



*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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# Love of Many Waxes Cold

portions, while the things concerning eternity are dropped out of their reckoning.” —*The Review and Herald*, October 31, 1893

“With the grand, ennobling theme of salvation before us, shall we be as cold as statues of marble? If men can become so excited over a match game of cricket, or a horse race, or over foolish things that bring no good to anyone, shall we be unmoved when the plan of salvation

“I have been shown that we live amid the perils of the last days. Because iniquity abounds, the love of many waxes cold. The word ‘many’ refers to the professed followers of Christ. They are affected by the prevailing iniquity, and backslide from God; but it is not necessary that they should be thus affected. The cause of this declension is that they do not stand clear from this iniquity. The fact that their love to God is waxing cold because iniquity abounds, shows that they are, in some sense, partakers in this iniquity, or it would not affect their love for God and their zeal and fervor in His cause.” —*Counsels on Health*, p. 615

“The cause of God is to hold the first place in our plans and affections. There is need of bearing a straight message concerning the indulgence of self while the cause of God is in need of means. Some are so cold and backslidden that they do not realize that they are setting their affections on earthly treasure, which is soon to be swept away forever. The love of the world is binding them about, like a thick garment; and unless they change their course, they will not know how precious it is to practice self-denial for Christ’s sake. All our idols, our love of the world, must be expelled from the heart.

“There are ministers and faithful friends who see the danger that surrounds these self-bound souls, and who faithfully present to them the error of their course, but instead of taking admonitions in the spirit in which they are given, and profiting thereby, those reprovéd rise up against the ones who deal with them faithfully.

“O, that they might arouse from their spiritual lethargy, and now acquaint themselves with God! The world is blinding their eyes from seeing Him who is invisible. They are unable to discern the most precious things that are of eternal interest, but view the truth of God in so dim a light that it seems of little value to them. The merest atom concerning their temporal interests assumes magnified pro-

is unfolded before us?” —*Special Testimonies on Education*, p. 82

“Never are we to be cold and unsympathetic, especially when dealing with the poor. Courtesy, sympathy, and compassion are to be shown to all. Partiality for the wealthy is displeasing to God. Jesus is slighted when His needy children are slighted. They are not rich in this world’s goods, but they are dear to His heart of love. God recognizes no distinction of rank. With Him there is no caste. In His sight, men are simply men, good or bad. In the day of final reckoning, position, rank, or wealth will not alter by a hairsbreadth the case of anyone. By the all-seeing God, men will be judged by what they are in purity, in nobility, in love for Christ.” —*Counsels on Stewardship*, p. 162

“A Christlike nature is not selfish, unsympathetic, cold. It enters into the feelings of those who are tempted and helps the one who has fallen to make the trial a stepping-stone to higher things. The Christian teacher will pray for and with an erring student, but he will not get angry with him. He will not speak sharply to the wrongdoer, thus discouraging a soul who is struggling with the powers of darkness. He will let his heart ascend to God for help, and angels will come to his side to help him in lifting up the standard against the enemy; thus instead of cutting off the erring one from help, he will be enabled to gain a soul for Christ.” —*Counsels to Parents, Teacher and Students*, p. 266

“God will have a people on the earth who will not be so cold and dead but that they can praise and glorify Him. He will receive glory from some people, and if those of His choice, those who keep His commandments, should hold their peace, the very stones would cry out.” —*Early Writings*, p. 109

**Ellen G. White**



# Your answers to 2019's Questions

that ye may live. Get ready, get ready, get ready. Ye must have a greater preparation than ye now have. . . . Sacrifice all to God. Lay all upon His altar—self, property, and all, a living sacrifice. It will take all to enter glory.

“Christ is coming with power and great glory. He is coming with His own glory and with the glory of the

I greet you as the year 2018 comes to a close and encourage you to reflect on how God has been good to you as you were spared another year. Many opportunities were given to you. Did you make a wise use of them, for yourself, your family, or your church? Have you overcome your pride? Have you walked in integrity and fear (Job 1:1)?

## 2019 QUESTIONS

I was very much touched by the following questions quoted from the Spirit of Prophecy, and I wish to share them with you. Read them carefully, consider them, and answer them conscientiously from your heart. After answering them, share them with others:

“Suppose that today Christ should appear in the clouds of heaven, who . . . would be ready to meet Him? Suppose we should be translated into the kingdom of heaven just as we are. Would we be prepared to unite with the saints of God, to live in harmony with the royal family, the children of the heavenly King? What preparation have you made for the judgment? Have you made your peace with God? Are you laboring together with God? Are you seeking to help those around you, those in your home, those in your neighborhood, those with whom you come in contact that are not keeping the commandments of God? . . . Are we getting ready to meet the King? . . .

“If it were possible for us to be admitted into heaven as we are, how many of us would be able to look upon God? How many of us have on the wedding-garment? How many of us are without spot or wrinkle or any such thing? How many of us are worthy to receive the crown of life? . . . Position does not make the man. It is Christ formed within that makes a man worthy of receiving the crown of life, that fadeth not away.

“Will ye shun the seven last plagues? . . . If so, ye must die

Father. . . . While the wicked flee from His presence, Christ’s followers will rejoice. . . . To His faithful followers Christ has been a daily companion and familiar friend. They have lived in close contact, in constant communion with God. Upon them the glory of the Lord has risen. . . . Now they rejoice in the undimmed rays of the brightness and glory of the King in His majesty. They are prepared for the communion of heaven; for they have heaven in their hearts. If you are right with God today, you are ready if Christ should come today.” —*Maranatha*, p.98

How many questions in total did you find? How are your answers to each one? May you meditate again on this sentence: “If you are right with God today, you are ready if Christ should come today!”

## THE NEEDFUL PREPARATION

“Many do not realize what they must be in order to live in the sight of the Lord without a high priest in the sanctuary through the time of trouble. Those who receive the seal of the living God and are protected in the time of trouble must reflect the image of Jesus fully.

“Their robes must be spotless, their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort, they must be conquerors in the battle with evil. While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God’s people upon earth.

“I saw that many were neglecting the preparation so needful and were looking to the time of ‘refreshing’ and the ‘latter rain’ to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful

preparation; therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God.

“Those who refuse to be hewed by the prophets and fail to purify their souls in obeying the whole truth, and who are willing to believe that their condition is far better than it really is, will come up to the time of the falling of the plagues, and then see that they needed to be hewed and squared for the building. . . .

“I saw that none could share the ‘refreshing’ unless they obtain the victory over every besetment, over pride, selfishness, love of the world, and over every wrong word and action. We should, therefore, be drawing nearer and nearer to the Lord and be earnestly seeking that preparation necessary to enable us to stand in the battle in the day of the Lord. Let all remember that God is holy and that none but holy beings can ever dwell in His presence.” – *Maranatha*, p. 254

“As you enter upon a new year, let it be with an earnest resolve to have your course onward and upward. Let your life be more elevated and exalted than it has hitherto been. Make it your aim not to seek your own interest and pleasure, but to advance the cause of your Redeemer. Remain not in a position where you ever need help yourself, and where others have to guard you to keep you in the narrow way. You may be strong to exert a sanctifying influence upon others. You may be where your soul’s interest will be awakened to do good to others, to comfort the sor-

rowful, strengthen the weak, and to bear your testimony for Christ whenever opportunity offers. Aim to honor God in everything, always and everywhere. Carry your religion into everything.

“Prepare for eternity with such a zeal as you have not yet manifested. Educate your mind to love the Bible, to love the prayer meeting, to love the hour of meditation, and, above all, the hour when the soul communes with God. Become heavenly-minded if you would unite with the heavenly choir in the mansions above. . . .

“A new page is turned in the book of the recording angel. . . . Let a record be stamped there which you will not be ashamed to have revealed to the gaze of men and angels.” – *My Life Today*, p. 369

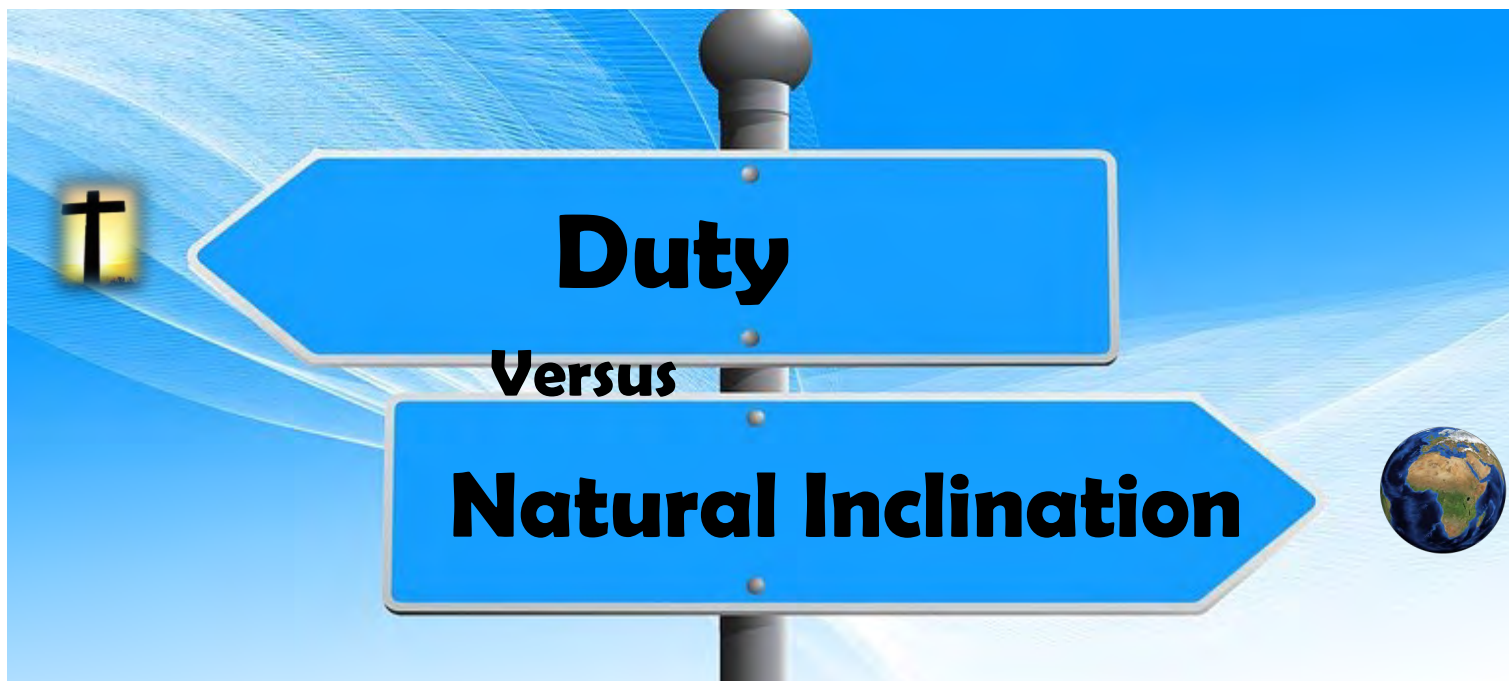
When death comes, nothing can be done to set right the errors of the past. Not a line of our record can be blotted out, not a sentence corrected. What is written, is written. If the one probation has been misused, if Jesus has been neglected, if darkness has been preferred to light, there stands the record: needful preparation of eternity is today, now. Amen.

*Victor Shumbusho, DR Congo*



**“What is there that Christ cannot do? He is perfect in wisdom, in righteousness, in love. Do not shut yourselves up to yourselves, satisfied to pour out all your affection upon each other. Seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. A word of cheer, an act of kindness, would go far to lighten the burdens that are resting heavily upon weary shoulders. It is in unselfish ministry that true happiness is found. And every word and deed of such service is recorded in the books of heaven as done for Christ. “Inasmuch as ye have done it unto one of the least of these My brethren,” He declares, “ye have done it unto Me.” Matthew 25:40.**

**“Live in the sunshine of the Saviour’s love. Then your influence will bless the world. Let the Spirit of Christ control you. Let the law of kindness be ever on your lips. Forbearance and unselfishness mark the words and actions of those who are born again, to live the new life in Christ.” - *Testimonies for the Church*, vol. 7, p. 49-50**



There are two great enemies, the voice of duty and the natural inclination. They are at war, fighting against each other. And where is their battlefield? Right inside us, in me and in you. This is a daily war. Our eternal life depends on which of them gains the victory, the voice of duty or our natural inclination.

Long after we have become Christians the natural inclinations try to control us. If you are cutting wood with an axe, and are cutting along the grain, it will split easily. That is the natural way. But if you try to cut it across the grain, it is much harder. So also, if we do things that we are used to doing, seeking a life of ease and comfort, even luxury, it is easy. We naturally like to eat certain foods and drinks. It is natural to stay home after our work day is over. It is natural to do our own things on the weekends, to seek entertainment and continue our hobbies. It is natural to love money; we do not need to learn it.

It was very natural for Peter to deny Christ, rather than be condemned to death with Him. It was natural for Jonah to go to Tarshish, rather than to the city of Nineveh. If someone does not please you, and is doing wrong to you, it is natural to dislike him, and even to hate him.

The voice of duty tells us to do everything in a different way, which may not be pleasing to us. The voice of duty tells us to go out and do missionary work, rather than wasting our time in anything unimportant. The voice of duty tells us to read the Bible instead of watching television. The voice of duty tells us to love our enemies, and to do good to them, and to seek their company. "But the law of duty is supreme. It should hold sway over human reason." —*Testimonies for the Church*, vol. 4, p. 163

"Because I have called, and ye refused; I have stretched out My hand, and no man regarded; But ye have set at nought all My counsel, and would none of My reproof: I also will laugh at your calamity; I will mock when your fear cometh; When your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. Then shall they call upon Me, but I will not answer; they shall seek Me early, but they shall not find Me." Proverbs 1:24–28

The neglected duty will leave us without help in the time of trouble. We must realize the importance of the faithful performance of all that God has spoken to us. We need to live the life of Jesus, and follow Him daily.

"But while living in neglect of a known duty, he would not be secure, for he could not be shielded by the angels of God. In the time of trouble, just before the coming of Christ, the righteous will be preserved through the ministration of heavenly angels; but there will be no security for the transgressor of God's law. Angels cannot then protect those who are disregarding one of the divine precepts." —*Patriarchs and Prophets*, p. 256

In 1 Kings 13 we read of a man of God who came to King Jeroboam at Bethel to proclaim to him the word of God and King Jeroboam cried, "Lay hold on him. And his hand, which he put forth against him, dried up, so that he could not pull it again to him" (verse 4). God protected his prophet and saved his life. But a little later the prophet disobeyed God, and in verse 24 we read, "A lion met him by the way, and slew him." These kinds of experiences will be taking place in our day also.

"There will be some terrible falls by those who think

they stand firm because they have the truth, but they have it not as it is in Jesus. A moment's carelessness may plunge a soul into irretrievable ruin. One sin leads to the second, and the second prepares the way for the third, and so on. We must, as faithful messengers of God, plead with Him constantly to be kept by His power. If we swerve a single inch from duty, we are in danger of following on in a course of sin that will end in perdition. There is hope for every one of us, but only in one way, and that is by binding ourselves to Christ, and exerting every energy to attain to the perfection of His character." —*Testimonies for the Church*, vol. 5, p. 540. One single inch from duty may be enough to set us in a course of sin that will end in perdition.

"Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this is the whole duty of man." Ecclesiastes 12:13

"Christ has a church in every age. There are in the church those who are not made any better by their connection with it. They themselves break the terms of their election. Obedience to the commandments of God gives us a right to the privileges of His church." —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1079

These people have been in the school of Christ without learning the lessons. They have neglected the high privilege of learning and being sanctified. Therefore, there will be terrible falls among us.

"To perform every duty as unto the Lord throws a charm around the humblest employment and links the workers on earth with the holy beings who do God's will in heaven." —*The Adventist Home*, p. 287. The beautiful character is built up by individual acts of duty. Jesus said, "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." Matthew 25:40. If we want to have the company of heavenly beings, it is possible only by faithful service to the Master, following in His footsteps.

"Real happiness is found only in being good and doing good. The purest, highest enjoyment comes to those who faithfully fulfill their appointed duties." —*My Life Today*, p. 168

"They should early learn that happiness is not found in selfish gratification; it follows only in the wake of duty." —*Child Guidance*, p. 206. Why are there so many depressed, unhappy Christians? It is because they have neglected something that they should have done.

"Every duty performed, every sacrifice made in the name of Jesus, brings an exceeding great reward. In the very act of duty, God speaks and gives His blessing." —

*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 936

When we fulfill our duties faithfully, great joy will fill us; we will have peace that passes understanding, something that the world has never known, that we will receive it as a reward from the Holy Spirit. On the other hand, we read in *Selected Messages* (bk. 1, p. 396), "No one can believe with the heart unto righteousness, and obtain justification by faith, while continuing the practice of those things which the Word of God forbids, or while neglecting any known duty."

Now that we are convinced of the importance of the faithful performance of our duties, are we really clear on what those duties are? What does God expect from us? Is it not enough that we come to church, and believe in God, and pay our tithes and offerings? What may be still lacking? Could there be something that we have neglected? Let us begin with our thoughts.

"You should control your thoughts. This will not be an easy task; you cannot accomplish it without close and even severe effort. Yet God requires this of you; it is a duty resting upon every accountable being. You are responsible to God for your thoughts. If you indulge in vain imaginations, permitting your mind to dwell upon impure subjects, you are, in a degree, as guilty before God as if your thoughts were carried into action. All that prevents the action is the lack of opportunity. Day and night dreaming and castle-building are bad and exceedingly dangerous habits. When once established, it is next to impossible to break up such habits, and direct the thoughts to pure, holy, elevated themes. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul. The power of grace alone can accomplish this most desirable work." —*Testimonies for the Church*, vol. 2, p. 561

Solomon writes, "For as he thinketh in his heart, so is he." Proverbs 23:7. If all our thoughts are pure and holy, then that is our character, and we are ready for Jesus to come.

Next comes our words, what we speak. "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." —*Testimonies for the Church*, vol. 3, p. 332

Jesus said, "But I say unto you, That every idle word that

men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned." Matthew 12:36–37

God has given us the gift of speech, not for foolish talking, but to fulfill our duty in using this talent to His honour. Not one word of anger, or evil-speaking, nor vain joking must pass from our lips.

Also, our duty is to attend church meetings. "Not forsaking the assembling or ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." Hebrews 10:25

Sister White was 15 years old when God revealed her duty to her. Her duty was to go to a prayer meeting and to pray publicly. "I was hungering and thirsting for full salvation, an entire conformity to the will of God. Day and night I was struggling to obtain this priceless treasure, that all the riches of earth could not purchase. As I was bowed before God praying for this blessing, the duty to go and pray in a public prayer meeting was presented before me." *—Early Writings*, p. 11. When a visitor comes to a meeting and sees many church members staying home and not coming to the meeting, what do they think?

Another duty we have that some members do not enjoy fulfilling is to rebuke and correct the sins that some of the members in the church are doing. "He would teach His people that disobedience and sin are exceedingly offensive to Him and are not to be lightly regarded. He shows us that when His people are found in sin they should at once take decided measures to put that sin from them, that His frown may not rest upon them all. But if the sins of the people are passed over by those in responsible positions, His frown will be upon them, and the people of God, as a body, will be held responsible for those sins. In His dealings with His people in the past the Lord shows the necessity of purifying the church from wrongs. One sinner may diffuse darkness that will exclude the light of God from the entire congregation. When the people realize that darkness is settling upon them, and they do not know the cause, they should seek God earnestly, in great humility and self-abasement, until the wrongs which grieve His Spirit are searched out and put away." *—Testimonies for the Church*, vol. 3, p. 265

We are our brothers' keepers, and it is our duty to try to save our brother from his sin, and keep the church clean. "When I say unto the wicked, O wicked man, thou shalt surely die; if thou dost not speak to warn the wicked from his way, that wicked man shall die in his iniquity; but his blood will I require at thine hand. Nevertheless, if thou warn the wicked of his way to turn from it; if he do not turn from his way, he shall die in his iniquity; but thou hast delivered thy soul." Ezekiel 33:8–9

Many other duties we have, but one more is important that we must not neglect, and that is missionary work. "Not only have we each a work to do for our own souls, but we have also a duty to arouse others to gain eternal life." *—Testimonies for the Church*, vol. 5, p. 71

"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." Matthew 28:19–20

The knowledge that God has given us makes us debtors to pass it on to others. If we love our neighbours, then to prove our love to them, we try to save them into eternal life. "Here is our great sin. We are years behind. The ministers have been seeking the hidden treasure and have been opening up the casket and letting the jewels of truth shine forth, but the members of the church have not done a hundredth part of that which God requires of them. What can we expect but deterioration in religious life when the people listen to sermon after sermon and do not put the instruction into practice? The ability God has given, if not exercised, degenerates. More than this, when the churches are left to inactivity Satan sees to it that they are employed. He occupies the field and engages the members in lines of work that absorb their energies, destroy spirituality, and cause them to fall as dead weight upon the church." *—Testimonies for the Church*, vol. 6, p. 425

Such indifference and neglect of duty is an amazement to the angels. "There are conditions to the fulfillment of God's promises, and prayer can never take the place of duty." *—Christ's Object Lessons*, p. 143

We may pray for the salvation of our brothers and sisters, and also for the people of the world, but it is not enough; we must talk to them, invite them, and teach them. How can we really understand our responsibility? There is only one way. "Our duty will only be discerned and appreciated when viewed in the light which shines from the life of Christ." *—Testimonies for the Church*, vol. 3, p. 403

Jesus asks you, "Lovest thou Me?" and if you answer like Peter, "Yes, I love Thee, Lord", then He will answer, "Feed My sheep."

Every night, ask the Lord, "have I done my duty today, did I neglect some opportunity?" "Then on the following day, try a little better again. Finally the natural inclination will be defeated, and the voice of duty will gain victory. And one day we will hear the voice of Jesus, "Well done, thou good and faithful servant, enter into the joy of the Lord." Amen.

**Timo Martin**





## Behind the Net

Several sporting activities carried out in our time involve nets. In such sports, points are scored when a ball (or something similar) crosses a fixed boundary line into a net. The boundary line, whether physical or logical, is the mark that all players aim for. Examples include basketball, cricket, and soccer (commonly known as football). Each of these sports has predefined rules of the game and have associations or committees that coordinate and regulate their practice. In this article, we explore and learn from the experiences of one famous football team that did the unthinkable! Very recently, the entire world was engrossed in witnessing the 2018 football World-Cup in which France emerged victorious as the world champions. However, our story is not about any of the teams involved in the World Cup, but about a small country called Zamunda.

### ZAMUNDA

Zamunda was a small country with a land area of about 150 square km and a population of about five hundred thousand people (no need to look that up on Google, just focus on the story). Everyone in this little country loved football, and as is custom in many other countries cherishing this sport, each year they held a football tournament in which they crowned national champions for that particular year. Zamunda had one particular team that was considered everyone's favourite because they had won the tournament several times. In one fateful year, however, this team did not perform quite as expected. In their first group game, this favourite team had so many chances of scoring but their strikers kept hitting the ball behind the net, instead of into the net. For those who may have watched football at some point in time, you might be aware that sometimes when a ball hits behind the net, it may have an appearance of being inside the

net for some viewers. Because of their repeated failure to score, this team decided that they would persuade everyone to accept that even if the ball hit behind the net, it should be counted as a goal and awarded points.

It started with one striker celebrating vigorously even when he well knew the ball was behind the net. At first the spectators laughed at him, thinking that he was not aware of the referee's decision not to award him a point. But, another striker did the same: after brilliantly dribbling his way through the defense of the opposing team, his efforts were worse than wasted as his strike landed the ball behind the net. So, he decided he would go ahead and celebrate his failure as a goal. He performed backflips and ran around the pitch while raising his hands to solicit support from the jeering crowd. Despite their efforts, they lost the first match. In their second and last group match, this team continued with their drama as they saw that their hopes of going beyond the group stage would be shattered.

Strikers of the favourite team who kept hitting the ball behind the net increased their efforts to persuade the crowd to believe that a ball behind the net was a goal. Well, never underestimate the power of persuasion. While this was a very unusual and unthinkable circumstance, their efforts paid off at last; a small group of the crowd began to cheer and whistle whenever a striker from this team missed and hit behind the net, but still celebrated. Another portion of the crowd joined in cheering, and a third, and soon the whole stadium filled with supporters of this famous team began to cheer and to demand that the referees award points to the strikers. The jeers turned into cheers. The referees feared for their popularity with the crowd; though feeling very uneasy at first, they loved the approval of the crowd more than their

integrity and so decided to award points to this favourite team.

What started out as a small matter in one group match later gained the support of all of this favourite team's football fans in Zamunda at the time of the last group match. That is how they qualified for the next round. The other contending teams, however, objected to this popularly accepted new standard, so they appealed to the football authority of Zamunda for a ruling on the matter. A day was appointed in which a ruling was to be made. On that day a large crowd of football fans from all over Zamunda gathered in the country's largest stadium—the place appointed for the ruling. Almost everyone was cheering and whistling for the "favourite team" in a bid to sway the football authority. The opposing teams and their supporters were a tiny minority in comparison to the proponents of this new standard. Would the football authority, just like the referees, adopt the new standard for the sake of the majority?

When the officers from the football authority commenced their procession, the president of the authority stood up and waved a little book in his hand to the crowd. The crowd began to wonder why he couldn't just wave with his bare hands as a greeting gesture but instead waved a little book in his right hand. He soon began to speak and

started by thanking all fans for their love of and support for the sport of football. The crowd couldn't be more excited! He then continued and said, "this little book in my hand contains all rules pertaining to the principles and practice of the sport of football in Zamunda. It clearly indicates how goals are scored, and what behaviour is expected of both the players and referees. Which part of this book did you read and how did you read it for you to arrive at the position you hold today and be comfortable in what you practice?" The cheering and whistling was hushed! Everyone was speechless! It was as if they had all instantly fallen into a trance! But, no, it was not a trance, it was a sure realization of how fascinatingly deluded and terribly deceived they had been! None of the referees, football players, coaches, or even members of the gathered crowd, that adopted the new standard, could answer that question. What happened to the "favourite team"? Well, what do you expect? They lost! Shamefully!

### THE GAME

You are probably thinking of going to Google, or some other favorite search engine of yours, to find out more about Zamunda and its delusional football fans. You might be wondering how, almost, an entire nation's population

could be deceived and assist each other in getting deceived into thinking that a ball behind the net *is* counted as a goal when the rules of the game were plain about what constituted a goal? Hold it right there! Don't waste your time and effort; it's not worth it. This is a parable I came up with to provoke thought.

Let's pause for a moment of introspection and ask: isn't the whole of humanity engaged in some kind of game of life? Oh yes, it is. As a matter of fact, the pen of inspiration tells us that, "Satan is delighted when he sees human beings using their physical and mental powers in that which does not educate, which is not useful, which does not help them to be a blessing to those who need their help. While the youth are becoming expert in games that are of no real value to themselves or to others, Satan is playing the game of life for their souls, taking from them the talents that God has given them, and placing in their stead *his own evil attributes*. It is *his effort to lead men to ignore God*. He seeks to engross and absorb the mind so completely that God will find no place in the thoughts. He does not wish people to have a knowledge of their Maker, and he is well pleased if he can set in operation games and theatrical performances that will so confuse the senses of the youth that God and heaven will be forgotten." – *Counsels to Parents and Teachers*, p. 274

How does Satan score his points in this game? Well, he certainly uses many tactics, but the goal is the same—to make humans like himself, rebels against God's government and law. He does this by engineering several ways of making humans forget God and be disobedient to His Law. Oh, it's true! Whatever he does that makes a person ignore God's appointed way and follow one's own way, leads Satan to score a point in the game of life. Anything one does that is not approved by God's word makes one more like Satan in character. The three temptations brought to Jesus in the wilderness reveal the main areas in which Satan traps men and scores points against them in this game: (1) lust and appetite; (2) pleasure seeking, worldly honor and riches; and (3) love of self, pride and presumption. For instance, in *Counsels on Stewardship* page 135 and 136, we are told that "Satan is playing the game of life for the souls of men...[He] is inventing everything that he can possibly devise in order to keep men thoroughly occupied, so that they shall have no time to consider the question, 'How is it with my soul?'... The only satisfaction Satan takes in playing the game of life for the souls of men is the satisfaction he takes in hurting the heart of Christ. Though He was rich, for our sake Christ became poor, that we through His poverty might be made rich. Yet in view of this great fact, the majority of the world permit earthly possessions to eclipse heavenly attractions. They set their affections upon earthly things, and turn away from God."

In his special strategy against Christians in general and Sabbath keepers in particular, Satan said to his angels, "Go, make the possessors of lands and money drunk with the cares of this life. Present the world before them in its most attractive light, that they may lay up their treasure here, and fix their affections upon earthly things. We must do our utmost to prevent those who labor in

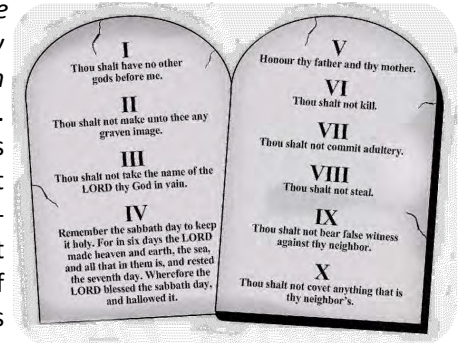


God's cause from obtaining means to use against us. Keep the money in our own ranks. The more means they obtain, the more they will injure our kingdom by taking from us our subjects. Make them care more for money than for the upbuilding of Christ's kingdom and the spread of the truths we hate, and we need not fear their influence; for we know that every selfish, covetous person will fall under our power, and will finally be separated from God's people." *-Ibid.*, p. 154. He further added, "we must . . . ensnare those who honor the true Sabbath. We can separate many from Christ by *worldliness, lust, and pride*. They may think themselves safe because they believe the truth, but indulgence of *appetite* or the *lower passions*, which will confuse judgment and destroy discrimination, will cause their fall." *-Maranatha*, p. 163 (emphasis supplied). This brings us back to Zamunda.

### ZAMUNDA RELOADED

Considering this game of life that Satan is playing with the souls of men, is it any wonder that the majority of Christendom today is behaving in a manner similar to the inhabitants of Zamunda? Because many have failed to reach the standard that God has set forth for what constitutes righteousness, they have decided to set this standard aside and erect their own and then convince themselves that their own standards are just as good and acceptable to God as His standard. Human tradition, scientific theories, and popular opinion constitute men's form of right doing. Many are looking to what the church says or what that religious leader says, but not to what God says. For some, their fellow human beings have become standards; they feel comfortable to act in a certain way because they see one brother or sister from church act the same way, and this they do without even consulting God's word as to whether He would approve of such a course of action or not. Many are being made to believe that there is no absolute truth, that there is only relativism. That is to say, you cannot be absolutely certain of what is right but that you can fulfil some degree of righteousness, but not completely. Religion has been made mystical and Christianity minimal. Christians are not aiming for the highest standard of perfection but for the bare minimum they can do to profess the name of Christ.

Even though I have not yet come across any empirical study that indicates how many people believe whether or not it is possible to perfect Christian character by being 100% obedient to God's law, still, prevailing trends of behaviour in Christian circles provide sufficient evidence to suggest that many Christians have generally come to believe that it is impossible to be 100% perfect and be obedient to *every little detail of God's law made known to man in each generation*. Notice the emphasis supplied in the last phrase—we are required to be obedient to the revealed will of God, not to what has not been revealed to us. I present here a few real-life experiences to illustrate the attitude of many Christians towards perfection of character.



In 1999, a certain Adventist pastor was sent to conduct a public effort in one town located in the North-western province of Zambia. During one of his evening meetings, one attendee from a Sunday keeping church said to him, "you Seventh-day Adventists just trouble yourselves; no one can keep the whole law of God. You see, God is very merciful, so, when Jesus comes again, as He descends from the skies, He is going to look upon us. And as He looks upon us, He is going to have mercy on us, knowing that we are just human and, He is going to say, 'children, children, I think you have all failed; let us just go to heaven!'"

The second example regards one of my favorite hymns, which is "Jesus loves me", originally written in 1859 by Anna Bartlett Warner (1827–1915), who, interestingly, was born and died in the same year as Ellen G. White. In its altered version that appears in the International Hymnal as hymn number 151, the last stanza reads as follows in English: "Jesus take this heart of mine, Make it pure and wholly Thine; On the cross You died for me, I will *love* and *live* for Thee." (Emphasis supplied). Beautiful words indeed, but not everyone agrees with them.

In 2014, while searching for Christian songs for children on YouTube, I came across some Sunday-keeping Christians who seemed not to agree with the statement that we can love and live for Christ absolutely. In one video I found, performed by a very famous Christian children's choir, the last phrase of the last stanza was modified from "*I will love and live for Thee*" to "*I will try to live for Thee*". If you are not an attentive listener, you might miss this while the children are singing because you would be charmed by

their lovely voices which were innocently inculcating a subtle and dangerous doctrine that we can only *try* to live for Christ. So here you notice that “I will *try* to live for Thee” is a relative phrase while “I will live for Thee” is absolute. In the former, you only try, that is, you only live for Christ to some extent (e.g. 50%), but don’t actually make it; where as in the latter, you wholly (100%) live for Christ.

In case you thought this attitude is limited to Sunday keepers, think again. In 2017 I was invited to conduct a Bible study with some group at one Seventh-day Adventist (not IMS) congregation in the European country in which I was residing. During the Sabbath school lesson discussion, I made one comment about God’s requirements for perfection and how He expects His people to be perfect in their sphere just as He is perfect in His sphere. The lesson coordinator then asked, in a manner that expressed doubt, “*do you actually think it is possible for us to be perfect in every small detail of our lives?*”

Later, during lunch hour, I asked about the lack of reverence for the Sabbath I had observed in some members on that day. In response, I was told a story of one Indian man who had suffered persecution in India because of Sabbath observance. When the man came to this same European country and congregated at this same church, he was surprised to see that some professed Sabbath keepers were cooking on the Sabbath in the church kitchen, and generally did not observe the Sabbath the way the Bible commands. When he inquired of the reason for this behaviour, he was told, “this is not India; this is Europe.” Startled, he asked, “so if it is acceptable to do these things on the Sabbath here in Europe, does God have different standards for each country? Why did I suffer in India, losing my job and got persecuted by my family because of my refusal to work on the Sabbath?” From that day the gentleman never stepped foot in that congregation again.

About three weeks later, I met one of the congregants from that church, in a supermarket store. He asked me why I had not been present for worship at church for the past weeks. I briefly explained to him that I was a member of the International Missionary Society of the Seventh-day Adventist Church Reform Movement, and that I had only attended services at his congregation because of the Bible study I was invited to conduct. He at first appeared to be curious to find out the difference between the SDA church and the Reform Movement. However, when I explained to him the separation of 1914 and how important it was for God’s people to stand in defense of God’s commandments by not supporting the war effort which would lead to transgression of the fourth and sixth commandments, he immediately interrupted me and said, “*my brother, no man can keep the whole law of God. If God is expecting to find anyone 100% perfect when Jesus comes, then He is the biggest loser!*” You can only imagine my shock at the utter-

ance of such a statement by a professed Seventh-day Adventist. I tried to secure an appointment for a follow-up Bible study with the gentleman, but he simply walked away.

These few examples, deliberately given in chronological order to demonstrate how the love of many is waxing cold as the years go by, are real life experiences but are not meant to be and can never be generalized to all Christians. However, I tend to think that the sentiments expressed in these encounters are shared by many professed Christians, regardless of race, colour, nationality or denomination. If no one can be perfect, perfect in every way, what then is the goal of Christianity?

### THE GOAL

Satan scores his points in the game of life by making humans disobedient to God’s law, thereby making them like himself in character—rebels against God’s government! How then do humans score their points in this game?

In football, the goal or mark that players press towards is the boundary line connected to the net on the opponents’ side. The Apostle Paul states that he pressed “toward the mark for the prize of the high calling of God in Christ Jesus.” Philippians 3:14. What is this mark or high calling that we must press towards? There are several scriptures regarding this, but I present a few of them here. To understand what the *high* calling is, you can probably learn something when you know what the low calling is. You can only ask a *fallen* or sitting person to stand up. Romans 3:23 tells us that “all have sinned, and come short of the glory of God.” So, the low calling is transgression of God’s law (1 John 3:4). You will recall that this is the goal of Satan in this game—to lure us into the low position of disobedience so that we may join him in his rebellion against God. By falling into transgression, man lost the character of God, also known as the image of God, or, sometimes, as the glory of God. Instead of God’s character, he received the imprint of Satan’s character and automatically became alienated in his mind towards God and His law (Colossians 1:21). John puts it plainly that, “He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil.” 1 John 3:8



To restore God’s image or character in man, the gospel of Jesus Christ was set in operation. In John 1:12, the Bible states that “as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name.” And in Romans 1:16–17, we are told what this power is: “For I am not ashamed of the gospel of

Christ: for it is the *power* of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith.”

The purpose of the gospel of Jesus Christ is to transform man and restore God’s image in him. Therefore, anything that men preach that does not lead to man’s transformation of character and restoration of God’s image in him, is not the gospel of Jesus Christ. With this gospel, God exemplifies His character in the life of Jesus and demonstrates both His justice and unselfish love for man by the death of His Son on the cross. When the gospel works on the hearts of men, they get transformed and reborn into newness of life with the mind of Christ (Romans 12:1–2; 1 Corinthians 2:16; 2 Corinthians 5:17). With this, the ultimate goal is achieved, “*which is Christ in you, the hope of glory.*” Colossians 1:27. Thus, *the goal of the Christian is to be Christlike in character*; that’s what it literally means to be a Christian.

By this means, God sets into operation impulses in man’s mind that change his perception of God’s character and law, from perceiving it as a yoke of bondage, to bearing a testimony such as David bore: “The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple. The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. Moreover by them is thy servant warned: and in keeping of them there is great reward.” Psalm 19:7–11

With this provision in place, Christ says, “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48); and Peter adds, “But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy.” 1 Peter 1:15–16. If you thought this was optional, think again. Hebrews 12:14 states, “Follow peace with all men, and holiness, without which no man shall see the Lord,” and 1 Thessalonians 4:3, 7 adds, “For this is the will of God, even your sanctification. . . . For God hath not called us unto uncleanness, but unto holiness.” “Holiness is an. . . *entire* surrender of the will to God; it is living by *every* word that proceeds from the mouth of God; it is *doing the will* of our heavenly Father; it is trusting God in trial, in darkness as well as in the light; it is walking by faith and not by sight; it is *relying on God with unquestioning confidence*, and resting in His love.” –*The Acts of the Apostles*, p. 51 (emphasis supplied)

So, again, the ultimate goal of the Christian is to become like Jesus in character. Whatever we do is either making us like Christ or like Satan, there is no neutral ground. This is why it is not enough for one to just read Exodus 20:1–17 and then claim that one has kept the whole law. This was the exact problem of the rich young ruler who came to Jesus desiring to know what he must do to gain eternal life. When Jesus referred him to the law of the Ten Commandments, he claimed to have kept all of them, but Christ showed him that he only legalistically kept the law but had no love for God and his fellow men in his heart (Matthew 19:16–20). What he “needed was not intellectual enlightenment, but spiritual renovation” –*The Desire of Ages*, p. 406

To be perfect he needed to keep the law in the light of the cross and with the faith of Jesus; so Jesus invited him to sell everything he had and then come and follow Him. He failed that test. Miserably so! It does not pay to just follow rules. This is why the apostle Paul declares in Romans 10:4 that “Christ is the end of the law for righteousness to every one that believeth.” In other words, Christ is the goal of the law for righteousness. The law points us to the character of Christ. To know how to keep the law, we must behold Christ in His life, death and atonement (2 Corinthians 3:18).

Jesus stated the conditions of true friendship and discipleship in John 14:15 and John 15:14: “If ye love Me, keep My commandments.” “Ye are my friends, *if ye do whatsoever I command you.*” So where did people get the idea that they can love Jesus but still be disobedient to His words; or that they can be His friends but only obey a percentage of His commands, when He himself says we are only His friends if we obey *whatsoever* He commands us? This is indeed reminiscent of Zamunda’s delusional football team and fans. So, how can we hit this mark despite our many failed efforts that end up behind the net? Well, let us start with the training needed.

**To be continued...**

**Brother Mukelabai Mukelabai**



## HEALTH MATTERS:

# Hot or Cold Treatments: Effects on the Human Body

As we have been learning, hydrotherapy is the use of water, both internally and externally to revitalize, maintain, and restore health. It is used in the treatment of disease and to alleviate pain.

Last month we reviewed the principles of hydrotherapy, and why the application of water, either hot or cold, can mediate a healing response from the body. This month we will look at various effects of hydrotherapy on the body, using either heat or cold. The following month we will look at specific hydrotherapy treatments, how and when to use them.

### EFFECTS OF HYDROTHERAPY

Water treatments use the body's own defenses to promote healing. Water plays a different role in different kinds of hydrotherapy treatments, and each treatment has multiple effects affecting more than one body system at the same time. Water stimulates the skin, muscles, joints, internal organs, and nerves. As mentioned last month, water can promote the absorption of healing substances into the body through the skin. Some treatments produce their results through the nervous system. Most treatments affect the body using water temperatures above or below the human body temperature. Hot and cold water redistributes blood throughout the body, by either constricting or dilating blood vessels.

### ICE OR HEAT?

Often people ask, "Do I apply ice or heat to an injury?" When a sudden injury occurs, often there is bruising from broken blood vessels, swelling, inflammation and redness on the skin; sometimes pain is the only indication of an injury. Ice treatment is typically used with an acute injury, and should be applied as quickly as possible after the inju-

ry occurred; this is when icing is most effective in reducing inflammation. Ice should be used especially if the injury involves heat, redness, and swelling. The types of injuries that require ice are sprains, strains, overuse injuries, muscle contusions (usually from a direct impact to the muscle), or bruises. The cold limits the body's response to the injury. With an injury, bleeding typically occurs in underlying tissues, which causes pain and inflammation, and can delay healing.

The body's response to an injury is inflammation. The blood vessels and tissues swell to allow immune cells to access the site of an injury. It is a process that helps in healing, so icing needs to be done properly to allow this process to take place, but to also limit the amount of inflammation and pain that occurs, and the length of time that it occurs. If ice is not used, the amount of inflammation is increased and length of time of the inflammatory process lasts longer than necessary. Proper icing will reduce the amount of inflammation and the length of time with which it occurs. While vital to healing, inflammation left uncontrolled can lead to extreme pain and disability. Limiting swelling and inflammation will speed up the healing process.

Icing will reduce the pain of inflammation and reduce the swelling. The coldness of the ice reduces blood and other fluids from going into the tissues surrounding the injury by constricting blood vessels, making them smaller thus decreasing inflammation. Cold also reduces muscle spasms and pain by slowing nerve impulses to the area. It also reduces pain by numbing



the area. Elevating the injured part of the body above the level of the heart during icing and even in between treatments, will further reduce pain, throbbing and swelling. Do not use heat on a new injury as it will increase bleeding by increasing the temperature of the skin and increasing circulation, making the injury worse.

Ideally, cold should be applied within 5–10 minutes of an injury. Cover the cold pack or ice in a towel so that cold does not come in direct contact with skin, otherwise it can cause a burn or frostbite. Another way to prevent frostbite is to continually move the ice around the area, called an “ice massage”, so that any one spot does not have prolonged direct contact to the ice. Check the colour of the skin after five minutes. If the skin is bright pink or red, remove the ice or cold pack. If not pink, the cold treatment can be applied for a further 5–10 minutes. The effect of the cold can be improved if it is pressed gently onto the injured area.

After the cold is removed, the blood vessels overcompensate and dilate. Blood rushes into the area and brings along nutrients necessary to heal the injured area. This is the rationale for short periods of cold. Not only does the cold restrict inflammation, but the subsequent removal of the cold will also assist with the healing process.

Never apply ice or cold packs for more than 20 minutes at a time, otherwise further damage can occur to the tissues surrounding the injury. If cold is left on for any longer, there is no benefit. In fact, it will cause the opposite reaction. If cold is used too long, it can drop the temperature of the area too low; it can restrict blood flow to the area and slow the healing process. Once the cold is removed, the body’s response will be to increase blood to the area, more than is healthy for healing. Repeated ice applications are helpful as inflammation and swelling can last for a few days. As long as the area of the injury is warm to touch and has normal sensation, one can ice as frequently as desired. However, allow the area of the injury to warm up for at least an hour before icing again.

Bruising and inflammation from an injury stops within 1–3 days, therefore the healing effects of ice decreases significantly when this occurs. Thus, when an injury is older than 48 hours, heat can be applied. Heat causes the blood vessels to dilate which brings more blood into the area, bringing with it healing nutrients. The aim of the treatment changes from restricting bleeding to getting the tissues moving with exercise and stretching. Heat has a direct soothing effect and helps to relieve pain and spasm, thus encouraging mobility after an injury.

Heat also is used for chronic injuries or on injuries that have no inflammation or swelling. For example, sore, stiff muscles or joint pain can be treated with heat. For people

with chronic pain or injuries, such as with arthritis or old muscle strains, heat therapy can be used before exercise to increase elasticity of the connective tissues in joints, relax tight muscles or muscle spasms and to stimulate blood flow to the affected joint or muscle. It prepares the body for activity. Heat is also used to treat *overuse* injuries before an exercising.

Beware of icing muscle pain, which can increase stiffness. Only if a muscle has been actually injured, such as with a tear or a contusion, will ice help for the first two days. Many people who live with ongoing lower back or neck pain need to be mindful to use heat in these areas, as the muscles are in pain but are not “injured.”

Apply heat via a heating pad, microwaveable bag or steamed towels for 15–20 minutes at a time and use enough layers between your skin and the heating source to prevent burns. Use moderate heat; the heat should never cause sweating or discomfort. Moist heat provides better pain relief than dry heat by penetrating deeper into the muscle, and its effect works quicker. Never leave heat on for more than 20 minutes at a time or while sleeping, e.g. heating pad. With chronic injuries, never apply ice before exercise as it will stiffen joints and muscles. Also, do not use heat after exercise. Ice is better after an activity if one has a chronic condition that is prone to inflammation, such as with arthritis.



As a final warning, do not use hot or cold packs over areas of skin that is in poor condition; over areas of broken skin; over areas of skin with poor sensation to heat or cold; over areas of the body with known poor circulation; or in the presence of an infection. People with certain health conditions should not use heat therapy due to a higher risk of burns or complications. These include people with diabetes, dermatitis, vascular diseases, deep vein thrombosis, and multiple sclerosis.

#### **WHOLE BODY HEAT**

Methods for applying whole body heat include hot baths, saunas, steam baths, and full body wraps. The effects on the body with whole body heat include: Skin temperature begins to rise; blood vessels near the skin dilate to try and get rid of the extra heat by increasing the flow of blood to the skin; this increases heat loss in the body through the skin; blood vessels of the internal organs constrict and decrease heat to those areas;  $\frac{2}{3}$  of the amount of blood that the heart pumps goes to the skin, which is up to six times as much as normal. When blood vessels dilate, it makes more room in the blood vessels, therefore blood

pressure drops. The heart rate increases to bring blood to the skin, up to 10 beats faster per minute with every degree the body temperature rises. Whole body heat can be used to help lower blood pressure, improve digestion, relaxation of joints and muscles, improve oxygen intake and overall breathing, balances hormone levels, and improves immune system function. When the body sweats, it naturally cleans itself by ridding the body of wastes through the pores of the skin.

One danger of full body heat is that much less blood is available to the brain. A person can become light headed. Breathing becomes quicker to rid the body of heat through the lungs. Because heat increases the number of white blood cells for several hours, heat is used to treat immune system disorders. Tendons, ligaments and muscles relax, decreasing the pain of tense tissues.

### LOCAL HEAT

Methods for applying local heat include heating pads, steamed towels, and moist heating packs.

Localized heat is used for relieving muscle and joint pain. Effects of local heat include: Dilation of blood vessels in the area, which increases blood flow; local sweating; dilates blood vessels in muscles, which relaxes the muscle; increase in local metabolic rate; and increased oxygen delivery to tissues. Heat applied to one limb causes vasodilation of the other limb through the spinal cord; this is helpful if the area needing to be treated cannot tolerate direct heat. Heat also has reflex effects on the internal organs through the nervous system also. Nerves on the surface of the skin connect with organs deep inside the body. A hot foot bath can relieve a migraine headache because of the connection of the nerves in the foot to the nerves in the brain.

### WHOLE BODY COLD

Our bodies can endure heat far better than cold. The body acts more vigorously to cold, making cold treatments more stimulating than hot. With an application of cold, the internal temperature of the body is protected by constricting blood vessels of the skin, preventing sweating, and increasing shivering. Constriction of blood vessels also increases blood pressure; the heart pumps more blood with each beat. A short cold application for approximately 1 minute, is invigorating. Full body blood vessel constriction floods the internal organs with nutrients and oxygen-carrying blood. The entire metabolism of the body is stimulated. Whole body cold treatments can be obtained by a using a cold shower or bath, or going into a cool pool or a lake.

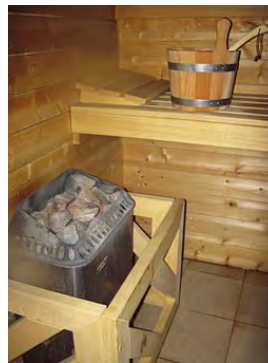
Certain cultures, like the Finns in Finland, partake in winter swimming, and it is considered a traditional outdoor

activity. Historical documents indicate that the Finns took cold-water baths as far back as the 17<sup>th</sup> century, and perhaps even before that time. Winter swimming clubs were initially founded

in the 1920's. Since then winter swimming as a health-enhancing physical activity has become increasingly popular. Studies show that regular winter swimming significantly decreases tension, fatigue, memory, and negative moods with the duration of the swimming period; significantly increases vitality; relieves pain in those who suffered from rheumatism, fibromyalgia, or asthma;



boosts the immune system; relieves stress and improves the general well-being of the swimmer. When the swimmer emerges from the water, the blood vessels react by dilating to return warmth to the skin. The person gets a prolonged sensation of warmth. Finns also improve on the health effects of winter swimming by first heating up in a sauna before jumping into a hole cut



out from the lake ice. The alternating between hot and cold is healthier than just hot or cold on its own in invigorating the body.

### LOCAL COLD

Methods for applying local cold include ice packs, cold compresses, and cold, iced towels. Local cold is effective in producing numbness, reducing swelling and inflammation, and preparing healthy muscles and joints for movement. These reactions occur because of cold's effects on blood vessels close to the surface of the skin. Local cold can also have a reflex action on the internal organs through the nervous system. Responses to cold depend on the initial temperature of the skin, how cold the treatment is, and how long it is left on. Local cold penetrates far more deeply than local heat. When a short cold application is used, it contracts the local blood vessels, decongesting tissues. This is rapidly followed by a reaction where blood vessels dilate and tissues are flushed with fresh, oxygen and nutrient rich blood when the cold is removed.

During a cold treatment, the nervous system increases the body's levels of hormones. Vasoconstriction shuts off blood flow to local areas, decreasing bruising and inflammation. The deep internal blood vessels dilate as blood is



directed internally. Constriction of muscle blood vessels takes place. Vasoconstriction of the opposite limb also occurs, via connections through the spinal cord. Regular local cold treatments causes blood vessels to increase tone and contract with greater force, enhancing circulation. Skin and muscle temperature decreases, and less oxygen is delivered to tissues. Muscle spasms decrease from a reduction in motor nerve activity. Connective tissues—ligaments, tendons—become stiffer. A reduction in the sensitivity of painful nerve endings can help ease pain from various ailments.

### ALTERNATING HOT AND COLD TREATMENTS



Alternating hot and cold treatments can be used as a whole body or local treatment. When using alternating heat and cold, combine heat treatments (vasodilation) with short cold treatments (vasoconstriction

which then causes vasodilation) repeated 3 or more times. This combines the advantages of both hot and cold treatments.

Alternating hot and cold treatments have significant effects on the body: There is a dramatic increase in blood flow, at least double the resting amount. Reflex stimulation of related tissues and organs occur through the nervous system. With heat, muscles and joints relax, decreasing pain, but also causes congestion. Cold removes the congestion. It causes a strong feeling of invigoration. The increase in blood flow turns skin red. While heat increases circulation, it promotes congestion and edema; while cold decreases edema, it also decreases blood flow and deprives tissues of oxygen and other nutrients. When hot is combined with cold, local circulation is greatly increased without increasing edema. The amount of time that hot and cold is applied may vary (one example is 3 minutes hot and 1 minute cold). The use of alternating hot and cold treatments combine the advantages of each, without the disadvantages that arise from using only hot or cold.

As a general rule, a hot application or treatment should always be followed by a short cold treatment. The hot application expands blood vessels, filling them with blood. The cold constricts the area, so that blood moves away from the area, carrying waste from the area of the body that is inflamed, congested, or injured.

### GENERAL PRINCIPLES OF THE USE OF HOT AND COLD

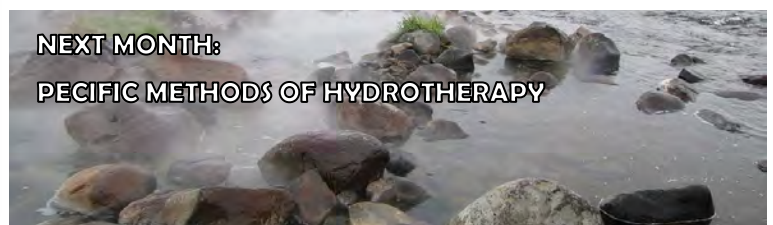
Short cold applications stimulate circulations (<1 minute). Long cold application (> 1 minute) depress circulation and metabolism. Long hot applications (> 5 minutes) depress both circulation and metabolism and leave the area con-

gested and static. A cold application helps restore normality. Short hot applications (<5 minutes) stimulate circulation. A short hot application followed by short cold application causes alternating reactions in the blood circulation, followed by a return to normal. Hot and cold treatments can be applied at differing temperatures, depending on the type of treatment. Hot treatments typically range from 35–40C (96–105F). Cold treatments range from 10–21C (50–70F). The length of the treatment, and the part of the body being treated also need to be considered when deciding on the temperature of the water being used. Whole body hot and cold treatments should not be used at the extremes of either temperature.

Care needs to be taken when using hot and cold treatments. Both ice and heat have the potential to do harm when improperly used. Heat can make inflammation significantly worse. Ice can aggravate symptoms of both tightness and stiffness, which can also worsen any pain that is in the area being treated. Another problem to watch out for is applying heat and ice when the body is already in a state of excess cold or heat. Icing when you are shivering, or heating when the body is sweating sends wrong signals to the brain. Adding more heat or cold when the body is overheated or overcooled will trigger the brain to sense the added heat or cold as a threat and may react by worsening the condition being treated.

Full body heat should not be used with people who have heart conditions. Extreme cold and heat should be avoided in children or the elderly. Four principles need to be considered when using hydrotherapy: the type of treatment, the temperature of the water, the duration of the treatment, and the frequency. We will learn more next month on the safe use of hydrotherapy treatments.

Sister White visited the Paradise Valley Sanitarium, which was equipped with the latest and costly electrical instruments and mechanical fixtures in the treatment rooms. She later wrote to Br. Burden, who was in charge of the sanitarium, and counselled him on the use of the new treatment methods applied. "Several times I have been instructed that much of the elaborate, costly machinery used in giving treatments, did not help in the work as much as is supposed. With it we do not get so good results as with the simple appliances we used in our earlier experiences. The application of water in various simple ways is a great blessing." —*Loma Linda Messages*, p. 178



**NEXT MONTH:  
PECIFIC METHODS OF HYDROTHERAPY**

## CHILDREN'S CORNER:

# Think Before You Speak

"Hurrah! hurrah! Such a splendid morning for skating. Come ahead, boys; there's no telling how long this weather will last." Said Roger to two of his friends whom he met on his way to the park.

His eyes sparkled, his cheeks were almost as bright as the scarlet scarf he wore around his neck, and the dangling skates told for themselves the expedition upon which he was bound. The other boys readily agreed to join him, and after running home for their skates, they started off in such high spirits that the bus driver encouraged them to be a little more quiet.

"Not quite so noisy, please, young gentlemen," he said, as they paid their fare.

After awhile the bus stopped for another passenger; the driver assisted the person in getting on, and Roger, thinking more time was taken than usual, called out:—

"Hurry up, hurry up—you are wasting our time!"

The newcomer was a boy about his own age, but sadly disabled; he had a badly twisted back, and had a pale, delicate face, which spoke of sorrow and painful suffering.

"Now please move over and give this boy a seat," said the bus driver, as the boys sat still, not offering to make room. The bus driver refused to drive until they gave him room, so to mock the boy, they all crowded together, giving much more room than was necessary,—the three together trying to sit on one seat. They continued talking and joking noisily, until the bus stopped at the entrance of the park.

Bob and Frank pushed out ahead of all the other passengers. Roger was rushing after them when the bus driver laid his hand on his shoulder.

"Don't push and shove, there is plenty of time, young man."

The warning came too late, for Roger in his impatience to get out, did not pay attention to what he was doing, caught one of his skates in the scarf of the disabled boy, who had been sitting next to him. He gave his skate strap a hard pull, knocking the boy rather roughly, and step-

ping on a lady's toes.

"What a hassle!" he exclaimed impatiently, and giving the scarf another jerk, harder than before, he succeeded in disentangling it; then he rushed out, hurried over to the boys who were waiting for him on sidewalk, stamping their feet and whistling. The small disabled boy also got off the bus at the park and he gently asked Roger, "It wasn't my fault, was it?"

Roger ignored the boy's question and went to join his friends.

"That cripple caught his scarf in my skate. I thought it would never come out," he exclaimed. "That is what held me up all this time!"

"Hush, Roger," interrupted Frank in a low tone of voice. The boy was just behind them and had evidently heard what had been said, for his pale face turned scarlet. He lingered behind to see which path the boys intended on taking and then walked off in the opposite direction. They soon lost sight of him.

Roger was hasty and impulsive, but his nature was kindly, after all; and when his skates were on and he started to skate, he thought of his unfeeling speech. The pale, sad face of the boy rose before him.

"Was it my fault?" The question rang in his ears. Was it the boy's fault that his legs were crooked, and his back misshapen and awkward? Was it his fault that he must go through life, receiving pity or contempt from his more fortunate fellow-men, whose limbs were better formed than his own?

The more Roger thought about it, the ruder his treatment of the poor lad now seemed, and putting himself in the boy's place, he felt that such words would have

been hurtful.

“Hey Roger,” said Bob, who was happily skating on a smooth, glassy spot of ice, “what makes you so gloomy?” Roger was deep in thought and did not answer, “Hey, look, there’s the little disabled boy sitting over there on the bank, looking at the skaters,” continued Bob.

Roger looked in that direction, and saw him sitting alone. His only enjoyment consisting in watching, without being able to join in the pleasure of others.

“What can a poor fellow like that do with himself I wonder?” added Bob. “I don’t suppose he can skate or do anything else without making a show of himself.”

“That’s probably true,” said Roger thoughtfully, wondering how he could make up for his rudeness, or take back his own words. He decided to try to not think of it for now. In future he would be more careful, and less hasty in speaking; for Roger did not have sufficient manliness to go over to where the boy was sitting, and say frankly; “I ask your forgiveness for my rudeness.”

The boys then decided to play a game of tag. Roger was an excellent skater; he engaged in the game with great zest: his spirits rose, and the disabled boy and the reproaches of his conscience passed entirely out of his mind as he skated on, knowing that he could keep his balance well and skate better than perhaps, any fellow on the pond.

The swiftest and strongest, however, are not always the most successful, and as he swooped around, curving in very near the shore, a strap on his skate broke, and before Roger could help himself, it tripped him, and he sprawled at full length on the ice.

The boys shouted; some laughed, because a fall is such a common occurrence that no one was very much concerned until Roger attempted to stand up again to show them all that he was not hurt,—he would be all right again in a minute. Then he tried to stand; but when an awful pain shot up from his ankle, he realized that it was quite impossible to stand.

His friends ran to his assistance, but before they reached him, a soft hand was held out to him, and a gentle voice asked:

“Have you hurt yourself badly?”

Roger saw the disabled boy standing by his side, and then remembered that he had seen him sitting nearby on the bank.

“I think I must have sprained my ankle,” he replied.

The disabled boy knelt on the ice, and while the others

clustered around, asking questions and offering suggestions, he quietly unbuckled his skates for him.

“I’ll have to go home, I suppose,” said Roger faintly; “but boys, don’t let this spoil your fun—don’t come with me.”

“May I go with you?” asked the disabled boy. “I am not going to stay here any longer.”

Roger thanked him. A policeman came up at that moment to ask about the accident. He found a carriage that was willing to take Roger home. The disabled boy accompanied Roger as he was driven home.

“My fun is spoiled for this winter,” he said, with a moan. “I know a fellow who sprained his ankle last year, and the doctor said perhaps he will never be able to skate again. What an unlucky thing for me!—it wasn’t my fault either.”

“No,” added the disabled boy gently. “It was not your fault; and it was not my fault that my nurse let me fall when I was a baby and injured my back. I sometimes think it would have been better if she had killed me outright, though strong and well-formed people think it wicked for me to wish that.”

The colour which had left Roger’s pale cheeks from his pain, rushed back for a moment, as he held out his hand and said:—

“I was a brute to you in the bus this morning, but I didn’t think what I was doing. Will you forgive me?”

“I know you didn’t. Please don’t say anything more about it. It is hard to pity the suffering of others unless we have felt pain ourselves.”

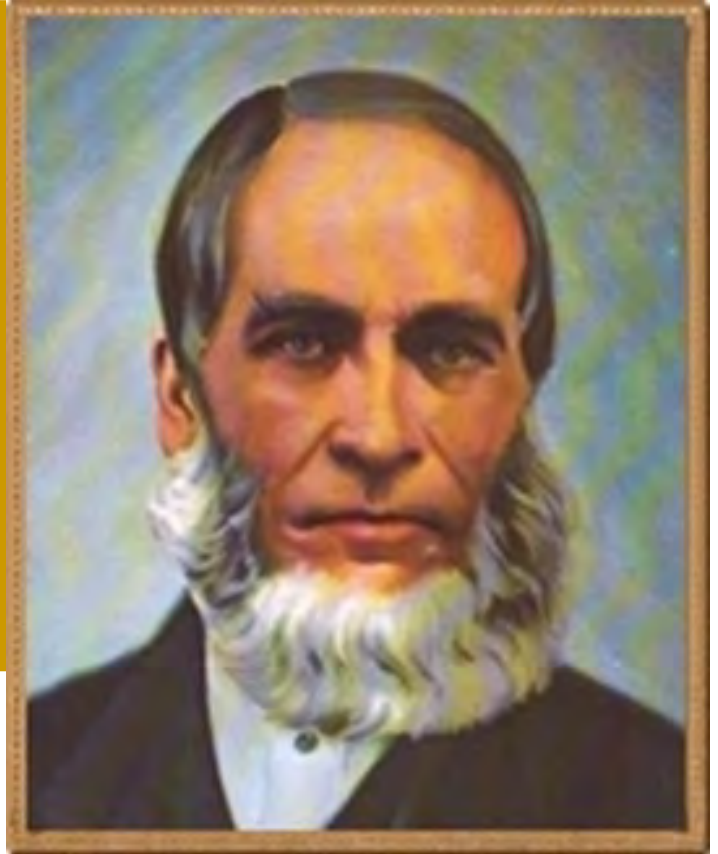
Roger’s sprain prevented him from skating again that season, and taught him also a lesson which he will remember all his lifetime.

Have you ever spoken words that you regretted later? The Disciple Peter did just that in the judgement hall when Jesus was going to be crucified. Just earlier that day Peter said to Jesus that he was willing to go with Him to prison and to death, and now he was denying Jesus. He spoke rashly without thinking.

Always think before you speak. If you are upset or in a hurry, it is better to say nothing than to regret and have to repent of your words later.

***Remember Jesus said: “For by thy words thou shalt be justified, and by thy words thou shalt be condemned. Matthew 12:37***

# Hiram Edson



Hiram Edson is best known in Seventh-day Adventist History as being the one to whom the sanctuary in heaven was introduced to while he was walking through a cornfield. He then introduced the sanctuary and the Investigative Judgment message to the church.

Not very much is known about Hiram Edson's early life before he became a follower of the Millerite advent message. One of Hiram's descendants was an English clergyman named Elijah Edson, who had immigrated to Boston in order to escape religious persecution in Europe. Hiram was born December 30, 1806, in Jefferson County, New York.

Edson was a Methodist farmer when he married Miss Effa Chrisler on December 2, 1830. As a Methodist he was a deeply spiritual man. After five years, in 1835, they bought a 56-acre farm near Port Gibson, New York. Effa died in May of 1839, leaving Edson with three children—George, 8, Susan, 6, and Belinda, 4. He so greatly felt the need of a mother for his small children that he remarried in about six months time. He married 23-year-old Esther Persons in October 1839 and she became his second wife.

Edson and Esther's first child, Viah Ophelia was born June 5, 1841; but she was only with them for about a year before she was laid in the grave. Their second daughter was born June 2, 1843, and was also named Viah Ophelia, taking the place of their first baby. Their third and last child, Lucy Jane, was born 13 years later on July 30, 1856. This completed Edson's family.

Hiram Edson accepted the Advent message sometime

during 1843 when William Miller was preaching under his great tent which he pitched in Central New York at that time. His daughter Ophelia mentioned that her parents accepted the message from William Miller himself. There were meetings held in Rochester in June of 1843 and later in November of the same year. Miller spent ten days lecturing in each city that he travelled to. It was at one of these two meetings that the Edson family joined the Millerite movement. His home in Port Gibson soon became a home church for the believers of the region. A small company of Adventist believers, mostly farmers, lived in this area, and they looked to Edson as their leader. His farm was about a mile south of town. It was at that place that the Adventists in the area gathered on October 22, 1844 to await the coming of the King. But Christ did not come as they expected.

Hiram Edson earnestly believed the message of William Miller that Jesus would come on October 22, 1844. In the aftermath of the disappointment of 1844, Hiram Edson wrote; "Our fondest hopes and expectations were blasted and such a spirit of weeping came over us as I never experienced before. It seemed that the loss of all earthly friends could have been no comparison. We wept and wept, till the day dawn."

When October 23, 1844, dawned and the little group of Millerites huddled in Edson's farm had managed to

calm down somewhat following their outpouring of grief, Edson led them to his barn. Here they gathered and spent the morning in prayer. After this season of prayer, with the assurance of the Lord's presence, he and Brother Crosier left to encourage some of the other brethren in the faith. They walked through the cornfield to avoid the mocking jeers of the neighbors who had refused to believe the advent message. Edson stopped in the field to pray once more. There, heaven was opened to his view.

Whether an impression or a vision, Edson says, "I saw distinctly, and clearly, that instead of our High Priest coming out of the Most Holy of the heavenly sanctuary to come to this earth at the end of the 2,300 days, that He for the first time entered on that day the second apartment of that sanctuary and that He had a work to perform in the Most Holy before coming to this earth.... While I was thus standing in the midst of the field, my comrade passed on almost beyond speaking distance before missing me. He inquired why I was stopping so long. I replied, 'The Lord was answering our morning prayer, by giving light with regard to our disappointment.'"

Edson later explained that as he was walking he felt as if a hand was laid on his shoulder and he seemed to have a vision of the heavenly sanctuary where he saw that Jesus had that very day entered into the Most Holy Place of the Heavenly Sanctuary to begin the work of judgment.

Crosier and Edson, along with their friend and neighbor Franklin B. Hahn, spent the next several weeks and months poring over their Bibles studying the themes of the sanctuary and judgment. In March of 1845, they published their findings in a small paper called "The Day Dawn". Crosier, being a school teacher, wrote the article while Edson and his wife sold their best silverware to raise money to fund the publication and Hahn had the material published.

After the Great Disappointment, Edson became a lay minister and played an important role in supporting and reclaiming backslidden ministers. One such case was that of Samuel Rhodes whom he helped to reclaim in 1849. He also laid hands on Clarissa Bonfoey in 1850 and she was healed.

Edson worked on his farm to earn a living but the all-consuming focal point of his life was preaching the Advent message. He spent weeks and months on evangelistic tours through New York and even

Canada to preach the gospel. He did some of his traveling alone but he also spent a considerable amount of time traveling with other Adventist preachers like Joseph Bates, J.N. Andrews, Frederick Wheeler, and G.W. Holt. Edson also provided support and training in ministerial work to the young J.N. Loughborough.

Edson's early years in ministerial work were at a time when there was no formal organization to issue licenses or pay salaries. However, he was eventually ordained and issued ministerial credentials sometime between 1866 and 1875.

Edson sold his farm in 1850 and two years later the proceeds were used to purchase the Washington Hand Press that serviced the fledgling publishing house that James White set up in Rochester, New York.

By the mid-1870s, Edson had begun to slow down considerably, but, he was a dedicated Seventh-Day Adventist till the day he died. He was laid to rest in 1885 and was buried in Roosevelt, New York, in the cemetery opposite the historic Roosevelt Seventh-Day Adventist Church.





There are people who believe that African hair cannot grow without plaiting it; and that there is nothing else to use in order to keep it beautiful, soft, and easy to comb. Therefore, one must cut it.

But, I disagree. I believe that God, who created the African woman, gave her beautiful hair that serves both for her natural covering and adornment. And He has also provided what the African woman can use to take real good care of her hair. There is nothing impossible before God. When we believe it is impossible for our hair to grow, we limit ourselves. But if we humble ourselves and ask God for wisdom, He will help us discover things we do not know.

I have been praying and searching for natural oils which can help take good care of my hair, and the Lord has revealed this to me. I can humbly say that God has provided everything we need.

God has created us all different in every way, even when it comes to our hair. God gave us different kinds of hair. Some have soft hair; some have hard hair, and struggle to comb it. Some have long hair which is easy to comb. But as to breaking, all hair breaks, depending on the weather and what you apply. Some use strong, harmful chemicals, which makes their hair break even more, and damages the scalp. But, if you apply healthful oils which are natural and have no chemicals, your hair will grow healthier and beautiful. The Bible says that the glory of a woman is her hair, and God has given it to her as a natural covering.

After many years of research and experiments I have done on how to keep hair natural, I came to realize that God has provided natural oils for our hair in every country.

To have soft hair which is easy to comb is a wish and desire of every Christian woman. And to make your life easier, I have come up with different natural oils for your hair. After I used these oils and experienced their wonder myself, on my hair and my daughter's hair, I praised God in my heart and said, God, you really did provide for us what

## Homemade Nutritive Hair Cream

we needed.

The word of God in 1 Peter 3:3 and 1 Timothy 2:9 forbids us to plait our hair. Some believe that African hair can only be maintained and to grow is by plaiting, but this is not true. Plaiting hair actually increases the risk of baldness and loss of hair. There are also others who go to the other extreme of cutting their hair off and covering their heads. But short or cut hair is a man's hairstyle. It is the same as wearing trousers, which is an abomination before God (1 Corinthians 11:14–15; Deuteronomy 22:5).

There are also others who add artificial hair in order to keep their hair. But this, together with covering of the hair causes the hair to fall and enhances the animal passions, as stated in the Spirit of Prophecy in the following quote: "The artificial hair and pads covering the base of the brain heat and excite the spinal nerves centering in the brain. The head should ever be kept cool. The heat caused by these artificial coverings induces the blood to the brain. The action of the blood upon the lower or animal organs of the brain, causes unnatural activity, tends to recklessness in morals, and the mind and heart are in danger of being corrupted. —The Health Reformer, October 1, 1871." — *Healthful Living*, p. 185

My dear sisters, today I have good news for you. You can let your hair grow as long as possible and take good care of it without going to any extremes. God has provided a solution for your hair. He made you beautiful. He gave you beautiful hair and provided all you need to take good care of it, because He is a lover of natural beauty.

This homemade hair cream is easy and simple. All oils used are good for hair and body, and they are healthy. People spend lots of money to buy hair cream, which doesn't give satisfying results. But I found this way simple, easy, healthy, and cheap for me. I have shared this recipe with many different people and they have all come back with positive results. I hope it will be of good help to you, also. Don't expect results too quickly. Ask God to help you and take one day at a time.

### LET ME TELL YOU ABOUT THESE OILS

**COCONUT OIL** makes hair soft and easy to comb. It acts as a natural softener.

**CASTOR OIL** also makes the hair soft, thick, shiny, and

easy to comb. It is also good for the skin and for health; it works as a colon cleanser (when swallowed).

**SHEA BUTTER** does the same work as coconut oil, it does magic on your hair. Once you apply it on your hair it



makes your hair so soft, shiny, and easy to comb (I guess this is what all women out there want).

Shea butter is good to use as

a lip balm. It lasts long and keeps your lips moisturized. It contains vitamins A and E. It nourishes the skin and makes it tender. Shea butter is good for babies also, for skin and hair, and it is non-toxic. It is good to apply on stretch marks. It gives relief to nasal and sinus congestion. It removes dandruff. My husband used to have trouble with dandruff, until we found out about Shea butter. And when he applied it on his hair, the dandruff disappeared. Up until now he has had no further trouble. It is best to choose natural products over refined ones, although it may not look very appealing and may have some tiny bits of seeds in it. But it is as natural as you can get. If the characteristic smell doesn't appeal to you, bleached and de-scented butter may serve your cosmetic purposes. But such chemically extracted and refined products may not offer all of the health benefits Shea butter is known for.

**OLIVE OIL** is very good for the hair. In cooking it is one of the best oils. When my children were babies, I always used olive oil for their skin. When my daughter was born, she had such nice, beautiful hair; her father advised me to massage her hair with olive oil. And that is what I did until I found out about coconut oil, castor oil, and Shea butter. Up until now she still has beautiful hair. And I have never cut her hair since she was born.

The best thing about this recipe is that you can apply it on your hair, prepare it the way you want. and go out wherever and whenever you want. You can also apply it on your skin.

There are other natural oil options, in case you don't have what I suggest. I have used: rosemary oil, garlic oil, neem oil, and avocado oil. If you have at least three of these oils, it is ok. If you do not have Shea butter it is ok; just use what you have.

Sometimes I add neem powder or rosemary powder to the hair food mixture. But this time I did not have it with me (1 tsp or ½ tsp, depending on how much your mixture is).

#### INGREDIENTS:

- 30 ml olive oil
- 30 ml unrefined coconut oil
- 30 ml castor oil

#### PREPARATION:

Melt the Shea butter by putting it in a small glass bowl; then place the bowl in a pot of hot water.

Leave it until the Shea butter is melted (do not allow it to cook or be too hot as this will destroy the necessary vitamins that will nourish your hair). Once the Shea butter has melted add other oils, mix well and pour immediately into a container. Place it in the fridge until it thickens. Then take it out and store it in a cool place. Use the mixture as your everyday nutritive hair cream.



In case you cannot find Shea butter where you are, you can mix equal parts of olive oil, castor oil and coconut oil (or one of the options I gave above). These oils can be found anywhere in the world and they can be applied on the hair with good result also.

Note: You can use the same as ointment for your skin and as a lip-balm for your lips.

**Dorcas N.K. Luboya**

*Chewing Life Health Center*

*Dorcas Vegan Kitchen*

**Note: Even for those who do not have afro-textured hair, it is best to find the most natural products to use in your hair.**



# Report from Senegal

Dear brothers and sisters,

I greet you in the name of our Lord and Saviour Jesus Christ from the Senegal Mission Field.

*“But unto you that fear My name shall the Sun of righteousness arise with healing in His wings; and ye shall go forth, and grow up as calves of the stall.” Malachi 4:2*

I would like to share with you some experiences as to how the Lord has been blessing our efforts in the work in Senegal (95% Muslim, 4% Christian, mostly Catholics and 1% animist). 2018 has been a very tough year, maybe the toughest since we have been here. Satan fought us at every level. But we “count it all joy when we fall into divers temptations; Knowing this, that the trying of our faith worketh patience.” And “let patience have her perfect work, that [we] may be perfect and entire, wanting nothing.” James 1:2–4. We walked through the valleys and shadows of death without fear because the Lord our Shepherd has been with us. He prepared a table before us in the presence of the enemies of the Gospel (Psalm 23:4–5).

Last time, I gave you an experience of an old man healed from prostate cancer. The old man is still alive and healthy today, almost two years later. This helped us get into contact with his firstborn son who was also having some health issues, which we successfully treated. Upon his visit to Senegal (he lives in Spain), we met face to face and talked together and addressed some other health issues that he had. We then kept in contact. I would send him encouraging words now and then. Every Friday, I would send him a video of the French Sabbath School lessons that we produce from the Field Multimedia Department.

When his interest in the truth began to grow, he stopped smoking and drinking alcohol, since he understood that they were affecting his health and his spiritual understanding. I asked him if I could refer him to our church in Spain for a close follow-up. He accepted and, as we speak, he is in constant contact with two sisters from Barcelona that are giving him Bible Studies



through conference calls on WhatsApp (of which I participated in one), because they are far from each other.

The Revelation Series video organised by the Evangelism department came as a blessing to him. I kept sharing them with him. Halfway through, he called me and expressed his gratitude. He told me that he wants to prepare for the coming of the Lord. He also stopped eating flesh meat, fish, and harmful food and he feels a great improvement in his health. I was down at the time, but after I spoke to him on the phone, during the time of the revelation series videos, I burst out with joy, jumping and praising God. I continue to pray for him to make a decision, and to seal his decision by making a covenant with God through baptism.

At the beginning of the year, a friend of mine referred a Muslim woman to me for help; she had cervical cancer. This is the woman you see with my dear wife and me in the picture. When she came, I told her that I am not a Marabou (a Muslim kind of talisman), I don't have superpowers. I serve Jesus, who is Almighty, and if we pray together, take the medicine, and follow the healthful living instructions I will give her, Jesus will heal her. I made her promise Jesus that she will give her life to Him after He heals her.

I invited her every Sabbath to the church service and I pray for her. She came every Sabbath during her two





months treatment. Her cancer was already far advanced because she was on her second chemotherapy treatment. I advised her to stop the chemotherapy and she did. After the treatment, she was declared cancer free. She then told me that she gave her life to Christ.

During a meeting where many people were invited, I was invited also, but I could not go because I was away from Dakar, doing missionary work in the southern part of Senegal. Many pastors from different Christian Denominations were present, even those who were fighting our influence. There were some Muslims there also. She stood and gave a testimony in front of all. She said “I am a Muslim (courteously), I had cancer but Jesus healed me through the work of a pastor who is a doctor at the same time”, mentioning my name. I started receiving calls from people who were sick and needed my help, even from those pastors who are enemies of the present truth.

As we speak, the woman attends church services every Sabbath when she is in Dakar. During the last Sabbath of the Week of Prayer, she asked for prayer for her sons to give their lives to Jesus.

It is a long journey for her, but she has made the first step. We pray that the Lord helps her sons, in answer to her prayer. We are going slowly with her. There are a lot sacrifices she will have to make. She is a widow. She might lose friends and family. Senegalese don't have much of courage to do that because family and friendship means a lot to them. We pray that the Lord may open the way for her until she seals her decision with a covenant with the Lord through baptism.

Here in Senegal, we exercise every method possible to get in contact with people such as:

- Health Evangelism;
- Ministering to the sick;
- Vegan cooking classes;
- Friendship evangelism;
- Multimedia (videos, WhatsApp, etc.).

We follow the principle in Ecclesiastes 11:5–6: “As thou knowest not what is the way of the Spirit, nor how the bones do grow in the womb of her that is with child: even so thou knowest not the works of God who maketh all. In the morning sow thy seed, and in the evening withhold not thine hand: for thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good.”

We are a very small Mission Field. Our finances are very limited. But we do not allow that to hinder the work. We request your prayers.

The Lord has been blessing His work in Dakar and we are opening work in Ziguinchor (in the south). There are about five souls interested who are all Senegalese and three

in Dakar (one Senegalese and two foreigners). It is difficult and we face many mountains but we know that it is. . . “Not by might, nor by power, but by My Spirit, saith the LORD of hosts. Who art thou, O great mountain? before Zerubbabel thou shalt become a plain: and he shall bring forth the headstone thereof with shoutings, crying, Grace, grace unto it.” Zechariah 4:6–7

“And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.” Romans 5:3–5

The peace of Christ be unto you all! Amen!

**Judicaël M. Luboya**  
**Senegal Mission Field**



Teaching interested children how to cook.



Attendees at the health seminar in South Senegal— Nyassia Village

## Burkina Faso



## India

**Young Barnedo,  
son of Pastor Ruban David Palani,  
was baptized on December 2, 2018**




## Believers in Panama



**Pastor Sandoya and his family are gifted with musical talent. He is pictured here with his wife, and his daughter Abigail, and son Aaron**



**Congo:  
Youth  
Seminar in  
Kisangani**



**“Those for whom the fetters of sin have been broken, who have sought the Lord with brokenness of heart and have obtained answer to their yearning request for righteousness, are never cold and spiritless. Their hearts are filled with unselfish love for sinners. They put away**

**from them all worldly ambition, all self-seeking. Contact with the deep things of God makes them more and more like their Saviour. They exult in His triumphs; they are filled with His joy. Day by day they are growing unto the full stature of men and women in Christ.” –**  
***Testimonies for the Church, vol. 7, p. 25***