

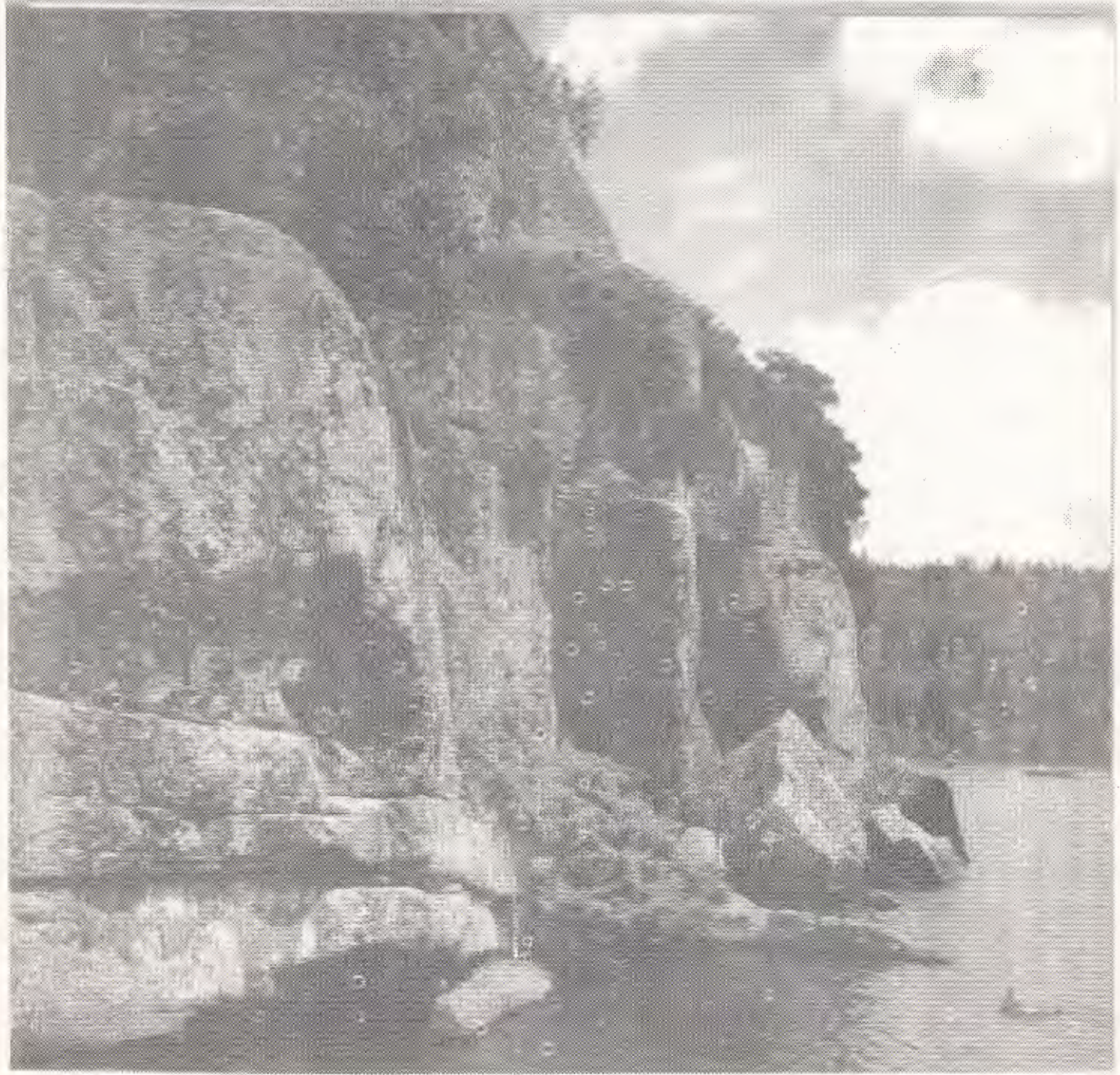
JOHN  
BESCEC

The Canadian-Caribbean Union 

# Messenger

Volume 3, Number 4

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# Christ Righteousness Message

## Part 8

### The 1888 Conference

*The church had fallen into a spiritually dead condition. The law had been preached as a dry theory, and formal religion had overtaken the people.*

*"What is our condition in this fearful and solemn time? Alas, what pride is prevailing in the church, what hypocrisy, what deception, what love of dress, frivolity, and amusement, what desire for supremacy! All these sins have clouded the mind, so that eternal things have not been discerned."  
(Rev. J. Herald March 22, 1887.)*

*"The facts concerning the real condition of the professed people of God, speak more loudly than their profession, and make it evident that some power has cut the cable that anchored them to the Eternal Rock, and that they are drifting away to sea, without chart or compass." Rev. J. Herald July 24, 1888.*

*In order to arouse the people from this deadly stupor, the Lord called two brethren. A.T. Jones and E.J. Waggoner to proclaim a special reformation message with the focal point "Justification by Faith."*

*At the 1888 conference in Minneapolis they proclaimed with power, this old message which was yet new to them because it had been forgotten and put aside. Later each one of them wrote books and articles in the church papers to present the message to all church members.*

*Their books on Christ Righteousness included the following topics:*

- "Christ's incarnation,"*
- "His childhood "*
- "His public labors."*
- "His miracles"*
- "Christ as a High Priest."*
- "His sufferings and death."*

*In other words Christ's righteousness message includes the life of Christ from the beginning to the end. The conclusion of A.T. Jones' message was: "The true faith in Christ will make every corner there unto perfect."*

*E.J. Waggoner concluded in his book: "It is a mistake to say that all God wants is for us to do the best we can. He who does no better than that will not do the works of God. No, he must do better than he can do. He must do that which only the power of God working through him can do."*



*They concluded that through Christ we can fulfill the conditions for salvation. When Jesus said to the blind person "open your eyes and see." This blind person could see. When He said to the paralyzed man, "Arise and walk" he could. When He said to Peter to step out of the boat and walk on the water, Peter could do it.*

*In every case Christ provided the power to fulfill His commandment. It is in the same way when Christ said to a sinner, "Go and sin no more," He could live without sin because again Christ provided the power for it.*

*It is sad that this beautiful "message of Christ righteousness" was rejected at that conference by majority. Jesus rode to Jerusalem offering Himself to the Jewish Nation as their King and Redeemer but was rejected by the majority, especially by the leaders. In a similar way, Jesus came to the conference at Minneapolis in 1888 and He was ridiculed, mocked and rejected.*

*"They began this Satanic work at Minneapolis. Afterward, when they saw and felt the demonstration of the Holy Spirit testifying that the message was of God, they hated it more, because it was a testimony against them. They would not humble their hearts to repent, to give God the glory, and vindicate the right. They went on in their own surmising, as did the Jews. They opened their hearts to the enemy of God and man. Yet these men have been holding positions of trust, and have been molding the work after their similitude, as far as they possibly could." (Test. to Min. pg.80.)*

*"They were moved at the meeting by another spirit, and they knew not that God had sent these men to bear a special message to them, which they treated with ridicule and contempt, not realizing that the heavenly intelligences were looking upon them. I know that at that time the Spirit of God was insulted." (M.S. 24 1892)*

*"No more tender calls, no better opportunities could be given them in order that they might do that which they ought to have done at Minneapolis... no one can tell how much may be at stake when neglecting to comply with the call of the Spirit of God. The time will come when they will be willing to do anything and everything possible in order to have a chance of hearing the call which they rejected at Minneapolis... Better opportunities will never come, deeper feelings they will not have... God will not be trifled with. (Letter to O.A. Olsen Sept. 1.1892)*

*"If you reject Christ's delegated messengers, you reject Christ." (T.M. 97)*

*All who accepted to themselves this message of Christ's Righteousness, received power to fulfill the will of God.*

*The counsel of the True Witness was given at that Conference; to buy the white garment. All who understand and accepted this message were able to stand firm in the test which came upon the church 26 years later, in the first world war of 1914. Imprisonment and death did not sway them from their faithfulness to God. On the other hand all who rejected this message failed the test and this caused shaking and separation in the church.*



*The Seventh-Day Adventist Church has not accepted this message until today. The common teaching is that Christ is our righteousness while we continue living in sin.*

*Who is the third angel? Is it not the church who proclaims the third angel's message? Next question is: What's the third angel's message? The answer is: Justification by faith and Christ's righteousness.*

*"This is the message that God commanded to be given to the world. It is the third angel's message, which is to be proclaimed with the outpouring of His Spirit in a large measure." (T.M. 92)*

*Since the Seventh-Day Adventist Church does not proclaim this message anymore, they cannot be the third angel.*

*This is the message of the S.D.A. Reform Movement.*

*"The time is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth." (Rev. & Herald Nov. 22, 1892)*

*Brothers and Sisters in the Reformation, our success depends on understanding and putting into practice this message. Our personal salvation depends on it. We should never lose sight of it.*

*These two brothers who proclaimed this message in its clearness and with power in the Minneapolis Conference lost the message later and started to confuse people with false understanding of it. We have this danger also, therefore daily we must keep our minds on it. Our first thought in the morning should be Christ and His righteousness, and throughout the day till night we should meditate on it to make sure that every thought, word, and action is reflecting Christ's righteousness.*

*Finally we can cry out: "Christ is all," as brothers Jones and Waggoner did at the 1888 Conference repeatedly. His grace is sufficient for us and supplies all our needs.*



*Eight Newly Baptized Souls in Ghana*



# **EPHESUS & SMYRNA**

## ***The first 2 churches in Revelation 2.***

*The names of the seven churches are symbolic of the church in different periods of the Christian era. The number 7 indicates completeness, and is symbolic of the fact that the messages extend to the end of time, while the symbols used reveal the condition of the church at different periods in the history of the world.*

***Ephesus:*** means "desirable" It represents the condition of the church in the Apostolic age.

*A city in western Asia Minor, located near the mouth of the Cayster River, Ephesus was situated at the junction of several natural trade routes within the Greek world, and lay on the main road from Rome to the Orient. This strategic position gave it importance, as did its great temple, the centre of the cult of Artemis (Diana), its famous magical books, and the economic power of its banking industry.*

*Paganism with its superstitious belief in amulets and charms, and its sacred images and temples, thrived in the city. The great temple of Artemis - or Diana - towered above the city, forming one of the seven wonders of the ancient world, providing a refuge for fleeing criminals. Because of the hundreds of priestesses who served as temple prostitutes, Ephesus earned the reputation of being a centre of immorality.*

*Christianity appears to have been preached there first about AD 52, by Paul, when he stopped there for a short time. His friends Aquila and Priscilla settled there at that time and together with Apollos fostered the work of evangelization until Paul's return, probably a year or two later. This time Paul remained at Ephesus for about three years, longer than at any other place on his recorded missionary journeys. This would seem to indicate that his work there was especially fruitful.*

*In Ephesus, as in most large cities, there was a Jewish community, which had a synagogue. Paul, as usual, began his preaching in the synagogue when he came to Ephesus.*

*When John wrote Revelation chapter 2 about the 7 churches, Ephesus must have been one of the leading centres of Christianity. Its central location with respect to the Christian world as a whole makes all the more understandable the fact that its spiritual condition could well be characteristic of the whole church during the apostolic period, the era of Christian history, reaching approx. to the end of the first century. It may be called the Age of Apostolic Purity, an attribute highly desirable in God's sight. In Revelation. 2:2-4 The church shows that the*



members have worked hard and have demonstrated patient endurance for Christ's sake. But the congregation did have its faults. The Bible says the members had left their first love.

The first experience of the Ephesus church led to good works. God took delight in the fact that His church reflected the light of heaven by revealing the spirit of Christ in tenderness and compassion. But they neglected to cherish Christ's compassion and tenderness. Self, as manifested in hereditary traits of character, spoiled the grand, good works that identified the members of the Ephesus church as Christians. The Lord had to show them that they had lost that which was everything to them. This change is represented as a spiritual fall. They knew not that a change had taken place in their hearts, but God in His mercy called for repentance, for a return to their first love and to the works that are always the result of true, Christlike love.

In verse 5 the counsel consisted of 3 things: #1. to "Remember" or "to recall" the past in the light of the present. To remember, through the Holy Spirit, to guide their thinking and then they would see the error of their ways and repent.

# 2. To repent - It had to do with action - a change.

# 3. To do the works they did at first. To start over again and by God's grace redirect their lives and start renewal and growth.

Verse 6 - Doctrine of the Nicolaitanes.

The Nicolaitanes were one of the heretical sects that plagued the churches at Ephesus and at Pergamum. It is said that in the 2nd century, believers of this sect appear to have taught that deeds of the flesh did not affect the purity of the soul, and consequently had no bearing on salvation.

The law and the gospel, however, cannot be separated. We must not separate love from truth and righteousness. The Lord reminds the Ephesus Christians, that their opposition toward the works of the Nicolaitanes is commendable. The Ephesian church remained vigilant to guard the way of truth. They rejected false doctrine and evil practices.

Sis White writes in MYP - a chapter about "the Example of the Ephesians" to further illustrate this point. She writes "When the Ephesians were converted, they changed their habits and practices. Under the conviction of the Spirit of God, they acted with promptness, and laid bare all the mysteries of their witchcraft. They came and confessed and showed their deeds, and their souls were filled with holy indignation - They burnt their books of witchcraft publicly. Thus they made manifest their sincerity in turning to God."

Sis white uses their example in this writing to counsel young people to be careful in their reading. There are misleading books which Satan uses to corrupt young minds.



*Today many still teach that we have only to believe in Jesus Christ, and that faith is all-sufficient- That the righteousness of Christ is to be the sinner's credentials; that this imputed righteousness fulfills the law of God. But Sis White writes that this is a gross deception.*

*In verse 7 two main things catch our attention :*

- 1. We have an admonition to hear what the Spirit says-that we must pay attention to the message. We have no time to delay, doubt or be indifferent.*
- 2. We read of a promise of reward. The reward of eternal life goes to the victor, to the one who conquers. That our only hope of victory rests in abiding in Christ's love.*

**SMYRNA** : *REV. 2:8-11 The name means "myrrh" or perfume*

*Situated on the eastern shore of the Aegean sea about 35 miles north of Ephesus, Smyrna had an excellent harbor and was only second to Ephesus in exports. It became a great trading city and rival of Ephesus. The city of Smyrna was one of the most important cities of western Asia Minor. The time period of this church most likely was about the last of the 1st century A.D. 100 until about A.D. 323.*

*Although it is not mentioned, the Smyrna church may have come into existence through the efforts of Paul, who spent 3 years in nearby Ephesus.*

*The Spirituality of that church must have been excellent at that time, for the letter contains no rebuke of any kind, whereas, except Philadelphia, the other churches addressed were all reprimanded.*

*The Smyrna church however was in the grip of severe persecution as in verse 8. This reassures the Christians facing arrest, trial and possible death. The great need of the church was encouragement, not because the members were about to abandon Christ, but because of the barbaric cruelty and injustice of the persecution they faced. The church at Smyrna felt trampled upon by the heavy heel of their wicked oppressors.*

*Wherever they sought refuge, the followers of Christ were hunted like beasts of prey. They were forced to seek concealment in desolate and solitary places. They wandered in deserts, in mountains and in dens and caves of the earth (Heb.11:37-38) The catacombs provided shelter for thousands of Christians at this time.*

*This period was marked by intermittent persecution and has been called the Age of Martyrdom.*



*The Christians also suffered poverty. The pagan mobs attacked without warning, breaking into their homes and plundering their goods. Yet verse 9 states "but you are rich".*

*The Jewish opponents were depicted as members of Satan's synagogue. In Hebrew the word "Satan" means "accuser", "slanderer or adversary". Their malicious attack against the church showed that, in fact they did not belong to God's people, but to Satan's congregation. The antagonism of some Jews toward the Christians became so strong that they would often stir up the pagans against the believers as well as incite the Roman authorities in Smyrna against the faithful members.*

*For two centuries Christians were constantly subject to the possibility of sudden arrest and death for their faith. Especially in times of famine, earthquake, storm and other catastrophes, Christians found themselves the object of attack, their pagan neighbors supposing that, by refusing to worship the gods, the Christians had brought divine wrath upon the whole country. Christianity became the scapegoat.*

*Nevertheless, under the fiercest persecution, these witnesses for Jesus kept their faith unsullied. Though deprived of every comfort, shut away from the light of the sun, they uttered no complaint. With words of faith, patience and hope they encouraged one another to endure privation and distress: The loss of every earthly blessing could not force them to renounce their belief in Christ. Trials and persecutions were but steps bringing them nearer their rest and their reward. They rejoiced that they were accounted worthy to suffer for the truth. Looking upward by faith, they saw Christ and angels leaning over, gazing upon them with approval. A voice came down to them from the throne of God, "Be thou faithful unto death, and I will give thee a crown of life." Rev. 2:10*

*The word "crown" signifies the joy that comes from victory. The winners of the Olympic Games and of the games that were held in the city of Smyrna received victor's crowns. Christ offers the believers the crown of victory, for conquering the enemy in the spiritual battle of life and for their faithful service to Him. Let us not hear the rebuke of the Lord that we have left our first love but that we all would be overcomers and be faithful amidst all trials and temptations in the days in which we are living.*

AMEN.





## CHILDREN'S CORNER:

*"The fool hath said in his heart,  
There is no God"*

*(Psalm 14:1)*



## THE PROFESSOR'S FLASK

*A Christian man named Dr. Richard Harvey told us the following true story:*

*"Several years ago, when I was attending college, we had an atheistic professor named Dr. Lee who hated God and the thought of prayer. Every year, just the day before Thanksgiving, Dr. Lee would give a lecture against prayer. He would step in front of his lecture table and hold up a two-quart glass flask. There was a concrete floor in the classroom. Then he would say, 'Now if there's anyone here who believes in prayer. I'm going to ask you to stand and pray that when I drop this flask it won't break. I want you students to know that all your prayers will never prevent this flask from breaking when I drop it on the concrete floor. I've been doing this for fifteen years, and the flask has always broken.'*

*"A few weeks before Thanksgiving, another Christian student came and asked me to pray that Dr. Lee's flask would NOT break. So the two of us prayed for a few weeks, and my friend asked me to especially pray that he would have the courage to stand up to the professor on the day of the lecture."*

*The day came when Dr. Lee would give his usual lecture against prayer. The moment came, and Dr. Lee said, "Is there anyone here who still believes in prayer?" The Christian student stood right up and said, "Dr. Lee, I do!"*



*“My, this is real interesting, isn’t it?” sneered Dr. Lee. “We’ve got a fellow here who believes that God can answer prayer! Do you want to pray?”*

*“Yes, I do!” replied the Christian student, and he prayed, “Dear Lord, in the name of Jesus, I thank You that You have heard me. For Your honor and Christ’s name’s sake and for the honor of Your servant who puts his trust in You, don’t let the flask break. Amen.”*

*Dr. Lee took the flask, held it out and opened his hand. God changed its course and drew it in. Instead of falling straight down, the flask hit the toe of Dr. Lee’s shoe and rolled over. And it did not break!*

*The class laughed at Dr. Lee, and for the rest of the years that he taught at that school he never again lectured against prayer. The Lord ended that once and for all. Even though this story happened many years ago, the story of the flask that would not break is still told on the campus of that school.*

*“The lofty looks of man shall be humbled, and the haughtiness of men shall be bowed down; and the Lord alone shall be exalted in the day”*

*(Isaiah 2:11).*



*Canadian Youth Choir*



## NATURAL HEALING (CON'T)

# FASTING

As mentioned in our last issue in the article concerning **NATURAL HEALING**, we will now go into more detail concerning the natural healing methods that we listed. The first one we will write about is **FASTING**.

Fasting has been used for centuries by mankind for healing. Two distinct types of healing exist. Physical healing and spiritual healing. Men may fast for one or both of these reasons. We will briefly discuss both of them.

### SPIRITUAL HEALING

"When Christ was the most fiercely beset by temptations, He ate nothing. He committed Himself to God, and through earnest prayer, and perfect submission to the will of His Father, came off conqueror. Those who profess the truth for these last days, above every other class of professed Christians, should imitate the great Exemplar in prayer." Counsels on Diet and Foods, p. 186

"For certain things, fasting and prayer are recommended and appropriate. In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God." Ibid, p. 188

"The fasting which the word of God enjoins is something more than a form. It does not consist merely in refusing food, in wearing sackcloth, in sprinkling ashes upon the head. He who fasts in real sorrow for sin will never court display.

"The object of the fast which God calls upon us to keep is not to afflict the body for the sin of the soul, but to aid us in perceiving the grievous character of sin, in humbling the heart before God and receiving His pardoning grace." Mount of Blessing, p. 87.

### PHYSICAL HEALING

"Fasting is the oldest therapeutic method known to man. Even before the advent of the healing arts, man instinctively stopped eating when feeling ill and abstained from food until his health was restored. Perhaps he learned this from animals, which always fast when not feeling well." How to Get Well, by Paavo Airola, p. 216

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be incalculable benefit to them." 7T p. 134

"Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. It will take time for the taste to recover from the abuses which it has received, and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties." CDF p. 158

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very



best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health" MH p. 235

"Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur..." CDF p. 189

The following quotes are excerpts from the book "How to Get Well" by Paavo Airola, pages 218 to 221.

"The best, safest and most effective method of fasting is juice fasting. Although the old, classic form of fasting was a pure water fast, all the leading fasting authorities today agree that juice fasting is far superior to a water fast... fasting on fresh raw juices of fruits and vegetables, plus vegetable broths and herb teas, results in much faster recovery from disease and more effective cleansing and rejuvenation of the tissues than the traditional water fast."

"Here's where juice fasting comes in as the most effective way to restore and rejuvenate the body. During the juice fast, the process of elimination of the dead and dying cells is speeded up, and the new building of cells is accelerated and stimulated. At the same time, the toxic waste products that interfere with the nourishment of the cells are effectively eliminated and the normal metabolic rate and cell oxygenation are restored."

"During a prolonged fast (after the first three days), your body will live on its own substance. When it is deprived of needed nutrition, particularly of proteins and fats, it will burn and digest its own tissues by the process of autolysis, or self-digestion....your body will first decompose and burn those cells and tissues which are diseased, damaged, aged or dead. In fasting, your body feeds itself on the most impure and inferior materials, such as dead cells, and morbid accumulations, tumours, abscesses, fat deposits, etc... The essential tissues and vital organs, the glands, the nervous system and the brain are not damaged or digested in fasting."

"Vitamins, minerals, enzymes, trace elements and natural colourings of fresh, raw vegetable fruit juices are extremely beneficial in normalizing all the body processes, supplying needed elements for the body's own healing activity and cell regeneration, and, thus speeding the recovery. These juices require no digestion and are easily assimilated directly into the bloodstream - thus, they do not disturb the healing rejuvenation process of autolysis, or self-digestion, as suggested by some water fast proponents."

"Fasting affords a physiological rest to the digestive, assimilative and protective organs. After fasting, the digestion of food and the utilization of nutrients is greatly improved, and sluggishness and further waste retention are prevented."

"Whether your fast will turn out to be a success or a failure will depend largely on how you break your fast. Breaking a fast is the most significant phase of it. The beneficial effect of fasting could be totally undone if the fast is broken incorrectly...The main rules are: 1) Do not overeat! 2) Eat slowly and chew your food extremely well. 3) Take several days of gradual transition to the normal diet."

On a short fast of less than 3 days, it is fine to eat normal foods but just to eat moderately. On a longer fast you must introduce one food group at a time. Here is a suggested and effective way to break your prolonged fast.:

- Day 1) First meal - one type of fruit (preferably apples)  
Second meal - another kind of fruit
- Day 2) First meal - several kinds of fruit



Second meal - lightly steamed vegetables, and brown rice  
Day 3) Eat regular food but moderately.

"During fasting a huge amount of morbid matter, dead cells and diseased tissues are burned; and the toxic wastes which have been accumulated in the tissues for years, causing disease and premature aging, are loosed and expelled from the system. These wastes are eliminated from the system by way of kidneys, bowels, skin and lungs. But the alimentary canal, the bowels, is the main road by which these toxins are thrown out of the body. Since, during fasting, the natural bowel movements cease to take place, the toxic wastes would have no way of leaving the system except with the help of enemas. If you fast without enemas, these toxins remain in your colon and are re-absorbed into the system, poisoning your whole body. Your body will try to get them out through other eliminative organs, particularly through the kidneys, which as a result, will often be overloaded and even damaged." HGW p. 222

An herbal laxative could also be used instead of the enemas. Herbal laxatives come in the form of capsules or you can get them in the form of teas.

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"In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual. But the acting physician needs to understand the real condition of the patient, and not allow him to be restricted in diet for a great length of time until the system becomes enfeebled. While the fever is raging, food may irritate and excite the blood: but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality. It gives nature something to work upon. If there is a great desire expressed for food, even during the fever, to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied. When he can get his mind upon nothing else, nature will not be overburdened with a small portion of simple food." 2T p. 384, 385

"Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food." RH Feb. 11, 1904

"The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience." MM p. 283

"The spirit of true fasting and prayer is the spirit which yields mind, heart, and will to God." CDF p. 189



*Believers in Russia*



# MAD COW DISEASE

## How mad cow disease gets into humans

There is growing British concern that people can catch the deadly brain disorder Creutzfeldt-Jakob disease from infected beef.

### How the disease may be transmitted

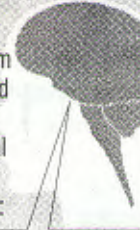
**Sheep:**  
Contract a similar disease



**Cattle:** Eat feed containing protein from infected sheep



**People:** Eat beef or dairy products from contaminated cows, may contract fatal nervous disorder CJD:



**Symptoms**

- ▶ Aggression
- ▶ Lack of co-ordination
- ▶ Develops in four to seven years

### Symptoms

- ▶ Develops over a long time
- ▶ Degenerates vital parts of the brain
- ▶ Causes dementia
- ▶ Weakens muscles
- ▶ Causes imbalance

*“Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.” Test. Vol.7 pg. 135*

## INVITATION TO YOUTH OUTING

The youth department of the Dominican Republic is inviting the young people to attend the youth camp from July 19 to 21st this year. It is located on beautiful ocean front near the city of San Cristobal in the Dominican Republic.

The programme includes spiritual themes, experiences, singing, etc. The cost is \$50.00 U.S. per person which includes local transportation, lodging, and three meals a day. Send your reservations to Brother Orlando Encarnacion:

Calle Club de Leones no. 97  
Ensanche Ozama  
Apartado Postal 2507  
Santo Domingo  
Dominican Republic



# Go bananas!

Canadians go bananas to the statistical tune of 29 pounds (13.2 kilograms) per person a year. It's this country's most popular fresh fruit and here's why:

## Nature's perfect food?

■ Bananas are big on bonuses: they're easy to eat and a cinch to brown-bag. Bananas ripen best after harvest, they're inexpensive and available year-round. They can be digested by nearly everyone from babies to grannies ... and besides, bananas taste great!

■ Beware of the claim that bananas are a perfect food. No one food can satisfy all of your body's nutritional needs. Bananas are a good source of potassium and vitamin B6 and a fair source of vitamin C, riboflavin, folacin, magnesium and fibre.

■ Yes, it's a nutrient-dense food but it doesn't contain all the vitamins and minerals we need. Only a healthful, varied diet can do that.

**Nutrition TIP OF THE WEEK**  
.....  
Bananas may taste creamy but they're not high in fat! An average banana contains 90-105 calories and less than one gram of fat.



## A sports food

■ Bananas contain less water than most fruits and their carbohydrate content, by weight, is higher. That's why bananas have become the snack of choice for endurance athletes.

■ It's also a good food to eat after a workout, for the potassium in bananas helps control body fluid and also regulates the heartbeat and blood pressure. The vitamin B6 in bananas helps metabolize energy.

## Buying

- You'll find bananas sold at all different stages of ripeness: green, yellow and brown-flecked. Buy according to when and how soon you want to eat them.
- Three medium-sized bananas weigh approximately one pound.
- Avoid bananas that have a dull, grayish cast.

## Storing

- Store bananas that require further ripening at room temperature, away from heat or direct sun.
- To speed up ripening, place in a brown paper bag with an apple.
- Store ripe bananas in the fridge. Although the skins will turn dark, the fruit won't be affected and will keep nicely for a week or so.
- Never store unripe bananas in the fridge. The cold temperature interrupts the ripening cycle and ruins the fruit.

## Frozen bananas

- Store over-ripe bananas in their peels in a freezer-safe plastic bag and defrost for muffin and quick bread recipes.
- For a delicious frozen treat, take a perfectly ripe banana, remove the peel and sprinkle with a little lemon juice. Put the banana on a bamboo kebab stick (sharp tip removed), wrap in plastic and freeze.
- A ripe banana dipped in melted chocolate, rolled in nuts, then frozen makes a decadent treat.



SDA Church Reform Movement  
International Missionary Society  
Canadian-Caribbean Union  
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## ***BROKEN DREAMS***

*As children bring their broken toys  
With tears for us to mend,  
I brought my broken dreams to God  
Because He was my friend.*

*But instead of leaving Him  
In peace to work alone,  
I hung around and tried to help  
With ways that were my own.*

*At last I snatched them back and cried,  
“How can You be so slow?”  
“My child,” He said, “What could I do?  
You never let them go.”*

