Whose Opinion Counts?

We have all been reared with the modern concept that in religious matters a man should be governed primarily by what HE thinks.

Is this God's way?

by Roderick C. Meredith

After years of study and prayer, Mr. Armstrong has come to see that this is binding on us today," I said to Mr. Brown. "The Bible reveals it, and as Christians we must obey."

"Well, here's the way I look at it," he began, and then continued to give his personal opinion based on human reason with very little knowledge of the Bible to guide him.

As a minister of Jesus Christ, I was trying to show him—not my will—but GOD'S will. I was proving my points right out of God's word. I had mentioned the opinion and belief of Mr. Armstrong to show that a more experienced servant of the true God was persuaded of this same truth.

Was Mr. Brown impressed?

Not at all. On the contrary, he proceeded to put his human reason and "feeling" on the same plane as our studied belief on God's word. In his own mind, Mr. Brown reasoned that his opinion was just as good as our opinion.

But was it a matter of two differing "opinions" of equal value? Or do God's true ministers carry authority to speak in His name? If so, how much is that authority to be respected?

These are questions that every true Christian should understand. Mr. Brown was supposed to be converted. Is such an attitude as his the mark of a truly converted person?

Authority of Ministers

In Matthew 16:15-20, we read the account of Christ bestowing on Peter the "keys of the kingdom of heaven." Nearly all commentators agree that the principal meaning of these "keys" was the way of salvation which the apostles were to proclaim to the world. Based on the principles of this way, the apostles, through whom Christ governs His Church, were given authority to make decisions which would be bound in heaven. They could "bind," or forbid certain things; and they had authority to "loose," or permit certain things. In other words, they were given the authority to make binding decisions—based on God's word and the "keys" of salvation they had received. These decisions involved permitting or forbidding certain things—defining what is right and wrong!

Matthew 18:15-20 clearly shows that this authority was conferred on all the apostles—not just Peter. They were all with Jesus for over three years, learning from Him the way of salvation so they could preach it to the world.

Jesus had shown them in dozens of places that all decisions must be conformed to God's will and His law (Mat. 5:17-19). In their judgments, they were to follow Christ's example when He said, "I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me" (John 5:30).

God's true ministers will be yielded and submissive to God's will. They will seek His will in diligent study and earnest prayer. They will confer with other true ministers and Bible scholars for, "in multitude of counsellors there is safety" (Pro. 11:14). In every way, they will seek God's will and His guidance through the Holy Spirit.

But when God's true servants do make a decision based on His word, it is to be respected, for it is bound in heaven. You are not showing respect to the man and his "opinion," but to the office in which God has placed His ministers, and by which Christ rules His Church.

When the Israelites refused to hearken to God's servant Samuel, God said, "... they have not rejected thee, but they have rejected ME, that I should not reign over them" (I Sam. 8:7). If you take the decisions of God's ministers lightly, you are disrespecting God himself!

Be Sure of Ministers

All of your respect to any minister should be based upon the fact that you
have first proved to yourself that he really is a true servant of God.

Jesus continually warned: "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits" (Mat. 7:15-16). You need to look at the "fruit," the results in proclaiming the true gospel, in leading the flock into the truth and ways of God, in healing the sick—the accomplishments in the work of the ministry, carrying out the commission of Christ.

Notice that Jesus went on to say (Mat. 7:21-23) that many would profess to do good works in His name, but He told them, "depart from me, ye that work iniquity," or "lawlessness." The word iniquity is more correctly translated lawlessness. Jesus was showing that professing ministers who break God's law are not His ministers at all. "I never knew you," Jesus will tell them. And God's word shows that these law-breaking ministers never really knew Christ either (I John 2:4).

Simon and his ministers appear as "angels of light" (II Cor. 11:14). But they teach that you are free to disobey God's law.

Another way to examine their "fruit" is to see if they are willing to "grow in grace and knowledge," you need to pray and to study God's word continually. If you do this intelligently you will never be deceived. Remember the important test Christ gave was to examine the "fruits" in a minister's life and work. A false minister simply cannot produce the results—people converted in obedience to God's law and His way.

So respect and obey God's true ministers, but constantly study to acquire the mind of Christ (Phil. 2:5) and to perceive a deceiver who might arise.

A good example is the Bereans whom Paul commended because, "they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so" (Acts 17:11). They respectfully listened with a true heart (Acts 17:11). They respectfully listened with a true heart.

In knowledge. Some churches and some ministers have known a portion of God's truth. But when they became unwilling to grow into more truth through the guidance of the Holy Spirit, they soon began to twist and pervert what little truth they had, and to spiritually rot away and disappear.

To prove whether or not a man is truly God's servant, look to the "fruits" of submission to all of God's commands, of a real understanding of God's word, of a willingness to grow in grace and knowledge, and of the underlying motive of love behind every thought and deed.

God will reveal to you who His true ministers are if you study, pray, and look at their fruits. Once you know, should you respect them and the office in which God has set them?

Yes, you should!

God's Responsibility

Once God has revealed to you by the "fruits" who His true servants are, you should recognize the responsibilities and duties which God has given them. When a matter of church government or policy comes up, realize that they have the authority to decide the issue.

They do not have the right to exercise that authority according to their own human reason. Jesus Christ is the living head of the true Church of God—the body of Christ (Col. 1:18). When He was instructing the disciples on how to exercise their authority to enforce church discipline (Mat. 18:15-20), He said that if two or more of them would agree on anything, God would have the right to exercise that authority according to their own human reason. Jesus Christ is the living head of the true Church of God—the body of Christ (Col. 1:18). When He was instructing the disciples on how to exercise their authority to enforce church discipline (Mat. 18:15-20), He said that if two or more of them would agree on anything, God would bind it in heaven. "For," Jesus said, "where two or three are gathered together in my name, there am I in the midst of them."

Christ himself will in Spirit be with and guide His servants in making right decisions. These words of His have meaning! Jesus said that He would guide His servants in directing the church. He said that they should make decisions—as God's revelation and guided by His Spirit. These decisions were to include church discipline and what is to be "bound" or "loosed"—defining what is permitted or forbidden to God's people by rightly dividing the word of truth.

Christ himself—the Head of the Church—has promised to guide His ministers in directing the church. Their decisions, then, will also be God's decisions. They are binding on God's church. His true church will be obedient! It is government by God, through His servants.

It is God's responsibility to chasten His servants if they abuse their authority. You cannot read their hearts. But God can! Their authority came from Him, not from some "board" of men.

Remember that even though Samuel's sons were abusing their office (I Sam. 8:7), the people had no right whatsoever to put them out! It was up to God to decide if, when, and how this was to be done. In taking this authority in their own hands, the people rejected the rule of God—the Kingdom of God! If you plan to enter that Kingdom, learn now to obey others whom God sets in authority.

Your Part

Christians must be alert to the prophecy that even from among their leaders some would arise speaking perverse things—twisting God's word (Acts 20:29-31).

In order to recognize perverse teachings, and in order to "grow in grace and knowledge," you need to pray and to study God's word continually. If you do this intelligently you will never be deceived. Remember the important test Christ gave was to examine the "fruits" in a minister's life and work. A false minister simply cannot produce the results—people converted in obedience to God's law and His way.

So respect and obey God's true ministers, but constantly study to acquire the mind of Christ (Phil. 2:5) and to perceive a deceiver who might arise.

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RADIO LOG

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(Please continue on page 7)
Why Calcium in Your Diet?

by Isabell Kunkel

Ever since the discovery of the substances now called vitamins, the importance of including them in our diet has been constantly repeated, while the need of securing other elements in our food has been minimized or entirely neglected. One group of elements suffering this neglect is the minerals—calcium, iron, phosphorus, magnesium, iodine and several others. Of these, calcium is the principal one, since it constitutes the greatest percentage of the mineral composition of the human body.

You may wonder, “What will calcium do for me? I thought only children needed much of that.”

We are inclined to think that after growth has stopped, the cells of our bones remain stationary; that no destruction or exchange of materials any longer takes place in them. This is false.

Adults Need Calcium

We find that the cells of the joints and the marrow of the bones are intimately connected with the blood circulation and that an exchange of materials is continually taking place. Calcium is also necessary to coagulate the blood on exposure to air, to steady the nerves and to insure the normal alkalinity of the blood. The very beating of the heart depends on a constant supply of calcium. Without it that muscle would not contract and relax properly.

Perhaps you’ve heard it said that people become shorter in old age. This statement by D. T. Quigley, M. D., from his book “The National Malnutrition,” page 16, shows why: “Nature makes a very great effort to maintain the normal calcium concentration in the blood. This effort is so pronounced that in order to keep the concentration up to near what it should be, it will rob bones and teeth for this purpose. This explains the thin, eggshell-like bones in so many middle-aged and old persons, who have existed on a calcium deficient diet over a period of years. It explains also the increase in tooth decay during pregnancy, for Nature always robs the mother to feed the child.” All people who have studied the relation of diet to health say that most Americans, both young and old, do not get enough calcium. The span of life is increased and health is maintained at a higher level if the body is supplied with plenty of calcium.

Best Sources of Calcium

If this mineral is so important, what foods can we eat to be sure we are getting enough? Most authorities agree that milk has no equal as a source of calcium because the large proportion it contains is more available to the body than that from other foods. For drinking or other use of fresh milk, raw certified milk is superior to all others. In addition to being more easily digested, it has been found to be consistently higher in vitamins because greater care is exercised in providing an adequate diet to the herds producing it. Nutritionists advise us not to mix milk with cocoa or sugar as experiments indicate that these substances prevent some of the calcium from being absorbed. Milk should be exposed to light as little as possible since light destroys the riboflavin (vitamin B2) that it contains. Exposing milk to bright sunlight for one hour may destroy as much as one-third of its riboflavin.

Most cheese is a good source of calcium. The amount it may contain depends on the process used in its manufacture. One method uses rennet to “clabber” the milk so that the solids and whey separate. Cheese made this way retains about four-fifths of the calcium that the milk contained. By the other method the milk is allowed to sour naturally and the lactic acid produced by the bacteria dissolves a large part of the calcium in the liquid whey, leaving in the solid cheese only about one-fifth of the original quantity of calcium that the milk contained. Types of cheese made by the rennet method are Camembert, all kinds of Cheddar, Edam, Limburger, Neufchâtel, Roquefort and Trappist. Cream cheese is made by both methods. Cottage cheese is less desirable because it is always made by the method that allows the milk to sour naturally.

Dried skim milk is another rich source of calcium. It may be judiciously added to cream sauces, meat loaves and baked goods to help increase the calcium in the daily diet. A scant ½ cup of dried milk is equal to a quart of fresh skimmed milk in mineral value, but is inferior in that the drying process destroys some of the vitamins in milk.

Other Sources

After milk products the next best sources of calcium are the leafy, green vegetables. Outer green leaves of cabbage, turnip greens, and mustard greens usually have the highest calcium content. Loose-leaf cabbage, collards, dandelion greens, broccoli, kale, loose-leaf lettuce, cauliflower and watercress in that order, are also valuable sources. Some greens are useless as sources of calcium because their oxalic acid content prevents the calcium from being absorbed. In this classification are spinach, chard, beet tops, lambs' quarters and rhubarb. These may, however, still be useful for the vitamin A and iron they contain.

Most of the root vegetables contain only moderate amounts of calcium, white potatoes containing as little as any. In this group yams, parsnips, turnips and carrots rate the highest. All whole grains contain some calcium, but the amounts are considered inadequate for balance and require foods rich in calcium to supplement them.

Among the fruits, dried dates and oranges lead in calcium content, nine dates being equal to one medium orange. Laboratory analysis has disclosed that about 70 per cent of the calcium in an orange is concentrated in the membrane covering each segment and clinging to the whole peeled orange. The fibrous part of an orange also contains most of its iron. So when only the juice of the orange is used, two elements that we need every day are thrown away with the pulp. One whole orange supplies as much calcium as eight ounces (1 cup) of juice. Other fruits contain moderate amounts of calcium, the amount being quite variable from one variety to another. The mineral content of all foods of plant origin vary according to the nature of the soil on which is was grown.

Calcium Requirements

How much calcium do we need? The amount is estimated to be about the same for both children and adults—about 8 gram per day, but for optimum health at least 1 gram per day is recommended. One quart of milk or one-half cup of dried skim milk provide 12 grams of calcium. One-half cup (cooked) of the first three green vegetables named supply about one-fourth of the daily requirement. One-half cup cottage cheese, 1 cup soy flour and one tablespoon of blackstrap molasses each furnish from one-fourth to one-fifth of the daily need. Plain molasses contains about one-sixth as much calcium as the blackstrap. One slice of Swiss cheese will provide one-third of a day's allowance; ½ cup of condensed milk somewhat (Please continue on page 6)
Bible Study Helps

What books do you need in studying your Bible? Here is a brief explanation about what is being planned for YOU by the Ambassador Graduate School of Theology.

by Herman L. Hoeh

Many of you have repeatedly asked us what books would help you most in reading and studying the Bible in your own home. In most cases we have had to recommend none, except perhaps a good dictionary, a small atlas and a concordance.

Here is why we have had to give you this advice. Almost without exception, publications which you can buy in your hometown book stores contain a certain portion of truth mixed with a great deal of error. That is exactly what is producing all the world’s ills—truth with error. Most people have never had the opportunity, the background, or the training to be able to discern the true from the false material in books. Anything in print looks true, but without special care and the ability to do research, you won’t be able to know if it is true.

But God is solving this problem for you!

What Is Being Planned!

God has given us to see that the ministry must provide the study tools for a basic understanding and a deeper search into the Bible. Mr. Armstrong has been especially trained throughout his life to analyze and to use his ability of discernment. His training, coupled with the educational background of the graduates and ministers of Ambassador College, has made it possible for us to have that absolutely essential and broad fund of knowledge with discernment so that we can begin to provide you the necessary books which will give you the proper basis of Bible understanding.

We have already begun long-range planning on a series of books (two of which are nearing publication), which will make plain the Old and New Testaments as you have never understood them before. These books will cover the amazing origin of our present civilization—giving us the facts about the history and development of this world’s customs—the history of the sabbath since the flood, a detailed history of our church and of the festivals of God since the days of the first apostles.

They will explain the origin of pagan holidays, the rise and development of the Catholic Church, the truth about the Protestant Reformation. Another will explain the pitfalls of several modern sects.

Then there will be a history of the migrations of the House of Israel from Palestine to Northwestern Europe—a wonderful addition to the condensed booklet which Mr. Armstrong has already written for you. Together with these, there will be a book on Old Testament chronology and history, another explaining which prophecies of the Old Testament have already been fulfilled and which are yet to be fulfilled.

Preparations are already being made to write one on the preservation of the Bible and the astounding proof that the Bible is inspired and that we now have a perfect Greek New Testament text!

But This Is Not All!

Most of you have heard that, as a group work under Mr. Armstrong’s supervision, we are preparing not only the correspondence course but also a commentary, first on the New Testament, then on the Old. Besides this, God willing, we shall also have two other books to help in your Christian living: a cook book already being prepared, which so many of you have requested; and finally—and perhaps most important—the book on sex understanding by Mr. Armstrong.

Coupled with these, although not a direct part of the Ambassador Graduate School, are the children’s story book, explaining the Bible as it ought to be, and the song book containing the psalms set to music by Mr. Armstrong’s brother—Dwight Armstrong.

This is our part. It takes time, effort and money.

Nearly all of these books which pertain to the gospel directly will be published in serial form in the magazines so that you can read them free. But in their final book form they will, of course, have to be sold to cover expense and labor.

What Is Your Part?

God has shouldered his ministers with a great many responsibilities in feeding the flock—His church, our church. These helps which we want all of you to possess because you need them, still are secondary to the most important work of spreading the gospel to the world. Your part is to pray earnestly and continually that we can accomplish this task, to be patient, and then to make good use of these publications when completed.

It is your responsibility to develop your talents and abilities so that you will be qualified to help and instruct others when they ask questions. And perhaps you may aspire to the office of an elder or deacon in God’s church—or some other capacity in God’s work. A true church might later be reared up in your vicinity. If you are prepared, you would be able to help new converts. As you grow in knowledge, wisdom, and Christian experience, you will discover that God always provides a way to use your abilities—once you have developed them.

Most important of all, God’s ministers are called to instruct you that you may grow spiritually, “unto a perfect man, unto the measure of the stature of the fulness of Christ” (Eph. 4:11-13). Christians are to become qualified to rule as kings and priests in God’s kingdom (Rev. 5:10). These helps should produce an eternal benefit.

HOLY DAY CALENDAR
Fall, 1953

Festival of Trumpets, Thursday, September 10th.

Day of Atonement, fast day, Saturday, September 11th.

Festival of Tabernacles, begins sunset, Wednesday, September 23rd, ends sunset, Thursday, October 1st.

If you plan to attend the Festival of Tabernacles, please write Mr. Armstrong immediately so we can plan for you.
What is Your DESTINY?

Here is a sobering analysis of the revealed future of those whom God is now calling.

by Roderick C. Meredith

WHAT will you be doing one hundred years from now? Have you realized that you are now in the process of determining your eternal destiny?

As I write this, I have just returned from a baptizing tour. I know that many of you who are being baptized this summer, many who have been baptized on past tours, and many of our older brethren as well—are at this moment standing on very dangerous ground.

You have all taken the first step. You have repented of your past sins, were baptized, and have been blessed with the gift of God's Holy Spirit. What is the prophesied future for you—and for all who have come to accept God's truth?

Trials Ahead

The apostle Peter warned Christians of his day, "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice inasmuch as ye are partakers of Christ's sufferings" (I Pet. 4:12-13). God's people are to be tried and tested by persecution, by tribulation, and by Satan himself.

Peter went on to show that these trials are part of our judgment. "For the time is come that judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel of God?" (Verse 17). We who have received God's Spirit are in the Church of God—the house of God. We are now being judged!

Is the trial easy? Peter says, "And if the righteous scarcely be saved, where shall the ungodly and the sinner appear?" (Verse 18). The natural tendency after being converted is to bog down and lose your original zeal. Do you think you can afford to "rest on your oars" for a while? Peter says that even the righteous will scarcely be saved: God tries us to keep us alive and growing spiritually.

The church at Thessalonica was told by Paul (II Thes. 1:4-5) that the persecutions and tribulations they endured were a token of God's judgment.

In Hebrews 12:6-10, we find that God chastens every son He loves so that we might profit thereby and eventually be partakers of God's own holiness. At conversion, we have only started on the road to becoming a born son of God. Let us not be "puffed up" with the precious knowledge that God is revealing to our church—His church—in these last days. We are only unborn "babes" of God, not yet even born of the Spirit as members of God's family.

Thus, we need chastening and tribulation to keep us humble and zealously GROWING as we should. We poor humans are inclined to overlook and justify our sins and faults. Too often, we think that we have "arrived" while our lives still contain sin. We forget that our goal is perfection—to be like God!

In I Corinthians 11:20-30, Paul is rebuking the Corinthians for taking the Passover in a careless and licentious manner. Because of this, many of them were weak and sickly—and many had died! The apostle continued, "For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world" (Verses 31-32). Because we do not "judge" ourselves as we should and purge sin out of our lives, God chastens us to wake us up and keep us growing spiritually.

How you respond to God's instruction—to God's chastening—will determine your future. Many of you reading this may become spiritually lukewarm and finally dead unless you heed this warning! It is up to you!

What Will Happen

The condition God's people fall into is revealed in Matthew 25. Jesus here refers to Christians as "virgins"—those who have kept themselves pure from the spiritual fornication of fellowship with false churches. They had all repented of the wrong ways of this world and had come out of this world to serve God. They all went forth to meet the bridegroom—expecting to receive salvation.

But some of them had lost the "oil" of God's Spirit. They thought that just knowing the truth, coming out of the world, and fellowshipping with God's church was enough. They had not been GROWING spiritually as had the other virgins. Perhaps they thought that they would just naturally get into God's kingdom because they were in the fellowship and love of the brethren who were spiritually alive.

Just knowing the truth and having fellowship with God's church is NOT ENOUGH!

You can either receive more of God's Spirit each day through fervent prayer, diligent Bible study, and submitting your will completely to God that He may direct your every thought and action, or you are stagnating and spiritually Dying! There is no middle ground. The door to the kingdom was shut in the face of those who thought they were "saved," but had not yielded themselves to grow into more truth and to practice the truth more perfectly each day of their lives.

God's people will be in these two classes when Christ returns. Which class will you be in?

Do Your Part

The fearful temptation to "do nothing" is described in Matt. 25:14-30. Jesus portrayed the two faithful servants who had put their talents and resources to work in His service, and the servant who had not.

Notice that the two servants who had received the most talents were more eager to use them. It is even so in God's Church.

Many of you feel that because you have no great talents or resources, you can let down and not do your part with the same zeal as others. You are mistaken! This parable shows that you ought to be using your talents just as much as other true Christians. This parable is a warning to beware of such a wrong attitude!

Each one has his part to do in God's work. Perhaps your part is simply to pray for God's work and His ministers, to study that you may answer the questions of others, to pay God's tithe and cheerfully give offerings to His work, and to set a shining example of love and service to those about you. But are you doing these things with all your strength?

God's word shows that many of you will become lukewarm and will fail to carry out your part in God's work. How can you prevent this?

(Please continue on page 6)
Should a Christian Woman Obey Her Unconverted Husband?

This question has troubled many women who have been called to a knowledge of the truth before their husbands have been called. They are faced with a tremendous problem which may cause much needless worry and anxiety until the plain teaching of the Bible concerning this subject is understood.

In Ephesians 5:22-23, we read: “Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: ...”

Does this apply to you if your husband is unconverted?

Here is the Biblical answer. “Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives” (1 Pet. 3:1).

If your husband doesn’t understand the truth, you shouldn’t try to convert him by constantly repeating your belief and by insisting that he listen to the broadcast or read the literature. That will only drive him further away from the truth. Rather, you should wait until he questions you concerning a certain truth. Then you should be prepared to give a convincing Biblical explanation.

Peter further instructs Christian women: “Whose adornning let it not be that outward adorning of plaing the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted God, adorned themselves, being in subjection unto their own husbands:” (1 Pet. 3:3-5).

Certainly, controversies will come up in families if they disagree on religion. In such a case, the wife should submit to God rather than to her husband. For example, if the husband wishes his wife to break the Sabbath day by doing the family shopping on Saturday, or by attending a football game or movie with him, she should refuse to do so. However, she should explain in a very kind way that the Sabbath is the day God commanded us to keep holy. She should, in such a case, obey God rather than man. Yet, she should always obey her husband when his authority does not conflict with the higher authority or law of God.

The wife should obey her husband and be in subjection to him even though he may not convert. Though he may never be converted in this life (1 Cor. 7:12-16), yet if she obeys him and respects him as the Bible commands, he will love and respect her. As a result, he may be won by her good example. He may be inspired to want to obey the truth when he sees what a godly and righteous life she is living (1 Pet. 3:1). In any event, her constant love and respect, and her cheerful recognition of her husband’s rightful place as head of the house will result in both living a happier and fuller life together at this present time.

All of you wives need to respect and obey your husbands as the Bible commands. This is God’s way—the Christian way. Most women have not understood this subject, and much unhappiness has resulted. Ask God to help you honor your husband as you should.

Why Calcium?

(Continued from page 3)

The word “calcium” comes from the Latin word calx, which means “lime.” Calcium is essential for life. It is the most abundant mineral in the human body and is necessary for the formation and maintenance of bones and teeth. Calcium is also important for muscle function, nerve function, and blood clotting.

Calcium is found in many foods, including dairy products, leafy green vegetables, and fortified foods such as cereal and orange juice. However, even when these foods are consumed regularly, it may not be enough to meet the body’s needs, especially for adults who are not consuming enough calcium in their diet.

Calcium supplements are commonly used to help meet the body’s needs. They are available in various forms, including calcium carbonate, calcium citrate, and calcium gluconate. The type of supplement that is best for you depends on your individual needs and health status.

Calcium is necessary for the proper functioning of the body. It is important to maintain a healthy calcium intake to ensure proper bone and tooth development and to maintain strong, healthy bones and teeth throughout life. To ensure adequate calcium intake, it is recommended to consume a variety of calcium-rich foods and to consider taking a calcium supplement if needed.

Other Elements Necessary

Glancing over this list, you may think, “Well, I’ve been eating many of those foods all the time, and yet I’ve had decayed teeth.” That is quite possible. Several other things must be present along with the calcium so that your body can use it. The major ones are vitamins C and D, phosphorus and manganese.

Vitamin C is present in most raw foods, but when vegetables are stored at a temperature much above freezing, the action of oxygen from the air tends to destroy it. Most foods lose it during cooking also. Acid in foods helps preserve vitamin C. That is why tomato juice is recommended and why lemon juice added to foods prevents them from turning dark.

Vitamin D is not found in many foods. Egg yolks, butter, cream, and some fish contain it. The action of ultraviolet rays on the oil of the skin may produce all the body needs, if it is not washed off before being absorbed. Cod liver oil is a good source of vitamins A and D. A practice of taking this during the winter would benefit people who work indoors most of the time.

Since phosphorus and manganese are present in grain products, few need to worry about getting enough of them. Sugar and foods containing it should be avoided since it depletes the supply of calcium in the body. Moderate use of sorghum, honey, and sweet fruits should satisfy any normal desire for sweets.

Calcium-rich foods are often mentioned in the Bible. Notice with what favor milk was regarded. To inspire in the minds of the Israelites a picture of a prosperous land, God called Palestine “a land flowing with milk and honey.” Cheese is also referred to. We need to use these nourishing foods to-day just as they did in that time when men were in more vibrant health because they inclined to eat these natural foods as God intended.

Your Destiny

(Continued from page 5)

Your destiny will be determined in a great measure by how well you practice certain virtues in your daily life. The zealous performance or careless omission of these duties is largely a matter of habit.

This is a key that can build or wreck your life!

You should get in the habit of kneeling down two or three times a day and earnestly praying to God—getting to know Him as your Father. This should be the most important habit of your life. Don’t let circumstances break this habit!

Studying your Bible for a few hours each week is next in importance. Unusual circumstances may necessarily interfere with daily Bible study at times, but you can arrange to study the Bible for at least four or five hours each week. And this means the Bible itself—not literature about the Bible. Diligently and prayerfully studying God’s word is a habit that will give you the faith and understanding you long for. Make it your habit!
you have not realized is that of fasting. When you are faced with a special problem, when you are in a temptation or if you feel you are growing lukewarm, one of the surest remedies is to fast and pray. This subject will be discussed at length in future articles. But zealous Christians should fast at least one or two days during each month. This habit is vital!

Many brethren know it is God's command that we faithfully render tithes and offerings for His work, but they have not acquired the habit of doing this as they should. God loves a cheerful giver (II Cor. 9:7). If you are not in the habit, it may be hard for you to give cheerfully to the most important work on earth. Study the twelfth chapter of Luke. Here Christ is clearly and forcefully showing that your life is not made rich by the things you possess. Rather, your true wealth is what is laid up in heaven because your pocketbook as well as your heart has been converted to God's service.

Was Christ mercenary? Decidedly not! But He knew that if you weren't trying hard to put more of your material wealth into God's work, your interest and zeal would soon die out. "For where your treasure is, there will your heart be also" (Luke 12:34). I stress this point because I well know that most of you have not been trying to make more money for the purpose of helping God's work. Some of our older brethren who fully understand the significance of this work and the times we are in work extra hours in order that they may give more toward carrying out the true gospel.

How important is God's work to you? This habit which shows God that you really mean it!

A Constant Practice

The very basis of real Christianity is that you pattern your life after Jesus Christ. He is our perfect example. We need to study God's word continually to know how to follow Christ's example. A vital habit that can aid you marvelously in achieving this is the following: Whenever you are about to do anything significant, stop and ask yourself, "How would Jesus handle this situation?" Then ask God to guide you in acting as Christ would. This can alter the course of your life!

You must have studied God's word and Jesus' example for this to help as it should. But even trying this as you learn will bring you closer to God every single day.

"This habit may be exercised before you walk in a room, before a party, before work, at the start of each new day. Just ask God, "How would Jesus act now?" Then, with God's help—ACT that way!

If you sow this habit, you should reap eternal life!

The Result

According to prophecy, God's people will soon enter the period of the church of Laodicea. Many will not overcome the trials which God will set before us. They will not profit from His chastening. They will have fallen into wrong habits. Their condition will be LUKEWARM (Rev. 3:14-16). Christ will cast them out of His church unless they repent. They will not have been watching and praying that they might be worthy to escape the coming tribulation on God's people (Luke 21:36). Therefore they will be among those saints who will be permitted to SUFFER in order to learn (Rev. 6:9-11).

God's people will be divided into two classes: those who are zealously growing, and those who gradually become lukewarm. The first class will be protected during the tribulation and because they have overcome (Rev. 2:26), they will be given rule over the nations as kings and priests under Christ. The other class will be allowed to suffer in this coming tribulation in hope that they might learn to put God first. Your practice of the habits herein described will largely determine which class you will be in. You will need God's help to form and keep these habits. He is more than willing to guide you through His Spirit (Luke 11:13). And remember that the regularity of a right habit makes it so much easier!

Your destiny is in your own hands. Remember that it is largely a matter of habit.

Whose Opinion Counts?

(Continued from page 2)

open and ready minds. Then they searched the scriptures to prove whether those things were so.

The Apostle James tells believers to "receive with meekness the engraven word, which is able to save your souls" (James 1:21). Once God reveals to you who His true ministers are, listen respectfully and with open minds to their instruction.

Then you need to "study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (II Tim. 2:15). The more you study, the more you will understand and agree with the instructions of God's true servants.

"Prove all things; hold fast that which is good" (I Thes. 5:21). Do not prove it by the Bible—NOT by what you think, or what some denomination teaches! Re-

member Jesus said, "Thy word is truth" (John 17:17).

In all your study, however, you should keep an attitude of respect for what God's ministers have said. You shouldn't go to the Bible with the idea of rejecting what they have taught, or of justifying your own ideas. But search the scriptures (Acts 17:11) whether those things be so—the things God's servants have taught.

The respect to God's ministers is respect to God himself who "calls" any true minister to that office, and it is respect to the Holy Spirit through which God will inspire and direct His servants.

Unity in the Church

Many of you brethren have had to come out of this Babylonish system and its churches. You have been regarded—and perhaps have regarded yourself—as an "independent" or radical in matters of belief.

Many of you, having been disillusioned by false ministers, have come to feel that you could place no reliance on anyone or anything except yourself. You have been in the habit of studying the Bible and accepting your conclusion as final. It was between you and God alone. "Me and God," said the German Kaiser. That is the way some of you have felt and acted—perhaps without realizing it.

But should you be an "independent"?

Didn't Jesus build a church which will endure forever? Haven't we just shown you that God's true ministers—whom He sets in His church—speak in His name with authority?

If you have really been converted, you have been "baptized" or put into God's church by receiving His Spirit. You are then no longer an "independent," but a member of the true Church of God—the body of Christ.

"God is not the author of confusion, but of peace, as in all churches of the saints" (1 Cor. 14:33). Even though you may be separated from local church fellowship, you belong to God's church which has order and government in it—not confusion.

The apostle Paul commands us to be humble, "Endeavoring to keep the unity of the Spirit in the bond of peace" (Eph. 4:3). Some ministers quote this text to persuade their congregation to blindly follow them in a false unity, NOT of the Spirit. The unity of God's Spirit is that mutual harmony and love which it produces because we will all be seeking God's will. It is not a "unity" based on man's reasoning swayed by the devil!

God gave some individuals positions of preaching and teaching, "Till we all come into the unity of the faith" (Eph.
4:12-13). His ministers are responsible for teaching and guiding the flock in the right way as God's Spirit reveals until they come into the "unity of the faith."

We are all still human and have a lot of growing to do. We won't all see eye to eye on every point of doctrine at first. God's children are "knit together"—not in doctrine—but "in love" (Col. 2:2).

But God has set His ministers in the church to preserve order, and to teach and instruct the brethren with authority so that each one may finally come to have "the mind of Christ (Phil. 2:5).

The Final Authority

In Hebrews 13:17, Paul gives an inspired command to, "Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you." Here, and in verse seven, God is commanding obedience to His Ministers. It is they who must give account." They are responsible for teaching you the truth. When there is a doubt as to the meaning of a scripture, or when there is a church policy to be decided upon, God's ministers are given the authority to make those decisions to be based on His revealed will. And He holds them responsible for seeking His will!

This of course applies only to those whom you know by the "fruits" are God's true ministers.

And even then, if there is ever a case when you have a real conviction that one of God's ministers is teaching something contrary to His will, you ought to, "obey God rather than men" (Acts 5:29). But knowing that any true minister of God will be honest in seeking the truth, be sure to discuss the matter privately with him. Remember that you are not to rebuke an elder or minister, "but intreat him as a father" (I Tim. 5:1). Then, any true minister of God will study and pray over the matter, and in due time will either show you your error—or he will confess his mistake and be thankful to find and teach the truth.

God himself has chosen ministers who are still quite human. But His ministers will remain yielded to Him and be willing to grow. It is His responsibility to remove them if they don't.

In all matters, then, it's God's opinion that really counts!

God has specially "called" His ministers to act as His spokesmen—teaching the people His will. Christ set the example (Mat. 7:29) when He astonished the people by teaching with authority. That authority is to be respected! It is not respect to the man, but to the office, and to God who placed him in the office.

God's ministers need your prayers, and your love and co-operation in carrying on this great work. He has committed to all of us. Mr. Armstrong has set a wonderful example by his love, humility, wisdom, zeal, and his constant willingness to grow into more truth as God reveals it. God's true ministers will continue to seek and to teach His will—not their own.

We realize the great responsibility we have as God's ministers. We pray that you true brethren will respect the authority God has given us with which to carry on His work. This work of God is rapidly growing! To accomplish our mission successfully, we need to practice the way of order and church government which God has commanded. This way of God will be a great blessing to us—and to the millions who will hear the true gospel because we have been willing to set aside our selfish interests and to work together in harmony—under God's guidance—in carrying out His great work.

Let us all submit ourselves to God's government in His church—and in His kingdom to come. As the true Church of God, let us go forward together with love and unity, guided by Divine wisdom, and inspired by a contagious zeal to carry out with God's power and authority the great work of proclaiming the gospel of the kingdom as a "witness" to all nations before Christ's soon return as King of kings.