

The cover features a photograph of a white window with a teal frame. The window is filled with a variety of flowers, including white daisies, purple salvia, and pink dahlias. The text is overlaid on the top half of the window.

*The Reformation*  
**Messenger**

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**WE BELIEVE:** The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the Owner and Sustainer. He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh. The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all unrighteousness. The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform. His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus. Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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- Telephone: 905-876-2518
- E-mail: [imsmessenger@yahoo.com](mailto:imsmessenger@yahoo.com)
- Internet: [www.imsmessenger.org](http://www.imsmessenger.org)
- Mail: RR #3, 7899 15 Side Road, Milton, ON L9T 2X7, Canada

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But the air of night, breathed in the night, will not of itself poison the current of human life.' Many are suffering from disease because they refuse to receive into their rooms at night the pure night air. The free, pure air of heaven is one of the richest blessings we can enjoy." – *Testimonies for the Church*, vol. 2, p. 527–528

"In the cool of the evening it may be necessary to guard against chilliness by extra clothing; but there should be a free circulation of pure air through the room during sleeping hours. The free air of heaven, by day or night, is one of the richest blessings we

"Many have been taught from childhood that night air is positively injurious to health and therefore must be excluded from their rooms. To their own injury they close the windows and doors of their sleeping apartments to protect themselves from the night air which they say is so dangerous to health. In this they are deceived. In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air.

"On an autumn evening we were once traveling in a crowded car, where the atmosphere was rendered very impure by the mingling of so many breaths. The exhalations from lungs and bodies caused a most sickening sensation to come over me. I raised my window and was enjoying the fresh air, when a lady, in earnest, imploring tones, cried out: 'Do put down that window. You will take cold and be sick, for the night air is so unhealthy.' I replied: 'Madam, we have no other air, in this car or out of it, but night air. If you refuse to breathe night air, then you must stop breathing. God has provided for His creatures air to breathe for the day, and the same, made a little cooler, for the night. In the night it is not possible for you to breathe anything but night air. The question is: Shall the night air we breathe be pure, or is it improved after it has been breathed over and over? Is it for our health to breathe the polluted night air of this car? The exhalations thrown off by the lungs and bodies of men steeped in tobacco and alcohol, pollute the air and endanger health; and yet nearly all the passengers sit as indifferent as though inhaling the purest atmosphere. God has wisely provided for us, that in the night we should breathe night air, and in the day, the air of the day. If we fail to answer the plan of God, and the blood becomes impure, our wrong habits have made it thus.

can enjoy.

"Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration.

"Many labor under the mistaken idea that if they have taken cold they must carefully exclude the outside air, and increase the temperature of the room until it is excessively hot. But the system of one suffering with cold is deranged, the pores are closed by waste matter, and there is more or less inflammation of the internal organs, because the blood has been chilled back from the surface, and thrown upon them. At this time, of all others, the lungs should not be deprived of pure air. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. The power of the will is a great help in resisting cold, and giving energy to the nervous system. To deprive the lungs of air, is like depriving the stomach of food. Air is the food that God has provided for the lungs. Welcome it; cultivate a love for it, as a precious boon of heaven." –*Christian Temperance and Bible Hygiene*, p. 104–105

**Ellen G. White**



# Love Unites Us



Love unites us as a close knit church of God, and nothing can separate us. If we love God, we then love even our enemies. If anyone separates himself from the church of God, where he is a member, he first has to separate from Jesus, and from God the Father. Before Jesus gave Peter the work to do for His lambs and sheep, He had to make sure that Peter truly loved Him. Without this love we will not be saved. "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God has prepared for them that love Him." 1 Corinthians 2:9

We sing the gospel song, "Nearer, still nearer, close to Thy heart, draw me, my Saviour, so precious Thou art. Nearer, still nearer, Lord to be Thine; Sin, with its follies, I gladly resign. All of its pleasures, pomp and its pride; Give me but Jesus, my Lord crucified. Nearer, my Saviour, still nearer to Thee." In this song great soul hunger is expressed. The author of this song is willing to give all for one thing—just to have Jesus for herself; there was nothing else that she wanted in life. This new experience gave her inspiration to write this song, which has brought encouragement and hope to others in the same condition. She was blind, yet she wrote over one thousand gospel hymns. Her name was Lelia Morris.

Mary had been a great sinner, and people knew of her life, therefore they despised her. When she anointed the head and feet of Jesus with the precious ointment, they thought that if Jesus would know her life He would never let her do it. But Jesus did know her life. When no one else cared for her, Jesus had pity on her, and saved her, and forgave her sins, and lifted her up from despair and ruin to joy and happiness. Now we understand why she spent all that money for this precious ointment, and why she was the first one at the grave of Jesus on Sunday morning. It was love that united her to Jesus. If we love



Jesus, we will love even the greatest criminal, and our love is seen in the sacrifices that we do for others. This love to Jesus unites us in His church to one another with unbreakable ties.

The most faithful followers of Jesus are the ones whom He has saved from a hopeless condition. When a perishing man cries in his despair and agony, then Jesus is there to help and to save. Who will say today, as we sing in the song, "Sin, with its follies, I gladly resign, give me but Jesus my Lord crucified." Who considers it an honour to be in the company of Jesus, the Creator of the whole universe, Jesus, the eternal God, to whom nothing is impossible, who can comfort, heal, and save, and who loves us? Let us learn these songs, "Nearer, my God to Thee, nearer to Thee! E'en though it be a cross that raiseth me!" "More about Jesus I would know, more of His grace to others show; more of His saving fullness see, More of His love who died for me." "Take the world, but give me Jesus, all its joys are but a name. But His love abideth ever, Through eternal years the same."

Then when we come to the end of the road, we will find Jesus still with us, to take us to heaven. We can look on His face, so kind, so pure, so humble. His love towards us is so strong, that He will leave heaven and His Father, to live on this earth forever with us.

He has chosen as His best friends, the sinners, the poor, the thieves, the adulterers, whom He has purified by His blood, by His death. He is still calling us today. Can you say to Him, "Jesus, I love Thee, I love You more than anything else"? You and Jesus can become the best of friends. All those also whom Jesus has saved become united, and the also become the best of friends. To Ancient Israel the message was given, "Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord." Leviticus 19:18

This same message is repeated seven times in the New Testament. "If ye fulfil the royal law according to the

scripture, Thou shalt love thy neighbour as thyself, you do well." James 2:8

Very few professing Christians keep this royal law; they follow rather the rule of Cain. "Am I my brother's keeper?" Genesis 4:9

"Abel was determined to worship God according to the directions God had given. This displeased Cain. . . . He thought that his father Adam had been treated harshly in being expelled from Eden." —*Testimonies to Ministers and Gospel Workers*, p. 77. Cain did not love his brother, his neighbor, and neither did he love God. Before we separate from our brothers and sisters we separate from God; then we are able to separate from our church family also.

Paul writes, "Look not every man on his own at things, but every man also on the things of others." Philippians 2:4. This means that we are our brother's keeper.

Paul writes further, "I am debtor both to the Greeks, and to the Barbarians; both to the wise, and to the unwise. So, as much as in me is, I am ready to preach the gospel to you that are at Rome also." Romans 1:14–15

Paul writes also, "Let every one of us please his neighbour for his good to edification." Romans 15:2. Even if our neighbours have fallen into sin, we are still to love them and help them to be faithful.

The disciples left all and followed Jesus because He was wise, pure, kind, and powerful; but they learned to love Him when they witnessed His sufferings and death on the cross, especially when they realized that He died for their sake, for their sins. There were times when thousands followed Jesus, and listened to His words, but in the end only a few believed in Him, and accepted Him as the Son of God, and truly loved Him. Those who truly loved Him, nothing could separate them from their love to Him.

"Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." Romans 8:35, 38–39

Sometimes when a great storm blows over the forest, we see many trees falling—they are uprooted; yet there are trees that resist the winds and storms—they are still standing. What holds them upright? Is it not their roots? It is the same with Christians; we need to be rooted firmly in the love of Jesus. "That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, . . . And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God." Ephesians

3:17, 19

There are professing Christians who do not love God, they love themselves. They love money and they love the world. They will be blown away as dry leaves.

"And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of His mouth, and shall destroy with the brightness of His coming: Even him, whose coming is after the working of Satan with all power and signs and lying wonders, And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved. And for this cause God shall send them strong delusion, that they should believe a lie: That they all might be damned who believed not the truth, but had pleasure in unrighteousness." 2 Thessalonians 2:8–12

Many Christians will perish for lack of love to God, and to their fellow men. Jesus loved His people (His church) so much that He left heaven and came to this earth to save His church, but they did not want Him.

"And when He was come near, He beheld the city, and wept over it, Saying, If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes." Luke 19:41–42

"O Jerusalem, Jerusalem, which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not!" Luke 13:34

The tender plant of love is often killed by selfishness, love of the world, and pride, and a Christian continues his joyless, unhappy life.

God has promised to give us His pure love, and this is the work of our reformation, to spread this love all around; to express this love to others is holiness.

My dear friends, let Jesus into your hearts, and into your lives, that His love will be seen in you, in your actions. This will fill you with fullness of joy and happiness, and you will be in heaven one day. Amen.

*Timo Martin*







# Everlasting Gospel Part 1

*How shall we stand in that great day?  
How shall we stand in that great day?  
Shall we be found before Him wanting?  
Or with our sins all washed away?*

“In the typical service, only those who had come before God with confession and repentance, and whose sins, through the blood of the sin offering, were transferred to the sanctuary, had a part in the service of the Day of Atonement. So in the great day of final atonement and investigative judgment the only cases considered are those of the professed people of God. The judgment of the wicked is a distinct and separate work, and takes place at a later period. ‘Judgment must begin at the house of God; and if it first begin at us, what shall the end be of them that obey not the gospel?’” —*The Great Controversy*, p. 480

*The judgment has set, the books have been opened;  
How shall we stand in that great day?  
When every thought, and word, and action,  
God, the righteous Judge, shall weigh?*

“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters.” Revelation 14:6–7

The signs of the times are pointing us to the near approach of our Lord. Is it indeed true that the end of this world’s history is near—that Christ is at the door? Are we preparing for the great judgment scene?

## THE HOUR OF JUDGMENT HAS COME

“For the time is come that judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel of God? And if the righteous scarcely be saved, where shall the ungodly and the sinner appear?” 1 Peter 4:17–18

“And there was given me a reed like unto a rod: and the angel stood, saying, Rise, and measure the temple of God, and the altar, and them that worship therein. But the court which is without the temple leave out, and measure it not; for it is given unto the Gentiles: and the holy city shall they tread under foot forty and two months.” Revelation 11:1–2

“Solemn will be the day of final decision. In prophetic vision the apostle John describes it: ‘I saw a great white throne, and Him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the books were opened; and another book was opened, which is the book of life; and the dead were judged out of those things which were written in the books, according to their works.’” —*Christ’s Object Lessons*, p. 318

Brethren, the biographies of good men of the past will

not meet the demand for this time. The Saviour whom you profess to love and serve wants you to have an experience of your own to relate. Do you believe that probation will soon close? The judgment has been sitting since 1844. The books are being opened one by one. We shall all be judged according to our works.

The book of life. "And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world." Revelation 13:8

The book of remembrance. "Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before Him for them that feared the LORD, and that thought upon His name." Malachi 3:16

"The eyes of the LORD are in every place, beholding the evil and the good." Proverbs 15:3. God is beholding everything.

"The law of God takes note of the jealousy, envy, hatred, malignity, revenge, lust, and ambition that surge through the soul, but have not found expression in outward action, because the opportunity, not the will, has been wanting. And these sinful emotions will be brought into the account in the day when 'God shall bring every work into judgment, with every secret thing.'" —*Sons and Daughters of God*, p. 61

The word of God declares that the Day of Judgment shall come as a snare upon all those who dwell on the earth. Their profession is only a hindrance to other souls if not followed by righteous deeds—a false light to lure them to destruction.

**"Measuring the Church of God**—The grand judgment is taking place, and has been going on for some time. Now the Lord says, Measure the temple and the worshipers thereof. Remember when you are walking the streets about your business, God is measuring you; when you are attending your household duties, when you engage in conversation, God is measuring you. Remember that your words and actions are being daguerreotyped [photographed] in the books of heaven, as the face is reproduced by the artist on the polished plate." —*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 972

### **Angels are taking reports.**

"Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?" Ecclesiastes 5:6

"The thought should be ever present with us that we must meet the record of our lives, that we are building character for eternity. The lines traced by our pens will be read when the hand that wrote them is lying idle in the grave. The influence of our words and acts will live, and will decide the destiny of souls. Angels of God are writing the history of our lives; let us be careful that the record is such as we shall not be ashamed to meet when the Judgment shall sit, and we shall receive according to the deeds done in the body." —*The Review and Herald*, June 17, 1884

"Take heed that ye despise not one of these little ones; for I say unto you, That in heaven their angels do always behold the face of My Father which is in heaven." Matthew 18:10

### **EXAMINE YOURSELF**

"Let us search and try our ways, and turn again to the LORD." Lamentations 3:40

"There is earnest warfare before all who would subdue the evil tendencies that strive for the mastery. The work of preparation is an individual work. We are not saved in groups. The purity and devotion of one will not offset the want of these qualities in another. Though all nations are to pass in judgment before God, yet He will examine the case of each individual with as close and searching scrutiny as if there were not another being upon the earth. Every one must be tested, and found without spot or wrinkle or any such thing." —*Maranatha*, p.250

"What shall I say to arouse the remnant people of God? . . . I warn all who profess the name of Christ to closely examine themselves and make full and thorough confession of all their wrongs, that they may go beforehand to judgment, and that the recording angel may write pardon opposite their names. My brother, my sister, if these precious moments of mercy are not improved, you will be left without excuse. If you make no special effort to arouse, if you will not manifest zeal in repenting, these golden moments will soon pass, and you will be weighed in the balance and found wanting. . . ."

"Closely examine your own heart as in the light of eternity. Hide nothing from your examination. Search, oh! search, as for your life, and condemn yourself, pass judgment upon yourself, and then by faith claim the cleansing blood of Christ to remove the stains from your Christian character. Do not flatter or excuse yourself. Deal truly with your own soul. And then as you view yourself a sinner, fall, all broken, at the foot of the

cross. Jesus will receive you, all polluted as you are, and will wash you in His blood, and cleanse you from all pollution, and make you fit for the society of heavenly angels, in a pure, harmonious heaven. There is no jar, no discord, there. All is health, happiness, and joy.” – *Ibid.*, p. 57

“Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?” 2 Corinthians 13:5

“At the final day, we shall be approved or condemned according to our works. The Judge of all the earth will render a just decision. He will not be bribed; He cannot be deceived. He who made man, and whose are the worlds and all the treasures they contain—He it is who weighs character in the balance of eternal justice.” – *The Review and Herald*, January 19, 1886

“We are doing our work for the judgment. Let us be learners of Jesus. We need His guidance every moment. At every step we should inquire, ‘Is this the way of the Lord?’ not, ‘Is this the way of the man who is over me?’ We are to be concerned only as to whether we are walking in the way of the Lord.” – *Sons and Daughters of God*, p.192

#### HOW SHALL WE STAND IN THAT GREAT DAY?

Dear reader:

*O, how shall we stand, that moment of searching,  
When all our sins those books reveal?  
When from that court, each case decided,  
Shall be granted no appeal?*

“The judgment is now passing in the sanctuary above. For many years this work has been in progress. Soon—none know how soon—it will pass to the cases of the living. In the awful presence of God our lives are to come up in review. At this time above all others it behooves every soul to heed the Saviour’s admonition, ‘Watch and pray: for ye know not when the time is.’ Mark 13:33. ‘If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.’ Revelation 3:3.” – *Maranatha*, p.250

“The time is short. How will our cases appear in the Judgment? What is now our standing before God? Are we closely examining our own hearts? Are we by repentance and confession sending our sins beforehand to Judgment, that they may be blotted out when the times of refreshing shall come? This is an individual work,—a work which we cannot safely delay. We

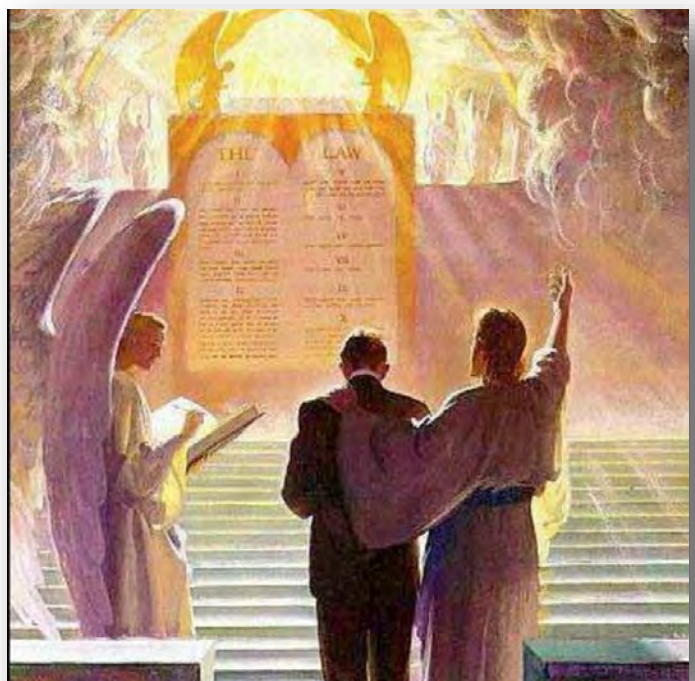
should take hold of it earnestly; our salvation depends upon our sincerity and zeal. Let the cry be awakened in every heart, ‘What must I do to be saved?’” – *The Review and Herald*, August 28, 1883

“As the books of record are opened in the judgment, the lives of all who have believed on Jesus come in review before God. Beginning with those who first lived upon the earth, our Advocate presents the cases of each successive generation, and closes with the living. Every name is mentioned, every case closely investigated. Names are accepted, names rejected. When any have sins remaining upon the books of record, unrepented of and unforgiven, their names will be blotted out of the book of life, and the record of their good deeds will be erased from the book of God’s remembrance. The Lord declared to Moses: ‘Whosoever hath sinned against Me, him will I blot out of My book.’ Exodus 32:33. And says the prophet Ezekiel: ‘When the righteous turneth away from his righteousness, and committeth iniquity, ... all his righteousness that he hath done shall not be mentioned.’ Ezekiel 18:24.” – *The Great Controversy*, p. 483

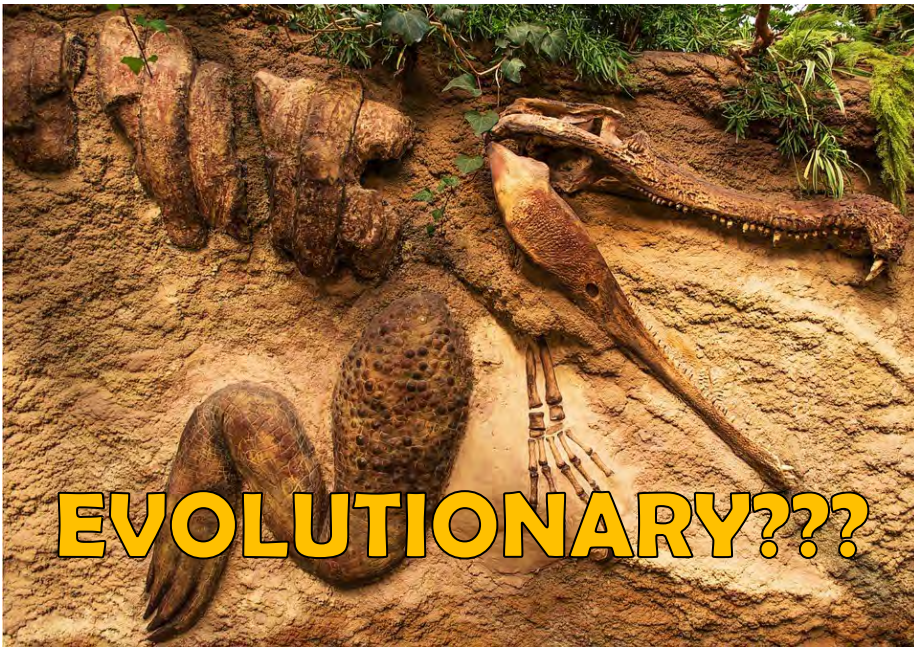
Finally brethren, time is fast hastening on, and every work will soon be brought into judgment. Either our sins, or our names, will be blotted out of the Book of Life.

God bless you, grace be unto you all. Amen.

**Jenifer Akello,  
Uganda**







“They have limited ideas of the size of men, animals and trees before the flood, and of the great changes which then took place in the earth.

“Bones of men and animals are found in the earth, in mountains and in valleys, showing that much larger men and beasts once lived upon the earth. I was shown that very large, powerful animals existed before the flood which do not now exist. Instruments of warfare are sometimes found; also petrified wood. Because the bones of human beings and of animals found in the earth, are much larger than those of men and animals now living, or that have existed for many generations past, some conclude that the world is older than we have any scriptural record of, and was populated long before the record of creation, by a race of beings vastly superior in size to men now upon the earth.

“I have been shown that without Bible history, geology can prove nothing. Relics found in the earth do give evidence of a state of things differing in many respects from the present. But the time of their existence, and how long a period these things have been in the earth, are only to be understood by Bible history. It may be innocent to conjecture beyond Bible history, if our suppositions do not contradict the facts found in the sacred Scriptures. But when men leave the word of God in regard to the history of creation, and seek to account for God’s creative works upon natural principles, they are upon a boundless ocean of uncertainty.

“Just how God accomplished the work of creation in six literal days He has never revealed to mortals. His creative works are just as incomprehensible as His existence.

“A guide has been given to mortals whereby they may trace Jehovah and His works as far as will be for their good. Inspiration, in giving us the history of the flood has explained wonderful mysteries, that geology, independent of inspiration, never could.

“It has been the special work of Satan to lead fallen man to rebel against God’s government, and he has succeeded too well in his efforts. He has tried to obscure the law of God, which in itself is very plain. He has manifested a special hate against the fourth precept of the Decalogue, because it defines the living God, the Maker of the heavens and the earth. The plainest precepts of Jehovah are turned from, to receive

infidel fables.

“Man will be left without excuse. God has given sufficient evidence upon which to base faith if he wish to believe. In the last days the earth will be almost destitute of true faith. Upon the merest pretense, the word of God will be considered unreliable, while human reasoning will be received, though it be in opposition to plain Scripture facts. Men will endeavor to explain from natural causes the work of creation, which God has never revealed. But human science can not search out the secrets of the God of Heaven, and explain the stupendous works of creation, which were a miracle of Almighty power, any sooner than it can show how God came into existence.

“God so ordered that men, beasts, and trees, many times larger than those now upon the earth, and other things, should be buried in the earth at the time of the flood, and there be preserved to evidence to man that the inhabitants of the old world perished by a flood. God designed that the discovery of these things in the earth, should establish the faith of men in inspired history. But men, with their vain reasoning, make a wrong use of these things which God designed should lead them to exalt Him. They fall into the same error as did the people before the flood—those things which God gave them as a benefit, they turned into a curse, by making a wrong use of them.” – *Spiritual Gifts*, vol. 3, p. 91–95

**Ellen G. White (Submitted by Mike Newby)**







# Moral Madness

What does the term Moral Madness mean? These words seem mutually exclusive. “Moral” being something positive, while “madness” having a negative connotation.

In describing people, a moral person is one who is concerned with the principles or rules of right conduct and is capable of conforming to them; one who understands the distinction between right and wrong; ethical. Morality is how you live your life as a good, wholesome, honest citizen. It is synonymous with: upright, honest, straightforward, virtuous, honourable.

Madness, on the other hand, can be described by senseless folly, frenzy or rage; or in one word: *insanity*. What does *insanity* mean? It means, not acting in your right mind. It can be a derangement of the mind. In the psychiatric world we would call it psychosis (a mental disorder characterized by symptoms, such as delusions or hallucinations, that indicate impaired contact with reality). Even though you may be in your right mind, when you do something extremely, glaringly inappropriate, in English often the question is asked, “Are you insane? Why would you do that?”

Now I ask, how do these seemingly mutually exclusive terms correlate?

In years gone by, the term madness/insanity was often used for persons with a mental illness.

The term Moral Madness has been around for quite some time. If we substitute the word “insanity” for “madness” then the term has been around since 1835 when a physician named James Prichard first used the term to describe “a mental disorder in his *Treatise on insanity and other disorders affecting the mind*. He defined moral insanity as: ‘madness consisting in a morbid

perversion of the natural feelings, affections, inclinations, temper, habits, moral dispositions, and natural impulses, without any remarkable disorder or defect of the interest or knowing and reasoning faculties, and particularly without any insane illusion or hallucinations.’ . . .

“Moral insanity referred to a type of mental disorder consisting of abnormal emotions and behaviours in the apparent absence of intellectual impairments, delusions, or hallucinations. It was an accepted diagnosis in Europe and America through the second half of the 19th century. . . .

“Moral insanity was a form of mental derangement in which the intellectual faculties were unaffected, but the affects or emotions were damaged, causing patients to be carried away by some kind of furious instinct.” [https://en.wikipedia.org/wiki/Moral\\_insanity](https://en.wikipedia.org/wiki/Moral_insanity)

“Moral insanity is said to consist in a morbid perversion of the moral feelings, affections, inclinations, temper, habits, and moral dispositions, without an notable lesion of the intellect, or knowing and reasoning faculties, and particularly without any maniacal hallucination.” Prichard, art. Insanity, in *Cyclopaedia of Practical Medicine*. <https://legal-dictionary.thefreedictionary.com/Moral+insanity>

So, in essence, the combining of the two terms describe an intelligent and intellectual person who is displaying abnormal emotions and behaviours, and their conduct is governed by these emotions rather than their intellectual reasoning.

Ellen G. White actually used this term in one of her quotes. James Prichard, who came up with the term was a well known doctor in her time.



“Moral Madness to Prefer Praise of Men.—When a man comes to his right mind, he begins to reflect upon his relation to his Maker. It is moral madness to prefer the praise of men to the favor of God, the rewards of iniquity to the treasures of heaven, the husks of sin to the spiritual food God gives His children. Yet how many who display intelligence and shrewdness in worldly things, manifest an utter disregard to those things that pertain to their eternal interest (ST May 19, 1881).” — *The Seventh-day Adventist Bible Commentary*, vol. 2, p. 1000

Her description of the term “moral madness” in the last sentence reflects a similar sentiment that James Pritchard had.

There are three things mentioned in this paragraph that she describes as moral madness:

**1) “Prefer the praise of men to the favour of God.”**

It is common for selfish human nature to seek the praise of men above the favour of God, whether in worldly circles or religious circles. Men deny their principles, or youth succumb to peer pressure, all to seek favour and glory from the world. Their reason tells them that this is not correct, but their emotions are controlling their actions. It feels so nice to be accepted and praised by men—to receive accolades and honours and then take great pride in these as though they come from within the person.

The Lord inspires you to preach a powerful sermon, and then the congregation praises your work in the end. Rather than giving honour and glory to God, you feel very proud. Reason tells you it was the Lord who inspired you, but your emotions feel pride in your own accomplishments. Your emotions take precedence. Although it has not led to outward actions, your thoughts are bordering on moral madness.

King Zedekiah had been instructed by Jeremiah. However, he preferred the favour of his men over the favour of God. After a meeting with Jeremiah, he told Jeremiah to keep their meeting secret for fear of the reaction of the Jews. He was the king, was he not? His word was law. “And Zedekiah the king said unto Jeremiah, I am afraid of the Jews that are fallen to the Chaldeans, lest they deliver me into their hand, and they mock me.” Jeremiah 38:19. “Zedekiah was faithfully instructed through the prophet Jeremiah, how he might be preserved from the calamities that would surely come upon him if he did not change his course and serve the Lord. The calamities came, because he would not, through obedience, place himself under the protection

of God. With his eyes put out, he was led in chains of captivity to Babylon.

“What a sad and awful warning is this to those who harden themselves under reproof, and who will not humble themselves in repentance, that God may save them!” —*The Seventh-day Adventist Bible Commentary*, vol. 2, p. 1040. This is moral madness.

In the days of Christ, when they were giving their offerings, there was the widow who gave her two mites (Luke 21:2). She gave quietly, in secret, so no one could see. She was seeking the favour of God above the praise of men. It was only Jesus who praised her sacrificial offering. The rich made loud and ostentatious displays when they gave a small portion of their abundance. They gave to be seen of men. The Lord was more pleased with the two mites the widow gave than the large donations that were not given from the correct motive. Jesus described these leaders as “hypocrites” (Matthew 23:13).

Regarding the religious leaders in Christ’s day, it is written: “And they were filled with madness; and communed one with another what they might do to Jesus.” Luke 6:11. Who were filled with madness? It was the religious leaders in the Jewish church—the church of God at that time. Their intellect told them that this Jesus was the son of God, but their pride and arrogance (their emotions) refused to accept Him as the Messiah. The praise of men was of more importance than the favour of God. When the people were flocking to Jesus, they became “mad” as He seemed to be more popular than they were. They became spiritually insane—controlled by unreasonable emotions.

**2) Prefer “the rewards of iniquity to the treasures of heaven”**

Satan offers many rewards for iniquity. Intellectually you may know that the rewards of iniquity lead to destruction, but your emotions may love the ways of the world.

You are divorced and your reason tells you what the Bible says about remarriage, but your emotions control your actions and you seek for companionship and possible marriage with another person, rather than the Lord.

Your reason tells you that cheating on your taxes is sin, but your greed tells you that you will gain more money in return and can “help the church.” The Lord is not interested in ill-gotten gain. Greed can overrule reason as it did with Judas Iscariot.



Your reason tells you it is sin to sit around and do nothing at work when the employer is not present, but your laziness overrules and you do it anyhow, stating you are tired.

Your reason tells you that this sharp business deal is slightly dishonest, but your greed once again gains the upper hand and you follow through.

This is moral madness—preferring the rewards of iniquity.

What rewards does iniquity give? If you ask young people in the world, many boast of the great freedom and pleasure that iniquity gives. They joyously speak of the iniquitous activities they partake of, the parties they attend, their freedom to consume any unhealthful food, beverage, or drug, or smoke any substance they choose, stating that the Christian's life of abstinence and self-denial is a life devoid of happiness. However, nothing could be further from the truth. Satan is the great deceiver and presents the world of sin as a wonderful place of freedom for a person to do as he pleases, indulging their lusts with no limit.

But, is there a reward? Ask the man who is dying of lung cancer if his smoking is bringing him happiness now. Ask the man whose liver is about to give up, or his broken home, or lost job, and inability to function well in society whether his alcohol abuse was worth it. And what about those with cancer in their digestive system—was it worth the pleasure of eating meat, while the person who has led an abstemious life is enjoying good health and strength well into their 80's. Is fame and fortune making people free? Are they not needing constant protection from the paparazzi and wicked people who wish them harm? Can they walk the streets alone in freedom?

Where is true freedom? True freedom is found in the treasures of heaven—in Jesus. In peace, happiness trust, contentment, all of which can be experienced now for free. "Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." Isaiah 55:1

We have not been promised riches, glory and honour in this world. "And having food and raiment let us be therewith content." 1 Timothy 6:8. That is all. This is enough treasure. We believe the Lord has a mansion prepared for us as He promised (John 14:1-3).

It is moral madness to desire the pleasures of the world—the rewards of iniquity, when we are offered

treasure in heaven, without cost. It is free. All the Lord asks in exchange is your sinful polluted heart. "My son, give Me thine heart." Proverbs 23:26

### **3) To prefer "the husks of sin to the spiritual food that God gives His children."**

Why is the term "husks of sin" used? What is a husk? It is often used to describe the outer part of a corn, but it can be the outer part of anything, especially when dry or worthless. It is the empty shell.

Sin leaves a person feeling hollow and hungry, the same as physically eating a husk does not satisfy you. You go away hungry. However,



the food that God gives is life eternal. It is satisfying. The world provides husks—they look good on the outside, but are empty inside. However, many prefer the husks of sin to spiritual food.

When you are in church, are you listening to the sermon—the spiritual food from the Lord? Or are you sending messages and/or surfing the internet with your phone? Which food are you eating? Your reason tells you that surfing the 'net and sending text messages during the sermon is wrong; however, you are unable to resist that conversation. You are impatient and cannot wait until the service is over; you are distracted from the service, and perhaps, in your mind, the sermon seems boring. It is the message of the Lord for you, and it may not come with nice pictures as seen in Facebook photos; it only contains words of encouragement and counsel.

During your free time at home after work, what food are you eating? The word of God or the pleasures of the world? "Thy words were found, and I did eat them." Jeremiah 15:16. Your reason tells you that watching movies on the internet is wrong and a waste of precious time, but you are tired after work and want to relax and let the mind go blank. Your emotions get the better of you.

Literally speaking, your reason may tell you that a certain food is unhealthy, but your body craves this food as it just tastes so good, so you eat it.

This is moral madness.

"The heart of the sons of men is full of evil, and mad-

ness is in their heart while they live, and after that they go to the dead.” Ecclesiastes 9:3. All sin is devoid of reason and good sense. Sin is not reasonable; and, unfortunately, the majority prefer the enjoyments of this life as opposed to eternity on the new earth. They only think of the here and now, not the future. They want to, “enjoy the pleasures of sin for a season.” Hebrews 11:24

We can learn from nature and the animal kingdom. “Let a bear robbed of her whelps meet a man, rather than a fool in his folly.” Proverbs 17:12. Who would want to be in the presence of a mother bear robbed of her young? However, according to Solomon, this is not as dangerous as the stubborn perversity of a fool. Moral madness can be quite deceptive, as Judas was to the 11 disciples. He was very intelligent and seemingly very spiritual, so they thought. He had many talents. However, he had a hidden fault—greed—that he was unwilling to let go of and it proved his ruin in the end. He denied Christ. His greed and pride overruled his reason.

Moral madness can sometimes go undetected by the person, as with many persons who have a mental illness. They are in denial when confronted. One Christian teacher described it as such: “*Moral madness leads to self-deception, observed in the inability to recognize one’s own rebellion against God’s moral order. We either intellectually deny God’s existence, or we deny God practically by the way we live.*” <https://www.ezrainstitute.ca/resource-library/sermons/moral-madness>

They may claim to be Christians. They may even be a member in God’s church, but their actions show they deny Christ by the way they live—whether they act in secret or in the open. God sees all. They think they are, “rich, and increased with goods, and have need of nothing.” Revelation 3:17. However, they are sadly deceived. They are “wretched, and miserable, and poor, and blind, and naked.” Revelation 3:17. They are living a life in rebellion to God’s law and His morality. They are denying Christ as verily as did Peter.

Although we acknowledge there is a God, do we deny Him practically by the way we live? “In our mingling in society, in families or in whatever relations of life we are placed, either limited or extended, there are many ways wherein we may acknowledge our Lord and many ways wherein we may deny Him. We may deny Him in our words, by speaking evil of others, by foolish talking, jesting and joking, by idle or unkind words, or by prevaricating, speaking contrary to truth. In our words we

may confess that Christ is not in us. In our character we may deny Him by loving our ease, by shunning the duties and burdens of life which someone must bear if we do not, and by loving sinful pleasure. We may also deny Christ by pride of dress and conformity to the world, or by uncourteous behavior. We may deny Him by loving our own opinions and by seeking to maintain and justify self. We may also deny Him in allowing the mind to run in the channel of lovesick sentimentalism and to brood over our supposed hard lot and trials.” —*Counsels to the Church*, p. 81. Ask yourself if you are guilty of denying Christ by your actions. Are you in danger of moral madness?

We have the example of Balaam in the Bible (Numbers 22–24). Had Balaam intellectually followed his reason, he would not have lost his way by covetous desires. He was a prophet of the Lord, but towards the end of his life, there was a change and his actions showed something different. “The way of Balaam the son of Bosor, who loved the wages of unrighteousness; But was rebuked for his iniquity: the dumb ass speaking with man’s voice forbad the madness of the prophet.” 2 Peter 2:15–16. Balaam could be said to have been morally mad. Religious leaders today are not exempt. There are many who live for financial gain and encourage sensuality. They have their eyes only on the material rewards of this earth.

On the opposite side, sanity is to know the Saviour and to reflect His image. Nothing else can make us happy in this life. True happiness results from a life of holiness towards God. This is opposite to the world’s way of thinking, that Christians live a boring and unfulfilled life. This is just a deception of the devil. It is only through the Lord Jesus that we can be reconciled to God, to enjoy fellowship with Him, to be at peace and be happy.

There is often a differing of thought regarding morality in the world, as opposed to morality in Christ, as found in the Bible. The Bible says a man is bound to the spouse they first married, (no remarriage), but the world and nominal Christian churches say it is acceptable to remarry as often as you want, as long as you are legally divorced. Abandoning biblical morality progressively destroys civilizations, as seen in the time of the French Revolution when religion was outlawed. After just three years time the country was in chaos and had to reverse this mandate.





The root of the problem is the love of sin. “Can we not understand that the most costly thing in the world is sin? It is at the expense of purity of conscience, at the cost of losing the favor of God and separating the soul from Him, and at last losing heaven. The sin of grieving the Holy Spirit of God and walking contrary to Him has cost many a one the loss of his soul.” —*Faith and Works*, p. 17. Sin is pure madness.

In the eyes of the world there is a popular deception that true Christians are the ones who are either mad or deluded, and yet we are the sane ones. In reality, it is those who reject God who become mad. Satan is mad today—mad as a roaring lion, insane, in a frenzy, as time is near the end.

Man is the author of his own destiny and we are all called to make a choice. “And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.” Joshua 24:15. It is moral madness to choose the way of the world and give up the treasures of heaven. It is insane to give up heaven and eternal life for a few cheap thrills on this earth. Many Christians want both, but it is not possible.

What is sanity in the eyes of God? Prayer, Bible study, working, preaching, acting sanely. We need to pray to God for a revival. Christ alone is the only answer to the problems of humanity.

“Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God’s heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence.” —*Steps to Christ*, p. 94. This is moral madness.

“Repent, and turn yourselves from all your transgres-

sions; so iniquity shall not be your ruin. Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel? For I have no pleasure in the death of him that dieth, saith the Lord GOD: wherefore turn yourselves, and live ye.” Ezekiel 18:30–32

A person may seem very intelligent; however, if he denies his moral obligation to God and others, he can be guilty of moral madness. Insanity is to treat the reality of God as if it were make-believe, or non-essential. The wise men of the world take pride in their wisdom as though it came from them—with no thought of God. The late Professor Stephen Hawking, the eminent Cambridge scientist and cosmologist, is quoted as saying “Heaven is a fairy story for people afraid of the dark.” And he thinks himself so wise that he made a “statement last year that the universe was not created by God.” <http://www.dailymail.co.uk/sciencetech/article-1387478/Stephen-Hawking-Heaven-fairy-story-people-afraid-dark.html>.

Was this man truly wise? “For the wisdom of this world is foolishness with God.” 1 Corinthians 3:19. This poor man died without hope and without God. No, he was not wise. He was morally mad.

Our intellect must be educated by daily Bible reading and then we are to joyfully obey what we read, both intellectually and emotionally. We can say like King David, “ I delight to do Thy will, O my God: yea, Thy law is within my heart. “

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin.” James 4:17. When a person’s thoughts, feelings and emotions overrule their reason, and lead them in a pathway contrary to the law of God—as intelligent or religious as they may appear, the reality is that they are morally insane—mad. May God help us not to partake of the immorality of the madness of this world and not let pride or greed control our reason, but find our peace and sanity in Christ. Amen.

**Wendy Eaton**



# Stephen Nelson Haskell



Stephen Nelson Haskell was born in Oakham, Massachusetts on April 22, 1833. In 1848, when he was just 15 years old, he became a Christian, joining the Congregational Church. In 1850, Haskell married Mary Howe. Mary was an invalid and about twenty years older than Stephen. In 1853, at the age of 20, he was preaching part-time for the First-day Adventists, while also making and selling soap. Later that year, he received a tract titled "Elihu on the Sabbath". He accepted the message in the tract and began to keep the seventh-day Sabbath.

In 1869, in South Lancaster, Massachusetts, he assisted his wife and several ladies to form the Vigilant Missionary Society, which was dedicated to the distribution of tracts. This was the forerunner of the present Adventist Book Centers.

Between 1854-1870, Haskell worked as a self-supporting preacher within the Seventh-day Adventist movement in New England. He was ordained as a minister in 1870 with James White, J. N. Andrews and J. H. Waggoner officiating. The same year he was elected as president of the New England Conference, which he served for the next 17 years.

During his years of service he was president of several conferences. At one time he was president of the California and Maine Conferences at the same time. He also founded South Lancaster Academy (now Atlantic Union College) in 1882.

Stephen Haskell also did much missionary work overseas. In 1882 he helped organize the first European Council.

In 1885 he was in charge of the first group of Seventh-day Adventist Missionaries in opening the Adventist work in Australia and New Zealand, which included starting the Echo Publishing Company (now Signs Publishing Company).

In June 1887, Haskell, along with three Bible workers,

opened the Adventist work in London, England, organizing the first Adventist church there. From 1889 to 1890 he made a round-the-world tour on behalf of Adventist missionary work, visiting numerous locations in Europe, Africa, India, China, Japan and Australia. On that trip Haskell baptized the first Seventh-day Adventists in both China and Japan.

Steven Haskell had a long-lasting friendship with James and Ellen White, dating back to the late 1850s. Ellen White wrote more letters to Haskell than to any other church leader. Haskell was asked to preach the sermon at the Battle Creek funeral service for Ellen White in 1915.

After his first wife died in 1894, in 1896, Ellen White invited Haskell to come to Australia to teach at the newly opened Avondale School for Christian Workers (now Avondale College). It was there, in 1897, that he met and married his second wife, Hetty Hurd, a Bible worker. Stephen and Hetty did evangelistic and Bible work in Australia and the United States.

In his later years he was still very active in the work of the Lord. In 1901 he worked in New York City, organizing the first African-American church there. In 1905 he went west to the Loma Linda and San Bernardino area. In 1908 the California Conference again elected him to serve as president, a position he held until 1911. Haskell now "retired" at the age of 79.

Yet, he still did volunteer work. In 1911 he led out in the temperance work and also began printing books for the blind (1912). He also assisted in the development of the White Memorial Hospital in Los Angeles (1916).

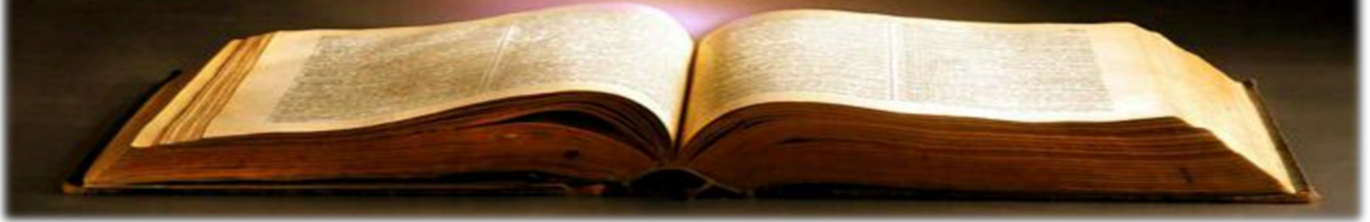
At the age of 77, In 1910, Elder Haskell was still preaching solid sermons that people wanted to hear. At a series of talks at the California camp meeting his wife, Hetty, recalled, "In the early morning meetings he gave Bible studies on the Spirit of the Lord, and it seemed as if every man, woman, and child on the ground was present at these meetings."

During his lifetime, Stephen Haskell also wrote several books that continue to be reprinted: *The Story of Daniel the Prophet* (1901), *The Story of the Seer of Patmos* (1904), *The Cross and Its Shadow* (1914) and *Bible Handbook* (1919).

Stephen Haskell passed away on October 9, 1922, at Paradise Valley Sanitarium in National City, Calif. He was buried next to his first wife, Mary, in Napa, Calif., with A. G. Daniells, R. F. Cottrell and J. L. McElhany presiding at the service.



# The Study of the Bible



“In some respects we are the most highly favored people in the world. We live in the most important time, and there never was a period in the world's history when the Lord was more anxious to unfold Himself to His people than at this time. It is the final crisis that is pending, and those that are saved in God's everlasting kingdom are the people that in this period in which we live, receive from God those blessings He has for us. And if we cannot get hold of Christ in all His fullness here where we are, then we shall not be saved in the kingdom of God. Now that is true. We cannot put it by as a common thing, this work in which we are engaged, and then afterwards, a long time in the future, take it up.

“We have reached the final crisis. It is right here upon us and it is for us individually to obtain an experience in the things of God, such as we have not had in the past; and it is not for some one to give it to us, but it is for us individually to have it, and the Bible writers, especially the apostle Paul, labored to have revealed in the church individually, those beauties in Christ that could be gotten from no other source. He did not want to simply give it to them, but he wanted that they should receive it. He preached the gospel, and he labored that in each individual there might be a revelation of Jesus Christ Himself. Col.1:25–27: ‘Whereof I am made a minister, according to the dispensation of God which is given to me for you, fully to preach the word of God [margin]; even the mystery which hath been hid from ages and from generations, but now is made manifest to His saints: To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory.’ That is the mystery of the gospel. He would have it revealed in them individually, so that they individually would receive the mystery of Christ. Verse 28: ‘Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus.’

“Now His labor was that each individual might receive something from our Lord Jesus Christ, that would lead him to perfection. Verse 29: ‘Whereunto I also labor, striving

according to His working, which worketh in me mightily.’ Now the idea that what we receive we must get from some one else, is a great mistake. The Lord wants to teach us individually, ourselves, and He will not open our understanding individually to comprehend His word, unless we believe that He will do it. We individually must believe that Christ wants to do this to us and that we can have this blessing by studying the word for ourselves. He will then enlighten our understanding, will speak to our hearts, and so each individual, as we remarked before, must have the spirit of divine revelation. I do not think it a possible thing for us to go into the kingdom of God unless we have it, and that revelation is not to get up some new theory and present that to the people, but it is to reveal new beauty and glory in the plan of redemption through our Lord Jesus Christ. This is what it is and we will see it as we read the Bible. We get the truth from Christ according to our own faith and the interest that we have in Him.

“Eph.1:14–17: ‘Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of His glory. Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, cease not to give thanks for you, making mention of you in my prayers; that the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of Him.’ Why, God there gives you and me individually the spirit of wisdom and revelation in the knowledge of Him, or as the margin is, for the acknowledgment of Him.’ Then the Spirit of revelation comes to me personally to reveal to me, in the word, our Lord Jesus Christ and the plan of redemption. It will open to my understanding truths that I have never seen before, and there will be a continued freshness, because there is a continual opening of the truths to my understanding; and, my brethren, if we ever get to a point that the Bible in any sense seems dry to us, it is high time for us to seek God with all our hearts. For there is no greater evidence that the Spirit of God is leaving you, than when the Bible comes to lose its freshness to our souls. It will feed the soul, it

certainly will. And it will elevate the soul; it will refine the soul; it will increase an interest in the individual to learn more and more of the precious truths in God's word.

“Verses 18-20: ‘The eyes of your understanding being enlightened; that ye may know what is the hope of His calling, and what the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power to us-ward who believe, according to the working of His mighty power which He wrought in Christ, when He raised Him from the dead, and set Him at His own right hand in the heavenly places.’ The same mighty power, and the same enlightenment that brought Christ from the dead, should be in every one of our hearts; and when that is in the heart it elevates the soul, it purifies the heart. My dear brethren, it does everything for us. There is not anything in this world which is good, but that is found in the gospel of Jesus Christ. I feel in my soul like exalting God's word and in this way exalting the Lord Jesus Christ; for I feel there are perhaps thousands that will simply get the theory, and how to present certain arguments from the Bible, that will never get their souls really fed by a revelation of Jesus Christ in the heart; but there is something that fills up the vacuum. I find something in an old REVIEW (June 4th, 1889) on this point, from the pen of Sister White:-

“speaks of the riches of the glory of the mystery that is to be made known to the Gentiles. There are many mysteries in the word of God that we do not comprehend, and many of us are content to stop our investigations when we have just begun to receive a little knowledge concerning Christ. When there begins to be a little unfolding of the divine purposes to the mind, and we begin to obtain a slight knowledge of the character of God, we become satisfied and think that we have received about all the light that there is for us in the word of God. But the truth of God is infinite. With painstaking effort, we should work in the mines of truth, discovering the precious jewels that have been hidden. It is the minister's privilege to have a constant supply of fresh truth for the people. He should be in such a position that he can bring from the treasure-house of God not the same thing over and over, but new beauty, and new truth.

“The Spirit of God will rest upon the diligent searcher for truth. He who desires the truth in his heart, who longs for the working of its power upon the life and character, will be sure to have it. Says the Saviour, "Blessed are they which do hunger and thirst after righteousness; for they shall be filled." When ministers themselves taste and see that the Lord is good, when their minds are filled with the thoughts of heaven, then the eternal realities of the unseen world will open to their understanding, and they will be able to present the truth of God, and it will make an impression upon human minds. Those who seek for more and still more of the Spirit of God, will not be disappoint-

ed.’

“Then, if we are disappointed, brethren, and do not receive the Spirit, who will be to blame? We will. Why will we not receive it? Because we cease to seek it. We should continue to study with the unction that comes from heaven, and that will teach us individually, every one. My dear brethren, we are coming into a time when there will be thousands of voices and manifestations of different kinds to draw the child of God from the one important thing, the truth that pertains to this time. And this is not a great way in the future. Where is our safety? It is in our Lord Jesus Christ, and in having our judgment so enlightened by Him that we can discern the truth, and then Christ will be revealed to us and we shall see and understand the way. Again another paragraph:-

“No man can have insight into the word of God without the illumination of the Holy Spirit. If we will but come into the right position before God, His light will shine upon us, in rich clear rays. This was the experience of the early disciples. The Scriptures declare that 'when the day of pentecost was fully come, they were all of one accord in one place. And suddenly there came a sound from heaven as of a rushing, mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.' God is willing to give us a similar blessing, when we seek for it as earnestly.

“The Lord did not lock the reservoir of heaven, after pouring His Spirit upon the early disciples. We, also, may receive of the fullness of His blessing. Heaven is full of the treasures of His grace, and those who come to God in faith may claim all that He has promised. If we do not have His power, it is because of our spiritual lethargy, our indifference, our indolence. Let us come out of this formality and deadness.

“Brethren, we want to come out of our deadness and have our souls stirred and have them quickened and come to the fountain. Christ is the fountain, and when we come there with that intensity of interest that will not be satisfied, and will seek with honesty of heart and purpose, God will then open the treasure-house of His truth to each one of us. You want to take an advance step. Now I have another expression I wish to read here, it is in reference to our receiving the Spirit of God, and realizing that our sins are forgiven. There is more to this question than we have sometimes thought. The Lord wants that I, personally, should know that the Saviour is to me to-day just as much and even more than He was to the disciples when they walked this earth. The promise of the Holy Spirit that is referred to in what I have just read, that was given to the



disciples, was given to them to take the place of the personal presence of our Lord Jesus Christ; and that promise came to them because they knew Christ and because their sins had been forgiven. I will read you the Bible on it. John 14:16,17: 'And I will pray the Father, and He will give you another Comforter, that He may abide with you forever. Even the Spirit of truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him; but ye know Him; for He dwelleth with you, and shall be in you.'

"God has promised blessings to His people. It is those whose sins have been forgiven and who know their Saviour that have a fullness they have not received before. This is the out-pouring of the Spirit of God. It is the loud cry of the third angel's message. The first step is having the heart cleansed from sin. When the heart is cleansed by the blood of Christ, we will go right on in accomplishing the work that God has for us to do. I praise God that there are promises for His people.

"The Holy Spirit was to take the place of Christ's personal presence. Suppose we could have Christ's personal presence with us here this morning, and suppose that He said right here in our midst that our sins were forgiven. I suppose it would give us a joy that we can hardly describe.



What is the coming of the Holy Spirit for? To take the place of this. The Holy Spirit should come into

the heart to do the same thing, and even more than His presence. 'I have yet many things to say unto you, but ye cannot bear them now. Howbeit, when He, the Spirit of truth, is come, He will guide you into all truth: for He shall not speak of Himself; but whatsoever He shall hear, that shall He speak: and He will show you things to come.' John 16:12,13.

"When they saw Christ, His personal presence limited their comprehension to grasp the things that He spoke. But the Holy Spirit was to come to unfold and keep unfolding to their minds the truth that He taught. Consequently that Spirit will give us a confidence and assurance in Christ that His personal presence would give, and even greater fullness than that. There is no limit to the Spirit of God, and there is no circumscribing what it will do for the people of God. My dear brethren and sisters, just as sure as God poured out His Spirit on the day of Pentecost and it did great things for them there, and prepared them to go to the uttermost parts of the earth with the gospel, just so certainly will that gospel fit His people in the closing hours of the gospel to do a greater work. This is simply the final triumph of the gospel of Jesus Christ. Shall we say we have

this when we have little interest to take it in His word as He reveals it to us? My dear brethren, this is Christ in us. We come to the word, and He gives His Spirit to unfold its light, and we rejoice in Him.

"Here is a testimony which was written last December, 'To him who is content to receive without deserving, who feels that He can never recompense such love, lays all thoughts and unbelief aside, and comes as a little child at the feet of Jesus, all the treasures of eternal love are the free and everlasting gift.'

"The other day one brother said after leaving the Tabernacle, 'I am about in despair; it seems that there has never been a good thing in my whole life.' Then he was about in the condition to come without deserving anything. The man who can come that way, and lay all doubt aside, and sit at the feet of Jesus, and who says, 'Now Thou must teach me,' has all things before him. These are the treasures of eternal love. It is for you and for me. The only difficulty that stands in the way is when we think we deserve something. If we do not have it, then we do think we deserve something. May God help us to become undeserving. Everything that is good, brethren and sisters, I want to repeat again if I say it in every discourse, comes from the Lord Jesus Christ.

"I spoke to you Friday about the power of God. I want to say one word more on that. The power of God that is in His word will take care of us physically. I do not say by that that one will never be sick or die. But I do say that when a man trusts in God and has only God's work before him, the devil himself cannot kill him till he gets his work done. Then the Lord lets him die. [Voices: Let him rest.] One of our sisters in New England, who died a short time ago, who embraced the message in 1842, and who suffered extremely, said to those who were with her, that it seemed good to think that she was going to be laid away a little while to rest in the grave. Men may die, and they will die right along while probation lasts. But I tell you the Lord gives a special blessing to the dead. 'Blessed are the dead that die in the Lord.' But on the other hand He takes care of His servants. There is power in the gospel of Christ to take care of those that trust in Him and engage in His work.

"And He said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe; in My name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.' Mark 16:15-18. Paul, you know, was bitten by a serpent once, but I do not suppose he had a thought of dying. The Lord was sending him to Rome to testify, and he simply shook the serpent off

into the fire. You remember he was stoned once, and the brethren who stood around him were doubtless talking about burying him. All at once he got up and went off about his work. There is a power in the gospel to take care of a man's life, and the devil cannot kill him. Read the 18th verse again, and if there is not health in that promise, I do not know where you will find it in the Bible. The bite of a serpent will not kill you; you can drink a deadly drink and it will not hurt you, and if you get sick you won't die, so long as the Lord has any work for you to do. 'Godliness is profitable unto all things, having the promise of the life that now is and that which is to come.' . . .

"You never had a good thing in all that way, but the Lord has been over that way before you, and He had everything that was good, and not a single mistake, and when He imputes that righteousness He goes clear back and makes a thorough work of it, and puts your sins where you never can find them. David says they shall be as far as the east is from the west. How far is that on a round world? You never can get to it. You go around the world, and it will always be on the other side. Jeremiah says, 'They shall be sought for and shall not be found.' Who will look for them?—The devil is always prying around to find them. Why can they not be found?—Because God has pardoned them. There is not a single act of the life of Jesus Christ but what contains salvation.

"Now read the temptation of Christ in the 4th of Matthew. Christ had been fasting forty days, and the devil comes to Him and asks Him to work a miracle to supply His own physical needs. All the words imply that it was His physical strength which was weakened by the fast. The devil said, 'You cannot live unless you have something to eat. It is all right for you to eat.' This was Satan's temptation. The Sav-



our answered him, 'It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.' Verse 4. What kind of life?—Physical life.

Then does not that Bible sustain me physically? Bread is good if you have it, but the word of God is better. Will God's word then sustain me?—Yes.

"Read Deut.8:2-3. Here the Lord shows that He fed the children of Israel in a way that they did not know, that they might know that man should not live by bread alone but by the word of God. That was physical life that He gave them. God leads us by His truth into positions that would seem to cut us off from every worldly prospect. This is true; but there is power in the word of God to make provision for every want in this life. God will take care of the man that trusts His word. All that God would have us believe is that there is power in obeying God's word. That power will

open the way before us, and will supply our physical wants. You know this is so. I doubt not there are scores in this congregation who know this is so.

"Some time ago a Methodist minister embraced the truth, taking hold of it thoroughly, and his support was cut off. But the Lord in various ways supplied his need. Then he was distressed because he did not know how to go and preach the message. He had studied histories in school, but he did not know how to put things together and preach on the fulfillment of prophecy etc., as those who had studied the truth a long time. But he had hold upon Christ. Some thought that he was hardly sound in the faith because he preached Christ so much. There came an opportunity for him to engage in work, and as he sought the Lord for help, a voice seemed to come to him, 'I will teach you.' He did not know how this would be done, but he began to preach on the prophecies, and as he preached the Lord unfolded them before him, and as he went along everything was made clear and plain. The Lord Himself taught him, and he has had success in the work and has brought out a company of sixteen or seventeen and all of them are workers.

"In the 4th verse of this chapter, God says, 'Thy raiment waxed not old upon thee, neither did thy foot swell, these forty years.' Now God would have us simply trust Him. He would have us see His promises and His word, and see nothing else. And as we see it and go forward to do God's will, and forget everything else, God will take care of us. If it does not come from heaven direct it will come some other way. We will get the bread all the same. If we take His precious word and believe that there is salvation in it, He will teach us Himself and we will get the light and knowledge of His truth. The trouble is we have not seen these things and we have not believed God as we should. We have reasoned too much. But the very first thing and the very last thing and the most important thing of life, is to obey God and do His bidding. When we do that He takes all the responsibility of the poisonous serpents and deadly drinks and sicknesses and everything else, for He will carry us through until we triumph in glory.

**Stephen N. Haskell**



***The General Conference Daily Bulletin, Vol, 5, p. 135-139, February 5, 1893***



## HEALTH MATTERS:



## Childhood Obesity: Prevention is Key

“Train up a child in the way he should go: and when he is old, he will not depart from it.” Proverbs 22:6

“Parents should make it their first business to understand the laws of life and health, that nothing shall be done by them in the preparation of food, or through any other habits, which will develop wrong tendencies in their children.”  
—*Counsels on Diet and Foods*, p. 237

“Childhood obesity is one of the most serious public health challenges of the 21st century. The problem is global and is not only affecting the richest countries, but many low- and middle-income countries are being impacted, particularly in the cities. The prevalence has increased at an alarming rate. Globally, in 2016 the number of overweight children under the age of five is estimated to be over 41 million. Almost half of all overweight children under five lived in Asia and one quarter lived in Africa. Overweight and obesity, as well as their related diseases, are largely preventable; therefore, prevention of childhood obesity needs to be a high priority.” <http://www.who.int/dietphysicalactivity/childhood/en/>

Worldwide, one in three children are overweight or obese. Though childhood obesity is on the rise worldwide, the patterns differ between developing and developed countries. In developing countries, obesity may coexist with undernutrition, with children in the relatively affluent urban areas more likely to be obese than their rural counterparts. Like adult obesity, childhood obesity has many influencing factors, but essentially obesity is caused by taking in more food (energy) than is being using up, over a long period of time.

Addressing obesity in children needs to start early. Research suggests that, if untreated, 85% of obese children will become obese adults. This statistic alone is reason enough to address weight issues in the early years. Obese children face the same health risks as adults, and are more

likely to develop diseases at a younger age. Childhood obesity is associated with a higher chance of premature death and disability in adulthood. The earlier that a person becomes obese, the longer they will live with the health problems that arise from obesity. The risks associated with the diseases brought on by obesity depend on the age of onset and the duration of obesity. The most significant health consequences of childhood overweight and obesity often do not become apparent until adulthood; but, by then the damage has been done. However, already in adolescence there is evidence that excess weight is causing problems that would normally not be seen until persons are middle-aged or older. These include problems such as heart disease and diabetes. Obese children and adolescents suffer from both short-term and long-term health consequences. The sooner children who are obese reach a healthy weight the better for them in the long run. Along with the risks for life-shortening chronic diseases, being overweight in a society that stigmatizes this condition contributes to poor mental health associated with shame, self-blame, low self-esteem and depression. Obesity in childhood can contribute to behavioural and emotional difficulties that can also lead to poor socialization and reduced educational achievements.

The choice to raise healthy children should start even before a child is born. Avoiding overindulgence and eating healthily is even more important when pregnant. The average woman in the United States who becomes pregnant is already overweight or obese. Almost 60% of these women will gain more weight than necessary when pregnant, which will likely be retained post-pregnancy. Also, it is widely accepted now that food choices that a pregnant woman makes translates to problems in their offspring. An in-utero diet high in fat or sugar often leads to the child growing up obese. In studies with rats who were fed high-fat, high-sugar, diets, their offspring grew up with changes in the brain that drove them to want to consume high-

sugar and high-fat foods, even when offered alternate healthy choices. The suggestion is that these same changes can occur in the brains of children whose mothers ate a high-sugar, high-fat diet when pregnant. Thus, pregnant women should not feel that pregnancy is a time to indulgence in an unhealthy diet, which may be driven by hormonal changes. Evidence is emerging that the health of fathers at the time of conception can influence the risk of obesity in their children.

A new study at the University of Southampton has confirmed that the mother's diet during pregnancy has lifelong effects on her baby. Whether the mother is skinny or fat during pregnancy seems to have little effect on whether her baby is prone to obesity later on. Rather, it is what she eats during those critical months and the nutrition of the food she selects that makes all the difference. A nutrition-poor pregnancy diet can alter the way the DNA of the fetus functions, leading the child to store more fat in later life. Surprisingly, these changes were found to be independent of the child's birthweight.

The changes in DNA function do not end there. They also strongly influence how the child responds to diet and lifestyle factors years later. The study examined babies at birth for these changes, and found that they are strongly predictive of the child's obesity status at six or even nine years of age. This study proves that just focusing on interventions in adult life will not reverse the epidemic of chronic diseases. To ensure a healthy population, effort must be expended on the pre-pregnancy and pregnancy diet of the parents-to-be! Preventing childhood obesity should be targeted on improving a mother's nutrition and her baby's development in the womb. These early life factors influence risk of disease many years later. Trying to fix problems after the baby is born has limited effect.

Sister White instructs women who are pregnant: "Women who possess principle, and who are well instructed, will not depart from simplicity of diet at this time of all others. They will consider that another life is dependent upon them and will be careful in all their habits and especially in diet. . . . Diseased children are born because of the gratification of appetite by the parents. . . . If so much food is taken into the stomach that the digestive organs are compelled to overwork in order to dispose of it and to free the system from irritating substances, the mother does injustice to herself and lays the foundation of disease in her offspring. If she chooses to eat as she pleases and what she may fancy, irrespective of consequences, she will bear the penalty, but not alone. Her innocent child must suffer because of her indiscretion." —*The Adventist Home*, p. 257–258

During infancy, breastfeeding assists in the prevention of childhood obesity. Breast milk provides the baby with food that is easy to digest and very nutritious, and the baby helps to decide how much to eat and when to eat it. Both

the breastmilk itself and the way the baby feeds helps to develop healthy eating patterns. Breastfed babies seem to be better able to regulate their food intake and thus are at lower risk for obesity. Babies who are fed formula have a higher protein and total energy intake, leading to increased body weight during the infant stage, which is associated with development of obesity later in childhood. Formula-fed babies also produce higher levels of insulin which leads to early development of the type of cells that store fat. Breastfeeding also avoids the early introduction of foods that can lead to unhealthy weight gain.

In adults, measuring obesity is done by calculating the Body Mass Index (BMI) which looks at the ratio of height to weight. The measurement used to assess for obesity in children is different than in adults. Because children are growing, the ratio of height to weight may not give a true picture as whether a child is overweight or obese. In assessing children, BMI measurements are linked with age- and sex-appropriate percentiles. A BMI that is above the 85th percentile for a child's age and sex group coincides with the adult definition of overweight; and a BMI above the 95th percentile is consistent with the adult definition of obese.



The biggest difference between childhood obesity and adult obesity is that young people have generally less control over their food intake. The type of food and the amounts are decided upon by their parents. Because of this, children with obese parents are 12 times more likely to be overweight than if their parents were a healthy weight. The parent's lifestyle choices are imposed on their children, at an age when they do not have the capacity to make their own decisions on diet and exercise. Once they become older, children have more responsibility over their lifestyle choices; however, by then, habits may be so ingrained that children are unable to change the course set when they were too young to choose for themselves. A study from the late 1990s shows that 52 percent of children who are obese between the ages of three and six are obese at age twenty-five as against only 12 percent of normal and underweight three- to six-year old children. Also, genetics plays a big role in obesity. Recent studies have concluded that about 25 to 40 percent of BMI has been inherited. Certain people may have a higher genetic susceptibility to weight gain.

"Children are generally brought up from the cradle to indulge the appetite and are taught that they live to eat. The mother does much toward the formation of the character of her children in their childhood. She can teach them to control the appetite, or she can teach them to indulge the



appetite and become gluttons. . . . care should be taken to furnish the table with healthful food prepared in a wholesome and inviting manner.” —*Ibid.*, p. 261–262

“Whoever eats too much, or of food which is not healthful, is weakening his power to resist the clamors of other appetites and passions. Many parents, to avoid the task of patiently educating their children to habits of self-denial, indulge them in eating and drinking whenever they please. The desire to satisfy the taste and to gratify inclination does not lessen with the increase in years; and these indulged youth, as they grow up, are governed by impulse, slaves to appetite. When they take their place in society, and begin life for themselves, they are powerless to resist temptation. . . . When we hear the sad lamentation of Christian men and women over the terrible evils of intemperance, the questions at once arise: Who have educated the youth? Who have fostered in them these unruly appetites? Who have neglected the solemn responsibility of forming their character for usefulness in this life, and for the society of heavenly angels in the next?”

“When parents and children meet at the final reckoning, what a scene will be presented! Thousands of children who have been slaves to appetite and debasing vice, whose lives are moral wrecks, will stand face to face with the parent who made them what they are. Who but the parents must bear this fearful responsibility? . . . Were not the sins of the parents transmitted to the children in perverted appetites and passions? And was not the work completed by those who neglected to train them according to the pattern which God has given? Just as surely as they exist, all these parents will pass in review before God.” —*Christian Temperance and Bible Hygiene*, p. 76

Maintaining a stable weight requires a delicate balance between energy intake and energy expenditures. Very young children seem capable of adjusting their food intake to match their energy needs, but as children grow up, they seem to lose this apparently innate ability. Their food intake, rather than being based on energy needs, is influenced by external cues, such as the amount of food presented, opportunities for snacking, and the types of foods available, especially fast foods. Several studies have found a link between overweight and soft drink consumption. Many high-calorie foods and drinks are readily available in the school environment. And, when parents have little time to prepare meals for their families, they purchase fast foods and pre-prepared convenience foods, which tend to be calorie dense. Many children consume foods that are “empty calories”, foods which provide calories with little nutritional value. Looking at convenience foods, portion sizes of these foods have increased exponentially. Thus the increase in childhood overweight may be driven not just by increased consumption of particular foods, such as sodas, but also by the change in the food market toward larger

portion sizes. It has been shown that older children will consume higher amounts of food if it is provided for them. They do not tend to regulate their consumption when presented with a particular amount of food. Thus, when portion sizes increase, so does their intake.

Studies have been done on television’s (as well as other screen-based devices) role in childhood obesity, finding that each additional hour of screen time per day increased the prevalence of obesity by 2 percent. Screen viewing may affect weight in several ways. It replaces the time that



could be spent in physical activity. Research has shown that children spend many hours of their day in front of a screen. This averages from 18 hours a week for children less than 8 years old, up to 63 hours a week for teenagers. These screens include TV, Internet, computer

games, phones, etc. Also, food-related advertisements on these devices may increase children’s desire for, and ultimately their consumption of, energy-dense snack foods. Screen time often goes hand in hand with snacking, leading to higher energy intake among children.

Health guidelines recommend that children need to be very active; young people should spend at least 60 minutes per day, or 7 hours a week, being active to a level where they are out of breath. Physical activity should part of the family’s daily routine such as designating time for family walks



or playing active games together. In this way, parents can influence their children’s behaviour. At the same time, parents are advised to live and promote a healthy lifestyle themselves, because children’s behaviour is often shaped by observation of others. Often when both parents work, there is less time in the family to engage in or promote physical activity. Many schools have decreased the amount of physical education time for students in favour of more academic subjects. The amount of homework has increased, especially with younger children, which also impacts time available after school for physical activities. 81% of adolescents do not achieve the recommended 60 minutes of physical activity per day.



Trends in the built environment (urban sprawl) have resulted in more car trips and in fewer trips by foot or by bicycle. Less than a quarter of children walk or bike to school today compared to more than

two-thirds a generation ago. Today's lower-density housing developments result in schools being further away from children's homes, and do not provide safe walking routes. In addition to depriving children of an opportunity for physical activity, the change may have other effects on overall physical activity. It has been shown that children who walk to school are generally more physically active than children who are driven to school.

Although the effects of diet and physical activity on health often interact, particularly in relation to obesity, there are additional health benefits to be gained from physical activity that are unrelated to nutrition and diet. Physical activity is a fundamental means of improving the overall physical and mental health of individuals.

As we have seen, there is no one main cause for the increase in children's obesity. Rather, many developments have taken place to upset the crucial energy balance by simultaneously increasing children's energy intake and decreasing their energy expenditure. The challenge in creating policies to address children's obesity is not necessarily to determine what changed to create the current epidemic, but rather, what is the most effective way to change children's environment and restore their energy balance going forward.

The school setting can have a great impact on children's health. Because children and adolescents spend a significant time of their lives in school, it is an ideal setting to obtain knowledge and develop skills, to adopt healthy lifestyle choices and to increase physical activity levels. Suggestions for schools involves providing health education to help students acquire knowledge, attitudes, beliefs and skills which are needed to make informed decisions, practice healthy behaviours and create conditions that are beneficial to health. Meals provided should be healthy; vending machines should only contain healthy options, and access to health services needs to be available. Studies indicate that a 10 percentage point increase in the availability of junk food increases average BMI by 1 percent. For adolescents with an overweight parent the effect is double. Daily physical education classes with a variety of activities should be offered, so that students' needs, interests and abilities are addressed.

The WHO's statement on childhood obesity recognizes that prevention is the most feasible option for controlling the childhood obesity epidemic, since current treatments are focused on managing the problem rather than bringing

about a cure. The goal in fighting the childhood obesity epidemic is to achieve an energy balance which can be maintained throughout the individual's life-span. In this way, healthy weight children will become healthy weight adults. Their recommendations include: increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts; limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats; limit the intake of sugars; and be physically active—accumulate at least 60 minutes of regular, moderate- to vigorous-intensity activity each day that is developmentally appropriate. Curbing the childhood obesity epidemic requires commitment by governments and the collaboration of many public and private partners. The role of parents include ensuring healthy foods and beverages are available at home, while, at the same time, restricting access to unhealthy foods, and teaching children to make healthy food choices. Providing, supporting and encouraging opportunities for physical activity will improve cardiorespiratory and muscular fitness, bone health, and cardiovascular and metabolic health. Governments have a central role, in cooperation with other organizations, to create an environment that empowers and encourages behaviour changes by individuals, families and communities, to make positive, life-enhancing decisions on healthy diets and patterns of physical activity.

In 2013, the World Health Organization (WHO) called for zero increase in the prevalence of overweight among children and in the prevalence of obesity among adults. However, given the current pace of increase and the existing challenges in implementing food policies, achieving this goal appears unlikely in the near future. There is an urgent need to act now to improve the health of this generation and the next. For further information please see the Report of the Commission on Ending Childhood Obesity published by the World Health Organization: [http://apps.who.int/iris/bitstream/handle/10665/204176/9789241510066\\_eng.pdf;jsessionid=4125E1042E3B91E4B9F59EF6B1F07511?sequence=1](http://apps.who.int/iris/bitstream/handle/10665/204176/9789241510066_eng.pdf;jsessionid=4125E1042E3B91E4B9F59EF6B1F07511?sequence=1)

"How carefully should mothers study to prepare their tables with the most simple, healthful food, that the digestive organs may not be weakened, the nervous forces unbalanced, and the instruction which they should give their children counteracted, by the food placed before them. This food either weakens or strengthens the organs of the stomach, and has much to do in controlling the physical and moral health of the children, who are God's blood-bought property. What a sacred trust is committed to parents, to guard the physical and moral constitutions of their children, so that the nervous system may be well balanced, and the soul not be endangered!" —*Counsels on Diet and Foods*, p. 237







## CHILDREN'S CORNER



# Jesus Can Stop



Dark black clouds were rolling in the distance. The beautiful clear blue sky was disappearing more and more. Mother was driving while Annie and Max happily spoke about their day spent at Grandpa's house. Grandpa had a puppy that some neigh-

bours had given to him, and the children had spent much time playing with their new little friend. Suddenly, they heard a loud strong noise causing immediate silence in the car. Thunder.

"Mother," said Maxi's little trembling voice, "are we almost home?"

Mother noticed the traffic on the highway they were just getting on. She sighed; she knew how scared Maxi was of storms. Before she could answer, rain started pouring down. Lightning could be seen in the distance.

"Oh no," Maxi screeched, as he quickly reached over for Annie's hand. Annie try to comfort her brother as much as possible.

"Unfortunately son, we are stuck in traffic, it looks like it will take some time to get home," answered Mother. She truly felt sorry for her son. Storms scared her a little too.

With each loud noise coming from the thunderstorm, Maxi let out a cry. Traffic didn't seem to advance. Mother then had an idea. She took her Bible out of her purse and began to read aloud Mark 4:35-41 for the children to hear.

*"And the same day, when the even was come, He [Jesus] saith unto them, Let us pass over unto the other*

*side. And when they had sent away the multitude, they took Him even as He was in the ship. And there were also with Him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And He was in the hinder part of the ship, asleep on a pillow: and they awake Him, and say unto Him, Master, carest Thou not that we perish? And He arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. And He said unto them, Why are ye so fearful? how is it that ye have no faith? And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey Him?"*

The sound of the thunder and the view of the lightning made the story even more real. The children listened attentively.

"So, even the disciples were scared of the storm?" asked Annie. Maxi started to feel better; he wasn't the only one.

"Yes," answered Mother.

"And Jesus spoke to the storm to stop, and the storm obeyed? How is that possible?" asked Maxi, as he looked out the window.

"Jesus had the power to do so because the Father gave Him that power. Jesus can stop any storm, even the storms of our lives. The storms of our lives are those moments when we go through very difficult situations. These situations sometimes scare us, discourage us, and sometimes we may think God doesn't care about us. However, Jesus is with us every moment. If we call on His name, He will hear us and help us. We should confide in Him, and when we learn to do so, we will have no fear of any storm."

Maxi felt unafraid now. He believed that Jesus could literally stop even the storm taking place at that very



moment. He even thanked God aloud, "Lord, thank you because you can stop any storm, and for taking away the fear I had."

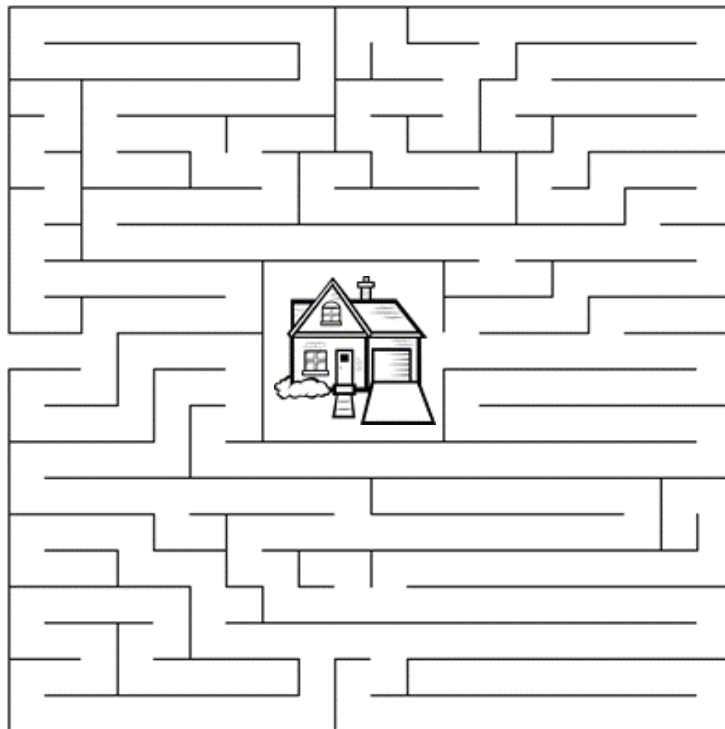
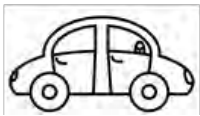
The traffic began to fade, and before they knew it, they reached home. The storm stopped.

## Challenge Fourteen

1) Find a verse that speaks about Jesus stopping the storm and write below. (Clue: Psalm 89)

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2) Help Maxi and his family get home



Complete all 15  
Challenges

Email your challenges here:

[veronicanoeimgarcia@gmail.com](mailto:veronicanoeimgarcia@gmail.com)

Don't miss Grand-  
pa's next visit to  
Annie and Max's  
home!!





# Senegal



# Lesotho





## Swaziland



**Brother and Sister Swane are one of the first Reformers in Swaziland. They were baptized by Brother Schmidt.**

## Ghana

**Isaac Mensah on his way to school in Ghana. Isaac is one of the many children whose education is sponsored by generous donors. More sponsors are needed for the growing demand. If you would like to help out by sponsoring the education of a child please send us an email to:**




**[imsmessenger@yahoo.com](mailto:imsmessenger@yahoo.com)**

## Gabon



**Gabon is a new field that has opened up. These are some of the first members and interested souls. Let us keep these believers in our prayers.**





**“The true Christian keeps the windows of the soul open heavenward. He lives in fellowship with Christ. His will is conformed to the will of Christ. His highest desire is to become more and more Christlike, that he may say with Paul: ‘I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me...’ (Galatians 2:20).” –In *Heavenly Places*, p. 33**

**“If human beings would open the windows of the soul heavenward, in appreciation of the divine gifts, a flood of healing virtue would pour in.” –*The Ministry of Healing*, p. 116**