

The Canadian-Caribbean Union 

Messenger

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This painting by Annie Smith (1828-1855) is believed to be a self-portrait. See story on page 4.



Revelation 18th Angel

"After these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory." Rev. 18:1.

It is of utmost importance to everyone to know this angel--who he is--because he is the last messenger of God to this doomed world before the end.

The angels in Revelation 14 were recognized by their messages. Sister White writes of these angels. "No one hears the voice of these angels, for they are a symbol to represent the people of God who are working in harmony with the universe of heaven." LS 429.

The first angel was recognized by his message, "The hour of judgment is come." No other church proclaimed this message except the Millerites during the years of 1831-1844.

The second angel is recognized by his message, "Babylon is fallen." The remnant of the Millerites who adopted a new name, "Adventist" preached this message in 1844. They called all the churches who had rejected the Advent Message, Babylon and called people out of these churches to unite with themselves.

+ Also the Midnight Cry movement, the second part of the second angel's work is recognized by his message, "Behold, the Bridegroom cometh; go ye out to meet Him." Matt. 25:6. Since no other church preached this message therefore no one else could be this messenger.

"Near the close of the second angel's message, I saw a great light from heaven shining upon the people of God. The rays of this light seemed bright as the sun. And I heard the voices of angels crying, 'Behold the Bridegroom cometh; go ye out to meet Him.' This was the midnight cry, which was to give power to the second angel's message." EW 238.

The midnight cry movement was the second part of the second angel's message. Not all the people from the second angel's message joined this new movement. Even William Miller was opposing it in the beginning as well as other leaders.

The third angel in Rev. 14 is also recognized by his message. No other church preached this message of the "mark of the beast" except the Seventh-Day Adventists.

Every angel in this prophesy preached the whole Bible and salvation through Christ but they each had a special message which no other church proclaimed or believed; therefore by these special messages which were mentioned in the prophesy we can recognize them.

Also, we must be very careful not to add more angels or churches into the prophesy nor take away any as the warning is given to us in Rev. 22:18-19. Also we must understand that "the Lord God will do nothing but He revealeth His secret unto His servants the prophets." Amos 3:7.

The group that separated from the church of God in 1951 tried to add another angel into prophesy by claiming that they are the final Reformation. The Seventh-Day Adventists who claim that they will finish the work of God on the earth try to take away one angel from the prophesy. Terrible is the punishment upon those who tamper with the book of Revelation which God Himself has given us. (Rev. 1:1). No other church of God in the past history had so many prophesies about them as this last Reformation which is to finish the work of God on this earth.

The Loud Cry

Sister White quoted Rev. 18:1-6 and added, "This is the message given by God to be sounded forth in the loud cry of the third angel." Test. Vol. 8: 118.

She further explains the commission of this angel. "Then I saw another mighty angel commissioned to descend to the earth, to unite his voice with the third angel, and to give power and force to his message... The work of this angel comes in at the right time to join in the last great work of the third angel's message as it swells to a loud cry... This message seemed to be an addition to the third message, joining it as the midnight cry joined the second angel's message in 1844." EW 277.

How is it possible that an angel of God, His messenger can become weak and needs help of the other angel?

First of all the angels in the prophesy are not the entire church. The church as a whole is in a Laodicean condition which had become lukewarm. The faithful ones only among the church consisted the

messengers of God.

"The angels were represented as flying in the midst of heaven, proclaiming to the world a message of warning, and having a direct bearing upon the people living in the last days of the earth's history... They are a symbol to represent the people of God who are working in harmony with the universe of heaven, men and women, enlightened by the spirit of God, and sanctified through the truth, proclaim the three messages in their order." LS 429.

Those who are working in harmony with the universe of heaven who are enlightened by the Spirit of God, and who are sanctified through the truth, they are the messengers of God only.

What could make such messengers of God weak? In the church the majority rules. When the majority are unfaithful the few faithful ones are silenced and outvoted. This happened in the Seventh-Day Adventist church. The two percent of the faithful ones in Europe were disfellowshipped from the church. They were the third angel and now outside the church, without organization they were still weak as sheep without a shepherd.

Then the new angel, the new church organization came to the rescue. In the Reform church they could preach, print and proclaim the message of God. At the right time the faithful third angel joined the movement of the Rev. 18 angel.

This was a similar experience as took place in the second angel's message. New leaders with a new organization and with an additional message continued the work of God. Only a remnant of the church joined in it.

The beginning of this Revelation 18th angel's message we find at the 1888 Conference. "The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the earth." Rev. & Her., Nov. 1892.

The angel was not visible yet, but his light was shining at that conference. Unfortunately it was not accepted and darkness fell upon the church again. In 1914, the angel became visible. Those who had accepted Christ's righteousness message had power to go to prison and to death for their faith.

From that time on the Christ's Righteousness message has been preached by the Reform Movement, also the 10 commandments which the Seventh-Day Adventist church broke openly in the time of war. They committed fornication with the kings of the earth and turned away from the husband--Jesus Christ--who told us to love our enemies and not to fight against them. This message we must bring to the Adventists and to the other churches.

The Revelation 18th angel will prepare the people for the latter rain. That is the result of this angel's message. "I saw that this message will close with power and strength far exceeding the midnight

cry." EW 278.

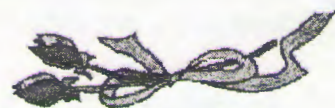
The closing of the message will be glorious. And what will cause it? "At that time the 'latter rain', or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and to prepare the saints to stand in the period when the seven last plagues shall be poured out." EW 86.

The church of the "loud cry" that is existing will receive the "latter rain". Then His work will swell to a great, mighty work and thousands will join in it from Babylon before the plagues are poured out. The "early rain" was given to 120 persons and as a result thousands were converted. How many will receive the "latter rain"? It may not be much more; only the faithful ones in the church of God who have heeded the counsel of the True Witness.

May the Lord help each one of us to do deep heart searching and preparation that we each individually will be part of the Revelation 18th angel as it swells to a great movement.

AMEN

Timo Martin



"Righteousness is holiness, likeness to God; and 'God is love'. It is conformity to the law of God; for 'all thy commandments are righteousness;' and 'love is the fulfilling of the law.' Righteousness is love, and love is the light and the life of God. The righteousness of God is embodied in Christ. We receive righteousness by receiving Him." Sons and Daughters of God, p. 304.



ANNIE SMITH

Annie was born in West Wilton, New Hampshire, on March 16, 1828, the only daughter of Samuel and Rebekah Smith. She was four years older than her better-known brother, Uriah, and four months younger than Ellen G. White.

At 10, Annie was converted and joined the Baptist Church. With her mother, she left that communion in 1844 to throw her youthful energies in to preparation for the second advent of Christ.

When the clouds of October 22, 1844, turned out to be only those that draped another drab New England day instead of a host of angels, Annie turned her attention to study and teaching. For the next six years she alternated between teaching in seven different district schools and pursuing her own intellectual enrichment.

She spent six terms at the Charlestown Female Seminary in Charlestown, Massachusetts, next door to Boston. The seminary, chartered in 1833, offered courses in English, philosophy, Romance languages, Latin, Hebrew, music, and art. There were also free lectures in anatomy, physiology, and chemistry.

During Annie's last term at the seminary, in 1850, she was enrolled in an art course. One day, while sketching a picture of Boston from Prospect Hill in Somerville, she is reported to have strained her eyes. For eight months she could hardly use them.

Meanwhile, her mother was becoming more and more concerned about Annie's avid pursuit of secular success in literature and art. When Joseph Bates, the sea captain who became an Adventist preacher, visited the Smith home in West Wilton, Mrs. Smith shared her burden with him. Since he was to be in Boston in a few days, he urged the mother to write Annie inviting her to his meetings that were to be held at Elizabeth Temple's home in Boston.

The night before the first meeting Bates had a dream. In it every seat in the room was filled except one next to the door. The first hymn was sung, and then, just as he opened his Bible to preach, the door opened and a young lady entered, taking the last vacant chair.

The same night Annie had virtually the same dream. The next evening she set out for the meeting in ample time, but lost her way. She entered just at the moment the dream had specified. Bates had been planning to talk on another subject, but remembering his dream, he switched to a sermon on the Adventist view of the Hebrew sanctuary.

At the close of the meeting he stepped up to Annie and said: "I believe this is Sister Smith's daughter, of West Wilton. I never saw you before, but your countenance looks familiar. I dreamed of seeing you last night." Annie related her own dream and was

deeply impressed with the turn of events, and she soon made a new commitment to the Advent faith.

A month after she attended Bates's meetings, Annie sent a poem, "Fear Not, Little Flock." to the REVIEW.

Impressed with Annie's poem and doubtless acquainted with her talents through her mother, James White, the editor, immediately wrote asking her to come to Saratoga Springs, New York, to assist him as a copy editor. She hesitated, pleading her eye trouble as a reason she could not accept. He told her to come anyway, and, upon her arrival, she was quickly healed after anointing and prayer.

Although most of Annie's time was spent in the drudgery of copy editing, occasionally she was given full responsibility for the REVIEW and the Youth's Instructor before her death three and a half years later. Ten of her hymns survive in the current Seventh-day Adventist Church Hymnal.

Annie had lived with the Whites in Saratoga Springs for only a few months when they moved to Rochester. Shortly before the move she turned 24. Times were hard for the little group of workers in Rochester. Ellen White tells how they had to use turnips for potatoes. Annie's work was not always easy, either. James White, driving hard in those difficult early days, could be a demanding taskmaster. Most of Annie's poetry was deeply and seriously religious, but she did venture at least one light-hearted rhyme that may reflect something of James White's eagerness that the REVIEW be a perfect paper. The poem was titled, "The Proof-Reader's Lament":

What news is this falls on my ear?
What next will to my sight appear?
My brain doth whirl, my heart doth quake--
Oh, that egregious mistake!

"Too bad! Too bad!!" I hear them cry,
"You might have seen with half an eye!
Strange! Passing strange! How could you make
So plain, so blunderous a mistake!"

Guilty, condemned, I trembling stand,
With pressing cares on every hand,
Without one single plea to make,
For leaving such a bad mistake.

If right, no need of praise is won,
No more than duty then is done,
If wrong, then censure I partake,
Deserving such a gross mistake.

How long shall I o'er this bewail?
"The best," 'tis said, "will sometimes fail;"
Must it then peace forever break--
Summed up, 'tis only a mistake.

In spite of whatever difficulties may have arisen, the Whites must have appreciated Annie and her work. James sent her a gift of \$75 during her last illness, and Annie's mother, writing of the bond of affection between her daughter and the Whites, said, "Annie loved them."

There was someone else whom Annie loved: the handsome young preacher John Nevin Andrews. John lived in Rochester during the same time Annie was there. They were about the same age, and both were bright and intellectually ambitious. There are indications that Annie had high hopes of a future with John, but he disappointed her, turning his affections to Angeline Stevens, a girl from his hometown, Paris, Maine.

The evidence for Annie's love and subsequent heartbreak lies half buried in a letter Ellen White wrote to John just one month after Annie's death: "I saw that you could do no better now than to marry Angeline; that after you had gone thus far it would be wronging Angeline to have it stop here. The best course you can now take is to move on, get married, and do what you can in the cause of God. Annie's disappointment cost her her life."

In the spring of 1854, Annie wrote two religious poems that may reflect this experience:

If other's joys (Angeline's?) seem more than thine,
Pause, ere thou at this repine;
Life hath full enough of woe,
For the sunniest path below.

And in a poem titled "Resignation", she wrote:

Thou art the refuge of my soul,
My hope when earthly comforts flee,
My strength while life's rough billows roll,
My joy through all eternity.

The possibility that Annie may have been in love with J.N. Andrews adds a new dimension to the controversy over her hymn "I Saw One Weary, Sad, and Torn". Each verse of that hymn has been thought to be an ode to one of her Adventist pioneer contemporaries. The first two stanzas have been assigned respectively to Joseph Bates and James White. Bates has been identified as the "many a line of grief and care," which on his brow was "furrowed there." He was much older than any of the other pioneers. James White is believed to have been the one who "boldly braved the world's cold frown" and was "worn by toil, oppressed by foes." But who would be the Adventist who
...left behind

The cherished friends of early years,
And honor, pleasure, wealth resigned,
To tread the path bedewed with tears,
Through trials deep and conflicts sore,
Yet still a smile of joy he wore:
I asked what buoyed his spirits up,
"O this!" said he--"the blessed hope."

The question of whether the stanza refers to John or Annie, if either, may never be resolved, and perhaps it is fitting that they are linked in this mystery.

It is no wonder that many of Annie's hymns were so somber. Not only was she an Adventist in a day when Adventists were scorned and despised, not only did she give up her hope of worldly fame, not only was she thwarted in love, but death itself was stalking her.

In November of that same year, 1854, Annie returned to her home in West Wilton, suffering from the first stages of tuberculosis. Annie arrived home November 7. A month later she was coughing blood.

Annie prayed for just one more privilege before she died. She wanted to be able to finish her long poem, "Home Here and Home in Heaven," and publish the little book of poetry she had been planning. Her brother Uriah came home in May, and helped her to copy and arrange her poetry for publication. As soon as the flowers blossomed that spring he sketched and engraved a peony, her favourite, to go on the title page of her book.

Annie told her mother that she believed there would be a change in her condition once the book was completed. Either she would be healed or she would die. She lived less than ten days after she finished her work.

Her mother chronicled the last days of her 27-year-old daughter in great detail. On the eighteenth day of July Annie wrote a poem titled "Our Duty":

Never from the future borrow
Burdens that no good repay,
Strength required for tomorrow,
May be lost on us today.

At three o'clock the next afternoon she said: "Mother, some change has taken place. I don't think I shall live through the day. About two in the morning she rallied some, and looked very happy. "Annie is being blessed," Mrs. Smith said to her brother John. Annie exclaimed, "Glory to God" a number of times, louder than she had spoken for a long while. "Heaven is opened," she said. "I shall come forth at the first resurrection."

Annie and her mother talked freely about her death long before it occurred. Her mother

did not look back on those last days as some hideous shame to be expunged from memory, but as something worth preserving in every detail.

On Tuesday morning, July 24, Annie composed her last poem:

Oh! Shed not a tear o'er the spot where I sleep;
For the living and not for the dead ye may weep;
Why mourn for the weary who sweetly repose,
Free in the grave from life's burden and woes?

No recasting can improve the poignant forcefulness of her mother's account of her last hours:

Tuesday night was a solemn and interesting night. I stayed with her alone through the night. Neither of us slept. She was very happy, and talked much with me. She said in her former familiar way, "My mother, I've been afraid I should wear you all out. I've called after you by night and by day." She felt bad to have me kept up as I was on her account. But she said, "I am here now, your dying girl. I think this is the last night, and you must be sure to rest when I am gone. O, my blessed mother, I shall bless you in Heaven for taking such care of me. No sorrow or suffering there. We shall all be free there. Yes, we shall all be free when we arrive at home, and we shall live forever. Yes, and I can smile upon you now through all my sufferings." It was her last suffering night. Wednesday, the 25th, a death coldness was upon her. In the afternoon, she became more free from pain and distress. While speaking in the evening of taking care of her, she said, "I shall not want any one to sit up; you can lie on the lounge." At one o'clock I called Samuel (another brother). She talked with him, called for what she wanted as usual, and told him he might lie down. About three o'clock she called him to wet her head with water, and said she felt sleepy. She was indeed going into her last sleep. Samuel wet her head, and soon after spoke to me and said, "I don't know but Annie is dying." I spoke to her. She took no notice, breathed a few times, and died apparently as easy as anyone going into a natural sleep. Her sufferings were over. She was gone. It was four o'clock in the morning, July 26, 1855.

Of Annie it can be said that in her affliction "still a smile of joy" she wore. What sustained her? What buoyed her spirits up? "O this," she replies, "the blessed hope."

AMEN.

Canadian-Caribbean Union Conference
will be held in Toronto, August 14-16, 1998.

It will be combined with the Canadian Field Conference.

The motto will be, "Ye are My witnesses." Isa 43:10.

Let us make a special effort to be present at this conference and let us pray for the presence of the Lord to be with us.



THE ELDERLY WORKER

“Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the LORD.” Leviticus 19:32

Everyone, who has ever lived, will experience the aging process. No one is exempt, unless their life has been cut short by an accident or an unexpected illness. Today there is less and less care and concern for the elderly. It used to be that the elderly were well taken care of by their children. Their love and their knowledge were much respected and valued. In today's society many elderly are left to live alone and have a steady stream of homemakers come and do their cleaning and cooking. Often they are placed in Senior's Care Homes or Nursing Homes by their children whose lives are too busy to take care of their elderly parents, or they may place themselves there realizing that no one has any time for them anymore. Often these elderly are there, just waiting to die. They get the occasional visit from a relative but generally speaking, they are no longer considered a useful member of society, and they know it too. This uselessness often leads to depression and an earlier death than they would experience should they be made an important member of the family circle. It is really a sad state of affairs that we see the elderly in these days.

Never should a person be told that they are useless. God has use for each person, and when their work is done, He will lay them to rest. Not every one of His followers reaches old age before their work is finished. John the Baptist died a young man in his 30's, but his work on earth was finished. Many of the martyrs in the Dark Ages also died in their youth, but God had a purpose in allowing their death. Their death brought many more to salvation than their life would have. As long as a person is alive, God has a purpose for that person and it is not up to us to lock them away in useless situations, such as nursing homes. (Unless they are severely ill and they need special care that the family cannot provide.)

It is the same with God's workers and leaders. They should never be put aside as unnecessary. As long as they have life, God has use for them. They may not have the youthful

energy that they used to have, but He has a different plan for their life. Too often we think of the older ones as too feeble and unimportant; the younger men are much wiser. They have come in and are ready to take over the work. This is not God's will because it is the older ones who have experience and we have much to learn from that experience. It is the older ones who have suffered many years for the truth, who have faithfully carried the torch of truth through their long years of life. “Those who have served their Master when the work went hard, who endured poverty and remained faithful when there were few to stand for truth, are to be honoured and respected. The Lord desires the younger laborers to gain wisdom, strength, and maturity by association with these faithful men. Let the younger men realize that in having such workers among them they are highly favored. Let them give them an honored place in their councils.” *Acts of the Apostles, p. 573, 574.*

In fact, we are told that God's cause needs the elderly ones. They are still alive because God has a purpose for them. They certainly can take a leading role in the committees and councils, while the young men are out in the field of labour doing the more strenuous work for which the elderly no longer have strength. They are needed for preaching, teaching and instructing the members as to the various missionary activities that have proven successful for them in the past. “The cause needs the help of the old hands, the aged workers, who have had many years' experience in the cause of God.” *Selected Message, Vol, 2, p. 224.* “I greatly desire that the old soldiers of the cross, those grown gray in the Master's service, shall continue to bear their testimony right to the point, in order that those younger in the faith may understand that the messages which the Lord gave us in the past are very important at this stage of the earth's history. Our past experience has not lost one jot of its force.

“Let all be careful not to discourage the pioneers, or cause them to feel that there is little they can do. Their influence may still be mightily exerted in the work of the Lord. The testimony of the aged ministers will ever be a help and a blessing to the church. God will watch over His

tried and faithful standard-bearers, night and day, until the time comes for them to lay off their armor. Let them be assured that they are under the protecting care of Him who never slumbers or sleeps; that they are watched over by unwearied sentinels. Knowing this, and realizing that they are abiding in Christ, they may rest trustfully in the providences of God." Ibid, p. 406

These elderly ones have sacrificed much for the cause of God and we have much to learn from them. Those alive still today have gone through at least one World War, and have suffered much for the cause they love. They are never to be pushed aside, with the thought that the young workers have more wisdom, new ideas. They certainly can counsel together. "Let not the fact be lost sight of that in the past these earnest wrestlers sacrificed everything to advance the work. The fact that they have grown old and gray in the service of God is no reason why they should cease to exert an influence superior to the influence of men who have far less knowledge of the work and far less experience in divine things. Though worn and unable to bear the heavier burdens that younger men can and should carry, their value as counselors is of the highest order. They have made mistakes, but they have learned wisdom from failures; they have learned to avoid errors and dangers, and are they not then competent to give wise counsel? They have borne test and trial, and, though they have lost some of their vigor, they are not to be pushed aside by less-experienced workers, who know very little about the labor and self-sacrifice of these pioneers. The Lord does not thus lay them aside. He gives them special grace and knowledge." *Test. Vol. 7, p. 287, 288* "Those experienced laborers who toiled under the burden when it was heavy and there were few to help bear it, God regards. Be careful how you reproach them, or murmur against them; for it will surely stand to your account, and the prospering hand of God will not be with you. Some brethren who have the least experience, who have felt no burden, and have done little or nothing to advance the cause of present truth, and who have no knowledge of matters at Battle Creek, are the first to find fault with the management of the work there. And those who do not observe order in their temporal concerns, and command their households after them, are the ones who oppose system, which will ensure order in the

church of God. They exhibit no nice taste in worldly matters, and are opposed to anything of the kind in the church. Their influence should not have the least weight upon others." Ibid, Vol, 1, p.239. I always have wondered about those who are constantly complaining about others and pointing out faults, especially in the leaders. They probably have some thing that they have not yielded to the Lord themselves.

It is such a blessing to see young people give their lives to the Lord's service; to become canvassers, Bible workers and ministers. There is no higher calling that a young person can have. The best education a young person can receive is to learn from the experienced. In the times of the Waldenses, when the young people went out at the peril of their lives with the Word of God hidden in their cloaks, they were sent two by two. Usually an older, more experienced person went along with a younger, inexperienced person. Thus the younger person received the necessary training to train another young person, when he became older and more mature. We are often tempted to give these young workers more responsibilities in the church to encourage them in their work. There is a tendency to want them to preach regularly and become teachers before they are ready. The Lord tells us that we are not to let them preach before they have had more experience. "The Lord has not given to those of little experience the work of preaching to the churches." *Evangelism p. 50* "The Lord has not called young men to work among the churches. They are not called to speak to an audience that does not need their immature labors, that is well aware of the fact, and feels, under their ministrations, no drawing of the Spirit. Let the young men of ability connect with experienced laborers in the great harvest field. Very many will succeed best by beginning with the canvassing work and improving the opportunities afforded them for gospel ministry." *Test. For the Church, Vol. 6, p 415*

AT CONFERENCES

Then, when conference times rolls around it is common to have the new, young workers take an active part. They are so enthused at having an opportunity to preach at such a large gathering but this is not the will of the Lord. This applies not only to young workers but also to new workers, those of less experience. Should there be more

experienced workers at the conferences, they should be allowed to share their wisdom before the inexperienced workers. "At some of the meetings held, old, gray-headed men, who were experienced in teaching the truth, and upon whom the Lord had placed the burden of showing His people where we stand in this earth's history, sat by and listened, while young men preached to the people.

"In some of the Eastern States, the same idea has prevailed, -- that the young ministers of the Conference should be brought to the front to preach, while the old, experienced ministers listened. But when the young men are pushed to the front, and the experience of pioneers in the cause is not appreciated, God is dishonoured; for thus the people lose the message that the Lord wishes them to hear.

"I counsel my brethren in responsible positions not to let young men carry heavy responsibilities in preaching when they should be listening to the word of the Lord from the men who for many years have been preaching the truth and carrying the burden of the work.

"The words of the apostle, "Feed the flock of God," mean very much. Those who attend our large gatherings are to hear the word of God explained by our most experienced men. And the same plan should be followed in our business meetings. Christ's aged ministers are to bear the messages of truth in our large conferences and in our camp-meetings." *Unpublished Testimonies, Vol. 9, p 72.* From this statement I understand that at the conferences it is the older ministers and workers who are to have priority in the speaking and preaching. They have much to teach the younger ones. The younger ones are there to learn and as they gain experience the time will come when they will teach those younger than they are.

AS LEADERS

"Some who have but just received the truth of the third angel's message are ready to reprove and teach those who have been established in the truth for many years, and who have suffered for its sake and felt its sanctifying power. Those who are so puffed up by the enemy will have to feel the sanctifying influence of the truth and obtain a realizing sense of how it found them -- 'wretched, and miserable, and poor, and blind, and naked.' When the truth begins to purify them and purge

away their dross and tin, as it surely will when it is received in the love of it, the one who has this great work done for him will not feel that he is rich and increased in goods and in need of nothing.

"Those who profess the truth and think they know it all before they have learned its first principles, and who are forward to take the place of teachers and reprove those who for years have stood stiffly for the truth, plainly show that they have no understanding of the truth, and know none of its effects; for if they knew any of the sanctifying power, they should yield the peaceable fruits of righteousness and be humbled under its sweet, powerful influence. They would bear fruit to the glory of God, and understand what the truth has done for them, and esteem others better than themselves." *Early Writings* p. 118, 119

It is actually the older workers who are to hold positions in the councils. They may not be well, but, "Notwithstanding their many infirmities, these workers still possess talents that qualify them to stand in their lot and place. God desires them to occupy leading positions in His work. They have stood faithful amidst storm and trial, and are among our most valuable counselors. How thankful we should be that they can still use their gifts in the Lord's service. . . . Let them give them an honoured place in their councils." *Testimonies for the church, Vol. 7, p. 287, 289*

THE EXAMPLE OF JOHN

We have many examples in the Bible when God was able to use the aged workers. "The history of John affords a striking illustration of the way in which God can use aged workers. When John was exiled to the isle of Patmos, there were many who thought him to be past service, an old and broken reed, ready to fall at any time. But the Lord saw fit to use him still. Though banished from the scenes of his former labor, he did not cease to bear witness to the truth. Even in Patmos he made friends and converts. His was a message of joy, proclaiming a risen Saviour who on high was interceding for his people until he should return to take them to himself. And it was after John had grown old in the service of his Lord that he received more communications from heaven than he had received during the rest of his lifetime." *Review and Herald, 09-12-12*

“God calls upon His aged servants to act as counselors, to teach the young men what to do in cases of emergency. Aged workers are to bear, as did John, a living testimony of real experience. And when these faithful workers are laid away to rest, with the words, “Blessed are the dead which die in the Lord (Rev. 14:13), there should be found in our schools men and women who can take the standard and raise it in new places.” *Selected Messages, Vol., 2, p. 227*

It is not up to us to decide when the older workers in the church are not needed anymore and the time has come for the young men to take over. They must work together in whatever capacity they are able until the Lord removes the aged ones in death.

God has a proper place for these elderly workers and never should they be pushed aside as unimportant. Their lives are still preserved because God has work for them to do. Let us cooperate with God in His plans and not push the inexperienced to the forefront, but rather let us all

be learners from these “hoary heads” because one day they will no longer be with us and then it will be too late. Many prophets and leaders have not been appreciated while they were alive, but after their death they were sorely missed. The people regretted the lack of appreciation they had for the person when he was still alive.

Soon there will be a time when most of the older ones will be in their graves and we younger ones will have to stand in the knowledge we have been able to gain in our short lives. The Latter Rain and the Time of Trouble are coming in the not too distant future. Let us make good use of the knowledge available from our elderly ones while we still have them today, in preparation for the momentous events of tomorrow.

“The hoary head is a crown of glory, if it is found in the way of righteousness.” Proverbs 16:31

Wendy Eaton



Busy activity in the printshop.



The Forgotten Giant

John S. Theodorou, DDS
Athens, Greece



Everyone, no doubt, knows the story in the Bible about David and Goliath, the giant. Almost 3 metres, about 9 1/2 feet in height (1 Sam 17). But, did you know that there was another giant in David's life? His name was Ishbibenob, a relative of Goliath's, and a Philistine whom David was not able to kill. His spear weighed 300 shekels of brass, 4 kilos or 7 1/2 pounds. 2 Sam. 21:15-17.

David bravely faced him, but it proved too much for the king. It took Abishai, David's nephew who had a blood-thirsty spirit to rescue him from certain death. The love for David by his men led them to refuse to allow David to fight again.

Let's learn a few important lessons from this story of the forgotten giant. There are three points I want to cover regarding this:

1. God Does Not Always do Miracles

God directed David's sling to its certain deadly target with Goliath. In the case of Ishbibenob, God directed Abishai's sword to the rescue. Sometimes God does the unusual, but more often He uses the means that are available. For example, he sends others to you, i.e. angels, people or circumstances you never expected, and at just the right time.

2. Giants Have Ways of Coming Back

We never really outgrow temptations and trials. Alluring temptations are used by

Satan to separate men from God (GC 610). They are brought to bear on God's people and will be stronger as the end draws near (3T 571), and will be new and unexpected (GW 257). Many trials are before God's people which many of us have not anticipated (4T 633), for which Christ's disciples in the time of trial were found unprepared (GC 594).

Yes, as a young man David killed Goliath, but as an older man he now faced Goliath's monstrous relative.

Sound spiritual counsel is to watch and pray. You never know when there's another giant around the corner. "So, if you think you are standing firm, take heed that you don't fail." 1 Cor. 10:12.

When Nehemiah summoned his people to rebuild the walls of Jerusalem from the heaps of rubble, the surrounding enemies became angry and plotted together to fight Jerusalem and stir up trouble against it. Neh. 4:1-9. But, we find the secret of Nehemiah's victory over his enemies in v. 9, "but we prayed to our God and posted a guard day and night to meet this threat." Again, watch and pray!

In the New Testament time, many learned this secret and made it a living motto in their lives. Let us go on further and see its practical application in our lives today:

1. Watch and Pray

The secret how to gain victory over the

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→ renders tending
→ strength
→ protection

world! In Mark 13 and Matthew 24 we see the signs of the end of the time, the last days. Many conditions and events of the world are tending to pull many believers away from the Lord. Let's turn to our Bible and read Matt. 24:33, "even so, when you see all these things, now that it is near, even at the doors;" and in Mark 13:33 we read, "Be on guard, be alert, you do not know when that time will come." Brethren, pray with your eyes open wide (Col. 4:2-4) that the world will not seduce you and draw you from your loyalty to Jesus.

2. Watch and Pray

For a secret how to gain victory over the flesh! In Mark 14:38, we find Jesus in the Garden of Gethsemane, and His disciples, Peter, James and John. Jesus returned to find them sleeping, and warned them, "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." What happened? Peter didn't pray and neither watched and therefore he walked into a terrible temptation and sin.

3. Watch and Pray

For a secret how to gain victory over Satan! Paul describes to us in Eph. 6:18 how to "take a stand against the devil's schemes" (v.11) by putting on the armour of God, to face the enemy of God with the right equipment, and he tells us again, "be alert and always keep on praying for all the saints" (V. 18). Don't fall asleep but pray!

4. Watch and Pray

For a secret on how to find open doors to witness in your ministry. God calls us to

be His witnesses in the world today (PK 487). Heavenly intelligences are watching all what we do or say (SD 37). Are you doing witnessing more distinctly and decidedly than ever before? (8T 55). If your heart is turned to God to serve Him, opportunities to bear witness for Him will appear no matter wherever you are or what the circumstances may be. You can witness in your conversation, by your conduct and attitude, to your acquaintances, giving to each one impartially and unselfishly. Let's proceed further to the third point in this lesson:

3. You Can't Always Win the Battle Alone

Years before, David was the sole hero when he killed Goliath. Later, however, David faced another giant and needed help. His nephew Abishai was a fiery, stubborn youth. David did not agree with him always, but with all his faults Abishai was the man God used to save David's life.

It may surprise you when you get to heaven, to discover those Christians whom God used to help you along during your long journey of life.

You're never alone! What kept Moses going? In Deut. 31:6-8, "... the Lord himself goes before you and will be with you, he will never leave you nor forsake you... Do not be afraid, do not be discouraged." What kept Joshua going? in Joshua 1:1-9, "... be strong and courageous. Do not be terrified, do not be discouraged, for the Lord your God will be with you wherever you go." There was a difference in years and circumstances for Joshua, the new leader of Israel, but he remained faithful. To Moses, the Egyptian education and

culture he was exposed to was not enough to sustain him, but the personal strength he drew from God. He was sustained by the promise. Moses tried to get out of the responsibility two times of leading Israel. The Lord told Joshua, "...as I was with Moses, so I will be with you, I will never leave you or forsake you." They were both sustained by this promise. After Moses died, Joshua had the same promise. The promise helped Moses carry the burden, and the same promise helped Joshua carry the battles. This promise, this same promise is for everyone... the obedient ones. What is this promise again? "... I will never leave you or forsake you." Josh. 1:5.

As a man grows older, there are more burdens to carry, and battles to fight. It's hard to be both Moses and Joshua in our own places of responsibility. They both had the same promise because they trusted in God and His word. We, too,

can have that same promise when we heed the words of the Lord in Heb. 13:5. "Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you'."

Let us read together the last words of the Lord to His disciples in Matt. 28:20. "And teaching them to obey everything I have commanded you. And surely I will be with you always, to the very end of the age." These are comforting words, sure words, inspiring words.

A child of God is never alone, no matter what the burdens are, or the battles he has to fight. Is there a giant enemy in your life, a forgotten giant? The Saviour is always by your side. Yield! Give in to Him, and accomplish His purpose in and through you.

AMEN.

LET HIM



Going out to do missionary work in Streetsville.

From a Woman's perspective.....



"a woman who honours the lord deserves to be praised"

Proverbs 31:30 (cev)

When God created this earth, He filled it with everything necessary for its survival and enhancement. The crowning glory was the creation of humankind. He first created Adam and gave him the task to name all the animals that He had made. While Adam was busy with this task, I am sure he noticed the fact that each species were created in pairs, a male and a female and yet he seemed to be the only one lacking a partner. But God had made sure that when everything was ready, He caused Adam to fall into a deep sleep, and while he was asleep, God took "out one of the man's ribs. Then after closing the man's side, the Lord made a woman out of the rib. The Lord God brought her to the man, and the man exclaimed, 'Here is someone like me!'" Gen. 3:21-23 CTV.

God's purpose for the woman was to be the man's equal partner, for she was not chosen from his head to rule, nor from his feet to be controlled by him, but to be by his side, equal in every way.

Throughout the ages, the woman's role has been redefined by making her subservient, of lesser value, often mistreated, abused, intimidated and controlled. Satan has been busy at work with mankind to bring disharmony and unhappiness to the only institution besides the Sabbath which was ordained in the Garden of Eden. It is only in the latter part of this century that women have started to regain their status of equality beside the man, as God had ordained in the very beginning. It is true, a majority of the men see this strive for women's equality as a threat to their "manhood" and they fear they will be losing their power base and hence their control. If they would just stop for a moment and reflect upon God's original plan, they would come to realize that a God-fearing woman in their lives is a tremendous asset in the role that was originally assigned to her.

One of my favourite passages in the Bible is found in Proverbs. Proverbs is a collection of sayings which were used in ancient Israel to teach God's people how to live right. In Proverbs 31:13-29 of the Contemporary English Version we read as follows:

"With her own hands she gladly makes clothes. She is like a sailing ship that brings food from across the sea. She gets up before daylight to prepare food for her family and for her servants. She knows how to buy land and how to plant a vineyard, and she always works hard. She knows when to buy or sell, and she stays busy until late at night. She spins her own cloth, and she helps the poor and the needy. Her family has warm clothing, and so she doesn't worry when it snows. She does her own sewing, and everything she wears is beautiful. Her husband is a well-known and respected leader in the city. She makes clothes to sell to the shop owners. She is strong and graceful, as well as cheerful about her future. Her words are sensible, and her advice is thoughtful. She takes good care of

her family and is never lazy. Her children praise her, and with great pride her husband says, "There are many good women, but you are the best!"

These passages were written in the times of ancient Israel, yet they make a powerful statement even today. The times and the way of life have changed in many ways but the basic practical advice for everyday living, in the home, in society, at school or at work is very much applicable for us who live on the brink of the new millennium.

In reading the above passage it seems as if the verses could have been written today. I can identify with this woman of long ago so well because she could just as well be the woman of today, her lifestyle, her wisdom and aspirations. The woman here portrayed is truly a woman of the 1990's. She is not a subservient being to be ordered around at anyone's whim. She juggles family, children, husband, business and the community. What really warms my heart at the end of the passage is the fact that her efforts have not gone unrecognized. Her children praise her and her husband is proud of her independent spirit and her resourcefulness and says, "There are many good women, but you are the best!" How often does that kind of a recognition come to a woman, wife and mother. I would bet on it that it's not very often, if ever.

Often we women talk amongst ourselves how our work is very seldom appreciated, our labours are not seen of being equal value to that of men and, more often than not, equal remuneration is also lacking. If a woman works in the home (which, "while a man work's from sun to sun, is never done"), it is not seen as "real"work. We work even longer hours if we work outside of the home as well. Then in essence, we are doing two full-time jobs. Even in our so-called enlightened age, homemaking is still seen as a woman's domain. Sure, there are husbands who do pitch in but according to the statistics, women still do the bulk of the work around the home in addition to their jobs outside of the home. However, I think the most important point that I want to make here is that given all these circumstances, women truly are wise, sensible, strong and capable in meeting all the challenges of life, whether in the domestic domain or the business world of today, as was the woman of ancient Israel portrayed in the passage of the book of Proverbs.

The reason for me in writing about this subject is that often in our publications, we have articles that deal with generic issues, those of doctrine, current events, health, diet, children and other matters of interest but what to me is lacking are issues that would be of specific interest to all women readers. It is true some of them touch briefly on subjects of special interest to women. The idea for this article, and hopefully others in the future, came to me while I was driving to work one day. Often while I drive to work I have time to do some creative thinking. My hands are busy with driving but my mind is free to wander. One day I was watching the drivers in the other cars and noticed that a great number of them were women, many of them likely with families, also on their way to their respective jobs, and the above Bible passage came to my mind and I realized that there are a lot of issues from a woman's perspective that are ignored in our magazines and very seldom written about in detail. Most of them are briefly glossed over in terms of her place in a family as the mother. That is only one facet of a multi-faceted role that women today perform at home, business and the church. "From a Woman's Perspective" is not simply about a woman who is part of a family, ie "wife and mother", but also about all Christian women whose contributions are very seldom recognized, the single woman, the single-parent, the widow, the aging, the sole wage earner and given today's realities, also the divorced woman. Each one has her own challenges, her unique situation with which she has to deal. Often it is very easy, especially in our church community to ostracize, even though unwittingly, those who are not in the

role of a "mother/wife" and living within the confines of marriage. In most cases the situation is beyond the woman's control. Or it may be the woman's choice to be on her own. These women need to be respected. The attitude towards them is to ignore the issues they face and just brush them off with "their decision, their situation, they must learn to live with it". They do, and most do it very well, but life is often not that simple. It is important to recognize the whole spectrum of situations and ensure that we cover all the issues in our publications.

Current Events

For this article I decided to focus this event on family relationships. I have noticed that many of the medical/scientific study results done today reinforce our beliefs. I am not saying all of them do but a large number of them are directly related to our teachings. I truly believe that God guides the hands and minds of the scientists in their search for solutions to many of the problems in this sinful world and reinforce those precepts that God instituted from the very beginning for humankind's benefit. As God's people, we should be aware of these in order that we can use them wisely when we witness to those around us.

InteliHealth, John Hopkins Health Information reported on a study done in resolving troublesome marital interactions. They concluded that the "active listening" method is not very effective, especially when the spouses are in the midst of a heated conflict. The method that worked best according to this study, was when a spouse used, what they called, a softened "start-up" to discuss an issue. One critical component was the influence the spouses have over each other; in other words, if you can't influence your spouse, it would be difficult to maintain a relationship with him or her. The most interesting variable that produced happier marriages was that "...the husband should try to accommodate his wife and bend to her influence. There are some biological and social givens about men and women, in that women tend to be more yielding than their mates. When women don't get the same treatment, the relationship suffers. Research seems to indicate that the man's flexibility and willingness to accommodate his partner is a better predictor of a successful marriage. This doesn't mean that every marriage will end in divorce if the husband is unyielding, but more divorces will likely come about". InteliHealth, April 1, Baltimore

At first glance you may say that this is in opposition to what God had designed men and women to be. But I believe in light of the Scriptures, especially the one we quoted in the beginning, it agrees with the study's results. The Scripture passage's portrayal of the woman attributes her success to the qualities she possesses. She is industrious, strong, graceful and cheerful. Most importantly, her words are sensible and she gives thoughtful advice. Her relationship with her husband is that of a partner. She is free to develop herself to the full potential, both in the home and business environment. Proverbs 31:10, 11 says, "A truly good wife is the most precious treasure a man can find! Her husband depends on her and she never lets him down." If we look at the rest of the verses, they portray a strong, independent and wise woman whose "words are sensible and her advice is thoughtful". And another verse in Proverbs 14:1 says, "A woman's family is held together by her wisdom". CEV Does this not sound like the predictor in the study of a successful marriage? Both the Scriptures and the study outline the importance of a woman's role and how she uses that role. The other important aspect is the man's response to that role. It clearly outlines the man in a non-controlling role; in a role where he is willing and flexible to accommodate the woman and bend to her influence.

Many men of today find it hard to change their outlook, especially those of the older generation. They firmly believe that they should be the ones in control, have the position of power in a

relationship and the woman should automatically be delegated to a lesser role. However, relationships are partnerships and in partnerships both partners must work in harmony. If we are to have successful relationships and marriages today, we must learn to advance in our Christian walk. We need to become more Christ-like, learn of Him. If there is anyone who used the softened start-up, Christ was the master of this technique. Whenever we get into a situation that could become ugly, we should stop and ask ourselves, "what would Christ do in my shoes?". Also it is important to examine ourselves to determine what motivates us to do the things we do. Ultimately, we are judged by our motives which produce our actions. But it's the actions that leave an impact, either negative or positive. The actions are what cause troublesome interactions in any relationship. In an impasse situation, it is often good to take time out to "chill" and take an inward look at ourselves. Assigning motivation to the game of "one-upmanship", or to "gender" stereotyping destroys the peace and harmony and gives free reign to Satan's meddling. An important point to ponder on and to remember is the material used and its placement when God created the woman, man's partner.

Health Tips

We have often heard that vegetarians need to take additional vitamins to supplement their "deficient diets". Even some people in our church are strong proponents of vitamin therapies. The bottom line is, you are wasting precious money on something that will not do you any good. It will make the manufacturers rich and that's about it. Nutrition Action Health Letter of May 1998 provides the following information:

1. **No excuses.** Vitamins won't fix a lousy diet. They can't neutralize saturated fat, salt, and sugar. Nor do they supply the disease-fighting phytochemicals in fruits, vegetables, and some other foods.
2. **No excesses.** Some people assume that, when it comes to vitamins, more is always better. In fact, too much may cause harm. For example, when scientists gave high doses of beta-carotene to smokers to cut their risk of lung cancer, cancer rates went up, not down. "When beta-carotene is taken in the amounts found in fruits and vegetables, it—or something else in the foods—offers protection against almost all cancers...But some people thought that more (in vitamin pill form) would be better, and, to our surprise it wasn't".
3. **No magic bullets.** Vitamins alone can't keep you healthy. Calcium can help prevent osteoporosis (loss of bone density), for example, but it's just part of the story. Genes, exercise, vitamin D and other nutrients also matter.

This doesn't mean that you shouldn't take vitamins. Just remember the above rules of common sense. God has given us a diet which we can trace back to the Garden of Eden and if we follow it and ask His blessing on everything that we eat, there is no need to go overboard on "pill popping". If we feel the need to mega supplement our diets, we are in essence saying that the Creator has given us a less than perfect diet and we show our lack of faith in Him by being presumptuous in trying to improve God's design. Remember, God has promised that He will provide all our needs.

If you have a topic "From a Woman's Perspective" that you would like to submit or would like to see dealt with in the Messenger, kindly send me a note c/o the Messenger address on the inside cover or e-mail me directly at amartin2@pathcom.com

May the Lord bless you richly as you continue to grow in your Christian experience. AMEN



"HEAR, O ISRAEL"

Are you in love? Have you ever been in love? I remember the time when I thought I was in love. I was about ten years old. The girl's name was Angel. When she had agreed to become my girlfriend, I walked her home from school every day. And as soon as I returned home, I called her on the telephone. I also visited her whenever possible. Once I used a comic book character to create Valentine's Day cards for her. This helped her win a contest for receiving the most cards. She was probably in my every thought. Unfortunately, our relationship ended after about a week and a half. She had said that I was giving her too much attention. "Be strong and of good courage, fear not, nor be afraid of them. For the Lord thy God, He it is that doth go with thee. He will not fail thee, nor forsake thee." Deut. 31:6.

Have you heard or read about the brethren of old, such as Br. William Miller, Br. and Sis. White, Br. Joseph Bates, Dr. John Nevin Andrews, and others? Do you believe they sacrificed their families, their time, and their means for God or for man? "Hear, O My people, and I will speak. O Israel, and I will testify against thee. I am God, even thy God. If I were hungry, I would not tell thee. For the world is Mine, and the fullness thereof." Psalms 50:7,12.

"The fact that there is no controversy or agitation among God's people should not be regarded as conclusive evidence that they are holding fast to sound doctrine. There is reason to fear that they may not be clearly discriminating between truth and error." 5T 707. It is my opinion that

some Bibles should not be read, especially by those who are new students to "the Word of life". "Beautiful words, wonderful words, Wonderful words of life." I John 1:1. SDA Hymnal 286. For example, in some Bibles man has added his interpretation as in Mark 7:19, declaring all meats to be clean to eat. *Rom 14:1-12*
COL 2:16 Someone may take this to be scriptural. Another verse I found where the power had been taken away was in Matt. 5:48. The word "mature" had taken the place of "perfect". In the dictionary, perfect is defined as being entirely without fault or defect; satisfying all requirements; corresponding to an Ideal Standard... Jesus Christ, who "was in all points tempted like as we are, yet without sin". Mature is defined as having completed natural growth and development; having attained a final or desired state... "Rich, and increased with goods, and have need of nothing." Heb. 4:15, last part. Revelation 3:17, Merriam Webster's Collegiate Dictionary. Still, another attempt to lessen the force of God's words was found in the Psalms. Because the words were not changeable, the reader is directed to the margin for the interpretation which reads, "Or all his thoughts are, There is no God." The reader would probably proclaim, "I believe there is a God." "Thou believest that there is one God. Thou doest well. The devils also believe, and tremble." Psalms 10:4, last part, James 2:19.

Is it an evil thing to have God, who "was in Christ, reconciling the world unto Himself," in all our thoughts, thinking of Him as we "sittest in thine house, and when thou walkest by the way, when thou

liest down, and when thou risest up?" Meditating on Him day and night because He is our delight. "Thou wilt keep him in perfect peace, whose mind is stayed on Thee. Because he trusteth in Thee." 2 Cor. 5:19, Deut. 11:19, Is. 26:3. "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandments greater than these." "Therefore all things whatsoever ye would that men should do to you, do even so to them. For this is the law and the prophets." Mark 12:30, 31; Matt. 7:12.

"My brother, my sister, is it nothing to you to know that every day souls are going down into the grave unwarned and unsaved, ignorant of their need of eternal life and of the atonement made for them by the Saviour? Shall we wait until God's judgments fall upon the transgressor before we tell him how to avoid them? Shall the people be left in ignorance of the great event before them and have to meet that awful day unprepared? Shall those who profess to love God and keep His commandments be indifferent to the souls of men? What are we thinking of, that we cling to our selfish love of ease, while all around us souls are perishing?

Have our hearts become utterly callous? Can we not see and understand that we have a work to do in behalf of others? My brethren and sisters, are you among those who, having eyes, see not, and having ears, hear not? Is it in vain that God has sent you warning after warning of the nearness of the end? Do you believe that God's judgments are hanging over the inhabitants of the earth? How, then, can you sit at ease, careless and indifferent? Shall we not, by self-denial, do all that we can to advance God's enterprise of mercy? Shall we not become His undershepherds, to seek for the lost and straying? Blessed is that servant, whom his Lord when He cometh shall find so doing." 9T, pp. 44, 20, 60, 27, 54. Luke 12:43.

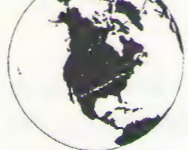
"And that servant, which knew his Lord's will, and prepared not himself, neither did according to His will, shall be beaten with many stripes." "And cast ye the unprofitable servant into outer darkness. There shall be weeping and gnashing of teeth." Luke 12:47; Matthew 25:30.

AMEN.

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Current Scene

Clinton Retains Support of Women,

from *The Link Newspaper*, April 24, 1998.
Washington, D.C.

"To the utter surprise of his friends and foes alike, U.S. President Bill Clinton has managed to retain the overwhelming support of his core political constituency – the women- in his defence against Paula Jones' accusations of sexual harassment against him.

"Ample evidence of his high approval rating among women was demonstrated yesterday when America's mainstream feminist group, the National Organization for Women (NOW), announced that it would **not** file a brief in support of Paula Jones' appeal against the dismissal of her lawsuit.

"We do not intend to encourage higher courts to consider and possibly create legal precedent that would injure everyday women in the workplace, based on the allegations and evidence of a politically charged case," NOW President Patricia Ireland told a press conference.

"Women were crucial to Clinton's victory in the 1996 presidential race and they, according to observers, continue to view him as a supporter of their cause.

"If the 1996 presidential election had been conducted only among men, Senator Robert Dole, Clinton's Republican rival, would have been President, elected by a one point margin, 45 per cent to 44 per cent.

"Clinton, however, defeated Dole among women by an overwhelming 54 per cent to 38 per cent to win the presidency for the second time in succession- the first Democrat to have this honour after World War II." (Emphasis ours)

The feminization of society is rapidly going forward, which well suits the Roman Catholic Church. They have their goddess of fertility, the Virgin Mary, and now in a thousand different ways our society is reflecting the results of deifying the female form and giving into the sins of the flesh, the world and the devil. (How many times have you heard, "goddess bless" recently?)

"As for my people, children are their oppressors, and women rule over them. O my people, they which lead thee cause thee to err, and destroy the way of thy paths... And in that day seven women shall take hold on one man, saying, We will eat our own bread, and wear our own apparel: only let us be called by thy name to take away our reproach." Isaiah 3:12; 4:1 This is true not only politically, but spiritually.. Do you notice how other denominations are ordaining more and more women to the gospel ministry? Where can

they find a reason for that in Scripture? And of course, more and more women are agitating for a position or power that takes them away from the position that God intended them to fulfill. "Eve had been perfectly happy by her husband's side in her Eden home; but, like restless modern Eves, she was flattered with the hope of entering a higher sphere than that which God had assigned her. In attempting to rise above her original position, she fell far below it. A similar result will be reached by all who are unwilling to take up cheerfully their life duties in accordance with God's plan. In their efforts to reach positions for which He has not fitted them, many are leaving vacant the place where they might be a blessing. In their desire for a higher sphere, many have sacrificed true womanly dignity and nobility of character, and have left undone the very work that Heaven appointed them." PP p. 59

Who's Minding the Children?, from *Focus on the Family* magazine, May 1998.

"On Oct. 23, 1997, the White House hosted a closed-session on child day care. Of the approximately 100 guests, many advocated the expansion of day care. One person present, however, held another view- developmental psychologist Dr. Brenda Hunter.

"An important point speakers ignored is that separation from the mother is extremely stressful for a young child and can affect his developing brain... Even a 30-minute separation increases the level of cortisol (a stress hormone) in a baby's saliva. Few things can be more stressful for a baby than the repeated, daily separations that day care requires.

"Emotional security, conscience and empathy are rooted in a child's earliest emotional bond with his mother. No caregiver, whether trained or untrained, can ever truly substitute for a child's mother for the simple reason that she is not a permanent fixture in his life. In fact, caregivers are notoriously transient. A child has an enormous need for continuity, and repeated ruptures in his emotional bonds wreak havoc in his life.

"If the Clinton White House has its way, we will move rapidly toward increased governmental intervention in rearing children, dramatically weakening family bonds. We are already seeing the societal fallout from decades of emotional neglect: a bumper crop of kids without conscience and an upsurge in juvenile crime and violence. And the worst is yet to come. As today's young children reach the ages of 14 to 17 in 2005, we will usher the most heavily-armed generation in American history into adolescence.

"Children in this society are indeed suffering, as the Clintons and their supporters said. But if we're all worried about mediocre day care and unsupervised

older children, why not make it easier for more mothers to work flex-time or engage in job-sharing? Why not create a tax structure that lets mothers stay home with their very young children and be present when the school bus rolls down the street?

"Abundant survey data show that what most parents want is more time with their children, not less. Universal child care is clearly out of step with the desires of most parents. Yet that is clearly the direction in which the Clintons are moving.

"As I left the White House that day I was reminded of Aldous Huxley's prescient 1932 novel, *Brave New World*. In this fictionalized society, children were reared in government-provided group care from infancy on, and emotional ties were virtually non-existent. The word mother was a term of derision, and families no longer existed.

"As satellites beamed the White House Child Care Conference around the globe, I had the sense that we were edging closer to that brave new world."

The polarization of our society is becoming more and more real as the secular humanists become more anti-family, anti-values and even anti-morality. How popular Focus on the Family has become over the last 10 years underscores the fact that a religious backlash movement is building against this tide of secular evil. How will we respond to the agenda of the secular humanists when our fellow Christians turn on us with the accusation that we are causing the many problems in society and the calamities of the Last Days? With all of these calamities falling around us, and these accusations ringing in our ears, will we be able to remember God's promises that He will "keep those in the palm of His hand, those who have trusted in Him?"

A child is a gift of God, and we can and should be humble enough to receive instruction from those who uplift God's plan for the family-but can they receive instruction from the Bible about the message for this time-the commandments of God and the faith of Jesus?

Religious Leaders that reprove apostasy the most deceptive and dangerous to the truth?

From *B.C. Christian News*, May 15

"In postmodernity, the subjectivity of the individual is set in judgment over all forms of supposedly scientific and consensual objectivity; you do not have to go along with anything that others think if you do not want to, for doing your own thing in your own way is the real heart of personal humanness. In this way, individuality without restraints, spirituality

without truth, whimsy claiming to be wisdom, desire viewing itself as vocation and masquerading as morality, benevolent tolerance of any idea that does not tell you you are wrong and passionate hostility to any idea that does-all linked with pluralistic pragmatism as the convention of community life-have become the leading features, indeed the essence, of postmodern culture. It is going to be perfectly happy with religion-any sort of religion-as a private hobby, but it will always be implacably opposed to any requiring of a particular form of religion, on the basis that this religion, whatever it be, is right for everyone." (Emphasis ours)

That statement, as true and insightful about modern culture as it may be, comes from James Packer, a theologian at Regent College (the theology school at University of British Columbia). For those of you who aren't familiar with James Packer's recent history: he has signed the ECT (Evangelicals and Catholics together into the 21st century), which openly compromises the most basic aspects of the Reformation, and ironically, he also signed the document that some evangelical Christians put together protesting the ECT. So essentially, he can speak out of both sides of his mouth-one to reprove apostasy, but the other side to go along with the Roman Catholic Church. (Just like Walter Martin before him, who could write *Kingdom of the Cults*, reproving everyone for their apostasy from the truth of Scripture but the Roman Catholic Church.)

"It is a matter of deep concern that we find Christ's church so little fulfilling the designs of its Lord. Just as the ancient Jews let a familiar intercourse with the idolatrous nations steal away their hearts from God...so the church of Jesus now is, by its false partnerships with an unbelieving world, giving up the divine methods of its true life, and yielding itself to the pernicious, though often plausible, habits of a Christless society, using arguments and reaching conclusions which are foreign to the revelation of God, and directly antagonistic to all growth in grace." GC p. 387

"He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him." 1 John 2:3-6

"His watchmen are blind: they are all ignorant, they are all dumb dogs, they cannot bark; sleeping, lying down, loving to slumber. Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter." Isaiah 56:10,11

Celebration Service in loving memory of Ed Unger



Wednesday, June 17, more than 100 relatives, church members and friends gathered together in Kitchener to remember our dear brother Ed Unger who passed away on June 14. He was born in Ukraine on August 8th, 1927. At the time of his birth his parents were reading the book of Judges in the Bible about Ehud and decided to give this name to their newly born son, hoping that he would live up to his name, which he did.

Brother Evald Pedersen spoke a few words about Ed, whom he called his best friend. He said that we have a reason to celebrate a life that was a success. Ed left us a good example which we can admire.

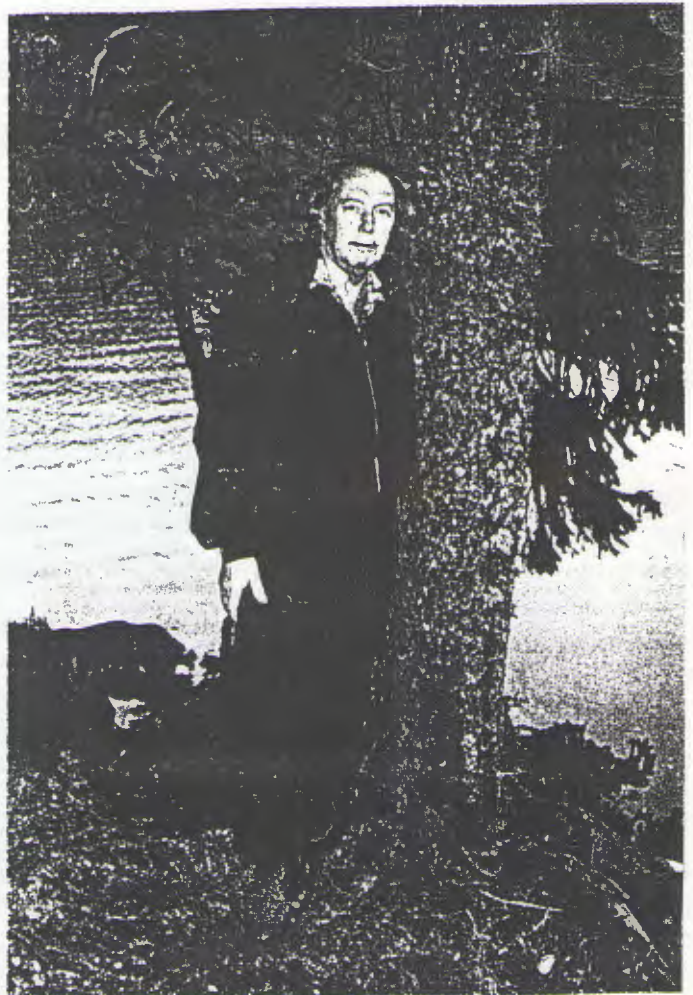
He did not complain of the hardships but was always ready to make others happy. Especially he like the young people. Children always remember him as one who was always ready to help them. Then we sang Ed's favourite hymn "When We All Get to Heaven", and continued with a prayer by Br. Evald Pedersen.

Ed's younger brother George spoke of many interesting events in Ed's life. In 1929 his family moved to Germany and a year later continued to Canada.

Ed passed through a severe case of measles from which many died but through the natural remedies of his mother, he survived.

In Canada they lived on a 160 acre farm producing dairy products and vegetables. Ed loved horseback riding on the farm.

In the year 1935, his parents sold the farm and bought a 10 acre fruit farm at Niagara on the Lake.



In 1947, at the age of 20, Ed decided to serve the Lord and in 1955 he met his future wife Hulda and a year later they got married. In 1958 they bought their first and only home in Kitchener. In 1960, their first child Helga was born and later the other children, Walter, Edith and finally in 1970 the youngest daughter, Linda was born and in 1988 their first grandchild was born.

In 1992, Ed retired from his job at Stanley Tools after 27 years. After his retirement he spent three months in Europe and again in 1996. This time he also visited his home village where he was born. But the only remaining thing left of those days was the oak tree in the yard. Two years ago he contracted cancer which caused much pain to him but yet he remained cheerful to the end. Kathy Garcia sang a hymn, "I Know Not Why God's Wondrous Grace to Me He Hath Made Know".

Brother Kanagarajah spoke the words of comfort and reminded us of the words of Paul to Timothy, "I am now ready to be offered" and said that these were the words of Ed also. He knew that his time was almost finished and therefore he set his house in order as well as the things in the church which he loved.

He spoke of the blessed hope of the resurrection when we shall be reunited again with our loved ones.

With the song, "Jesus Loves Me", our service in the chapel was closed.

Brother Kanagarajah continued to commit the body to the dust with the hope of the resurrection morning.

Timo Martin



Funeral of Ehud Unger.

SAVED BY A FLAT TIRE



Nigel came from in a wealthy family in a medium-size town in Central America. While his family was wealthy, there was much poverty in the surrounding area. Today he was in a foul mood. He had already told his mother twice that he would *not* stay for the Bible study that the pastor was coming to conduct. Why did she have to keep on insisting when she knew he was not the least bit interested? He stretched out on the comfortable chair on the patio of their luxurious home overlooking the bay and scowled into the book he was reading.

It was bad enough that his mother and sister should be carried away with the teaching of this new religion. Nigel shrugged. They could do as they liked, he figured, but as for him, he had too bright a future to be bothered with any religion, particularly one that was so, well, so *different*. After all, he reasoned, his uncle was the Speaker of the House for the local government. They had a comfortable way of life, and he, Nigel, had the most promising future.

He smiled, satisfied. It was not every villager who was given a scholarship to the university sponsored by the biggest bank in the country. Things looked rosy, and he looked forward to a brilliant career.

Nigel frowned. He must quit thinking about it and start concentrating. In a few minutes he must be off to classes, and he could hardly remember a thing from the last few pages he had just read.

The low chiming of the clock in the living room reminded him that it was time to go. Very well. He would hurry so that he would not have to face the young pastor, who would be arriving soon. Somehow, Nigel did not trust himself completely with this young man. His twinkling eyes and wide smile just seemed so friendly. He had to watch that he was not taken in by them, as, he suspected, his mother and sister had been.

He rose, gathered up his books, and walked to the driveway, where his car stood. He glanced out over the blue waters of the bay as he

folded his tall form into the little car. It would be hot in town today, but he had to endure a few inconveniences to get an education. Nigel realized how fortunate he was to have a chance at learning. The majority of the boys his age in the country never had an opportunity to go beyond the eighth grade. Of course, his social status helped a lot, Nigel realized. That scholarship was the big blessing of his life, and he prized it.

He released the clutch and the little car began slowly down the hill. Around and around the winding road he went, until very near the bottom of the mountain that he lived on, a strange bumping and thumping told him that he had a flat tire.

Nigel jumped out and looked over the situation. That tire sure was flat; there was no doubt about it. He looked at his spotless, new pants. Then he looked around, up and down the road. Usually a person in this situation, in this area, could count on a crowd of boys to come around and do the dirty work of changing the tire for a few cents payment. All he would have to do is oversee the job. But this morning for some unexplainable reason not a boy showed up. Nigel jingled the change in his pocket and waited hopefully. He didn't want to go to class in dirty clothes.

Then a sound caught his ear. He listened more closely and smiled. A car was coming up the mountain. I hope it is a truck, thought Nigel to himself. It would not bother him in the least to ask a truck driver to help him. If it were one of the people who lived on the mountain he would be out of luck because they would not do the dirty work either, unless of course they had a servant with them to do it.

The sound came closer and closer and Nigel waited impatiently. As the car rounded the bend his heart sank. It was not a truck, and the man seated in the comfortable car was wearing a nice white shirt. No luck this time, surely this car would not stop to help, Nigel thought. When the car passed he noticed that the driver was none

other than the friendly pastor on his way to give Mother her weekly Bible study.

The car slowed down after it passed him, and the brake lights flashed as the pastor stepped on the brake. Nigel was astonished. Why should the man stop? He would be of no help whatever, for he also was dressed up. But the car had stopped and the driver was walking back to him.

"Are you in trouble?" the pastor asked. Then he saw the flat tire. "Oh, well, It's only flat on one side," he said jokingly. "Here, I'll get my tools. We'll have it off in no time. You do have a spare, I presume?"

Nigel had not said a word, he was too stunned. He simply nodded his head and proceeded to open his back trunk. "Yes," he finally managed to stammer. "I have a spare right here."

As the tall, young pastor skillfully worked with his tools, Nigel stood by listening in embarrassment to the friendly conversation he was making, barely saying a word himself. Almost before he realized it the tire was changed and the pastor was wiping his soiled hands on his white handkerchief. Nigel stammered his thanks and offered to pay.

"Not a cent, young man. I wouldn't hear of it. I am on my way to your mother's house. Join us sometime, won't you?"

Nigel couldn't get over it. He drove in a kind of daze to the university campus, seeing nothing except the kind face of the pastor who had been willing to do something that Nigel himself would have considered too menial.

The next time the pastor came for a Bible study, Nigel had no classes and he felt it was his duty to stay and listen because of what the pastor had done for him on the road. He would be very civil and polite and just listen, planning not to accept anything that was being taught.

Nigel lay on his bed that night thinking over the events of the past few days. He hadn't intended on becoming interested in what the young pastor was teaching, but something in the study tonight had appealed to his brilliant mind and he couldn't help himself. Of course, he musn't let himself get too interested, he reasoned. If he should suddenly decide to keep the Sabbath, as his mother was considering doing, he would be in trouble with his boss at the

bank. He would probably lose his job. They would never give him the Sabbath off and he was bound to the job because he was accepting his scholarship for his education from the bank. If he broke his contract with them, his scholarship would be taken away and he would not be able to attend school. No, he simply could not sacrifice his bright future for this religion.

Nigel however couldn't help but continue attending the Bible Studies whenever it did not conflict with his classes, and it wasn't long before he understood and believed that no longer could he continue in the path he was pursuing. His fiancée had also been attending the Bible studies, and together they decided that whatever the future will be, they would follow Jesus.

The road was rough, very rough, from the day Nigel decided to follow his conscience. Articles started to appear in the local newspaper because his family was quite influential in the area. The newspapers were condemning him for such fanaticism. Many of his friends turned against him. But the hardest blow of all was giving up his scholarship and his job at the bank.

Nigel was forced to do menial labour for a living and to pay for his education, the type of work that he would never have stooped to do in his earlier years. None of his family would help him because, other than his mother and sister, none of them could see the sense in the step he was taking. But hard as it was, Nigel didn't complain. He dug ditches with the enthusiasm and precision that he had been known for at his previous job at the bank. But now he had the satisfaction of knowing that he was doing the right thing.

Then came the real decision. One of the most prosperous merchants in town heard of Nigel's decision. Indeed, there were not very many people in the city who had not heard of him by now, for the "foolishness" of the young student's decision was published in the newspapers for many months. The merchant had long been looking for someone who was both capable and conscientious to help him in his business, and now he decided that Nigel was the one.

He approached the young man with the offer of a well-paying job with his Sabbath free. He could have the job for as long as he wanted it,

plus a scholarship that would guarantee him his education for as long as he wished to attend the university. The scholarship, however, was dependent on Nigel's promise to stay with the company for at least five years after graduation.

This was a strong temptation. He could finish his desired studies, he would have an excellent job, and he could be a good Adventist at the same time. But he considered it only briefly, for by now he had already decided that he wanted to be a minister.

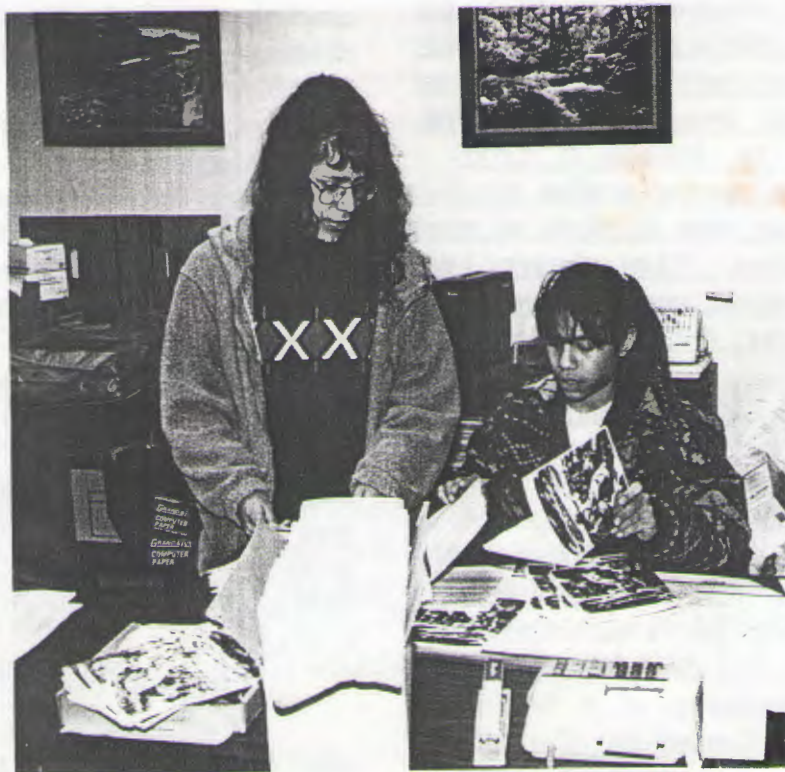
In the next few months the local newspapers continued to print articles condemning Nigel again for his "foolishness" in turning down a second offer so reasonable and nobly made. But though the newspapers

criticized him for his stupidity, they unconsciously publicized Nigel's honesty, his conscientious loyalty to duty, and his indomitable courage. Soon people began to talk about this remarkable religion that made men true and honest and gave them strength to stand for the right in the face of great obstacles.

That flat tire that saved Nigel's soul that day on the hot and dusty road led to an awakening among the townspeople. The end result of the experience was that many otherwise uninterested people were led to study the Adventist religion, first out of curiosity, but later out of conviction. Many gave their hearts to the Lord and were baptized in that town.

BE KIND TO ANIMALS

A little sailor boy left the port of Boston, taking with him a pet kitten. His ship was wrecked off the Azore Islands. He was about to jump into one of the boats, which was ready to push off, when he thought of his kitten, and ran after him. Returning with it, the first boat had gone; but another was ready, into which he jumped. The storm raged, and the darkness was intense; but their little boat survived. Of all that started from the wreck, this only was saved. Had the boy forsaken his kitten, he must have perished with the boat's company with which he was about to embark.



Reina and Debora working at the I.M.S. Publishing.



The Ritalin Epidemic

From Home Education Magazine, May-June 1998

In 1990, 900,000 American children were taking Ritalin, a powerful psychostimulant. By 1996 the number had risen to 2.6 million, and an estimated 80% of those were boys. The number of children taking stimulants for ADD has doubled every two years since 1988 and is expected to reach 8 million by the year 2000. Diagnoses are sometimes made in children as young as three years old.

Attention Deficit Disorder—commonly known as ADD—was first defined in the 1960's, and the definition is still a rather loose one. **Today, a child who cannot focus, who is more active than his peers, or who daydreams is often suspected of having an attention deficit disorder.** In the 1960's, before drugging became commonplace, students who had a difficult time were given time and attention by the teacher. To be fair, classes today are usually larger, and much of the behavior that is "all in a day's work" today would not have been tolerated 20 or 30 years ago. These factors make the teacher's job more difficult, and often make specialized attention almost impossible.

Of course, discipline—or the lack thereof—is not the only factor that can cause inappropriate behavior. There is significant evidence that diet can play a major role in the behavior of children. In 1975, Dr. Benjamin Feingold, was able to reduce hyperactivity in many of his patients by eliminating artificial food ingredients (e.g., coloring, preservatives, flavoring, etc.) from their diets. Dr. William G. Crook a pediatrician and allergist, further verified the link between diet and behavior with his study of more than 100 overactive children. When allergens were eliminated (milk, eggs, wheat, corn and sugar are common), about 75% of the children became "normal."

Dr. Mendelsohn, a renowned pediatrician and medical school professor, states that both allergies and nutrition receive little attention in medical school, which results in most doctors being vastly ignorant of these branches of health care. This may explain why many doctors do not spend more time exploring these possibilities before writing out a prescription for behavior-modifying drugs, but does not excuse them from dismissing the possibility of a link when questioned. In his book, *Confessions of a Medical Heretic*, Dr. Mendelsohn criticizes the tendency of many doctors to look upon anything outside of

conventional medicine as "quackery", such as nutritional healing and alternative medicines.

At the present time, the diagnosis and subsequent treatment of ADD involves the parents, but the question has been raised whether the establishment of school-based clinics via Goals 2000 and related legislation will permit the school system to diagnose and treat children without parental knowledge or consent. The text for Goals 2000 refers to school-based clinics as "one-stop shopping" for the community, and they include "social services, health care, nutrition, related services and child care."

The piggy bank for all these services is Medicaid, which was created to provide health insurance for the poor and disabled. However, a loophole in the Omnibus Reconciliation Act of 1989 permits schools to claim Medicaid reimbursement for special education services for students eligible for Medicaid. The Act greatly expanded Medicaid coverage and in 1991 the U.S. Department of Education formally included ADHD (attention deficit hyperactivity disorder) in the handicaps covered under the Individuals with Disabilities Education Act and Section 504 of the 1973 Rehabilitation Act. Therefore, children with ADHD are now recognized as "disabled" and covered by Medicaid. (ADD and ADHD are used interchangeably in most literature.)

The U.S. Department of Education directed all state education offices to see that local school districts establish procedures to screen and identify ADHD children and give them special education and psychological services. Goals 2000 is used to authorize programs in health care and to create a system that enables teachers to select children and have them regularly tested for emotional, social, mental and physical disorders (including ADD/ADHD) in the school clinics. **School officials then have the authority to treat them by prescribing and administering mood and behavior altering drugs like Ritalin, Valium, Lorazepam and Prozac.**

Putting the authority to diagnose and treat ADD in the school system and funding such services via Medicaid is not going to stem the problem. Parents need to seriously question any diagnosis of disability in their children, explore non-medical options, and fight to keep their rights to oversee the health care of their children.

The Vaccination Connection

Of all the controversy surrounding ADD and other learning disabilities, perhaps the most disturbing yet least researched is the link between vaccinations and various disabilities.

Medical historian Harris L. Coulter, Ph. D. contends that post-vaccinal encephalitis (inflammation of the brain), which is known to be a side-effect for both pertussis (the "p" in DPT) and measles (MMR) vaccines, can cause neurological and nervous system problems ranging from autism and ADD to mental retardation to dyslexia and learning disabilities. In fact, Mr. Coulter points out that the pertussis toxoid is used to induce encephalitis in lab animals. He further states that lack of a "severe reaction" at the time of the inoculation does not guarantee the absence of a low-grade encephalitis reaction; even very "mild" reactions, such as fever, fussiness or drowsiness can be indicators.

Presenters at the National Vaccination Information Center's First Annual Conference last September agreed that vaccines which cause brain inflammation are biologically capable of causing mild brain damage, which can appear as learning disabilities and ADD.

The past 30 years have seen a dramatic jump in children diagnosed with developmental and learning disabilities of all kinds, as have the number and universality of vaccinations given to children. The long-term effects of vaccines have simply not been researched enough for doctors to say with any degree of certainty what can or cannot happen as a result of vaccination. Safety studies are limited to 7 days after the inoculation, and since ADD and other learning disabilities can take years to surface, these links are not taken into account.

As consumers, parents are entitled to more information than they are routinely given before vaccinating their children; information that is not available needs to be researched. To do otherwise is to make a mockery of the concept of informed consent.

From the Drug Enforcement Administration

Methylphenidate (available as the brand-name product Ritalin) is a Schedule II stimulant which is structurally and pharmacologically similar to the amphetamines. Approximately 85 to 90% of all prescriptions for methylphenidate are written for young children and adolescents for the treatment of ADHD. According to the United Nations 1993 statistics on psychotropic substances, the U.S. produces and consumes more than 80% of the total world supply of methylphenidate. The United Nations International Narcotics Control Board has, on two recent occasions, written letters to U.S. officials expressing concern about the sharp increase in the use of methylphenidate in the United States.

Support and advisory groups play an important role in the distribution of information regarding ADHD and its treatment. In recent years there have been large increases in membership in these organizations. Children and Adults with Attention Deficit Disorder (CHADD) is the nation's largest ADHD support organization. CHADD sponsors parent support groups, convenes meetings featuring speakers, works with local school systems and provides information regarding ADHD and related issues.

It has recently come to the attention of the Drug Enforcement Administration that Ciba-Geigy (the manufacturer of the methylphenidate product marketed under the brand name Ritalin) has contributed more than a \$1,000,000 to CHADD. A spokesman for Ciba-Geigy stated that "CHADD is essentially a conduit for providing information to the patient population." The relationship between Ciba-Geigy and CHADD raises serious concerns about CHADD's motive in proselytizing the use of Ritalin.

Sr. White has written: "A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

"People need to be taught that drugs do not cure disease. It is true that they sometime afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period." MH 126

Can we not see that vast amount of more serious evils in our schools and in all of society today? We have reached a time when the only safe course is to follow Inspiration very closely in our individual health, our families' health and for all of those whom we can influence and educate.

Edited by Jerry Eaton

Potassium



Electrolyte Sensations

- Potassium, along with sodium and chloride, is an electrolyte.
- Electrolytes are mineral compounds that dissolve into electrically charged particles called ions that conduct electricity when dissolved in fluids.
- Electrolytes perform important functions in the body. They are essential for nerve and muscle function, maintain fluid balance in the body and keep the acid-alkali levels in cells and tissues in check.

Fluid Balance

- A healthy body requires just the right amount of fluid, both inside and outside each cell.
- Potassium helps maintain that proper balance in cells. It also helps regulate blood pressure.

Matters of the Heart

- Eating too much salt and too little potassium increases your chances of high blood pressure. Prevent this by eating lots of foods high in potassium.
- Increasing dietary potassium may reduce the need for medication in people suffering from hypertension or high blood pressure.

Risky Situations

- Potassium depletion is rare. Most of us get enough in our diets. In fact, there is no dietary recommendation for potassium in Canada's Guide to Healthy Eating.
- However, potassium depletion may occur whenever there is excessive water

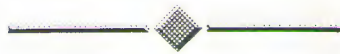
loss, caused by excessive diarrhea, vomiting or sweating. Endurance athletes should pay attention to potassium intake, as should anyone taking laxatives or diuretics for a long period of time.

Reach for Dried Fruit

- Dried fruits are one of the best potassium sources. Dried apricots and dried peaches contain 390 mg of potassium per ounce. Prunes, figs, raisins and dates are also good.
- Ounce for ounce, sun-dried tomatoes contain more potassium than any other food (971 mg per ounce). But remember, sun-dried tomatoes are light; half a cup weighs only an ounce.

Top Contenders

- Fruits and vegetables supply lots of potassium. Avocado is the highest source, followed by bananas. Other good sources include beet greens, potatoes (with the skin), kiwi fruit, celery, carrots, radishes, tomatoes, cantaloupe, honeydew melon, swiss chard, spinach, squash and sweet potatoes.
- Beans are chock full of potassium. Reach for white beans, soy beans (and soy products), great northern, black and kidney.
- Seeds and nuts are high in potassium. Just a little goes a long way, whether it is sunflower or pumpkin seeds, or walnuts, pecans or peanuts.
- Tip: You'll get twice as much potassium in a cup of fresh orange juice (496 mg) as you will in a medium-size orange, which contains 249 mg.



“Health is a great treasure. It is the richest possession mortals can have. Wealth, honour, or learning is dearly purchased, if it be at the loss of the vigor of health. None of these attainments can secure happiness, if health is wanting. It is a terrible sin to abuse the health that God has given us; for every abuse of health enfeebles us for life, and makes us losers, even if we gain any amount of education.” 3T 150.

Vitamin C bad in large doses

Vitamin C can be bad for your health. The dietary supplement that is marketed for its cancer-preventive or antioxidant properties is effective if taken in the recommended daily allowance of 60 milligrams per day, but in larger doses, it may cause genetic damage that could lead to diseases such as cancer or rheumatoid arthritis.

At the dose of 500 milligrams per day, which is a typical dose used for supplementation, we have shown that as well as having an antioxidant or protective effect, it appears to have a dual activity in that it can also cause damage.

Lunec and a team of researchers at the University of Leicester in central England studied 30 healthy people who were given 500 milligrams of vitamin C, or ascorbic acid, each day for six weeks.

After testing blood samples of each volunteer, they found that in the higher dose, vitamin C's anti-cancer properties can be counteracted, although the damage it produces seems to be much less important than the damage it is preventing.

A fine balance exists that may be disrupted in favour of oxidants, giving rise to an accumulation of bimolecular damage, which in turn may play a role in major diseases such as cancer, rheumatoid arthritis and atherosclerosis (hardening of the arteries).

Vitamin C works as an anti-oxidant by attacking certain oxygen atoms called free radicals, which are produced by the body and stimulate cancer growth. But at higher doses, vitamin C can produce free radicals by reacting with metal in DNA, the fundamental genetic material of all cells.

Vitamin C, which is found in fresh fruits such as oranges and grapefruits and in green vegetables and milk has been shown to boost the immune system and to help ward off colds and flu.

A deficiency of the vitamin can cause scurvy—a disease that was once very common among sailors—as well as muscle weakness, swelling and inflammation of the gums and loss of teeth.

More recently, cancer patients have been taking much larger doses of the vitamin, up to six grams a day, for its anti-oxidant qualities. But there is no scientific evidence to support the use of such high doses.

Sunday Law Coming Closer

One of the most expected and feared signs of the times--the Sunday Law is coming closer. On July 7, 1998 the headlines in the Detroit News brings a stern warning from the Pope about Sunday-keeping.

"Pope John Paul II is issuing a stern warning to Catholics that they should set aside Sunday for worship--not errands or their free time. In his letter, the Pope goes on to say that a violator should be punished as a heretic. Though the Pope's letter is directed at Catholics, his concern reaches beyond the Vatican and to other religions."

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The Way to God

*If my days were untroubled
and my heart always light
Would I seek that fair land
where there is no night?*

*If I never grew weary
with the weight of my load
Would I search for God's Peace
at the end of the road?*

*If I never knew sickness
and never felt pain
Would I reach for a hand
to help and sustain?*

*If I walked not with sorrow
and lived without loss
Would my soul seek sweet solace
at the foot of the cross?*

*If all I desired was mine
day by day
Would I kneel before God
and earnestly pray?*

*I ask myself this
and the answer is plain--
If my life were all pleasure
and I never knew pain
I'd seek God less often
and need Him much less,
For God's sought more often
in times of Distress,
And no one knows God
or sees Him as plain
As those who have met Him
on "The pathway of pain."*