It is falsely believed by many, that exposure to radiation to both humans and their food sources would result in death, this is not so!

There are literally thousands of people still living who were exposed to very large amounts of radiation.

Fallout Shelters

Fallout shelters should be built under ground. Dense materials such as rock, sand, cement, steel and lead should be used. These materials, if thick enough, will give you adequate protection. Of course, anything is better than nothing. Such things to consider when building a fallout shelter are: sleeping space, bath-

room facilities, and other sanitary conditions. Filtered air vents and battery powered lights should be included. You may even want to have electric lights, an exhaust fan or an electric heater. There may still be power in a contaminated area. Have at least a two week food and water supply on hand for each person using the shelter and a good first-aid kit. Remember, candles and fire burn up oxygen. Use whatever source of low level lighting you can. A portable radio with extra batteries is a must. It not only gives you vital emergency information as to conditions outside, it will also give you some entertainment. It would also be a good idea to have a few games around. After several days of confinement, everyone will be on edge and something will be needed to help keep minds occupied. If you can at all help it, try to stay inside your shelter for at least two hundred hours after the last known blast, or eight and a third days. If you can leave earlier, your radio news updates will advise you as to the safety involved in doing so.



Plants such as Aloe Vera as mentioned in the "Herbs for Health" section of this issue on page 38, and a large range of other herb plants or seeds may be purchased from Isabell Shipard by writing to her directly. For a herb catalogue please send 10 x .45c stamps to:

Isabell Shipard,
Box 66,
Nambour, Qld. 4560



Prayer for the Month

Almighty and Everlasting God, we thank Thee for the priceless comprehension that all Thy Word is truth. We thank Thee for the revelation thereby of Thy indefatigable plan to replace this age of man-made horrors with Thy Kingdom on earth, ruled by the Prince of Peace, Jesus Christ, the Redeemer of Israel and the Saviour of the world.

Let Thy Holy Spirit speak to all humbly enquiring members of Thy servant race and open their understanding to their parallel duty and honour in witnessing that the present terrifying human tensions are but the prelude to Thy promised joyous age of freedom from all evil, for Jesu's sake.

Amen



WHY WEAR A POPPY?

(Remembrance Day — 11th hour of the 11th day of the 11th month)

*"Please wear a poppy," the lady said.
And held one forth, but I shook my head.
Then I stopped and watched as she offered them there,
And her face was old and lined with care.*

*But beneath the scars the years had made
There remained a smile that refused to fade.
A boy came whistling down the street,
Bouncing along on care-free feet.*

*His smile was full of joy and fun,
"Lady" said he, "May I have one?"
When she'd pinned it on, he turned to say:
"Why do we wear a poppy today?"*

*The lady smiled in her wistful way
And answered: "This is
Remembrance Day.
And the poppy there is a symbol for
The gallant men who died in war."*

*"And because they did, you and I are free —
That's why we wear a poppy, you see.
I had a boy about your size,
With golden hair and big blue eyes.*

*"He loved to play and jump and shout,
Free as a bird, he would race about.
As the years went by, he learned and grew,
And became a man — as you will, too.*

*"He was fine and strong, with a boyish smile,
But he'd seemed with us such a little while.
When war broke out and he went away,
I still remember his face that day.*

*"When he smiled at me and said 'Good-bye,
I'll be back soon, Mum, so please don't cry'.
But the war went on and he had to stay,
And all I could do was wait and pray.*

*"His letters told of the awful fight,
(I can see it still in my dreams at night.)
With the tanks and guns and cruel barbed wire,
And the mines and bullets, the bombs and fire.*

*"Till at last the war was won —
And that's why we wear a poppy, son."
The small boy turned as if to go,
Then said: "Thanks, lady, I'm glad to know.*

*"That sure did sound like an awful fight,
But your son — did he come back all
right?"
A tear rolled down each faded cheek;
She shook her head, but didn't speak.*

*I slunk away in a sort of shame,
And if you were me, you'd have done the same.
For our thanks, in giving is oft delayed,
Though our freedom was bought — and thou-
sands paid!*

*And so, when we see a poppy worn,
Let us reflect on the burden borne.
By those who gave their very all
When asked to answer their country's call.
That we at home in peace might live.
Then wear a poppy! Remember — and Give!*

Author Unknown



**KEEP OUR FLAG
FLYING IN 2001**

SAY NO TO A REPUBLIC!