

# You Can Quit Alcohol

VANCE FERRELL

You may only be a social drinker, but don't take it for granted: Liquor is something to get rid of!

This book will tell you how to do it. Step-by-step ways to quit, plus nutritional information that can help eliminate the craving.

For your own sake, and that of your loved ones,—read this book!



Harvestime Books

*HB-602-E*

*You Can Quit Alcohol*

*by Vance Ferrell*

*Published by Harvestime Books*

*Altamont, TN 37301 USA*

*Printed in the United States of America*

*Second Edition © 2003*

*First Edition © 1987*

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Published by Harvestime Books

Box 300

Altamont, TN 37305

(931) 692-2777 / Fax: (931) 692-3013

Please visit our Web Site at <http://www.pathlights.com>

Produced, e-printed, and distributed in the United States of America.

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# How to Use this Book

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***It is not difficult to become an alcoholic. Just keep drinking, and in the course of time you are very likely to become one.***

The only way out is to quit. But—first—you must want to stop. While living in Illinois, we had a friend who was so affable that the entire farm community liked him. But he was also an alcoholic. Once we had a long talk together with him, and he explained that he would rather keep drinking. He said he liked drinking and he liked getting drunk.

But years of drinking alcohol had weakened certain internal organs, and about a year after that conversation we buried him. Yet he was only in his early forties and had a fine wife and several sweet children.

**FIRST**, you must want to stop. You are tired of drinking, and you are tired of all the trouble it keeps bringing into your life. Yes, you may have problems—but alcohol is your biggest one, and the cause of most of the others. You know it. You admit it. You are ready now to break with it.

**SECOND**, you are going to read this booklet all the way to the end—and carry your decision through. There is help in this little book; help that you need just now. —*vf*

## Chapter One

# Making Decisions

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### THE NIGHT HE DID IT

**“*Stop, I need your help!*”**

It was in Detroit, Michigan, several years ago.

***It was early evening and I was about to walk into the building where I was holding meetings. A man walked up to me and said, ‘Are you Mr. Finney?’***

“‘Yes,’ I replied.

“‘Please, when you get through tonight, —will you come home with me. I need to talk to you.’ ‘All right, I will. You wait for me.’ I walked inside—and some of the men stopped me.

“‘What does the man want?’

“‘He wants me to go home with him after the meeting tonight.’

**“‘Don’t do it. He’s known to be dangerous.’”**

“‘I’m sorry, but I promised and I shall go with him.’

“When the service was over that evening, I went with the man three blocks down the street and then into an alley, and stopped. The man unlocked the door and said, ‘Come in.’ Walking into the room, I found the man locking the door behind me, and then reaching into his pocket he pulled out a revolver and held it in his hand.

**“‘I don’t intend to do you any harm,’ he said. ‘I just want to ask you a few questions. Did you mean what you said in your sermon last night?’”**

“‘What did I say? I have forgotten.’

“‘You said, ‘The blood of Jesus Christ cleanses us from all sin.’

“‘Yes, God says so.’

“Then he said to me, ‘You see this revolver? It has killed four people. It is mine. Two of them were killed by me, two of them by my bartender in a brawl in my saloon. Is there hope for a man like me?’

“‘Yes. The blood of Jesus Christ cleanseth us from all sin. Christ can forgive you and help you obey the Commandments of God.’

“Then the man said, ‘Brother Finney, another question. In the back of this partition is a saloon. I own it, everything in it. We’ll sell every kind of liquor to

anybody who comes along. Many times I have taken the last penny out of a man's pocket, letting his wife and children go hungry. Many times women have brought their babies here and pled with me not to sell any more booze to their husbands, but I have driven them out and kept on with the whiskey selling. Is there hope for a man like me?

“God says, “The blood of Jesus Christ His Son, cleanseth us from all sin.” [1 John 1:7].

“ ‘Another question, Brother Finney, In back of this other partition is a gambling joint and it is as crooked as sin and Satan. There isn't a decent wheel in the whole place. It is all loaded and crooked. A man leaves the saloon with some money left in his pocket, and we take his money away from him in our gambling hall. Men have gone out of that gambling den to commit suicide when their money, and perhaps entrusted funds, were all gone. Is there any hope for a man like me?’

“ ‘God says, “The blood of Jesus Christ, His Son, cleanseth us from all sin.’

“ ‘One more question, and I will let you go. When you walk out of this alley you turn to the right and you'll see a brown-stone house. It is my home. I own it. My wife is there, and my eleven-year old child, Margaret. Thirteen years ago I went to New York on business. I met a beautiful girl. I lied to her. I told her I was a stockbroker, and she married me. “I brought her here, and when she found out my business it broke her heart. I have made life a hell on earth for her. I have come home drunk, beaten her, locked her out, and made her life more miserable than that of any brute beast. About a month ago I went home one night drunk, mean, miserable. My wife got in the way some how, and I started beating her. My daughter threw herself between us. I slapped that girl across the face and knocked her against a red-hot stove. Her arm is burned from shoulder to wrist. It will never look like anything decent. Brother Finney, is there hope for a man like me?’

“I took hold of the man's shoulders, shook him, and said, ‘Oh, son, what a black story you have to tell! But God says, ‘The blood of Jesus Christ, His Son, cleanseth us from all sin!’

“The man saw it. He looked at me a long moment and then said, ‘Thank you, Brother Finney. Thank you very much. Now I know. Pray for me. I am coming to church tomorrow night. And I am going to do some changing.’

“I left that back room and went home. The next morning, about seven o'clock, the saloon man finally got finished with his business at his office and leaving it headed across the street to his home. His necktie was awry. His face was dusty, sweaty, and tearstained. He was shaking as though he were drunk.

“But let's go back to that room. That night he had taken the swivel chair in the office and smashed the mirror, the fireplace, the desk and the other chairs. He had smashed the partition on each side. Every bottle and barrel and bar mirror in that saloon was shattered and broken up. The sawdust was swimming ankle deep in a terrible mixture of beer, gin, whiskey, and wine. The stench that rose from that rotten mess was terrific. In the gambling establish-

ment on the other side the tables were smashed. The dice and cards smoldered in the fireplace.

“And then he had cried for hours there alone on his knees with God.

“And so with it all over, he staggered across the street as the sun arose, walked up the stairs of his home, and sat down heavily in the chair of his room. His wife called the little girl, ‘Maggie, run upstairs and tell daddy breakfast is ready.’ The girl walked slowly up the stairs. Half afraid, she stood in the door and said, ‘Daddy, Mamma said breakfast was ready; to come down.’

“ ‘Maggie, darling, daddy doesn’t want any breakfast.’ That little girl didn’t walk; she just flew down those stairs. ‘Mamma, daddy said, “Maggie, darling, and he didn’t—.” ‘Maggie, you didn’t understand. You go back upstairs and tell daddy to come down.’ Maggie went back upstairs with the mother following her. The man looked up as he heard the child’s step, spread his knees and said, ‘Maggie, come here.’

“Shyly, frightened, in a tremble, the little girl walked slowly up to him. He began crying as he lifted her up, placed her on his knee, pressed his face against her chest and wept. The wife, standing in the door, didn’t know what had happened. After awhile he noticed her standing there and said, ‘Wife, come here.’

“He sat her on his other knee, threw his large arms around those two whom he loved, whom he had so fearfully abused, lowered his face between them, and sobbed until the room almost shook with the impact of his feelings.

“After some minutes he began to control himself, looked up into the faces of his wife and girl, and said to them:

“ ‘Wife and daughter,—you needn’t ever be afraid of me any more. God has brought you a new man, a new daddy home today.’

“That same night that man, his wife, and child, walked down the aisle of the church, gave their hearts to Christ and joined the church. He spent the remainder of his life trying to help other people. Many were the young people that he warned to flee from liquor and cigarettes and gambling—for he well knew the terrible hole that they would bring a man into.” —*Charles G. Finney*.

#### HANK’S STORY

“I was at the top of my career. It happened in 1940. That was the year I won the ‘most valuable player in American baseball’ award. I was getting a salary of \$40,000.00 a year at the time. But I started to drink heavily. I began arguing with my manager, Joe McCarthy, and with the rest of the players. Then things began to happen.

“I spent the winter in taprooms. When spring training rolled around I was 20 pounds overweight. (Don’t let them tell you that liquor takes off the pounds—it adds them.) I couldn’t stop drinking. I couldn’t hit. That year most experts figured I’d break Babe Ruth’s record. But I ended up hitting only 13 home runs.

“I was suspended before the season was over. I drank more than ever. I got

booted from one minor league club to another. I worked at odd jobs, spent all of my money, most of it in bar rooms. Finally I got sick. While I was recuperating in that hospital, I had a lot of time to think.

“There are kids in and out of baseball who imagine that because they have talent they have the world by the tail. It isn’t so. In life you need things like good advice and common sense. Don’t be so big that you can’t accept advice. And if you’ve gotten into liquor, be willing to let someone tell you how to get out.” —*Hank Wilson, in the Chicago Daily News.*

#### PRESIDENT GRANT’S SON

“I tried to drink with extreme moderation, because I knew that alcohol is the worst poison a man can take into his system,—but I found out that it was an impossibility to drink moderately.

“The fact that I indulged at all, compelled me to drink on every occasion it was offered, or be considered absurd by my associates.

“For that reason, because moderate drinking is an absolute impossibility, I have become an absolute teetotaler—a crank, if you please. I will not allow it in my house.

“When they ask, ‘Have a drink with us,’ just tell them, ‘I never drink.’ A man never has to drink.

“The fact is that the hard drinker was once a moderate drinker and the chances are all against the moderate drinker remaining such. — and I,—well, I, for one, don’t propose to take such a chance.” —*General Frederick D. Grant, son of President Ulysses S. Grant.*

#### HE NAILED IT THERE

“Entering the office of a well-known businessman in New York City, I found a placard nailed to a desk. Surprised at this, I read it:

“ ‘WHICH? Wife or Whisky, the Babes or the Bottles, HEAVEN OR HELL

Seeing what I was reading, the businessman, quite successful in his work, explained: “I wrote that myself. Sometime back I found myself falling into the habit of drinking. It was just an occasional glass with a friend. Soon my stomach got bad, my faculties became dulled, and a constant craving for stimulants dominated me. I saw tears in my wife’s eyes and wonder on the faces of my children. One day I sat down and wrote that card and then looked at it. And the more I looked at it, the awful message that it contained burst on me. So I nailed it there and read it several times each day. I went home sober that night, and have not touched a drop ever since.

“It was all a matter of what was most important in my life. Once I had settled that in my mind, all the rest fell into place. And my decision was made.” —*John Dyer.*

#### WHERE DID SHE GET IT?

“A fatal accident, involving the lives of four young people, took place upon one of the nation’s highways. The evidence that liquor was the culprit was



found in the broken whisky bottles among the debris and mangled bodies of the four youthful victims. The father of one of the girls in frenzied anguish over the tragic death of his beautiful daughter threatened to kill the one who had provided the four young people with liquor. That evening he went to the shelf in his bedroom where he kept his own supply of choice beverages, and there found a note written in his daughter's handwriting, 'Dad, we're taking along some of your good liquor—I know you won't mind.' That was the last thing she had ever written." —*James Kingman*.

#### MONEY IN THEIR POCKETS

"One of the finest things that could have happened to the brewing industry was the insistence by high-ranking Army officers to make beer available at Army camps. Here is a chance for brewers to cultivate a taste for beer in millions of young men who will eventually constitute the largest beer-consuming section of our population." —*The Brewer's Digest*.

"A worker who was fond of beer told his wife and child one morning of a dream he had had. He had seen four rats. The first was large, fat, and sleek; two were very, very thin; and the last was blind. Neither he nor his wife could find any explanation for the dream, but they were uneasy, having heard that rats brought bad luck.

"The little boy, however, had an idea.

"The big fat one, Daddy, was the tavern keeper on the corner who gets all your money. The two thin rats are mother and me. And you are the blind one.'"  
" —*From a French newspaper article, Montreal, Canada*.

#### THE BABE

"Babe Ruth was offered a good sum of money if he would permit a photographer to take his picture with a bottle of beer in his hand, for a national advertising campaign.

"The Babe said quietly: 'No, I have autographed too many baseballs for boys who have trusted in me. I will do nothing to help advertise the sale of beer—by my actions or my picture. Those boys see me as a hero, and I'll not do anything to lessen their esteem of me.'"  
" —*Bob Appleton, in the Los Angeles Times*.

#### WHY HE WOULDN'T

"Here is why I will never drink: 1. God never made a human being who in a normal state needs alcohol. 2. God never made a human being strong enough to begin the use of alcohol and be sure that he would not become its victim. 3. God never fixed a day in a human life after which it is safe to begin the use of intoxicating liquors." —*William Jennings Bryan*.

#### WHAT BOOZE DOES

"I am against alcohol: —Because I have known unborn babes to be cursed through booze; little children to starve because of booze; young people to be stunted for life through booze; gifted women to become imbeciles through booze; leaders in industry to become beggars in the street because of booze; wedding rings to be sold for booze; fortunes to be squandered for booze; girls

to become prostitutes through booze; boys to become criminals through booze; women to be hanged because of booze; men to go to the electric chair because of booze!” —*Catherine Booth*.

THOMAS EDISON

“To put alcohol in the human system is like putting sand in the bearings of an engine.” —*Thomas A. Edison*.

THE GREAT REMOVER

“Some one has said that alcohol will remove stains from summer clothes. This may be true, but stains from summer clothes are not the only things alcohol will remove.

“Alcohol will remove the stain all right, but it will remove the summer clothes as well. And it will remove the spring clothes and the autumn clothes and winter clothes.

“Alcohol will not only do this for the man who drinks it, but it will also do it for all those for whom he is responsible.

“Alcohol will remove good food from the dinner table, and shoes from the baby’s feet.

“It will remove happiness from the home, and then remove the possibility of its ever returning.

“It will remove smiles from the faces of those you love, and laughter from the lips of your innocent children, and warm clothing from their backs.

“Yes, alcohol is a great remover! It can remove more things than most anything else.

“—And while there is still time, just now, remove it from your life. You’ll always be thankful that you did.”

HIT THE KNACK

“ ‘Dear Ann,

“ ‘I’m sixteen, and have made up my mind not to drink, but people make it very hard for me to refuse. They keep on insisting and pressing and some get scornful and angry if I say,

‘I’m sorry; I’d rather have an orangeade.’ What’s the best way to refuse?

“ ‘(Signed) M.’

“Dear M: No need to say, ‘I’m sorry.’ You invite them to persuade you if you sound apologetic. All that is necessary is a ‘Thank you; I only take soft drinks.’ Hit the knack of being proud and glad and grateful for being able to hold on to your standards. I know you can do it. Stick to it.” —*Ann Temple, in her newspaper feature, “Human Case Book,” in the London Daily Mail*.

CHARRINGTON’S DECISION

“Frederick Charrington was the young heir of Charrington, Head and Co., the large international London-based brewery.

“One day on the street, he saw a woman with her little girl go into a bar and

plead with her husband for some money. The children were crying for bread. His reply was to knock her and the child down. Looking up, Charrington saw his name, "Charrington," emblazoned in gold on the barroom door. 'I can't stay with liquor!' he said, —and he gave up a million and a quarter dollars brewery inheritance." —*Aberdeen Express*.

HE DIDN'T BELONG THERE EITHER

"A traveler in Scotland found in a fisherman's home a striking picture of the Saviour.

"How did you obtain possession of this picture?' he asked the man who lived there. All about him he saw signs of a happy home, and he was surprised at the first words he heard in reply.

"I was a great drinker and spent a lot of time in the pubs. One night I was way down with the drink and stumbled into a pub. —And there hung His picture! It made me sober in an instant.

"I said to the bartender: 'Sell me that picture; this is no place for the Saviour.' I gave him all the money I had in my pocket and took it home. I dropped on my knees and cried, 'O Lord Jesus, pick me up again! Pick me up again out of my sin!'

"That prayer was answered and today I am the happiest man in the village.'

"But didn't you have a struggle to give it up?'

"When the heart is open to the Saviour, He can take out of it the love of drink. It is crying to Christ and clinging to Christ that makes all the difference.'

" —*Chappel Clovis*

## Chapter Two

# The Liquor Industry Knows You Are a Sucker

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**When you buy liquor, you are putting money in the pockets of a few men who think you are a sucker. They are not your friends.**

***By their own statements, they are working to ruin not only you, but your children as well:***

“We must not forget that our business is dependent upon the sufferance [permission] of the public. We are not in a position like the shoe business, clothing business, flour business or the steel business.”—*The Brewer’s Digest, February 1944 [a magazine of the beer-making industry].*

“We believe a teenage moderation program [to get more teenagers drinking] should be adopted with some real strength behind it. We’re told this is too ‘ticklish.’ We don’t agree.”—*Spirits, November 1955, page 44 [the magazine of wine and liquor manufacturing executives].*

“Beer must compete with coffee, tea, milk, and a whole array of carbonated beverages. The brewing industry has not found a satisfactory answer to the problem of introducing beer to a high percentage of the younger generation that is coming along. This is particularly true of the civilian [non-military] element, which, after all is the big percentage of the people.”—*The Brewer’s Digest, February 1952, page 65. [Accompanying this statement was a large picture, filling one-fourth of the page, of a child, not over five years of age, playing with a toy beer truck.]*

“Here’s a chance for brewers to cultivate a taste for beer in millions of young men who will eventually constitute the largest beer-consuming section of our population.”—*The Brewer’s Digest, May, 1941. [Speaking about the increasing number of young men joining the U.S. military, on the eve of World War II. As you can see, the booze tycoons were quite patriotic: they considered it more important to get our soldiers drunk, than to win the war.]*

“Beer has come into its own and more people have an appetite for beer today since the war, because our recruits were furnished with plenty of beer!”—*The Brewers Bulletin, June 13, 1946. [This statement was made just after World War II.]*

“Show young people how to enjoy liquor.” “Train your publicity to catch the eye and develop the interest of the younger generation.” “Make youth liquor conscious.”—*Objectives of the liquor industry, stated at a liquor dealers convention, held in the Stevens Hotel, Chicago, 1935.*

“Sociological studies give evidence that more and more teenagers are drinking . . . and are drinking greater quantities than ever before.”—*Editorial in Tavern Topics, the Journal of the Washington State License Beverage Association, June 1954.*

“Brewers were among the first to realize that television could play a big part in increasing the consumption of beer, especially in the home. And many of them hopped on the TV bandwagon as quickly as commuters hop on a rush hour subway.

“In relation to all other types of products, beer is a strongly advertised product, holding a prominent position, second to foods, in television advertising.

“And brewers were quick to jump on the TV sports bandwagon at the very outset. By doing so they were able to dominate TV’s most natural entertainment, and came up with good audience ratings without the talent and production costs of dramatic and variety shows.

“Television has offered the brewers a unique advantage. It has opened a vast new market, almost untapped: *the American home.*”—*The Brewer’s Digest, September 1950, pages 60-61.*

## Chapter Three

# Some Facts about Alcohol

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***Medical research has proven that the taking of alcohol into the body in any form or quantity impairs the judgment, normal restraint, and the performance of skilled movements. This means that it matters not whether it be beer, wine, or hard liquor —it is equally dangerous—and the use of any of it can turn you into an alcoholic.***

Ten to twenty-five teaspoons of pure alcohol will cause obvious drunkenness. A bottle of 4% beer (360 c.c.) contains 4 teaspoons of alcohol. Four ounces (120 c.c.) of wine (14% alcohol) contains 4 teaspoons of alcohol. Three ounces of fortified wine (21% alcohol) contains 5 teaspoons of alcohol. Eight teaspoons (32 c.c.) of whisky contains 4 teaspoons of alcohol.

Statistics indicate that one person in every seven that begins drinking ends up as a confirmed alcoholic. The only answer that medical science knows for avoiding the addictive properties of alcohol is total abstinence.

***Here is a medical definition of alcohol:***

Alcohol, from a medical point of view, is an intoxicating, hypnotic, anesthetic, narcotic, depressant, damaging, poisonous, and habit-forming drug.

1. Alcohol is intoxicating, because drunkenness is created by its use.
2. Alcohol is hypnotic, because it tends to put people to sleep.
3. Alcohol is anesthetic, because in higher doses it induces a deep sleep out of which a person can hardly be wakened.
4. Alcohol is a narcotic, because in large doses it stupefies.
5. Alcohol is a depressant, because it depresses (that is, slows down) the central nervous system and a number of body functions.
6. Alcohol is damaging, because it gradually destroys brain cells.
7. Alcohol is a poison, because in large doses it will kill a human being, an animal, or a plant that has been exposed to it.
8. Alcohol is habit-forming because with continued use a fixed desire will be created to repeatedly drink it.

***Here are some problems that alcohol has brought to America:***

*Juvenile Delinquency:* from 25-75% of juvenile delinquency is directly or indirectly due to alcoholic beverages, according to various reports.

*Divorce:* from 25-75% of all divorces are directly or indirectly due to alcohol.

*Misdemeanor and felony crimes:* are reported to be due to alcohol in at least 50% of the cases.

*Arrests for drunkenness:* In a recent year, over 7,000,000 arrests for drunkenness occurred in the United States.

*Economic loss:* It is estimated that the economic loss, due to alcohol, costs America more than \$10,000,000,000 yearly.

*Sense of values:* In the United States there are 537,303 schools and churches, and 582,033 retail liquor stores and saloons. In a recent year, 12,500,000,000 was spent on all religious and educational purposes, whereas 18,250,000,000 was spent on alcoholic beverages.

*Alcohol does some things that the liquor ads never mention:* It destroys brain cells, fatty tissue, and body heat balance. It seriously damages the nervous system. It lessens disease resistance, hearing, nerve sensitivities, good judgment, and vision. It deadens one's sense of fatigue. It slows physical reactions. It scars liver tissue. It ruins the brain.

*Scores of tests reveal the same thing:* alcohol always reduces efficiency and safety: When you take 1½ shots of whiskey, or 1½ bottles of beer, or 1½ glasses of wine,—your reaction time is slowed 6%. When you take 3½ shots of whiskey, or 3½ bottles of beer, or 3½ glasses of wine, your reaction time is slowed 34%. To an automobile driver this would mean that, at a speed of 50 miles per hour, it would require 17 additional feet to bring a car to a stop. But this problem is compounded by the fact that “loaded” drivers are more confident, take more risks, and have far less coordination and good judgment.

In any given year, a drinking driver is generally involved in about one-half of all fatal accidents. Some experts place it as high as 60%.

Alcoholic beverages contain *ethyl alcohol*, which is an anesthetic—not a stimulant. Its effects are inevitable. It undermines power of decision, distorts judgment, impairs eyesight, retards muscular reaction, and increases accidents.

Six out of every ten arrests in the United States are related to alcohol. Two thirds of today's alcoholics began drinking when of high school age. A few years ago one out of every six alcoholics was a woman; now it is one in four. This means over a million women alcoholics. In Los Angeles County, three out of every four applications for divorce or separate maintenance during 1955 resulted because of a liquor problem. More than 40,000 people are killed each year because of a liquor-induced accidents.

The former alcoholic knows that his only safeguard is total abstinence for the rest of his life. He must stay away entirely from liquor in every form. Even to take one gulp will awaken a demon of craving within him.

There is only one answer: leave it totally alone. Alcoholism usually begins with a social drink or two with friends. Sometimes it begins with a “business

drink” or two, with a boss or client. It is easy to start, not so easy to stop. The pressures are there to conform, but it takes a man to say “No, I choose not to; thank you.”

Case histories of all kinds are to be found in books and magazines. Newspapers run stories on them. But at the heart of them all is the simple fact that it all began with one drink.

If you have never had that first drink; don't take it. If you are having trouble keeping it under control; stop and never again take that “first drink.”

Having made that decision, you are done with it! And you are glad you are done with it. And you can thank the God of heaven every day that you are done with it.

At the present time over half the adult population of our nation drink alcoholic beverages. Some eight to nine million of these are known alcoholics. But there are also those who are secret alcoholics. A surprising number of women fall into this category. Not long ago, Harvey Fiske of the National Council on Alcoholism was quoted by the Associated Press as saying, “Today there are probably as many women alcoholics as men, and they may be doing more damage and be even farther away from help than men.” This is because so many won't admit they have a real problem.

We cannot solve a problem we deny that we have. No one ever stopped smoking or drinking until he came to the point of admitting that he had a problem and dared not continue any longer.

In 1970, the Rutgers Center for Alcohol Studies made what was probably the largest single study of American drinking practices. A total of 2,746 adult Americans were picked at random and interviewed by a George Washington University research team. Funded by a federal grant of \$400,000, the study findings were later placed in a book, *American Drinking Practices*. This is what they discovered:

Drinkers compose 68% of the population, and abstainers (non-drinkers) comprise 32%.

The heavy drinkers (12%) usually drink nearly every day, but some drink less frequently, taking five or more drinks each time they do.

The moderate drinkers (13%) drink from once to several times a month, taking an average of three to four drinks each time.

The light drinkers (28%) drink at least once a month, and at each time take one or two drinks.

Infrequent drinkers (15%) drink varying amounts less frequently than once a month.

More men drink than women, but the number of drinking women is steadily increasing. Of the men surveyed, 77% drink at least occasionally; of the women 60% drink. Yet ten years earlier, only 45% of the women were drinking.

Classified by nationality groups, 91% of the Italian-Americans drink, 80% of



Russian, Polish, or Baltic origins. Irish immigrants were the highest: 93%, with 31% heavy drinkers. The Rutgers study also revealed that those who attend church regularly are 50% less likely to be heavy drinkers than those who have no church affiliation. Yet there was drinking among church members: At the top of the list were Jews, Episcopalians, and Roman Catholics, in that order.

The highest percentage of drinkers live in the Northeast (79%), and the second highest on the Pacific Coast (73%). The lowest was found in the Southern States, and the average (about 35%) was in the South Central States.

The heaviest drinkers (1) come from families where the parents drank also, (2) their origin is in ethnic groups, such as the Irish, where drinking is quite common, (3) their religion (Roman Catholic, for example) places little or no restraint on drinking, and (4) they live in large cities where heavy drinking is prevalent.

Here are two interesting statements:

“Addiction to alcohol is “the number one health problem in the nation,”—*Dr. Roger O. Egeberg, Assistant Secretary for Health and Scientific Affairs, Department of Health, Education, and Welfare, Washington D.C.*

“The provision of adequate manpower and facilities to treat all alcoholics with presently known methods on a one-to-one basis would in itself utilize the full time of every physician and fill every hospital bed in the nation.”—*The National Institutes of Health, Bethesda, Maryland.*

## Chapter Four

# Effects of Alcohol on the Body

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***Alcohol fools people. They think it has done one thing for them when in reality it has accomplished just the opposite. Drinking some of it, a person imagines he has become strong, when he is becoming weakened; he thinks he is becoming warmer, when his body is actually becoming colder. It appears that he is being energized by the alcohol, when in reality his coordination, nutrition and strength are being lessened. He thinks that the alcohol is stimulating him, when actually it is depressing his entire physical system.***

Alcohol first increases stomach acid secretions, and then slows them down. It irritates the stomach lining, resulting in congestion, inflammation, and ulceration. A chronically-inflamed stomach is the result of regularly drinking liquor.

Alcohol also develops in alcoholics a disease known as cirrhosis of the liver. Many small areas within it are gradually destroyed and replaced by scar tissue. As the destruction of liver cells continues, the liver tries to make new ones, but scar tissue keeps building up where the dead cells once were. These scar nodules give the liver an appearance of being “hob-nailed.”

The damage and scarring reduces proper blood circulation through this, the largest organ in your body. Impaired circulation to the liver strongly affects the stomach, intestines, and spleen, and those organs also suffer.

The back pressure, caused by blood being held back from entering the liver, begins to cause blood plasma to flow out from the peritoneal veins into the abdominal cavity behind the liver. There it accumulates, sometimes in such large quantities that it must be drawn off repeatedly in order to relieve the alcoholic of severe distention and discomfort.

We call this nightmare cirrhosis of the liver. It is progressive, and generally ends in death. Yet it could be entirely avoided. Drinking liquor was the indirect cause of the problem. Stopping the alcohol was the only real way to solve it.

Drinking alcohol produces warm, flushed skin. The drinker feels warmer because more blood is flowing through the skin vessels. But the blood is being

drawn from inside the body, which becomes gradually cooler. Body temperature keeps falling. Some people think that drinking liquor will “warm” them up in cold weather. But this is not really true.

Alcohol lowers resistance to disease (especially pneumonia). Medical reports have dealt with this fact in detail. Here is an example of this: The Cook County Hospital, in Chicago, summarized the death rates among 3,422 pneumonia cases, as follows:

49.87% of them were excessive drinkers; 34.40% were moderate drinkers; 22.45% were occasional drinkers.

Drinking alcohol shortens the life span drastically. Forty-three U.S. life insurance companies had death records of 2,000,000 policyholders who died between 1885 and 1905, They were summarized as follows:

People drinking 2 glasses of beer or 1 of whisky per day were 18% more likely to die than the average American.

Those with a past record of heavy drinking, but with present apparent cure were 50% higher.

Those using over 2 glasses of beer or 1 of whisky daily were 86% higher.

Alcohol, when it enters the blood stream and is carried to the liver, begins being converted into carbon dioxide and water. This oxidation is quite slow, amounting to about 2 teaspoons of alcohol an hour. (If it were food, it would be equal to the body using up two cubes of sugar each hour—and that is slow!)

Alcohol is not a food, and cannot be stored in the body. Also it remains in the same form until converted into oxygen and water, so it provides no nourishment of any kind. It aids in neither growth nor repair. It is a useless fluid in the body, as far as help is concerned; it is a dangerous fluid in the body, when all the damage that it does is considered.

It neither builds up nor energizes any part of the body. Instead it depresses the system and causes a vicious addiction that is difficult to break.

Drinking alcohol greatly hinders proper nutrition for the body. Chronic alcoholics are always quite malnourished. This is due to decreased food intake (because they lose their appetite for food), decreased absorption and utilization of the food eaten (because of changes in the liver and digestive tract), and increased need for food nutrients (because liquor-drinking increases body requirements for calories and certain vitamins, especially those of the B complex).

Two malnutrition diseases that alcoholics are most likely to develop are these: (1) Beriberi, with its characteristic damage to the nerves controlling the legs and arms, or damage to the general circulation, with weakness and enlargement of the heart. (2) Pellagra, with a sore tongue; rash over the hands, ankles and neck; abdominal pain, diarrhea, and serious mental changes.

Alcoholic consumption leads directly to several mental diseases. A study by Dr. Neil Dayton of Boston of over 56,000 patients in Massachusetts, produced the startling discovery that chronic alcoholism was a prominent cause of one fifth of all admissions to mental hospitals in that State!

## Chapter Five

# How to Quit Alcohol - 1

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***Well, you know you've got a problem. And you are determined to get rid of it. That is the first step in doing it. This chapter, and the two that follow it, will tell you how you can toss the bottle—and be done with it forever!***

Dr. Roger T. Williams of the University of Texas, a leading biochemist, declares that not only do alcoholics have a poor diet,—*but a poor diet tends to create alcoholics.*

In support of this, he says that drinking alcohol causes a deficiency of the B complex vitamins. But a lack of these vitamins tends to increase the appetite for carbohydrates (sugars and starches). Alcohol, itself, being only a carbohydrate and a robber of B vitamins, starts a vicious cycle within the human body. By removing vitamins, it creates an artificial alcohol thirst.

Then there is Dr. U.D. Register of Loma Linda University in California. In 1967 he conducted a series of studies in which he fed a normal, American diet to rats.

The diet consisted of hot dogs, spaghetti, meat balls, sweet rolls, and soft drinks. A control set of rats was given **a diet of milk and vegetables**. In addition, both sets of rats were given the choice of 10% alcohol (about as much as in wine), or pure water.

The rats that were fed the popular junk diet began turning more and more to alcohol, until they were imbibing 12.8 ml. of it per 100 gm. of body weight per week. The control group preferred water.

Then Dr. Register added coffee to the popular diet—and the alcohol consumption by those poor rats shot up to 46 ml. per week!

It is of highest significance that after 10 weeks, the rats on the popular diet were switched entirely to the nutritious diet,—and within the first week their alcohol intake had gone down to 3.8 ml., and within three weeks, most of the rats had quit alcohol entirely!

This is important news. If you want to quit alcohol, you need to accompany your other quitting activities with an improvement of your diet. Dr. Register says it was a lack of the B vitamins that made the difference in the two sets of rats.

A third research group, headed by Dr. Abram Hoffer of Saskatchewan, Canada, and Dr. Humphrey Osmond of Princeton, N.J. had noticed that many of the people suffering with the mental disorder, schizophrenia, tended to have earlier been alcoholics. They were also aware of the American Schizophrenia Foundation discovery that from 20 to 40% of alcoholics are partially schizophrenic. So Hoffer and Osmond wondered whether both conditions could be reduced through proper nutrition.

What they did was to give massive doses of niacin (B3), vitamin C, B6, and other vitamins. The results of this megavitamin therapy were reported in the July, 1968 issue of the *British Journal of Psychiatry*.

The therapy program was originally planned only for schizophrenics, but since 40% of those who were to receive the treatment were alcoholics, the therapy was extended to them,—and also to other alcoholics who did not show signs of schizophrenia. The results were dramatically successful.

A fourth research group, headed by Dr. Russell F. Smith, medical director of Michigan State Boy's Training School, conducted a study in which 507 alcoholics were given massive vitamin B3 therapy. As he later reported, **An average of 6 grams of vitamin B3 (niacin) was given to them each day.** Concluding his report in the October 1968 issue of the *American Schizophrenia Foundation Newsletter*, he said, "87% of our group of hard core, treatment resistant, difficult alcoholics derived benefit."

Vitamin B3 is a very low-cost vitamin. Comparing his vitamin therapy with methods used elsewhere, he said, "B3 far surpassed them in effectiveness. This comparison becomes more effective when we remember that many drugs today used in the treatment of alcoholism have a high potential for abuse and for suicide. When the niacin [vitamin B3] is used instead, these serious risks become virtually nonexistent. This is a great advantage indeed. B3 far surpasses other therapeutic agents commonly used in the treatment of alcoholics" (*Ibid.*)

Probably the most significant factor in this study has been the large group who undertook it who have stayed permanently off alcohol after the testing was completed.

Part way through his study, Dr. Smith made the discovery that vitamin C must be used in conjunction with niacin. He was alerted to the matter when some of the patients complained of sustained weakness, dry skin, occasional rashes or odd dietary cravings. Realizing that the large doses of niacin were tending to deplete vitamin C in the body, he began adding good-sized doses of the latter. (Urine tests have revealed that no vitamin C was being excreted, indicating that the patients on the high-niacin diet were lacking in it.) But **average doses of 1000 mg. of vitamin C, given to each patient daily**, solved the problem, and all the side effects disappeared.

Dr. David Ramon Hawkins, director of the North Nassau Mental Health Center, provides us with a fifth study into ways to nutritionally stop alcoholism. Seventy of his 315 schizophrenic patients were confirmed alcoholics,

many of whom had previously been hospitalized because of their problem. Some had undergone psychotherapy or psychoanalysis for periods ranging up to 20 years. "Some of the patients' families had spent up to \$150,000 on years of expensive treatment which had been to no avail," he said.

**All of the patients were given massive doses of vitamins B3 (niacin) and C, plus sizable amounts of B6 (pyridoxine). They were also put on a hypoglycemic diet (low carbohydrates, high protein, medium fats, frequent very small meals). The patients were encouraged to not eat meat and keep coffee drinking to a minimum, and exercise frequently.**

It should be noted here that people that have both alcoholism and schizophrenia are the ones most unlikely to be helped out of their problem. But the results of Dr. Hawkin's approach were spectacular, to say the least.

He said, "By treating their schizophrenia with megavitamin therapy **and simultaneously pushing them into Alcoholics Anonymous**, our results were extremely good. Since we started using this new approach we have closed our out-patient shock unit. Hardly any of these patients needs to be hospitalized any more. The whole attitude of the patients and their families is so overwhelmingly different [that] there is no comparison with the previous situation." **In order to effect proper results the vitamins were given in large doses, sometimes a thousand times larger than "minimum daily requirements."**

**In addition to B3, several other vitamins are used in the megavitamin therapy: vitamin C, pyridoxine (B6), B1, B12, and vitamin E.**

A sixth study, that was to prove quite revealing, was undertaken by Dr. Edmund G. Flink, chairman of medicine at West Virginia University's medical school worked for some time with alcoholics, and concluded that **their alcohol-developed deficiencies included a serious lack of magnesium.**

Efforts to stop drinking bring on *delirium tremens* symptoms —which are identical to those exhibited by one who is seriously deficient in the trace mineral, magnesium. So unendurable are these symptoms that they make it impossible for some to continue with their withdrawal from the alcohol.

But Dr. Flink discovered that all that was needed was for those coming off alcohol to simply take more magnesium in their diet. It did not even need to be injected. Just taking **dolomite tablets**, obtainable at any health food store, would provide all the magnesium that they required.

Dr. Flink's findings were later confirmed by Dr. John E. Jones of the West Virginia University Medical Center.

There are answers; there is help available. **The simple, nourishing foods, which God has given to mankind, can solve so many of our problems.** Let us thank our heavenly Father for them, and use the blessings He has bestowed. Forever dispense with the poisons and only partake of nutritious food and drink. And you will be happy that you did so.

## Chapter Six

# How to Quit Alcohol - 2

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***If you are not in very deep, you may be able to quit without the encouragement or help of others. But you may find that having a friend to go through the withdrawal is something you need.***

You may wish to talk it over with a loved one or close acquaintance. You may want to discuss it with your physician. If there is a pastor of a church nearby that you can talk and pray with, all the better.

Then there is Alcoholics Anonymous. This group has helped thousands. They do it by encouraging one another, and by helping one another admit that they cannot do it alone,—and that they need a Higher Power—God—to help them do it.

*But first, because you are likely to be told about it, we should mention a different way that is not as effective.*

**Temporary help through physician-supplied drugs.** It is true that there are physicians and special hospitals for the recovery of alcoholics. First comes the immediate withdrawal. Often they will attempt to relieve the withdrawal symptoms by administering synthetic tranquilizers. These include chlordizepoxide, chlorpromazine, meprobamate, promazine hydrochloride, or reserpine. The use of tranquilizers coupled with other therapeutic aids are used to help you recover from *delirium tremens* and hallucinations. Other forms of treatment then begin. In alcoholic recovery hospitals, these later treatments are generally based on additional tranquilizing drugs. These quiet the person and make him manageable during the time needed to withdraw from the powerful cravings for alcohol.

But there is danger in becoming addicted to the tranquilizers, if they are continued over too long a time at too heavy a dosage. And, it should be noted, that severe complications may result if tranquilizers are later placed in a body that has returned to alcohol. It is considered best, by professionals in the field, that the use of tranquilizers should only be given under the careful control and frequent observation of a physician.

So tranquilizers can be dangerous. They are also unnecessary if the total changeover in diet, given in the previous chapter is followed.

Many alcoholics are found to be suffering from other physical problems.

One of these is frequently vitamin deficiency. Another can be liver or circulatory damage.

Some physicians shun the continued use of tranquilizers and instead use what is termed “aversion therapy.” A measured amount of an alcoholic beverage is given. But into that beverage a certain amount of a nausea-producing agent has been mixed. Two such agents are apomorphine and emetine. In this treatment, the alcoholic receives that which he craves, the alcohol, but in a short time it produces nausea. This is intended to develop a loathing for alcohol. Aversion therapy should also be accompanied by close medical supervision. Why? Because of the severe physical reactions.

The above withdrawal therapies are different types of drug therapy. Frequently, the relief obtained from them is temporary.

**A better solution than drug-medication.** What is needed is a plan of action that can carry through to a successful termination of alcohol—without a later return to it.

**A proper diet, the help of God, and the encouragement of understanding friends can do that which nothing else can accomplish.**

**Alcoholics Anonymous.** Alcoholics Anonymous was started in 1935 by an alcoholic who solved his massive problems with liquor—simply by trying to help another get off of alcohol. He became so concerned to help another person quit, that he quit himself. Why? Because now he had something worthwhile to live for, something important to do. The effort to help others is ennobling and strengthening to the mind and the willpower.

Thousands of reformed alcoholics can testify to the help they have received from Alcoholics Anonymous. It presently has a membership of several hundred thousand all over the world. They hold regular meetings in cities and towns all over the land.

Many cannot understand how AA can help so effectively when it has so little organization to it. AA has no officers, requires no dues. It has no constitution or bylaws. Each local group is autonomous, and not under outside control.

Its only purpose is to help alcoholics stop drinking and stay stopped. That is all it does, but it does it remarkably well.

Upon arriving for the first time at an AA meeting, an alcoholic is surprised with the reception. He walks in, well aware of his physical weakness, emotional conflicts, guilt feelings, and social isolation. Often he arrives weakened in every way, and without hardly a solid friend anywhere.

There he discovers that many of the happy, cheerful people have, in the past, had far worse experiences than he now lives with daily. They are recovered alcoholics. Hearing their stories, seeing their return to emotional stability, successful employment, happy social life, he takes courage that perhaps there is hope for him.

The AA members do not condemn him; they just want to help him get off liquor. They do not try to sell him anything but friendship and lots of free



encouragement. He finds himself totally accepted by the group, and this keeps him coming back to forthcoming meetings. Whenever he wishes, he can call another AA member on the phone and talk to him. He will frequently be given a “buddy” to especially encourage and help him.

At the heart of the Alcoholics Anonymous program is a firm acceptance of the belief that the help of a Higher Power the help of God—is needed in order to receive the strength and resisting, overcoming help that is needed.

Friends at AA encourage him to keep at it. He may fully leave alcohol immediately; he may fail sometimes. But he has friends to give him a lift.

**A person receives the most help—and receives it the most quickly—when he admits that he is an alcoholic, that he cannot stop by himself, that only God can do it, and, moment by moment, he must thereafter rely upon God for the needed help.**

In order to part company with alcohol, you must pray to God for help. And He will give that help to the degree that you are serious about having nothing more to do with liquor.

***Here is the twelve-point program of Alcoholics Anonymous:***

*STEP 1.* We admitted that we were powerless over alcohol; our lives had become unmanageable.

*STEP 2.* We came to believe that a Power greater than ourselves could restore us to sanity.

*STEP 3.* We made a decision to turn our will and our lives over to the care of God as we understood Him.

*STEP 4.* We made a searching and fearless moral inventory of ourselves.

*STEP 5.* We admitted to God, to ourselves, and to other human beings the exact nature of our wrongs.

*STEP 6.* We were entirely ready to have God remove all these defects of character.

*STEP 7.* We humbly asked Him to remove our short comings.

*STEP 8.* We made a list of all persons we had harmed, and became willing to make amends to them all.

*STEP 9.* We made direct amends to such people whenever possible, except when to do so would injure them or others.

*STEP 10.* We continued to take personal inventory and when we were wrong promptly admitted it.

*STEP 11.* We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

*STEP 12.* Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

At the meetings and informal discussions members of AA discuss how they

were helplessly in the grip of alcohol, and how through the encouragement of friends and the help of God, they left it.

During the meetings they learn how alcohol acts on the body and they consider possible reasons why people get into alcohol to start with. They discuss personality problems, marital difficulties caused by drinking, and how they can get problems straightened out.

They testify to their own victories, with the help of God, over the terrible habit, and they share experiences in successfully helping someone else to get off alcohol.

Alcoholics Anonymous is people helping people. And this is what the alcoholic wanted in the first place. He started on the wrong path while in search of acceptance, love and appreciation.

Now he discovers that he finds it, by giving it to others.

Reformed alcoholics frequently continue attending for AA weekly meetings for years to come. But whether they do or not, they know for a certainty that they must continue their close connection with God, and their efforts to help others find God so they can recover also.

**Al-Anon and Al-Ateen.** Two other organizations have sprung up to aid alcoholics and their families: Al-Anon has as its objective the helping of wives and husbands of alcoholics. Al-Ateen attempts to help young people to understand the problems of alcoholic parents and to withstand the social and emotional pressures they themselves may be encountering because of those problems.

Local branches of AA could help put you in contact with Al-Anon or Al-Ateen, so that you could work with them, or obtain help in starting a branch in your area.

**4 DK Plan.** Recently, a new group therapy approach has been started that many will find to be very helpful: It is called the 4 DK Plan (Four-Dimensional Key to the Cause of Alcoholism). It is a plan of basic alcohol education.

The 4 DK Plan looks at both alcohol and man—in relation to life's four dimensions — physical, mental, social, and spiritual. It explains and implements the latest research on the causes of alcoholism, the effects of alcohol consumption, and the latest rehabilitation methods.

This plan consists primarily of four group sessions, showing what alcohol can do to each of these four parts of a human life. Following this, those in attendance learn how to combat drinking habits through each dimension. Much of the mystery is thus taken out of the “how to conquer alcohol” problem. Visual aids, forums, and general discussion is supplemented with motion picture films. The two specialists who developed the 4 DK Plan are E.H.J. Steed, executive director of the International Commission for the Prevention of Alcoholism, and L.A. Senseman, M.D., longtime chairman of the Rhode Island Advisory Committee on Alcoholism. The plan is usually made available through local hospitals and non-profit organizations.

Four features of the 4 DK Plan render it especially flexible and helpful: (1) The plan is educational and is valuable to anyone concerned with alcoholism, ~~whether or not he drinks.~~ (2) ~~The plan can be instituted in any community,~~ using local resources. (3) The plan appears to be as helpful to alcoholics as the well-known Five-Day Plan to Stop Smoking has been to smokers. (4) The plan

is positive. It emphasizes good health and wholesome living.

Information on already-scheduled community presentations of the 4 DK Plan in your area (or having them come to your locality) may be obtained by writing to the *International Commission for the Prevention of Alcoholism*, 12501 Old Columbia Pike, Silver Spring, Maryland 20904.

“In the treatment of alcoholic patients there are two stages to be considered—one is the recovery from the acute alcoholism, and the other is the hang-over. The essential thing in the treatment of the former is the withdrawal of alcohol and encouraging a good sleep.

“Hang-over represents a sudden fall from the supposed pleasurable or at least painless non-reality of acute alcohol intoxication into a new reality more threatening than that of the period preceding the bout. The loss of self-esteem characterizes the over-all feelings of the alcoholic hang-over. Headache is common, especially in those whose livers become enlarged and tender due to acute inflammation of the liver. Thirst is one of the main features, and it is due to perspiration and the loss of water through excessive action of the kidneys. Fatigue is expressive of both the emotional tension and the exceptional demands during the episode of acute alcoholic intoxication.

“The first thing which must be done is the prompt and total withdrawal of alcohol, as more alcohol in ever-increasing doses is not a remedy for the psychological disturbances caused by its excessive use, and at times it is difficult for alcoholic patients to accept this view. The patient will soon learn that his mental and physical pain can be relieved by means other than by the use of alcohol. One of the important things, which must be done, is to allay the patient’s fears, as many times he worries about the irreparable damage done to the body over the long-continued use of alcohol.

Sleep is essential, and one of the best means of producing sleep is by the use of prolonged baths with the temperature maintained at around 92 degrees to 94 degrees. Quiet surroundings are absolutely essential. The diet is important, as it should not contain anything of a stimulating nature, such as coffee, spices, and condiments. Milk, eggs, fruits, and vegetables is the ideal diet, with liberal use of orange juice and other fruit and vegetable juices to combat loss of fluids in the body.

“In many instances the only way to properly control the patient is to have him placed in an institution where careful supervision can be carried out. One of the distressing things with those who have to deal with habitual alcoholics is to see them struggling with themselves, remorseful because of their repeated falls, always declaring that they will never drink again, but invariably returning to the use of alcohol.

“The alcoholic patient has to separate himself from his old companions, for they frequently lead him to drink again. A complete change of life is essential, and the best change of all is a change of heart that comes from accepting Christ as a personal Saviour. With His help the alcoholic can obtain freedom which can be gained in no other way.”—*The Problem of Alcohol*, pp. 7-8.

## Chapter Seven

# How to Quit Alcohol - 3

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***Alcohol is a problem that CAN be overcome. Others have done it and you can do it also. Carefully read the following information and do exactly what it says. It can mean the beginning of a new way of life for you.***

**FIRST**, you must accept the fact that you do have a problem. If you are just toying with the whole idea and have no real conviction *that you must quit*, then you are not likely to accomplish much. *You must feel strongly that you have to be done with liquor*, for your own sake and for the sake of your loved ones, whether they be near or far off. You realize that you dare not wait longer. There may not be another opportunity as the one you now have before you. You have to do it now.

**SECOND**, you must accept the fact that you can not do it by yourself. Only in the strength of God can it be done. And you can only receive that strength through earnest prayer for help. Get on your knees alone, all by yourself, and cry to God over the whole thing. Tell Him everything you've done wrong and ask Him to forgive you. And mean it. Tell Him you are going to dedicate to Him the rest of your life. And mean it. Tell Him you are willing to sacrifice anything that such a dedication requires. And mean it. Then ask Him for strength to break from this terrible habit. Ask Him to help you do it by yourself or provide you with friends that will help you do it.

**THIRD**, accept the fact that you are not going to stay close to God unless you read His Written Word every day, and every day send up your prayers for forgiveness and for help. Each day is a new one. And you must start it with God. There are no short-cuts for they only lead to detours. You must start every day with God and then walk with Him all day long.

**FOURTH**, accept the fact that continued prayer for help must be mixed with continued praise. Thankfulness is powerful. Believe that God will help you. Believe it all day long, and at night too, and you will have help when you need it. Believe that He will forgive you and accept you again—even when you make mistakes. And believe that He loves you deeply, more deeply than you have every thought possible. Keep thinking about that fact. He has tried to help you for years but your stubborn ways have hindered Him. Let Him give you the help now that He wants to give you. And thank Him continually for it. Thank Him even when things look black and you seem to have no one on your side.

**FIFTH**, you must make some changes in your life. You will have to get more exercise in the open air, and more rest at night. You will have to put away the things that tend to separate you from God. If television and radio and the music and magazines you are used to are pulling you away from God, then throw them out. You may find that you have to make some new friends and avoid some old ones. Some of the old ones would not care for your new way of life. They would want your company in doing things you are no longer interested in doing. The best solution is to find new friends. Go to church regularly. That's where you are more likely to find better ones.

**SIXTH**, you may find it necessary to go on an *initial cleansing program*. This will help expel the alcohol from your system more quickly. As with nicotine, the more quickly alcohol is out of your body, the more quickly the old cravings will subside. And such a program will also help you over the initial tremors. As you know, one must stop these dangerous practices all at once; they cannot be put away simply by gradually cutting down. This is where the following information may be helpful.

In order to carry out this program, you will need some one to help you. The baths mentioned below will help expel impurities from your body and help overcome the alcohol habit. Continue them on in the years that follow. An herbal tea should be prepared from the following powdered herbs: Equal parts of Skullcap, Catnip, and Blue Vervain with no sweetening. Combine them, and place 2 tablespoons in a quart of water that has been brought to a boil and then turned off. (Two quarts should last a day and a half, and can be kept refrigerated until used up.) An eight-ounce glass of tea should be taken every two hours, except when sleeping at night. This will relax you and help you sleep.

**First Day:** Glass of water at 7 a.m. 8 oz., tea at 8. This is a relaxant tea and will help you sleep. The idea here is the more sleep during withdrawal the less problem with the withdrawal symptoms. And it works. Stay in bed and rest. Sleep all you can. Every two hours another glass of tea should be brought to you. At 6 p.m. each evening, take a hot and cold shower.

**Second Day:** Same as the first day, but that evening you can have a glass of tomato juice with a teaspoon of cayenne in it. (The stomach is used to the bite of alcohol and the red pepper helps take its place just now. Do not use black pepper!)

**Third Day:** Same as preceding days, but now you can add a meal in the evening of sliced tomato, or if you prefer, stay with the tomato juice and cayenne.

**Fourth Day:** The usual pattern, except as follows: In the morning, a small meal of fresh fruit or soaked dried fruit. At noon a medium-sized salad—but not too much.

**Fifth Day:** Eat normally. The program is over.

The above four-day program was developed by an herbalist, now in her eighties, who has used it successfully with many people. She has seen it work

repeatedly for both those coming off of alcohol and those trying to quit tobacco.

During the initial withdrawal and immediately thereafter, sleep is essential. One method of obtaining this is by the use of prolonged baths (with the temperature maintained at around 92° to 94° F.). Quiet surroundings during this time are absolutely essential. The diet should not include coffee, spices and condiments; in fact, they should be permanently stopped. It is now known that these only whet the appetite for a return to alcohol. Fruit, vegetables and grains are needed along with water to replace body losses.

**SEVENTH**, eat a balanced, nutritious diet, as follows. *The following paragraphs summarize some of the data given earlier in Chapter Five:*

**Magnesium**, a trace mineral, is now known to greatly reduce the withdrawal symptoms called delirium tremens or the D.T.'s. This was discovered by Dr. Edmund G. Flink, chairman of the Department of Medicine at the West Virginia University Medical School in 1967. The severity of withdrawal symptoms is almost identical to the lack of magnesium in the body.

**Niacin (B3)** is now considered by many researchers to be the most important single vitamin in overcoming the alcohol habit. Dr. Russell F. Smith of Michigan says, "B3 far surpasses other therapeutic agents commonly used in the treatment of alcoholics. " A dose of 12 grams of niacin each day, and onward for several years thereafter, has been suggested. (Keep in mind that, when you take niacine, your face will flush for a few minutes and get hot. That is normal. Taking niacinamide, instead of niacine eliminates the flushing.)

There are other vitamins which are also considered important. Here are several that are used in megavitamin therapy, in addition to niacin: **Vitamin C, Pyridoxine (B6), B1, B12, and Vitamin E**. The entire **B Complex** works together and increased amounts of all the B vitamins should also be supplied. It should be mentioned here that massive B3 therapy depletes the amount of Vitamin C in the body, so more Vitamin C is needed when on a megavitamin program. (An average dose of 1000 mg. of Vitamin C daily is frequently used.)

Certain foods should not be used—now or later. Studies have revealed that poor food (such as hot dogs, spaghetti, meat balls, sweet rolls and soft drinks) and/or narcotics (such as coffee, tea, cigarettes or hard drugs), and/or irritating foods (such as spices, condiments, and the sauces, catsups and gravies rich in them) all increase the craving for alcohol in the individual who is using it or who is trying to stop using it.

A hypoglycemic diet is very helpful in many instances. This is **a diet that is high in fruit, moderate in protein, quite low in carbohydrates (such as potatoes, bread and cereal)**, and absolutely no coffee or cigarettes. For some reason, people who regularly drink alcohol become overly sensitive to the things that the alcoholic beverage was derived from. Dr. Theron G. Randolph summarizes the problem: "Sensitivity to corn, malt-wheat-rye, grape and potato were encountered [in alcoholics] in that order of frequency. It is well known that alcoholic beverages consumed in this country are derived from foods in approximately the same order."

But more important than all else, is a personal surrender to Jesus Christ and a strict obedience, by faith in Him, to all Ten of the Commandments. God will help you. Write me and I will send you Bible studies that will help you in your daily walk with your Lord. There is no charge.

## Chapter Eight

# Still More Facts

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***Well, you've made the decision and you are saying goodbye to a miserable life. Here are a few statements to ponder as you make the changeover:***

***What alcohol is doing to America:***

“In this country, 16% of all murders and a larger proportion of other serious crimes of violence are committed by persons under the influence of alcohol. Alcohol is also an important cause of social disorder and disease, which leads either directly or indirectly to delinquency, ill health, and death. Counting all the deaths, in which alcohol is a factor, gives a rate of 10.2 per hundred thousand of the population, which stands alcohol as a major cause of death . . . From 2,000,000 to 2,400,000 persons are arrested for drunkenness each year in this country . . . As a preventable measure we need to build up a conscience (against alcohol) among all groups of the population. Proper education in school, church, and home to the real effect of alcohol would constitute a potent preventative measure. Young people. . . can be made to look upon it as a dangerous practice that may lead to tragic addiction, with serious moral, social, and physical consequences . . .

“The United States Crime Commission once reported that 50% of the prison inmates in the United States were induced to commit crimes by alcoholism. The 1930 report of the United States Department of Justice asserted that alcohol is responsible for 80% of those antisocial tendencies necessitating the maintenance of jails and corrective institutions. .

“Alcoholism is fourth in the list of reasons why people are sent to hospitals for mental diseases in this country, and it is rapidly becoming one of the major causes of death in America.”—*Journal of the American Medical Association*.

The FBI reports: “59% of the arrests across the nation were due to drunkenness and liquor law violations. “

The California State Department of Corrections reports: “It is costing the State of California \$26 million annually to care for its 16,000 prisoners, 80% of whom committed their offenses under the influence of alcohol.”

A California State Assemblyman reports: “600, 000 alcoholics are costing the State of California \$300,000,000.00 a year. But the State received only \$20,893,492 in total taxes on alcoholic beverages for the year ending June 30,



1955.”

“It costs the American people \$20 for every \$1 received from the liquor business.”—*Roger Babson, Economist and Statistician.*

“During 1949, I presided over one of the civil departments of the Superior Court of Los Angeles. Day after day, an endless stream appeared before me. In 75% of the cases that were brought before me, liquor had played an important part in the disturbance that had made necessary an action for divorce.”—*Judge William McKay, Superior Court, Los Angeles County.*

“In 80% of the cases coming into my court, liquor is involved in the crime. In nine times out of ten, alcohol is the reason for a person getting into trouble the second time.”—*Judge Stanley N. Barnes, Criminal Court, Los Angeles County.*

“Alcohol played a role in at least 90% of those hardened delinquency cases in which youths of sixteen or seventeen were turned over to us by the juvenile court. And in nearly every instance, a youngster’s drinking had been started because he saw liquor being used at home and sometimes was allowed to have a cocktail.”—*Judge Matthew Hill, Justice of Washington State Supreme Court.*

“In the Prohibition days when there were no liquor taxes to support the Government, surpluses occurred in Federal finances in 11 of the 13 years. “Since Repeal, in spite of the fact that we have had liquor taxes, there has been a deficit in each of the 25 years except three.”—*Pertinent Paragraphs, Volume 4, 1958.*

***More facts about alcohol:***

Sweden abolished liquor rationing in October 1955. According to *U.S. News & World Report*, a year later drunkenness had increased 125%. Per capita consumption of liquor went from 5 quarts to 7 quarts per person. Weakened regulations tend to increase the use of alcohol.

“I do not use alcoholic beverages. During my stay in London with the best athletes of the world, I found that all of them definitely did not believe in alcohol. This seems to prove that athletics and alcohol do not mix.”—*Bob Mathias, two-time Olympic decathlon champion and California sports star.*

“Cigarettes and alcohol were things which had to be avoided, then as now. They tear down immediately all accumulated training.”—*Sonja Heini, world-famous figure skater.*

Alcoholism is caused by drinking liquor. That seems logical, and every alcoholic knows it. But there are medical doctors and treatment centers (plus the liquor industry) which declare that alcoholism is “a disease” which some people catch.

Dr. Andrew C. Ivy, distinguished professor of Physiology and head of the Department of Clinical Science, University of Illinois, is the authority for the statement that “alcohol is the cause of alcoholism.” He continues, “If alcohol is not the cause, the term ‘alcoholism’ should be discarded as a misnomer.” In

these words, he refutes those who would have the public believe that alcohol is not the cause of alcoholism. Furthermore, if alcohol is not the cause, why will an abstainer never suffer from acute or chronic alcoholism?

Dr. Ivy also asked the question, "Is alcohol a food?" and answered it in these words:

"A food is a substance which nourishes the body in four ways: 1. It supplies energy or calories when burned or oxidized. 2. It provides materials for building and upkeep of body tissues. 3. It furnishes means by which body processes are regulated. 4. It provides material, which may be stored as glycogen, fat or protein, or normal body structure, and is non-toxic in nutritionally significant amounts.

"Alcohol supplies only calories, and it causes intoxication when taken, as ordinary food is taken, namely, in amounts sufficient to produce enough calories to be nutritionally significant. So, alcohol is not a food and is not a good nutrient.

"If alcohol is a food, or a good nutrient we are not treating babies, children and dogs rightly. Also the authors of our textbooks on nutrition are seriously at fault because they do not even list alcohol in their tables of contents."

The effects of alcohol are subtractive. Alcohol takes away—a lot of things; but it never helps, builds up, strengthens, encourages, or makes prosperous.

What about the "light beers"? Dr. Ivy said this: "Certainly 3.2% beer by weight is intoxicating. Beer contains alcohol in potentially habit-forming amounts; there is no harmless alcoholic beverage."—*A.C. Ivy, Ph.D., M.D., D.Sc., LL.D., Head Department, Clinical Science, University of Illinois.*

***Additional significant statements:***

"The guest who has to be drugged with alcohol to make him interesting is hardly worth inviting in the first place."—*Dr. Roy L. Smith.*

"Wine is a mocker, strong drink a brawler; and whoever is led astray by it is not wise."—Proverbs 20:1.

"Abstain from every form of evil."—1 Thessalonians 5:22.

"Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall."—*1 Corinthians 8: 13.*

"If anyone destroys God's temple, God will destroy him, for God's temple is holy, and that temple you are."—*1 Corinthians 3:17.*

"No Christian home ever starts serving liquor on its dining table without abandoning some conviction."—*Dr. Roy L. Smith.*

"Alcohol: that 'cup that cheers' can wash away the sparkle and laughter of Christmas Cheer."—*Traffic Safety, October 1957.*

"Whether or not the world would be vastly benefited by a total and final banishment from it of all intoxicating drinks seems to me not now open to question. Three-fourths of mankind confirm the affirmative with their tongues, and I believe the rest acknowledge it in their hearts."—*Abraham Lincoln, 1842,*

*Springfield, Illinois.*

On the last day of Lincoln's life, the great emancipator said: "We have cleared up a colossal job. Slavery is abolished. After reconstruction the next great question will be the overthrow and suppression of the legalized liquor traffic."

That evening Mr. Booth stopped in a saloon, filled himself with liquor to nerve himself for his planned tragedy. That night Lincoln's bodyguard left the theater for a drink of liquor at the same saloon. While he was away Booth shot Lincoln. Those two drinks were the most costly drinks in American history. Liquor is the greatest enemy of mankind.

***And here is still more:***

Sir Philip Snowdon of England said, "Alcohol does not produce wealth. It destroys wealth to manufacture pauperism, crime, lunacy, disease, poverty, and death."

William E. Gladstone, the great English commoner, said, while he was Prime Minister of England, "Give me a sober people who do not waste their substance in drink, and I will find a ready means of raising the necessary revenue for the government."

Justice Grier of the U.S. Supreme Court, said in 1847, "If a loss of revenue should accrue to the United States from a diminished consumption of ardent spirits, she will be the gainer a thousand fold in the health, wealth and happiness of the people."

The Drug Addiction Committee of the World Health Organization reported: "The cerebral cortex is the most sensitive portion of the brain having to do with its highest possible function. It is in this area of the brain that relative values are compared thus enabling the individual to make decisions: It is the first portion of the brain affected by alcohol."

Dr. Parran, U.S. Surgeon General, said, "Alcohol is the major cause of insanity and poisoning, for it causes more deaths than all of our most infectious diseases."

Dr. Karl Menninger, founder of the Menninger Clinic, said, "Alcohol constitutes the country's greatest mental health problem."

Dr. John Harvey Kellogg, Head of the famous Battle Creek Sanitarium, and member of the Michigan State Board of Health, said, "Alcohol never, under any condition, increases the vital energy of the body, but on the contrary, decreases it in a marked and uniform manner through its poisonous influence upon the living cells. Alcohol increases liability to infectious diseases, and prevents the development of immunity."

***And more statements:***

"As a brain surgeon I have yet to meet a moderate drinking colleague who would like to have me operate on his son after I 'have had a few.' No one does his best after drinking. He may think he does, but his judgment is defective . . . 'moderation' is a terrible fallacy,"—*Richard E. Strain, M.D.*

“It takes some people longer than others to attain addiction, but no human being can be regarded as immune.”—*Dr. Robert Fleming, Harvard Medical School.*

“It has been my fate to live among drinking people: novelists, poets, playwrights and stars of stage and screen. I have seen two score of them go to their doom, eleven as suicides. I say it is a frightful thing that so much of the talent and genius of America should have been distorted by alcoholic poisoning . . . Most of them started with vision and courage, but in the end the example they give us is of sickness of mind and soul.”—*Upton Sinclair, Pulitzer Prize winner, in The Cup of Fury.*

“Habitual use of alcohol, even in moderation, tends to produce dependency on it as a drug, medically . . . Alcohol diminishes the acuteness of sensory perception. It delays or weakens motor performance and physical coordination . . . it is well known that alcohol, through its dulling effect on the higher brain centers, may set free underlying emotional drives, with, usually, disastrous consequences. Many varied crimes, indiscretions, and accidents are directly traceable to the influence of alcohol.”—*Robert V. Seliger, M.D., of Johns Hopkins and Chief Psychiatrist, The Neuropsychiatric Institute of Baltimore.*

“There is no disease in the world for which alcohol is a cure . . . It does undeniably cause thousands of cases of disease . . . Its use is ruinous to the kidneys, liver, heart, and smaller blood vessels, and gives rise to that most common fatality, high blood pressure.”—*Dr. Howard A. Kelly, Surgeon, John Hopkins University.*

“Alcohol is from first to last a narcotic drug. Its chief action is upon the nervous system . . . Alcohol successively weakens the hierarchy of the brain, and therefore of the mind, in the order from above downwards, that is to say in the inverse order of their development.”—*The British Medical Association's Advisory Committee.*

***How important to you is your brain? Well, if you want to keep what you still have, quit liquor as fast as you can! If you've already made the decision to quit, you are on the right track. Read this:***

“A newly recognized type of excessive tippler, called the intermediate alcoholic, has started to appear on the national scene. Such imbibers have moved from the social drinking stage and are heading for “chronicity” in their bouts with the bottle.

“Doctor A. E. Bennett, associate professor of psychiatry at the University of California, Berkeley, said there are approximately a million such borderline addicts in many of whom X-ray evidence of mental deterioration in the form of brain shrinkage is being observed . . .

“This study clarifies the cause of mysterious brain shrinkage observed in approximately 500 persons who underwent autopsy after death in California, he reported.

“Because alcoholism is a disease of progressive brain damage, with uncontrolled drinking the chief symptom, the treatment goal is complete abstinence,

he said.”—*Science Digest*.

“It is safe to say that in many people, heavy drinking causes a gradual dropping out of brain cells. It is also logical to assume that the first cells to be affected would be those that are first anesthetized by alcohol, namely, those subserving the higher cerebral levels of will power and judgment. The brain reserve is gradually and insidiously whittled away until the stage is reached where any alcohol in the system will immediately paralyze the patient’s will power and judgment . . . Brain cells once lost are never replaced.”—*Federick Lemere, M.D., Department of Psychiatry, University of Washington School of Medicine, and the Shadel Hospital of Seattle*.

“Every time you take a drink you die a little. Up to now you may have thought of yourself as a moderate drinker, and therefore safe. But, for one thing, the idea that you are safe is a flat lie . . . Taking even the kindest definition of ‘moderation,’ you are doing yourself progressive physical harm . . . Although the body has great regenerative powers, the cells of the brain and nervous system, once destroyed, are lost forever and we know these are the cells affected, first and most potently, by ethyl alcohol. Habitual drinking will cause lasting impairment to brain, nervous system and liver . . . More and more, physicians are revising their easy-going attitude toward ‘moderate’ imbibing . . . Every time we over-imbibe, science believes, a certain amount of brain damage results. Even one drink affects the uppermost level of the brain, which is the center of restraint, inhibitions and judgment.”—*The Big Lie About Moderate Drinking, “Pageant Magazine*.

“You can get along with a wooden leg, but you can’t get along with a wooden head. It is the brain that counts. But in order that your brain may be kept clear, you must keep your body fit and well. That cannot be done if one drinks liquor.”—*Dr. Charles Mayo, co-founder of Mayo Brother’s Clinic*.

## Chapter Nine

# Adding a Better Life

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***This book has provided you with one of the most complete collections of information on how to quit alcohol that you can find in a small book anywhere. But getting a problem stopped is not the full solution; you also want to add a better way of life in its place.***

This present chapter is going to tell you how there can be brought into your life a far deeper happiness than you may ever have experienced before. The information below is just as solid and useful as that which you have already studied. You will want to read it carefully.

All about us we see abundant evidence of the love of God. It is shown in the, beautiful things He has made, and how carefully they have been adapted to supply the needs and happiness of all His earthly creatures. Nature teaches us that it is God. Who provides for us, and that, as we come to Him, He can give us that which we need in order to love and obey Him. Back in the beginning, man was perfectly happy, holy, and in harmony with God. There was no blight on nature, and man talked face to face with His Maker.

Then sin entered, as man, tempted by Satan, ate the forbidden fruit in the Garden of Eden. It may seem a little thing, but it was disobedience to the express will of God. Yet our heavenly Father continues to seek us. If you will but stop a moment and think about it; He has been trying to reach you for years.

The problem is that Satan tempts men to think that God is severe, harsh, and cruel. Yet this is not true. Your heavenly Father loves you with the deepest love. For years He has guarded you, though you did not know it.

It was to reveal His love to man that God sent His own Son into the world. Encouraging, healing, and helping people find a better life: this was the earthly life of Jesus—a life obedient to the will of His Father and continually revealing the character of God to mankind. “He that hath seen Me hath seen the Father,” He said (*John 14:8-9*).

Love, mercy, and compassion were revealed in every act of His life, for His heart went out in tender sympathy to the children of men. He took man’s nature that He might reach man’s wants. The poorest: humblest, and most sinful were not afraid to come to Him. Even little children loved to be near Him.

His life was one of, self-denial and thoughtful care for others; because every soul was precious in His eyes, He bowed with the tenderest regard to every member of the family of God. In all men He saw fallen souls whose it was, His mission to save.

Take a Bible and open to one of the four Gospels (Matthew, Mark, Luke, or John), and begin reading. There you will find the character of Christ revealed in His daily life. His purity and kindness is the character of God. It is in the Bible that we find the principles of godliness, the pathway to heaven.

It was to redeem us that Jesus lived and suffered and was crucified. He became “a Man of Sorrows,” that He might be made partakers of everlasting joy. God permitted His beloved Son to come from a world of indescribable glory—to this dark world blighted with sin—so that we could be delivered from sin and enabled, by His grace, to obey the laws of God.

As you begin reading in the Bible, behold, Him in the wilderness, in Gethsemane, upon the cross. The spotless Son of God took upon Himself the burden of sin. He who had been one with God, felt in His soul the awful separation that sin makes between God and man. This separation, and the burden of sin, broke His heart.

Yet this great sacrifice was not made in order to create in the Father’s heart a love for man, so He would be willing to save us. No, no! “For God so loved the world, that He gave His only begotten Son.” John 3:16, The Father loves us, not because of the great sacrifice, —but He provided the sacrifice of His Son on Calvary because He loves us! Through Christ, God poured His love upon mankind. To Christ we can come and seek forgiveness of sin, and enabling power to obey. And by remaining with Him, day by day, we can look forward to eternal life with Him in the glories of heaven.

Was it worth it for God to do this? Yes, it was well worth it—even if only one person would have accepted the great salvation. Just now, though many others may refuse it, you can come to Him and receive forgiveness, peace with God, and strength to obey His Inspired Word, the Holy Scriptures.

Only Jesus could accomplish our redemption, but many do not realize why: For only One equal to the Law of God—the Ten Commandments—could die to meet its claims and enable man to obey it. Jesus is fully God, and equal with the Father. He died so that you could live through eternal ages with Him. The Father loves Christ all the more because He did it, because the Father also loves you.

Beholding the depth of that love, men and women down through history have wept as they discovered it. Coming to God, they have found peace with God as they had their sins forgiven, have put away their bad habits, and become servants of God. That love has enabled them not only to live clean, honest lives, but to remain loyal to their God in the face of ridicule, persecution, and even death.

It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil and, without the help of God, we cannot

change them. There must be a power from above to work inside of us and strengthen our resolves and our will. That power is Christ. His forgiving, enabling grace alone can awaken the lifeless faculties of the soul, and attract them to God and godlike living. Only He can strengthen us to stop sinning. Yet only we can make the choice to come to Him day by day and let Him give us that strength.

This new life begins with the New Birth. Jesus said, "Except a man be born from above, he cannot see the kingdom of God" (*John 3:3*). This means that unless he shall receive a new heart, new desires, purposes, and motives, all leading to a new life, a person cannot find peace with God, deliverance from sin, and eternal life.

It is not enough to see our condition, or even the love of God; we must bow in agony of sorrow over our sins and how they cost the life of God's own Son. We must come to Jesus in heartfelt grief—and plead with Him for forgiveness, acceptance, and purity of heart.

Many resist the love of Christ and are lost. They are content with their own condition. But if we do not resist the drawing power of that love, we will be convicted of our sins—and will be drawn in love and sorrow for the way we have treated Him, to the One who died and liveth again—that we might have eternal life. You who in heart long for something better than this world can give, recognize this longing as the voice of God to your soul. Ask Him to give you repentance, to reveal Christ, in all His love and purity, to you. It is as we behold Him that we see the sinfulness of our own hearts and come to Him in true repentance for sin and a turning away from it.

But do not make the mistake of many: If you see your sinfulness, do not wait to make yourself better before coming to Christ! Come to Him now, just as you are. In Him you will find the, answer to all your problems. Begin walking the journey of life with Him. You will be continually astounded at the courage, comfort, and help that He can give you day by day. But do not delay in coming. Satan will tempt you to think that you need to wait a day or two; yet during the delay he will present all kinds of reasons why you should not give your life to Christ. The devil will hold out his trinkets to you; you know how it works. A little quick pleasure and back to the old misery afterward. But now you want to be done with all that. You want to start a better way of life, a life of clean living with God.

You are tired of your past life of sin and failure, You want peace with God. and forgiveness of sin. You would rather serve God than live for yourself,—and so you come, now, to Jesus. And you find that you have entered upon a life of the deepest happiness you have ever experienced. There is nothing on earth that can bring you the peace of heart that God can give you.

Do not imagine that you will not have problems. Satan will continue to bring them through circumstances, friends, and associates, just as he has done before. Yet you will find that you now have new help in coping with difficulties, definite guidance in meeting them, fresh strength in recognizing and resisting the approach of sin.



But let no one tell you that it is all right to disobey God. It is never right and it is never safe. By faith, cling to Christ all through the day. The secret is in finding Him in the morning, in prayer and study of the Sacred Scriptures. And then in walking, hand in hand, with Him all through the day. The Bible says to “pray without ceasing.” That is a habit worth developing. But, again, begin each day by coming anew to God, surrendering your life to Him, and dedicating yourself and all you have and are to Him.

Sometimes Satan will come and tell you that you are a great sinner,—but tell him that Christ Jesus died to save sinners! Apart from Christ, you are lost; but clinging to His hand, moment by moment, you can make it safely along the path of life, strewn as it is with so many temptations.

We come to God with a genuine sorrow for sin, and this sincere repentance is followed by a reformation in the life. Many changes are made as we study God’s Word and bring our lives into conformity to it. For in giving ourselves to God, we must necessarily give up all that would separate us from Him. But it is really no sacrifice to yield our plans, our habits, our desires, and our lives to Christ. Just think of the sacrifice that He made for you! And the only things that we have to give up are things that can hurt us. God does not require us to give up anything that it is for our best interest to retain. We do ourselves the greatest injury when we think and act contrary to the will of God. Following paths forbidden by Him can never bring joy or peace.

The important question is this: How am I to make the surrender of my life to God? You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses; your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity and causes you to feel that God cannot accept you. But you need not despair. What you need to understand is the true force of the will. This is the power of decision, the power of choice. It is the governing power in the nature of man. Everything depends on the right action of the will. God has given you this power of the will; you must use it. But you must realize that, without the help of God, you cannot use your will aright.

But you can choose to give your life, your affections, and your will to God. He will then work in you, to strengthen you to resist Satan’s temptations.

He will enable you to overcome sin and come off conqueror, for He “is able to keep you from falling, and to present you faultless before the throne of His glory with exceeding joy” (*Jude 24*).

God will, by His Holy Spirit, work in you to will and to do according to His good pleasure (*Philippians 2:13*). Submitting to God and resisting sin in His strength will bring your whole nature under the control of His Spirit, and your affections will be centered upon Him, and your thoughts will be in harmony with Him. This is what you want for your life, is it not?

Desires for goodness and holiness are right as far as they go; but if you stop

here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now choose to be Christians.

Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and through constant surrender to God you will be enabled to live the new life, even the life of faith.

The New Birth is a dying to sin and a living to Christ. The Apostle Paul died anew every day ("I die daily," he said (*1 Corinthians 15:31*). Every morning he rededicated His life to God and died anew to sin.

The New Birth is experienced as you come to God. You cannot atone for your past sins; you cannot change your heart and make yourself holy. But God promises to do all this for you through Christ. You believe that promise. You confess your sins and give yourself to God. You will to serve Him. Just as surely as you do this, God will fulfill His word to you. If you believe the promise,—believe that you are forgiven and cleansed,—God supplies the fact; you are made whole, just as Christ gave the paralytic power to walk when the man believed that he was healed. It is so if you believe it.

Do not wait to feel that you are made whole, but say, "I believe it; it is so, not because I feel it but because God has promised."

Henceforth you are not your own; you are bought with a price,—the precious blood of Christ (*1 Peter 1:18-19*). Through this simple act of surrendering and believing, the Holy Spirit has begotten a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son.

Now that you have given yourself to Jesus, do not draw back, do not take yourself away from Him, but day by day say, "I am Christ's; I have given myself to Him;" and ask Him to give you His Spirit and keep you by His grace. As you first found Him, so live in Him.

Thousands fail because they do not believe that Jesus will pardon them personally, individually. They do not take God at His Word. But it is the privilege of all who comply with the conditions to know for themselves that pardon is freely extended for every sin.

Do not yield to doubt. Read the rich promises of Scripture and believe them. Memorize them; repeat them to yourself and others through the day. Do not doubt and tremble, but look up—for Jesus is making intercession for you in the Sanctuary in heaven. Resist doubt with thanksgiving and an active helping of others. Thank God every day for the gift of His dear Son. Come to Him continually, cling to Him, praise Him. Share all your sorrows and joys with Him. And obey Him.

Whom do we love the most? If we love Jesus above every earthly thing, He will have our sweetest thoughts, our warmest affections, and our best energies. We will desire to speak to Him and speak about Him to others. He will have become the center of our life.

When we are with Jesus, every burden becomes light, duty becomes a delight, and sacrifice a pleasure. We love to obey Him.

The Bible reveals God's laws of right-living for mankind. The Ten Commandments are so important that God wrote them with His own finger, so you and I could have them. You will find them in *Exodus 20:3-17*.

It is an error to trust in our own works for salvation, but the opposite and no less dangerous error is that belief in Christ releases men from keeping the law of God; that our works have nothing to do with our redemption.

Love must be the principle of action, and the concern of the heart to obey the will of God because we love Him.

When we obey from the heart, because we love God, our obedience becomes the fruit of the New Birth. It is a service of love to our God. God writes His laws in the hearts of those who have experienced the New Birth (*Hebrews 10:16*), and that law, written in the heart, will change the whole life. Obedience to God is the true sign of discipleship.

If we will not obey Him, we are not really His. "This is the love of God, that we keep His commandments." "He that saith, I know Him, and keepeth not His commandments is a liar, and the truth is not in him" (*1 John 5:3; 2:4*). Genuine faith in God does not release us from obedience to Him. The truth is that it is faith alone that can enable us to be partakers of the grace of Christ—and it is His grace that enables us to render Him genuine, heartfelt obedience!

That so-called faith in Christ, which professes to release men from obeying God, is not real faith, but presumption. "I have kept My Father's commandments, and abide in His love" is what Jesus said (*John 15:10*). And He is our example. We are to walk as He walked, and follow in His steps (*1 John 2:3-6; 1 Peter 2:21*).

The condition of eternal life is just what it always has been,—just what it was in the Garden of Eden before the fall of our first parents,—perfect obedience to the law of God. If eternal life were granted on any condition short of this; then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.

Christ died on Calvary in order to become our great High Priest in the Sanctuary in heaven. There He ministers to all who come unto God by Him. "We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens." "Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them" (*Hebrews 8:1; 7:25*).

Christ wants to forgive you and enable you to obey the physical, moral, and health laws given in the Bible. He wants you to partake of the divine nature as you grasp the promises. For it is by faith in His promises that you are enabled, by His Spirit, to render Him such perfect obedience. "Whereby are given unto us exceeding great and precious promises [of Scripture] ; that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust" (*2 Peter 1:4*).

“Seeing then that we have a great High Priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an High Priest which can not be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin” (*Hebrews 4:14-15*). That is a powerful promise for you just now, as you seek to learn more about God’s plan for your life. And look at this wonderful promise which goes with it:

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (*Hebrews 4:16*).

For a few minutes, we have been looking into the depths of the rich, enabling grace of Christ, given to forgive us and enable us to obey the Law of God. *But now we want to understand more of that Law itself.* How thankful we can be that everything God gives is perfect, and for our good.

*Here is the Moral Law of God, the Ten Commandments:*

*The First Commandment* - “Thou shalt have no other gods before Me.” Exodus 20:3. Only God is entitled to our supreme reverence and worship. Nothing else is to have first place in our affections or service. Anything else that lessens our love for and obedience to God—becomes a god more important to us than our heavenly Father.

*The Second Commandment* - “Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them” (*Exodus 20:4-5*). We are not to worship God by images or similitudes. Representing Him by material objects lowers our conception of God, and can only result in the degradation of ourselves.

*The Third Commandment* - “Thou shalt not take the name of the Lord thy God in vain, for the Lord will nothold him guiltless that taketh His name in vain” (*Exodus 20:7*). This commandment forbids false legal oaths and common swearing, and it also forbids using His name in a light or careless manner. He is holy and reverend (*Psalms 119:19*), and His faithful children will ever keep this in mind. His person and name should be thought of and spoken of with reverence and solemnity.’

*The Fourth Commandment* - “Remember the Sabbath day, to keep it holy. Six days shalt thou labor and do all thy work, but the Seventh day is the Sabbath of the Lord thy God. In it thou shalt not do any work; thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the Seventh day. Wherefore, the Lord blessed the Sabbath day, and hallowed it.” Exodus 20:8-11.

The importance of the Sabbath is here shown to date back to the Creation of the world, at which time God first gave the Seventh-day Sabbath to mankind as a day set apart for divine worship. “And on the Seventh day God ended His work which He had made; and He rested on the Seventh day from all His work which He had made. And God blessed the Seventh day, and sanctified it, because that in it He had rested from all His work which God created and made”

(*Genesis 2: 2-3*). After creating this world and everything in it in six days, our God set aside the seventh day as a day of rest. He rested, on it, blessed it, and sanctified it, that is, set it apart for our worship of Him.

The Sabbath is a sign that we love Him, obey Him, and are sanctified by Him. It is a sign of His creatorship and our sanctification and redemption. The Bible Sabbath is a sign that God is our Creator (*Exodus 31:17*), that He is the Lord our God (*Ezekiel 20:20*), and that He is the One who alone can sanctify us (*Exodus 31:13*). It is the sign or seal of the law. The only true Sabbath is the Bible Sabbath—the one given us in the Bible, the one kept on the day of the week that God set aside for us as the Sabbath day.

This is the seventh day of the week, Saturday. Astronomers tell us that, throughout history, time has never been lost. Historians tell us that the weekly cycle can be traced back thousands of years. The languages of man attest to the fact that the Seventh day is the true Sabbath. (More information on this is available free from this publisher: Write for it. Ask for the book by name: *Beyond Pitcairn*)

But astounding evidence of which day is the true Sabbath is the Jewish people. Of all the ancient races of mankind, only the Jews remain a distinct people—in spite of the fact that they did not have a homeland for most of two thousand years. Through the Jews we can trace back to the Sabbath that Jesus (*Luke 4:16*), his disciples (*Luke 23:56*), and the apostles (*Acts 13:14,42; 16:13; 17:1-2*) kept. Jesus said that, after His death, His followers must continue to keep the Sabbath (*Matthew 24:20*), and this they did (*Luke 23:56, Acts 13:14, 42; 16:13; 17:1-2*). But also, through the Jews, we can trace the weekly cycle and the true Sabbath all the way back to Moses, at which time God gave the Ten-Commandments in written form.

There is no doubt as to which day is the true Sabbath, and there is no doubt that God wants us to keep it. Our Creator never did away with His Moral Law, and we should not try to do so either. It is true that the “shadow laws” (*Hebrews 10:1*) were abolished at the cross. But those were the laws of animal sacrifices in the earthly sanctuary. Type met antitype at the death of Christ on Calvary, and the statutes and ordinances of the ceremonial law were taken away at that time. However, the Moral Law, contained in the Ten Commandments, is to be reverently obeyed by us today. And we are to do it in the strength of Christ. By grace we are saved (delivered from sin), and by grace we are empowered to obey all that God has commanded in Holy Scripture.

What many do not understand is that “sin is the transgression of the law” (*1 John 3:4*), and that in order to be “saved from sin,” we must be enabled to keep that law. And this can be done alone in the strength of Christ’s enabling merits. Christ is our Righteousness: He alone is our Forgiver and our Enabler. Christ died to uphold the law and make it possible for you to obey it; He did not die, as some preach, in order to destroy the Moral Law! Christ did not die to destroy morality, but to guard and uphold it. He died to enable sinners to be forgiven and live clean, godly, obedient lives (for godly living is what the Ten Commandments is all about). He did not die to destroy right living—Ten Com-

mandment living,—and immortalize sin and take incorrigible sinners to heaven, there to defile it forever. Yet all that would be so if Christ died to do away with the Ten Commandments.

In the Sermon on the Mount, Jesus said, “Think not that I am come to destroy the law, or the prophets. I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled” (*Matthew 5:17-18*). The original Greek word for “fulfill” in that verse is *pleroo*, which means “to make full.” It does not mean “to destroy or abolish.” This same word is used in *1 John 1:4; John 15:11; 16:24; 2 John 12* in the sense of “bringing to the fullest measure.” Jesus said that He was sending the Holy Spirit “that your joy may be full.” He did not mean that it would be abolished. This same Greek root word is found in “fulfill joy” (*Philippians 2:2; John 17:13*), “preach fully” (*Colossians 1:25*), and “obey fully” (*2 Corinthians 10:6*). Jesus concludes the above statement with a powerful warning not to disobey the Law of God: “Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven; but whosoever, shall do and teach them, the same shall be called great in the kingdom of heaven” (*Matthew 5:19*).

The truth of the matter is that the Seventh day Sabbath is *the only weekly sacred day* given in the Bible. It was kept all through Bible times, and afterward for many centuries. But in the fourth century, A.D., the first Sunday Law was enacted (A.D. 321), requiring the worship of God on Sunday, the first day of the week. Sunday sacredness began in Persia about 200 years before the time of Christ. Worshipers of the Persian god, Mithra, gave Sunday its name, “The venerable day of the Sun,” and worshiped their god on that day. Because Mithra was the sun god, they worshiped him by gathering on Sunday morning, and facing east—toward the sun—as they prayed. Very evangelistic, the Mithraites spread their faith all through the vast Roman Empire (Europe, the Near East, and North Africa). By the end of the third century, A.D., the majority of the people had been won either to Mithraism or Christianity. Early in the fourth century, Constantine became emperor. Recognizing that the empire greatly needed strengthening, he counseled with the leaders of the Christian church at Rome—and, with them, developed the plan of uniting both religions into one—by having the people worship the God of the Christians, but do it on the sacred day of the Mithraites.

The plan of uniting the majority of the people into one religion succeeded dramatically as a single State Church was formed. Now everyone could easily become a Christian, and it was good politics to do so. Within a century the Christian churches in the cities were corrupted. It was really paganism that conquered, and the persecution of Bible-obeying Christians began in earnest. For centuries, Sabbath keepers were proscribed, hunted, and slain.

That, in brief, is where Sunday keeping came from, and why we have it today. Yet God had earlier predicted that this attempt would be made by the little horn power of Rome to challenge God’s holy law: “And he shall speak great words against the most High, and shall wear out the saints of the most

High, and think to change times and laws” (*Daniel 7 :25*). In that one brief verse, we are warned of the amazing blasphemies, persecutions, martyrdoms, and efforts to change God’s law—that would be attempted by this power. And time laws are specifically mentioned. Any Catholic catechism will tell you that it was the Roman Catholic Church which changed the Seventh-day Sabbath to Sunday. And elsewhere in the catechism, which is the Catholic lesson book, you will learn that the second commandment was taken out (forbidding image worship), the fourth was changed (removing the “seventh-day” from the Sabbath Commandment), and the tenth was then split in two (making two “covet commandments”) in an effort to preserve the number ten.

God also predicted that people would arise who would repair the torn-out place in the law by again keeping the Sabbath Commandment. Carefully read *Isaiah 58:12-14*. And it was predicted that God’s faithful believers in the last days would keep God’s law. The persecution of the true church by the apostate church during the dark ages was predicted in *Revelation 12:13-16*, and following that, in the last days, would live the remnant—or last part—of the true church who would be faithful to God: “And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ” (*Revelation 12:17*).

*Revelation 14:12* provides additional identification of this final group of faithful believers, just before the end of time: “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.” By faith in Jesus’s enabling grace, they are enabled to obey the law of God. In the midst of a law-breaking generation, they will uphold obedience to God, and will stand faithful to the Ten Commandments.

*Revelation 22:14* describes the entrance of His people into the City of God: “Blessed are they that do His commandments, that they may have right to the tree of life, and enter in through the gates into the city.” What a precious promise for those who now are ridiculed and derided for keeping God’s commandments by faith in Christ.

But the future is bright for those who will stand loyal to God and His law—for that future is full of Jesus. Through eternal ages the people of God will worship Him on the Bible Sabbath: “For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord” (*Isaiah 66:22-23*).

*We have considered the first four of the Ten Commandments. We will now look at the last six:*

*The Fifth Commandment* - “Honor thy father and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee” (*Exodus 20:12*). Parents are entitled to a degree of love and respect which is due to no other person. We are not to reject the rightful authority of our parents, and we are to give them love and tender care all through their lives, even to old age. We

should also respect other authorities, as long as their rules do not conflict with the laws of God.

*The Sixth Commandment* - "Thou shalt not kill" (*Exodus 20:13*.) All acts of injustice that shorten life; the spirit of hatred and revenge, or the indulgence of any passion that leads to injurious acts toward others, or causes us to even wish them harm is a violation of the sixth commandment. It also includes a selfish neglect of caring for the needy and suffering, and all self-indulgence and intemperance that injures the health of ourselves or others.

*The Seventh Commandment* - "Thou shalt not commit adultery" (*Exodus 20:14*). This commandment forbids not only impure actions, but also sensual thoughts and desires, and any practice which tends to excite them. Christ taught that the evil thought or look is as truly sin as is the unlawful action.

*The Eighth Commandment* - "Thou shalt not steal" (*Exodus 20:15*). This commandment forbids man-stealing, slave-dealing, and wars of conquest. It not only condemns theft and robbery, but demands strict integrity in the minutest details of life. It forbids overreaching in business and trade, and requires the payment of just debts or wages. No one is to advantage himself by the ignorance, weakness, or misfortune of another.

*The Ninth Commandment* - "Thou shalt not bear false witness against thy neighbor" (*Exodus 20:16*). Included here is false speaking: every attempt or purpose to deceive another person. Falsehood is not only the act of misleading; it is also the intention to deceive. This can be done by a glance of the eye, a motion of the hand, or an expression of the face. All intentional over statement, and even stating facts in such a manner as to mislead, is falsehood". Also included is every effort to injure thee reputation of another by misrepresentation, evil surmising, slander, tale bearing, or intentional suppression of the truth.

*The Tenth Commandment* - "Thou shalt not covet thy neighbor's house; thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is thy neighbor's" (*Exodus 20:17*).

The tenth commandment strikes at the very root of all sins, and prohibits the selfish desire, from which springs the sinful act. Covetousness lies at the heart of many of the iniquities of mankind.

The old song says, "Grace, grace, God's grace; grace greater than all our sins." And how truly great is the grace of God, for it is powerful enough to enable us to overcome all our sins and live anew life in Christ Jesus our Lord and Saviour. The law of God, written on our heart, means obedience to it in the whole life. And this is not only what we want; it is also God's plan for us. As we live noble, godly lives, we are prepared for heaven, for we have heaven in our hearts. *Matthew 1:21* predicted the objective of Jesus' life: "She shall bring forth a son, and thou shalt call His name. Jesus, for He shall save His people from their sins. The word "Jesus" means "deliverer." Jesus came to earth to deliver us—remove us from—our sins. He did not live and die to save us in our



sins, but as the Bible says, *from our sins*.

The Lord would have all His children happy, peaceful, and obedient. As we live and work with Jesus in ministering to the needs of others, our own trials are forgotten. There is joy in, the service of God; the Christian has no vain regrets and disappointments. There is an eternity of happiness in the life beyond, and even in this life we may have the comfort of Christ's presence. Every step in life may bring us closer to Jesus, .may give us a deeper experience of His love, and may bring us one step nearer to our eternal home where everyone will be peaceful and happy. No more pain, no more sorrow; that is what is in store for us.

Then let us not cast away our confidence and our precious Bible-based faith. But with firmer assurance, let us recall to mind the many times our God has gone before us and protected and guided us in the way. Let us keep fresh in memory all the tender mercies He has shown us in our past. We still have farther to walk before life's pilgrimage will close. But we can walk it with Jesus, and rejoice at each step at the bright future in store for us in the land beyond.

We cannot but look forward to new perplexities, but we may look on what is past as well as what is to come, and say, "Hitherto hath the Lord helped us," and "as thy days, so shall thy strength be" (*Deuteronomy 33:25*). The trial will not exceed the strength given to bear it. Then let us take up our duties and tasks where we find them, believing that whatever may come, God will be with us all the way to the end.

And by and by the gates of heaven will be thrown open to admit God's children, and they will "inherit the kingdom prepared" for them "from the foundation of the world" (*Matthew 25:34*). Then the redeemed will be welcomed to the home that Jesus has been preparing for them. There they will associate with those who, like themselves, have overcome sin in the strength of Christ and have formed pure, holy characters. Amid the glories of heaven, they stand with Jesus before the great white throne, sharing the dignities and privileges of heaven.

In view of such an inheritance, soon to be ours, what shall we say? You may be poor in this world's goods; you may be despised and hated,—but you possess a wealth and dignity that the world can never know. For you have the peace of God's presence with you now, and you look forward to an eternity in heaven serving Him.

God bless and keep you. Stand true to God to the end. I want to meet you on the other side. Remember: when things look dark, cry to Him in prayer. He will comfort and help. If you fall, run right back to Him. — *Vance Ferrell*

The above chapter included adapted material from *Steps to Christ, Patriarchs and Prophets,* and *Great Controversy*.