

OUR Co-Workers BULLETIN

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Published every little while to keep our Co-workers informed of the programs, the problems, and the future plans for carrying on God's Work in these closing days of this age; -- broadcasting "The WORLD TOMORROW," publishing The PLAIN TRUTH magazine and other Gospel literature.

HERBERT W. ARMSTRONG, Box 111, Eugene, Ore.

TWICE-DAILY BROADCASTS TO RESUME ON AMERICA'S MOST POWERFUL STATION JULY 18th

GREETINGS! Dear Friends and Co-Workers:

Another issue of The PLAIN TRUTH will go to the printers before you receive this BULLETIN. I know you are all anxiously awaiting it. Hundreds of letters tell me that. But since it takes a week or ten days from the time we turn copy over to the printers before it is ready to be mailed, I want to send you another BULLETIN in the meantime.

World conditions are very tense. I want to tell you, in this BULLETIN, a little about the Tito incident in Yugoslavia and the Berlin crisis. Threat of war -- immediate war -- with Russia is more grave now than when I wrote the June PLAIN TRUTH. I'll tell you about it below.

Yes, the world outlook is dark and foreboding. Yet the greatest, most powerful nation that ever existed remains gay, pleasure-seeking, continues to ignore God and to plunge down a toboggan-slide of self-indulgence, sin and crime, seemingly ignoring the DANGER that threatens!

Yet in this dark world in its last days the sunshine of God's blessing is shining again on His work! Temporary clouds may bring us tests of faith, to teach us patience and reliance upon God. But, if we believe, and KEEP ON in living FAITH, God always dispels the clouds in due time, and the sunshine of His blessing appears again. I am hearkened and encouraged more than I have been in a year. I want to tell you why, and I know you will rejoice with me.

The twice-daily broadcasts -- 8 o'clock every night except Saturday, 5:30 every week-day morning, CENTRAL time -- are to be resumed on XEG beginning Sunday, July 18th. That is the same time every day as before. Even though I've told you before, I wonder if you realize fully what this means? XEG is a super-power 150,000-watt station -- that's the greatest power of any station on the North American continent. And we have the BEST time, both morning and evening -- the time when the station reaches out farthest over most states, and when most people are listening, on the most powerful station on this continent! That means it is the MOST VALUABLE TIME that could be purchased on any station anywhere on earth!

I want you to realize we have been able to retain this most precious radio time only under greatest difficulties. Many others, including large business corporations, want it. The station management has again raised the price. It now is very high. But many others want it and would pay the price in a minute if I would drop it. It is the MOST VALUABLE RADIO TIME there is. And God has graciously preserved this BEST time for His own Message, despite every difficulty and every attack of the devil. I know you co-workers will rejoice, and never let us lose it.

But BETTER STILL -- I exult and rejoice to be able to tell you that I am now coming back REJUVENATED physically, mentally, spiritually. Now I will be able to send you fresh, new, up-to-the-minute dynamic broadcasts EVERY DAY! Of course I do not attempt the strain of broadcasting twice a day, so the evening broadcast on XEG is recorded and re-broadcast the following morning. But a fresh, live new broadcast EVERY NIGHT!

Mrs. Armstrong and I have been away by the sea-shore the past three weeks. I think you know we had been thru the most trying, nerve-wracking year of our lives. We have had to survive every possible discouragement. It took its toll. I was just

tired of mind, body and spirit. After this terrific ordeal we have had to weather I was literally "out on my feet." I have realized for months it was vital for the future of the work that I get away and recuperate. But somehow circumstances just didn't permit, until three weeks ago.

Did you know that Jesus, too, came to the place where He had to GET AWAY for a REST? Very few are familiar with the circumstances surrounding the miracle of feeding the five thousand. Here it is, from Mark's gospel, Moffatt translation: "And He said to them (His apostles), 'Come away by yourselves to some lonely spot and get a little rest' (for there were many people coming and going, and they could get no time even to eat.) So they went away privately in the boat to a lonely spot. However, a number of people who saw them start and recognized them, got to the place before them, by hurrying there on foot from all the towns. So when Jesus disembarked, He saw a large crowd, and out of pity for them, as they were like sheep without a shepherd, He proceeded to teach them at length. Then, as the day was far gone, His disciples came to Him saying, 'It is a desert place and the day is now far gone; send them off to the farms and villages around, to buy some food for themselves.'" But Jesus instead then performed the miracle of feeding the five thousand people with the five loaves and two fishes, with twelve baskets full left over. (Mark 6:31-44).

This is the 21st day since we first started. I have been on a long orange juice fast. Aside from two days when we were called back to Pasadena and I ate food, I have not eaten a bite of food during the 21 days. And I expect to remain in this quiet place, fasting and praying, for ten more days, returning in time to be back before the microphone for broadcasts every day beginning Sunday, July 18th. This fast is doing wonders for me physically and mentally, and spiritually too. I expect to be in tip-top shape, with renewed physical and mental powers, eager to plunge back into the all-important work ahead with renewed vigor and power.

The IMPORTANCE OF FASTING

I wonder if you realize the importance of FASTING? Very few do today. We have drifted SO FAR from God, and His ways as revealed in the Bible, and are so entwined in these modern paganized ways!

You know, of course, that Jesus fasted. Peter and Paul fasted. So did Moses, Daniel, the prophets of old. But have most of you not thought that was just some ceremonial custom for them way back there, and not for us today? Have we not forgotten that those men lived by God's laws and rules, while we live without realizing by the rules and traditions of this paganized society we call civilization? Jesus said we should actually LIVE BY every Word of God. He set us an example that we should follow His steps. Jesus, and the men of God mentioned in the Bible fasted FOR A PURPOSE -- in fact, there are two vital reasons for occasional fasting. One is for health and physical fitness. The other is for spiritual reviving. Fasting and prayer together is the most effective means of drawing closer to God, re-establishing the vital contact and close communion most of us have drifted away from.

I could write a whole book on the subject of fasting. But let me just briefly condense some vital truths on the subject which may help you greatly.

First, its connection with PHYSICAL HEALTH. Most people have come to believe today that it is NATURAL for people to be sick. THAT IS NOT TRUE! Sickness and disease is not natural, or accidental, but caused in every case by destructive habits. Sickness and disease cannot be eradicated until good habits -- living according to NATURE'S LAWS as set in motion by the Creator -- are substituted for bad ones. Bad habits of thought may be a contributing cause to sickness and disease or impaired health. Insufficient exercise, lack of drinking enough pure water, lack of deep breathing of fresh air, lack of sunshine, lack of sleep, faulty elimination, often contribute to poor health. But above all WRONG FOOD is the great outstanding cause. Few people realize this. Doctors seldom tell people this vital truth. Yet the nation's most famous physicians and surgeons -- men like Dr. McCollum of Johns-Hopkins, the famous Mayo brothers, Dr. Sherman -- later Senator Sherman of New York, Dr. Kellogg and others -- estimate that from 90% to 95% of all sickness and disease are caused by faulty diet. Dieticians have exclaimed that the average American table is a dietetic horror! People eat things they would never think of feeding their cows or their dogs. God has revealed to us which animal meats He created to be properly digestible in the human stomach. (Lev. 11). Some day we will learn to our astonishment that the eating of filthy swine's flesh has been a major cause of cancer, fast becoming the nation's number one killer! I want, as soon as we can enlarge The PLAIN TRUTH to 16 pages or more, to have an interesting, vigorous article every month on FOOD, and on sickness, disease, and the laws of health. We can SIN physically as well as spiritually. We sin physically by breaking nature's laws -- the laws God established for physical health. The penalty of this physical sinning is sickness, suffering, pain, and often the first death. The penalty for spiritual sin -- the transgression of God's great spiritual Law, summed up in the Ten Commandments -- is ETERNAL death -- the second death. Jesus continually HEALED THE SICK. When He healed, He said, "Go and SIN NO MORE." He was speaking of violating the physical laws of health. Just as the repentant sinner who is

converted thru Christ is commanded to turn away from sin and quit sinning (transgressing God's Law), so if we look to God for healing we should try to learn in what manner we have been violating God's physical health laws, and CORRECT OUR LIVING! It is BECAUSE men for untold generations have been living incorrectly, violating these precious health laws, and increasingly so these past four or five generations, that we are a degenerate generation today -- so much so WE DON'T REALIZE IT!

But my space is short, so now about fasting for health. Voluntary abstinence from food for physical benefit or the cure of disease is as old as life upon this earth. Animals and birds instinctively fast as a means of restoring themselves to normal health whenever necessary. There is no such thing as a cure-all pill, drug, or medicine. But there is one thing that comes close to being a cure-all, and that is FASTING. Especially is it the cure for such things as stomach disorders, constipation, rheumatic diseases, and the greatest help and often the cure for such things as kidney diseases, heart ailments, high blood pressure, skin diseases, asthma, anemia, and it is ALWAYS the thing to do in case of colds and fevers.

It was Benjamin Franklin who said "Feed a cold and starve a fever." But he did not mean one ought to feed a cold. He meant that IF one feeds a cold he soon will be starving a fever! The way to put out a fire is not to pile on more fuel. When you have a fever the body is on fire, and food is the fuel that makes it burn. If any member of your family has a cold or a fever, TAKE ALL FOOD AWAY at once! Give plenty of water. Give enemas twice daily, and warm sponge-baths (not soaking in a tub) in a warm room twice daily. If you can give orange-juice, or some other similar juice which agrees with them -- grape-fruit, lemon, or tomato juice -- that will do more good than harm. Give a glass of orange juice at a time, every two to four hours. I would not advise people inexperienced with fasting to go on a long fast of more than three five, or seven days, unless they are under the care of a physician who understands and believes in fasting. And always remember this -- if you have fasted two days or longer: This is IMPORTANT: In breaking a fast, do not start out with a full meal at once. Break it with two small pieces of buttered toast, toasted in the oven, HARD clear thru, and a dish of about five stewed prunes. These should be soaked overnight before cooking, and then cooked by just simmering, UNDER THE BOILING POINT, or steamed. If they are not boiled they will be plenty sweet, so add no sugar. Or, as an alternate, a dish of milk toast, but be sure the toast is toasted hard clear thru. Second meal, two non-starchy vegetables such as spinach, carrots, etc., -- not potatoes or peas -- along with a slice or two of hard toast and a little fruit (not a rich canned fruit in syrup or canned with sugar). Then normal eating may be resumed by the third meal. I have been on a much longer fast, but I have studied fasting and spent one year, about 18 years ago, lecturing on diseases, diet, and fasting, and have had considerable experience putting many people thru fasts. And I have never known one case where full results were not achieved!

FASTING AND PRAYER: There is, as I said above, NOTHING like fasting and prayer for drawing close to God, re-establishing contact, being filled with His Spirit. For this purpose it is better to fast completely -- no fruit-juice of any kind. In Bible times they sometimes fasted without even water, but sometimes water was used. Personally I think results will be obtained if one drinks water, but nothing else. For purely spiritual purposes a fast from one to three days is usually sufficient. You may expect head-aches, and a very thick-headed feeling the first two days. It is not pleasant. It is, in Bible language, AFFLICTING THE SOUL. It takes courage and will-power, and self-denial. I recommend, for this purpose, dividing your time three ways: about one-third in studying the subject of fasting in the Bible, and other Bible study. Use a good concordance, and your marginal-references if your Bible has them. If not you should get one which has. Look up all you can find under fasting. Then about a third of your time in meditation -- turning over in your own mind by yourself WHY you have not been closer to God, thinking out just HOW you have been letting the worldly things creep in, meditating on what you have read in the Bible, applying it to yourself and your spiritual condition. Then, spend one full third of your time in earnest PRAYER. Did you ever spend one solid HOUR in prayer, alone with God in some private room, on your knees? Very few ever have. If you haven't, the first time you do it you'll find it will take as much will-power and self-denial as forcing yourself to stay on a fast and resisting that gnawing hunger feeling. In five or ten minutes, or less, every excuse in the world will come into your mind. You aren't in the mood now -- why not do it later? You just think of something that ought to be done, and you think you must go do it right now. Yes, I know what will come to your mind, for I have done it and I know by experience. But if you will resist every temptation, and STAY on your knees, even tho you think your prayer isn't going as high as the ceiling, in at least 30 or 40 minutes the devil will probably give up and let you alone and you'll find you are establishing contact with God, and you'll find you are beginning to really ENJOY talking to Him -- just pouring out your soul to Him -- telling Him all about it. Pause, once in a while, and meditate, and let God talk to you.

I see I simply have not the space in this BULLETIN to write more than a fiftieth part of what I wanted to say to you. I hope this will have helped some of you.

Now I have not the space to comment as I wanted on the Tito and Berlin incidents. They are both very significant in the chain of events fulfilling Bible prophecy and bringing us to the final climax. Perhaps I can go into this in one of my first broadcasts, July 18th or after -- or in The PLAIN TRUTH.

But first I want to THANK all you good Co-Workers for your loyalty, your unselfish sacrifice, in continuing to hold up my hands, in keeping up YOUR part of God's great work by sending your tithes and offerings -- and also to thank you for your prayers. I know now more than ever before there is a devil. And Satan hates this work of God, and is very angry at it. He has done everything in his power to stop it, to discredit it. God has permitted us to go thru a year of most severe trial and test. It has been hard, and we have suffered much. I have had to carry a crushing load. But God has seen us thru so far. The greatest need of all was that I get this fast and rest, and come back rejuvenated, for I was really too tired to even talk to you over the air. We had met just one set-back and discouragement after another. You have no idea the ordeal we have lived thru. Such mental strain affects physical health. I am not, and have not been in 20 years, sick. But I have been worn out, vitality impaired. This fast and rest was imperative. It has NOT been a vacation for pleasure and recreation. But already my mind is clearer, and I am beginning to feel anxious to leap back into the work. Meanwhile, GOD BLESS you dear co-workers for keeping the work going while I have been here. I hope now to be able to keep up with answering personal letters. Many of you have written letters I have just not been able, in my worn-out condition, to answer, and I guess many of you have been offended and angry. You just can't know how badly I have wanted to answer your letters -- to give each one of you a personal answer, but I haven't been able. I have given my last ounce of strength to keep this work going, and have had to trust that each of you would be willing to sacrifice a personal letter just to you, that I might keep the work alive and the Message going out to MILLIONS. Now, however, I will make every effort to try to keep up with personal correspondence.

And DON'T FORGET -- our expenses are running along all the time, and before you can even get a reply back I will have to send a large check to XEG to pay for the resumption of the daily broad- casts, and it will cost over a thousand dollars to get out this coming PLAIN TRUTH. We are still not out of the financial emergency we were plunged in almost a year ago. I have every faith that we will now quickly get that remaining one-third of our great debt paid off, and get God's work out of reproach completely, and get going full steam ahead. But it will still take every possible sacrifice on YOUR part, and the need is great for some large offerings, as well as for a downpour of smaller ones. I know you'll keep the work going by sending in at once the largest sum you can. God bless you. Now I'll rest again, and be with you on the air in another week.

Sincerely, in Jesus' name,

Herbert W. Armstrong