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Book Review of God and Evil by William Fitch

Sakae Kubo

Andrews University

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BOOKS

Zondervan Expanded Concordance, Zondervan Publishing House, Grand Rapids, Michigan, \$14.95.

In this day of modern Bible translations a new tool has been developed for Bible students. The *Expanded Concordance* includes key words from six modern Bible translations and the King James Version. The modern versions are Amplified Bible, Berkeley Version, *New Testament in Modern English* by J. B. Phillips, Revised Standard Version, New English Bible, and the English Revised.

One special feature is that key word headings are printed in boldface type and centered in columns, thus facilitating quick and easy location. The work is nearly 2,000 pages long, and is a must for the serious Bible student.

J. R. SPANGLER

***Aerobics*, Major Kenneth H. Cooper, M.D., U.S.A.F., Bantam Books, Inc., 271 Madison Ave., New York, N.Y. 10016, 1968, \$1.00.**

How many of us have been told by a doctor to exercise, or have started a running-jogging program on our own only to give it up after a few weeks or months, probably because we really didn't know whether we were exercising too little or too much. The book *Aerobics* answers the age-old question, "How much?" Dr. Cooper and his associates, using the most sophisticated testing apparatus available over a four-year period, have scientifically demonstrated just how much exercise various types of men need to stay in good physical condition. The author maintains that exercise, to be of lasting value, requires a great deal of oxygen. Those exercises that improve the body's capacity to take in more air with less effort, make the heart grow stronger by having it pump more blood with fewer strokes. This improves the blood supply to the muscles and increases the total blood volume. These were the exercises eventually charted.

The amount of oxygen most exercises require was measured. It was then translated into points. For example, to run a mile in less than eight minutes, cycle five miles in twenty minutes, or swim six hundred yards in less than fifteen minutes will each earn you five points. It was scientifically demonstrated that man needs a basic thirty points a week to maintain good physical condition. It is not too important how you get your thirty points,

running, swimming, walking, et cetera, but the book will show you how many points you earn for each mile you walk or run, and the recommended exercises that will most consistently and conveniently produce the desired training effect.

Also outlined in the book is a conditioning program to enable you to safely begin a thirty-point-a-week program of physical fitness. Case histories of how such a method dramatically improved heart problems, depression, high blood pressure, stomach ulcers, et cetera, are an additional stimulus to get up and exercise.

Senator William Proxmire wrote, "This book . . . will do more for the health and longevity of Americans than any other medical discovery or achievement of the year. . . . The book will not only save lives, it will make those lives more vital, alert, efficient, and, yes, happy."

I am writing this aboard a slow freighter bound for Montevideo, Uruguay. My exercise has to be running in place. I can hardly wait to really run and walk with you toward more efficient service in God's cause.

R. L. WALDEN

***God and Evil*, William Fitch, William B. Eerdmans Publishing Company, Grand Rapids, Michigan, 1967, 183 pages, \$2.45.**

The book is subtitled "Studies in the Mystery of Suffering and Pain." The prelude also leads one to believe that this is the major theme of the book. While the author treats of this theme somewhat, his major emphasis is on the origin, history, and destiny of evil in the moral sense rather than from the standpoint of suffering and pain. The book can be described as the great controversy in miniature. The last chapter alone treats with any fullness the mystery of suffering and pain.

There is nothing significantly new in the contents of this book. What is presented is, in the main, the traditional conservative position of the problem of evil. Adventists will be pleasantly surprised to find so many agreements with Adventist theology, although the author is working without the Spirit of Prophecy writings.

Though traditional in theology, the material is presented in a well-organized and lucid manner. His conclusion will be shared by all who have suffered: "If there is one lesson more than any other that I have learned, it is this—God is utterly to be trusted."

SAKAE KUBO

***Ministering to Prisoners and Their Families*, George E. Kandle and Henry H. Cassler, Prentiss-Hall, Inc., Inglewood Cliffs, New Jersey, 1968, 140 pages, \$3.95.**

More and more the clergy is being called upon to minister to human beings placed behind high walls into near oblivion. Some distance away is the family—hurt, confused, ashamed, poor, lonely, bitter, and isolated. People in serious trouble turn