

A photograph of a white mare and her brown foal running through a lush green field. The mare is on the right, leading the foal on the left. Both horses are wearing green halteres. The background is a dense line of green trees. The title 'The Reformation Messenger' is overlaid in a large, yellow, cursive font at the top. Below it, the volume and issue information is printed in a smaller, yellow, sans-serif font.

The Reformation
Messenger
VOLUME 29, NUMBER 7, JULY 2022

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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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Mothers and Children

“The mother who is a fit teacher for her children must, before their birth, form habits of self-denial and self-control; for she transmits to them her own qualities, her own strong or weak traits of character. The enemy of souls understands this matter much better than do many parents. He will bring temptations upon the mother, knowing that if she does not resist him, he can through her affect her child. The mother's only hope is in God. She may flee to Him for grace and strength. She will not seek help in vain. He will enable her to transmit to her offspring qualities that will help them to gain success in this life and to win eternal life.” –*The Faith I Live By*, p. 263

“Children may be trained for the service of sin, or for the service of righteousness. Solomon says, ‘Train up a child in the way he should go: and when he is old, he will not depart from it.’ This language is positive. The training that Solomon enjoins is to direct, educate, develop. But in order for parents to do this work, they must themselves understand the ‘way’ the child should go. It is impossible for parents to give their children proper training unless they first give themselves to God, learning of the great Teacher the precious lesson of obedience to His will. The mother should feel her need of the Holy Spirit, that she may herself have a genuine experience in submission to the way and will of the Lord. Then, through the grace of Christ, she can be a wise, gentle, loving teacher of her children.” –*The Review and Herald*, May 10, 1898

“I am thoroughly convinced that to realize a permanent change for the better in the morals of society, the education of the masses must begin with their early lives. The mother must be the first teacher through that stage of life in which the foundation of character is laid. The guidance of the child, in its first years, is almost wholly committed to her. And, as a rule, she has the essential elements to be the best teacher it can possibly have; she has the deep love and sympathy for the child, the earnest desire for his welfare, the skill in his management which no other can possess to so great a degree. If, in her efforts to mold the

character of her child, she keeps a firm hold upon God, and seeks by prayer and consecration to follow the divine will, in training the charge He has given to her, she can almost insure for him an honorable and upright future.” –*The Health Reformer*, November 1, 1877

“The mother should be the teacher, and home the school where every child receives his first lessons; and these lessons should include habits of industry. Mothers, let the little ones play in the open air; let them listen to the songs of the birds and learn the love of God as expressed in His beautiful works. Teach them simple lessons from the book of nature and the things about them; and as their minds expand, lessons from books may be added and firmly fixed in the memory. But let them also learn, even in their earliest years, to be useful. Train them to think that, as members of the household, they are to act an interested, helpful part in sharing the domestic burdens, and to seek healthful exercise in the performance of necessary home duties.” –*Child Guidance*, p. 301

“The spiritual education of the child begins in the home. The mother, as the first teacher, should teach her children how to pray, by having them repeat a simple prayer after her. The Saviour dwells in the homes of those who teach their children to pray for His blessing to rest upon them. The saving power of the grace of God will be given to such fathers and mothers.” –*The Review and Herald*, June 23, 1903

“Children should not be long confined within doors, nor should they be required to apply themselves closely to study until a good foundation has been laid for physical development. For the first eight or ten years of a child's life the field or garden is the best schoolroom, the mother the best teacher, nature the best lesson book. Even when the child is old enough to attend school, his health should be regarded as of greater importance than a knowledge of books. He should be surrounded with the conditions most favorable to both physical and mental growth.” –*Child Guidance*, p. 300

“The child Jesus did not receive instruction in the synagogue schools. His mother was His first human teacher. From her lips and from the scrolls of the prophets, He learned of heavenly things. The very words which He Himself had spoken to Moses for Israel He was now taught at His mother's knee. As He advanced from childhood to youth, He did not seek the schools of the rabbis. He needed not the education to be obtained from such sources; for God was His instructor.” –*The Desire of Ages*, p. 70

Ellen G. White



Once again, springtime has come to our country. Everything is so beautiful. The grass is green, the trees are budding. The flowers are blooming. The air feels warm and pleasant. The blue jays, robins and swallows have returned to delight us with their singing. The whole of nature seems to have come back to life. The cold winter is past, ice and snow are gone. Just a short time ago, everything was dead, lifeless, and cold. Spring is a marvelous transformation that makes us all happy.

“For, lo, the winter is past, the rain is over and gone; The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land; The fig tree putteth forth her green figs, and the vines with the tender grape give a good smell. Arise, my love, my fair one, and come away.” Song of Solomon 2:11–13

In springtime, still some people are sad, unhappy. What spoils their joy? When everything looks so beautiful, there is still something ugly, something that spoils this world. It is the people. The inhabitants of this planet have spoiled it, so that many do not enjoy living here.

I have seen beautiful homes with gardens around, richly furnished, very comfortable, yet everyone in that home looks unhappy. Most of the time there is strife and quarrelling. The members of the family are so cold towards each other. Is there no sunshine that could shine into human hearts and melt the ice and remove the coldness?

How wonderful it would be if the whole human family would put away hatred, ill feelings, bitterness, and blend together in loving fellowship. If we do not know how to accomplish it, can God do it? He is omnipotent, nothing is too hard for Him. But, God has tried His best to bring the human family into unity.

“And now, O inhabitants of Jerusalem, and men of Judah, judge, I pray you, betwixt Me and My vineyard. What could have been done more to My vineyard, that I have not done in it? wherefore, when I looked that it should bring forth grapes, brought it forth wild grapes?” Isaiah 5:3–4

Then, why did it bring forth wild grapes? God says: When I tried to bring peace, why is there strife? When I tried to bring happiness, why is there sadness?

“Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them.” Matthew 7:16–20

Jesus spoke of two kinds of trees. He spoke of good trees and corrupt trees. How do we know which is good and which is corrupt—an evil tree? The appearance is deceiving. Many corrupt trees look good from the outside. Jesus said, ye shall know them by their fruits. The

fruit is what is produced, as a result of character.

Paul writes in Galatians, that the good fruit is love. Love to God above all, and love towards our neighbor as we love ourselves. This person loves all people. He no longer knows how to hate. He is joyful, always smiling, always cheerful. He has the peace that passes understanding, always calm and serene. He is long-suffering towards others, tolerant, patient, as was Job. Even when everything seems to go wrong, he is patient towards those who are slow and irritating. He shows gentleness and kindness. It is wonderful to live with a gentle person. Even if you make mistakes, he understands. He may not have the class and the style that the world appreciates, but true gentleness guarantees a happy home life. Goodness covers all good qualities. A good person is generous, forgiving and kind, wishing no evil to anyone. He is also understanding, unselfish and faithful. True goodness is Godlikeness. Faith—he believes and trusts in God. By faith he is able to do the impossible, to overcome sin, to gain perfection, to receive justification. Meekness or humility is the secret of unity. Very few talented, successful people have this ornament of a meek and quiet spirit. Temperance is last in the list, but it is not easy to learn. Temperance goes directly against the old human nature.

If someone has all these fruits, he is a good person. He has continuous sunshine in his heart. He lives in the summer.

The other class of people are called corrupt trees. Their fruit is different. Paul writes about them in 2 Timothy. They may have the form of godliness, but they are lovers of themselves, selfish. They want to gratify all their desires, lusts and appetites. They have very little love to their fellow men. They are covetous, never satisfied, and are unhappy because they do not have all they want. They are wanting things that God has not given them in His wisdom. They complain easily. They are boasters and love to show off. Can everyone see what I can do? Or let us show others what we can accomplish. They are proud. Spiritual pride is the worst kind of pride. Considering ourselves better than others is evil, satanic. They are disrespectful to their parents. There will not be one child in heaven who is disrespectful to his parents. They are unthankful. Ingratitude is directly from Satan. God had made Satan the highest being in the universe, wise and beautiful, and has given him a high position. He gave him more than to anyone else, yet Satan was unthankful and hated God. They are trucebreakers. They think very lightly of their baptismal vows, or marriage vows, or any promise that they have made. They

are despisers of those who are good. They see nothing special in the faithful children of God. They do not admire them, neither do they copy them. Even Christ Himself is nothing great in their eyes, and they do not spend much time with Him, beholding Him. They are lovers of pleasure more than lovers of God. They would rather watch television than read the Bible. Their favourite conversation is of this world, fashion, jokes and music. They have a form of godliness, but they are corrupt trees.

The whole world fits into one or the other class. Professed Christians fit into one or the other class, depending with whom they associate—Christ or Satan.

“I am the vine, ye are the branches: He that abideth in Me, and I in him, the same bringeth forth much fruit: for without Me ye can do nothing.” John 15:5. He who abides in Christ brings forth much good fruit. He is loving, gentle, kind, patient.

Jesus was speaking of the religious leaders when He said, “Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.” John 8:44

If our roots are in Christ our fruit is good. If our roots are in Satan, our fruit is corrupt and evil. Roots refer to our mind, our thoughts, and our heart. Our mind may not be on the person of Satan, but it might be on the things that he offers. Satan has a very cheap character, there is nothing noble, great, or good in him, because he works against his benefactor, his best friend, his Maker. All his followers also have a cheap, worthless character. They may have a high education, have class and style and a great personality, but their selfishness and jealousies make them very cheap in character, good only to be cast into the lake of fire.

There are a few we can read of in the Bible with a good character. When Isaac made a well, the herdsmen of Gerar took it. Instead of fighting over it, he dug another well. And when this one was taken by the herdsmen, he dug out a third well. This is true greatness. Isaac had a noble character. He learned this gentle character in his childhood, when at an early age he stretched himself on the altar at his old father’s request to be sacrificed as an offering to God.

Joseph had a noble character after his brothers had hated him and tried to kill him. He saved their lives, gave them gifts, and the best part of the land to live in. He could have avenged himself on them.

David could have killed his enemy, Saul, in the cave. But he would not go against his open, avowed enemy; David still loved Saul. How often people turn against their friends, for the smallest of reasons. Saul had no real reason to hate David.

To do good to those who hate you and ignore you is divine; it is holiness. It is a great and noble character who sacrifices their good, their time and money to save others.

Why did Paul give up all and go to the Gentile countries where he was finally be put to death? By surrendering to Christ he developed a good character which did not allow him to live a selfish life.

Why did Christ die for me? Can you see the greatness in it? Do you admire Him for doing it? Do you often think about it and thank Him for it? That one so great and powerful would love a lowly sinner so much that He would sacrifice all for him?

Here in our world, leaders, rulers, and heads of governments regard themselves very highly. By their lives and positions they have done all that it is possible to do in order to secure their safety and position, while masses of their subjects are killed and sacrificed mercilessly, as worthless beings.

This is Satan's character. He did not love the fallen angels. He tried to persuade them to be with him in his war against Christ and God. The angels were used for His selfish purposes. Satan also uses men and women for his selfish purposes, but he does not love them nor does he care for them. If they are lost or become insane or end up in prison, he laughs at them.

The metamorphosis or transformation which has taken place in nature can take place in us as we pull our roots out of Satan's ground and plant them in Christ. When we are rooted and grounded in Him, immediately we start bearing good fruit. Then we can overcome; and overcomers will be in heaven and inherit all things.

In the time of Noah, it was not a question of who happened to wander and walk into the ark by chance who was saved. No, it was those who believed and were led by the Spirit of God into the ark who found safety. Who is led by the Spirit of God today will be brought sooner or later into the family of God. Human knowledge and wisdom has nothing to do with it. We must be in Christ, bearing good fruit, and then the Spirit of God will lead us to safety.

Being in Christ includes our mind and our heart. We think of Him, we look upon His character, we admire Him, and we bear good fruit.

Being in Satan means that our mind is in the world, ambition fills it. Our conversation is worldly because that is what we think about. Whom we love, he is who we keep in our mind. We think of him all day long. We can change our loyalty. It is possible. In our personal life this change can happen today. Let the sunshine into your heart. Let Jesus in, and the ice will melt. The coldness will disappear. Flowers will come out and you will have springtime and summer in your heart, and you will bear good fruit for others to enjoy. Your love, your joy and your peace will be so catching that whoever is with you will enjoy this wonderful fruit.

"And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God." Ephesians 3:19. When we know the love of God by experience, we will be filled with all the fullness of God. Then we are no more poor. We do not lack anything. All is well with us. But the moment this connection is broken, we are miserable, poor, blind, and naked, lacking everything. We will be unhappy while the sun is shining.

Let us enjoy this springtime and thank God for it. Then we will be the happiest people on earth, always smiling and praising God. Amen.

Timo Martin

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Behind The Clouds

When you go outside and look up, what is the first thing you notice? Is it the blue sky? The clouds? The sunshine? We all can agree that the sunshine is far too bright to directly look at for more than a few seconds. But with the clouds and the blue sky we can gaze at them for as long as we choose. It is very relaxing to watch the clouds float across the sky. We look up at the sky every day, and most people will make note of the clouds first. If a day is 50% sunny and 50% cloudy, it is often the clouds that we notice. They stand out. That is not necessarily a bad thing. Clouds stand out just like the words on this page. You are focusing on the black letters as opposed to the white background.

Clouds can be small wisps in the sky. They can be big, white, puffy masses, creating interesting shapes as they move across the sky. They can be dark and ominous, bringing a storm. They can cover the entire sky, blocking out all sunlight. Sometimes they peacefully float across the sky. Other times they bring rain, which can be gentle, or powerful as a thunder shower. While clouds can be beautiful and harmless, they may also be dismal, forbidding, and powerful.

Clouds play a very important role in our weather and there is nothing we can do to control them. Our outdoor plans are sometimes at the mercy of the rain clouds.

How do you define a cloud? What is a cloud to you? The dictionary definition states that it is "a visible mass of droplets of water or frozen crystals, suspended in the atmosphere." So, they are just a bunch of water drops in the sky. They can be peaceful or powerful. An airplane can easily fly through most of the peaceful ones.

Clouds are always on the move. It is rare to see a cloud stay in one place. Sometimes they move fast and sometimes slow. If we were to learn from the clouds, we would always be on the move with some purpose in mind. Some in the church move faster, and some slower, but all are moving and growing and that is the important part. "But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ." 2 Peter 3:18. Next time you look up at the sky, watch them move and envision yourself moving in like manner in your spiritual life. We must all keep moving forward as do the clouds, even if we do not see the end. We do not know what is around the next corner, or what the next chapter of our lives may hold. Go forward. The clouds do not know where they will end up either. Only God knows.

Whether we realize it or not, clouds affect our emotions and mood, depending on their colour. When we wake up to a bright sunny day with few clouds, or we see white puffy clouds, we often feel very happy. We may have more energy and accomplish much positive good.

If we wake up and see thick dark heavy clouds, our emotional state may not be quite as positive. We may even be in a somber mood. We may move slower, and may not feel like going out or doing much. The dark clouds may bring out negative emotions such as sadness, anger, or frustration.

The rays of the sun make one feel warm and happy. The thicker the clouds, the less light we receive from the sun because clouds block the light.

If you had a wonderful day planned with your family in a park, and the sun was shining, you would feel very

happy. How would your mood change if you had just set up your picnic lunch and dark clouds started to move towards you? Your mood would now not be so positive.

This is how it is with many Christians. Their happiness is dependent on “clouds”—circumstances. Sometimes you cannot control the circumstances around you, like the weather, or how others treat you, or where you live. But you can choose to be happy regardless of the circumstances, even when the clouds are thick around you.

There is a song that begins with, “How tedious and tasteless the hours, when Jesus no longer I see!” The first verse ends with—“But when I am happy in Him, December’s as pleasant as May.” (*Church Hymnal*, 1941, Song # 660). In the northern hemisphere, May is a beautiful sunny month and December is a dismal, cold month, but with Jesus, we are just as happy and productive whether it is a warm day and the sun is shining or a cold and rainy day and there are thick clouds covering the sun. In Christ, our emotions should not be dictated by the clouds.

Jesus is “the same yesterday, and to day, and for ever.” Hebrews 13:8. And He wants to give us that stability in our lives. Connected to Him, we shall have stability.

As dark clouds predict rain, clouds can also symbolize challenging times that we face in life. The storms of life can be exhausting, overwhelming, and depressing. Without Christ it is easy to sometimes be “under a cloud” which means being in a depressed state of mind.

I am sure we have all felt at times like we are “under a cloud”. Things seem dark and forbidding. Some people are so stuck under the cloud that they cannot find their way out. “The use of this phrase can be traced back to the dark medieval times (around early 14th and 15th century) where dark clouds represented ominous misfortune and hard/bad luck. This phrase figuratively means that a black cloud is hanging over someone.” www.theidioms.com

There is a way out, though. We can get our head above the clouds. We do not need to remain under the cloud forever. Behind that cloud is Jesus. In the song *Once to Every Man and Nation*, (International Hymnal #624) the song ends with, “And, behind the dim unknown, Standeth God within the shadow, Keeping watch above His own.” Behind the cloud of every trial is Jesus watching over you.

If anyone has flown in an airplane and the weather was cloudy, how beautiful it is when you fly above the clouds and see the sun shining. Yes, the sun is behind the clouds, and is always shining. Jesus, the Son of Righteousness, is behind the clouds. Another favourite song of mine has a chorus that reads, “Back of the clouds, the sun is always shining, after the storm the skies will all be blue, God has prepared a rosy tinted lining, Back of the clouds, He’s waiting to shine through.” Behind all clouds, the sun is always shining.

Sometimes clouds linger for a while, filling up the sky so you cannot see the sun at all. Yet regardless of how many clouds there are, or how long they last, if you want to see the sun again, all you have to do is simply wait. If you feel under a spiritual cloud and do not understand why things are happening as they are, the Lord says, “Wait on the LORD: be of good courage, and He shall strengthen thine heart: wait, I say, on the LORD.” Psalm 27:14. One day the clouds will disappear and you will be in the sunshine once again. Just wait and trust, but do not give up. Do not stop. And remember, behind the clouds the sun is still shining. Jesus is behind your clouds.

Although thick dark clouds can be regarded as unfavourable, bringing rain and putting some in a gloomy mood, it is said that every cloud has “a silver lining.” We must look at the positive side. When rain falls on the ground it not only waters the plants, but it also washes away dust and dirt. Therefore, these dark clouds have a silver lining. They may seem to produce a negative emotion, but they bring positive results to nature and the environment. From every bad experience you can derive some benefit. In every bad situation there is an element of good; something positive to learn, something Jesus is trying to teach you. In 1634 a man named John Milton is quoted as saying, “Was I deceived or did a sable cloud Turn forth her silver lining on the night?”

Is that not how the Christian life is? We live in a world of sin—a world that is increasingly becoming more corrupt. God’s people have never been accepted by the masses of the world. If bad things happen, do not be deceived. As John Milton asked, “Was I deceived?” The answer is, “No.” You were not deceived, or rejected by the Lord. He allowed certain clouds to appear in your life for your good. Look for that silver lining—it is there.

Jesus said, “If the world hate you, ye know that it hated Me before it hated you. If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore

the world hateth you.” John 15:18–19. And yes, if you are a true follower of Jesus, Satan will hate you and cause others to hate you. You will face many clouds and trials, but through every trial there is benefit (a silver lining). Even in death, it is said, “Precious in the sight of the LORD is the death of His saints.” Psalm 116:15

Even with the thickest clouds, though, some daylight gets through. There is never a day that is as dark as night. Through every trial and challenge in life, the glory of God will get you through even though it is somewhat dimmed for our own good. No challenge is too hard for the Lord. “Clouds and darkness are round about Him: righteousness and judgment are the habitation of His throne.” Psalm 97:2

Clouds are secretive and unpredictable. You never know what shape they will take or how fast they will move. Be ready for all circumstances. Nothing happens to you by accident. It has all been in the plan of God. Clouds keep parts of the sky hidden from our view. However, in the parts between the clouds we can see the clear blue sky. And so also the Lord, clothed in secrecy and mystery keeps some things hidden from us. We do not know what lies ahead, but the Lord does. Just trust. “The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children for ever, that we may do all the words of this law.” Deuteronomy 29:29. Some things happen and you may never understand why, but do not worry. You may never know. All you need to know that, although veiled behind a cloud, God is always there and always in control.

If one is said to have their “head in the clouds”, it means that they are absentminded, not aware of their present situation, illogical or delusional. This is not the cloud we want our head to be in. In the 1600’s people began using this phrase to describe people who spoke of impossible or foolish things. They were said to have their “head in the clouds” as clouds are unreachable or impossible for humans to control. All throughout history we can read of how Christians were maligned and accused of having their “head in the clouds” as though they were out of touch with reality and living in an unreal world. The truth is though, that those who reject Christ are living with their head in the clouds. They are the ones who are truly foolish for rejecting Christ. They are in a fog, veiled from reality.

The first mention of a cloud in the Bible is just after the flood. “I do set My bow in the cloud, and it shall be for a token of a covenant between Me and the earth. And it

shall come to pass, when I bring a cloud over the earth, that the bow shall be seen in the cloud: And I will remember My covenant, which is between Me and you and every living creature of all flesh; and the waters shall no more become a flood to destroy all flesh. And the bow shall be in the cloud; and I will look upon it, that I may remember the everlasting covenant between God and every living creature of all flesh that is upon the earth.” Genesis 9:13–16. “After the fearful exhibition of God’s avenging power, in the destruction of the Old World by a flood, had passed, He knew that those who had been saved from the general ruin would have their fears awakened whenever the clouds should gather, the thunders roll, and the lightnings flash; and that the sound of the tempest and the pouring out of the waters from the heavens would strike terror to their hearts, for fear that another flood was coming upon them. But behold the love of God in the promise.” *–The Seventh-day Adventist Bible Commentary, vol. 1, p. 1091*

Prior to the flood it never rained. After the flood it would rain on and off as we see today. There would be great fear on the part of the people after the flood if they should see rain clouds appearing once again, so God made a promise. When they see dark rain clouds, He would put a rainbow there to let the people know that He will not destroy them with another flood. Although we do not always see a rainbow when we see rain clouds, there is a rainbow that can be seen by God “the bow shall be in the cloud; and I will look upon it.” When the storms of life come upon us our vision may be clouded and we may not see the rainbow. We may only



see the clouds. But the Lord sees the rainbow. “God Himself looks upon the bow in the clouds, and remembers His everlasting covenant between Himself and man.” *–Ibid.* We have nothing to fear. There is a rainbow in every storm we face in life.

Since clouds filter or block light, we can read of how the

Lord used clouds many times when He appeared to His people in order to veil His glory, as it would be too brilliant for humans to look at Him. The clouds mercifully impeded His full brilliance. This covering is critical because the undimmed brightness of God was too much for mankind. Were man to be in the presence of the full glory of God, they would perish. Thus clouds veiled His glory. Moses had to be hidden from the full glory of God in the cleft of a rock, or he would have died (Exodus 33:19–23). After being in God’s presence for 40 days, the Israelites could not look at Moses’ face, and he had to use a veil because even though the glory of God was vastly dimmed, it was still too bright for the people (Exodus 34:29–35).



In the wilderness we see the Lord leading His people in a cloud. “And the LORD went before them by day in a pillar of a cloud, to lead them the way.” Exodus 13:21. “And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the

LORD appeared in the cloud.” Exodus 16:10

Although at some times the Lord spoke with a still small voice as He did to Elijah (1 Kings 19:12), when it came time to proclaim the Ten Commandments to the Israelites in the wilderness He wanted to impress the people with the importance and majesty of His law as the constitution of His kingdom and thus He appeared with terrifying grandeur in a very stormy thundercloud. Stormy thunder clouds can be very powerful and have caused many to fear and to cry out to God. We see how helpless we are in these storms. As great as man thinks he is, he is helpless when a fierce thunderstorm rolls in. Thus, the Lord was showing the Israelites how helpless they are before God; how holy His law is. It was hoped that this would impress them with an understanding of the terrible results of not obeying the law. “And it came to pass on the third day in the morning, that there were thunders and lightnings, and a thick cloud upon the mount, and the voice of the trumpet exceeding loud; so that all the people that was in the camp trembled.” Exodus 19:16. “Mid thunders and lightnings God spoke His law in the hearing of that vast multitude. God gave the occasion of the giving of the law one of awful grandeur. He desired that the people should understand the exalt-

ed character of His law. The people must be taught that everything connected with His service must be regarded with the greatest reverence.” –*That I May Know Him*, p. 237

Although the cloud hides the glory of God so that people are not overcome by His brightness, this same cloud provides an opportunity for Him to reveal the truth to His people. It was in the cloud on the mountain that Moses went up to commune with the Lord. “And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.” Exodus 24:18

But, it is not possible for any sinner to enter into the full glory of God and live. Later we see the Lord in the tabernacle in a cloud, and even Moses at that time could not enter. “And Moses was not able to enter into the tent of the congregation, because the cloud abode thereon, and the glory of the LORD filled the tabernacle.” Exodus 40:35. While in the cloud on the mountain, the Lord was still hidden in the cloud while He spoke with Moses. Moses did not see His full glory.

When the cloud was in the Most Holy Place no one could enter, not even the high Priest, on pain of death. “And the LORD said unto Moses, Speak unto Aaron thy brother, that he come not at all times into the holy place within the veil before the mercy seat, which is upon the ark; that he die not: for I will appear in the cloud upon the mercy seat.” Leviticus 16:2

On the Mount of Transfiguration, Jesus was covered with a cloud when He was glorified. “While He yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is My beloved Son, in whom I am well pleased; hear ye Him.” Matthew 17:5. The three disciples on the Mount of Transfiguration witnessed the glory of God, although hidden by a cloud. Through what they heard from the cloud, they were eye-witnesses of the fact that He was truly the Son of God as He claimed to be. After Jesus’ resurrection, John writes, “And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.” John 1:14. He personally beheld the glory of the Word.

Years later, Peter, likewise connected Jesus with the glory of God: “For He received from God the Father honor and glory when such a voice came to Him from the Excellent Glory: This is My beloved Son, in whom I am well pleased.” 2 Peter 1:17

When Jesus went up to heaven it is said that He went in a cloud, "And when He had spoken these things, while they beheld, He was taken up; and a cloud received Him out of their sight." Acts 1:9

When He comes again, He will also come with a cloud. "And then shall they see the Son of man coming in a cloud with power and great glory." Luke 21:27. "And I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of man, having on His head a golden crown, and in His hand a sharp sickle. And another angel came out of the temple, crying with a loud voice to Him that sat on the cloud, Thrust in thy sickle, and reap: for the time is come for thee to reap; for the harvest of the earth is ripe. And He that sat on the cloud thrust in His sickle on the earth; and the earth was reaped." Revelation 14:14-16. This cloud that was at His ascension and will be at His Second Coming is one and the same. It is not the same cloud that veiled His glory throughout history. It was a cloud of angels who received Jesus back to heaven and a cloud of angels that will come in all their glory with Jesus when He returns to this earth and "who shall be able to stand?" Revelation 6:17. Yes there are some, "He that hath clean hands,



and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully." Psalm 24:4. There will be no cloud to veil His glory when He returns. Jesus will return in the full brilliance of His glory and the glory of all the angels with Him. "And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of His mouth, and shall destroy with the brightness of His coming." 2 Thessalonians 2:8. "Behold, He cometh with clouds; and every eye shall see Him, and they also which pierced Him: and all kindreds of the earth shall wail because of Him." Revelation 1:7

The saints will join Jesus in the cloud of angels. "Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the

air: and so shall we ever be with the Lord." 1 Thessalonians 1:17

One of my favourite verses regarding clouds is, "I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee." Isaiah 44:22. Our sins will be hidden behind thick clouds when we repent. They will no longer be seen. They are hidden from view and will be blotted out of the book of records in heaven. As sun and wind disperse the clouds so the Son of righteousness sweeps away the transgressions of His people.

Today we have a Cloud in the computing world. What is this cloud? It is a service that securely stores all your photos, files, notes, passwords and other data in the cloud and keeps it up to date and can be accessed by all your devices.

Is this not what Jesus is for us? He is a cloud where all records of our life are securely stored as well as all that is important to us, and He can be accessed at any time and anywhere. There are no limits.

Never let the sight of dark clouds bring you down. Remember, back of the clouds, the sun is always shining. Jesus is there and He will always be available when you need Him. Do not be under the clouds, but look up and keep your head above the clouds and in the sunshine of Jesus.

When you are alone in your home, away from the world, who is in your cloud? Is it Jesus or the world? Who are you spending most of your time with? As Moses was in the cloud on Mount Sinai with Jesus, you also can be in a cloud with Jesus. You can be temporarily shut out from the world and be alone with Him, not being disturbed by anything around you. Is this not what you do when you have your private worship? And also when you commune with Him throughout the day? Yet, how little time we sometimes take in that cloud.

Next time you look up in the sky and see the clouds, whether they are white or dark, remember that Jesus is up there in the clear blue sky. Watch the clouds move and change shape and envision Jesus working in your life to help you grow and to change from your sinful carnal nature to a heavenly beautiful nature that will be ready to live in heaven. "Look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28 Amen.

Wendy Eaton



The Polzer Family Share Their

Experiences and Memories

(Family of Franziska Pedersen, Canada)

In 1909, in the town of Jabuka, (Yabuka), meaning “apple” Yugoslavia, (then known as the Austrian-Hungarian Empire), in the province of Banat, Josef Polzer, our Father, was born to Anton and Franziska Polzer.

Jabuka is a village in the District of South Banat, about 30 km north-east of Belgrade, the capital city of former Yugoslavia, now called Serbia. Jabuka is located on a flat and fertile plain with the River Tamis (Tamish) about two kilometers west of it which runs into the Danube River just past the city of Pancevo (Panchevo) about 30 km South of Jabuka. At the time our Father Josef was born, Jabuka had a population of about 3,000 which were mostly Ethnic Germans, (Volksdeutsche) also known as Donauschwaben, with a few Romanians.

In the year 2011 Jabuka had 6181 inhabitants, with the highest percentage being ethnic Macedonians. It is now unofficially known as a settlement in Serbia. History tells us that the German colonization of Jabuka and several other towns and villages in Yugoslavia was carried out in the middle of the 18th century by Maria Theresa, Arch Duchess of Austria and Queen of Hungary. The Germans in Yugoslavia developed their own distinct culture and dialect.

When our Father Josef was 2 years old, his mother got sick and shortly afterwards died. Grandfather Anton had a big farm and a 2-year-old son to take care of, so little Josef spent a lot of time at his aunt’s house, his Father’s sister, until his Father remarried. The step-

mother Barbara was a 17-year-old girl from across the street. Barbara was very hard on the little boy while he was growing up. Barbara and Anton had a little girl, but she died soon after her birth.

Anton and Barbara were of the Roman Catholic faith and so when Josef was old enough he became an altar boy for a time.

Anton had a lot of land and work was hard in those days—done by hand and horse. Those were still the “horse and buggy days” in Banat. When Josef was old enough to work, he and his Father got up every morning at 4:00 a.m. and got ready to go to work by horse and wagon to their land outside of their village.

Then the time came when Josef began to drink on the weekends with his friends at the pub and sometimes he would stay out most of the night, but that did not make any difference to his Father. On Monday morning it was still time to get up very early and get ready for work.

When Josef was about to turn 19 years old, his father said, “Josef, in one year you will have to go to the army for 2 years, and I think you should look for a wife so we have someone to work in your place, while you are gone.”

Now in their town lived a lady named Theresia Janko and her three children. She had lost her first husband, Michael Dittrich, at the Russian Front in the First World War. Mrs. Janko was left with her two daughters and

one son—Helen, Theresia and Wendel. Theresia was the youngest. Mrs. Janko had remarried a man named Johan Janko. He had vineyards and sold grapes and wine. Mrs. Janko was the seamstress of the town. As the children grew older, they had to work in the city of Belgrade. The girls would come home on weekends, but Helen soon married, and her brother Wendel was busy learning the profession of furniture making.

Josef had had his eyes on Theresia for a while. Soon he decided to go see Theresia's mother, Mrs. Janko, and ask for Theresia's hand in marriage. Mrs. Janko told



**Theresia and Josef's Wedding Photo
in 1929 in Jabuka**

Josef that it was out of the question since she knew that he drank too much on weekends and she would not allow her daughter to marry him. Josef asked, "If I promise to quit, may I come back?" Her response was, "I need to see that first." Josef then and there decided to give up drinking because he was in love with Theresia.

Theresia stayed in Belgrade as a nanny with a nice family and worked to earn some money for herself. She was 16 years old when Josef came to ask for her hand again. This time he got the OK. They were married when Theresia was 17 and Josef 20 years old. They then moved in with Josef's parents, since he was the only son, and in those days the custom was to live in the family home.

When the time came for Josef to go to the army, Theresia was pregnant with their first child. She continued to live with her in-laws, helping in the fields, and after the baby was born, she, of course, also took care of their little baby girl Franziska, named after the baby's grandmother, Josef's birth mother. Josef was in the army for two years. When he returned, he was not happy to hear from his wife how she had had such a hard time taking his place, working in the fields all day and caring for their baby as well. They then decided to leave Jabuka and move to Belgrade, about 30 km south-west of Jabuka, where Josef found work in a textile factory making fabric and Theresia worked as a nanny. During that time, the baby girl, little Franziska got very sick with pneumonia and died.

In 1932, they had another baby named Maria (nicknamed Rici). Since their first baby had died in the city, Josef and Theresia decided not to keep their little Maria with them in Belgrade but spoke with Josef's aunt in the village, and she offered to take care of their daughter for them in Jabuka. This aunt was Josef's father's sister, the one who had cared for Josef when he was little. So they took Maria to the village, and went to see her every weekend at her great aunt's.

One winter day, Josef went home to Jabuka to see their little girl. It was December and pig slaughtering time. Many in the village were busy in their yard with this work with big fires and iron kettles. Little Rici was also outside, but did not have warm shoes or boots on; her feet were cold, red and blue. When she saw her father, she began crying. He asked his aunt why Rici was out in the cold and she replied that she had just been out a few minutes and she would be OK. Rici had a runny nose and a cough. Josef took her into the house to warm her up. Josef stayed in Jabuka the rest of the weekend and then travelled back to Belgrade. Two weeks later, they received a message to come back. Rici was very sick. They returned to the village, but little Rici had pneumonia and died.

Rici's death was a very big blow to Theresia and Josef. Josef's father was always begging them to come home. It was not acceptable in the community that a farmer

like Anton Polzer, who had an only son did not have his son live with him in his home. Anton always said, "You are my only son, and all I have is yours." So after a while, Josef and Theresia packed up to go home. Now again Josef and his father were out in the field at 4:00 a.m. together with 10 to 12 hired help while Theresia and her mother-in-law Barbara prepared breakfast and lunch and took the meals to the field for the men. After a time, living together did not work out, so Josef and Theresia decided to move back to Belgrade. By now, Josef knew the only way he was going to make it as a farmer was to have his own money and buy land for himself. This was in the mid-1930s.

Theresia became very sick with scarlet fever which people died from in those days. She was in the hospital, and they did not know whether she would recover. During this time, Josef took a trip to Jabuka. This took one hour by ferry, crossing the Danube River, and one hour walking. He was sitting on the ferry with his head down on the table, very discouraged, when someone touched him on the shoulder and said, "Friend, you look like you have the world on your shoulders." Josef



Theresia, Josef and Theresa in 1939.

Theresa is two years old.

said, "I have lost two children and my wife is sick. She probably is not going to make it. God does not hear my prayers. I have nothing to live for." That man was Elder Schleicher, a member of the Seventh-day Adventist Church. The two talked for the one hour on the ferry ride. Elder Schleicher gave Josef his address and suggested that he read the Bible. Josef was Roman Catholic, and in those days Roman Catholics believed that it was a sin to read the Bible, so he did not own a Bible.

Theresia did recover and one day a colporteur came to the door where she worked as a nanny and housekeeper. The colporteur was Saveta, Br. Branko Cholich's sister. She was selling books and Theresia said, "I don't read religious books, but my husband started to read the Bible." So, Theresia got him the book, *Steps to Christ*, and that was the beginning of Bible studies. Josef became very interested in the Seventh-day Adventist Reform Church, but Theresia was going to "live a Catholic and die a Catholic." (Josef never looked up Pastor Schleicher and had no contact with him until 1956 in Kitchener, Ontario, Canada).

In 1937 Josef and Theresia had a baby girl and named her Theresa. By the time she was two years old, both Father and Mother were baptized into the Seventh-day Adventist Reform Church. Having all this new light and truth, Father was ready to go home and witness to his family. Well, he was in for a surprise. Grandfather Anton told him because he had a new religion, he would not inherit from him, but only what his mother had left him. Anton said he no longer had a son. Father's aunt was kind though. He could read from the Bible, and she listened to him. Every year, at Christmas time he had the chance to read to her the Christmas story and prophecies from the Old Testament that pointed to Christ's first and second coming.

As time went by, Father and Mother bought a house and some land. They did a lot of small gardening and took the produce to the market to sell. By this time, it was 1940. At that time the Reform Church was looking for someone to take care of their house, garden and vineyard in Belgrade, on the other side of the Danube River. Father, wanting to help the church, took the job and so he and our Mother moved into the mission house where Br. Ziva Janac who was the leader at that time lived with his wife and three daughters, Nada, Vera, Melanie, and their German Shepherd Pluto. While working in Belgrade, our Mother went to Jabuka for a visit and while there, she gave birth to another baby girl calling her Barbara.

World War II was in progress at that time. In the spring of 1941 Germany began the invasion of Yugoslavia by launching a massive air assault on Belgrade, the capital of Yugoslavia. The primary aim of their air attack was to cripple the government, morale, air force, and anti-aircraft defenses. Yugoslavia had very little hope of resisting the air attacks mainly because most of the countries bordering Yugoslavia had formed an alliance with Germany and several of these countries also launched attacks on Yugoslavia. This invasion took less than two weeks, but it was not the end yet.

The German army had invaded the country and all men had to go to the army. Our Father was also called, but he, of course, did not want to carry a gun or wear the uniform. Because of this, he was many times called to hearings and interrogations. The Germans always thought that he was a Jehovah's Witness, whom Hitler had ordered all killed. Our Father told us, "These are troublesome times and we need to pray three times a day." So, we had worship three times daily. Yugoslavia was occupied by the Germans until they lost the War in 1945.

In 1943 Mother had another baby girl, naming her Franziska.

One day when Theresa, our oldest sister, was about 5 or 6 years old, our Father had to go to a place about 13 km away. Theresa sat on the front bar of his bicycle and away they went. Suddenly Father saw some papers on the road. He stopped and said, "Theresa, run back and bring me that roll of paper." Theresa got the items for him and when he looked it over; he found some IDs—false passports. One was French, one was English and the third was Yugoslavian (Serbian). The name in the passports was Peter Cosic—pronounced (Chosich).

On the way back home, Father stopped at Toma Buneta's house and asked if he knew this Mr. Cosic, but he said he did not. But Father left the passports with Toma anyway, and asked him to give them to Peter, should he see him. Toma Buneta then asked Father who he was and Father replied, "I am Josef Polzer, the Sabbath-keeper." Toma said, "You know, if someone else had found these documents, Peter would be shot tomorrow."

Time passed and one day Father had to cross the River Tamis (Tamish) which was about 5 km east of Jabuka. The ferry was on the other side, but there was a canoe with a man in it getting ready to cross the river. Father asked the man, "Can you take me with you?" Then he recognized the man—it was Peter Cosic. They had a

long talk, and Peter was so glad to meet Father. Peter was a spy for the Partisans (Rebels).

The German army was already losing the war in Russia. There were several villages and towns for several miles towards the city of Zrenjanin about 65 km north of Jabuka, where Jewish families lived. The German army went to collect these people; old, young, women and children and brought them to a certain fenced-in area where they executed them. The machine guns could be heard in Jabuka. Bombing was going on every day. The English and U.S. bombers flew over on the way to Romania to bomb the oil fields; they also bombed the bridges and Belgrade.

One day, Mother and Father went to the market in Pancevo, early in the morning, about 12 to 15 km away, to sell their produce, and left us three children alone at home. Then suddenly we woke up when the planes flew over our house. The windows and everything were rattling; we were so afraid. We jumped out of bed, and ran into an underground shelter in the garden. This shelter was large enough so that all the family could fit in. We were terrified and stayed there for hours while the planes came and went overhead. The German planes were flying low to see what damage the bombers had done. When Mother and Father returned home, they found their girls' clothes in the house, but the girls were missing. The neighbour had not seen us that morning. Finally, we heard our parent's calls and came out from our hiding place. Needless to say, everyone was so happy and relieved, but it had been very scary for all of us.

Most of the men from our village had to serve as SS in Bosnia in the forests and mountains which were full of Partisans who got support from the English. The English dropped supplies out of their planes, so the communists had a lot of ammunition. Most of the men which served in the SS died in Bosnia including our Uncle Karl and Uncle Wendel and some of our Father's cousins.

During the later stages of World War II many Ethnic Germans in Yugoslavia fled into Austria or Germany. As the Russians came closer, they loaded their wagons and took their families out of Yugoslavia. Aunt Helen, our Mother's sister came to our Father and begged him to load his wagon so that she and her 16-year old daughter Barbel and our Mother, Father and us children could go to Germany. Father did not want to leave everything behind; so we stayed. Not sure when, but our aunt Helen, Barbel and our Grandma Polzer (our Fa-

ther's Step-mother) did leave Yugoslavia before the war ended and found a home in Austria.

The fighting came closer and closer; grenades were flying over the village, hitting houses and killing people every day. At night our feather comforters were put in the windows to make it dark and all lights had to be out all the time.

Then one Sabbath afternoon, the Russian tanks arrived in our village. They drove their jeeps and trucks into the yard and demanded food. They commanded our Mother and Father to get their pigs, kill them and prepare them dinner. Our parents explained to the officer that they were vegetarians and Sabbath-keepers and had no animals to kill nor did they have wine. Since most people in the village did not speak the Yugoslavian language they had a hard time communicating with the army. Mother and Father however did speak Serbian because they had lived and worked in Belgrade. The officer then looked over the house and saw the Ten Commandments in a frame written in the Cyrillic (Russian) alphabet, and he could read them. So, after some time, he said to his soldiers, "Let's go to another house," and they left.

On other days, we had a house full of soldiers, but they did not take our beds. Instead, they put straw on the kitchen floor and slept there. One day an officer said to Theresa, "I have a girl like you at home." Father asked him when he would see his child again. He replied that he did not know because they were on their way to Berlin.

After some time, the Communists took over the government. Now all the older men who had not joined the German army during the war, including our Father with his horses and wagon, were gathered and taken out of town to work for the Yugoslavian army. So every Friday Father had trouble to get off to go home for the Sabbath. If anyone had seen him coming home, the po-

lice would come on Sabbath to get him because they needed his wagon to transport goods to another village or town. But God was good, and Father somehow got out of it because someone always came and said, "Let him off today, he can do it on Sunday." The good Lord was looking after him.

One morning, in 1945, when the war was over, the soldiers went through our town and arrested many German men; among them was our grandfather Anton (our Dad's Father). The officer told them that they were needed at the railroad station to unload some railcars. None of them were seen again. Villages were wiped out in retribution for the atrocities of the Nazi regime. As justification for their actions to eliminate the German minority in Yugoslavia, the Partisans applied the principle of collective guilt to the German Ethnic group.

The Yugoslavian government decided to put all of the German people of Yugoslavia into concentration camps. Soon one day at 4:00 a.m. the army knocked on our door and said, "We will give you 10 minutes to take what you can. Leave the rest." Mother and Father had us three little girls to dress. Mother asked, "Are we coming back?" to which the soldiers replied, "No." Mother told Father to pack as much of the girls' clothes as he could. She took some bread and milk, and then time was up. We were put in a wagon pulled by horses. They closed half of our village Jabuka off with barbed wire, put a gate, and placed a guard there; that is where everyone was brought to live. No one could get in or out. Most of the people were elderly or mothers with children. All the younger ones and those who were able to work were taken to a different location to work for the government. As soon as we left the house, a seal was put on our door that said, "Government Property."

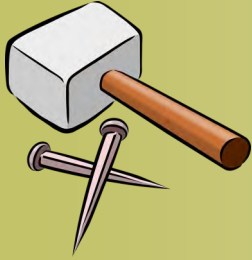
Compiled by Franziska Pedersen

TO BE CONTINUED:

"We do not realize the thousand dangers that our heavenly Father has kept us from. We do not realize the great blessing that He has bestowed upon us in giving us food and raiment, in preserving our lives by sending the guardian angels to watch over us. Every day we should be thankful for this. We ought to have gratitude stirring in our hearts and come to God with a gratitude offering every day. We ought to gather around the family altar every day and praise Him for His watchcare over us." –Faith and Works, p. 69

NOAH – The Story of the Flood

Based on Genesis 5-9 in Four Parts
Part Two: *The Making of the Ark*



*Near Noah's home the ground was cleared, then the attention geared
gopher trees to fell, debark, deliver, cut, then neatly pile
Them on the chosen spot, then lay out the pattern on the lot.*

*The people in those days were very strong, kept their vitality centuries along,
Though Methuselah then the oldest, 849 years of age,
He loved to help and would engage
Himself in organizing, keeping order, helping Noah in directing
Hired craftsmen in their task, for there were to answer also questions that be asked.*

*As neighbours and surrounding people saw the commotion there ongoing,
They curiously came then to inquire if there was something to admire.*

*Seeing the strange sight of masses piled up wood,
What does this mean? Of course, they understand could not.*

*Then Noah came, lifting up his hand to heaven saying,
"God will send a flood to destroy the world with all its goods...
Because the sins, the wickedness of men have filled the cup,
After a given time their time is up." –*

*The people most astonished listened, at first were baffled,
Stunned, perplexed. This cannot be! He must be vexed!
This is too strange a tale to bear, let us go home, we will not fear!...*

*The word did spread throughout the land,
Some scoffers formed a band,
With mocking lips made fun of Noah's warning,
Singing songs of ridicule and scorning.*

.....

*Years did pass, the outlay of the ark so huge begun,
One end to the other formed so great a span,
Though Noah knew the measurements,
It needed greatest skill in its requirements,
To build the shape exact and evenly in balance,
Making sure there be no chance
One side be heavier than the other that might end in a disaster.*

*Noah did much praying, asking God
For daily guidance, wisdom for this enormous task,
And God did lead him, gave him all he asked.*

*Thus the ark was forming, revealing its great shape,
It could be seen from all around the landscape.*

*The people from vast distances did gather,
Hearing of the project, went to see what was the matter
with the message they were told – a flood to come –*

An assumption truly very bold!

*Then Noah stood above the crowd, he spoke to them to warn about:
"The word came to me from God to build this very unique boat,*



*For He will send a flood, let this be understood,
That every living thing will die – this is not a lie –
For your wickedness and violence is such a great offence
That God will make an end.
But if you will repent, return to God in all sincerity, forsaking all iniquity,
This ark will be your refuge to save you from the great deluge!*

*.....
All through the time the ark was in the making,
When people came, Noah did his preaching,
With loving patience warned, intreated men amend their ways, encouraged them.
Even when they argued, taunted and derided him,
Noah urged them to repent, to turn away from sin.*



*Thus the time went on, the years passed by,
All was as usual and blue the sky.
For the world the possibility a flood to come was an impossibility.
The scientist could find no reason to believe in such event,
They were eager, calming people to prevent
A panic in the population.
They were so sure in their calculation,
All will remain the same, nature could not produce so great a rain.
They urged not listen to this Noah's silly talk to cause hysteria.
This so-called flood – is a mere utopia....*

*.....
Meanwhile Lamech, Noah's father died and many others
While the ark was made; some people did repent but died,
And others being ridiculed, their faith did fade,
Succumbed to former sins again, engaged in even bolder mocking and disdain.
Hundred years had passed and gone,
The building of the ark was almost done;
Inside the chambers, stairs and ramps completed, still important details needed
to be worked upon.*

*Then the major, crucial, all important task was to be taken on,
By many hands to make this giant vessel waterproof,
From the bottom inside and out up to the roof.
Bitumen pitch was to be gathered, stored right on the spot
Spread upon the wood with thick, continuous strokes,
Out from the pots, and miss no tiny cracks or spots.
When this was done – it took long time, when dry it all was smooth,
Did shine like lacquer on the boat, beautiful transparent on the gopherwood.*

*.....
Finally, the day had come, hired workmen could go home.
Finished was that great assignment to everybody's contentment.*



*There it stood – the ark – this giant boat,
Imposing, intimidatating, dominating – yet like a loving, warning sign of God –
A loud, but silent cry of the Most High, shouting through the sky:
“Come, return now unto Me, hear My plea the last;
Find refuge in the ark before I send the blast,
Turning upside down this wicked world to drown it sinners unrepentant,
Independent and defiant, rebellious to all righteousness, full of pride and lawlessness...”
Noah invested all he had to pay for labour, help, provision;*

*His sacrifice will be for the good of all there in the ark, by storing up much food,
For the time of the great flood.*



*The 120th year did come,
The last days for the world were approaching,
According to Noah's warning, preaching.
Soon all life will be over, by the waters all the earth to cover.
The faithful aged did pass away also the last day for Methuselah
Was on the way, when, as the oldest man that ever lived
Aged 969, his last he breathed. –
This was the sign – now the flood will come,
making an end of all upon the earth do roam.*

*.....
One morning Noah looked – he just finished storing foods,
And water, hay and grains, all kinds of fodder, goods, –
When suddenly from hills and plains in perfect lines
To the ark animals were marching of all kinds.
Some from distance far off other lands, guided by an unseen hand,
Hopping, leaping, jumping, crawling, creeping,
In one direction in a steady moving action.
Till all came together as one grand fold,
To gather with all mammals from near and far, big and tall,
And critters low and small.*

*From giant mammoths, giraffes, zebras, elephants, and tigers, lions,
Antelopes, gazelles and buffalos, rhinos and the lively monkeys, and sloths the slow,
Majestic elk's and deer, and wolves and foxes, bears,
Mice and mink's and moles, beetles, frogs and hares,
Horses, donkeys, sheep and goats
Cattle, chickens also bats,
All to enter the ark's wide door, they were heading for.
God's angels guiding all to their assigned, specific spot,
Prepared for them in that giant boat.*



*Many people also saw this sight so awesome, wondersome.
Then the sky was shadowed by the rushing in of myriad birds;
Then lowering their flight,
Gently winged their way inside the ark so vast and roomy
Finding plenty space for rest and roosting.
The people wondered, also pondered, this is indeed peculiar, unfamiliar!
Could it be true that – oh no, no, no –
The sky is clear and fair, forget it, we do not care!*

*.....
Noah then saw this is the time get in the ark,
Even before it is dark,
The last baskets full of food, vegetables, of roots and seeds and fruits,
Were stored away, all was now ready, no more delay.
Noah and his family once more did look around,
Knowing never more will walk the ground
Of their lovely home again. They into the ark stepped in,
God did close the door and shut them in.*

End of Part Two

Edda Tedford, Canada

HEALTH MATTERS:



Seeds : Hemp: A Versatile Plant

Seeds play an important role in providing us with many healthy plant-based nutrients to enhance our overall health. In the last two issues, we reviewed both chia seeds and flax seeds. This month we will focus on hemp seeds. Most seeds have similar health benefits, so instead of being repetitive, we will focus on the unique qualities of hemp, while still mentioning the health benefits that hemp seeds have in common with other seeds and seed oils.

Hemp is also known as *Cannabis sativa*. It is related to the cannabis plant known for the production of marijuana, a psychoactive drug. However, hemp contains very low levels of the compound which produces the psychoactive or intoxicating effect, known as THC (less than 0.3%), thus cannot cause a feeling of “high”. Both hemp and cannabis also contain other healthy components including several cannabinoids, compounds which are proven to provide health benefits. However, these cannabinoids are not present in the hemp seeds, but in other parts of the plant including the leaves, flowers, and stems. However, I would like to briefly comment on this property of hemp. As more research is done into the health effects of cannabinoids and the

ability to extract these compounds from the THC, their use is becoming more popular. Pharmaceutical companies are even creating synthetic cannabinoids (the healthy part of the plant) to treat various ailments. They have been shown to have anti-inflammatory, pain relief, brain protective and immune system regulation properties. Because of the ability to protect the brain, it can help with neurological conditions such as Parkinson’s, Alzheimer’s, multiple sclerosis, nerve pain, and childhood seizure disorders.

Hemp was one of the first cultivated agricultural crops, originating in China, where they used it to make paper.

Hemp was not introduced to other parts of the world until the Middle Ages. Hemp fiber was used in pottery, in making textiles and paper, and in making rope, yarn, twine and string; hemp seeds were



used as a food and made into an edible oil. The oil was also used to make paints, varnishes, and soaps. In AD 70 the medicinal properties of the hemp plant were documented in early medical writings. The Gutenberg Bible (15th century) and the King James Bible (17th century) were both printed on hemp paper as the process of using wood pulp to make paper was not invented until the 1800s (19th century).

Hemp was first grown in North America in the 1600s. In many places it was the first crop grown by new settlers. Then in 1937, hemp was banned as a crop because of the incorrect connection with other cannabis crops which were used as a drug. Finally in 1998, hemp was once again accepted in Canada as a commercial crop; this same legislation was not in place in the United States



until 2018.

Hemp seeds, derived from the hemp plant are rich in nutrients. A 30 gram (3 tablespoons) serving of raw hemp seeds contain: 166 calories; 9.46 grams of protein; 14 grams of fat; 2.6 grams of carbohydrates; 1.2 grams of fiber. Hemp seeds are also a good source of iron, Vitamin E, manganese, magnesium, B-vitamins, phosphorus, potassium and zinc.

Three tablespoons of hemp seeds contain 210 mg of magnesium, 50% of the recommended daily amount (DV). Approximately half of adults in North America get less than the daily recommended amount of magnesium from their diet. The main function of magnesium is as a helper molecule that is involved in over 600 chemical reactions in the body. It assists in converting food into energy, creating protein from the various amino acids, helps create and repair DNA, helps muscles to contract and relax, regulates neurotransmitters which send messages throughout the brain and the nervous system. During exercise, the muscles need more magnesium than when at rest. Having sufficient magnesium levels in the body allows improved muscle function during exercise, with less fatigue; it can also improve muscle mass and power. Because of magnesium's role in brain health, low levels of magnesium are associated with an increased risk of depression and anxiety. Studies show that depression and anxiety symptoms are improved with an adequate magnesium intake.

Magnesium enhances the ability of insulin to reduce blood sugar levels, reducing the risk of type 2 diabetes. Studies show that almost half of the people with type 2 diabetes are deficient in magnesium. Low magnesium levels increase inflammation in the body, which leads to many of the chronic illnesses that occur as people age such as heart disease. Migraine headaches are also associated with a low magnesium intake. In fact, magnesium can relieve the symptoms of a migraine quicker and more effectively than common migraine medications.

Magnesium is vital for bone health. Over 50% of the magnesium in our bodies are found in our bones. Low magnesium levels can cause osteoporosis where bones become brittle and weak; a high magnesium intake can increase bone density. Magnesium supplements are often used as a sleep aid to treat insomnia. Magnesium has been shown to improve both sleep quality and duration.

Hemp seeds contain phytosterols, a compound that is found in the cell membrane of many different varieties of plant food, including nuts and seeds, fruits, vegeta-

bles, legumes, and plant oils. Because it is contained in many healthy plant foods, people who eat a vegan or vegetarian diet consume more phytosterols than people who eat nonvegetarian diets. They provide a very specific health benefit. Phytosterols are structurally similar to the cholesterol in our body. When eaten, they compete with cholesterol absorption, which then blocks cholesterol from being absorbed, lowering the body's cholesterol levels. This helps reduce the amount of cholesterol that can create plaque in our arteries. In fact, phytosterols are so effective in reducing cholesterol levels that it is recommended that people with high cholesterol levels consume 2 grams of phytosterols daily. In the United States, the FDA states that eating foods containing high levels of phytosterols may reduce the risk of heart disease. Research on phytosterols have shown no negative effects on the body, especially when consumed in food as part of a healthy diet.

Hemp seeds are a very rich source of plant protein, second only to soybeans which contains the highest plant-based protein. It is also a complete protein in that it contains all nine amino acids. Specifically, hemp seeds are high in the amino acid arginine, which is beneficial for heart health. Very few plant foods are a complete protein source, which is why hemp can play an important role in a vegan diet.

Much of the fiber in hemp seeds is in the husk. To obtain the highest level of fiber, purchase hemp seeds with the hull intact.

Hemp seeds have a pleasant, nutty flavour, and are often added to breads and cakes. Shelled hemp seeds are called hemp hearts; they are sold as a health food and can be eaten raw. They are either sprinkled on salads or blended with fruit smoothies. Hemp seed milk is an alternative to dairy milks in drinks and baking; it is a good source of protein and calcium. It has a low smoke point so it is not good as a cooking oil.

Oil made from hemp seed has many health benefits. Hemp seed oil contains high levels of Omega-6 and Omega-3 fatty acids. The ratio of Omega-6 to Omega-3 in hemp seeds is 3:1, which is considered the perfect ratio that should exist between these two fatty acids in our diet. As mentioned in previous seed articles, both chia and flax contain more Omega-3 than Omega-6, which helps balance out the excess Omega-6 in many diets.

However, hemp seed oil, because it is at this ideal ratio, helps maintain healthy cholesterol levels, fights inflammation, protects against heart attacks and cancer and

regulates metabolism. This perfect ratio also boosts the immune system to fight against bacteria, viruses, and other germs that surround us daily. Because hemp seed oil contains the perfect Omega-6 to Omega-3 ratio, it means that the human body can best absorb their nutritional value and reap their health benefits.

Dermatologists recommend patients consume hemp seed oil regularly to help skin glow. Its perfect ratio of fatty acids help hydrate and moisturize the skin. It has been known to treat skin complaints such as eczema and dry, itchy or flaking skin. Because of its moisturizing qualities, hemp oil can also nourish your hair follicles and scalp, leading to stronger and shinier looking hair.

A research study from Finland showed that hemp seed oil increased a specific Omega-6 fatty acid called gamma-linolenic acid in the blood. This particular fatty acid is very effective in decreasing inflammation, which has people reporting miraculous cures for ailments such as allergies, eczema, dry skin, slow wound



healing and even rheumatoid arthritis after using hemp seed oil.

Another unique property of hemp seed oil is that it contains Vitamin D. Very few foods contain Vitamin D, which is actually a hormone that balances out calcium, magnesium, and phosphorus in our body. Hemp seed oil contains the essential substances, which, as a group, compose Vitamin D. Although sunlight is a good source of Vitamin D, we also need it in our diets, especially at those times when the sun cannot produce Vitamin D. A lack of Vitamin D can lead to rickets, or soft and malformed bones, which continues to be a problem for children around the world. Vitamin D also regulates immunity and normalizes blood pres-

sure. Having a good dietary source of Vitamin D can prevent these ailments.

Hemp seed oil can be used in salad dressings and added to pastas and soups. Eating 1–2 tablespoons a day will provide you with all its unique health benefits.

Seeds were included in the original diet given to Adam and Eve in the Garden of Eden. Even in their sinless state, Adam and Eve were instructed to eat the diet that would provide them with the nutrition necessary to keep their bodies in the best working order. After sin came into the world, it has become more challenging to maintain a healthy body as we are now subject to sickness, decay and ultimately to death. So, what must we do to stay as healthy as possible? Would it not be by adhering to the diet that God originally gave to man?

“Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves deserve theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up various parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

“Those foods should be chosen that best supply the elements for building up the body. In this choice, appetite is not a safe guide. . . . We cannot safely be guided by the customs of society. . . . The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.” —*Counsels for the Church*, p. 221

Helen Marttinen



Anna Wanted to be Popular



Anna was born into a good Christian home in a small country town. She had two younger sisters, whom she loved very much. Her father was the Pastor of their local church. When she was young, there were not many people in church and Anna and her sisters longed for the company of other children. As time went on, the Lord blessed the work of Anna's father and the little church grew and more children attended. Anna learned to love Jesus and she loved to go to church every Sabbath. She helped out in every way that she could in her honest childlike ways. Every time a new visitor came, Anna was the first to get up and greet them and introduce them to all her friends and the other adults. She was very bubbly and outgoing. Her favorite Bible character was the Apostle Paul and she wanted to be just like him, telling everyone about Jesus and His love.

In those early years, Anna and her sisters were being home-schooled by their mother. This gave much opportunity for their mother to teach her three young girls about the love of God and to include the gospel in each of their lessons, from science, to geography, to math. Anna loved being taught by her mother and she loved and respected her mother very much. She was also quite helpful in the home and tried to help her mother as much as she could.

Soon some of the other parents in the church saw the importance of home-schooling their children. Anna enjoyed spending Sabbaths with her new friends and her mother made opportunities to visit with some of the other families in the church during the week.

Everything was going well and Anna could not imagine that life could be any better.

One day, though, when Anna was 13 years old, things changed. It was at evening worship that Anna's father announced to the girls that he had been transferred to work at another church far away, in a big city. The church was small, like their church had been 10 years

earlier and would require much patient effort to build up the church. But he felt confident that the Lord would bless his efforts as He had blessed them there. Another pastor would be taking over his duties in that small country church.

Anna was shocked at first. Disappointed. She felt a little resentment and frustration. That night she prayed like she had never prayed before. She did not want to move. Why did they have to move? She would go where she had no friends and would have to start all over. That night she cried herself to sleep.

But Anna's love for the Lord was strong and she trusted that if this is what the Lord wanted from her and her family, that He would bless them.

It was not long before they made the move. The city was big. There were a lot of people, a lot of noise and a lot of big buildings. Anna did not like it. And the church had only a few old people there. Anna did her best to be happy and kind to the older folks as she prayed for more young people in the church. She helped out as she had done before and soon enough she was accepting this as God's will.

They had moved during the summer time and now as the new school year approached, mother told the girls that she could not home school them this year as she had to take up a full-time job to help to pay for the bills. Living in the city was much more expensive and her father's salary was not quite enough to cover their bills.

Anna had never been to a public school before and at first was a little nervous. She was in high school while her sisters were in elementary school so she did not see them until the evening time. Anna was alone and spoke to no one for the first while. She simply watched the other young people and kept to herself. She saw the popular girls hanging out together. They sometimes made fun of others who were not as popular. Anna also

began to notice the difference. She dressed differently. She wore skirts while all the others wore pants. They had fancy hair styles, wore make up and she was plain and simple.

As much as she tried to avoid them, she did feel a little envious as she missed having friends. She was outgoing by nature, and felt like she was trapped in a box. She had tried to talk to some about Jesus, but they just made fun of her so she remained quiet. Sometimes they would make remarks about her odd clothing and simple appearance. Oh how Anna wanted to be like the other girls.

One day she decided to secretly dress like them and try putting on make-up while at school, and talk and act like them. Maybe they would stop teasing her and accept her as one of them. Is that how to win people, she told herself to soothe her conscience? You have to come down to their level for a while?

So Anna brought some pants in her backpack, and some make-up that she had used her allowance to buy, and as soon as she got to school she changed her clothing and put on some make-up. She did this day-after-day and started to hang out with the popular girls. They started to notice her and accept her. Their conversation was far from Christian and it bothered Anna when they used swear words and gossiped a lot, but she kept silent. She was now being accepted. Maybe one day she would tell them about Jesus, but not now. She was becoming popular and she had friends. They liked her and liked being around her. Anna was always helping the others with their school work also and this made her even more popular because Anna was quite smart.

As time went on, though, Anna's conscience bothered her. Being popular was not as glamorous as she had thought. It was just no fun pretending to be who she was not. She did not like the conversation, and the bullying that these girls did. She did not like to make fun of people and push them around just because of their looks and because they were not popular.

One day when Anna and one of her new friends went to the washroom, Anna heard crying in one of the stalls. This was one of the girls who was not popular and who had been teased a lot. Anna said nothing. She did feel bad though. The other girl was making fun of her and telling her to go cry somewhere else. As time went on Anna realized more and more that things are not always as good as they seemed. Did she want to

finish out the rest of her school days being someone she was not?

One day after school Anna was just sad. She had hated who she had become. Was she a bully too? Had she become someone she did not like? She could not stop thinking about the girl in the stall.

That night she prayed for a very long time. She confessed her sin and asked the Lord to help her be strong and faithful.

The next day she went to school with no pants or make-up in her backpack. She kept her skirt on all day. Slowly her new friends no longer wanted to be her friend any longer, but that was ok. Anna had decided that Jesus is the best friend to have. She then went and found the girl who had been crying in the stall and the two of them became best of friends. They had each other and did not care what the others said to them or how they teased them. Anna told her about the love of Jesus and that when you are feeling alone, Jesus is your best friend.

Soon her new friend learned to love Jesus also. She had been telling her parents everything that Anna had been telling her. Anna's new friend soon came to church with her parents and, after receiving Bible studies, they were the first family to be baptized and join the church in the big city from the labours of Anna and her family. And the best part for Anna was that her new friend's mother was a school teacher and the following school year, the church opened up a small private school so that the girls no longer needed to attend the large public school. It was not long after that, that the little school grew and many more students attended as more parents were seeing the positive results that come from a Christian education.

Yes, Anna had to agree. It was God's will that they came to this big city. She would never question His leading again.

Anna and her friend had learned that it is not about how popular you are. It is about how you treat people and what kind of person you choose to be. You are never too young to be a missionary for Jesus. Just pray that the Lord will help you to find someone to share the faith with or to simply help out and be a friend also. You may not have an opportunity to preach, but how you live and dress and how you treat others can be a witness to others of your faith. "Ye are My witnesses, saith the LORD, and My servant whom I have chosen." Isaiah 43:10



Our Canadian Field, Youth and Evangelism Departments were working on a plan for a missionary outreach in several cities in Ontario beginning with Toronto and Hamilton. The plan was to find a public place where we would have the opportunity to meet people interested in the truth. We would tell people about the wonderful book, *"The Great Controversy,"* we have for them, free of charge, in which they can learn about the fascinating journey which began about two thousand years ago. Beginning with the destruction of Jerusalem, this book tells about the persecution of God's faithful children in the first centuries, the great apostasy which followed in God's church, the Reformation, the awakening in North America, the fulfilment of prophecy in our time and the Second Coming of Christ.

It was decided that the location for April 10 would be at Nathan Phillip Square, right in front of the Toronto City Hall. 40 to 50 people took part. Some of us parked our vehicles at Bloor Street church and took the subway to City Hall. The subway got quite full and an elderly gentleman entered the train when all the seats were occupied. James Bessec immediately gave the gentleman his seat. This man was so impressed that a young man would do this. I had a short conversation with this man and he was very happy to take one of our cards titled, "What Is Next?" which also had the information about our church. What struck me was how important it is that we are friendly and helpful which can open the way to a pleasant conversation.

At Nathan Phillip Square there was at the time a protest against the Russian invasion of Ukraine, so there were many people in the square and around the area when we were there. Since we were many in our group giving out *The Great Controversy* in this area, Franziska and I went down one street in order to get away from the crowd, thinking that we could find people which had not been offered the Book.

We were several blocks away from the City Hall, when we met a young man and offered him *The Great Contro-*

versy. His response was that he would not be able to read the book in English. I thought, it was probably an excuse not to accept the book. I asked him where he came from; he said he was from Mexico. I said, "We may have the book in the Spanish language, but it would be at the table that was set up at the square." Now, he was very interested and walked with us for about five minutes back to the group at Nathan Phillip Square. Here he had first a conversation with Eldercito and then with Sister Raquel Sosa. He was so happy to receive *The Great Controversy* in Spanish and gave his telephone number to Sister Raquel who would try to contact him at a later date.

Brother Handiya met a lady whose name was Ella. She was so excited about the book, that she asked whether she could have two more books for her friends.

Lukas and Sr. Ylenia had their violins along, Eldercito and Brother Elder Hernandez brought their guitars. Their music, the group singing and the specials contributed to get people's attention.

Sometimes we get discouraged when people do not appreciate what we are doing, but we must continue to look for the few that are seeking for the truth.

After the outreach, most of us went back to the Bloor Street Church where we had a delicious meal together and shared the afternoon's experiences. The Lord blessed us with beautiful weather. Although it was a little cool, the sun shone all afternoon so it was a pleasure to be outside in the fresh air. About 300 books were given out that day.

The same program was arranged for Hamilton on May 8th. The Lord blessed us with a beautiful day, not a cloud in the sky. We were pleasantly surprised that over 40 people came. We went to Pier 4 in Hamilton and set up a table and a banner. There was also a playground, and a ten minutes' walk from there was the Bay Front Park. Since it was a very nice day, there were quite a number of people in the park and whenever we

had the opportunity, we offered them the Great Controversy. During that afternoon we gave out between 160 and 170 copies of *The Great Controversy*. Brother Elder had brought his guitar along and at the end of the program we sang hymns and had some special songs as well. All churches in Ontario and all age groups were represented at both of these missionary campaigns.

We then went to the Hamilton Church for a light supper. Everyone was happy and thankful for the wonderful weather the Lord gave us. While enjoying the meal we could visit and enjoy each other's company.

A neighbour lady, next door to the church asked Franziska what the occasion was that so many had come to the church on Sunday, since she only sees us worship there on Sabbath. Franziska explained that we had been in the park and had offered this wonderful book to the people we met and she gave Beth a copy of *The Great Controversy*.

Now we pray that people will read the book and that their eyes may be opened to see the truth. The books that we gave out in Hamilton have the address of our church, the time of worship—Sabbath School and Divine Service, the two websites: www.4truth.ca www.4health.ca

This is only the beginning of the summer; let us continue to spread the good news about our Saviour and His soon return in the clouds of heaven as we see the signs being fulfilled.

Evald Pedersen



India




Bangalore Church dedication, April 13, 2022

Nepal



Field Conference held at Barathpur, May 20-21, 2022



“The first knowledge that the child receives, makes a more lasting impression on his mind than the knowledge obtained in more advanced years; therefore it has a greater influence in the formation of his character than the education of later life. This knowledge is received around the fireside at home, and it should be of such a na-

ture that it will give the right mold to the character. It is in the family circle that the mother should begin the work of educating her children, that they may form a character which will prepare them for usefulness in this life, and for the enjoyment of the future, immortal life. The mother should be queen of her home. She should exert a positive and potent influence over the members of her household. The work committed to her hand is a work of sacred importance.” – *The Health Reformer*, May 1, 1889