

Canadian-Caribbean Union



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*Canadian Field Conference
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SANCTIFICATION

Part 10

“For their sakes I sanctify myself.” John 17:19.

“I sanctify myself, that they also might be sanctified”, John 17:19. The same devotion, the same self-sacrifice, the same subjection to the claims of the word of God, that were manifest in Christ, must be seen in His servants. Our mission to the world is not to serve or please ourselves; we are to glorify God by co-operating with Him to save sinners. We are to ask blessings from God that we may communicate to others. The capacity for receiving is preserved only by imparting.” COL, 142.

Before we can be useful in saving sinners we ourselves must be sanctified and purified first. “For their sakes I sanctify myself, that they also might be sanctified through the truth.” John 17:19. In like manner Christians who are purified through the truth will possess saving qualities that preserve the world from utter moral corruption.” MB, 36.

What value does the preaching of the word of God have if the hearers see that the preachers themselves are not sanctified. It is our example that speaks more loudly than our words. There is no limit what dedicated and sanctified followers of Christ can do. Souls will be converted by their living testimony. In the life of these Christians people see the proof that their message does change sinners into saints. Anyone interested in the missionary work must then seek first true sanctification in order to be successful in it, that the good that our words could do is not destroyed by our wrong example.

Many times we wonder why our labours in the missionary work do not produce greater harvest of souls without realizing that the cause for it may be the lack of true sanctification. Isn't this a great incentive for us to seek purity of soul and sanctification? If the perishing souls are dear to us, then we are willing to put out any effort to save them.

Very strict commands were given to the Levites who served in the sanctuary that they had to be sanctified and holy. The spiritual condition of the people depended to a great degree upon the purity and holiness of the priests. “An understanding of all points of our faith is indeed essential but it is of greater importance that the minister be sanctified through the truth which he presents for the purpose of enlightening of consciences of his hearers.” Test. Vol. 4, 315.

Eloquent speakers can appeal to the intellect and arouse emotions but if he is lacking sanctification, his hearers will not receive the water of life which could bring about a true conversion of the heart.

“Actions speak louder than words. The sermon that is preached in the pulpit is counteracted by the sermon that is preached in the lives of those who claim to be advocates of truth. It is because of a lack of the practising of the words of Christ that a curse is coming upon our churches. If Christ is not living in His human agent, then when circumstances are favourable to their development the attributes of Satan will appear. A noble life is the most powerful sermon in favour of Christianity.” The Voice in Speech and Song, 303.

"When the Holy Spirit was poured out upon the early church, the brethren loved one another... Those primitive Christians were few in number, without wealth or honour, yet they exerted a mighty influence. The light of the world shone out from them. They were a terror to evil-doers wherever their character and their doctrines were known. For this cause they were hated by the wicked and persecuted even unto death. The standard of holiness is the same today as in the days of the apostles." Test. Vol. 5, 239.

"Only those who live the life of Christ, are His co-workers. If one sin is cherished in the soul, or one wrong practise retained in the life, the whole being is contaminated. The man becomes an instrument of unrighteousness." DA, 313.

The workers in the Lord's vineyard must be sanctified or their work will do more harm than good. The members of the church must be sanctified or their lukewarm example will drive interested souls away from the church. Parents must be sanctified or they may lose their children to the world.

"For their sakes I sanctify myself." These words of Jesus place a solemn responsibility upon each one of us to purify ourselves from sin and the world and seek holiness that our words, our life and our influence may be as water of life to those around us with whom we come in contact. Jesus said: "Woe unto you, scribes and Pharisees, hypocrites! For ye compass sea and land to make one proselyte, and when he is made, ye make him twofold more the child of hell than yourselves." Matt. 23:15.

May we all see the importance of true sanctification that we may save ourselves and the others around us.

AMEN.



Bible verses read to the four newly baptized members



A Call for Writers...from the Pen of Inspiration

by Ellen G. White

Especial efforts should be made by ministers who have the cause of God at heart, to contribute to the columns of the Review the most interesting, spiritual articles. All can find time to do this if they have a will and heart to engage in the work. Some are too indolent and ease loving. They will spend hours in chatting upon subjects not especially connected with the advancement of the cause and work of God. The time thus spent is lost, and they are unprofitable servants. If the time had been occupied in the study of the word of God, thoroughly furnishing themselves from its precious pages, fitting themselves to be able ministers, their employment would be more profitable. They would have something to write. They could furnish articles which would instruct and encourage the people of God. Such would be only doing their duty, and would be giving to the flock of God their portion of meat in due season...

When feasting upon God's word, because of the precious light you gather therefrom, present it to others that they may feast with you. But let your communications be free and heartfelt. You can best meet the people where they are, rather than is seeking for lofty words which reach to the third heavens. The people are not there, but right here in this sorrowing, sinful, corrupt world, battling with the stern realities of life.

Christ came not to be ministered unto, but to minister. He was our example, and God has apportioned to us our work, to minister to the necessities of others, according to the ability He has given us. As we use this ability to the best account, it will increase. Those who do all they can on their part with what God has entrusted them, and bear their whole weight upon Him, He will strengthen them just when strength is required. In thus doing, we give God room to work for us; to teach and lead and impress us, and make us channels through which His light can be communicated to many who are in darkness. CW, 86-87

Solemn is the responsibility that rests upon our houses of publication. Those who conduct these institutions, those who edit the periodicals and prepare the books, standing as they do in the light of God's purpose, and called to give warning to the world, are held by God accountable for the souls of their fellow men. To them, as well as to the ministers of the word, applies the message given by God to His prophet of old; "Son of man, I have set thee a watchman unto the house of Israel; therefore thou shalt hear the word at My mouth, and warn them from Me. When I say unto the wicked, O wicked man, thou shalt surely die; if thou dost not speak to warn the wicked from his way, that wicked man shall die in his iniquity; but his blood will I require at thine hand." Ezek. 33: 7,8. T 7, 140

...I call the attention of all our workers to the sixth chapter of Isaiah. Read the experience of God's prophet when he saw the Lord "sitting upon a throne, high and lifted up, and His train filled the temple....Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for mine eyes have seen the King, the Lord of hosts. Then flew one of the seraphim unto me, having a live coal in his hand, which he had taken with the tongs from off the altar; and he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged. Also, I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me." Isa. 6:1-8.

This is the experience needed by those who labor in all our institutions. There is danger that they will fail of maintaining a vital connection with God, of being sanctified through the truth. It is thus that they lose a sense of the power of the truth, lose the ability to discriminate between the sacred and the common.

My brethren in responsible positions, may the Lord not only anoint your eyes that they may see, but pour into your hearts the holy oil that from the two olive branches flows through the golden pipes into the golden bowl which feeds the lamps of the sanctuary. May He "give unto you the spirit of wisdom and revelation in the knowledge of Him; the eyes of your understanding being enlightened; that ye may know what is the hope of His calling,....and what is the exceeding greatness of His power to usward who believe." Eph. 1:17-19.

As faithful householders, give meat in due season to the household of God. Present truth to the people. Work as if in full view of the whole universe of heaven. We have no time to lose-not a moment. Important issues must soon be met, and we need to be hidden in the cleft of the rock, that we may see Jesus, and be quickened by His Holy Spirit. T 7, 152-154

...The Lord has a message for our ministers to bear, but He does not call them to speak on the subjects upon which the minds of some have been dwelling. Those who do this place in minds seeds that will germinate and spring up to bear fruit. Thus people are educated to catch up the sentiments of Satan, and give them publicity.

Let the repetition of Satan's falsehoods be kept out of our papers. What we need in our papers is the gospel message that will save souls. "O Zion, that bringest good tidings, get thee up into the high mountain; O Jerusalem, that bringest good tidings, lift up thy voice with strength; lift it up, be not afraid; say unto the cities of Judah, Behold your God."

Keep your eyes fixed on the Lord Jesus Christ, and by beholding Him you will be changed into His likeness. Talk not of these spiritualistic theories. Let them find no place in your mind. Let our papers be kept free from everything of the kind. Publish the truth; do not publish error. Do not try to explain in regard to the personality of God. You cannot give any further explanation than the Bible has given. Human theories regarding Him are good for nothing. Do not soil your minds by studying the misleading theories of the enemy. Labor to draw minds away from everything of this character. It will be better to keep these subjects out of our papers. Let the doctrines of present truth be put into our papers, but give no room to a repeating of erroneous theories.

I do hope that the trumpet will give a certain sound in regard to this Sunday-law movement. I think that it would be best if in our papers the subject of the perpetuity of the law of God were made a speciality. Should there not be a paper or a pamphlet issued to take the place of the Sentinel? I have not been able to think that it was the wise thing to do to let that paper drop. It was a voice that was constantly speaking in defense of religious liberty. The truth should be presented in short articles, in clear, distinct lines, giving special points in regard to the Lord's Sabbath, and showing that those who frame laws to complete the observance of the first day of the week, are disloyal to the Lord of heaven, who placed His sanctity upon the seventh day. Are we doing all we can to exalt the law of Jehovah?

We should now be doing our very best to defeat this Sunday law. The best way to do this will be to lift up the law of God and make it stand forth in all its sacredness. This must be done if the truth triumphs. CW, 86-93, 97

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Canadian Field Conference

August 29-31, 1997



The Canadian Field Conference was officially opened by Br. Kanagarajah who welcomed members who came to the conference from near and far. The theme of this year's conference is "That they may be one". Br. Kanagarajah hoped for a good conference and called for a revival and reformation to take place at this conference.

Br. Morris Lowe then spoke to us and reminded us that we are one year closer to the close of probation and the 2nd coming of Jesus. He asked us to remember why we are here and who we worship. He quoted from John 14:5,6. We all are seeking for eternal life but many of us have lost the way. We need to focus on Jesus Christ. He says, "I am the way". No man can have access to God except through Him and by Him. The Ten Commandments are not the way to eternal life. They cannot make us righteous, only Christ can.

Sabbath opening was conducted by Br. Timo Martin. He opened with Psalm 95:1,2. Our friend for whom we have waited all week has come--the Sabbath. The Sabbath blessing that was given on the first Sabbath has never lost its power. This blessing is available to us as it was to Adam. On Sabbath our God comes very near to us, more than on any other day. We need Sabbath reform that we do not lose this marvellous blessing. We need to prepare for the Sabbath all week. Confession of all sins should take place before the Sabbath begins so that God's blessing can rest on us. We should not let our friend come to a house where we are not prepared to receive him.

Br. Cholich's meeting began with a piano solo

by Richard Eaton. Br. Cholich brought us greetings from the people who attended the General Conference in Holland. People are interested in what will happen in the future. Revelation tells us that we are in the time of the last church--Laodicea. He brought out that gold is faith tried in the fire (trials, tribulations). The Bible tells us that we are to rejoice in tribulations. Isaiah 1:5,6 was a message sent to the people at the time. Isaiah's diagnosis was that the whole body is sick. We need to go to Jesus to be cured of our sickness, we need to be honest with him as to what is ailing us. He gave an example of a woman who did not tell all her symptoms to her doctor and he was unable to provide her with the proper treatment and she died. The remedy is given to us in verse 18-20. The counsel of the True Witness is to repent. God sounds an alarm to wake His people up, to call His people to repentance. In helping others we become stronger ourselves. We need to be people of God and accept His cure.

On Sabbath morning the Conference reconvened for Sabbath School. The mission period was brought to us by Sis. Kathy Garcia who told us that our mission is to be a blessing to humanity.

Before the divine service, we were favoured by special songs by the Toronto and Streetsville choirs. The divine service was brought to us by Br. Schmidt, who reminded us that the last time he was in Toronto was 15 years ago. He then spoke about Christ's crucifixion. When Jesus was crucified, all human hope died. The disciples went to Emmaus, perplexed and discouraged. Jesus met them on the way and spoke to them about the wonderful power that

would come upon them in the early rain. He then went on to tell us that God has promised us a new heart. The Lord stands at the door of our heart; we must open it from the inside. The change in us must begin in ourselves. As Jesus' disciples argued on the way to the Mount of Transfiguration as to who would be the greatest and thus were unable to heal one who had come to them for help, so we today are hindering the 2nd coming of Christ by "arguing on the way". Satan tries to hinder our work. Only when Christ's character is reproduced in the church can the latter rain come. In closing, Sis. and Br. Schmidt sang a special song about the cross of Calvary.

After lunch, the youth meeting was led by Sis. Kathy Garcia. She brought out that children are special in the eyes of God. Various children had special songs. The Streetsville children presented a musical story of Noah's ark. This was followed by the Toronto children and youth presenting a program on the Sanctuary.

Br. Timo Martin conducted the testimony meeting. He opened with the example of Daniel who praised God seven times a day. During the past year many have shed tears of sorrow, but the Lord was on our side and brought us through it all. He considers His church and people as the apple of His eye. During the meeting, the examination of the baptismal candidates took place before the congregation. Testimonies were given by various members including one by Evangelos Galiatsatos from Vancouver who was baptized in July. Br. and Sis. Unger thanked the Lord for being with them through Br. Unger's illness.

After supper, Br. Jerry Eaton asked the audience whether we should make a declaration of independence. We hear so much about freedom being spoken today. But,

what does this freedom mean when it is based on ego, pride and pleasure. How can we truly be free? Repentance and the truth found through Jesus alone can make us free. The prodigal son wanted freedom, but later returned to his father. He did not find freedom in being able to do what he desired. We need a declaration of dependence upon Jesus Christ. In God's church, there is a true independence from sin.

Ian Grant followed by bringing to our attention that God is praying that you and I would have a heart to fear him. For 6,000 years God has been praying this prayer. He is asking, "My son, Give me your heart". God also works through our mind. As a man thinketh, so he is. God is trying to persuade us to give Him our minds. We need to have the mind of Jesus. He closed with the thought that God has done everything possible to save you and me. What more could he have done?

The Sabbath closing service was led out by Br. Gary Foster. He told us that there are five reasons for the church to exist: to edify, to encourage, to exalt, to equip, to evangelize. We have a commission and a job to do as God's church. We must not allow anger or competition to get in the way of our duty. We need to encourage each other and put aside all differences.

Sunday morning we reconvened at 0930h for a health meeting led out by Sis. Rose Powell. First of all, Br. Evangelos Galiatsatos spoke about his experience in the healing of his daughter's illness, relying on prayer and natural remedies.

Sis. Powell reminded us that the health message is the right arm of the Reformation, and we can reach people by this health message. Sis. Wendy Eaton spoke of Daniel, who refused to eat of the king's food. She brought out that there are two groups of

health reformers. The first group are health reformers because the church demands it. The second group of health reformers go further than the church teachings; they follow the health message for better health. Sis. White tells us that we should constantly study about health and healthy eating. Health reform is progressive, but many do not progress. If we say that we cannot give up the food that is bad to us, we are saying that we doubt God when he tells us that we can eat a healthy diet. Sis. Rose Powell told us that as John the Baptist prepared the way for Jesus' first coming, so we must prepare the way for Jesus' second coming, and follow the same healthy diet.

A joyous event then took place when four people gave their lives to God in baptism. The Streetsville members were happy to have Lizette Hidalgo and Reyna Conde join with them as members in God's church. From Hamilton, Marcel Huskin joined the family of God. Also from Toronto, Yanira Garcia decided to take her stand with God's people.

The conference was then closed with all the speakers from the last few days saying a few words of farewell and counsel to us. Br. Ian Grant related to us that the only way to find happiness is to come to the cross of Calvary. Br. Gary Foster reminded us that our calm and peace comes from Jesus. Br. Jerry Eaton gave a few words of encouragement and took greetings to Vancouver. Br. Morris Lowe told us that salvation is not based on what we know but on who we know. The precepts of the church are signposts to show us the way to salvation, but Jesus is the way. Br. Timo Martin brought out that to us as God's people it is a sin to let people around us die. We must scatter abroad; it is not God's will that we congregate in one place. Br. Schmidt read from Joshua 1:1-9. Of all the people that left Egypt, only two were able to enter Canaan. Be of good courage, do not turn to the left or to

the right. Stay on the narrow path. We can already see with our spiritual eye the other side of the River Jordan, on our way to the heavenly Canaan. Br. Kanagarajah thanked everyone for their help at the conference and for those who travelled far to be here. He recited the Bible text which tells us to "love one another as I have loved you". Br. Cholich read from Eccl. 12:13,14. We may have different opinions but we must all do the will of God. To know His will, we must study His word. The closing song was "God Be With You Til We Meet Again", with a closing prayer by Br. Schmidt. After a lunch and the taking of the conference picture we all left for our various homes knowing that we all had received a rich blessing and were strengthened by the fellowship we were able to enjoy.

John Bescec



Children at the Streetsville church

ASSOCIATES



We were all created to be social creatures. A famous song says, "No man is an island", yet there have still been people who have tried to isolate themselves from society. Some of us have, perhaps, heard of hermits who live in isolation or the monks, who isolate themselves in monasteries. This is not normal though. It was not according to God's plan. After He had created man and gave him a beautiful home, plenty of animals as companions, He still was not satisfied, He said, "It is not good that the man should be alone; I will make him an help meet for him." Genesis 2:18. Yes, it was not God's intention that man should live alone.

From earliest childhood, children begin to interact with others. First it is with their own parents. As they grow they seek companionship in others their own age. This is very much encouraged in society today. Very young children are sent to Day Cares and Nursery Schools to socialize with others their own age. Sometimes it is a necessity as in the case of Day Care, but sometimes it is with the intent that the child will not develop normally without this early interaction.

In reading the Spirit of Prophecy it is clear that this is not a dire necessity at this age for a child. The children can interact quite well with their parents, relatives and other believers in the church in their early years. This is the best, as long as possible. There comes a time, especially when children reach school age, that they will start to socialize and make friends outside of the circle of the family or church family. Most children in society attend public schools and it is there where their friendships are formed. There are some very serious counsels that are given concerning the friendships that are created by our children. Sometimes we may tend to think that these young school children are not so much influenced by their associates but that is not a safe way to think. We must be very careful with whom our children make friends with.

OUR EXAMPLE

These counsels are not only important for our children but for us also since we all still have friends and associates even though we do not attend public school and are adults now. The dangers from worldly associates is still the same.

"Every association we form, however limited, exerts some influence upon us. The extent to which we yield to that influence will be determined by the degree of intimacy, the constancy of the intercourse, and our love and veneration for the one with whom we associate. Thus by acquaintance and association with Christ we may become like Him, the one faultless Example." *Testimonies for the Church*, Vol. 5, p. 222

"Examine your own hearts, judge your own course. Consider what associates you are choosing. Do you seek the company of the wise, or are you willing to choose worldly associates, companions who fear not God and obey not the gospel?" *Ibid*, p. 217

"If we place ourselves among associates whose influence has a tendency to make us forgetful of the high claims the Lord has upon us we invite temptation and become too weak in moral power to resist it. We come to partake of the spirit and cherish the ideas of our associates and to place sacred and eternal things lower than the ideas of our friends. We are, in short, leavened just as the enemy of all righteousness designed we should be. The young, if brought under this influence, are more easily affected by it than those who are older. Everything leaves its impress upon their minds, the countenances they look upon, the voices they hear, the places they visit, the company they keep, and the books they read. It is impossible to overestimate the importance for this world and the next of the associations we choose for ourselves and more especially, for our children." *Ibid*, p. 543

OUR CHILDREN

This last sentence (in the previous quote), especially caught my attention. "**..the associations we choose for ourselves and more especially, for our children.**" Are we to allow our children to choose their own friends and associates? From this sentence it seems that WE are to make the choice of who our children associate with. They are more easily influenced by worldly associates than perhaps we are and therefore in our wisdom we are to make that choice. This thought is repeated in another place, "If they have the glory of God in view, parents will work for their children with conscientious fidelity. God-fearing parents will deliberate and plan as to how to train their children to right habits. **They will choose companions for their children**, rather than leave them in their inexperience to choose for themselves." *Review and Herald*, June, 24, 1890. While children are away at public school you may have no control over who they associate with and this is a grave danger for the children. But you do have control over who they visit after school hours. Whether your children visit other children or other children visit your home, that is your decision, (according to God) not theirs. And if you do not help out in this decision they may choose associates who lead them the wrong way. "I saw that many parents do not take as firm and decided a stand as they should in regard to their children. They suffer them, and (by so-doing) encourage in their children a disposition to be like the world, to love dress, and **associate with those who hate the truth**, whose influence is poisonous." *Spiritual Gifts*, Vol. 2, p. 254. Ask yourself, "Do my children's friends respect the truth and seek to uplift rather than drag my child away from the truth?" If you don't take a stand and leave the choice to them, they may choose wrongly. "If we would have our children pure and elevated in character, **we must see that their daily associates are what they should be.**" *Review and Herald*, March, 31, 1891

"Do not encourage their association with the ungodly. Draw them away. Come out from among such yourselves, and show them that you are on the Lord's side." *Test. for the Church*, Vol. 5, p. 541

"Shield them, as faithful mothers should, from becoming contaminated by associating with every young companion. Keep them, as precious jewels, from the corrupting influence of this age. If you are situated so that their intercourse with young associates cannot always be overruled, as you would wish to have it, then let them visit your children in your presence; and in no case allow these associates to lodge in the same bed or even in the same room." *Child Guidance*, p. 460

"Fathers and mothers, do you realize the importance of the responsibility resting on you? Do you allow your children to associate with other children without being present to know what kind of education they are receiving? Do not allow them to be alone with other children. Give them your special care. Every evening know where they are and what they are doing....

"Neighbours may permit their children to come to your house to spend the evening and the night with your children. Here is a trial and a choice for you, to run the risk of offending your neighbours by sending their children to their own home, or gratify them, and let them lodge with your children, and thus expose them to be instructed in that knowledge which would be a lifelong curse to them. To save my children from becoming corrupted, I have not allowed them to sleep in the same bed, or in the same room, with other boys, and have, as occasion has required, when travelling, made a scanty bed upon the floor for them, rather than have them lodge with others. I have tried to keep them from associating with rough, rude boys and have presented inducements before them to make their employment at home cheerful and happy. By keeping their minds and hands occupied, they have had but little time, or disposition, to play in the street with other boys and obtain a street education." *Ibid* p. 114, 115

If we would make our home a place of cheerfulness, where love exists, it will be a very attractive place for our children. "If the parents are continually borrowing trouble, are irritable and fault-finding, the children partake of the same spirit of dissatisfaction and contention, and home is the most miserable place

in the world. The children find more pleasure among strangers, in reckless company, or in the street than at home." *Christian Temperance and Bible Hygiene*, p. 65

"In the present state of society, it is no easy task for parents to restrain their children, and instruct them according to the Bible rule of right. They often become impatient, and wish to have their own way, and go and come as they please. Especially from the age of ten to eighteen, they often feel that there would be no harm in going to picnics and other gatherings of young associates; yet the experienced Christian parent sees danger. Parents are acquainted with the peculiar temperaments of their children, and know the influence of these things upon their minds, and from a desire for their salvation, keep them back from these exciting amusements." *Review and Herald*, July, 15, 1884

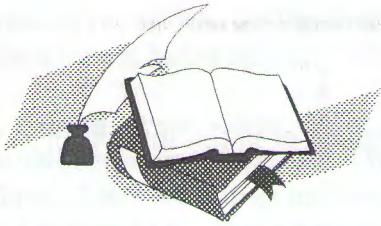
We have the example of Solomon to learn from. I am sure that when he married Pharaoh's daughter he fully intended to convert her to the Jewish faith, as with his many other numerous wives. Being the wisest man on earth still did not place him beyond the temptations of Satan. He still was overcome. "There is a lesson for us in the history of Solomon. The early life of this king of Israel was bright with promise. He chose the wisdom of God, and the glory of his reign excited the wonder of the world. He might have gone from strength to strength, from character to character, even approaching nearer the similitude of the character of God; but how sad his history; . . . **Association with idolaters corrupted his faith**; one false step led to another; there was a breaking down of the barriers which God had erected for the safety of His people; his life was corrupted by polygamy; and at last he gave himself to the worship of false gods. A character that had been firm and pure and elevated became weak, marked with moral inefficiency." *Testimonies for the Church*, Vol. 7, p. 217

"If choice is made of companions who fear the Lord, the influence will lead to truth, to duty, and to holiness. A truly Christian life is a power for good. But, on the other hand, those who associate with men and women of questionable morals, of bad principles and practices, will soon be walking the same path. The tendencies of the natural heart are downward." *Testimonies for the Church*, Vol. 4, p. 587

"If you turn from good counsel and choose to associate with those who you have reason to suspect are not religiously inclined, although they profess to be Christians, you will soon become like them. You place yourself in the way of temptation, on Satan's battleground, and will, unless constantly guarded, be overcome by his devices." *Ibid*, p. 588

While we are not to follow the example of the Jews in separating ourselves from the rest of the world and becoming exclusive, we are to guard the associates of our children as well as ourselves. We are to be missionaries amongst our friends and workmates. Jesus is our shining example. He freely went among the worldly people of His day so much so that the leaders of Israel looked down on Him for associating with sinners. Yet He went among them with a purpose. It was not just for selfish pleasure that He socialized with these people. He brought them hope of a better life. He showed them love and those sinners did not choose to remain sinners any longer after being in association with the Son of God. They were hungering and thirsting for truth. As we pass through this world we are to follow the example of Jesus and bring to our associates the Words of life. He was kind to everyone that He met and sought to help anyone who would accept His help and when certain people refused the truth and refused to grow in grace He left them (like the rich young ruler and many of the Pharisees) and went on to seek for those who were wanting to live the truth. This we should do also and we are to instruct our children in the same manner. While they are young and innocent, we must choose their associates until they are wise to discern between those that are on the upward path and those who are on the downward path for they will be very much influenced by their associates. That duty is ours, not theirs, and we will be held accountable if we have allowed them to choose and they have chosen wrongly and ended up on the wrong path. AMEN -

Wendy Eaton



Christ in All the Bible

“In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. John 1:1-3.

“The Saviour is revealed in the Old Testament as clearly as in the New. It is the light from the prophetic past that brings out the life of Christ and the teachings of the New Testament with clearness and beauty.” DA.

He is the theme of the Bible from beginning to end:

“In Genesis He is the Seed of the Woman
In Exodus He is the Passover Lamb
In Leviticus He is our High Priest
In Numbers He is the Pillar of Cloud by day and the Pillar of Fire by night
In Deuteronomy He is the Prophet like unto Moses
In Joshua He is the Captain of our Salvation
In Judges He is our Judge and Lawgiver
In Ruth He is our Kinsmen Redeemer
In 1st and 2nd Samuel He is our Trusted Prophet
In Kings and Chronicles He is our Reigning King
In Ezra He is the Rebuilder of the broken-down walls of human life
In Esther He is our Mordecai
And in Job He is our Ever-living Redeemer, “For I know my Redeemer liveth”
In Psalms He is our Shepherd
In Proverbs and Ecclesiastes He is our Wisdom
In the Songs of Solomon He is our Lover and Bridegroom
In Isaiah He is the Prince of Peace
In Jeremiah He is the Righteous Branch
In Lamentations He is our Weeping Prophet
In Ezekiel He is the wonderful Four-faced Man
And in Daniel the Fourth Man in “Life’s fiery furnace”
In Hosea He is the Faithful Husband, “Forever married to the backslider”
In Joel He is the Baptizer with the Holy Ghost and fire
In Amos He is our Burden-bearer
In Obadiah He is the Mighty to Save
In Jonah He is our great Foreign Missionary
In Micah He is the Messenger of Beautiful Feet
In Nahum He is the Avenger of God’s elect
In Habakkuk He is God’s Evangelist, crying “Revive thy work in the midst of the years”.
In Zephaniah He is our Saviour
In Haggai He is the Restorer of God’s lost heritage
In Zechariah He is the Fountain opened to the house of David for sin and uncleanness
In Malachi He is the Sun of Righteousness, rising with healing in His wings

In Matthew He is the Messiah
In Mark He is the Wonder-worker
In Luke He is the Son of Man
In John He is the Son of God
In Acts He is the Holy Ghost
In Romans He is our Justifier
In 1st and 2nd Corinthians He is our Sanctifier
In Galatians He is our Redeemer from the curse of the law
In Ephesians He is the Christ of Unsearchable Riches
In Phillipians He is the God who supplies all our needs
In Colossians He is the fulness of the Godhead, bodily
In 1st and 2nd Thessalonians He is our Soon-coming King
In 1st and 2nd Timothy He is our Mediator between God and man
In Titus He is our Faithful Pastor
In Philemon He is a friend that sticketh closer than a brother
In Hebrews He is the Blood of the everlasting covenant
In James He is our Great Physician, for "The prayer of faith shall save the sick"
In 1st and 2nd Peter He is our Chief Shepherd, who soon shall appear with a crown of unfading glory
In 1st, 2nd, and 3rd John He is Love
In Jude He is the Lord coming with ten thousand of His saints
And In Revelation He is the King of Kings and Lord of Lords"

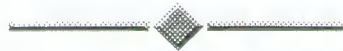
Author Unknown

There must be a purpose for the fact that Christ is in all the Bible. The reason for this is that He is the way, the truth, and the life and without Him we would be lost and never find our way to our eternal home.

He is our supreme example and we are to be like Him, possessing His characteristics and attributes. Our goal is to be perfect as His Father in heaven in perfect.

By reading the Bible and beholding Him we are changed into the same from glory to glory. Christ has a never-ending supply of names and the ones mentioned are but a few. He is the "Alpha and the Omega, the beginning and the end, who is and who was and who is to come, the Almighty."

Reyna Conde



"The same intensity of desire to save sinners that marked the life of the Saviour marks the life of his true follower. The Christian has no desire to live for self. He delights to consecrate all that he has and is to the Master's service. He is moved by an inexpressible desire to win souls to Christ. Those who have nothing of this desire might better be concerned for their own salvation. Let them pray for the spirit of service." Test. Vol.7, 10.

BUSINESS MEETINGS



"In all our business meetings, as well as our social and religious meetings, we want Jesus by our side as a guide and counselor. There will be no tendency to lightness where the presence of the Saviour is recognized. Self will not be made prominent. There will be a realization of the importance of the work that is to be done. There will be a desire that the plans to be laid may be directed by Him who is mighty in counsel.

Could our eyes but be opened, we should behold angels of heaven in our assemblies. Could we but realize this, there would be no desire to hold to our own opinions upon important points, which so often retard the progress of the meeting and the work. If there were more real praying done, if there were more solemn consideration given to weighty matters, the tone of our business meetings would be changed, elevated. All would feel that the assembly had met to lay plans for the advancement of the work, and that the object of the work is only to save souls.

All that we do and all that we say is transferred to the books of heaven. Let us not be guilty of bringing down God's work to the level of common business transactions. Our standard must be high; our minds must be elevated.

There are always a few who think, when their brethren are pulling forward, that it is their duty to pull back. They object to everything that is proposed, and make war on every plan that they have not themselves originated. Here is an opportunity for persons to develop inordinate self-confidence. They have never learned in the school of Christ the precious and all-important lesson of becoming meek and lowly. There is nothing harder for those who possess a strong will than to give up their own way, and submit to the judgment of others. It is difficult for such to become teachable, gentle, and easy to be entreated.

In our business meetings, it is important that precious time should not be consumed in debating points that are of small consequence. The habit of petty criticism should not be indulged, for it perplexes and confuses minds, and shrouds in mystery the things that are most plain and simple. If there is that love among brethren which will lead them to esteem others better than themselves, there will be a giving up of their own ways and wishes to others. It is our duty to study, daily and hourly, how we may answer the prayer of Christ, that His disciples may be one, as He and the Father are one. Precious lessons may be learned by keeping our Saviour's prayer before the mind and by acting our part to fulfill His desire. (Italics and bold mine)



In our business connection with the work of God, and in

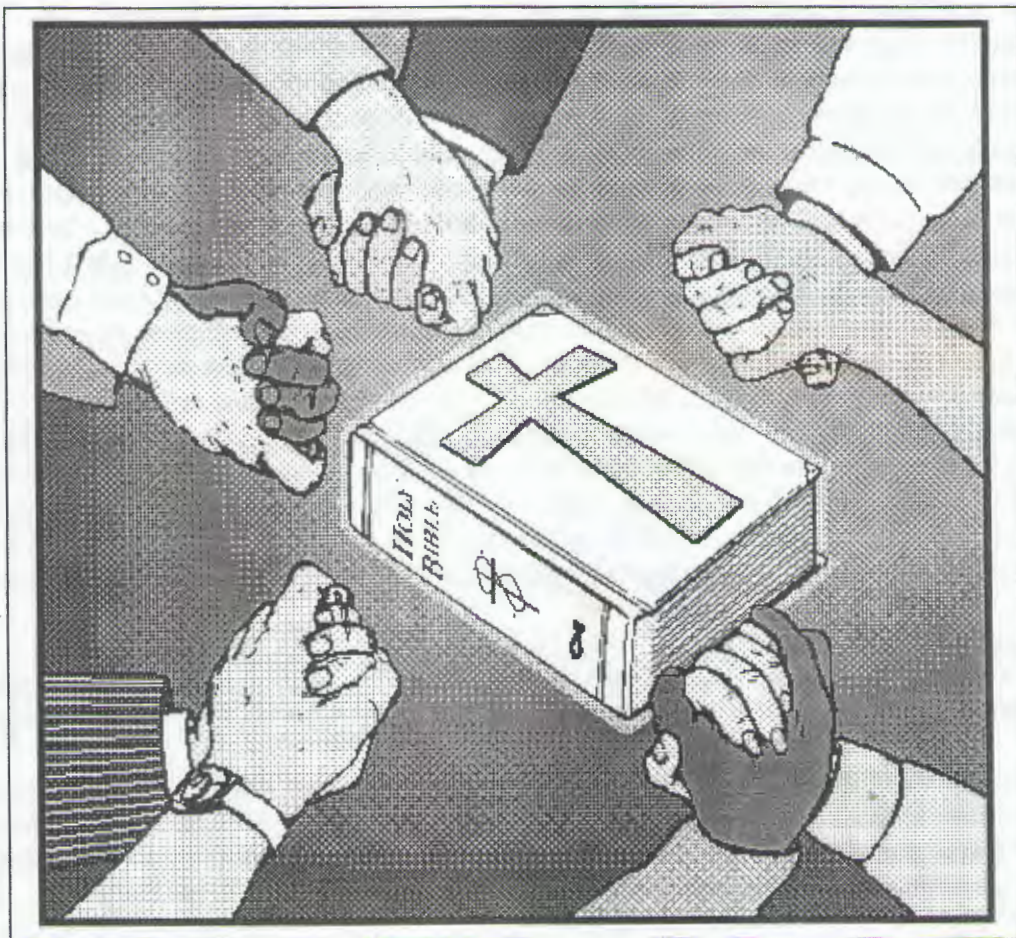
handling sacred things, we cannot be too careful to guard against a spirit of irreverence; never for an instant, should the word of God be used deceitfully, to carry a point which we are anxious to see succeed. Honor, integrity, and truth must be preserved at any cost to self. Our every thought, word and action should be subject to the will of Christ.

Levity is not appropriate in meetings where the solemn work and word of God are under consideration. The prayer has been offered that Christ shall preside in the assembly, and impart His wisdom, His grace and righteousness. Is it consistent to take a course that will be grievous to His Spirit and contrary to His work?

Let us bear in mind that Jesus is in our midst. Then an elevating, controlling influence from the Spirit of God will pervade the assembly. There will be manifested that wisdom which is "from above," which is "first pure, then peaceable,....full of mercy and good fruits," (James 2:17) which cannot err. In all the plans and decisions there will be that clarity that "seeketh not her own;" that is "not easily provoked;" that "thinketh no evil;" that "rejoiceth not in iniquity, but rejoiceth in the truth;" that "beareth all things, believeth all things, hopeth all things, endureth all things." (1 Cor. 13: 5-7) Gospel Workers, pp. 446-448

Let each of us who attends church business meetings keep for ever in our hearts the prayer in Ps. 141:3, 4 where it says "Set a watch, O Lord, before my mouth; keep the door of my lips. Incline not my heart to any evil thing" is my wish and prayer for everyone.
AMEN

"Union with Christ and with one another is our only safety. Let us not make it possible for Satan to point to our churches, saying: "Behold how these people, standing under the banner of Christ, hate one another. We have nothing to fear from them while they spend more strength in fighting among themselves than in warfare with my forces." Test. for the Church, Vol. 7, p.239



Mental Health and the Christian

“The Lord made man upright in the beginning. He was created with a perfectly balanced mind, the size and strength of all its organs being perfectly developed. Adam was a perfect type of man. Every quality of mind was well proportioned, each having a distinct office, yet all dependent one upon another for the full and proper use of any one of them.” *Mind, Character and Personality*, p. 415

Since 1940, when the term mental health first began to be used, there have been attempts to define what mental health is, but no one seems to agree on the definition. In a medical dictionary, it is defined as “the absence of mental illness”. Often mental health is spoken of as a state of well-being, such as happiness, contentment, satisfaction or achievement. And, what is the normal state of happiness? How happy does one have to be to be considered healthy? The final consensus of most experts is that no one criterion of mental health can be used, it is more a list of criteria that one must have to be considered mentally healthy. We will look at some of these criteria further on in the article. Now, to define the opposite--mental illness, or an unbalanced mind--we must look at what is the criteria for mental health, then mental illness is just described as a state in which these criteria are missing. Sis. White talks about an unbalanced mind causing certain feelings in an individual such as depression, anger, guilt, anxiety and worry, fear and hatred.

Now that we have some idea as to the definition of mental health and illness, let's look at some of the causes of an unhealthy mind:

CAUSES OF MENTAL ILLNESS

Genetics: Man is a very complex being, and mental illness can stem from many different sources. One source influencing our mental health that is completely beyond our control is genetics or what we were born with. Many of the illnesses that people contract are genetic in nature. It was passed on to them from their parents. Many people have mental illnesses such as depression, manic-depression, schizophrenia-- a lot of the more severe mental illnesses that result in people ending up in hospitals and needing medication for the rest of their lives. How did they get these illnesses? These people did not do anything to bring the illness out in themselves, they were born with the predisposition to get sick. People with mental illness often have family members who also have mental illnesses. Many of these types of illnesses are caused by chemical imbalances in the brain, and can be treated with medications that get rid of the imbalance by simply supplying the element that is lacking. Recently I heard on the radio that scientists in the United States seem to think that they have located the gene that causes schizophrenia. Often the gene for these illnesses lies dormant for many years and never surfaces unless great stress is placed on the individual and then the illness surfaces. Research has found that as well as genetics, environment also plays a role in someone developing a mental illness. This is the example of the curse that the Bible tells us about in Exodus 34:7 last part. “...to the third and fourth generation...” Sin has brought about defects in us, in our bodies. We no longer are perfect like Adam and Eve when they were created. Our bodies have degenerated over the centuries because of sin. Many defects have been introduced that cause 100's of different illnesses. i.e. diabetes, heart disease, etc. But, there is something we can do. We can decrease our chance of developing a mental illness by living in a healthy environment. And we do this in a number of ways--by not allowing any harmful substances to enter our bodies (decreasing our body's need to fight) by relying on God to help us through stressful times, eating healthy, avoiding seeing evil, etc. This is how we can live in an environment that promotes mental health.

We must also realize that not all mental illnesses are biological in nature, not every mental illness can be blamed on the genes we were born with.

Stress, Anxiety: Another influence to our mental health is our perception of the world around us. If we feel that the world is an awful place to live in, it will get us feeling down. If we see our lives as boring, meaningless, just getting up every day to go to work to pay the bills. If we find that we are stressed by all the cares and worries in this life, we will get sick. Anxiety and worry can give us ulcers, headaches, nervous conditions, etc. We have to learn how to fight the stress in our life in a healthy way. We have to change the way we see life in order for it not to get us down. Not only in our secular life can the way we see things affect us, but also in our religious life and the way we perceive God. If we feel that God is an exacting judge we will always feel inadequate and guilty that we can never be who He wants us to be. The resulting fear of

hell and concern for rules and appearances is enough to rob individuals of mental joy and peace. These individual's sense of reality is distorted. How did the man with one talent see God, in the parable told by Jesus? "Then he which had received the one talent came and said, Lord, I knew thee that thou art a hard man, reaping where thou hast not sown, and gathering where thou hast not strawed: And I was afraid, and went and hid thy talent in the earth: lo, there thou hast that is thine." Matthew 25:24,25. This man saw God as a hard man, and was afraid of him and caused him to act foolishly. Many people do foolish things because of what they believe to be right. They are not in hospitals, they don't walk around acting like the demoniacs in the Bible, yet they can't see the love of God and the gift of eternal life he offers us.

Actions: Our actions can influence our mental health. When a person behaves in a way that goes against his own beliefs or other's expectations of him, there is tension. This tension can lead to mental illness. I know of this one lady who had an abortion when she was a teenager. She was a Seventh-Day Adventist at the time. Fifty years later she was still bothered by what she had done and was a permanent resident of a psychiatric hospital. Going against her conscience gave her a life-long ailment. She couldn't live with the guilt she felt and she lost her mind. Many people become sick by trying to avoid responsibility for their actions. They know they are wrong, but they try to excuse it. They say they can't help it and they blame someone else. They use the excuse that they are weak and sinful. But, they know they are doing wrong and they begin to feel guilty. Often their actions have negative consequences, and these consequences are hard to live with. The final outcome of someone who continually goes against his own conscience is very serious. The Holy Spirit finally leaves them and there is no hope for them.

MENTAL HEALTH

Mental health is maintained by doing God's will. This can be summed up by: knowing what our beliefs are and following them, not resisting God and not wanting to do our own will. Since we know it is wrong, it will only bring unhappiness. When our actions are in accordance with God's will we can take part in all the promises that God gives to those who are obedient. "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." Matthew 5: 6..

Throughout history, man has been searching for the meaning of true happiness. We are all born with the desire to be happy and at peace. Man needs a sense of hope, happiness, protection, guidance, and meaning to life. Many individuals seek to fill a spiritual void by a constant search for physical pleasure and comfort. This search for a good life produces no lasting peace or happiness. It is empty and without hope. How can we have balanced and healthy minds? As Christians we know that true mental health is not found in the things of this world, but only in following Christ. I mentioned before that mental health is not just a one sentence definition, but it is a list of criteria that need to be met for someone to be mentally healthy. We will now look at 9 criteria that define mental health and see how we can fulfill these criteria as Christians:

CRITERIA FOR MAINTAINING MENTAL HEALTH

1. Personal relationships with others. To be healthy we must have healthy relationships with people. But, what is the one personal relationship that a Christian needs to be truly healthy? That is a personal relationship with Christ. This relationship promises many things for us. We are told that in God we can have fullness of joy. How many people in the world can claim to be truly happy? Many don't know the meaning of true happiness. Whereas I brought out before that the wrong idea of God can bring about mental illness, we must know God as He really is, full of love, forgiving, merciful. Only with a personal relationship with Jesus can we have good relationships with other people, because it is Jesus who teaches us how to love, to be self-sacrificing, to be tolerant and forgiving of others faults. We also feel good about ourselves because we do not see ourselves as sinful beings, but as a child of God, with Christ living in us. We don't see ourselves, we see Christ

2. Purpose in life, long and short term goals. Everyone needs a purpose in life to make life meaningful. For some it may be having a family; for others it might be advancing in their job. Many have no goals and they just drift aimlessly through life. For all of these people they live for this life only, and then they die without making plans for a future life. Their lives seem empty and many commit suicide because they don't see that their life has meaning. Once they die they will be as if they never existed. What do these people have to live for? We as Christians, do we have goals? The Bible tells us, "Therefore leaving the principles of the doctrine of Christ, let us go on unto perfection..." Hebrews 6:1 We must be striving for perfection of character. Our ultimate goal is salvation. We are told to "Seek ye first the kingdom of God" (another goal). We are striving for a perfect character; we are seeking for salvation. Unlike the people of this world, we have the promise of God that tells us what will be waiting for us at the end of our life's journey. It is not just death, like the world believes. In Matthew 25:34, Jesus tells us, "Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:" We will one day inherit the kingdom

prepared for us from the foundations of the earth. This is a beautiful promise for all those who have achieved the goal that Christ has set before us.

3. Feeling of self-worth. There are many who feel they are worthless and unloved. And those who feel that no one cares for them often commit suicide. We need to know that we are worth caring about and the only way we can feel this is in Christ. The world can let us down; our friends and family can turn away from us and tell us that we are no good. We may be betrayed by the ones we care about the most. I see many patients in the hospital who have attempted suicide who cry that there is no one in the world who loves them, so what is the point of living. What does the Bible tell us? We are told in Romans 6:23 that "the wages of sin is death". In chapter 3:23, "For all have sinned and come short of the glory of God." In ourselves we are worth nothing. Those who commit suicide, who feel abandoned by everyone, see their nothingness. But where do we get the sense that we are worth something? We have a wonderful promise in the Bible. We are told we are worthy because Christ loved us and died for us. "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Much more then, being now justified by his blood, we shall be saved from wrath through him. For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life." Romans 5:8-10. Though we were His enemies, through the death of Jesus we are reconciled to God and we can be saved. Death does not have to be our final end even though that is what we deserve. Although everyone else may forsake us, He never will. "Fear not, nor be dismayed, For the Lord God, even my God will be with thee; he will not fail thee, nor forsake thee." 1 Chron. 28:20.

4. Capacity for self-sacrificing love. Can we be a healthy Christian if we do not reflect the love of God, who loved us while we were yet sinners? Jesus said, "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;" Matthew 5:44. If we do not love our enemies we are not mentally healthy Christians. We learn this type of love only at the foot of the cross. The example that Christ gave us, we must follow. Christ spent His whole time on this earth doing the will of God, sacrificing his life for the service of others. And why? Because He loves us. We must have the same self-sacrificing love for others; we are to love God above all and our neighbour as ourselves. It is so easy to live in the comfort of our homes and ignore a perishing world. Can we all truly say that we would lay down our life for someone else, and not just those who are dear to us but to anyone who is in need of our help?

5. Accurate view of reality--who he is, who God is, and who he is in relation to God. As I brought out earlier, we need to know God, we need to know that His greatest characteristic is love. We need to know also that he is forgiving and merciful and that if we confess our sins he will cast them into the depths of the sea. Those who have a distorted view of who God is can never be truly healthy. If we don't see God as forgiving, we will feel great guilt whenever we sin, we will see Him as someone to be feared. Guilt and fear are two mental illnesses that can afflict those who do not truly know God. We need to know that we can bring all our sins to Him and He will be ready and willing to forgive us.

6. Strong internal standards to resist social pressures. How many young Christians go against their principles because of peer pressure? They want to fit in, to conform with the world. They feel they can go along with their friends and still remain a faithful Christian. We know this is not possible. We need to be in the world but not of the world. "I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. They are not of the world, even as I am not of the world." John 17:14-16. We need to know who we are. We are children of God and in everything we do we must not forget that.

7. React appropriately and with strength and courage in face of stress and suffering. To accept calmly what is unchangeable -- reliance on God. When the great stock market crash occurred in the early part of this century, and men lost fortunes, they were ruined overnight, and what was their reaction? Many of these people jumped out of windows and committed suicide. Many people who have lost all their possessions, or family members, have become deranged. Many people suffering depression in hospitals are there because they have never gotten over the loss of their marriage, the death of a child, the loss of their wealth, or some other crisis. I have also worked with patients who are in the hospital, who claim to be Christians, and are suffering from depression. They even ask me how they could be depressed and also be a Christian. Is it possible to be a true Christian and be unhappy? NO. These people need to look at their relationship with Jesus and see if they are lacking in something. When we suffer, and are unhappy because of our suffering, it indicates that we are mentally sick as a Christian. A Christian must be bubbling with joy. If we complain about our suffering, we

do not have the peace in us that passeth understanding; that is happy in the face of all adversity. Look at the example of Paul and Silas in prison, "And at midnight Paul and Silas prayed, and sang praises unto God:..." Acts 16:25. They sang God's praises while incarcerated. How many of the martyrs went to their death praising God and with a smile on their face? This is mental health.

8. Sense of freedom. How are we free? Are we free when we feel that we can do whatever we want without any restrictions placed on our actions? Is this freedom? Are the people of the world free when they can choose their path and live their life as they see fit? NO. Who are the truly free ones, who can say that they are not bound by any restraints? "The LORD preserveth the simple: I was brought low, and he helped me." Psalms 116:16. We are set free by the love of God. Sin constrains us, we become its slave, we are in bondage to the wants and desires of our flesh. Only when we die to our flesh can we truly be free. "And ye shall know the truth, and the truth shall make you free. They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free? Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin. And the servant abideth not in the house for ever: but the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed." John 8:32-36 This is true freedom.

9. Our physical needs, emotion and reason are in balance. We need to have balance in our lives. Everything in our body must be in tune with each other. We often read of the effect that our mind has on our body and vice versa. We also know how our physical health can affect our spiritual and mental health. To have a completely healthy body, the mind must be healthy. "But few realize the power that the mind has over the body. A great deal of sickness which afflicts humanity has its origin in the mind and can only be cured by restoring the mind to health. There are very many more than we imagine who are sick mentally. Heart sickness makes many dyspeptics, for mental trouble has a paralyzing influence upon the digestive organs." *Mind Character and Personality*, p. 396

We need to preserve our mental health if we are to be Christians in the true sense of the word. Only with a close connection to God can we have perfect mental health. As Christ healed the demoniacs and those possessed by devils He can heal us of our mental sicknesses. He can put aside our fear, our depression, our guilt, our anger and make us new creatures in Him. "Many are suffering from maladies of the soul far more than from diseases of the body, and they will find no relief until they shall come to Christ, the wellspring of life. Complaints of weariness, loneliness, and dissatisfaction will then cease. Satisfying joys will give vigor to the mind, and health and vital energy to the body." *Mind Character and Personality*, p. 403

All the traits of a healthy mind are promised to us if we only trust in God and make Him our stronghold. We must turn to Him to heal us of all our infirmities, that our minds may be healthy in doing the will of God. It is my wish and prayer that we would all find the source of true happiness and mental health at the foot of the cross, in Jesus Christ. AMEN.

Helen Marttinen

"...many of those professing to serve the Lord are content to occupy their time and attention with matters of little importance. They are content to be at variance with one another. If they were consecrated to the service of the Master, they would not be contending like a family of unruly children. Everyone would be standing at his post of duty, working with heart and soul as a missionary of the cross of Christ. The Holy Spirit would abide in the hearts of the labourers, and works of righteousness would be wrought." Test. Vol. 7, 240.



Current Scene

Since you're now reading this, Nostradamus, was wrong

How many times you and I have heard from unbelievers or even professing Christians, that Nostradamus was some kind of person sent from God to give important prophecies about the future. I believe it shows how far the Christian world has gone away from God, if someone who was right on about 50% of his prophecies could be mistaken for someone who served God. Actually, Nostradamus was one of the best of the psychic prophets because he did get near 50% of his prophecies correct. So, where does that leave so many of those who have carefully rehashed his prophecies into multiple millions of dollars of book and video sales? I'm sure courting the judgments of the God who said, "show me the false gods who can predict the future."

This from the Vancouver Province, Feb.2,1997. "Have any lunch plans for tomorrow or a Monday night dinner appointment? Forget them-it's all over. Today is the last day of the rest of your life, at least according to a 442-year-old prediction by famed prognosticator Nostradamus.

Based on the calculations of the French astrologer and physician Michel de Notredame, better known as Nostradamus, the world will end on Feb. 2, 1997.

"I'd better cancel my appointments for Monday, joked Barry Beyerstein, chairman of the Society of the B.C. Sceptics.

"It surprises me that he was that specific about anything." Is Beyerstein being harsh?

After all, Nostradamus was the person who predicted the rise of Adolph Hitler and the Second World War. The only problem was he had the Nazis winning. But Nostradamus did predict the death of King Henry II in 1559.

Beyerstein said because Nostradamus's predictions in his Century (1555) were written in poetry and used an archaic form of French, they've been altered by translators and charlatans.

"When you allow symbolic interpretation you can shoehorn anything into anything else," said the Simon Fraser University psychology professor.

"People have taken great poetic licence in the translation. "And in the years since he wrote, his supporters have not been above gilding the lily."

He added, the calculations of Nostradamus may have been flawed. "As an astrologer he was into careful numerical calculations but it's the old case of garbage in, garbage out," Beyerstein said. "It doesn't matter how good your calculations are if you're feeding in flawed assumptions."

Miracle Drugs?

Jesus went about all the cities "healing all manner of sickness and all manner of diseases among the people." Matt. 4:23. Matthew tells us that because of His work of healing, "His fame went throughout all Syria and they brought unto Him all sick people that were taken with divers diseases and torments..and He healed them."

The Lord Jesus did great works of healing and at times He used natural remedies. On one occasion we're told that He spat upon the ground, and mixed the spittle with the clay. He then applied it to a man's eyes and his sight was restored. "The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies." Counsels on Health, 30.

There is a lesson in the life of King Asa in the Bible: "And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the Lord, but to the physicians. And Asa slept with his fathers, and died in the one and fortieth year of his reign." 2 Chron. 16:12,13

Antibiotics are prescribed at an alarming rate in this country. Obstetricians and gynecologists write 2,645,000 antibiotic prescriptions every week. Internists give out 1,416,000 in the same period and pediatricians and family physicians lead the way prescribing over five hundred million dollars (\$500,000,000) worth of antibiotics

each year to treat just one problem--ear infections in children. Another 500 million plus is spent on antibiotics to treat other pediatric illnesses.

"In 1983 more than 51% of the three million plus patients who saw doctors for treatment of the common cold, were unnecessarily given a prescription for an antibiotic. Antibiotics do nothing for the common cold because the condition is viral in nature. It is no accident that the most allergic generation in history has also been raised on antibiotics." (Lendon B. Smith in **Beyond Antibiotics**, p. 3.)

"Several times a week I see a new patient whose allergies appeared or became much worse after a course of antibiotics. Recurrence rate [of middle-ear fluid] were significantly higher in the antibiotic-treated group than in the placebo group. Children receiving amoxicillin for chronic middle ear infection experienced two to six times the rate of re-occurrence." (Ibid.)

We are not the only ones realizing the danger that antibiotics can be. **Newsweek**, in an article called "Antibiotics-the End of Miracle Drugs" said this about the threat: "When a colony of bacteria is dosed with, say, penicillin, most die. But a few lucky microbes by chance harbor mutant genes that make them immune to the drug. They survive. The mutants pass on their resistant genes to their progeny...The mutants gladly share their resistant genes with unrelated microbes. Antibiotic uses have stimulated evolutionary changes unparalleled in recorded biologic history."

Bacteria are becoming so resistant that in 1993 alone, nearly fourteen thousand people died in our hospitals because the antibiotics could not kill what they're now calling "super-bugs."

The pharmaceutical industry cannot keep up with the ever changing microbes. New resistant strains of old diseases are springing up. That means that patients are suffering and dying from illnesses that science predicted forty years ago would be wiped off the face of the earth. One well-known bacterium, staphylococcus, is mutating so fast it is now called flesh-eating disease in its virulent new form. You have probably heard of people who have lost limbs, like Lucien Bouchard or even someone who has died from this deadly new invader. Before science catches up with the microbes many more people will die.

Now is not the time to depend upon antibiotics and drugs to take care of ourselves. It is time for us to aid our immune systems to fight these things. We are suppressing our immune system, not only through drugs, but through the foods we eat, and the life style we live. We need to now take charge and become educated in what we can do to fight off these diseases.

One thing is clear, use antibiotics or really any drug, only in an absolute emergency. Use drugs only as a last resort, when you have exhausted every other natural and spiritual means you have at your disposal.

"Since the nineteen fifties we have seen the development and overuse of antibiotics. The use of hormones, birth control pills, the development of immuno-suppressive drugs, prednisone, mytheltrephate, chemo therapy, the introduction of various chemicals and toxins in our environment, and significant changes which have occurred within our diets leaving our foods tainted with pesticides, depleted in nutritional value, loaded with sugars and dyes. Can we really continue to believe that these incredible changes have not affected the well being of some and eventually perhaps all of us?" **Chronic Fatigue Syndrome and the Yeast Connection**, p.X1.

The Bible says the devil came to steal and destroy and kill. Jesus Christ is not "anti-biotic," which means anti-life. Jesus is "pro-biotic"-for our lives. In Him is life and life eternal. We need to learn that by living healthfully and eating the right foods, we can strengthen the immune system.

How to Build a Strong Immune System

1. Follow the eight laws of health, which is God's plan.
2. Maintain an ideal weight by decreasing the number of calories you eat.
3. Eat a moderate protein, high complex carbohydrate, vegan diet rich in omega-3 fatty acid. (Found in flax seed, olive oil and some other naturally pressed oils.)
4. Eat lots of fiber rich food like fruits, vegetables and cereals that reduce the transit time in the colon. This will help to get carcinogens, the bile acids and other fats that can cause cancer, out of the system.
5. Avoid all animal products. Now is no time to be drinking milk, which is loaded down with residues of pesticides, antibiotics and growth hormones.

6. Keep salt intake low and avoid food additives and preservatives. Avoid condiments like mustard, vinegar, black pepper, baking soda and baking powder. Avoid caffeine and tobacco and alcohol, of course, but avoid other people's smoke also.
7. Eat plenty of raw fruits and vegetables for their enzyme content. Whenever possible, try to obtain foods that were not artificially grown and are uncontaminated with pesticides.
8. Have X-rays only when absolutely necessary.
9. Avoid refined sugar and nutra-sweet. (These are related to systemic lupus, fibro-myalgia, and multiple sclerosis.)
10. Use water filters whenever possible. Wash your hands several times each day and limit eating in restaurants.
11. Use stress reduction techniques, such as walking, Bible reading, prayer and taking a vacation.
12. Keep a hopeful, positive and cheerful attitude.



Study Hour at the Hungary Mission School

"The enemy well knows that if we do not have love one for another, he can gain his object, and wound and weaken the church by causing differences among brethren. He can lead them to surmise evil, to speak evil, to accuse, condemn, and hate one another. In this way the cause of God is brought into dishonour, and the name of Christ is reproached, and untold harm is done to the souls of men." Rev. & Her., July 27, 1911.

TOM'S TRIAL



It was a pleasant day in that particularly pleasant part of the summer time, which the boys call "vacation," when Tiger and Tom walked slowly down the street together. You may think it strange that I mention Tiger first, but I assure you Tom would not have been in the least offended by the preference. Indeed, he would have assured you that Tiger was a most wonderful dog, and knew as much as any two boys, though this might be called extravagant.

Nearly a year ago, on Tom's birthday, Tiger arrived as a present from Tom's uncle, and as he leaped with a dignified bound from the wagon in which he made his journey, Tom looked for a moment into his great, wise eyes, and impulsively threw his arms around his shaggy neck. Tiger, on his part, was pleased with Tom's bright face, and most affectionately licked his smooth cheeks. So the league of friendship was complete in an hour.

Tom had a pleasant, round face, and you might live with him a week, and think him one of the noblest, most generous boys you ever knew. But some day you would probably discover that he had a most violent temper. You would be frightened to see his face crimson with rage, as he stamped his feet, shook his little sister, spoke improperly to his mother, and above all, displeased his great Father in heaven.

Now I am going to tell you of one great trial on this account, which Tom never forgot to the end of his life. Tiger and Tom were walking down the street together, when they met Dick Casey, a school-fellow of Tom's

"O Dick!" cried Tom, "I'm going to father's grain store a little while. Let's go up on the loft to play."

Dick had just finished his work in his mother's garden, and was all ready for a little amusement. So the two went up together, and enjoyed themselves highly for a long time. But at last arose one of those trifling disputes, in which little boys are so apt to indulge. Pretty soon there were angry words, then (Oh, how sorry I am to say it!) Tom's wicked passions got the master of him, and he beat little Dick severely. Tiger, who must have been ashamed of his master, pulled hard at his coat, and whined piteously, but all in vain. At last Tom stopped, from mere exhaustion.

"There, now!" he cried, "which is right, you or I?"

"I am," sobbed Dick, "and you tell a lie."

Tom's face flushed crimson, and darting upon Dick, he gave him a sudden push. Alas! he was near to the open door. Dick screamed, threw up his arms, and in a moment was gone. Tom's heart stood still, and an icy chill crept over him from head to foot. At first he could not stir; then - he never knew how he got there, but he found himself standing beside his little friend. Some men were raising him carefully from the hard sidewalk.

"Is he dead?" almost screamed Tom.

"No," replied one, "we hope not. How did he fall out?"

"He didn't fall," groaned Tom, who never could be so mean as to tell a lie, "I pushed him out."

"You pushed him, you wicked boy," cried a rough voice. "Do you know you ought to be sent to jail, and if he dies, maybe you'll be hung."

Tom grew as white as Dick, whom he had followed into the store, and he heard all that passed as if in a dream.

"Is he badly hurt?" cried some one.

"Only his hands," was the answer. "The rope saved him, he caught hold of the rope and slipped down; but his hands are dreadfully torn - he has fainted from pain."

Just then Tom's father came in, and soon understood the case. The look he gave his unhappy son, so full of sorrow, not unmingled with pity, was too much for Tom, and he stole out, followed by the faithful Tiger. He wandered to the woods, and threw himself upon the ground. One hour ago he was a happy boy, and now what a terrible change! What has made the difference? Nothing but the indulgence of this wicked, violent temper. His mother had often warned him of the fearful consequences. She had told him that little boys who would not learn to govern themselves, grew up to be very wicked men, and often became murderers in some moment of passion. And now, Tom shuddered to think he was almost a murderer! Nothing but God's great mercy in putting that rope in Dick's way, had saved him from carrying that load of sorrow and guilt all the rest of his life. But poor Dick, he might die yet - how pale he looked - how strange! Tom fell upon his knees, and

prayed God to "spare Dick's life," and from that time forth, with God's help, he promised that he would strive to conquer this wicked passion.

Then, as he could no longer bear his terrible suspense, he started for Widow Casey's cottage. As he appeared at the humble door, Mrs. Casey angrily ordered him away, saying: "you have made a poor woman trouble enough for one day." But Dick's feeble voice entreated, "O mother, let him come in; I was just as bad as he."

Tom gave a cry of joy at hearing these welcome tones, and sprang hastily in. There sat poor Dick with his hands bound up, looking very pale, but Tom thanked God that he was alive.

"I should like to know how I am to live now," sighed Mrs. Casey. "Who will weed the garden, and carry my vegetables to market? I am afraid we shall suffer for bread before the summer is over," and she put her apron to her eyes.

"Mrs. Casey," cried Tom, eagerly, "I will do everything that Dick did. I will sell the potatoes and beans, and will drive Mr. Brown's cows to pasture."

Mrs. Casey shook her head incredulously, but Tom bravely kept his word. For the next few weeks Tom was at his post bright and early, and the garden was never kept in better order. And every morning Tiger and Tom stood faithfully in the market-place with their baskets, and never gave up, no matter how warm the day, till the last vegetable was sold, and the money placed faithfully in Mrs. Casey's hand.

Tom's father often passed through the market, and gave his little son an encouraging smile, but he did not offer to help him out of his difficulty, for he knew if Tom struggled on alone, it would be a lesson he would never forget. Already he was becoming so gentle and patient, that every one noticed the change, and his mother rejoiced over the sweet fruits of his repentance and self-sacrifice.

After a few weeks the bandages were removed from Dick's hands, but they had been unskilfully treated, and were drawn up in very strange shapes. Mrs. Casey could not conceal her grief. "He will never be the help he was before," she said to Tom, "he will never be like other boys, and he wrote such a fine hand, now he can no more make a letter than that little chicken in the garden."

"If we only had a great city doctor," said a neighbour, "he might have been all right. Even now his fingers might be helped if you should take him to New York."

"Oh, I am too poor, *too poor*," said she, and burst into tears.

Tom could not bear it, and again rushed into the woods to think what could be done, for he had already given them all his quarter's allowance. All at once a thought flashed into his head, and he started as if he had been shot. Then he cried in great distress:-

"No, no, anything but that, I can't do *that!* "

Tiger gently licked his hands, and watched him with great concern. Now came a great struggle. Tom stroked him backward and forward, and although he was a proud boy, he sobbed aloud. Tiger whined, licked his face, rushed off into dark corners, and barked savagely at some imaginary enemy, and then came back, and putting his paws on Tom's knees, wagged his tail in anxious sympathy. At last Tom took his hands from his pale, tear-stained face, and looking into the dog's great honest eyes, he cried with a queer shake of his voice:-

"Tiger, old fellow! dear old dog, could you ever forgive me if I sold you?"

Then came another burst of sorrow, and Tom rose hastily, as if afraid to trust himself, and almost ran out of the woods. Over the fields he raced, with Tiger close at his heels, nor rested a moment till he stood at Major White's door, nearly two miles away.

"Do you still want Tiger, sir?"

"Why yes," said the old man in great surprise, "but do *you* want to sell him?"

"Yes, please," gasped Tom, not daring to look at his old companion. The exchange was quickly made, and the ten dollars in Tom's hand. Tiger was beguiled into a barn, and the door hastily shut, and Tom was hurrying off, when he turned and cried in a choking voice-

"You will be kind to him, Major White, won't you? Don't whip him, I never did, and he's the best dog -

"

"No, no, child," said Major White, kindly; "I'll treat him like a prince, and if you ever want to buy him back, you shall have him." Tom managed to falter, "Thank you," and almost flew out of hearing of Tiger's eager scratching on the barn door.

I am making my story too long, and can only tell you in a few words that Tom's sacrifice was accepted. A friend took little Dick to the city free of expense, and Tom's money paid for the necessary operation. The poor crooked fingers were very much improved, and were soon almost as good as ever. And the whole village

loved Tom for his brave, self-sacrificing spirit, and the noble atonement he had made for his moment of passion.

A few days after Dick's return came Tom's birthday, but he did not feel in his usual spirits. In spite of his great delight in Dick's recovery, he had so mourned over the matter, and had taken Tiger's loss so much to heart, that he had grown quite pale and thin. So, as he was permitted to spend the day as he pleased, he took his books and went to his favourite haunt in the woods.

"How different from my last birthday," thought Tom. "Then Tiger had just come, and I was so happy, though I didn't like him half so well as I do now." Tom sighed heavily; then added more cheerfully, "Well, I hope some things are better than they were last year. I hope I have begun to conquer myself, and with God's help I will never give up trying while I live. Now if I could only earn money enough to buy back dear old Tiger." While Tom was busied with these thoughts he heard a hasty, familiar trot, a quick bark of joy, and the brave old dog sprang into Tom's arms.

"Tiger, old fellow," cried Tom, trying to look fierce, though he could scarcely keep down the tears, "how came you to run away, sir?"

Tiger responded by picking up a letter he had dropped in his first joy, and laying it in Tom's hand: -

"MY DEAR CHILD: Tiger is pining, and I must give him a change of air. I wish him to have a good master, and knowing that the best ones are those who have learned to govern *themselves*, I send him to you. Will you take care of him and greatly oblige

"Your old friend, MAJOR WHITE."

Tom then read through a mist of tears - "P.S. I know the whole story, Dear young friend, 'Be not weary in well-doing.'"



Teachers at a Cooking Class in Toronto



"The world will be convinced, not by what the pulpit teaches, but by what the church lives. The minister in the desk announces the theory of the gospel; the practical piety of the church demonstrates its power" Test. for the Church, Vol. 7. p. 16

PARSLEY PATCH

Introducing...

For most people, parsley needs no introduction. This crisp herb with celery flavour could be called the universal herb--you'll find it in almost every food preparation from A to Z. Parsley is one of the most nutritious herbs you can find, it is bursting with vitamins A and C, and is a good source of calcium and iron.

Who's Who

- There are two main types of parsley, curly-leaved (also called moss-curl) and flat-leaved (also called Italian parsley). Flat-leaved has a stronger flavour. Both are widely available, year-round.
- Flat-leaved parsley is often confused in appearance with fresh coriander, also known as Chinese parsley. But coriander doesn't belong to the parsley family, nor does it taste like its members.

Edible Garnish

Curly versus flat-leaved parsley is used extensively as a garnish. But this decoration is really worth eating, not only for its nutritional value but its breath freshening abilities. Parsley contains chlorophyll and is often all you need to rid onion-breath.

Buying & Storing

- Choose the greenest, perkier and crispest specimens. Avoid limp parsley with brown or wilted leaves.
- Here's how to tell the difference between flat-leaved parsley and coriander: Coriander has a pungent aroma and is usually sold with roots attached; flat-leaved parsley is usually a darker green colour and has little or no fragrance.
- Wrap parsley in paper towels and store in a plastic bag. It will keep for a week, or more.

Freeze It

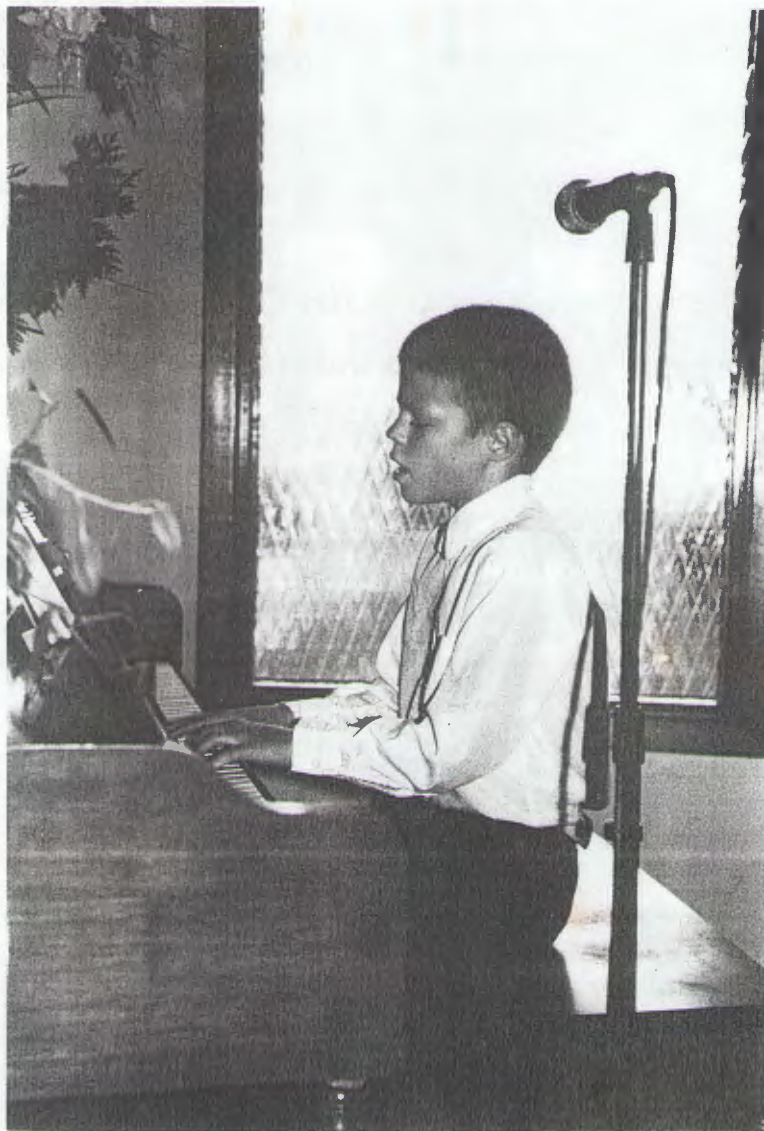
- Separate leaves from stems. Finely chop the leaves, spread out on a cookie sheet and flash-freeze for 30 minutes or until frozen. Put the parsley in a freezer-friendly plastic bag and it will keep for a year.
- Save the stems and freeze whole, in a plastic bag. Use without defrosting in stocks, soups and stews.

Cutting Tip

When chopping parsley, press it into a small ball, then slice finely.

Nutritional Bonus

- Parsley contains a phytochemical called coumarin--it's a natural blood thinner that protects against heart disease and stroke by preventing blood clots.
- Parsley belongs to the umbelliferous vegetable family which is currently being studied by the National Cancer Institute (USA) for its cancer-fighting potential.



*Richard Eaton praising God
in music and song*

He Chose This Path for Thee

He chose this path for thee.

*No feeble chance nor hard, relentless fate,
But love, His love, hath placed thy footsteps here.*

*He knew the way was rough and desolate,
Knew how the heart would often sink with fear;*

*Yet tenderly He whispers, "Child, I see
This path is best for thee!"*

*He chose this path for thee,
Though well He knew sharp thorns would tear thy feet,*

*Knew how the branches would obstruct thy way,
Knew all the hidden dangers thou wouldst meet,*

*Knew how thy faith would falter day by day;
And still the whisper echoed, Yes, I see*

This path is best for thee!"

He chose this path for thee;

And well He knew that thou must tread alone!

O'er rocky steps and where dark river flows,

His loving arm will bear thee all the days;

A few steps more, and thou thyself shalt see

This path is best for thee!