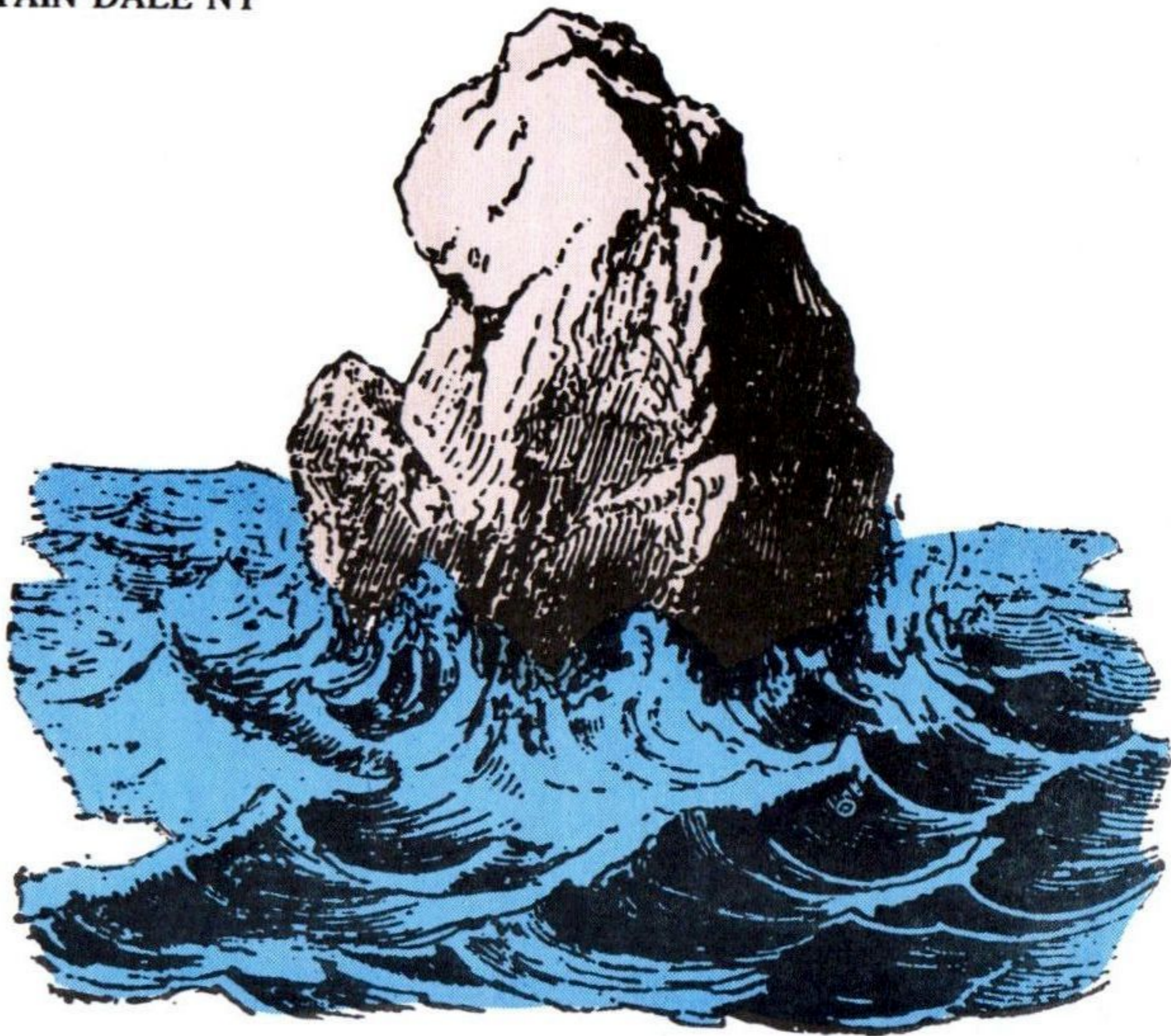


THE SYMBOLIC CODE

"Therefore whosoever heareth these sayings and doeth them.
I will liken Him unto a wise man which build his house
upon a rock" Matt. 7:24.

MT. CARMEL CENTER
MOUNTAIN DALE NY

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Build Your Future on Christ
and His Truth

FUNDAMENTAL PRINCIPLES OF EDUCATION

—V. T. Houteff

Proverbs 22:3,6,10,15—A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished....Train up a child in the way he should go: and when he is old, he will not depart from it....Cast out the scorner, and contention shall go out; yea, strife and reproach shall cease....Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.

Wise parents look ahead. They are careful to insure their children's future. This they do by instilling in their children Heaven-born principles upon which the children can successfully build their life's career, for upon whatsoever foundation the parents start them building, that is the only one they can ever build on. A poor foundation will forever keep them back from anything superior to what the foundation itself will permit, be it in the line of religion or a trade.

Parents should be aware that when the children reach their teens, they become more or less independent, responsible to themselves. They dance, so to speak, according to their own music. How important, then, that they beforehand possess the knowledge essential to carry them safely through those teen years.

To begin with, they should religiously be taught good morals, the value of time, how to obtain results in a given amount of time. They should be fully warned of the baleful results of wasted minutes. Indeed, they should be led to realize that the aggregate minutes and hours put to good use and the knowledge gained during their teens will shape their entire lives. They should know that the

moments of the teen years are the most important moments in their whole lives, and that once wasted, they are forever gone. The children most certainly need to know these things *before* they enter their teens.

These fundamental principles are even more realistically seen when one takes into consideration that habits are altogether too easy to form, but practically impossible to eradicate. This is why children are what their parents make them.

Moreover, boys and girls in their teens have greater energy than at any time thereafter, and they can therefore accomplish more during these years than they can later in an equal length of time in the same field of endeavor and experience.

There is no doubt that the teen age of any child is the most critical, too. As I said before, parents should not wait until the crisis arrives, but should long before start to head it off. To do this the parents must early in the child's life, determine what the child's natural aptitude is, so that they can have him on time decide what his trade or profession is to be. They should have him set his goal, and then create in him a zeal to reach it. Those who have no goal have nothing to work toward. They are floating as a raft in the ocean, and their goings are as aimless as that of a butterfly. Children that have a goal to strive toward, and who incessantly keep at it, are getting there, and they are bound to turn the time of mischief into profit.

Children should also be taught the value of the dollar. Rather than be allowed to get into

the habit of spending every penny they get hold of, they should be educated to save as much as possible. Once they have a taste of starting a savings account, even though it be less than a dollar to start with, they will anxiously continue. In this way, saving will become to them an exciting habit. Children who are not taught to earn and to save, and yet finally make something of themselves do not do it *because* of their parents, but in *spite* of them.

There are thousands of people, some in every community, who have no idea how to handle money or how to manage a home. These unfortunates, regardless how much they make, never have anything for a rainy day. They are always poor and always in debt, always expecting charity from somewhere.

Teach your children never to purchase anything for which they do not have the full price in advance, and even then only if they absolutely need the articles. Anything purchased on time payments costs more. And that, of course, means fewer things and more work and a harder time for the purchaser. In many cases part of the payments are not carried out, and as a result the articles go back to the original owners. In such an eventuation, the purchaser suffers a total loss of his entire investment. Uncalled-for debts wreck hundreds of homes each year. Parents should by precept and example educate their children against such a pocket-breaking and home-wrecking habit.

Those who talk over their problems with others, often receive helpful suggestions and light on their path; thereby they avoid loss and embarrassment.

To continue our study, I shall now read from Deuteronomy 11:13-28—And it shall come to pass, if ye shall hearken diligently unto My commandments which I command you this

day, to love the Lord your God, and to serve Him with all your heart and with all your soul, that I will give you the rain of your land in his due season, the first rain and the latter rain, that thou mayest gather in thy corn, and thy wine, and thine oil.

"And I will send grass in thy fields for thy cattle, that thou mayest eat and be full. Take heed to yourselves, that your heart be not deceived, and ye turn aside, and serve other gods, and worship them; then the Lord's wrath be kindled against you, and He shut up the heaven, that there be no rain, and that the land yield not her fruit; and lest ye perish quickly from off the good land which the Lord giveth you.

"Therefore shall ye lay up these My words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes. And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up. And thou shalt write them upon the door posts of thine house, and upon thy gates: that your days may be multiplied, and the days of your children, in the land which the Lord swore unto your fathers to give them, as the days of heaven upon the earth.

"For if ye shall diligently keep all these commandments which I command you, to do them, to love the Lord your God, to walk in all His ways, and to cleave unto Him; then will the Lord drive out all these nations from before you, and ye shall possess greater nations and mightier than yourselves.

"Every place whereon the soles of your feet shall tread shall be your's: from the wilderness and Lebanon, from the river, the river Euphrates, even unto the uttermost sea shall your coast be. There shall no man be

able to stand before you: for the Lord your God shall lay the fear of you and the dread of you upon all the land that ye shall tread upon, as He hath said unto you.

"Behold, I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the Lord your God, which I command you this day: and a curse, if ye will not obey the commandments of the Lord your God, but turn aside out of the way which I command you this day, to go after other gods, which ye have not known.

Now let us connect this scripture with Deut. 21:18-21—If a man have a stubborn and rebellious son, which will not obey the voice of his father, or the voice of his mother, and that, when they have chastened him, will not hearken unto them: then shall his father and his mother lay hold on him, and bring him out unto the elders of his city, and unto the gate of his place; and they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard. And all the men of his city shall stone him with stones, that he die: so shalt thou put evil away from among you; and all Israel shall hear, and fear.

I hardly think these words require any interpretation. They are written as explicitly as any good writer of today could write them. In fact, I believe they are written much clearer than we could ever write them.

You see, long ago, way back in ancient times, the Lord made known His commandments and His laws. He promised that if His people were obedient, He would make of them a great nation; that they would possess nations greater and mightier than themselves; and that all nations would fear them. He plainly told them, though, that if they would not obey, then curses would inevitably be their lot.

He charged them to raise obedient children. The parents were commanded to bring them to the elders if they themselves could not make their children obey, and the elders were to stone them. The reason given was "That all Israel may hear and fear," and depart from evil. Having this punishment in view they of course were very careful how they brought up their little ones.

If we were living in the time the Lord thus commanded His people, in the days of Moses, we would not know whether the Lord actually meant business or whether He was just talking. But since centuries have passed, by the results of ancient Israel's disobedience we can see that God meant nothing but business. Yes, ever since the Jews as a nation disobeyed, they have been kicked from pillar to post....

...We now see that the Lord was not bluffing. He meant just what He said, and what He said to the Jews then, He is saying to us today.

It is we, not the Jews, who have now a choice to make. We may choose to be like the world, and be driven into hell with it. Or we may choose to do what God commands, and thus be with Him in His kingdom. One of these choices we must now immediately make.

I do not think that we are ignorant of what is right and what is wrong. Most of us have studied the Bible all our lives and have a fairly good idea of what it teaches. What we need to do this evening, then, is to decide whether we are as a unit to do what Inspiration teaches, or whether we are to try to do so as individuals. You tell us what to do in the matter of discipline: Shall each individual do as he sees fit, or shall we have a standard by which all of us may be governed? Are we going to decide what to

do, and do it, or are we to decide, and never do what we decide?

The most immediate concerns are these: How shall we run the school? And how shall we dress the children and ourselves? Shall we dress like progressive Christians or shall we dress like progressive worldlings? Shall we be quarreling about it, or shall we all see alike?

(Congregation: "We ought all to see alike.")
Shall we then have a standard to go by?
(Congregation: "Yes")

What are we to do with the boys and the girls who may be disrespectful, disobedient, and who do not mind their parents and their teachers? Shall we leave that to the children to decide, or shall we do what the Bible demands: That the children be disciplined at home, and if that does not work, then they be brought to the elders, to be dismissed from the school and from the congregation? Or are the parents to go with them?

Anciently they actually stoned the rebellious children. This they did because the church could not possibly keep the disobedient in its midst, and the surrounding nations would not have aliens, and consequently there was nothing left to do but to stone them. Today, though, they can be dismissed, and when they come to their senses, they might return.

The parents are duty bound to see that their boys and girls are trained to obey; that they respect their parents, the elders, and everybody in the community; and that they sass no one.

How old must the children be before they are left on their own to do as they please? As long as the children are in their parents' house, they are to be under the control of their parents.

If we are to have a standard, we must all be together on it. And if the children know that we mean business, that they cannot get by, they will not try to put anything over on anyone. Most children, though, have really been trained to be disobedient. How can this be?—Well, from the time the children are mere babes, the parents let them have their own way. To begin with the children say "Yes," the parents say "No." Then the trouble starts. The children win the argument by crying, then, if it does not work, they get results by stamping their feet on the floor. As they grow older, they discover new ways to demand and get what they want. By thus permitting their children to beat them in the game, parents actually train their offspring to be disobedient, disrespectful. That is why children are just what parents make them.

Never let a child have his way against yours, and you will never have trouble with him. "Whatever it is found impossible to change, the mind learns to recognize and adapt itself to." —Education, p. 290

Do you boys and girls all pledge to renounce the world and to be "all out" for the Lord? Do you determine not to compromise with evil, worldly practices? Do you determine to make the home, the school, and the church a success? to influence other boys and girls in the right direction?

If not, we now warn you that you will be expelled from school and from the place. If there are any who cannot give us a whole-hearted answer, it will be better for you to pull out now and go to the city and to the public school.

We are not fooling. Today we mean business just as they meant business anciently. If you think this rule too rigid for you, say so now.

Do you, boys and girls, promise to obey your parents and your teachers? and not to talk back to anyone?

And do you adults promise to do your level best to help the young? Do you agree not to take your complaints about the children or youth to anyone but to their own parents?

(All, young and old, raised their hands in consent.)

Do you not think the Advanced Truth believers should be dressed modestly, attractively, and commendably, in harmony with the religion of Christ, so as to influence beholders to copy after them, not to turn away in disgust? (Congregation: "Yes")

Our dress standards for women and girls, men and boys, are established from this viewpoint, and remember you have now promised to put them into practice.

It is well to observe that there is no record that anyone had occasion from the manner in which Jesus dressed, to speak either for or against Him. This shows that He was not an extremist. Besides, His garments must have been well worth having, else His enemies would not have cared to cast lots for them.

This very same principle should govern our own manner of dressing. We should so dress as to be remembered, not for wearing a trinket of some kind, trimming, color, or the like, but remembered for being well dressed, with attention called to no one thing in particular. Also, our dress ought to be such that the very poorest will not feel out of place in our presence, and that the richest will not feel ashamed in our company.

The sum of the whole matter in a nutshell is this: that we adorn ourselves with nothing for pride or display, but for respect and modesty.

ADVANCED CHRISTIAN STANDARDS OF DRESS FOR WOMEN AND GIRLS

Dresses

Materials.—They are to be of good quality, durable, and appropriate for the climate and occupation of the individual. Nothing gaudy or extreme. Sheer materials and large, showy prints are taboo.

Colors.—Colors are to be becoming to the individual. Color combinations should harmonize, and not be showy or sporty.

Sleeves.—In public, sleeves are to be long enough to cover the elbows when arms are bent. They should be of a style that does not expose the armpits when arms are raised.

Skirt Length for Women and Adolescents.—Skirts are to cover the knees. Do not make them so long as to cause the child to be uncomfortable or unnecessarily to be a laughing stock.

The fit of the Clothes.—The clothes are to be well fitted, and not to hang in a slovenly manner. They should be comfortable and neat, but not so tight as to show the lines of the body.

Necklines.—Necklines should not be lower than 2 or 3 inches below the hollow of the neck, and should fit so as not to expose the breasts when the individual leans over.

Patterns.—Dresses are to be designed along modest lines, not sensual or extravagant.

Buttons, Belts, Trimmings.—These accessories should be conservative, neat, and trim,

as well as becoming to the dress. There should be nothing put on so as to attract attention to that one thing.

S w e a t e r s

Except in the case of pre-adolescents, slip-over sweaters are immodest when worn without a jacket or coat. Even jacket-type sweaters are not to be so snugly fitted as to accentuate the shape of the body.

W o r k P a n t s

They are not to be worn in public places or on the street, but only in such occupations as would render dresses immodest or dangerous. Even then they are to be of a style designed strictly for women, not for men. Wear culottes. Little girls may wear overalls designed for them.

"C h a n g e a b l e S u i t s o f A p p a r e l"

The amount of clothes is to be governed by the individual's occupation and the climate, not by ever-changing fickle fashions. Have only as many clothes as are necessary to keep neat and clean, no more and no less.

C o r s e t s, G i r d l e s, e t c.

These should not be worn unless by physician's order for some ailment. Garter belts that do not interfere with circulation, are all right.

W e d d i n g A p p a r e l

Veils and long dresses are not to be condemned for weddings. Trains are unnecessary.

B a t h i n g S u i t s, S u n s u i t s, e t c.

Never should anything which exposes the body, be worn in the presence of men and boys. Mixed bathing groups are taboo.

H a t s

Style.—Hats are to be modest and trim, not with extravagant brims, or like pill boxes. They should not be unnecessarily large or ridiculously small, but conservative and becoming.

Trimmings.—Adorn the hat with nothing that attracts undue attention to itself. Veils and other ornaments hanging for show, are out of place. The trimming should be becoming but not showy.

Color.—The color of the hat should harmonize with the rest of the clothes, and should not be flashy or conspicuously bright.

H e a d c o v e r i n g s o n R e l i g i o u s O c c a s i o n s

The headcovering should be suitable to the particular occasion, and meant for the purpose of a headcovering rather than be something grabbed at random. The latter is disrespectful. Little girls should be taught to wear headcoverings as soon as they are able to understand about it.

In other public places.—A hat is more modest-appearing than the bare head in public.

S h o e s

Style and Quality.—Shoes should be durable and conservative. Avoid toeless and heelless dress shoes. They appear immodest. On proper occasions, sandals are permissible.

Height of Heels.—For health's sake, the heels should be under 2 inches. High heels are unhealthful.

Colors.—Wear practical colors. White shoes are not practical on farms and in villages where the streets are not paved. Black shoes look dressy longer, and are more suitable for the gospel worker than other colors of shoes.

Trimmings.—Trimmings should be suitable to the shoe, and not showy or dangling to attract attention.

H o s e

Material and Weight.—Hose may be cotton, silk, rayon or nylon, whichever is the most practical for the occasion or occupation. Sheer hose are condemned. Wear service weight.

Rolled Below Knees.—Immodest if discernible. Put no flesh on display.

Bobby Socks.—Taboo if legs are exposed. They are all right for infants in hot weather.

Stockingless.—Condemned unless barefooted.

H a i r d r e s s

Upswept.—All right if not extreme.

Medium-length Hair Worn Hanging.—Permissible for girls if kept tidy.

Bobbed Hair.—Taboo for women and adolescents; all right for infants and little girls if necessary, but better to let the hair grow.

Naturally Wavy or Curly Hair.—Arrange it as naturally and as becoming as possible.

Straight Hair.—Do not try to make something extreme out of your hair that God did not intend. Arrange it neat and becoming.

Permanent Waves, Finger Waves with Hair Set, etc.—All such artificialities are taboo.

Rolling Hair on "Rats," Rollers, etc.—All right if necessary.

Hair Clasps.—All right if necessary, but color of clasp should if possible blend with the color of the hair. Use nothing bright or showy to attract notice.

Ribbons.—Permissible for little girls to hold the hair in place.

J e w e l r y

Wrist Watches.—In the fullest sense, a wrist watch is a bracelet with a timepiece on it, and should not be worn on the street or in public.

Dress Pins.—All right, if they serve a purpose, and are not showy or fancy. Ornamental brooches are condemned.

Miscellaneous Jewelry.—Necklaces, neck chains, locketts, bracelets, earrings, rings, etc., are all condemned.

C o s m e t i c s

Face powder, bath powder, lotion, astringents, cold cream are all right if necessary, and if not purchased extravagantly. But rouge, lipstick, eyebrow pencil, mascara, perfume, fingernail polish, nail white, etc. are condemned.

P e r s o n a l H y g i e n e

Deodorants, depilatories may be permissible if absolutely necessary, and if nothing harmful is used. Antiperspirants are unhealthful.

ADVANCED CHRISTIAN STANDARDS OF DRESS FOR MEN AND BOYS

Suits

Style.—Suits should be cut along conservative lines—nothing sporty or extreme. Especially should the suits to be worn in the pulpit be neat and conservative. See that the suit fits well and does not hang in an ill-fitting manner.

Material.—The quality of the material should be durable, and in keeping with the climate and occupation.

Colors.—Practical colors that are not flashy, should be used. If the coat must be one color and the trousers of another color, care should be taken that the colors blend well, and do not appear sporty. On the whole, such combinations should be shunned. Never should they be worn in the pulpit.

Shirts

Sport Shirts with open Collar.—Open collar sport shirts may be used when on outings in the country or on similar occasions. In the church or on the street, though, they are out of place. Collars should never be worn open lower than the first button.

Sleeves.—For dress and pulpit wear, sleeves should be worn full length. Rolled up or short sleeves may be worn if the occasion demands them for convenience' sake. Sleeveless shirts are taboo in public.

Shirts Worn Outside Trousers.—Shirts hanging outside the trousers mark the wearers as either being sloppy or trying to appear sporty or something—they know not what. They detract from respect.

Going Shirtless.—In public or in the presence of women or girls, the man should always wear a shirt. Teach the young boys to do likewise.

Ties

Style.—Either the bow tie or the four-in-hand may be worn—whichever is best for the suit or the occasion. Wear nothing extreme.

Colors and patterns.—The tie should not be sporty or flashy, but it should be attractive and should harmonize with the suit and be becoming to the wearer. Loud colors and showy patterns are out of consideration.

Accessories

In Outside Breast Pocket.—The wearing of a handkerchief or pen and pencil in the outside breast pocket can serve no purpose but to attract attention, to bolster pride. Do not thus cheapen your character, but put them in the inside pockets where they belong.

Wrist Watches.—In the fullest sense, the wrist watch is a bracelet with a timepiece on it, and should not be worn on the street or in public. If you find it necessary to carry a timepiece, use a pocket watch.

Tie Pins and Tie Clasps.—Tie pins are taboo. If it is necessary to wear a tie clasp, use one that can be concealed within the folds of the tie. Wear nothing for show.

Watch Chain.—Watch chains on display are as much out of place as is a tie pin, ring, or bracelet. Keep it out of sight.

Miscellaneous

Rings, etc.—Rings and other jewelry are condemned.

Arm Bands to Hold up Sleeves.—Arm bands are unhealthful if they are worn so tight as to interfere with the circulation. If it is necessary to wear them, use nothing conspicuous. Better, though, to shorten your sleeves.

Scarfs.—Never wear scarfs merely for show. Choose colors that harmonize with the rest of the clothing—nothing gaudy.

Rolled Down Socks.—Socks should be properly supported, otherwise they appear immodest and untidy.

Shoes.—Select shoes of durable quality and practical style and color. White is impractical on farms and in villages where the streets are not paved. They do not appear conservative in the pulpit, and they attract undue attention to the feet. Black shoes look dressy longer, and are more suitable for the gospel worker than other colors of shoes.

Bathing Suits and Trunks.—These are all right on proper occasions, but mixed bathing groups are taboo.

Hair.—Arrange the hair as naturally and as neatly as possible, doing away with all such artificialities, as permanent waves, etc. If the hair is dry, use oil that is beneficial to the hair and not just for "smell."

General Appearance.—Do not fall into slovenly habits: Keep the hair cut, the face shaven (if you do not wear whiskers), and the clothing tidy and as clean as the occupation permits. God requires His representatives to dress in such a way as to commend their religion both to the high and to the low, to the rich and to the poor. Dress neither extravagantly nor shabbily. Stay in the middle of the road under all circumstances.

N o t e

These are the present standards of apparel, and all Davidians should pattern after them. Except it be for reasons herein unforeseen, any divergence from these standards, while they stand unequivocal, classes the offender with the hypocrites.

S I M P L I C I T Y I N D R E S S

"In his sermon on the mount, Christ exhorts his followers not to allow their minds to be absorbed in earthly things. He plainly says: 'Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?' 'And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin; and yet I say unto you, that even Solomon in all his glory was not arrayed like one of these.

"These words are full of meaning. They were applicable in the days of Christ, and they are applicable in our day. Jesus here contrasts the natural simplicity of the flowers of the field with the artificial adorning of raiment. He declares that the glory of Solomon could not bear comparison with one of the flowers in natural loveliness. Here is a lesson for all who desire to know and to do the will of God. Jesus has noticed the care and devotion given to dress, and has cautioned, yea, commanded us, not to bestow too much thought upon it. It is important that we give careful heed to his words. Solomon was so engrossed with thoughts of outward display that he failed to elevate his mind by a constant connection with the God of wisdom. Perfection and beauty of character were overlooked in his attempt to obtain outward beauty. He sold his honor and integrity of character in seeking to glorify himself before the world, and finally became a despot,

supporting his extravagance by a grinding taxation upon the people. He first became corrupt at heart, then he apostatized from God, and finally became a worshiper of idols.

"As we see our sisters departing from simplicity in dress, and cultivating a love for the fashions of the world, we feel troubled. By taking steps in this direction, they are separating themselves from God and neglecting the inward adorning. They should not feel at liberty to spend their God-given time in the unnecessary ornamentation of their clothing. How much better might it be employed in searching the Scriptures, thus obtaining a thorough knowledge of the prophecies and of the practical lessons of Christ.

.....

"Christ is our example. We must keep the Pattern continually before us, and contemplate the infinite sacrifice which has been made to redeem us from the thralldom of sin. If we find ourselves condemned as we look into the mirror, let us not venture farther in transgression, but face right about, and wash our robes of character in the blood of the Lamb, that they may be spotless. Let us cry, as did David, 'Open thou mine eyes, that I may behold wondrous things out of thy law. Those to whom God has intrusted time and means that they might be a blessing to humanity, but who have squandered these gifts needlessly upon themselves and their children, will have a fearful account to meet at the bar of God.

.....

"Those among Sabbath-keepers who have yielded to the influence of the world, are to be tested. The perils of the last days are upon us, and a trial is before the professed people

of God which many have not anticipated. The genuineness of their faith will be proved. Many have united with worldlings in pride, vanity, and pleasure-seeking, flattering themselves that they could do this and still be Christians. But it is such indulgences that separate them from God, and make them children of the world. Christ has given us no such example. Those only who deny self, and live a life of sobriety, humility, and holiness, are true followers of Jesus; and such cannot enjoy the society of the lovers of the world." —*Testimonies for the Church, vol. 4, pp. 628, 629, 632, 633.* (2 TG:38.3-26).

FROM THE GOLDEN BOWL

*"The Lord is a great God,
And a great King above all gods....
O come, let us worship and bow down:
Let us kneel before the Lord our Maker."
Ps. 95:3, 6.*

"Both in public and in private worship, it is our privilege to bow on our knees before God when we offer our petitions to Him. Jesus, our example, "kneeled down, and prayed." Luke 22:41. Of His disciples it is recorded that they, too, "kneeled down, and prayed." Acts 9:40. Paul declared, "I bow my knees unto the Father of our Lord Jesus Christ." Eph. 3:14. In confessing before God the sins of Israel, Ezra knelt. (See Ezra 9:5). Daniel "kneeled upon his knees three times a day, and prayed, and gave thanks before his God." Dan. 6:10.

True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen, every heart should be deeply impressed. The hour and place of prayer are sacred, because God is there.... " —E. G. White, *Prophets and Kings, p. 48*

STEPS TO CHRIST

Rejoicing in the Lord

Ellen G. White

The children of God are called to be representatives of Christ, showing forth the goodness and mercy of the Lord. As Jesus has revealed to us the true character of the Father, so we are to reveal Christ to a world that does not know His tender, pitying love. "As Thou hast sent Me into the world," said Jesus, "even so have I also sent them into the world." "I in them, and Thou in Me;...that the world may know that Thou hast sent Me." John 17:18,23. The apostle Paul says to the disciples of Jesus, "Ye are manifestly declared to be the epistle of Christ," "known and read of all men." 2 Corinthians 3:3,2. In every one of His children, Jesus sends a letter to the world. If you are Christ's follower, He sends in you a letter to the family, the village, the street, where you live. Jesus, dwelling in you, desires to speak to the hearts of those who are not acquainted with Him. Perhaps they do not read the Bible, or do not hear the voice that speaks to them in its pages; they do not see the love of God through His works. But if you are a true representative of Jesus, it may be that through you they will be led to understand something of His goodness and be won to love and serve Him.

Christians are set as light bearers on the way to heaven. They are to reflect to the world the light shining upon them from Christ. Their life and character should be such that through them others will get a right conception of Christ and of His service.

If we do represent Christ, we shall make His service appear attractive, as it really is. Christians who gather up gloom and sadness to their souls, and murmur and complain, are giving to others a false representation of God

and the Christian life. They give the impression that God is not pleased to have His children happy, and in this they bear false witness against our heavenly Father.

Satan is exultant when he can lead the children of God into unbelief and despondency. He delights to see us mistrusting God, doubting His willingness and power to save us. He loves to have us feel that the Lord will do us harm by His providences. It is the work of Satan to represent the Lord as lacking in compassion and pity. He misstates the truth in regard to Him. He fills the imagination with false ideas concerning God; and instead of dwelling upon the truth in regard to our heavenly Father, we too often fix our minds upon the misrepresentations of Satan and dishonor God by distrusting Him and murmuring against Him. Satan ever seeks to make the religious life one of gloom. He desires it to appear toilsome and difficult; and when the Christian presents in his own life this view of religion, he is, through his unbelief, seconding the falsehood of Satan.

Many, walking along the path of life, dwell upon their mistakes and failures and disappointments, and their hearts are filled with grief and discouragement. While I was in Europe, a sister who had been doing this, and who was in deep distress, wrote to me, asking for some word of encouragement. The night after I had read her letter I dreamed that I was in a garden, and one who seemed to be the owner of the garden was conducting me through its paths. I was gathering the flowers and enjoying their fragrance, when this sister, who had been walking by my side, called my attention to

some unsightly briars that were impeding her way. There she was mourning and grieving. She was not walking in the pathway, following the guide, but was walking among the briars and thorns. "Oh," she mourned, "is it not a pity that this beautiful garden is spoiled with thorns?" Then the guide said, "Let the thorns alone, for they will only wound you. Gather the roses, the lilies, and the pinks."

Have there not been some bright spots in your experience? Have you not had some precious seasons when your heart throbbed with joy in response to the Spirit of God? When you look back into the chapters of your life experience do you not find some pleasant pages? Are not God's promises, like the fragrant flowers, growing beside your path on every hand? Will you not let their beauty and sweetness fill your heart with joy?

The briars and thorns will only wound and grieve you; and if you gather only these things, and present them to others, are you not, besides slighting the goodness of God yourself, preventing those around you from walking in the path of life?

It is not wise to gather together all the unpleasant recollections of a past life,—its iniquities and disappointments,—to talk over them and mourn over them until we are overwhelmed with discouragement. A discouraged soul is filled with darkness, shutting out the light of God from his own soul and casting a shadow upon the pathway of others.

Thank God for the bright pictures which He has presented to us. Let us group together the blessed assurances of His love, that we may look upon them continually: The Son of God leaving His Father's throne, clothing His divinity with humanity, that He might rescue man from the power of Satan; His triumph in our behalf, opening heaven to men, revealing to human vision the presence chamber where

the Deity unveils His glory; the fallen race uplifted from the pit of ruin into which sin had plunged it, and brought again into connection with the infinite God, and having endured the divine test through faith in our Redeemer, clothed in the righteousness of Christ, and exalted to His throne—these are the pictures which God would have us contemplate.

When we seem to doubt God's love and distrust His promises we dishonor Him and grieve His Holy Spirit. How would a mother feel if her children were constantly complaining of her, just as though she did not mean them well, when her whole life's effort had been to forward their interests and to give them comfort? Suppose they should doubt her love; it would break her heart. How would any parent feel to be thus treated by his children? And how can our heavenly Father regard us when we distrust His love, which has led Him to give His only-begotten Son that we might have life? The apostle writes, "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Romans 8:32. And yet how many, by their actions, if not in word, are saying, "The Lord does not mean this for me. Perhaps He loves others, but He does not love me."

All this is harming your own soul; for every word of doubt you utter is inviting Satan's temptations; it is strengthening in you the tendency to doubt, and it is grieving from you the ministering angels. When Satan tempts you, breathe not a word of doubt or darkness. If you choose to open the door to his suggestions, your mind will be filled with distrust and rebellious questioning. If you talk out your feelings, every doubt you express not only reacts upon yourself, but it is a seed that will germinate and bear fruit in the life of others, and it may be impossible to counteract the influence of your words. You yourself may be able to recover from the

season of temptation and from the snare of Satan, but others who have been swayed by your influence may not be able to escape from the unbelief you have suggested. How important that we speak only those things that will give spiritual strength and life!

Angels are listening to hear what kind of report you are bearing to the world about your heavenly Master. Let your conversation be of Him who liveth to make intercession for you before the Father. When you take the hand of a friend, let praise to God be on your lips and in your heart. This will attract his thoughts to Jesus.

All have trials; griefs hard to bear, temptations hard to resist. Do not tell your troubles to your fellow mortals, but carry everything to God in prayer. Make it a rule never to utter one word of doubt or discouragement. You can do much to brighten the life of others and strengthen their efforts, by words of hope and holy cheer.

There is many a brave soul sorely pressed by temptation, almost ready to faint in the conflict with self and with the powers of evil. Do not discourage such a one in his hard struggle. Cheer him with brave, hopeful words that shall urge him on his way. Thus the light of Christ may shine from you. "None of us liveth to himself." Romans 14:7. By our unconscious influence others may be encouraged and strengthened, or they may be discouraged, and repelled from Christ and the truth.

There are many who have an erroneous idea of the life and character of Christ. They think that He was devoid of warmth and sunniness, that He was stern, severe, and joyless. In many cases the whole religious experience is colored by these gloomy views.

It is often said that Jesus wept, but that He was never known to smile. Our Saviour was

indeed a Man of Sorrows, and acquainted with grief, for He opened His heart to all the woes of men. But though His life was self-denying and shadowed with pain and care, His spirit was not crushed. His countenance did not wear an expression of grief and repining, but ever one of peaceful serenity. His heart was a wellspring of life, and wherever He went He carried rest and peace, joy and gladness.

Our Saviour was deeply serious and intensely in earnest, but never gloomy or morose. The life of those who imitate Him will be full of earnest purpose; they will have a deep sense of personal responsibility. Levity will be repressed; there will be no boisterous merriment, no idle jesting; but the religion of Jesus gives peace like a river. It does not quench the light of joy; it does not restrain cheerfulness nor cloud the sunny, smiling face. Christ came not to be ministered unto but to minister; and when His love reigns in the heart, we shall follow His example.

If we keep uppermost in our minds the unkind and unjust acts of others we shall find it impossible to love them as Christ has loved us; but if our thoughts dwell upon the wondrous love and pity of Christ for us, the same spirit will flow out to others. We should love and respect one another, notwithstanding the faults and imperfections that we cannot help seeing. Humility and self-distrust should be cultivated, and a patient tenderness with the faults of others. This will kill out all narrowing selfishness and make us large-hearted and generous.

The psalmist says, "Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed." Psalm 37:3. "Trust in the Lord." Each day has its burdens, its cares and perplexities; and when we meet how ready we are to talk of our difficulties and trials. So many borrowed troubles

intrude, so many fears are indulged, such a weight of anxiety is expressed, that one might suppose we had no pitying, loving Saviour ready to hear all our requests and to be to us a present help in every time of need.

Some are always fearing, and borrowing trouble. Every day they are surrounded with the tokens of God's love; every day they are enjoying the bounties of His providence; but they overlook these present blessings. Their minds are continually dwelling upon something disagreeable which they fear may come; or some difficulty may really exist which, though small, blinds their eyes to the many things that demand gratitude. The difficulties they encounter, instead of driving them to God, the only source of their help, separate them from Him because they awaken unrest and repining.

Do we well to be thus unbelieving? Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare. We should not allow the perplexities and worries of everyday life to fret the mind and cloud the brow. If we do we shall always have something to vex and annoy. We should not indulge a solicitude that only frets and wears us, but does not help us to bear trials.

You may be perplexed in business; your prospects may grow darker and darker, and you may be threatened with loss; but do not become discouraged; cast your care upon God, and remain calm and cheerful. Pray for wisdom to manage you affairs with discretion, and thus prevent loss and disaster. Do all you can on your part to bring about favorable results. Jesus has promised His aid, but not apart from our effort. When, relying upon our Helper, you have done all you can, accept the result cheerfully.

It is not the will of God that His people should

be weighed down with care. But our Lord does not deceive us. He does not say to us, "Do not fear; there are no dangers in your path." He knows there are trials and dangers, and He deals with us plainly. He does not propose to take His people out of a world of sin and evil, but He points them to a never-failing refuge. His prayer for His disciples was, "I pray not that Thou shouldest take them out of the world, but that Thou shouldest keep them from the evil." "In the world," He says, "ye shall have tribulation: but be of good cheer; I have overcome the world." John 17:15; 16:33.

In His Sermon on the Mount, Christ taught His disciples precious lessons in regard to the necessity of trusting in God. These lessons were designed to encourage the children of God through all ages, and they have come down to our time full of instruction and comfort. The Saviour pointed His followers to the birds of the air as they warbled their carols of praise, unencumbered with thoughts of care, for "they sow not, neither do they reap." And yet the great Father provides for their needs. The Saviour asks, "Are ye not much better than they?" Matthew 6:26. The great Provider for man and beast opens His hand and supplies all His creatures. The birds of the air are not beneath His notice. He does not drop the food into their bills, but He makes provision for their needs. They must gather the grains He has scattered for them. They must prepare the material for their little nests. They must feed their young. They go forth singing to their labor, for "Your heavenly Father feedeth them." And "are ye not much better than they?" Are not you, as intelligent, spiritual worshipers, of more value than the birds of the air? Will not the Author of our being, the Preserver of our life, provide for our necessities if we but trust in Him?

Christ pointed His disciples to the flowers of the field, growing in rich profusion and flowing

in the simple beauty which the heavenly Father has given them, as an expression of His love to man. He said, "Consider the lilies of the field, how they grow." The beauty and simplicity of these natural flowers far outrival the splendor of Solomon. The most gorgeous attire produced by the skill of art cannot bear comparison with the natural grace and radiant beauty of the flowers of God's creation. Jesus asks, "If God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?" Matthew 6:28,30. If God the divine Artist, gives to the simple flowers that perish in a day their delicate and varied colors, how much greater care will He have for those who are created in His own image? This lesson of Christ's is a rebuke to the anxious thought, the perplexity and doubt, of the faithless heart.

The Lord would have all His sons and daughters happy, peaceful, and obedient. Jesus says, "My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." "These things have I spoken unto you, that My joy might remain in you, and thy your joy might be full." John 14:27; 15:11.

Happiness that is sought from selfish motives, outside of the path of duty, is ill-balanced, fitful, and transitory; it passes away, and the soul is filled with loneliness and sorrow; but there is joy and satisfaction in the service of God; the Christian is not left to walk in uncertain paths; he is not left to vain regret and disappointments. If we do not have the pleasures of this life we may still be joyful in looking to the life beyond.

But even here Christians may have the joy of communion with Christ; they may have the light of His love, the perpetual comfort of His 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 the blessed home of peace. Then let us not cast away our confidence, but have firm assurance, firmer than ever before. "Hitherto hath the Lord helped us," and He will help us to the end. 1 Samuel 7:12. Let us look to the monumental pillars, reminders of what the Lord has done to comfort us and to save us from the hand of the destroyer. Let us keep fresh in our memory all the tender mercies that God has shown us,—the tears He has wiped away, the pains He has soothed, the anxieties removed, the fears dispelled, the wants supplied, the blessings bestowed,—thus strengthening ourselves for all that is before us through the remainder of our pilgrimage.

We cannot but look forward to new perplexities in the coming conflict, but we may look on what is past as well as on what is to come, and say, "Hitherto hath the Lord helped us." "As thy days, so shall thy strength be." Deuteronomy 33:25. The trial will not exceed the strength that shall be given us to bear it. Then let us take up our work just where we find it, believing that whatever may come, strength proportionate to the trial will be given.

And by and by the gates of heaven will be thrown open to admit God's children, and from the lips of the King of glory the benediction will fall on their ears like richest music, "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world." Matthew 25:34.

Then the redeemed will be welcomed to the home that Jesus is preparing for them. There their companions will not be the vile of earth, liars, idolators, the impure, and unbelieving; but they will associate with those who have overcome Satan and through divine grace have formed perfect characters. Every sinful tendency, every imperfection,

that afflicts them here has been removed by the blood of Christ, and the excellence and brightness of His glory, far exceeding the brightness of the sun, is imparted to them. And the moral beauty, the perfection of His character, shines through them, in worth far exceeding this outward splendor. They are without fault before the great white throne, sharing the dignity and the privileges of the angels.

In view of the glorious inheritance that may be his, "what shall a man give in exchange for his soul?" Matthew 16:26. He may be poor, yet he possesses in himself a wealth and dignity that the world could never bestow. The soul redeemed and cleansed from sin, with all its noble powers dedicated to the service of God, is of surpassing worth; and there is joy in heaven in the presence of God and the holy angels over one soul redeemed, a joy that is expressed in songs of holy triumph. *(Steps to Christ, pp. 115-126).*

FROM THE GOLDEN BOWL

"If you, Brethren, stay inside God's hedge of inspired revelation, and walk with Him as did Enoch of old, you will have Him by your side every step of the way. So whatever your burden, leave it with Him, and He Himself will bear it for you to triumph. Know that He has heard your prayer, and that He will grant your request as He sees fit to carry out His plan for you and for His gospel today.

Miracle-mongers and Miracle-hunters, fanatics all, bear in mind, may become dangerously subversive, ready to sabotage everything that is not in accordance with their thinking. Loose and rattling tongues will endeavor to shake the faith of us all. The ones, though, who bear the heaviest burden of feeding the flock with 'meat in due season' will be the Devil's main targets. At just such a time as this, these

devoted followers of God will profit most by the Lord's advice:

Trust ye not in a friend, put ye not confidence in a guide: keep the door of thy mouth from her that lieth in thy bosom. For the son dishonoureth the father, the daughter riseth up against her mother, the daughter in law against her mother in law; a man's enemies are the men of his own house. Therefore I will look unto the Lord: I will wait for the God of my salvation: my God will hear me. Mic. 7:5-7.

It will be discovered that there will be thousands of voices, some from professed believers, and some from those who fight against the faith of the saints, one voice condemning one thing, and another condemning another thing, and what one condemns, another will approve. But when held close to the light of God's word, all their discordant philosophizings and murmurings, their man-made plans and carnal ideas, will be seen to be but a tumult of envy, jealousy, pride, self-opinionation, hatred, malice, politics, greed, prejudice, and every other selfishness. These unfortunate, self-sent ones, being yet in spiritual darkness, doubtless imagine themselves to be working for God with zeal and energy. But one day they will horrifyingly discover that they have been working against the Lord, as Saul of Tarsus discovered about himself. May the prayers of the saints awaken them, and put them working for the Lord, as the prayers of Stephen caused Saul to become the great Apostle Paul for both Jew and Gentile. And may he that hath an ear, hear what the Spirit saith, and hold fast that which he hath lest the enemy deceitfully take it from his grasp. —V. T. Houteff, 2 TG:46.47-49. □

*Blessed be
the Lord God
of Israel...Ps. 41:13.*

THE GOSPEL OF HEALTH

*"If we eat wrongly,
No doctor can cure us;
If we eat rightly,
No doctor is needed."
--Rocine*

Poor Cooking a Cause of Disease

It is of vital importance to know how to cook. Poor cooking produces disease, bad tempers, etc. The system becomes degenerated, the brain becomes dull and mental acuity is affected.

Healthful cooking is a highly skilled art and one of the most essential in practical life. It is a science that everyone should learn at an early age (both male and female).

Cooking classes should be a required course beginning from first grade through twelve for every student. To master this art, which is inseparably connected with life and health, is a most valuable science and requires intelligence and skill. Schools should give cooking classes their highest priority and become devoted in seeing to it that each student obtains a thorough knowledge and experience in the preparation of simplistic, healthful and tasty foods.

One reason so many become discouraged in natural health is that they have not been properly taught how to cook simply prepared, delicious foods that can take the place of "fast foods" and meats to which they have become accustomed. They become so discouraged with their own inability to cook that they give up and resort to bad eating habits.

Ill prepared food impairs the digestive system and causes an impure blood stream, among

other factors, which can lead to all kinds of disorders such as ulcers, digestive distress, colon problems, circulatory problems, headaches, poor sleeping habit, etc.

Cooking and the knowledge of foods as well as the principles of diet should be considered among the most important lessons in physiology. Teaching how to cook with simplicity and yet in a way that is best suited to the human system takes skill and should not be treated lightly.

Scientific research is emerging today that emphasizes the vital importance and the profound effects that foods are having in prolonging a more vital lifestyle. The time has come for educators to realize the essential duty that is being placed on them to provide the knowledge to bring about better health.

There is now overwhelmingly available research with facts about the death rate caused from cancer, heart attacks, diabetes and other degenerative diseases. This data directly relates food to these diseases being caused by impoverished diets, additives and preservatives, poor soil overloaded with chemicals and contaminated air, water, etc.

Educators worry about students being taught enough math and sciences; the greatest science in the world is the technology of foods and how they are directly related to the physiological aspects of health. The subjects of health and nutrition should immediately be implemented in every school with emphasis on health building foods. We now have proof that building a strong, healthier body in turn builds a sharper and healthier mind.

(—*Health Store New*, April/May 1995).

Inspiration Says: "It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment."

"Some are called to what are looked upon as humble duties—it may be, to cook. But the science of cooking is not a small matter. The skillful preparation of food is one of the most essential arts, standing above music teaching or dressmaking. By this I do not mean to discount music teaching or dressmaking, for they are essential. But more important still is the art of preparing food so that it is both healthful and appetizing. This art should be regarded as the most valuable of all the arts, because it is so closely connected with life. It should receive more attention; for in order to make good blood, the system requires good food. The foundation of that which keeps people in health is the medical missionary work of good cooking.

"Often health reform is made health deform by the unpalatable preparation of food. The lack of knowledge regarding healthful cookery must be remedied before health reform is a success." —*CDF:260, 263.*

The Key To Preventive Aging

If you're a man and don't want to tack on four years to your looks, or a woman who doesn't want to prematurely age another three, maybe you'd better forget the highly prized meat diet. A computerized test of biological age called the H-SCAN, developed by Richard Hochschild of the Hoch Company in Corona del Mar, California, showed a link between premature aging and eating meat. Other findings: Smoking ages both sexes by three years, while exercise takes five years off the aging process in men and four in women. —*Longevity/March 1995*

Watching Violent Movies: Bad for Health

Watching TV and movie violence can be hazardous to your health, according to a new Duke University study.

Onscreen violence causes a rise in blood pressure and makes you more vulnerable to disease, warns Dr. Redford Williams, a professor of psychiatry. He had 18 men and 22 women watch violent scenes from two movies—and found their blood pressure increased as much as 4 percent during the violence. He cautions that a regular diet of violence could cause your blood pressure to become permanently elevated.

"It can also damage the lining of the arteries feeding the heart and increase your risk of coronary heart disease." He also found that after watching violence, viewers had elevated levels of stress-related hormones. "Increased levels of these hormones are thought to play a role in both heart disease and immune suppression. And if you suppress your immune system, you're at increased risk for developing cancer," said Dr. Williams.

"Our findings (show that) watching violent acts on TV or in the movies clearly has the potential to harm the health of the viewer." —*Selected*

"The Lord trieth the righteous: but the wicked and him that loveth violence his soul hateth." —*Psalms 11:5.*

Better Never Than Late!

Thinking about a before-bed snack tonight? Well, think again. Cancer experts have produced a lot of facts about what we should eat, but now researchers say that **when** we eat could be just as important. Research presented at the *World Cancer Congress* recently indicated that limiting eating to six

hours a day (i.e. breakfast and a second meal 5 hours later), and fasting for the other 18 hours could help prevent cancer. Ray Kearney, a professor of infectious diseases at Sydney University, told the congress that eating two main meals a day, as people did prior to the industrial revolution, could be a major key to cancer prevention. In experiments with mice, Kearney found that those on a restricted eating regime had 93% fewer cancers than the unrestricted group. "The reason for the apparent protection from cancer was that a controlled eating regime increased the animals' natural levels of hormones called corticosteroids," he said. The hormones are known to have powerful anti-inflammatory effects, and chronic inflammation has long been recognized as a risk factor for cancer. Corticosteroids also stop a process called angiogenesis, a process needed for tumors to develop blood vessels and grow.—*AP Online, 4/94*

Inspiration Says: "The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three."—*CDF:173.*

EXERCISE FOR LIFE

Patterns of modern living have led the average person into an increasingly sedentary existence. But, people were designed for movement, and many have not physiologically adapted well to this reduced level of activity.

Regular exercise is necessary to develop and maintain not only an optimal level of health,

but also a youthful appearance, mental clarity and high energy. Regular exercise also increases muscle strength and endurance. It does this by enhancing the function of lungs, heart and blood vessels; increasing joint flexibility; and improving coordination and efficiency of movement.

Physical activity provides an outlet for job-related tensions or mental fatigue. It has been found to reduce tension in the body, and boost spirits. Exercise has also been found to aid weight control and improve posture.

As much as half of the incidences of lower-back pain are due to poor muscle tone and an inflexible lower back. In many instances, this disability could be prevented or corrected by proper exercise.

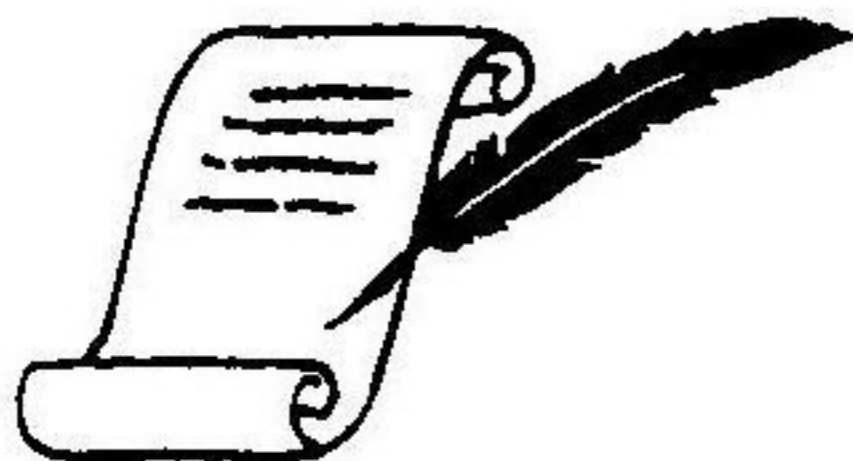
Research also indicates that much of the degeneration of bodily function and structure associated with premature aging seems to be reduced by frequent participation in a program of vigorous, regular exercise. —*Susan Smith Jones, Ph.D., Let's Live, March 1995.*

Inspiration Says: "In vigorous physical exercise, the animal passions find a healthy outlet and are kept in proper bounds. Healthful exercise in the open air will strengthen the muscles, encourage a proper circulation of blood, help to preserve the body from disease, and will be a great help in spirituality." "The sick should be educated to have confidence in nature's great blessings which God has provided; and the most effective remedies for disease are pure soft water, the blessed God-given sunshine coming into the rooms of the invalids, living outdoors as much as possible, having healthful exercise, eating and drinking foods that are prepared in the most healthful manner.... —*Medical Ministry, pp. 81; 225*

HEALTH HINTS, CAUTIONS AND REMINDERS

- Exercise improves body composition and trims the hips and thighs as it dusts the cobwebs from the mind.
- Plant remedies represent the most continuous and universal form of treatment for man's ills.
- "When you make the people intelligent on the question of health reform, you have prepared the way for them to give attention to the present truth for these last days."—*E.G. White, Counsels to Writers and Editors, p. 125.*
- "The health of the people is really the foundation upon which all their happiness and all the power of the State depends."
- "To lengthen thy life, lessen thy meals." —*Benjamin Franklin*
- "The medicine of tomorrow will be found in foods."—*Dr. Oliver Wendell Holmes*
- "Constipation is the father and mother of all disease." —*John Harvey Kellogg, MD*
- "The best medicine is no medicine." —*Old English Proverb*
- Foods known through the ages to induce ulcer healing: bananas, cabbage juice, cactus juices (from the yucca plant) and aloe vera gel.
- An abundant intake of fresh fruits and vegetables plays an important role in reducing the incidence of cancer.
- Nutrition is on the threshold of new and revolutionary developments, and its potentialities for the improvement of health in this country are vast." —*Prof. Roger J. Williams, biochemist.*
- Natural foods will be the medicine of the future." —*Thomas Edison*
- "Most people do not realize that green leafy vegetables have as much calcium as milk." —*Elizabeth Broadston, nutritionist*
- If just 1 out of 10 adults began a regular walking program, \$5.6 billion in medical care would be saved annually. And that's just in the heart-disease area.
- Many mistake thirst for hunger, so they often eat when their bodies really want a drink of pure water.
- A low-fat diet drives down the risk of precancerous skin lesions, called actinic keratoses.
- Fiber plays an important role in digestion, weight control, maintaining healthy levels of blood sugar and cholesterol and protection against intestinal cancers. Good sources: corn, peas, broccoli, beans, berries, pears and prunes.
- Good nutrition and regular exercise work together like rain and sunshine to bring a harvest of health.
- Many canned foods are cooked three times.
- Honey speeds the healing of open wounds and prevents their infection from bacteria and viruses.
- Most ailments are treated better with nutrition. In many cases nutrition gives results where drugs have failed.
- Gleaned from various health journals.

THE MAIL BAG



Dear Sir/Madam:

I wish to thank the entire staff and executive council for the job you are doing in spreading God's message to all the world. We are doing fine during our crusade and efforts both at the Adventist Youth and Dorcas rallies. We are using the materials you sent.

I am preparing to journey to one of the remote areas where we opened a branch during our crusade last October. You know this is our first time to be there, so I beg you all to include us in your prayers so that all our work and plans will run smoothly... May God bless you all in the name of Jesus Christ.

ZAMBIA, CENTRAL AFRICA

Dear Treasurer:

I send my first season first tithe; second tithe; building fund and offering. When you receive them, please give me a reply.

I would like to take the Bible correspondence course... Please continue praying for me and for the church members in China and Hong Kong. May God bless you, your staff and your family members.

HONG KONG

Dear Brethren:

Please send your tapes: The 144,000 -- Rev. 7; the Eleventh Hour and any other audio tapes that are available. Enclosed find a small donation.

MICHIGAN, USA

Dear Brothers in Christ:

I would like to establish a 7th-day Mission, teaching basic principles of our church. Everyone in our church is eager to become real Christian Seventh-day Adventists. They are fond of listening to our 7th-day Mission message and sermons.

Dear brother, I do hope you can send me some tracts and booklets so that I may distribute them door to door here. May God bless you all. Pray for us and thank you all!

INDIA

Dear Brethren:

Thank you for the tapes that I received in the mail today. I had almost forgotten that I had asked for them. My mother had extra ones that she gave me and I have been sharing them.

My daughter is listening and reading on the subject and is very impressed. I would like to have some booklets for her to read. I only have one set left and don't want to part with them. If you could send me a set for her I would appreciate it....

CALIFORNIA, USA

Dear Sir:

I wish to inform you that I have come across a few of your tracts and read them. I found them to be very interesting and worthy of reading.

It is therefore my humble request that you send me all your earlier publications and any future publications in whatever manner you deem convenient. Please note that I would prefer that you send them on a regular basis. Thank you in advance for your cooperation. May the Lord bless the good work you are doing.

KENYA, EAST AFRICA

Dear Brethren:

I have heard one of your audio tapes: The 144,000, Who Are They—Rev.7, and I wish to have the six tapes that I'm told you have produced. The tape that I heard is wonderful and I wish to share it with family. Enclosed find a small donation. Thank you.

MICHIGAN, USA

Dear Brethren:

I was introduced to your ministry recently by a close brother in the Lord. Please send me the following tapes: The Eleventh-Hour Call; the 144,000; the Great Paradox; Thy Kingdom Come, the Harvest and the Great Image of Daniel 2. May God continue to bless.

USA

Dear Sir/Madam:

Kindly enroll me in your Bible correspondence

course. I would also like to receive a free King James version of the Holy Bible if you are giving the Bible students the Bible as their references in their studies. I would also like your tracts and other materials for free distribution.

Thank you very much for your kind attention in this matter. In Christian love.

MANILA, PHILIPPINES

Dear Friends in Christ:

I am pleased to send congratulations as you are honored by your congregation and friends for your many years of service to God and to your fellow man.

It has been a most rewarding experience sharing with you these precious and solemn truths over the last few years. I would like to re-emphasize the fact that I am gaining a most rewarding and personal experience with my Saviour as I sink the shaft deeper into the mine of God's truth for this time.

KENYA, EAST AFRICA

Brothers and Sisters at Mountindale:

It is time for Davidians to lay down the fight and press for God's presence instead. For until Davidia is of one accord, how can we receive the refreshing? Many in Davidia are standing at the threshold of untold glories. But we cannot cross over until Davidia unites—becomes of one accord. I'm ready to move forward—but the state of Davidia is holding us back. I'm sure they will see the truth here. I hope you do also.

Please in your future publications press for unity in Davidia—do not fight. Let us become

of one accord so we can receive the refreshing! Please put me on your mailing list.

KANSAS, USA

Dear Brethren: Greetings in the name of our Lord Jesus Christ and Saviour, our only hope. While the message here in this part of Kenya is not progressing well because of the David Koresh incident, we are happy to hear that in your part of the vineyard, it is progressing and growing rapidly. Thanks be to God.

Thanks so much for the progress report from Mount Carmel. It is my prayer that by next year everything will be running smoothly here.

KENYA, EAST AFRICA

Dear Brethren:

This is all I have to give and thank God for it. Use it to the glory of God! I give it cheerfully. Thank you for all you have done for me. Jesus Christ is Lord!

USA

Dear Sir:

Greetings in the beloved name of Jesus Christ. Your staff sent me a present truth publication and I have circulated it among the brethren. I would like to take your correspondence course. It will help me to know more about the truth for this time.

Permit me to ask your staff if you have the Shepherd's Rod publications in the form of computer disks? I will, if I could express my hunger and thirst for the message of the hour. May God bless all of your efforts in building the soon coming Kingdom of God.

Yours to walk in the light of Present Truth.

ETHIOPIA

Dear Brethren:

This is to remind you that we are still your followers and co-workers in the Shepherd's Rod message from the old headquarter office of Mount Carmel Center, Mountindale, New York. We are here to announce to you that we have returned from the grave—That is from following people blindly—Isaiah 2:22.

Please send us your materials and tapes on the Waco issue, the river of Ezekial 47, the prophecies of Zechariah 6 and Ezekiel 4; the woman of Revelation 12 and studies on Revelation 17, Daniel 7, 9 and 25, and Revelation 20. Also we need very much the prophetic charts of the Bible.

We need not be afraid of anything the future may bring for our Lord Jesus Christ is more than capable of protecting the ark and preventing it from falling. "The church may appear as about to fall, but it does not fall. It remains, while the sinners in Zion will be sifted out—the chaff separated from the precious wheat. This is a terrible ordeal, but nevertheless it must take place." 2 SM:380.

"Every advance of God's servants at the head of the work has been watched with suspicion by those who have had a spirit of insurrection, and all their actions have been misrepresented by the fault-finding, until honest souls have been drawn into the snare for want of correct knowledge. Those who lead them astray are so affected themselves by blind prejudice, and by rejecting the testimonies God has sent them, that they cannot see or hear aright." 4 SG:37.

ZAMBIA, CENTRAL AFRICA

YOUNG WORLD

Rod Rover

—Penny Payne

Divisions of the Kingdom

Are you hungry for home? Want a piece of the pie? Can't bring up the rear here, or trot along with the tribe. You've got to know the Man. Know and claim His promises like taking you to you own land. giving you a new heart plunging you into the "cleansing fountain." Yes!

You know how the land is divided now, right? How about then? Read Ezekiel 47:13—48:35 and 2 TG:42.38. Answer questions, fill-in-blanks. Compare the two maps (lay one over the other) to see what each tribe's territory includes. Read 2 TG:4.18-20 and see some of what we'll do there. Which tribe is yours? Don't know? Choose one and dream....

CIRCLE THE CORRECT ANSWER:

1. The land is divided north to south; east to west?
2. Each tribe's portion is in squares, strips, rectangles?
3. According to Eze. 47:13, Joseph shall have two, three, four portions?
4. Unscramble the letters to name the country that will border Dan to the north and Gad to the south.

ANBOENL. USDAI BRIAAA

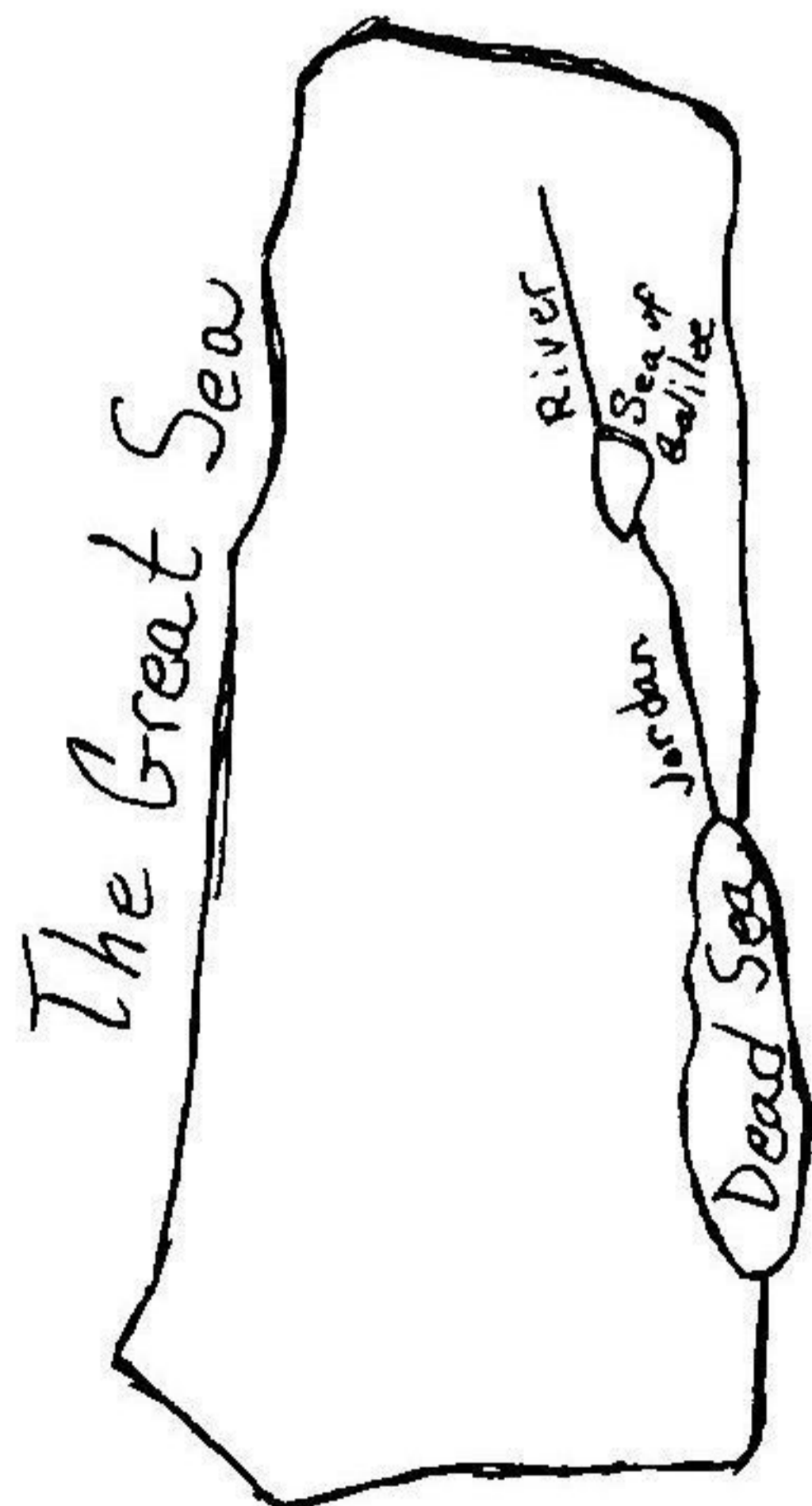
5. After the kingdom is set up _____ makes war with it. (2 TG:4.18).
6. _____ come from out of the _____ to attack the kingdom.

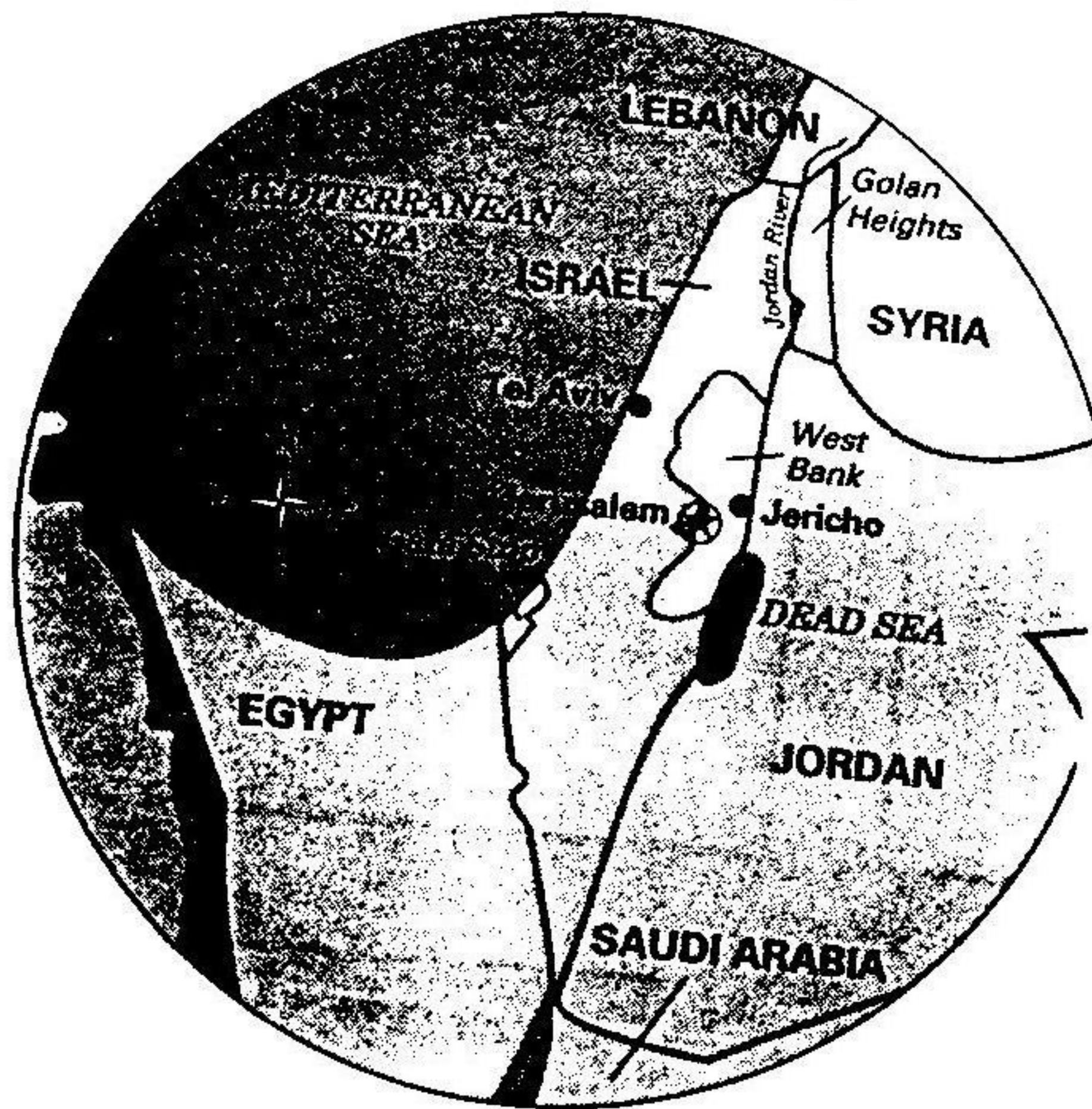
7. _____ will fail and will perish in the mountains of _____ (2 TG:4.19).

8. The weapons _____ uses against Israel (the kingdom) shall be burned for fuel instead of wood for _____ years. Israel will bury their dead enemies for _____ months.

9. What will occupy the midst of the land? What tribe and group of leaders will be there? (2 TG:42.38, map).

(Copy tribal divisions onto the following map. Compare it with 1993s map of Israel to see what landmarks each tribe will own.)





RELIGIOUS LIBERTY ISSUES

Step by step the freedom to practice religion according to the individual conscience is being eroded. Consider the following incidents in England.

- When the Deputy Director of Social Services in Nottinghamshire, England, identified himself on a TV program as an evangelical Christian holding pro-life views, local government officials called a disciplinary hearing and demanded his dismissal.

- When Anne Davis, day care provider from Surrey, England, said that as a Christian, she believes in discipline within a loving family environment and reserves the right to use corporal punishment in her day care center with the consent of the child's parents, authorities banned her from offering day care to families in her region.

- When after the organization Jews for Jesus received permission to advertise on the London Underground, officials from the Underground, because of complaints about posters, removed them and refused to allow Jews for Jesus to advertise their religious message.

George Washington said in his 1796 farewell address to Congress, "Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle. —*The Rutherford Institute* □

*"O Lord, Thou art my God;
I will exalt Thee,
I will praise Thy name;
For Thou has done wonderful things;
Thy counsels of old are faithfulness and
truth." Isaiah 25:1*

THE STORY OF REDEMPTION

Ellen G. White

God's Power Revealed

Many years had the children of Israel been in servitude to the Egyptians. Only a few families went down into Egypt, but they had become a large multitude. And being surrounded with idolatry, many of them had lost the knowledge of the true God and had forgotten His law. And they united with the Egyptians in their worship of the sun, moon, and stars, also of beasts and images, the work of men's hands.

Everything around the children of Israel was calculated to make them forget the living God. Yet there were those among the Hebrews who preserved the knowledge of the true God, the Maker of the heavens and of the earth. They were grieved to see their children daily witnessing, and even engaging in, the abominations of the idolatrous people around them, and bowing down to Egyptian deities, made of wood and stone, and offering sacrifice to these senseless objects. The faithful were grieved, and in their distress they cried unto the Lord for deliverance from the Egyptian yoke, that He would bring them out of Egypt, where they might be rid of idolatry and the corrupting influences which surrounded them.

But many of the Hebrews were content to remain in bondage rather than to go to a new country and meet with the difficulties attending such a journey. Therefore the Lord did not deliver them by the first display of His signs and wonders before Pharaoh. He overruled events to more fully develop the tyrannical spirit of Pharaoh, and that He might manifest His great power to the Egyptians, and also before His people, to make them anxious to leave Egypt and choose the service of God.

Although many of the Israelites had become corrupted by idolatry, yet the faithful stood

firm. They had not concealed their faith, but openly acknowledged before the Egyptians that they served the only true and living God. They rehearsed the evidences of God's existence and power from creation down. The Egyptians had an opportunity of becoming acquainted with the faith of the Hebrews and their God. They had tried to subvert the faithful worshipers of the true God, and were annoyed because they had not succeeded, either by threats, the promise of rewards, or by cruel treatment.

The last two kings who had occupied the throne of Egypt had been tyrannical and had cruelly entreated the Hebrews. The elders of Israel had endeavored to encourage the sinking faith of the Israelites, by referring to the promise made to Abraham, and the prophetic words of Joseph just before he died, foretelling their deliverance from Egypt. Some would listen and believe. Others looked at their own sad condition, and would not hope.

Israel Influenced by their Environment

The Egyptians had learned the expectations of the children of Israel and derided their hopes of deliverance and spoke scornfully of the power of their God. They pointed them to their own situation as a people, as merely a nation of slaves, and tauntingly said to them, If your God is so just and merciful, and possess power above the Egyptian gods, why does He not make you a free people? Why not manifest His greatness and power, and exalt you?

The Egyptians then called the attention of the Israelites to their own people, who worshiped gods of their own choosing, which the

Israelites termed false gods. They exultingly said that their gods had prospered them, and had given them food and raiment and great riches, and that their gods had also given the Israelites into their hands to serve them, and that they had power to oppress them and destroy their lives, so that they should be no people. They derided the idea that the Hebrews would ever be delivered from slavery.

Pharaoh boasted that he would like to see their God deliver them from his hands. These words destroyed the hopes of many of the children of Israel. It appeared to them very much as the king and his counselors had said. They knew that they were treated as slaves, and that they must endure just that degree of oppression their taskmasters and rulers might put upon them. Their male children had been hunted and slain. Their own lives were a burden, and they were believing in, and worshiping, the God of heaven.

Then they contrasted their condition with that of the Egyptians. They did not believe at all in a living God who had power to save or to destroy. Some of them worshiped idols, images of wood and stone, while others chose to worship the sun, moon, and stars; yet they were prospered and wealthy. And some of the Hebrews thought that if God was above all gods He would not thus leave them as slaves to an idolatrous nation.

The faithful servants of God understood that it was because of their unfaithfulness to God as a people, and their disposition to intermarry with other nations, and thus being led into idolatry, that the Lord suffered them to go into Egypt. And they firmly declared to their brethren that God would soon bring them up from Egypt and break their oppressive yoke.

The time had come when God would answer the prayers of His oppressed people, and

would bring them from Egypt with such mighty displays of His power that the Egyptians would be compelled to acknowledge that the God of the Hebrews, whom they had despised, was above all gods. He would now punish them for their idolatry and for their proud boasting of the mercies bestowed upon them by their senseless gods. God would glorify His own name, that other nations might hear of His power and tremble at His mighty acts, and that His people, by witnessing His miraculous works, should fully turn from their idolatry to render to Him pure worship.

In the deliverance of Israel from Egypt, God plainly showed His distinguished mercy to His people before all the Egyptians. God saw fit to execute His judgments upon Pharaoh, that he might know by sad experience, since he would not otherwise be convinced, that His power was superior to all others. That His name might be declared throughout all the earth, He would give exemplary and demonstrative proof to all nations of His divine power and justice. It was the design of God that these exhibitions of power should strengthen the faith of His people, and that their posterity should steadfastly worship Him alone who had wrought such merciful wonders in their behalf.

Moses declared to Pharaoh, after he required the people to make brick without straw, that God, whom he pretended not to know, would compel him to yield to His claims and acknowledge His authority as supreme Ruler.

The Plagues

The miracle of the rod's becoming a serpent and the river's being turned to blood did not move the hard heart of Pharaoh, only to increase his hatred of the Israelites. The work of the magicians led him to believe that these miracles were performed by magic, but

he had abundant evidence that this was not the case when the plague of frogs was removed. God could have caused them to disappear and return to dust in a moment, but He did not do this, lest, after they should be removed, the king and the Egyptians should say that it was the result of magic, like the work of the magicians. They died, and then they gathered them together into heaps. Their bodies they could see before them, and they corrupted the atmosphere. Here the king and all Egypt had evidences which their vain philosophy could not dispose of, that this work was not magic but a judgment from the God of heaven.

The magicians could not produce the lice. The Lord would not suffer them to make it even appear to their own sight, or to that of the Egyptians, that they could produce the plague of the lice. He would remove all excuse of unbelief from Pharaoh. He compelled even the magicians themselves to say, "This is the finger of God."

Next came the plague of the swarms of flies. They were not such flies as harmlessly annoy us in some seasons of the year, but the flies brought upon Egypt were large and venomous. Their sting was very painful upon man and beast. God separated His people from the Egyptians and suffered no flies to appear throughout their coasts.

The Lord then sent the plague of the murrain upon their cattle, and at the same time preserved the cattle of the Hebrews, that not one of them died. Next came the plague of the boil upon man and beast, and the magicians could not protect themselves from it. The Lord then sent upon Egypt the plague of the hail mingled with fire, with lightnings and thunder. The time of each plague was given before it came, that it might not be said to have happened by chance. The Lord demonstrated to the Egyptians that the whole

earth was under the command of the God of the Hebrews—that thunder, hail, and storm obey His voice. Pharaoh, the proud king who once inquired, "Who is the Lord, that I should obey His voice?" humbled himself and said, "I have sinned...: the Lord is righteous, and I and my people are wicked." He begged of Moses to be his intercessor with God, that the terrific thunder and lightning might cease.

The Lord next sent the dreadful plague of the locusts. The king chose to receive the plagues rather than to submit to God. Without remorse he saw his whole kingdom under the miracle of these dreadful judgments. The Lord then sent darkness upon Egypt. The people were not merely deprived of light, but the atmosphere was very oppressive, so that breathing was difficult; yet the Hebrews had a pure atmosphere and light in their dwellings.

One more dreadful plague God brought upon Egypt, more severe than any before it. It was the king and idolatrous priests who opposed to the last the request of Moses. The people desired that the Hebrews should be permitted to leave Egypt. Moses related to Pharaoh and to the people of Egypt, also to the Israelites, the nature and effect of the last plague. On that night, so terrible to the Egyptians and so glorious to the people of God, was the solemn ordinance of the passover instituted.

It was very hard for the Egyptians king and a proud and idolatrous people to yield to the requirements of the God of heaven. Very slow was the king of Egypt to yield. While under most grievous affliction he would yield a little; but when the affliction was removed, he would take back all he had granted. Thus, plague after plague was brought upon Egypt, and he yielded no more than he was compelled to by the dreadful visitations of

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