

*The Canadian-Caribbean Union* 

# **Messenger**

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**Children's  
Treasury of Faith**



*Our new canvassing magazine is now available  
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# SANCTIFICATION

## PART 4

### SANCTIFICATION BY BEHOLDING

We are changed by beholding. Would we believe this fact, then we would jealously guard our eyes, ears and minds from beholding evil, to keep away from its corruptive influences. On the other hand beholding that which is good, pure and holy will sanctify us.

"The sanctification of the soul is accomplished through steadfastly beholding Him (Christ) by faith as the only-begotten Son of God, full of grace and truth." 6 BC, p. 1117.

"Look unto me, and be ye saved, all the ends of the earth." Isa. 45:22.

To prevent us from beholding Christ and being sanctified by it, Satan has invented thousands of attractions to catch our eyes and minds. The movies, videos, books and magazines which depict vanity, sin, even violence will destroy our salvation. Their influence will separate us from God. They stop our constant prayer connection with heaven. It is foolishness to think that one can watch these worldly shows and keep one's heart pure.

By beholding the forbidden tree a desire was aroused in the heart of Eve. Had she kept her eyes away from this tree the sin would have been prevented. "If they kept their eyes fixed on Jesus, they were safe." EW 14.

The Spirit of Prophecy gives us a solemn warning:

"Many of the young are eager for books. They read everything they can obtain. Exciting love stories and impure pictures have a corrupting influence... This is an age when corruption is teeming everywhere. The lust of the eye and corrupt passions are aroused by beholding and by reading. The heart is corrupted through the imagination. The mind takes pleasure in contemplating scenes which awaken the lower and base passions. These vile images, seen through defiled imagination, corrupt the morals and prepare the deluded, infatuated beings to give loose rein to lustful passions. Then follow sins and crimes which drag beings formed in the image of God down to a level with the beasts, sinking them at last in perdition. Avoid reading and seeing things which will suggest impure thoughts... I appeal to parents to control the reading of their children... It is

impossible for the youth to possess a healthy tone of mind and correct religious principles unless they enjoy the perusal of the word of God. This book contains the most interesting history, points out the way of salvation through Christ, and is their guide to a higher and better life. They would all pronounce it the most interesting book they ever perused, if their imaginations had not become perverted by exciting stories of a fictitious character." Test. Vol. 2, p. 410.

By reading and seeing worldly literature and pictures the soul is corrupted and the desire for Bible reading is lost. This is how Satan gains access into the minds and hearts of professed Christians who profess to serve God but in reality serve the devil.

This condition prevailed in the time of Noah and it brought the destruction upon the world. "And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually." Gen. 6:5.

The counsel of Apostle Paul is, "Pray without ceasing." 1 Thess. 5:17. When we follow this counsel the evil thoughts cannot enter into our minds. Imagination will be controlled and kept in reality and the mind and heart will be purified and sanctified.

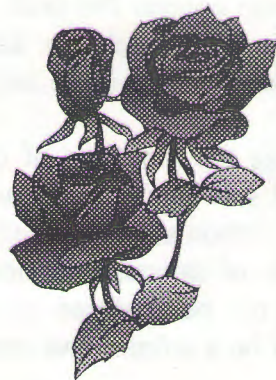
"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Cor. 3:18.

Our eternal life and sanctification depend on what we behold. Many will be lost in the end because they did not keep their eyes fixed on Jesus all the time.

"He that walketh righteously,... that stoppeth his ears from hearing of blood and shutteth his eyes from seeing evil; he shall dwell on high." Isa. 33:15-16.

May the Lord help each one of us to close the avenues of our minds to all sinful influences, and instead purify them by beholding Christ, especially His sufferings and death upon the cross.

AMEN.



# IN GOD'S HOUSE

ELLEN G. WHITE

"True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen the heart of every child should be deeply impressed" *Education* p. 242

"Well would it be for young and old to study and ponder and often repeat those words of Holy Writ that show how the place marked by God's special presence should be regarded. "Put off thy shoes from off thy feet," He commanded Moses at the burning bush, "for the place whereon thou standest is holy ground." Exodus 3:5. Jacob, after beholding the vision of the angels, exclaimed, "The Lord is in this place; and I knew it not. . . . This is none but the house of God, and this is the gate of heaven." Genesis 28:16,17. "The Lord is in his holy temple: let all the earth keep silence before him." Habakkuk 2:20." *Ibid* p. 243

"Many . . . have no true appreciation of the sacredness of eternal things. Nearly all need to be taught how to conduct themselves in the house of God. Parents should not only teach, but command, their children to enter the sanctuary with sobriety and reverence." *Testimonies for the church*, Vol. p. 496

"Parents, elevate the standard of Christianity in the minds of your children; help them to weave Jesus into their experience; teach them to have the highest reverence for the house of God and to understand that when they enter the Lord's house, it should be with hearts that are softened and subdued by such thoughts as these: "God is here; this is His house. I must have pure thoughts and the holiest motives. I must have no pride, envy, jealousy, evil surmising, hatred, or deception in my heart; for I am coming into the presence of the holy God. This is the place where God meets and blesses His people. The high and holy One who inhabiteth eternity looks upon me, searches my heart, and reads the most secret thoughts and acts of my life." *Ibid*, p. 494

"The moral taste of the worshippers in God's holy sanctuary must be elevated, refined, sanctified. . . . When the leaders in the church, ministers and people, fathers and mothers, have not had elevated views of this matter, what could be expected of the inexperienced children? They are too often found in groups, away from their parents, who should have charge of them. Notwithstanding they are in the presence of God, and His eye is looking upon them; they are light and trifling; they whisper and laugh, are careless, irreverent, and inattentive." *Ibid*, p. 496, 497

"Parents, it is your duty to have your children in perfect subjection, having all their passions and evil tempers subdued. And if children are taken to meeting, they should be made to know and understand where they are - that they are not at home, but where God meets with His people. And they should be kept quiet and free from all play, and God will turn His face toward you, to meet with you and bless you.

"Do not have so little reverence for the house and worship of God as to communicate with one another during the sermon. If those who commit this fault could see the angels of God looking upon them and marking their doings, they would be filled with shame and abhorrence of themselves. God wants attentive hearers. It was while men slept that the enemy sowed tares." *Message to Young People*, p. 266

"There should be a sacred spot, like the sanctuary of old, where God is to meet with His people. That place should not be used as a lunchroom or as a business room, but simply for the worship of God. . . . The sacred and common are so blended that it is difficult to distinguish them.

It is for this reason that the house or sanctuary dedicated to God should not be made a common place. Its sacredness should not be confused or mingled with the common everyday feelings or business life. There should be a solemn awe upon the worshippers as they enter the

sanctuary, and they should leave behind all common worldly thoughts, for it is the place where God reveals His presence. It is as the audience chamber of the great and eternal God; therefore pride and passion, dissension and self-esteem, selfishness, and covetousness, which God pronounces idolatry, are inappropriate for such a place." *Manuscript 23, 1886*

If order is observed in the assemblies of the saints, the truth will have better effect upon all that hear it. A solemnity which is so much needed will be encouraged, and there will be power in the truth to stir up the depths of the soul, and a deathlike stupor will not hang upon those who hear. Believers and unbelievers will be affected. It has seemed evident that in some places the ark of God was removed from the church, for the holy commandments have been violated and the strength of Israel has been weakened." *Review and Herald, Sept. 19, 1854*

"Nothing that is sacred, nothing that pertains to the worship of God, should be treated with carelessness and indifference. When the word of life is spoken, you should remember that you are listening to the voice of God through His delegated servant. Do not lose these words through inattention; if heeded, they may keep your feet from straying into wrong paths." *Messages to Young People, p.266*



Brother Abel Conde, Edwin,  
Sister Rosario and Abelito  
assembling Tree of Life #2

# THE TRUE SABBATH REST

*"Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed." Exodus 31:16,17*

The Sabbath is the great distinguishing sign between the followers of God and those who are following the traditions of men. While today there are several different religious organizations who observe the Sabbath, as we are rapidly nearing the end of this world history many Sabbath keepers are making compromises and not keeping the Sabbath according to God's original will. "The observance of the Sabbath is a sign between God and His people. Let us not be ashamed to bear the sign that distinguishes us from the world." T7, p. 105 We have to make sure of our walk with the Lord that we are still following in His footsteps and honouring His day as was His custom while He walked among men. "The Sabbath is a golden clasp that unites God and His people." T7, p. 351.

The Sabbath commandment begins with the word "Remember." We are not merely to remember the Sabbath on Friday morning as we begin our hurried preparation for that deadline of the sunset. "All through the week we are to have the Sabbath in mind and be making preparation of keeping it according to the commandment." T7, p. 353.

## CHILDREN

From their earliest years children are to be taught the importance of Sabbath observance. "Parents, above everything take care of your children upon the Sabbath. Do not suffer them to violate God's holy day by playing in the house or out-of-doors. You may just as well break the Sabbath yourselves as to let your children do it, and when you suffer your children to wander about and suffer them to play upon the Sabbath, God looks upon you as Sabbathbreakers.

"The parents may take their children outdoors to view God in nature. They can be pointed to the blooming flowers and the opening buds, the lofty trees and the beautiful spires of grass, and taught that God made all these in six days and rested on the seventh day and hallowed it. Thus the parents may bind up their lessons of instruction to their children, so that when these children look upon the things of nature, they will call to mind the great Creator of them all. Their thoughts will be carried up to nature's God - back to the creation of our world, when the foundation of the Sabbath was laid, and all the sons of God shouted for joy. Such are the lessons to be impressed on the minds of our children.

"We are not to teach our children that they must not be happy on the Sabbath, that it is wrong to walk out-of-doors. Oh, no. Christ led His disciples by the lakeside on the Sabbath day and taught them. His sermons on the Sabbath were not always preached within enclosed walls." *Child Guidance*, p. 533, 534

"The Sabbath should be made so interesting to our families that its weekly return will be hailed with joy. . . . Parents, make the Sabbath a delight, that your children may look forward to it and have a welcome in their hearts for it." T2, p. 584.

"The Sabbath school and the meeting for worship occupy only a part of the Sabbath. The portion remaining to the family may be made the most sacred and precious season of all the Sabbath hours. Much of this time parents should spend with their children. In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become

restless and begin to play or engage in some kind of mischief. Thus the Sabbath has to them no sacred significance." T6, p. 358

## MEETINGS

"Everyone should feel that he has a part to act in making the Sabbath meetings interesting. You are not to come together simply as a matter of form, but for the interchange of thought, for the relation of your daily experience, for the expression of thanksgiving, for the utterance of your sincere desire for the divine enlightenment, that you may know God, and Jesus Christ, whom He has sent." T6, p. 362  
"While we are exhorted not to forsake the assembling of ourselves together, these assemblies are not to be merely for our own refreshing. We are to be inspired with greater zeal to impart the consolation we have received." Ibid; p. 365

## AFTERNOONS

Sister White rebuked the leaders of the Sabbath School in Battle Creek by saying, "Frequently, after the Sabbath school was closed, the superintendent, a number of the teachers, and quite a number of scholars would return home to rest. They felt that their burden for the day was ended and that they had no further duty." T3, pp. 188, 189

"The Sabbath is not to be a day of useless idleness. Both in the home and in the church a spirit of service is to be manifested. . . . All heaven is keeping the Sabbath, but not in a listless, do-nothing way. On this day every energy of the soul should be awake, for are we not to meet with God and with Christ our Saviour?" T6, p. 362

## PROPER WORK ON SABBATH

*"Moses therefore gave unto you circumcision; (not because it is of Moses, but of the fathers;) and ye on the sabbath day circumcise a man. If a man on the sabbath day receive circumcision, that the law of Moses should not be broken; are ye angry at me, because I have made a man every whit whole on the sabbath day?" John 7:22,23*

There were certain duties that the priests in the temple had to conduct whether it was the Sabbath or not. They could not rest from certain labour on the Sabbath. For that matter the priests had more work to do on the Sabbath than on any other day, however their work was of a different nature than was that of the common people. "The priests in the temple performed greater labour on the Sabbath than upon the other days. The same labour in secular business would be sinful; but the work of the priests was in the service of God." *Desire of Ages*, p. 285. Should not our "priests" (leaders, elders and ministers) also do greater work for the people of God on the Sabbath? God has ordained them into a sacred office and this entails not only certain privileges but certain duties. They are to be true servants and shepherds of the flock and often that means ministering to their needs even more on the Sabbath.

"Should God forbid the sun to perform its office upon the Sabbath, cut off its genial rays from warming the earth and nourishing vegetation? Must the system of worlds stand still through that holy day? Should He command the brooks to stay from watering the fields and forests, and bid the waves of the sea still their ceaseless ebbing and flowing? Must the wheat and corn stop growing, and the ripening cluster defer its purple bloom? Must the trees and flowers put forth no bud nor blossom on the Sabbath? . . . God could not for a moment stay His hand, or man would faint and die. And man also has a work to perform on this day. The wants of the needy must be supplied. *Desire of Ages*, p. 207

"The demands of God are even greater upon the Sabbath than upon other days. His people are then to leave their usual employment, and spend the time in meditation and worship. . . . The Sabbath is not intended to be a period of useless inactivity. The law forbids secular labour on the rest day of the Lord; the toil that gains a livelihood must cease; no labour for worldly pleasure or profit is lawful upon

the Sabbath but as God ceased His labour of creating, and rested upon the Sabbath and blessed it, so man is to leave his occupations of his daily life, and devote those sacred hours to healthful rest, to worship, and to holy deeds." Ibid, p. 207

The Sabbath is to be a day of activity. It is not a day for self-seeking, a day to do as one pleases. Our greatest pleasure in life should be in ministering to others and serving the Lord. While during the week we have a secular job to attend to, on the Sabbath we have a whole day to work for the Master. A whole day to do those things that should be the most pleasurable to us, without the hindrance of any worldly duties. It is not a day to be wasted away.

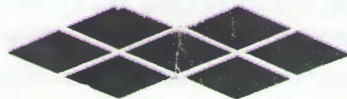
### **HOW NOT TO KEEP THE SABBATH**

"None should feel at liberty to spend sanctified time in an unprofitable manner. It is displeasing to God for Sabbath-keepers to sleep during much of the Sabbath. They dishonour their Creator in so doing, and, by their example, say that the six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away the holy time. They then excuse themselves by saying: "The Sabbath was given for a day of rest. I will not deprive myself of rest to attend meeting, for I need rest." Such make a wrong use of the sanctified day." T2, p. 704

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"All heaven was represented to me as beholding and watching upon the Sabbath those who acknowledge the claims of the fourth commandment and are observing the Sabbath. Angels were marking their interest in, and high regard for, this divine institution. Those who sanctified the Lord God in their hearts by a strictly devotional frame of mind, and who sought to improve the sacred hours in keeping the Sabbath to the best of their ability, and to honour God by calling Sabbath a delight - these the angels were specially blessing with light and health, and special strength was given them. But, on the other hand, angels were turning from those who failed to appreciate the sacredness of God's sanctified day, and were removing from them their light and their strength. I saw them overshadowed with a cloud, desponding, and frequently sad. They felt a lack of the Spirit of God." T2, p. 704, 705

*"If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it." Isaiah 58:13, 14*



"While God was working in Daniel and his companions "to will and to do of His good pleasure," they were working out their own salvation. Philippians 2:13. Herein is revealed the outworking of the principle of co-operation, without which no true success can be attained. Human effort avails nothing without divine power; and without human endeavour, divine effort is with many of no avail. To make God's grace our own, we must act our part. His grace is given to work in us to will and to do, but never as a substitute for our effort." Prophets and kings, page 487



# LESSONS FROM BATTLE CREEK

ELLEN. G. WHITE

"With many of our brethren and sisters there is a strong inclination to live in Battle Creek. Families have been coming from all directions to reside there, and many more have their faces set that way. Some who have come to Battle Creek held offices in the little churches from which they moved, and their help and strength were needed there. When such arrive at Battle Creek, and meet with the numerous Sabbath-keepers there, they frequently feel that their testimonies are not needed, and their talent is therefore buried.

"Some choose Battle Creek because of the religious privileges it affords, yet wonder that their spirituality decreases after their sojourn there a few months. Is there not a cause? The object of many has been to advantage themselves pecuniarily - to engage in business which will yield them greater profits. . . . They do not know where to take hold to labour in so large a church, and therefore become idlers in their Master's vineyard. All who pursue this course only increase the labour of those who have the burden of the work in the church. They are as so many dead weights. There are many in Battle Creek who are fast becoming withered branches.

"Brethren who wish to change their location, who have the glory of God in view, and feel that individual responsibility rests upon them to do others good, to benefit and save souls for whom Christ withheld not His precious life, should move into towns and villages where there is but little or no light and where they can be of real service and bless others with their labour and experience. Missionaries are wanted to go into towns and villages and raise the standard of truth, that God may have His witnesses scattered all over the land, that the light of truth may penetrate where it has not yet reached, and the standard of truth be raised where it is not yet known. The brethren should not flock together because it is more agreeable to them, but should seek to fulfill their high calling to do others good, to be instrumental in the salvation of at least one soul. But more may be saved than one.

"The sole object of this work should not be merely to increase our reward in heaven. Some are selfish in this respect. In view of what Christ has done for us, and what He has suffered for sinners, we should, out of pure, disinterested love for souls, imitate His example by sacrificing our own pleasure and convenience for their good. The joy set before Christ, which sustained Him in all His sufferings, was the salvation of poor sinners. This should be our joy and the spur of our ambition in the cause of our Master. In so doing we please God and manifest our love and devotion to Him as His servants. He first loved us, and withheld not from us His beloved Son, but gave Him from His bosom to die that we might have life. Love, true love for our fellow men, evinces love to God. We may make a high profession, yet without this love it is nothing. Our faith may lead us to even give our bodies to be burned, yet without self-sacrificing love, such as lived in the bosom of Jesus and was exemplified in His life, we are as sounding brass and tinkling cymbal." *Testimonies for the church*, Volume 2, pp.114-116

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# OH MAN MY LOVE FOR THEE...

What is man that I am mindful of him. The Son of man that I visit him. But thou oh man art turned so carnal. Hypocrisy hath blinded thine eyes and thy soul doth suffocate and is blithed.

Oh vain man that thou art. Thou doth serve Me with thy lips and deny the power thereof. Why doth thou poison thy soul with hate, anger, greed and lust. I made thee free as a bird to soar to heights that opens into joy and peace.

I am trying to reach thee to draw thee back from thyself. Oh how destructive thou art. To bless thee to make thee one with Me to pour out My spirit upon thee. Oh man wilt thou not listen. How long, how long oh man will I have to prove Myself to thee.

I love thee oh man but I cannot tolerate thy depravity, thy baseness. Reach out to the higher things that make the soul glow, that alights the candle that flickers within.

Oh man My love for thee is the same as My love for My Son. He was also a man. He though listened to My voice; He received from the fountain. This fount is open for every living being to draw from. But thou art afraid. Do not be afraid, My child. I will give unto thee what thou desirest of Me. Do not limit Me; do not put Me into a corner. I cannot stay as I am the Omnipotent, the Omnipresent that soars to heights unreached by man. Yea My thoughts are not your thoughts. Yea but I will let thee have a glimpse of My glory. If thou wilt but listen to Me; if thou wilt but yield.

Oh man when wilt thou lean on Me that I may feed thee of the bread of everlasting life that thy joy may be full. Come oh man to My bank, invest in Me. I will give thee interest, not as the world giveth, give I unto thee, but a yield that will satisfy thy inner soul. I will pour out My Spirit upon thee and make thee a fountain that overflows its ebb. Just like when a river cannot contain its excess water, likewise will ye not even be able to contain the many blessings that I have for thee.

Prove Me oh man. If thou but search for Me thou wilt find Me.

All praise, honour and glory given to God for this inspiration through His Holy Spirit.

Rose Powell

# BAPTISM IN STREETSVILLE

With great joy the members of the Streetsville Branch Sabbath School with some others witnessed the baptism of Sister Agnes Chelliah on Sunday, March 9. For more than two years she has been studying our message and visiting the church.

It is also a great joy to her husband Xavior Chelliah that they both now stand united in the family of God. Brother Larry Watts conducted the service and spoke words of encouragement to her and to all of us.

May God richly bless our new Sister Agnes.

AMEN.



# The Waldenses

***"For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope." Romans 15:4***

In the Bible we find many comforting and encouraging passages to help us in times of need, as well as useful counsels on Christian living. The Spirit of Prophecy however did not stop after the Bible was written, but it continued to work amongst God's people throughout the ages. God has raised up many prophets whom He has used down through history, many of whom we have never heard about and will never hear about. In our modern day the prophecy has extended to us with the writings of Sister White. In her writings we find many comforting and encouraging passages; passages that coincide with the Bible and point us to our Bibles and to a crucified and risen Saviour. Much history has also been recorded in the book, The Great Controversy and through the lives of these heroes for the faith we can learn many valuable lessons for our lives. Especially now since we are living so close to the end of the history of this world we need these lessons don't we? Soon the beast in Revelation 13 will speak in its full fury as a dragon. Soon there will be no more freedom to worship God according to His Word as was the case in the Dark Ages. In this article I want to dwell a little on the Waldenses and see what lessons we can learn from their lives, especially in the line of training our children and youth.

"Behind the lofty bulwarks of the mountains - in all ages the refuge of the persecuted and oppressed - the Waldenses found a hiding place. Here the light of truth was kept burning amid the darkness of the Middle Ages. Here, for a thousand years, witnesses for the truth maintained the ancient faith. God had provided for His people a sanctuary of awful grandeur, befitting the mighty truths committed to their trust." *Great Controversy*, p. 65, 66

What a beautiful place God had provided for His faithful people. Here was the place that God saw that His truth could be kept pure and the Waldenses proved faithful to the trust. Many had to flee from the wrath of the Papacy and leave houses, lands, relatives and friends to a place where they

could serve God according to their own conscience. Here they could grow in grace and nourish and raise their children to walk in the footsteps of their Redeemer.

"Pure, simple, and fervent was the piety of these followers of Christ. The principles of truth they valued above houses and lands, friends, kindred, even life itself. These principles they earnestly sought to impress upon the hearts of the young. From earliest childhood the youth were instructed in the Scriptures and taught to regard sacredly the claims of the law of God. Copies of the Bible were rare; therefore its precious words were committed to memory. Many were able to repeat large portions of both the Old and the New Testament. Thoughts of God were associated alike with the sublime scenery of nature and with the humble blessings of daily life. Little children learned to look with gratitude to God as the giver of every favour and every comfort." *Ibid* p. 67

These mountain regions are like our churches today. A place where we can hear the truth preached in its purity. A place to regain spiritual strength for the battles of life we have to face during the week. A place we can draw near to God as we draw near to one another in unity of spirit and truth. Then we go our separate ways to be beacons of light to the world. Hopefully the truth is shining brighter and brighter as the weeks go by. Hopefully we are drawing closer to our Redeemer and preparing for the time of trouble soon to break upon our world; a time when we will perhaps not have a Bible in our possession to bring us comfort and counsel. Perhaps we should do as the Waldenses did and commit large portions to memory. We will then be ready for the battles of life for we will be armed with the sword of the Spirit. This training we must begin with our children when they are quite young.

"Parents, tender and affectionate as they were, loved their children too wisely to accustom them to self-indulgence. Before them was a life of trial and hardship, perhaps a martyr's death. They were educated from childhood to endure hardness, to

submit to control, and yet to think and act for themselves. Very early they were taught to bear responsibilities, to be guarded in speech, and to understand the wisdom of silence." Ibid, p. 67

How many of our children can recite the 10 commandments? If not by the time they are 10 we are failing in our duty toward our children and we had better wake up and start doing our duty. How many of our children are not ashamed to live their faith, and will not hesitate to share their faith as the opportunity arises, while spending time with their young associates? If they are not open with the gospel then we must question ourselves, "Where have we failed?"

The Waldenses understood self-denial "...for the truth's sake, and with persevering patience they toiled for their daily bread." Ibid, p. 67 Precious lessons they taught their children. These were not lessons of ease and pleasure. From the earliest years, "economy and severe self-denial formed a part of the education which the children received as their only legacy. They were taught that God designs life to be a discipline, and that their wants could be supplied only by personal labour, by forethought, care, and faith. The process was laborious and wearisome, but it was wholesome, just what man needs in his fallen state, the school which God has provided for his training and development. While the youth were inured to toil and hardship, the culture of the intellect was not neglected. They were taught that all their powers belonged to God, and that all were to be improved and developed for His service." Ibid, pp. 67, 68.

We must ask ourselves if our children are receiving the appropriate education to face the battle that is before them. Will they turn to the Lord for strength in every time of need? My daughter had a nightmare a few weeks ago and she told me about it in the morning. Usually the children have come to our bed when their sleep is disturbed but this time she chose not to and I questioned her about it in the morning. She just calmly said, "Mom I just prayed about it and I wasn't scared anymore so I thought I would stay in my bed." I praise the Lord for these words from the mouth of a child. This is what we want from our children in every time of crisis.

In the public school setting the children are not taught to develop their minds to the honour and glory of God. More often than not it is to develop their minds to the honour and glory of themselves. If we choose to subject our children to such training

that is contrary to the written word, we have a difficult task ahead of us in undoing the false training and re-directing the children in the pathway of righteousness. It was a "laborious and wearisome" task in the perfect setting, hidden away in the mountain areas where the Waldenses lived, how much more difficult when we willfully place them in an area spoken of by the Spirit or Prophecy as a place that is not appropriate for their training? We must then pray for a double portion of the Holy Spirit to keep our children from the evil that is around them.

But while the Waldenses were neatly hidden away in the mountains they did not all stay there. The young were raised, not with the false idea that they were to remain in the mountains where they were safe for the time being. "While the Waldenses regarded the fear of the Lord as the beginning of wisdom, they were not blind to the importance of a contact with the world, a knowledge of men and of active life, in expanding the mind and quickening the perceptions. From their schools in the mountains some of the youth were sent to institutions of learning in the cities of France or Italy, where was a more extended field for study, thought, and observation than in their native Alps. The youth thus sent forth were exposed to temptation, they witnessed vice, they encountered Satan's wily agents, who urged upon them the most subtle heresies and the most dangerous deceptions. But their education from childhood had been of a character to prepare them for all this." Ibid, pp. 69,70 They did not attend these universities for the sole purpose of their own learning. While they felt that was an important part, they also carried with them the precious pages of the Bible which they were always seeking for opportunities to share. Often the Papal leaders were mystified as to how this "heresy" (as they termed it) was permeating their university.

Are our children prepared like this when they enter College or University to stand like the Waldenses? We wonder why so many youth, raised in the church, have left the faith when they left the home of their parents. Perhaps they weren't really being trained by the church or their parents but by the world. Unless we counteract what we subject our children to in public school there is a good chance that they will follow the world. We have a mountainous task ahead of us and must pray for wisdom and guidance to bring them through. Some parents have succeeded in so training their youth but

how much easier would it have been had they raised them according to God's plan in the first place? Then when they are older and ready to face the world it is safe to send them out into the world for higher education.

Most importantly the Waldensian youth were taught that their first duty was to God and their fellow men. They were taught the importance of missionary work. We want our children to have the spirit of Christ and "the spirit of Christ is a missionary spirit. The very first impulse of the renewed heart is to bring others also to the Saviour. Such was the Spirit of the Vaudois Christians. They felt that God required more of them than merely to preserve the truth in its purity in their own churches; that a solemn responsibility rested upon them to let their light shine forth to those who were in darkness; . . . The missionaries went out two and two, as Jesus sent forth His disciples. With each young man was usually associated a man of age and experience, the youth being under the guidance of his companion, who was held responsible for his training, whose instruction he was required to heed. These co-labourers were not always together, but often met for prayer and counsel, thus strengthening each other in the faith. . . . Every minister possessed a knowledge of some trade or profession, and the missionaries prosecuted their work under the cover of a secular calling. Usually they chose that of a merchant or pedlar." Ibid p. 71

So the question for us to ask today is, "For what kind of future are we preparing our children?" I compare our churches to the mountains of the Waldenses. They are the mountain fortresses where the children and youth are to grow and gain strength in the Lord. But when they are young adults are they to remain in these churches? Would it not be better to encourage them to enter a different city with another more experienced church member? When they finish their formal education and before they find a job, should we not encourage them to find a job in an area where there is no church, along with someone else? How quickly the truth would go to these distant areas where there is no one today. So many areas are crying for help but we are ignoring the call by remaining in the safe "community of the mountains". The Macedonian call is going out and who will answer? Think how many Waldensian mothers bade tearful farewells to their youth as they sent them on their way, knowing full well they were facing the wrath of the enemy and knowing that they

might never see them again in this life. Yet they refused to selfishly keep them at home. To them the cause of God was dearer than life itself. The sacrifice can only keenly be felt by parents as they watch their children leave the safety of their home, but if we have done our duty properly in preparation for this event, we need not fear. We can trust them in the hands of God. We too should be willing to make such a sacrifice in preparing our young people for such a life. Not a life of ease and comfort but a life of toil and self-denial for the Master. They need to be taught also from their earliest years how to teach the scriptures; how to give Bible Studies; how to canvass. They need to also be shown by example how it is done. While they don't need to enter full time missionary work, there is always spare time, and God marks carefully how we use our leisure time. For ourselves or for Him?

"The Waldensian missionaries were invading the kingdom of Satan, and the powers of darkness aroused to greater vigilance. Every effort to advance the truth was watched by the prince of evil, and he excited the fears of his agents. The papal leaders saw a portent of danger to their cause from the labours of these humble itinerants. If the light of truth were allowed to shine unobstructed, it would sweep away the heavy clouds of error that enveloped the people. It would direct the minds of men to God alone and would eventually destroy the supremacy of Rome. . . The very existence of this people, holding the faith of the ancient church, was a constant testimony to Rome's apostasy, and therefore excited the most bitter hatred and persecution. Their refusal to surrender the Scriptures was also an offence that Rome could not tolerate. She determined to blot them from the earth." Are we today as much of a threat to the kingdom of Satan as were those early Waldensian missionaries? If Satan feels threatened in any way he then makes a concerted effort to attack that which is against him. Satan would not have felt threatened had the Waldensies (also called Vaudois) remained in their mountain fortresses. He will not feel threatened if we remain in the safety of our "mountain fortress" and not seek to reach out into new areas.

In the end of time God will have a church that is pure and faithful. There will be a mighty shaking just prior to the falling of the Latter Rain at which time all those that are not fully committed to the Lord will be shaken out. Those that don't find their greatest joys in sharing the truth with others

should question their walk with the Lord today, while there is still time. "Eagerly did the Vaudois missionary unfold to the inquiring mind the precious truths of the gospel. . . It was his greatest joy to give hope to the conscientious, sin-stricken soul " Ibid, p. 73. And I am sure that when it was time for their life to end none of them thought that they had wasted their life away and not enjoyed life. I am sure that many died fully satisfied that they had lived their lives to the fullest for their Lord and Saviour who

had done so much for them. Not only did they bring spiritual relief to many burdened minds but they prepared the way for the great Reformation that followed in Europe.

So let us learn from our forefathers of faith. We are now to prepare the world for the second coming of Christ. Let us train our children to the duty that God is calling them to today. He has a higher calling for them than what the world has to offer. AMEN

Wendy Eaton

"There is necessity for diligence in prayer; let nothing hinder you. Make every effort to keep open the communion between Jesus and your own soul. Seek every opportunity to go where prayer is wont to be made. Those who are really seeking for communion with God will be seen in the prayer meeting, faithful to do their duty and earnest and anxious to reap all the benefits they can gain. They will improve every opportunity of placing themselves where they can receive the rays of light from heaven." *Steps to Christ* p. 98. "A prayer meeting will always tell the true interest of the church members in spiritual and eternal things. The prayer meeting is as the pulse to the body; it denotes the true spiritual condition of the church. A lifeless, backslidden church has no relish for the prayer meetings." *Special Testimonies to the Managers and Workers in our Institutions* (ph 149) 32. "Many declare that it is certainly no harm to go to a concert and neglect the prayer-meeting, or absent themselves from meetings where God's servants are to declare a message from heaven. It is safe for you to be just where Christ has said He would be. Those who appreciate the words of Christ will not turn aside from the prayer-meeting, or from the meeting where the Lord's messenger has been sent to tell them concerning things of eternal interest." *Youths Instructor* April 23, 1912.



*Lizette and Raquel stapling Children's Treasury of Faith*

## THE COW AND HER MILK: TASTY OR RISKY

Twenty times in the Old Testament the promise was given that God's chosen people would ultimately enter a land flowing with milk and honey. The fertile environment of Canaan was anticipated with eagerness, for there every nutritious agricultural product, both for man and animals could be supported. This goal was realized, flourished under the magnificent of Israel's greatest kings, David and Solomon. The animals were healthy because their food was good. Blessings accrued to those who followed the promised plan of God in strict detail.

Now we live in a different age. The greed of mankind has commercialized the agri-business to the place where home gardens are a necessity. "The Lord desires His people to move into the country where they can settle in the land and raise their own fruits and vegetables, and where their children can be brought in direct contact with the works of God in nature. Take your families away from cities, is my message." *Medical Ministry*, p. 11

We could study with profit the moral advantages, social advantages and spiritual benefits of country living today. Let us look for a moment at the physical enhancements we can have from home grown natural foods. Looking at God's plan for the children of Israel we see that our Creator wanted each one to enjoy the work of their own hands. Building and living in their own hand-crafted house, eating and enjoying the fruits and vegetables of their own garden was God's plan for His human family, ordained on earth as the foretaste of the heavenly land.

Almost a hundred years ago these nutritional benefits of vegetarian food were given for Seventh-day Adventists to share with their friends and neighbours around the world. "Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing." *Ministry of Healing*, p. 313, (1905) "Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. Foods that are healthful and sustaining are to be prepared, so that men and women will not need to eat meat." *Testimonies*, vol. 7, p. 124 (1902) "The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly." *Australasian Union Conference Record*, July 28, 1889.

I could share many similar references, but today let us study the subject in the light of modern science. The winter of 1996 brought to the subject of animal disease an international cry of alarm. Mad Cow Disease, discovered in England in 1986, then exported to countries around the world, became the topic of international concern. Caused by a protein, which can not be cultured, this transmissible agent, called a prion, can cause many serious diseases. Most such syndromes attack the central nervous system, brain and spinal cord. Three "Mad Cow" equivalents have been documented in humans: Kuru, Gerstmann-Straussler syndrome (GSS) and Creutzfeldt-Jakob disease (CJD). All three of these diseases can be transmitted to laboratory animals by inoculation. They have been found in chimpanzees, monkeys, rodents and seem to all have a common cause,



namely a prion. There is a similar disease in sheep called scrapie. Libyan Jews living in Israel have acquired the human form, CJD, after eating lightly cooked sheep brain, or other delicacies such as sheep eyeballs. Primitive societies in the South Sea islands have transmitted Kuru through ritual cannibalism. Now we know that this disease can cross major species.

The most probable cause of Mad Cow Disease scientifically called Bovine Spongiform Encephalopathy (BSE), involves the abominable feeding practice, using scrapie-infected sheep meat and bone meal in cattle feed. The United Kingdom, in November of 1989, passed a ban on the human consumption of bovine offal. These include brain, spinal cord, thymus, spleen, tonsils and intestines. More recently a ban on feeding all bovine by-products to pet and farm animals was imposed after the successful experimental transmission of BSE to a pig. There was a Siamese cat from Bristol, England who developed symptoms of BSE after eating pet food made from a beef carcass. Mac, the hapless feline, died of a spongiform brain lesion which we could call the "mad cat disease." BSE is a killer. The Mad Cow Disease has killed more than 161,663 cattle since it was discovered in 1985!

Dr. Virgil Hulse, a physician, veterinarian, and research scientist, has just published a book outlining these dangers (Mad Cow and Milk Gate). One of the worst is the feeding of unusable bits of cow and sheep back to the animals in the form of protein supplements. Most farmers did not realize what they were feeding their animals as the pellets are marketed primarily as animal protein supplements. Similar supplements are also given to cattle in the form of ground up chicken feathers, with inevitable contamination as is evident in any slaughterhouse or poultry factory. The American agri-business is just as guilty of these practices as in England, supported by vehement denials of the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) that there could be any risk to human health. Interestingly, as I write this article a news note comes through the AMA weekly physicians' paper that the FDA has decided to ban this practice, phasing it out by the end of 1996. But our government may be "closing the barn door after the horse has already escaped."

Cows and sheep and other ruminants are all by nature vegetarians. Thus it is biologically unnatural to feed a cow any substance derived from dead animals. First, these herbivorous creatures become carnivores, and later they are cannibals. Finally, they end up on the dinner table of the unsuspecting consumer. The meat from a dead cow with its bones, blood meal and soy bean is mixed up into pellets, advertised in dairy magazines with colourful pictures promoted to increase the cows milk production, thus making them "super cows." Common sense should tell us that this practice is a bad idea.

Last summer it was my privilege to speak on the subject at two camp meetings in Europe. On a plane flight back from Stockholm to London I met a fascinating couple. Breakfast was being served on British Airlines. The gentleman politely asked the stewardess if the meat on his tray was beef. She replied with customary British tact, "No, it is not. We do not serve beef."

The gentleman retorted, "Is that the policy of your airline?"

Replied the stewardess, "No it is not our policy. We just do not do it!"

One more question, he asked, "Why?"

She replied, "Because no one would eat it; and we don't like to waste food!"

So I had my bran muffin, fruit and granola while the gentleman ate his slice of pork. After the trays were collected I turned to this man and engaged him in conversation. Both the business man and his wife were international consultants to the dairy industry, experts from California who had just spent a week on a British farm. The news they shared was interesting and not likely to appear in London Times.

When it became obvious that Mad Cow Disease had caused the deaths of several young people and was clearly transmissible to humans, the British beef industry was in a quandary. Should they incinerate all 11 millions British cattle, start over and try to regain their international credibility? The thought was frightening to the future of agri-business in the United Kingdom.

What I learned from these friends on British Air fascinated me. This compromise was reached. Three million cows, namely the ones who had consumed animal products likely to be tainted with BSE are slated for cremation. This enormous multitude of cows now waiting on "death row" cannot be processed in a few weeks. There are less than a dozen incinerators (Crematoriums) for cows in the United Kingdom. So these cows stay on the farms with a bounty on their head in which the government will pay the farmer as the cow goes to its final ashes. What to do in the meantime? The cows have to be fed. And, to earn their keep the cows are milked. Into the food chain goes the milk of condemned animals who, given enough time, will likely develop BSE.

Normally cows trust man, but man became their worst nightmare. Cows have become our primary recycling agents in this twisted society. We feed cows orange skins, almond husks, dead sheep and chicken manure. Yes, cows eat dead sheep and dead cows? This unconscious cow cannibalism is supplemented by the feathers from chickens and turkey, ground up and mixed up with the sheep and cows to become cow food. Fortunately, they don't know what they are eating or they would really get mad. Sold to dairy men as dairy supplements that contain a special by-pass protein called PNP, protected natural protein, this is used to get more milk from the dairy cow. Traditionally a single cow would produce twenty gallons of milk a day. Today the average is more than likely three times that much.

We wonder why there is not more BSE-like disease in the United States. But there is in America an epidemic of "downer cow syndrome" which could be a mutated strain of Mad Cow Disease. Our country has hundreds of downer cows each year and no means for routinely diagnosing their cause. Many physicians, veterinarians and other scientists have warned the government of this BSE "time bomb" about to go off in our country. The BSE scientists in England have virtually all given up eating beef. If a human eats an infected beef carcass he has a 50% chance of developing Mad Cow Disease, called Creutzfeldt-Jakob disease. This sad affliction causes loss of memory, grinding headaches, tripping and stumbling as the nerves of the victim's legs give out. The muscles grow slack and flabby with loss of coordination and lethal psychotic stupor. Finally, they develop blindness and ultimately death. The average life expectancy from the onset of this disease is four months. That's why we call BSE a time bomb.

The times in which we live call for a return to the original diet: fruits, grains, nuts and vegetables, I believe it is also time to advise our friends and neighbours to choose alternatives to milk. Avoid, too, the consumption of eggs; and, in short, make the diet completely vegetarian without recourse to any animal products at all. There are some

wonderful recipes that can enable an average cook and homemaker to prepare healthful nut and seed based milks. All one needs is a blender, a little time, and some ingenuity. Commercial products are also available with milks based on the soybean, rice and other grains. Solait, Better Than Milk, Eden Soy and Rice Dream are just a few of the products available. Soy based cheeses are also easy to prepare and to constitute excellent substitutes for any recipe that would use dairy based cheese. The risks are too great to wait much longer. In soy based milks you will obtain more magnesium, an excellent grade of protein, and completely avoid the risk of lactose intolerance with its annoying symptoms of abdominal cramps, gas and diarrhea. 75% of adults of Afro-American descent and as many as 40-50% of whites and Orientals lack some or all of the lactase enzyme. These therefore have an intolerance to milk. . . . .

But most important is the reduced cholesterol, the elimination of oxidized cholesterol, and the lowered risk of arteriosclerosis or hardening of the arteries. Powdered milk, powdered eggs, whey, smoked fish, meat or cheeses all contain oxidized cholesterol, a very toxic substance to the blood vessels. Cholesterol is found only in animal products. It is best not to eat any cholesterol containing food at all.

Of immediate concern, however, is the risk of cancer, now common in beef cows, dairies and other domestic food animals. Pasteurization offers no protection against many viruses including hoof and mouth disease, lymphosarcoma virus and the prions that cause transmissible spongiform encephalopathies. These prions are so resistant that they survive radiation, formaldehyde and heating to 300 degrees Centigrade (700 degrees F)! Disease in animals has increased rapidly. The use of milk is becoming too unsafe for me to use it on my cereal.

We have just begun to discuss reasons for vegetarianism. The life you save might be your own. May the Lord give health to His earthly friends as we live through the last days.



A Group of Young People

# BEANS

It is common knowledge that beans are a good source of protein. In combination with grains, Beans form a complete protein, superior to any animal source protein. Beans are very versatile and can be used in many different ways. They can be used in patties, casseroles, burrito's, stews, soups, sandwich spreads, salads and so on. Beans can be found in two forms in the grocery store. They are either canned or dry. While the canned beans are good in a pinch, when time is limited, it is the dried beans that are nutritional goldmines. The canned beans have lost some nutritional value in the canning process.

Beans supply not only protein, but complex carbohydrates, soluble fibre, calcium, iron and potassium, as well as many other nutrients depending on the type of bean. They are delicious, very inexpensive, and easy to store.

If you have the time and where-with-all, dried beans are much superior to their canned relatives. If you think they are difficult to prepare, think again. While their preparation requires a bit of advance planning - allowing time for soaking and cooking - the process is really quite simple. Rinse the beans, then soak them for 6 to 8 hours. Pour off the soaking water, add fresh water, and cook them on the stovetop, in a crockpot, or in a pressure cooker until they are tender. The amount of time this takes depends on the variety of bean.

Although soaking beans prior to cooking is not absolutely necessary, it significantly decreases their cooking time and makes them more digestible. Substances called oligosaccharides, that are not digestible by humans and may cause gas, are leached out of the beans during soaking. For this reason the soaking water is discarded and the beans are cooked in fresh water. If you just forgot to soak them the night before, all is not lost. Boil them for one minute and then let them sit in the water for one hour. After that hour, pour off the soaking water and cook in fresh water. The first method is preferable but the second will be better than no soaking at all.

This following chart provides cooking guidelines for various types of beans if you are using your stove top. Some people use a crock pot and cook them on low overnight while they sleep or during the day while they are at work. Pressure cooking reduces the time also. Soy beans, usually need only 45 - 60 minutes in the pressure cooker. Most other beans take about 30-45 minutes, while the lentils take even less time.

<u>Beans (1 cup dry)</u>	<u>Amount of Water</u>	<u>Cooking Time (stove top)</u>	<u>Yield</u>
black beans	3 cups	1 1/2 hours	2 1/4 cups
black-eyed peas	3 cups	1 hour	2 cups
chick peas (garbanzoes)	4 cups	2 hours	2 1/2 cups
great northern beans	3 1/2 cups	2 hours	2 cups
kidney beans	3 cups	1 1/2 hours	2 cups
lentils, brown	3 cups	1 hour	2 1/4 cups
lentils, orange	3 cups	20 minutes	2 cups
lima beans	2 cups	1 1/2 hours	1 1/2 cups
navy beans	3 cups	1 1/2 hours	2 cups
pinto beans	3 cups	1 1/2 hours	2 1/4 cups
soy beans	4 cups	3 hours	2 1/2 cups
split peas	3 cups	1 hour	2 1/2 cups

Beans freeze very nicely also so make some extra when you are cooking them and freeze them in usable portions for later use, ie. 2 cup portions are convenient.

## CHILDRENS CORNER:

# KILLER BEES

The domestic Honey Bee was brought to North America in the 17th century from Europe. Since then it has spread throughout the Americas. It is commonly kept by man for honey and also commonly occurs in the wild. A few years ago, a very closely related tropical species, the African Honey Bee, escaped from a research facility in South America. This African bee is extremely aggressive and is therefore a poor choice to be kept for the production of honey. When they escaped they interbred with the domestic Honey Bee producing what is known as the Africanized or killer bee. These crossbreed offspring inherited the gene for aggressiveness from their African parent. From their domestic parent they inherited the willingness to live in man-made hives; this brings them into frequent contact with man. Since this gene for aggressive behavior is dominant, whenever they breed with the domestic Honey Bee, this trait is passed through to the offspring.

Over time, these Africanized bees have almost completely interbred the domestic bees out of existence in tropical and sub-tropical areas. They have spread as far north as San Antonio, Texas, but are not expected to spread much farther north, since they are sensitive to cold weather. The Africanized bees are not more poisonous than their domestic cousins, but unlike them, when disturbed, they swarm out in large numbers and attack. The large number of stings per attack is what makes them dangerous and has resulted in numerous deaths. Hence the name killer bees.

In the Bible we have an example of crossing good and evil, and the disastrous results. In Genesis Chapter six we read about how sons of God (the righteous line of Seth) took to wife the daughters of men (the rebellious line of Cain) and how their offspring were exceedingly wicked in the sight of God. In 2 Corinthians 6:14 it says: "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness?"

"Great care should be taken by Christian youth in the formation of friendships and the choice of companions. Take heed, lest what you now think to be pure gold turns out to be base metal. Worldly associations tend to place obstructions in the way of your service to God, and many souls are ruined by unhappy unions, either business or matrimonial, with those who can never elevate or ennoble." *Adventist Home*, p. 44

Let us therefore keep ourselves separate from sin and evil influences that we may attain perfection of character. We know that we are living in the last days and we want to be ready to meet Jesus when He comes. His coming is very soon!

### Shades of Green Salad

- 1 bunch Romaine or other leaf lettuce
- 1/2 bunch of spinach
- 1 diced avocado (optional)
- 1/2 cup diced celery
- 1/2 cup diced cucumber
- 1/2 cup of thawed frozen peas
- 1/4 cup sunflower seeds (optional)

Wash and dry greens, remove stems from spinach and tear greens into bite-size pieces. Add other ingredients, mix well and serve with No Oil Lemon/Parsley Dressing (below).

Note: Use sunflower seeds or avocado, but not both. Using both provides too much protein. If serving with Poppy Seed Dressing, omit seeds and avocado.

### No-oil Lemon/Parsley Dressing

- 3/4 cup distilled water
- 2 Tbsp. arrow root powder
- juice of 1 lemon
- 1 cup parsley
- 1 tsp. Bragg Liquid Aminos
- 1/4 tsp marjoram
- 2 tsp. bell pepper
- dash of cayenne pepper

Combine distilled water and arrow root powder in a blender and process to combine. Pour into a sauce pan and heat until thickened, remove from heat and cool slightly. Pour into blender with other ingredients and process until parsley is chopped fine. Pour into a jar and refrigerate. The dressing will thicken more as it cools.

## Eating Whole Grains Can Make a Difference

"The whiter the bread, the sooner you're dead," James Duke, a botanist for the U.S. Department of Agriculture and a world-renowned expert on plant phytochemicals, wrote in 1990. How true!

Refining foods removes much of the fibre as well as magnesium, zinc and vitamins, especially vitamin E. Whole wheat has 24 times more vitamin E than white flour. Therefore, eating mostly white flour products deprives you of many important nutrients.

Over the past 20 years, dietary fibre has emerged as a leading factor in the prevention and treatment of chronic diseases. But what exactly is fibre?

Fibre is the outer component of plants. Its nutritional value was recognized as early as the 1970s by British physician Denis Burkitt. Despite this knowledge, many continue to eat white breads, white rice, white bagels, white rolls, etc. A simple change to whole grains can make a great difference to one's health.

Fibre is found not only in whole grains but also in legumes, fruits and vegetables. Animal products contain zero fibre.

Dietary fibre is both soluble and insoluble. Both types are important. Insoluble fibres increase stool bulk and decrease the amount of time it takes for food to pass through the bowel. This helps constipation, hemorrhoids, diverticular disease and irritable bowel syndrome. It also decreases the risk of bowel cancer, since the colon is exposed to carcinogens for a lesser period of time. Fruits, vegetables, grains, nuts and seeds contain insoluble fibre. Wheat bran is also a major source.

Soluble fibres form gels that delay the absorption of certain foods, including cholesterol. Examples include oat bran, rolled oats, carrots, pectins (found in fruits, especially

apples), psyllium (Metamucil) and guar gum in beans. Note that some of the benefits of a high-fibre diet may be from the food that provides the fibre rather than the fibre alone. For this reason, it's best to get fibre from foods rather than from supplements.

North Americans eat an average of only 11 grams of fibre a day. Health experts recommend 20 to 35 grams a day. It is important to remember that foods high in fibre are naturally high in carbohydrates and low in fat.

High-fibre foods have other benefits. They take longer to eat, increasing the feeling of satiety. They slow gastric emptying, increasing the feeling of fullness. They decrease serum insulin levels, decreasing food intake because insulin stimulates appetite. High-fibre diets have particular benefits for obese diabetics.

It is not surprising to note that Asians enjoy low rates of heart disease and cancer and stay slimmer than we do in North America. Part of their secret is unrefined brown rice; in Asia, the average person eats about 400 pounds a year. North Americans lag far behind.

With the mounting evidence of the over-all health benefits of fibre, aggressive efforts should be made to incorporate fibre-rich foods in our daily diet.

Grains other than rice should not be forgotten. Wheat, oats, rye, millet and barley are well-known, but others such as quinoa, amaranth, kamut and spelt are less known. They are all extremely healthy to eat, and taste delicious.

Once you have tasted a variety of grains, you will appreciate their versatility.



## ASLEEP IN JESUS

Our dear Sister Ivy Mazy Davis was laid to rest on March 7 unexpectedly at the age of 79 years. To the last day she continued in her normal duties at home. She was born in St. Mary, Jamaica on November 15, 1917 where she also lived until she emigrated to Canada on December 3, 1976. She worked as a school teacher and also as a nurse until her retirement. She came to know our Reformation message in 1979 and two years later in 1981 she became a member of the Toronto church.

She often delighted the church with poems and special songs, some of which she had composed herself. Also, she had memorized long passages of the Bible. The members of the Toronto church miss her very much. She left behind 6 children, 19 grandchildren, and 5 great-grandchildren. The words she often repeated were "Words of Restoration Promise". These words gave her comfort in her old age and hope of complete restoration at the coming of Jesus.

At the funeral service Min Johnson spoke of the early part of her life and Brother Tiino Martin continued with the latter part after she had joined the Reform Church. Brother Larry Watts spoke of the brevity of this life and the blessed expectation of the better life in the future. With several special songs and closing prayer by Brother Kanagarajah our service was concluded.

She rests in Jesus after several years of failing health, but her memory live in our minds reminding us of a faithful warrior who put her hand on the plow and did not look back.

AMEN.





## *What Would it Mean?*

*What would it mean to the heart of God  
If we who walk earth's sin-soaked sod  
Would view the world through our Saviour's eyes,  
And show His spirit of sacrifice?  
What would it mean?*

*What would it mean to our fellow men  
If Christ were to live in each heart again,  
And the church were ablaze with a holy flame  
And fired with a zeal to exalt His name?  
What would it mean?*

*What would it mean to the church today  
If every member would work and pray  
And say from the depths of a willing heart,  
"You can count on me to do my part"?  
What would it mean?*

*What would it mean in this crisis hour  
If all were filled with the Spirit's power?  
The church, like an army, would shine as the sun,  
And Christ would return, for the work would be done.  
That's what it would mean!*