

THE REIGN OF JUSTICE

Philanthropic and humanitarian paper
for moral and social uplift. Published monthly

Administration and editing
27, Route de Vallière
1236 CARTIGNY / Geneva
Switzerland Tel. 022 756 12 08

Subscriptions
Switzerland, 1 year . Fr. 5.00
Other countries . . US\$ 7.00
IBAN: CH83 0900 0000 1200 0656 7

Founder: F.L.A. Freytag

The influence that kills, and the one that maintains life

MANKIND all have selfish mentalities, and this prevents them from understanding things that are sensible and lofty. These selfish mentalities are the product of the spirit by which they are directed. As people are constantly preoccupied with their own affairs, with their own persons, they find it very difficult to grasp and to keep the divine law. This law calls on us to live altruistically, to love our neighbour and to do him good, giving him relief, comforting him and being kind to him, benevolent towards him, so that we may thus be agreeable to him and also beneficial.

If they will live up to those sentiments, people can thus come to grasp the full grandeur of the Almighty's law, which demonstrates that all things exist for the good of all others. If we speak under the influence of good, we are under the influence of the Spirit of the Lord; if we do so under the influence of evil, we are under the influence of the Adversary's spirit, the spirit that is opposed to the divine law. Mankind have established many laws, laws that all contradict the divine law, the only one that is wise, good and magnificent, the only one whose results are happy, sound, magnificent and glorious.

The splendid mechanism of the human body is a demonstration of divine grace, carried to the highest degree of intelligence, of wisdom and of love. Unfortunately, its operation is hampered by the influence of the devilish spirit on the nerves, which, in the long run, leads to wasting, sickness and death. Our constitution was not designed for being subjected to the deadly impressions of the demonic spirit, and that is why it wears out so quickly and is irreparably destroyed under that influence.

We were not created for sorrow, for worry or for trouble, because these sensations bring us to the grave at more or less short notice, according to the intensity with which we feel them.

The influence of the Spirit of the Lord, on the contrary, working on he who has long been under the influence of that of the Adversary, revives him and confers well-being and infinite joy on him. People who drew near to our dear Saviour immediately felt an improvement in their whole being. When he returned home, the centurion who asked our dear Saviour to heal his servant, enquired about the time at which his servant was cured. He ascertained that it was at the very moment when our Lord told him that his servant was better.

Such is the effect of God's Holy Spirit on the human organism. On the contrary, the demonic spirit is a poison that wears man out and kills him. We can see proof of this in what happened to Ananias and Saphira: the demonic spirit rushing in on them upset the equilibrium in their bodies, and death ensued instantaneously. The influence of God's Holy Spirit gives rise to vivifying sensations in the human organism, whereas the demonic spirit brings it to destruction, even when people initially enjoy it. Invariably, the effect of the satanic spirit is to cause death.

People who drink tea or coffee for the first time, both of which are stimulating drugs that slowly blunt the nerves, feel wakeful because their organism is not used to their influence, to these poisons, detrimental to them and against which they react. But if they make a habit of drinking these poisons, little by little, their nerves are blunted and fail to react. It can even happen, the habit having been made, that if, at the accustomed time, those people abstain from gratifying the habit, there will be a depression in their organism.

It is the same with all the devilish pleasures. When man is deprived of them, he pines for them because he is used to seeking amusement, diversions or entertainment, just like a child. However, all these pleasures are spurious. They are soap bubbles, which burst and leave only emptiness and nostalgia in the heart, since they give no lasting satisfaction. On the contrary, God's Holy Spirit is a magnificent influence, which grants joy, happiness, health, life and being to the human organism. So, the demonic spirit is nothing but a wretched substitute, since the final result it leads to is condemnation and death.

It is a very great privilege to know those profound truths. We are not aware of the gratitude we should feel for being enlightened in this way, and to be able, if we wish, to think and to go about our daily tasks under the influence of God's Holy Spirit, the Spirit of Truth, so that we may attain life and happiness.

When we do our best to live up to the Universal Law, we are able, little by little, to estimate the wonderful influence of God's Holy Spirit at its true worth. It enables us to discover the height, the breadth, the length and the depth of divine love, revealed in Jesus Christ, our dear Saviour. That love is shed in our hearts by the Holy Spirit of God, as we are told in the Epistle to the Romans. Divine love grants us to live and immerses us,

so to speak, in felicity, an element of life, of first importance to us. Whereas if we are in the toils of adversity and of hatred, this can only do us harm, for we have the deadly feelings of sadness and discouragement.

Hence, we can see that contrary forces work in us, according to the spirit with which we are animated. That is why it is of the utmost importance for us to choose, for ourselves, the influence to which we are going to submit. Our Lord Jesus said: "Man shall not live on bread alone, but on every word that comes from the mouth of God." The Word of God is of greater value to us than bread or any other food we eat, because God's Holy Spirit is the chief one of the three generators needed for the durability of our existence. Therefore, it is important for us to be animated with God's Holy Spirit, which will drive off the Adversary's and enable us to become reasonable beings, kind, affectionate, sincere, and perfectly and entirely happy.

Formerly, we did not know that when we did good to others, it was to ourselves that we did the most good. We were incapable of understanding such a thing because we were out and out selfish. We used to think that it was in looking after our own interest, that we did well for ourselves, whereas the opposite is true. Therefore, how privileged we are today to know the Truth, which lights our hearts and leads us along the road to happiness and lasting life! It is through the Truth that we break free of all our wretchedness and are able to become attached to the things that are true, that comfort us and ensure us obtaining health and life.

From time to time, people awaken to the fact that they are unhappy, but they always believe that their condition is due to another, a relation or somebody else. This is the work of the Adversary, whose policy is to divide so that he may rule, but what he tries to make us believe is not true. What makes the human race unhappy is its mentality shaped by the power of "the god of this world", who is Satan. This influence ruins men's nerves and leads them, in the end, to their destruction, as we said above. He who is under pressure from the Adversary's evil spirit, suffers pain, sorrow and disappointment, every kind of mental pain, which brings him to his grave.

So, the Adversary's spirit is an influence that does terrible harm to those affected by it. The Spirit of the Lord, on the contrary, is an influence that communicates only joy, well-being and happiness. Once people realise how unfortunate their condition is, and seek out the Lord's ways, divine grace makes itself felt in their hearts through the agency of God's Holy Spirit. Then, owing to the blessed effect of that beneficial fluid, they

The Lord safeguards those who trust in Him

PAUL was an amiable and affectionate young man. He and his mother lived alone in a tiny village at the foot of a mountain. His mother was an aged widow and somewhat infirm. They were very closely attached to each other and lived in peace with their neighbours. Each tried to please the other. Especially Paul, for he was a good son, both respectful and devoted.

All of a sudden, their peaceful existence was interrupted by the frightful news that war had broken out, bringing anxiety and shattering the serenity which, till then, had been theirs. It was the year 1939. Being one of the first to be called up, Paul had to leave his poor mother and take his place in the frightful slaughter that had begun. The parting was a terrible thing to endure for the poor mother, for the lad had always been her support, her

comfort and her sunbeam. The situation was no less painful for Paul, for his mother was going to be quite alone and almost friendless in this hamlet in which they had ended up after the death of Paul's father.

It was a great worry to Paul to feel she was thus without his support. He had always tried, with great filial love, to assist her with her disabilities. However, there was nothing he could do about this. He had to obey, there was no question of resisting. So, having kissed his dear mother very tenderly — and telling her to be courageous, and promising to write as often as he possibly could — the lad went off to join his unit.

From then on, the poor mother only lived for the letters her son wrote her dutifully, lovingly and as frequently as his duties permitted, doing his best to comfort her and to show her all his filial love.

One day, as she was sadly thinking about frightfulness of war — with its trail of pain,

of sorrow and of numberless and nameless ills — there was a knock on her door. She answered to a middle-aged woman who said she was bringing her a message of consolation and of hope.

Paul's mother eagerly welcomed her in and said: "They are the very things I need: consolation and hope. But I shall not be truly comforted till I can hug my son once more. He has been taken off to the war, when I need him so much here."

Being exceedingly hospitable and also communicative, it was she who led the conversation, and she told the evangelist all her trouble. The evangelist let her get it all off her chest, and then told her about the wonderful prospects opened up by knowledge of the Lord's ways and his charitable intentions for mankind, about divine hopes, consolations and certainties.

Paul's mother did not clearly understand the full significance of what she was being

told, but was able to keenly feel the influence of blessing, of consolation and of appeasement that emanated from her amiable visitor. So, she was very reluctant to let her go after having had a long conversation with her. Her eyes were too weak for her to read *The Message to Humanity* (the Book of Remembrance) which the evangelist offered her, but she joyfully accepted the paper titled *Paper for All*.

When the evangelist had gone, the poor old woman felt a great desolation, just as if a ray of joy and of hope had caressed her heart and warmed it, and had then disappeared. She started reading the paper the evangelist had left her, and again found there the impressions of blessing that had had so much effect on her and done her so much good. The wonderful thoughts expressed and the glorious message delivered by this paper, vivified her and renewed her joy.

They did her so much good that she felt Paul must read it too, for it would certainly

feel loved and understood. Those impressions of blessing are indispensable to them. They are principles of life, which they cannot do without. Divine love is the atmosphere for them, because it is that that imparts, to them, the joy of life.

When a human being truly gets a taste of the ambience of blessing of the Spirit of divine grace, one seeks no further and wishes to remain under that influence of peace and of felicity. That is what knowledge of God's ways has given us to understand by reason of our dear Saviour's ministry. He says: "I am the way, the truth and the life." So, we can become imbued with the divine sentiments and rejoice in the Lord, seeking communion with Him. Divine love is then shed in our hearts by the Spirit of holiness, and we are able to have the feeling of peace and security to be found in the Lord's ways. The moment we desire and love good, we automatically come into contact with the divine influence, for from it comes everything that is good, everything that is noble, beautiful, kind, lofty, amiable, just and upright.

When we accept the blood of Christ as cover for our shortcomings and sins, we are able to enter his school and follow out the divine programme. We can then gradually change our characters and be delivered from the devilish influence, as we allow the beneficial influence of God's Holy Spirit to sink into us, and have the benefit of the communion we obtain with our Father in Heaven. Then, we feel assured that He blesses us and that no one can do us harm because the Lord watches over his children and protects them.

David also felt that magnificent influence and therefore exclaimed with conviction and enthusiasm: "The LORD is my shepherd; I shall not want." He called the Lord his Shepherd, and placed full confidence in Him. Therefore, the Lord never forsook him, and faithfully watched over him. As David was a docile sheep, the Lord set him up a great shepherd over Israel. David was also the sweet psalmist of the Lord's good pleasure. In our day still, we are made glad by the flights of enthusiasm conveyed by the beautiful psalms he composed.

When we examine the lives of the prophets and of the Lord's faithful servants who lived in the days of the Old Covenant, we are able to perceive the intense joy they obtained from living out divine ways and receiving the messages the Lord entrusted them with. Those messages were communicated to them by the power of God's Holy Spirit, which inspired them, giving them to know the happenings of their day, and also the glorious hopes for the future, which most certainly will be fulfilled.

Magnificent lessons are given us by Moses's example. He had to lead the children of Israel to the frontier of the symbolical Promised Land. Today, the real thing is ahead of us, the setting up of the Kingdom of God on Earth. It has its start in the Test Stations that we have been able to open and that have to become Demonstration Stations of the Kingdom of God in the course of formation. The beginnings are arduous, of course. Nevertheless, we are never at all discouraged as long as we faithfully and punctiliously do our duty, for, in that case, we are refreshed by the Spirit of divine grace, the Spirit of Truth, which ensures us being successful and gives us to perceive, by faith and in magnificent detail, the glory of things to come.

Faith makes up for the reality till we have fulfilled all the conditions required for our faith to be transformed into concrete realizations of our hope, for the Promised Land to become, for us, an actual reality, a thing acquired, and for God's people to be able to enter into his Kingdom. Hence, our Test Stations are a beginning, a view of the Kingdom of God, which is on the way.

So, we will be profoundly thankful to the Lord for

his having, in that way, already given us a token of his grace and of his love. We will also make every possible effort, so that, one day, we may enter, once and for all, into the Promised Land, the Earth restored. It will then be Paradise, in which mankind, become God's people, will dwell in perfect security with the joy created by the Almighty's glorious and wonderful protection.

Let us then place ourselves entirely in God's hands, so that his Spirit may work with ever-increasing energy in our hearts, and so that we may abide in the splendid divine atmosphere. It is God's Holy Spirit that gives us rest and joy in heart, and enables us to introduce the Kingdom of righteousness, of peace and of happiness on Earth, under the leadership of the Prince of Peace, our beloved and divine Saviour.

Whom should one believe?

The French newspaper *Ouest-France* — in its column "Point of view" on the 21st of February 2023 — published an article by Jacques Le Goff who deals with the complex but very interesting subject of faith in science among young people:

Science and democracy

Alain Aspect, who won the Nobel Prize for physics in 2022, constantly denounces the "stupidity, bad science and irrationality" that can cast suspicion on science as an indisputable truth...until proven otherwise.

A recently conducted IFOP Survey justifies his fears. It shows "the departure of a section of young people from the scientific consensus" towards astrology, creationism, "flat-Earth belief", witchcraft and vaccinophobia, all against a background of conspiracy. The credibility of scientific speech is in freefall (down 20% during the COVID-19 pandemic), and it's not surprising to learn that the mathematical competence of Grade 2 students in France, is in 38th position out of 39 OECD countries.

Why is that? There are many reasons for it, but one of the most harmful is the doubt applied to the very idea of objective truth, which is certain and therefore indisputable until it is proven to be false.

For some people, the truth is relative, as is pointed out by the French physicist Etienne Klein, who immediately protests against this wrong drift, which is attributed to the rise of "the royal individual" who is so sovereign that all truth comes to depend on their goodwill. The truth is not recognized as such, but relative to oneself, a self placed in the position of the supreme judge of the reality of everything.

Competence matters less than desire or orchestrated beliefs on TikTok or Telegram. The result is that, despite the fact that vaccines have been shown to be remarkably effective, vaccines are a thing of the past, and long live hydroxychloroquine, in a speech like: "I'm not a doctor, but I think that..." Which leads "Doctor" Trump to recommend an anti-COVID-19 medication based on bleach!

The obvious is questioned

In the marketplace of ideas, everything is put on the same level: scientific certainties, opinions and beliefs, whichever is the most attractive. It goes so far that even the most tangible evidence is questioned.

Is the Earth round? Nonsense, it's flat (for one in five French people). The evolution of the Universe and humanity? A bedtime story. We "know" that humans appeared less than 10,000 years ago! This would prove George Orwell right: "The very concept of objective truth is fading out of the world" (1938), and also Nietzsche, who said that "interest in what is true ceases as it guarantees less pleasure" (1878).

We are entering a liquid world where everything is equivalent, and we are forgetting the morality of scientific truth, a fine school of integrity, rigour and modesty

in the face of reality. The most established facts suffer directly from this, such as the Holocaust, which is still doubted by a quarter of Dutch people, and the election results in the United States and Brazil, and the well-documented evidence of climate change. And it won't be long before "the post-truth", in other words, "the great nonsense", imposes its law.

Is this "cognitive demagoguery" (from Gérald Bronner), a variant of political populism, the flipside of the progress of the democratic spirit? Partly, perhaps, by forgetting the conditions for a sustainable democracy based on shared certainties found in truth. From experience, we know that where scientific truth loses its credibility, dictatorship is never far away.

The phenomenon of some young people not believing in science, does not surprise us. To be believed, someone or something has to be credible. And it appears that the young generation no longer wants to give science the status of an "incontestable truth". And one can easily understand this.

Several centuries ago, religion enjoyed the authority that science does today. Nowadays, there are many people in whose lives there is no more room for religion. Science is subject to the same trend. Currently, everyone has access to information, often by means of the internet. Everyone can form their personal opinions on all current subjects. We don't want to say that what our fellow citizens believe is better than what the ruling majority teaches, but only that one can no longer impose a theory without demonstrating, justifying and proving it.

The facts speak for themselves, and those who want to think can draw their conclusions from their observations. Regarding science, it has helped technology to constantly advance for approximately the last 200 years. But today we state that all this progress is relative. It certainly has brought ease and comfort, but no one can deny the effects on nature, on the climate and even on the health of people, which are sometimes irreversible. Furthermore, some theories that have been recognized as truth for decades, have suddenly been thrown out by experiments or observations of other scientists. And the latter might also be discarded in the near future for the same reason.

In that context, it is not surprising if people doubt the official opinions. But then these questions are asked: "Where do we place our trust? Where can we find a certainty that will not be contradicted later?" To answer these questions, we need to know what the truth represents.

But it must first be explained how science functions. It is based, among other things, on hypotheses that it tries to prove. It only believes what it sees, on which it can experiment, and which it can explain. Now, this method is not 100% reliable, as we have seen. And above all, the application of scientific theories does not give complete satisfaction. We must therefore search for something else.

Let us now take a closer look at how we can approach the notion of the truth. In the Bible, we find the testimony of our dear Saviour, Jesus Christ, who said: "I am the way, the truth and the life" (John 14: 6). We should think about what authority those words have. We ourselves would not dare say: "I have the truth", because it would sound pretentious. Our dear Saviour, however, could not only say that he had it, but that he was the truth. That means that his personality, his sentiments and his conduct, reflected the truth. He could furthermore say: "Learn from me..." and was therefore far superior to the religious leaders of his time, who could only comment on and interpret the law.

If we accept the above statements, we must recognize and follow our dear Saviour's invitation. This will lead us to knowledge of the truth, as he had promised his disciples before he left them: "If you continue in my word, you really are my disciples, and you will know

do him as much good as it had done her. She sat down at once and wrote to him, enclosing the *Paper for All*.

As for Paul, he was constantly thinking of his dear mother with great anxiety. He kept on wondering how she was managing by herself and without his support. He was in an area in which the fighting was particularly intense and becoming more severe every day. It was a veritable inferno pervaded by a diabolical atmosphere, which was affecting his morale most painfully.

On receiving his mother's letter telling him all about the evangelist's visit and the comfort it had been to her, as had also been the paper she was sending him, Paul felt profoundly thankful for the kindness shown to his dear mother.

He unfolded the paper with a feeling of deep respect, and read it with great attention. As the things he was reading penetrated into his heart, he gradually felt relieved of the

nerve tension which had been building up because of the terrible conditions in which he was living. A wonderful feeling of peace and restfulness came over him. It was something indefinable that was doing him an immense amount of good. The wonderful prospects opened up by this paper, and the assurance it provided concerning the Lord's ways and his dispositions, were magnificent spiritual refreshment to him.

An entirely new outlook was being given to him, and he thought: "My dear mother must absolutely have the possibility of constantly being refreshed by these ineffable teachings. I'm not going to keep the paper for myself, I shall send it back to her." He hastily jotted down the paragraphs which had stirred him the most, and then he wrote to his mother:

... I'm sending back the paper that you enclosed in your last letter and that benefitted me no end. This, you can be quite sure, is the Truth: it has brought us wondrous things

to think about. Keep the paper by you precious, and read a portion every day. You will be comforted and encouraged, and will acquire the patience to await my return. For I'm perfectly sure that, putting my trust, as I intend to do, in God, as He is described there, Who is all Love, Power, Goodness and Mercy, I shall be protected and wonderfully looked after by Him and will be permitted to come home to you in all good time. May that be your hope and your comfort. ...

That was the last letter his mother received from the front. No news of him came at all... In vain did she write again and again, but no answer came to her. In her anxiety, she had mental visions of her son lying dead among so many other boys grieved for by parents and sweethearts, from the terrible slaughter that had been going on, because she had been told that, at the very spot where Paul was, the fighting had been particularly severe, causing great slaughter in both of the

opposing armies, heaping up corpses all over the area. She refused to entertain the thought that perhaps her son was no more. Nevertheless, from time to time, she suffered a great deal from doubt and anxiety.

At last, after months and months of anxious waiting, she received a letter from Paul once more. He had been taken prisoner and deported. He was suffering a great deal from cold and hunger, but was not complaining. His one thought was to encourage his dear mother, and he pointed out to her, above all, how the Lord had protected him and would surely go on protecting him to the end. He advised her, with insistence, to not forget to read her *Paper for All*.

What a comfort it was for the good mother to learn that her son was still alive! She wrote to us, asking us to send him the publications of the Truth, directly from Switzerland, particularly the *Paper for All* (a weekly paper), so that he might obtain that refreshment which

the truth, and the truth will set you free" (John 8: 31 and 32). As we can see, it is therefore a matter of a process: it begins with faith, by which we can accept the truth coming from our dear Saviour. This truth should eventually free us of everything that lets us suffer and die, and thus transform our character to the image of the One Who created us.

As we can see, the truth is not only a report of precise facts, it is much more than that. The truth is found in God. He is the One Who holds the truth. It was embodied in our dear Saviour, who could rightly say: "Anyone who has seen me has seen the Father." Therefore, the best way to recognize the truth, is to experience it. Let us simply do what our dear Saviour recommended. Let us learn to love our neighbour, and this will lead us, by itself, to the full knowledge of the truth. It will also strengthen our faith, so that we can become true children of God, who inherit the promises.

Inactivity: a modern scourge

Our society, with its comfort and progress, is increasingly freeing us from effort that is nevertheless indispensable for good physical health. This is shown in an article written by Aurelia Jane Lee — published in the Belgian French-language magazine *En Marche*, No. 1709, on the 17th of February 2023 — which we quote as follows in its entirety:

Is staying at home a growing trend?

Ever since "COVID-19 lockdowns", the trend of "cocooning" [staying comfortably at home] has been growing. Should we be worried? It's all about balance.

Many people were looking forward to the reopening of cafés, cinemas, theatres, sports halls and other public places after the lockdowns. But not everyone. Some people have developed a liking for a more secluded lifestyle.

"Wellness" magazines and literature have long promoted concepts such as hygge, which is a Danish lifestyle inspired by long winter evenings. A new word has even been invented to refer to this tendency to stay at home: "nesting".

The cocooning trend did not start with COVID-19, but the pandemic might have reinforced it. Cinemas in Belgium had already seen an 8% decrease in their attendance figures in 2017, a fall attributed, at the time, to the 2016 Brussels bombing terrorist attacks. However, the trend has only continued.

Ultramodern solitude

Slip under the blanket and watch a series while drinking your hot chocolate... Is this simply a modern version of our ancestors gathering around a fireplace in the evening? Perhaps, except that households, in those days, were more likely to be made up of large families, whereas of the approximately 5 million households listed last year by statistics in Belgium, 1,809,200 consisted of a single person, i.e., just over one in three!

At a time when you can work from home, shop online, have food and meals delivered (an advantage when one must stay at home for health reasons) etc., it has become possible to spend whole days without leaving home and, for the almost 35% of citizens in Belgium who live alone, without seeing anyone.

Also a question of money

Public swimming pools have also seen a decline in attendance in recent years, with a 14% increase in the number of installations of private swimming pools in 2019. The development of equipment such as home cinemas, exercise bikes and e-books, is part of the trend towards individualized leisure. However, not everyone can afford such investments. Those who can afford it find a level of comfort that shared facilities cannot offer, and this is perhaps the reason for their

choice. They do not give up sport or culture, but they do it differently. For others who are not so financially well off, however, the desertion of cultural venues and community spaces, indicates that they have potentially given up these activities. Rising ticket and subscription prices are undoubtedly partly to blame.

And what about health in all this?

What will happen to sport and culture if this trend continues? In 2023, the energy crisis will only accentuate the trend: public establishments will be forced to reduce their offer or increase their prices. Could we see the closure of theatres, cinemas and sports complexes? Their essential nature was debated during lockdowns. Of course, health comes first... But don't these outdoor activities actually contribute to good health?

Or are these new trends simply the result of the pendulum swinging back after several decades of going out, having fun and spending much more than we actually need? As Dr Vicente Saavedra of the Integral Medicine Clinic in the city of Barcelona, Spain, pointed out, when interviewed by the Spanish newspaper El País: "Our cells and organs need rest to regenerate. It's true that entertainment is necessary from time to time. But if entertainment becomes a way of life, it's absolutely harmful, both physically and mentally."

It's a matter of finding or refinding a balance between creating social contacts and making time for oneself, between physical activity and rest, and between distracting the mind and taking time for contemplation. And this happy medium is not necessarily the same for everyone.

Furthermore, nesting has to be the result of a personal choice, and not the consequence of growing socio-economic inequalities.

After all, why go out when you have everything at home, at your fingertips? But staying at home means a lack of physical activity. We are already seeing the consequences of this in children, in particular. A study has measured this trend, according to an article published in the Swiss newspaper 20Minutes.ch, on the 7th of February, under the title:

Young people are a little soft

France: A study of 9,000 11-year-old children showed alarming results of their physical abilities, as measured by running. It seems to have fallen sharply over the last 30 years. "We are facing a societal tsunami of inactivity and sedentary lifestyle," warned one of the researchers.

The same study was reported in the newspaper Ouest-France, whose publication date we do not know. According to cardiologist Professor François Carré, MD, PhD, three out of five children who start the 6th grade cannot do 4 hops in a row. A study shows that overweight children between 4 and 12 years of age will have a heart attack before the age of 40. He adds: "They are preparing their heart attack, it's a real time bomb."

Games and toys for children have also "suffered" from technological progress. Instead of a ball or a bicycle, children often receive a video game console or a mobile phone (cellphone), with which they sit for hours without moving, at an age when they should be physically active, so that their muscular system can develop harmoniously. These children are condemned to a type of inactivity and will feel the results of bad habits for the rest of their lives.

*Already in 1977, we published in *The Monitor* an article from a newspaper whose name and publication date are unknown to us. We quote a few thoughts from it:*

Inactivity is an invention of our century, and is one of its scourges, a source of many of its ills. Life is too easy, comfort too great, and progress too constant (it removes the need to move)... In this tense stagnation, the unavoidable effort required by work is an unnatural overload: we are tired in advance in the morning, and every day is doubly heavy. The night no longer re-

pairs anything, it is only exhaustion and the unhealthy atmosphere that it creates. One feels dull, sullen and irritated, and it's easy to blame the daily grind for everything that goes wrong. We believe that it has worn us out or at least worn us down, but we don't look any further, and we don't think, for example, that people, in the past, used to work a lot harder without losing stamina. On the contrary, humanity has never had as many minor aches or real diseases, the types that are difficult or impossible to get rid of: diseases of the heart, the circulation and the nerves, and osteoarthritis, rheumatism, arteriosclerosis and so on. Then, there is also the suffering of the incomprehensible pain in the lower and upper back and in the neck, which of course are not attributed to asphyxiation.

Because that is the problem, our breathing is poor. A sedentary lifestyle, which is the absence of exercise, deprives us of the oxygen that our body urgently needs to properly burn and eliminate toxins, which otherwise accumulate and poison us. Our body is not made for life in slow motion, its muscles represent 40% of the total, and these 40% of muscles are adapted to activity. That is why it's not good to deprive them of it, otherwise this beautiful mechanism will soon break down, however solid it might have been to begin with...

A physically inactive person will also age quickly, they get wrinkles, they stoop and they can eventually only drag themselves around. The wonderful driving force is broken: through neglect, one is a shadow of what one would have liked to be.

That is a thought-provoking analysis. To stop this process, some people go running, cycling or do another physical activity, which is still not the real solution. In fact, our physical effort must have an altruistic aim. Making physical effort with the sole aim of being and staying healthy, is still selfishness, which is also harmful to our mental balance.

Human beings do not exist as isolated personalities. They belong to the community on which they depend, just like the community depends on all its members. To be and stay healthy, we need to do something for the community. Whatever activity is entrusted to us, we should carry it out with the thought of existing for the good of those around us, as is required by the great Universal Law, according to which we have been created.

Another point to be respected is that our service is free. It is a question of dedication, not of work or toil. To expend ourselves for the benefit of others, must be considered as a privilege and an honour, so that we can raise our morality and achieve love for our neighbour, which is essential for the maintenance of life. Paid work does not cultivate those feelings and therefore debases us instead of uplifting our souls. As we can see, there is much to be done to become a true benefactor, but the result is worth the effort, because when these virtues are properly inscribed in our mental register, they will bring us closer to the true God, Who is the Source of all life.

"A friend loves at all times" Prov. 17: 17

*Once again, we have been sent a very moving animal-rescue story, which appeared in the French magazine *Point de Vue and Images du Monde*. It was written under the pseudonym "Trémolin", whose very encouraging speciality is the art of writing up authentic and edifying facts. Under the heading "Bobby de Chantemerle" (the dog), we read:*

Bobby de Chantemerle is a special figure: from his wolfhound father, he has erect ears and a "flowing" appearance, and from his pinscher mother, a strong moustache and bushy eyebrows.

As a shepherd's dog in an alpine resort, Bobby is the best friend of all the children who come to the mountains to recharge their batteries. He waits for them at the hotel door, takes the cable car up with them, plays

supplied him with so much moral strength and which helped him to overcome the vicissitudes of the way, which were so painful at times. It gave us great pleasure to do so. And what was our joy to receive news directly from the beloved prisoner himself! Every day, he was becoming more highly interested in the Truth, taking it for his joy, his comfort and the subject of his daily meditations.

He asked us to send him several copies of the *Paper for All*, so that he might pass on, to others, the splendid news of the coming of the Kingdom of God, with the hope of the Restoration of All Things and the knowledge of the Lord's kind and charitable intentions for all people. Thus was established an amiable correspondence with our friend Paul, and we had it at heart to express our full sympathy and affection to him, and to pray for him with all the fervour of our hearts.

Then, once more, there came a very long period in which neither Paul's mother nor

we received any news from him. The poor mother was in despair, for she had not yet acquired the faith in the Lord, which would have reassured her. She would often write to us for the purpose of regaining her hope, and we answered her every time, assuring her that the Lord was looking after her child because the lad was doing his best to follow the Lord's ways and was placing himself in the Lord's hands.

At last came the armistice, and from that day forward, the men began to dribble home in ones and twos, and then in increasing numbers. After a while, all those in the village and its surrounding area, who had not been killed in that senseless slaughter, were back. But still no news of the absent one. Mother was in despair. As for us, we were quite confident, being convinced that the Lord was watching over Paul.

Then, at last, one day, we received a letter that Paul had written to us from home:

I have just got back to my dear mother after over six years of absence. It would be impossible to describe our joy, our gladness and our inexpressible happiness over being reunited. But my first thought and my first letter go to you, for it is thanks to the Paper for All, thanks to this glorious Truth — so magnificent and sublime, and which you are generously spreading so devotedly in the Lord's Name — that I am still alive. I have gone through painful situations and through terrible dangers, I have seen death, face to face, many many times. Me still being alive without any serious injury is a miracle.

As a matter of fact, I would no longer be here if I had not possessed knowledge of divine ways, which gave me the needful impetus for bearing everything that came my way. I have carried out your teachings, I put my trust in the Lord, and have tried to live the things you teach as far as my limitations allowed.

The Lord blessed my efforts far beyond my poor deserts. In the most difficult times of my long captivity, the radiant vision of the Kingdom of God, sustained, encouraged and comforted me.

I was also able to comfort many hearts that laboured, to supply them with the balm of the Truth, when they were in great despair. Therefore, I shall never be able to do enough to prove my gratitude to you for all you have done for me, and for you having lit my way with the bright light of the Truth and of divine love.

I also wish to tell you how grateful I am for the support you have been to my dear mother, who has been able to keep going all through that painful separation, thanks to the inexpressible consolation of the Paper for All. I thank the Almighty and his worshipful Son, on my knees, because divine blessing and protection have followed me everywhere and in all circumstances.

with the groups of chatting children on the mountain pastures on the summit, comes back down in the last cable car, and then returns to his kennel. The cable-car staff know him well, and if by any chance Bobby isn't there for the last return journey of the day, they blow a special horn until the dog arrives, eyes shining and tail wagging.

This evening, Bobby didn't turn up for the last return journey. We were surprised. We honked: no dog. The cable car descended, and on the way, the travellers laughed. At the very bottom of the mountain, where the shadow of the cable car ran across the sloping meadows, they had just seen a dog running along with its black shadow, stopping from time to time, to bark.

Then, the dog returned to the woods. We thought he was playing, but the cable-car employee was worried: he knew Bobby and was wondering why the dog ran back. When the return journey had finished, we didn't think about him anymore. Among the parents who were waiting for their children, there were three anxious mothers looking for their daughters...

They gathered together and said: "What could the three little girls be doing on the mountain, whose tall trees were getting darker minute by minute? Did they want to walk back down? They had their return tickets..." The parents decided to go and meet them, calling out to all directions. There was no response.

When the parents reached the summit, they had to face the fact that the girls were lost. They formed teams to search the forest for the children. That's when Bobby appeared.

Poor, muddy, limping Bobby. He was whimpering, one paw in the air. Had he broken it? The dog circled around us, whimpering, coming back, always going away in the same direction: towards the slope. The cable-car attendant remembered that he'd seen Bobby chasing the shadow of the cable car during the last descent.

"He wasn't limping then," he said. "Besides, if he were really hurt, Bobby would have gone home... He's calling us."

The others shrugged their shoulders: "We aren't here to look after an injured dog, but to find three little girls!"

But the employee and I, who knew how to speak dog, decided to follow Bobby. He went down the steep meadows on three legs, and stopped to see if we were coming, and then set off again. At the top of a scree, his limp suddenly cured, the dog ran down the rocks. When he reached the bottom, he barked happily. We followed him down and discovered the three lost girls, sobbing behind a rock. One of them had a sprained ankle, and the other two, not knowing what to do, had stayed with the injured girl, as desperate as a ten-year-old can be. We took the children back to their parents, and Bobby gambolled around us on all fours, as he was no longer limping at all.

Dog lovers won't be surprised by this story, which is absolutely true, by the way. But the questions arise: "Was Bobby pretending to limp so that we would feel sorry for him and follow him, or to let us know that one of the little girls had damaged her leg? What would he have done if she had hurt her head?"

There is no denying that these admirable four-legged rescuers have very obvious signs of intelligence in their

brains. When animals are treated as friends and feel the kindness of those around them, this benevolent influence plays a major role in their behaviour.

Alas, we are saddened to see that, in general, man's approach to animals has been totally misguided. He considers them insofar as they can be useful to him in one way or another, and then kills them without mercy. This is true of hunters, who take sadistic pleasure in seeing the corpses at their feet. What's more, a large number of animals are bred for the sole purpose of serving as food for man, which is also very harmful to his health. Anyone who can raise an animal, see it become attached to him, and then callously kill it to eat it, shows a very wretched mentality, one that insensibly leads to being able to kill one's neighbour in appalling conflicts and wars. They are proofs of the terrible degeneration that has developed among most of the planet's inhabitants.

It is abundantly clear that we have now reached the culmination of that progress towards destruction. That's why we like to tell these animal stories, which often serve as lessons for mankind.

How can we fail to realize that the only path to happiness is that of esteem and of devotion to one's neighbour, of selfless and faithful love, which is also the best source of health and life for those who practise these qualities?

Deforestation and its consequences

The report that we produce below comes from the Swiss newspaper *20 Minutes.ch* and tells us about a sad phenomenon: deforestation. A photograph illustrates the text and shows the distressing sight of a vast area of burnt forest. This is considerable damage, which will take many years to repair. Furthermore, one needs to want to make the effort for it!

In one year, an area the size of Switzerland of tropical primary [old-growth, virgin] rainforest, has disappeared

Environment: A study based on satellite photographs shows that the promises made by leaders have not been enough to reduce deforestation in 2022.

The destruction of tropical primary rainforest continued at breakneck speed last year. Based on satellite images, the Washington-based World Resources Institute (WRI) estimated that 4.1 million hectares were destroyed in 2022, an area the size of Switzerland. Agriculture, livestock farming and mining are the main culprits of this phenomenon. The most affected is Brazil. While under the presidency of Jair Bolsonaro, known to be close to agricultural lobbies, it accumulated 43% of global losses, ahead of the Democratic Republic of Congo (13%), where efforts to protect the environment were undermined by the granting of new oil and gas exploitation permits, and followed by Bolivia (9%).

The acceleration of tropical primary forest destruction continues unabated, despite commitments made at COP26 in Glasgow in 2021. "We are losing one of our most effective tools for combatting climate change, for protecting biodiversity and for supporting the health

and livelihoods of millions of people," warned Mi-kaela Weisse from WRI's Global Forest Watch online platform. The tropical primary rainforest destroyed last year, released 2.7 billion tonnes of carbon dioxide (CO₂), as much as India's annual fossil-fuel emissions, and weakened the populations that depend on forest resources: 1.6 billion people, including almost 70 million indigenous people.

However, some countries have managed to reverse the trend. In Indonesia, for example, forest destruction has slowed down for the 5th consecutive year. This island group has seen the extent of its felled areas divided by four since 2016.

It is no longer necessary to demonstrate the extent to which trees are allies of humankind, and it would be in our interest to consider them as such and do everything to preserve them. Unfortunately, as we can see from the above report, economic interests often take precedence over the environment.

Deforestation doesn't just increase CO₂. It is also the cause of violent winds, storms, tornadoes, cyclones and so on. On the other hand, today, there is a major change in land use on the planet. The result is large-scale erosion, which exceeds the soil's capacity to replenish itself, and the sealing of the soil. It considerably reduces rainfall in tropical areas. It changes the habitat of countless animals, birds and insects. It leads to landslides and increased flooding and threatens the livelihood of 1 in 5 people worldwide, including indigenous people. It contributes to the loss of biodiversity. Not to mention the aesthetic aspect of the phenomenon. We believe that this list is not exhaustive.

It would be wise to include the preservation of trees in our economic considerations, so that they do not remain short-term forecasts, but can be seen in the long term. Otherwise, we run the risk of finding ourselves, in the near future, faced with problems that we won't be able to cope with. At the moment, unfortunately, it's still money that speaks the loudest, and economic profitability seems to be the unsurpassable horizon for our financiers. This may well lead to chaos. In fact, the Bible predicts an unprecedented Distress, since the creation of the world. Rest assured, the Almighty has also planned for the Salvation of all humanity. It is his beloved Son who paid the price through the generous Gift of his life, by whose virtue, all those who desire and accept, by faith, the merits of Christ, can be saved.

An honorary collaboration is even offered to those who wish to participate in the Restoration of All Things. The coming times have been foreseen by the prophets. There will be no more thoughtless deforestation for miserable money, which will have disappeared. On the contrary, there will be great reforestation activity everywhere on Earth, starting on the ocean coastlines and progressing inland. The climate will become more regular. There will be no more scorching summers or freezing winters, but only pleasant temperatures all year round. Spring will be followed by autumn. Flower season will be followed by fruit season. There will be no more damage done anywhere in the whole world. People will learn to love each other and to love the Lord above everything and everyone. They will be able to live forever.

And now, I do not intend to be ungrateful: I want to associate in this glorious Work. I wish to be an active collaborator in setting up the Kingdom of God on Earth, and to work, with ardour, on hastening the Day of God, with holy conduct and godliness, as your precious publications recommend so insistently, for they have lit my way and made an entirely new man of me.

News in brief of the Reign of Justice

On the 6th and 7th of April, the dear Family of Faith, in Germany was able to meet again at the congress on the Sternberg Castle Station, to consider the exhortations of the Faithful and Wise Servant of God. The Bible text of the first day's Heavenly Dew was this warning of Apostle Paul to the Galatians: "The flesh has desires that are contrary to the Spirit, and the Spirit contrary to the flesh" (Galatians 5: 17), which the dear Messenger commented on as follows:

"To put things in their place, Apostle Paul writes to the Galatians that those who do the works of the flesh, will not enter the Kingdom of God. He lists them: impurity, idolatry, sorcery, hatred, enmity, quarrelling, jealousy, pride, animosity, disputes, division, envy, lust, overeating, etc. He adds that those who practise these things will not enter the Kingdom of God. Why not? Because all of these manifestations are diametrically opposed to altruism and are therefore fundamentally det-

rimental to our body. There is no mystery, no curse, no punishment, no vengeance and no condemnation from the Lord. It is wonderfully simple. A child can understand it.

But now, how many of us are there who take that really seriously and are wise enough to act accordingly? ...

We have to feel the beauty of the work to be done, to let our heart be deeply moved, to put ourselves in the Lord's place, in order to feel the height, depth and breadth of the love that He has shown to save humanity. We must learn to vibrate with the same vibrations of the heart as He did for poor human beings. To do this, we must get rid of our personal, sectarian and selfish thoughts, to stop thinking about ourselves and to start thinking about humanity who are waiting for the election of the last Consecrated. ...

There are still many things to be reformed, in all sorts of areas, within the divine family. To achieve this, it is absolutely necessary to let go of selfishness and to live altruism. ...

No one has been able to stop death until now. People have tried everything to prevent the fatal moment. They have reached zero, because, as a remedy, they wanted to use the very poison that kills them, which is selfishness.

The time of deliverance has now come for humankind. That is why the remedy for the situation is being shown to them. The call to life is open. All of humankind currently living on Earth could, if they wished, leave their stupidity and their foolishness, let go of

everything that makes them die, and practise everything that makes them live. This would be wonderfully simple. And then, the change of dispensation could take place without difficulties, without upheavals and without the terrible Tribulation. ...

But it's always selfishness that acts like a brake. And that is what still gives us the foolish desire to live a little according to the flesh. Yet it is clear: if we live according to the flesh, we will die, even if we do no harm to those around us, even if we are very careful not to hurt anyone and not be a nuisance or a difficulty to anyone. That is still not enough to not die. As long as we are not directly useful and a blessing to those around us, we are depriving ourselves of that which sustains our life. Because our organism imperatively needs us to exist for the good of those around us. This is spiritual food that our body cannot do without. It is the essential thing that is lacking. ...

And then...even better: what indescribable satisfaction of the heart when we succeed in overcoming our enemy through kindness. Someone who has wronged us, insulted us, slandered us, hated us, said all sorts of bad things about us and who taunts us and detests us. And now they are so overwhelmed in their feelings by our attitude and our nobility towards them, that they can't do anything except love us, esteem us and seek our company! This is the greatest victory that can be achieved. It is the victory of good over evil, of life over death. This is what the Lord pro-

poses to us. He gives us everything we need to succeed. So, wherever we go, we bring the exquisite fragrance of the Kingdom of God. ...

Let us realize that it is a matter of even avoiding the appearance of evil, so that the Adversary has no hold in any direction. ...

What we need is to nourish our 'new creature' and make it prosper. Then, God's Spirit can do its work in our soul, and we feel wonderfully supported and led by divine grace. ...

We must form a magnificent family of children of God. We are when we have a sincere, true and deep brotherly love among us and for humanity who are waiting for us. We must therefore become completely stable in these feelings, so that nothing can make us deviate. ...

It doesn't matter if we are very poor. The main thing is to want to change at all costs. That's what's essential. ..."

In the next issue of the "News in brief...", we will give a summary of the second day of the congress. We again mention the next meetings that will take place, God willing, on the following dates:

Mexico: 1st and 2nd of June
Turin, Italy: 13th to 15th of July
Lyon, France: 7th to 9th of September
Sternberg Castle: 28th and 29th September

Publisher: The Angel of the Lord. Philanthropic Association. Editor: Philippe Miguët. Imprimerie Villière, 74160 Beaumont, France