

BETTER HEALTH MADE SIMPLE

Thirty-four Steps to Happier Living –

Published by TRAIL GUIDES - Altamont, TN 37301 USA

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LESSON ONE - FOUR-SIDED MEN

1- I am sure you will agree it is very apparent to any thinking person that our world is in trouble today. Millions are suffering from starvation and poor nutrition in every form. Population explosion is a great cause of concern. Our water is polluted. In the large cities, our air is very badly polluted. Even though modern science is finding many ways to treat disease, still there are more and more diseases to treat!

2- What we need is a program that will insure good health. We need a sense of security. We want happiness. As you read the lessons, you are going to discover that it is possible to have the essential things. You can have better health. You can find security. You can find happiness.

3- I invite you to begin to get better acquainted with yourself. Just what is a person? What makes you the person you are?

4- First of all you are a body. You do not just have a body, you are one. There are no thoughts, no actions, no works, no love, no worship—nothing is possible—without a body. We usually think of the body as the physical part of us. We eat and our food is digested. We work and use our muscles, and those muscles become tired. We bathe, dress, brush our teeth, comb our hair, and make ourselves look as attractive as possible. We do not like our bodies to become sick, for then we feel very miserable.

5- But your body is just one part of you. There is another important part. It is your mind. We have the ability to reason. When your body tells you it is tired, you know that you must sleep. When it tells you that you are hungry, you know that it is time to eat. When you have a problem you can think it through. Because you have a brain, you can plan. You can plan your activities for each day, and you look ahead and plan for the future. Because you are able to reason and plan, and because you are a body, you are able to act. Your plans are not mere dreams that burst like bubbles! And you read the important instruction given here. As you read, you will learn how to make your plans and dreams such that they can come true. God has plans for you too—and dreams and

ideals. "Higher than the highest human thought can reach is God's ideal for His children—God-likeness is the goal to be reached.

6- But the body and the mind do not make up the total of your experiences in life. You are in contact with people. This involves your social life. Life would not be complete without your family, your relatives, your friends and your neighbors. You were not meant to live like a lonely island out in the sea. You were meant to share the experiences of life with others.

7- Is the physical, mental, and social all there is to your life? No, you say, I have my personal faith. I have my spiritual or religious phase of my life. I agree with you. Sometimes we who are concerned with health overlook this very important part of life. "The body is more than meat. The body is more than raiment." It is these various parts of your nature that help you to reach your goals in life. Whatever your goal is in life, you need to understand how to have good relationships with other people. You need to have a meaningful faith and relationship with God.

8- There is much helpful information on each of these four areas of concern to mankind. You will receive this vital help concerning life at its best through balanced living as you read this complete series of studies.

9- In this lesson, I want you to realize that health is much more than the absence of disease. Health is having a fine sense of well-being without having to resort to the use of drugs or other harmful substances which often destroy mind as well as body. It is not dependent on a shelf full of medicines, or on some sort of magic injections.

10- Most discomfort and ill health is related to the violation of the laws governing the basic needs we have mentioned, and good health may be had by our desire to obey these laws. This was shown in the life of Daniel and his three friends. Because of their obedience to the physical, - mental, social and spiritual laws of the body, they were found to be in ten times better physical, mental, social and spiritual condition and more advanced than the other students. For a few minutes let us note briefly the life building forces we all enjoy every day. Perhaps you have not thought very much about your dependence upon such important things as the sun. Yet all life in this world—including yours—is dependent upon the sun. You cannot have good health without sunshine.'

11- The life-giving oxygen in the fresh air you breathe is an absolute essential to your health. Without air you would be dead in a few minutes. Of course we do not just sit in the air and sunshine. For good health, we move, we work, we exercise, or the body weakens, muscles become soft and disease more easily invades the body. But with sunlight, fresh air, and exercise we must also include rest and periods of relaxation to give the body a chance to rebuild energy and make necessary repairs.

12- Another frequently overlooked factor in good health is water. Your body requires at least 6 to 8 glasses of water each day in order to function at its best. You noticed I said water—not coffee, tea, sweetened soft drinks, beer or liquor! Water is the best for cleansing and purifying the body both inside and out.

13- Could you imagine life without food? The condition of your health is very closely related to the food you eat. For the strength of mind and body we must have nourishing, well prepared food, eaten in proper quantities and at proper times. In future lessons in this series, we shall study this matter more in detail, so do not miss a single lesson.

14- For physical health what will you include in your daily program? Here they are: sunlight, fresh air, food, clean water, exercise, rest, temperance and trust in Divine Power.

15- But remember, physical health is just one part of you. What I wish to emphasize is that health has many sides and many components, and that each is dependent upon others. All must be included if your life is to be in proper balance.

16- We cannot say "I am not sick. I have no obvious disease nor sores, therefore I am well-balanced." Neither is it enough to say that we are mentally alert, even though that is very important. We must also have social concern for our fellow human beings. We must also have a personal faith. It is only when we have these ingredients in proper balance that we can achieve the important goals and find life at its best—abundant life.

17- When this world was first made, it was God's intention that all men should always be happy, healthy and completely balanced. For a few minutes let us see how man came to be living on this world. He commanded the atoms of which the world was made, to come together in their proper place, and they obeyed Him. At that time there was no light here. The world was in darkness. God caused the light to shine upon the world He had just made. Since that time a dark part and a light part have always made a complete day.

18- When the world was first made the water was all mixed up with the earth like mud. There was no clean water and there was no dry land. On the second day God made the air around the world and some of the water of the earth He caused to rise above the air. So today, we still see clouds holding rain high in the sky.

19- On the third day God caused the waters on the earth to separate from the earth. He gathered the waters together and the dry land appeared. Then God caused trees and plants with all kinds of flowers and fruits to spring up from the earth and to cover the dry land with beauty. These would also furnish food and shelter for the animals, birds and man.

20- On the fourth day God made two great lights which He set in the heavens. We call the greater light the sun. God made it to rule the light part of the day. The sun is about 93 million miles distance from the earth. It is much larger than the earth. The earth continually rotates around the sun. God made the sun to send heat and light to the world.. The lesser light He called the moon, It is smaller than the earth and has no light of its own. It reflects the light of the sun. It is not very far away from the earth; only 238 thousand miles. The moon revolves around the earth once in every twenty-eight days. God said these two light were to be for signs and seasons. The same God who made this world and the sun and the moon also made all the stars, which we can see up in the heavens on a clear night. Man cannot possibly count all the stars. Long ago a wise man wrote: "Because God is great in power, none of the stars fall." He upholds them all. They all show how great and powerful and wonderful is God, their Creator.

21- After God had gathered the waters into seas and made the dry land appear, after He had made the plants and made the sun and moon to shine, He wanted other things. On the fifth day He made all kinds of birds to fly in the air, and to live on the ground and in the water. Some were very large and others were very small. He also made the fish on the same day. Some fish were very large and others were very small. There are fish that live in rivers and others that live in oceans. They were all made on the same day.

22- On the sixth day God made different kinds of animals. Tigers, elephants, cows, horses, dogs, cats, and all the many different kinds of animals were made on the sixth day, and then God also made man.

23- Man was a very special part of creation. He was different from all the other animals. He stood up straight. He also had a different kind of brain. He could know right from wrong. God made man to be the ruler over all the world and everything in it. It was

man's responsibilities to care for all the animals and birds and fish and plants that lived in the earth.

24- But man was all by himself and God saw that it was not good for man to be alone so He made a woman to be the man's wife. These two were the first parents: the parents of all the people who have lived on the earth since then.

25- You may wonder why man is not now the ruler of all the things in this earth. Why do animals fear man? Why do people get sick and die? In the next lecture we shall discuss these questions, because they are vital to every person's happiness and fullness of life.

Here is additional information about the Creation of this world:

The story of how this world was made, is explained in the first two chapters of the Bible: Genesis 1 and 2. Here are some other Bible verses about how it took place:

"By the Word of the Lord were the heavens made; and all the host of them by the breath of His mouth. . For He spake, and it was done; He commanded, and it stood fast." -Psalm 33:6-9.

"For thus saith the Lord that created the heavens; God Himself that formed the earth and made it; He hath established it, He created it not in vain, He formed it to be inhabited." -Isaiah 45:18.

"For by Him [Jesus, God's Son] were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by Him, and for Him."-Colossians 1:16. (Also John 1:3, Hebrews 1:1-2, Ephesians 2:10.)

"The gods that have not made the heavens and the earth, even they shall perish from the earth, and from under these heavens."-Jeremiah 10:11-16. (Acts 17:22-29, Isa. 40:25-29.)

"The heavens declare the glory of God; and the firmament sheweth His handywork." -Psalm 19:1. (Psalm 8:4-6, Hebrews 1:3, Romans 1:20, Psalm 95:6, Revelation 4:11.)

"For God so loved the world that He gave."-John 3.16.

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LESSON TWO – OVERPOWERING GERMS

1- We saw in our last lesson that man is a four dimensional being. Do you remember what the dimensions are? They are the physical, mental, social, and spiritual. Your body does not have compartments in which these are divided. These are all interrelated to make you a complete person. And your physical life is the foundation of your mental, social and spiritual life. In other words, you cannot have a mind without a body. You cannot have a social life without a body and mind. You cannot have a spiritual life without a body and mind. So the importance of keeping your body in good health cannot be too strongly stressed if you want to think right, worship right, and live at peace with God and man.

2- Now we are going to find some answers to a question that is often asked: "From where does sickness and disease come?" Perhaps you remember the time when you woke up feeling rather tired and dizzy. Soon you realized that you had a fever, and you decided that you had better stay in bed. What happened inside your body to cause your illness? You may have known of people who appeared to be strong and healthy but who suddenly became very ill. Why? Perhaps a child develops a runny nose and a slight cough for a few days, Then, suddenly, the child becomes very ill with a high fever and vomiting. Why?

3- The cause of most illness can be traced to the breaking of the laws of nature. Along with this, there are many germs that we should be careful of. Most germs are invisible, but God has provided us with ways to avoid sickness, and we can be thankful for this.

4- Do you know how quickly germs can multiply? It takes one germ about fifteen minutes to divide and make two germs just like itself. With each new germ dividing into two more germs in this manner, that first germ can become over two million germs in just six hours. No wonder a famous physician once remarked that it is a miracle that we are not all dead from these invisible enemies. Now comes the important question. How can we fight germs? What can be done to prevent health-destroying invasion of germs?

5- There are two very important things which can be done. Both of these have to do with recognizing and obeying the laws of health. First of all, you can help to control the number of germs that get into your body by obeying the rules of keeping clean, and simple first-aid. For example, all wounds should be treated immediately, because you can be absolutely sure some germs will enter any wound.

6- In many areas of the world, drinking water should be boiled unless it is known to be safe and free from germs, and all fruit and vegetables that are eaten raw should be thoroughly washed with soap and rinsed well with clean, clear water before they are eaten. Your hands should always be washed with soap before you eat. Dishes should always be clean. Since insects carry germs, our food should be protected from flies and cockroaches and such pests as mice and rats. All garbage should be buried or burned. Carefully follow all rules for cleanliness and sanitation. Beside these, there are many other things you can do to keep well.

7- You must also learn to keep a high body resistance. You see, your body is constantly on guard for a fight against germs. We speak of this as resistance against disease. A high rate of resistance means good health. A low resistance means that we are easily attacked by infection. You can help keep your body in a state of good resistance against germs by obeying the laws of health that we mentioned in the last lesson getting sunlight, fresh air, exercise, rest, the use of clean water, proper diet, abstemiousness (temperance), and trust in divine power. We shall be learning more about these laws in coming lessons.

8- When harmful bacteria or germs enter the body, they are met by bacteria fighters which immediately go to work. With the common cold, extra mucous is formed for the purpose of washing out the bacteria. You can see why you should be careful to blow your nose and wash your hands when you have a respiratory infection. Germs from a sneeze travel up to fifteen feet. Cover your mouth when you sneeze or cough.

9- When harmful germs invade our digestive tract, the acids in the stomach help to kill them. Sometimes the germs get into the intestinal tract. It is important to keep flies away from both feces and food. You should always keep food covered from flies and dust. Always wash your hands after relieving yourself.

10- Other important fighters against germs are the antibodies which your body manufactures. No doubt you have noticed that certain diseases rarely attack with success more than once. This is because our bodies build up anti-bodies and the next time those germs enter, the antibodies are ready to attack and destroy them.

11- You should remember that a fever is not sickness. Fever is a sign that the body is fighting the invisible enemy. Let us say a germ invasion or infection has started in the body. Immediately signals are sent out that the body must fight. The sweat glands of the skin are closed and the blood is driven deeper into the body. The blood makes more white blood cells which are the germ killers of the body. After a fever, the sweat glands release their fluid through open pores, and the heat is lost in perspiration.

12- If you could look into the inner part of your bones you would find different kinds of blood cells being made. One kind are those policemen of the body-soldiers who fight the invaders. They are the white blood cells we have mentioned, and are able to pass in and out of the thin walls of the blood vessels. Let us consider an example of how these policemen of the body work. Now let us say that you are working one day, handling a piece of wood, and you accidentally get a splinter in your finger. If you are a wise person, you will immediately remove the splinter and you will clean and disinfect the place where it went in. But no matter how quickly you do that, you can be sure of one thing—there were some germs on that splinter, and some of them went into your skin. Those germs are quicker than you are. So, now what happens? The moment that splinter went into your skin, the white blood cells from blood vessels nearby hurry to the site of invasion and damage. They come from all around and literally surround and overpower the germ.

13- Many of the white cells may give their lives in the battle. You have had infections in which pus has formed. That pus is actually millions of dead white cells that fought your infection. The white cells not only surround and destroy the germs they also keep working to clean the wound and help it heal. You can see that God has given us a wonderful defense system. How do these white cells know to hurry to the exact spot where they are needed? What tells them? The greatest scientist cannot tell the answers to some of these marvels. But we know the answer is with God who planned every part of these wonderful bodies of ours.

14- My friends, there is a cause for sickness. Pain, suffering, disease and death do not just happen by chance. Is God responsible for suffering, sickness, and death?

15- Let us go to God's great book, the Holy Bible, to find the answer to our question of why people suffer and die. The answer to man's question about how this world came into existence, where man came from, what is life, and why we get sick, or grow old and die, can be found in the Bible.

16- When God finished making the world, He looked at the birds and fish and animals and the two people He had made and He said that it was very good. It was His intention that they should always be healthy and happy and never die. As the splinter opened a way for germs to enter the body and bring sickness and death, so sin came into this world, bringing with it sickness sorrow, disease and death. The wages, or natural result of sin, is death. Life comes from God. Death comes from sin.

17- Sin is anything contrary to the principles of Life. When God made man and woman, He loved them and He wanted them to love Him. In the garden where He had placed them, He put a tree and told them not to touch it nor eat the fruit of it. He said they would die if they ate the fruit. This was a test for them to find out whether they really believed God and loved Him. If they ate of the fruit, it would show that they did not really believe Him nor love Him.

18- When God was making the angels, who are His personal messengers, He made one to be a leading angel. His name was Lucifer. Later this angel became proud of his great beauty and wisdom, and forgot that God had given these to him. He wanted to be like God. He wanted to rule the universe. He thought there was some secret power inside himself that would enable him to do this. He talked to the other angels and got some of them to follow him. Then there was war in Heaven, the home of God and the angels. Lucifer and the angels who followed him were cast out of Heaven.

19- Lucifer came to this world to persuade Adam and Eve to follow him. If he could get them to obey him, instead of God, they would become his followers and his servants, then this world would become his kingdom. We read this in Genesis 3. The only way he could tempt the man and the woman was concerning the tree. One day, when the woman wandered away from her husband, Lucifer waited near the tree. He did not show himself, but he tricked the woman into believing that a beautiful snake in the tree was talking.

20- "Did God say you should not eat of all the trees in the Garden?" the snake seemed to ask. "We may eat of all the trees, except this one," the woman replied. "If we eat of it, we shall die." The woman had never seen anything die, so she did not know what death was. Then Lucifer told the first lie. He said, "You will not surely die."

21- The woman believed Lucifer instead of believing God. She took some of the fruit and she ate it. Then she took some to her husband who also ate. So they both became the servants of Lucifer and rebelled against God. This was the first sin in the earth.

22- Sin always brings fear. Adam and Eve began to be afraid of God because they had disobeyed Him. Before they had disobeyed Him, beautiful light shone from their bodies, but after their disobedience the light left them. In their naked condition they were afraid to see God, so they tried to make some clothing for themselves. They tried to cover themselves with some large soft fig leaves.

23- When God visited Adam and Eve in the evening, as He usually did, they were afraid so they hid themselves. When God called them, they came to Him fearfully. They were afraid they would die right then. They would have died at once had God not loved them so much that He made a plan whereby sin could be taken from them, so they would no longer be rebels with Lucifer, who was now called Satan. God did not explain all His plans to Adam and Eve but He told them a little. He told them that from among the people who would later be born into this world would come one who would crush Satan and put an end to his wicked rulership of the earth.

24- Because Adam and Eve had obeyed Satan and thus allowed him to become ruler of this world in their place, God could not allow them to continue living in His beautiful garden, so they had to leave it. They had to go out into the world to till the soil in order to get their food.

25- Before He sent them away, God taught them through something special, how they could expect some time in the future to lose all their sin, and to become once more perfect in character so that they could live in the garden.

26- In the next lesson, we shall show you the service which God gave to them, which brought to them the hope of a future eternal life of health and happiness. And this hope was not only for them. It is for us too.

"Thou [Lucifer] wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee." -Ezekiel 28:15.

"Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness." Ezekiel 28:17.

"Thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God; I will sit also upon the mount of the congregation, in the sides of the north .. I will be like the Most High"- Isaiah 14:13-14.

Lucifer, in rebelling against God and His holy Law, became Satan the adversary. After leading many other angels into rebellion (2 Peter 2:4, Jude 6) he was cast out of heaven with a third of the angels (Revelation 12:4).

"And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, And prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him."-Revelation 12:7-9.

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LESSON THREE - LIFE IN THE BLOOD

1- Let us now, in our imagination, go traveling. The trip we are going to take is along the "River of Life." That is what we could call the Blood Stream within our bodies. This trip is a very long one. In fact, if we explored all the branches of this river, we would travel more than 69,000 miles (112,000 kilometers). That would be like going around the world three times.

2- The best place to start is the Heart. That is where the blood is pumped to all parts of the body. This is the homeport for all the little Blood Cells. These cells carry cargos that they keep changing. These blue cell-ships are carrying cargos of carbon dioxide. The heart will send them on to the lungs. In the lungs, the carbon dioxide is exchanged for life-giving oxygen. This changes the color of the cells. The cells must carry this new cargo to each of the tissues or body cells throughout the body.

3- After the cells leave the heart with their load of oxygen they pass by the Digestive System to pick up such things as fuel and repair parts to take to their respective ports of call, or in other words, to the cells which comprise different parts of the body. Each cell must pass through the great filter plant called the Kidneys, many times each day for a clean-up job. Otherwise they would soon become very polluted and you would be in bad trouble.

4- Do you know how long it takes the little cell-cargo ships to make a round trip from the time they come into your heart, go out to the lungs, return to the heart and then go out to the body, deliver the cargo and then return to the heart? As little as twenty seconds. "How can the blood move so fast?" You may ask. The great Artery, into which the heart pumps the blood as it returns to the body, is like a great roadway where the cars can travel very fast. When the cells leave your heart they are traveling at the rate of about 43 ½ miles (70 kilometers) an hour.

5- Of course, as they get to smaller and smaller streams they slow down. Then they get to the very smallest streams, only one cell can go at a time. Here we see the cells bringing food, oxygen and repair materials to exchange for carbon dioxide and

other waste material. This exchange takes about one second. Then the cells start their return to the heart and lungs.

6- The streams through which the blood leaves the heart are called "Arteries." The streams through which the blood comes back to the heart are called "Veins". Maybe you have wondered why the blood in your hands and feet does not just stay there. Why does it go up hill? Part of the answer is in the fact that the walls of healthy arteries and veins can expand and contract, but they have no muscles.

7- The heart itself is such a strong muscles that it can force the blood throughout the whole body to keep moving twenty-four hours a day. The heart beats about 100,000 times a day.

8- Also, in your veins are a system of Valves, which keep the blood from going backward after each beat. Also, the veins are close to the muscles. They depend on your moving muscles to help the blood move. This is why your legs may ache if you have to stand still for a long time. People who stand a lot, or who wear clothing that restricts the flow of blood, sometimes develop what is known as varicose veins. The veins are unusually swollen. This also shows us why exercise is important.

9- After a meal, more blood is needed by the digestive organs to help digest the food. While exercising, more blood is needed by the muscles to give them strength and vigor. While studying or thinking very hard your brain needs more blood. So you can see it is not good to do heavy work or exercise right after a big meal. It is also not good to try to do heavy mental work right after a big meal. Either one interrupts digestion and results in poor general efficiency. Neither is it good to rest right after a meal. It is better to do some light work, so as to keep the blood moving in a normal way.

10- Some of you may have wondered about the meaning of the term, "Blood Pressure." Why does the doctor put a pressure cuff around you arm, make it tight, then put his stethoscope to his ears and listen? Well, he is measuring somewhat the health of your heart and your blood vessels, by finding out the amount of pressure in the arteries during the resting time between beats. If your heart is pumping properly and if your arteries are clean and elastic, the pressure should be somewhere between 110 and 130 at the time of the heart beat. During the time of rest, the pressure should be less than that. It should be around 65-85.

11- We hear a great deal about pollution these days. How sad when this happens to the river of blood flowing through our bodies. Since the arteries and veins themselves are made of living blood. They can be injured by not getting enough of the right kind of food, or by getting too much of the wrong kind. For example, when we eat more than the body needs, the excess food is stored as fat, and a fatty substance begins to line the arteries. The result is hardening of the arteries. Of course, the heart has to push harder as the artery passage becomes smaller. This makes more work for the heart. When the artery becomes completely closed, we are in trouble

12- The organ served by these arteries suffers. If they are the arteries of the heart itself which becomes clogged, the result is a heart attack. If the arteries to the brain become clogged, a stroke occurs. Every day thousands of people die, prematurely from polluted, clogged bloodstreams. Many say "It is God's will." But instead, it is man's careless attitude toward his body and its proper care.

13- Here are some tips on how to keep your blood stream clean: Do not eat too much. The less fats of any kind you eat, the healthier you will be. Use oil in small amounts in cooking. Avoid the use of hard fat such as butter, and hydrogenised cooking fats. Avoid all animal fats. Do not use rich foods containing plenty of fat and sweet. Avoid

the use of tobacco, tea, coffee, and alcohol. Get plenty of exercise in the fresh air, if possible.

14- Believe it or not, worry, anger, fear, anxiety, frustration, tension, and jealousy can also damage your heart and blood stream. So can remorse and feelings of guilt. Practice good mental habits and habits of life.

15- Follow good eating habits. Eat only at mealtime. Eat only enough for health. Eat building foods and avoid sugar and much starch. Try to be a little under weight rather than over weight.

16- Get regular exercise. Trust in God. Think right thoughts. Do good to others. All these habits will keep your blood in good condition. As your billions of cells are fed by the life-giving blood, your body will be healthy, because the life is in the blood.

17- THE LIFE IS IN THE BLOOD! (Lev. 17:11.) This was the great lesson that God wanted to teach Adam and Eve as they left their garden home. They would have to die, because by following Satan and believing him they had separated themselves from God, who only has life and who only can give life. Because God loved them greatly, He made a way whereby their sin could be passed on to another and thus be taken from them. Someone else would take their sin and would pay the penalty for sin. God did not reveal all of His plan to Adam and Eve at once. He told them a little of it, as children are taught little by little. In order to help them understand, He used things they could see.

18- God chose a lamb as the one thing which Adam and Eve knew, that could most nearly represent the one who, as their substitute, would carry their sin and pay its price. The wages of sin is death.

19- They were to confess their sins and put them on the lamb by laying their hands on its head. In symbol this transferred the sin from Adam and Eve to the Lamb. Then the lamb was slain by the one who had sinned. This showed that it was his sin that caused the death of the lamb. This also taught the great lesson that the life is in the blood, and only by giving His own life would the One who was represented by the lamb have the right to carry the sins of another.

20- Then the body of the lamb was laid upon an altar and God sent down fire from heaven and burned it up. This showed them that sin is a terrible thing which can only be destroyed by fire, and in the last days of this world's history God will destroy all sin by fire.

21- Through believing God's promise of a Saviour to come, who would pay the price of their sin for them leaving them free from the penalty of sin, Adam and Eve had the hope of being allowed to live once more in their beautiful garden home after all sin has been destroyed.

22- Not only Adam and Eve, but all their descendants can also have the hope of eternal life, through believing and accepting the Saviour represented by the lamb, the One who would give His own life in order to have the right to carry all the sins of everyone who would believe on Him.

Jesus is the Lamb that saves us from sin. He alone can forgive our sins and enable us to obey God.

"He that committeth sin is of the devil; for the devil sinneth from the beginning."- 1 John 3:8. (John 8:44.)

"By one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned."-Romans 5:12.

"Whosoever committeth sin transgresseth also the law [of God]: for sin is the transgression of the law."- 1 John 3:4.

Although "the wages of sin is death" (Romans 6:23), yet in the Garden of Eden Satan gave two very significant lies that led our first parents into sin. (1) If you sin you will not and cannot die, and (2) if you sin you will rise to a greater position and knowledge, and will, yourself, become God. Satan has used these two basic lies to destroy millions since then. He is using them today.

"And the Lord God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it, for in the day that thou eatest thereof thou shalt surely die. Genesis 2:16-17.

"And the serpent [Satan, speaking through a snake] said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened; and ye shall be as gods, knowing good and evil."-Genesis 3: 4-5.

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LESSON FOUR - YOUR BODY SYSTEMS

1- The smallest unit of life is the cell. Do you have any idea how many of these tiny microscopic units make up your body? You are made up of approximately one hundred trillion cells. It is hard for the mind to grasp such a large number. These are your body's building blocks!

2- Different kinds of cells do different kinds of work. Let us look at a few.

3- When you ride in a taxi, jeep, or bus, why do you not worry about how the vehicle will turn the corners and weave in and out of traffic? You know the driver will take care of that by steering. But the steering is a very complicated system requiring many parts. There are also other systems in the car- and these must cooperate with the steering system to make the car go. Your body is like a car. It has many systems in order to help it function properly. There are various kinds of cells, which make up these different systems.

4- As every building has some kind of framework to support it, so also the body. There are 206 bones held together by connective tissue: This is the skeletal system. By the way, if you think of bones as dry and dead you are very mistaken. Bones are like busy factories.

5- One of the important differences between the framework of the human body and that of a house is the parts must be able to move! Your bones can move only when they are pulled. So, there are over 600 muscles making up the muscular system. Thanks to them, you can move your arms legs, feet and hands, head and trunk. This system also has the job of pushing food through the body, pumping your heart, and making your blood circulate through the heart and body. Wherever there is movement in the body, the muscles do the work. You use thirty-nine muscles when you frown.

6- We speak of a healthy muscle as having good tone. Your muscles should be able to contract and expand like a good piece of rubber. Poor muscle tone is like worn-out rubber that has no more life in it. Regular exercise is important for good muscle tone.

7- The muscles that move your bones do not move by chance— they must be signaled by the brain. So the body is equipped with a system somewhat like a radio-television-telegraph network. This intricate network is called the nervous system. Your eyes, ears, nose, tongue, and touch, all help to collect information to be signaled to the brain.

8- One part of the nervous system sends signals without your having to think about them. For example, you do not have to tell your heart when to beat, and you do not have to remind yourself every time you need to take a breath. It is not necessary to tell the stomach to start digesting your food. This marvelous system takes care of these vital processes automatically.

9- Everyone of your body cells needs fuel in order to do its work. And the greater the movement of the body, the more fuel is necessary. Food is your fuel, and it provides energy to every cell through the marvelous digestive system. This system breaks up food so that it can be absorbed to supply energy for living and working. It starts with the mouth, continues to the stomach, receives help from several other organs such as the liver, pancreas, gall bladder, and goes on through the small and large intestines where food and water are absorbed.

10- But just as fire cannot burn without oxygen, so your body cannot use the energy it gets from food unless it has oxygen. Oxygen is in the air that we breathe. Through the respiratory system life-giving oxygen is carried to the blood, which in turn carries it to the cells. This system starts with the nose, and continues to the lungs, through the trachea, or windpipe. Here the pipe divides and divides until the air passes into pipes so small they cannot be seen except by a microscope.

11- Whenever fuel is burned, carbon dioxide is formed. This is true with the cells of your body also. So the respiratory system removes the carbon dioxide from the blood and sends it out when you exhale. You should learn to sit and stand properly so that the lungs can get the oxygen the body needs. Feeling drowsy and tired is very often simply the lack of enough oxygen in your tissues!

12- The food prepared by the digestive system, and the oxygen made available by the respiratory system gets to each of the 100 trillion cells by means of another great system. Your circulatory system passes the blood, loaded with the necessities for the cells, through more than 62,000 mile (1000,000 kilometers) of tubing. From the wide tubes of the heart, the blood flows as if going from the trunk of a tree out to the smallest leaves. This set of tubes is called arteries. It returns to the heart through another set called veins. These are literally your life lines! Are yours in good working order?

13- Whenever fuel is burned, gas is given off and ashes are left. We have mentioned the carbon dioxide gas, but what about the "ashes" —the other substances that are left? The fire of life would soon be burned out if these were not removed somehow. This is the work of the excretory system. Would you believe that each of your kidneys has more than 124 miles (200 kilometers) of microscopic tubes through which more than the equivalent of 158 (150 liters) of fluid pass every 24 hours? The kidneys carefully strain this fluid. They keep back the substances needed by the body, and they dispose of the rest in the urine, which is passed every day. To keep this system in good working order, you should be drinking at least six- eight glasses of water every day.

14- One of the most wonderful of all the systems God placed in man is the reproductive system. Each of us started with just one single cell which was actually a

combination of two cells –one from the mother and one from the father. The cell divided into two. Those two divided again, and then there were four, and so on.

15- In that first cell was the exact pattern to make you, a human being instead of a frog or an elephant or a fish. But not only that! All the details were there in that first cell to make you an individual and not a carbon copy of any other human being! Your height, sex, straight or wavy hair, your features were all there in that first cell! And as the cells divided they knew just when and how to become the various kinds of cells which compose all these various systems we have mentioned.

16- There is no single-celled creature in the world that can laugh, sing, play, know what joy is like, or how it is to be sad, know the thrill of love and worship, or the fun of learning something new. Human beings have truly been given the priceless gift of life in a most marvelous form.

17- David Grant, a noted doctor, was one day dissecting a body and lecturing to his class. Suddenly he paused and turned to the students. "Gentlemen," he said, "here in this human organism is a complete denial of what is called atheism. No reasonable being can look upon the miraculous construction and arrangement of organs in this body without acknowledging that some Creative Power above and beyond human comprehension must have been responsible for them." God never intended man to die. The scientists do not know why man should die, they only know that he does. God intended all systems in man to be able to function endlessly.

18- Yes friends, God made man. David declared, "I am fearfully and wonderfully made." How true! Every organ has a vital function to perform. Man truly is organized for action. You have not actually seen yourself inside as I have described. But any one who has seen what man looks inside must be convinced that God placed all these organs in man for a purpose—that all functioning properly and in a healthy manner can help man to honour this wonderful Creator and God.

19- Yes, Medical Science has pulled back the curtain of mystery and let man take a little peek at himself. But Medical Science cannot tell us what God, who created man is like. We must turn to God's book for that. This book is called the Bible.

20- The Creator, the One who made all things, is God. God rules the universe. God made everything in heaven and earth. He made the world and everything in it; the stars you see at night, the sun and the moon; they are all His. The power of creation, the ability to bring a world into existence by only speaking, is the reason for His being God. Only the true, living God has the power to create by His word and to give life.

21- When God created the world, He did it by speaking. "He spake and it was done; He commanded and it stood fast." Psalm 33:9.

22- When God made man, He said, "Let us make man in our Image." Genesis 1:26. This lets us know that there is more than one person in the Godhead. There are three in the Godhead, or what may be called The God Family; they are the Father, the Son, and the Holy Ghost. These three together are one God.

23- In the Bible we read, "There is but one God, the Father of whom are all things, and we in Him; and one Lord Jesus Christ, by whom are all things, and we by Him." These are mysteries which we, being human, do not fully understand, but we believe them because God has told us about them in His Holy word, the Bible.

24- Ephesians 1:20, 22 says that Jesus is at the right hand of the Father and that God has given all authority to Jesus. The Bible further tells us that Jesus performed the work of creation. Colossians 1:16, "By Him were all things created that are in heaven,

and that are in earth, visible and invisible, whether they be thrones, or dominions or principalities or powers."

25- The Bible further tells us that Jesus Christ, the Son of God, is equal with His Father, and the Father does everything through Him. By His power, Jesus Christ sustains, or upholds all things.

26- Because we are His children by creation, God loves us, and gives us all good things. He wants us to be healthy, happy, and prosperous. As His children, we should love and honor Him by believing His word and obeying His commandments. This is the way to more abundant life now and eventually, joyful life eternal.

27- God's nature is to love. We read in 1 John 4:8, "God is love." The only thing God really hates is sin, because it causes death. Romans 6:23. Because God loves man, He has given him everything he needs to reach life's goal of happiness and correct balance of physical, mental, social and spiritual development. Man is not able to attain these goals by himself, so God also gave His only begotten Son, Jesus, that through His power our failures and mistakes can be overcome and God's desire for our happiness be fulfilled.

28- It was His Son, Jesus, who as represented by the Lamb of sacrifice to Adam and Eve in the Garden of Eden. Adam and Eve learned that the lamb they killed could not of itself take away their sins.

29- They believed that when Jesus would come and would die, He would take away all the sins by His death. In the studies to come we shall learn more fully of the wonderful provision God has made for us. We can overcome sin through Jesus Christ, and we can have a more abundant life now throughout all eternity.

The story of redemption is God's plan to save us from sin. Jesus died so that we could be forgiven and empowered to obey God's Law. He is our Sacrifice, Priest and Lamb:

"And let them make Me a Sanctuary that I may dwell among them. According to all that I shew thee, after the pattern of the tabernacle, and the pattern of all the instruments thereof, even so shall ye make it."-Exodus 25:8-9.

"Behold the Lamb of God, which taketh away the sin of the world."-John 1:29.

"For when we were yet without strength, in due time Christ died for the ungodly . . . But God commended His love toward us, in that, while we were yet sinners, Christ died for us."-Romans 5:6,8.

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LESSON FIVE - CARING FOR YOUR BRAIN

1- Just what makes you the very special person that you are? There is no one in the world just like you. We see here a fingerprint. Even though there are billions of people in this world, there is not another person with a fingerprint exactly like this one.

2- But it is not just your fingerprint, nor the appearance of your face, nor your eyes, your voice, the way you walk that makes you the person you are. There are many, many things you do, and ways you think, which make you a person different from any one else in the world. And, yet basically we are all the same. To keep our bodies in health we all need air, sunlight, food, water, exercise, rest and faith in God. Also, all functions of life should be in good balance.

3- What really makes you the person you are is the way your brain functions. A machine known as the Electroencephalograph can measure the electrical pattern of the brain's activity. It comes out as a tracing on a tape. Your pattern of brain activity is different from that of anyone else. It is as distinctive as your fingerprints.

4- Everything depends upon the health and life of your brain. It is the control center of your body. The nervous system with the brain as its center is connected by millions of nerve "wires" which are constantly sending messages.

5- We think that a telephone system is a marvelous thing, and it is. You can place a call to anywhere in the world. The message is sent by wireless and by undersea cables clear across oceans. It goes through various switchboards, through thousands of miles of telephone wires, and at last to the place where you are calling and you hear the voice of the other person.

6- We feel it is almost a miracle to talk such long distances through a complicated telephone system. But within your body there is a communication system more wonderful than all the telephone connections in the world.

7- The brain must handle many different messages coming from different parts of the body. If, for example, you are playing with a ball, the nerves from your eyes send the message that a ball is coming. It is all explained within the memory how big the ball is, when it will reach you, and that you must put your hand out to catch it. As soon as it touches your fingers, the message is sent to close your fingers now and catch the ball.

8- But that is not all that your brain is doing at the time. It is the control center that connects with the spinal cord and continually keeps the thousands of functions in the body going in proper balance. The complicated structure of the brain is beyond our imagination, and is one of God's most wonderful evidences that man was designed by a Creator of infinite wisdom. What you smell, see, hear, taste, feel, and how you keep your balance is all interpreted in your brain, through your nerves. This seems wonderful, but other nerves control all your organs and their complicated activities, whether you are asleep or awake, without your ever thinking about them.

9- But animals can also smell, hear, taste, feel, and all the rest. They also have organs that are controlled by a nervous system. HOWEVER—the marvelous Brain of YOURS is able to do what no animal, nor magic computer can ever do. It can love and it can worship God through the power of the will. This is what makes YOU different from all other of God's creatures.

10- In the front part of the brain, just behind your forehead is the part where the highest powers of man exist—reason, judgment, self control. It is because man has this frontal lobe, that God can say to him, "Come now, let us reason together."

11- Everything depends on your keeping your brain in good health. This is one reason you are encouraged to breathe deeply. 25% of all the oxygen taken into the body is used by the brain.

12- Even though your brain weighs only 3 pounds (about 1 ½ kilograms) and is composed of about 70% water, one fifth of all the blood the heart pumps out goes to

your brain. That is why you must be sure to drink plenty of good; pure water, eat the right food, and to exercise so that your heart and blood will be in good health.

13- You should drink 6 to 8 glasses of water every day. Start with two when you get up in the morning. You should then go next to the open window and take four or five deep breaths, and it would be excellent to go out and take at least 5 or 10 minutes of brisk exercise. This will help keep your body in excellent condition.

14- Because your brain is so important. God designed your skull in a very special way to protect it. Architects have discovered that this dome-shaped box is one of the strongest designs that can be used in construction. Now notice an egg shell. It is almost as thin as paper. But look how strong is it. You can squeeze it hard in your hand without breaking it! The same type of design helps protect your delicate brain from injury.

15- We often do not realize how important our physical habits are, as related to the operation and efficiency of our brain. An experiment carried on at Loma Linda University demonstrated how the drug caffeine which is in coffee and cola drinks affects the nervous system of spiders.

16- You have all seen a beautiful spider's web before. It is really marvelous what these little creatures can do. At the university, a spider— which had made a web, was given a tiny amount of caffeine. For the size of the spider, it was the same as the amount in two cups of coffee would be for a man. The nervous system of the spider became confused, and the web he made was imperfect and almost useless. Because caffeine is bad for your nerves, you should avoid drinks which contain this drug. Avoid coffee, tea, and cola drinks.

17- Man has created some remarkable storage systems for knowledge, but nothing can compare with your brain. Would you believe that on a film only 2 inches square, the entire Holy Bible has been printed. We cannot imagine such small print—almost 1,000,000 words. But your mind can take those words and can make them a living power to help you enjoy More Abundant Life.

18- Yes, God can write these words of Truth in your mind as you make choices as led by His Spirit. The brain with its amazing power is strengthened through study of the Bible, the "Miracle Book" of the world. While some have previously doubted the accuracy of Bible History, it is now further proven through discoveries of ancient writings that the inspired scriptures are true.

19- The word, "BIBLE" simply means little books. It is a compilation of 66 small books. There are two main sections. One is the OLD TESTAMENT, a group of 39 books. Originally most of them were written in Hebrew. The NEW TESTAMENT is a group of 27 books, which were mostly written in Aramaic or Greek. The Old Testament books were written before the time of Christ. The New Testament books were written after the time of Christ.

20- The first book of the Bible was written about 1500 years before the time of Christ. The last book was written about 100 years after Christ had been born. This means that there is about 1600 years of time between the writing of the first book and the last book of the Bible. All of these books were written by hand on scrolls. Copies had to be made by hand. Now we are able to get Bibles easily in printed form.

21- The different books of the Bible were written by about 45 men. Some of these men were shepherds, some were fishermen, some were Kings, and some were prophets. They were all men of God.

22- The Bible itself tells us how it came to be written. "For the prophecy came not in old time by the will of man, but Holy men of God spake as they were moved by the

Spirit of God." 2 Peter 1:21. The purpose of the Bible is to reveal to man who Jesus is; to tell man why Jesus came to this world and the results of His coming to this world.

23- The Bible is compared to a lamp and a light. In Psalm 119:105, we read, "Thy word is a lamp unto my feet and a light unto my path." The study of the Bible protects us against sin. "Thy word have I hid in my heart that I might not sin against Thee," said King David who lived long ago. By keeping the words of the Bible in our hearts and by living according to them, we too are kept from sin.

24- Since the Bible is God's word, the principles stated in it are as eternal as God Himself. "The grass withereth, and the flower fadeth, but the word of our God shall stand forever," said the prophet Isaiah who lived and wrote about 650 years before Christ was born. Isaiah 40:7.

25- The Bible, or portions of it have been printed and sold in more than 1400 languages out of the 2,708 languages of the world. No other book has such a wide circulation, nor so much publicity. Many critics have tried to tear down the Bible with their criticisms, but the Bible still stands. Many Governments have tried by decree to stop people from reading the Bible, and have even tried to destroy the Bible by gathering up all the copies and burning them, but the Bible is more read today than ever before.

26- The Bible is powerful to change human hearts and lives. Through its power, cannibals and head-hunters have been changed to peace-loving citizens who do good to others. Thieves and murderers have stopped their evil ways and have become godly people. Men and women of all kinds have changed evil ways and have come to live good, pure, clean, helpful lives of service to others.

27- Archeology, the study of ancient civilizations, has over and over again proved the accuracy and truthfulness of the Bible. As scientists dig up ruins of old civilizations, they continually find evidences that show the Bible to be true.

28- The Bible was written that we might learn from it the way of salvation from sin, and the way to future happiness and eternal life of joy. We read in Romans 15:4, "For whatsoever things were written aforetime were written for our learning that we, through patience and the comfort of the Scriptures might have hope."

29- This hope is centered in Jesus Christ, who is revealed in the Bible as God, Creator, Saviour, Lord and King.

If through studying, believing, and obeying the Bible our hopes are placed in Christ, we will find in this life happiness and joy. ABUNDANT LIFE here and now, as well as hope of ABUNDANT LIFE for eternity to come.

Here is additional information about the Holy Scriptures:

"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be perfect, thoroughly furnished unto all good works."-2 Timothy 3:16-17.

"Sanctify them through Thy truth: Thy Word is truth." -John 17:17.

"To the Law and to the testimony: if they speak not according to this Word, it is because there is no light in them." -Isaiah 8:20.

"Search the Scriptures: for in them ye think ye have eternal life: and they are they which testify of Me."-John 5:39.

"These were more noble than those in Thessalonica, in that they received the more-noble with all readiness of mind, and searched the Scriptures daily, whether those things were so." -Acts 17:11.

"Neither have I gone back from the commandments of His lips; I have esteemed the words of His mouth more than my necessary food."-Job 23:12.

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LESSON SIX - YOUR DIGESTIVE SYSTEM

1- The wonder of the human body is seen in the beauty of the construction of the different parts and the way they all work together. Each system is built of millions of specialized cells working together. Each system works with all the other systems to keep the body in balanced health.

2- There is a very interesting story in the Bible of a young man who understood this important balance. He may not have understood the physiology as we do today, but he understood the important inter-workings of all the body systems.

3- At the time of their creation, God had told Adam and Eve what things were good for them to eat. God had said, "I have given you every herb and every tree in which is the fruit, to you it shall be for meat." Genesis 1:29. Man's diet before he sinned, was to be fruit, grains, and nuts. This was the very best food to keep all the body systems in good balance.

4- Because Daniel understood the relationship between health of body and health of mind and health of spiritual attitudes, he refused to eat the unhealthful foods of the king of Babylon's table. He chose to live on a simple vegetarian diet.

5- Intelligent decisions are very important when it comes to eating. Too many people eat according to custom and habit instead of according to scientific knowledge. The tongue sends a message to the brain, saying, "I like the taste of this. I am used to eating it, give me more of it." Then the part of the brain (the front part) which is supposed to make intelligent decisions is told to keep quiet. Powers of judgment, or self-control and the rule of the mind are turned off and the appetite rules the body. Do you think the control should be in the tongue, or in the brain?

6- Adam and Eve lost their beautiful home, because of listening to appetite. They were conquered by Satan because of yielding to appetite. It was on this very same point of appetite that Satan tried to get Jesus to sin. But Jesus refused to listen to Satan's suggestions. His brain and His will-power were under the control of God.

7- Each of the hundreds of millions of cells in the body must get its own food. Cells are mostly liquid. Their food must also be in liquid form.

8- The work of the digestion is to change bulky food into tiny pieces and then into liquids so the cells can use them. A group, or system of organs, has been especially designed for this work—the mouth. Digestion starts in the mouth where the teeth grind and tear the food into small pieces. Also, in the mouth the food is moistened and digestion is started by action of the saliva.

9- Some people boast of how fast they can eat. They forget that the stomach has no teeth and so it cannot grind and break up the food as the mouth can. Sometimes pieces of food, such as a peanut which is not chewed, go right through the digestive tract and out into the waste without being of any use to the body at all. Fast eating also means that the food is not mixed with saliva well, so digestion does not start properly in

the mouth. This makes the work of the stomach difficult. Therefore, it is important that you chew every mouthful of food very well.

10- Your food takes a long and complicated route from your mouth through the digestive tract. The food goes down to the stomach through the esophagus. The food does not just drop into the stomach each time you swallow. It gathers here in a sort of a ball, then the valve into the stomach opens and the food goes into the stomach, where it is mixed with the other digestive juices and acids by the strong muscles of the stomach.

11- When the stomach has done its work for two or three hours, the food will have become semi-solid, then it goes to the small intestine. Here, bile from the liver breaks down fats into very small drops. Digestive juices from the pancreas break food down more, making it ready for the cells to use. The starches are changed into sugar. The protein foods are changed into amino acids.

12- The small intestine in man is about 23 feet long. For creatures with a small intestine of this length, vegetable foods are much better than meat.

13- The food has become mostly liquid by the time it moves along through the rest of the intestine. The walls of the small intestine are covered by small hair-like projections called villi. Inside each of these there is a network of tiny blood vessels. These blood vessels absorb the food that is needed and the blood cells pick it up here to carry to the rest of the body.

14- The large intestine absorbs most of the water and the body gets rid of the remaining waste in the form of feces. The process of digestion takes three to four hours. The digestive tract should ALWAYS have time to rest between meals. One should never, never eat anything between meals. If we obey this rule, we shall have less stomach trouble and our bodies will be healthier.

15- Every cell in your body depends upon what you put into your stomach for its food. Your stomach cannot make good nourishing food out of bad, poor quality or poisonous food. Every organ in your body shows the result of what you have put into your stomach. Your brain reflects the way you treat your stomach almost the same as a mirror reflects your face.

16- Because Daniel and his three friends understood these principles of the relation between the stomach and the mind, and were careful to eat only those things that were good for the whole body, they were better looking, stronger, healthier and ten times wiser than their fellow students who ate according to taste and customs. Because Daniel's mind was clear, due to his habits of proper eating, God was able to use Daniel in a very wonderful way.

17- Daniel lived in Babylon during the time of a king named Nebuchadnezzar. This was about 603 years before Christ was born. One night while the king was sleeping he had a dream but when he awoke, he could not remember it. The king had great faith in astrologers and magicians sorcerers of all kinds, so he called all these men and asked them to tell him what it was he had dreamed.

18- They asked the king to first tell them the dream and then they would tell the meaning. But the king insisted that if they were so wise as they claimed to be, they should tell not only the meaning, but the dream itself. At this the king became very angry with them all. He threatened to kill them all with their families if they did not tell the dream.

19- Then all these wise men made a great confession. They said, "There is not a man on the earth that can show the king's matter. None other can show it except the gods whose dwelling is not with men." In this statement they confessed that they did not

know more than other men and that they had no connection with God. For this Nebuchadnezzar became very angry and gave order to the captain of his guard, whose name was Arioch, to kill all the wise men.

20- When Daniel heard of this, he went in to the king and asked the king to give a little time. He promised to tell the dream and its interpretation.

21- Then Daniel and his friends prayed to God in heaven, the One who created the heaven and the earth, and who knows everything. They asked Him to tell them the dream and its meaning, then they lay down to sleep. During the night God gave to Daniel the same dream that the king had seen in his sleep. God also told Daniel the meaning. In the morning, before Daniel went in to see the king, he and his friends knelt to thank God who had revealed the king's secret to Daniel.

22- When Daniel again stood before the king, the king said, "Daniel, are you able to tell the dream and its interpretation? Daniel replied, "The secret which the king hath dreamed cannot the wise men, the astrologers, the magicians, the soothsayers show unto the king; but there is a God in heaven that revealeth secrets, and maketh known to the King Nebuchadnezzar what shall be in the latter days." And then Daniel told the King plainly that it was not revealed to him because he had more wisdom than the other men, but because God wished to reveal to the king the true meaning of things which the king had been thinking about.

23- Daniel said, "As for thee, O king, thy thoughts came into thy mind upon thy bed, what should come to pass hereafter, and He that revealeth secrets maketh known unto thee what shall come to pass. Thou, Oh King, sawest and beheld a great image. This image's head was of gold, his breast and his arms of silver, his belly and his thighs of brass, his legs of iron, and his feet part of iron and part of clay. Thou sawest till that a stone was cut out without hands, which smote the image upon his feet that were of iron and clay, the brass, the silver and the gold was broken to pieces together and became like the chaff of the summer threshing floor: and the wind carried them away, that no place was found for them, and the stone that smote the image became a great mountain and filled the earth."

24- Then Daniel began to interpret the dream. "Thou Oh, King, art a king of kings, the God of heaven hath given thee a kingdom, power, strength, and glory. Thou art this head of gold." The king had been wondering what would happen in the world after he had passed on and now God was showing him. "After thee shall arise another kingdom inferior to thee." (True to the words God sent through Daniel, the kingdom of Babylon was overthrown by the Medes and Persians in 538 B.C. and Media-Persia was a kingdom inferior to Babylon as silver is inferior to gold. But this was not the end of the interpretation. Another third kingdom represented by the brass, "shall bear rule over all the earth." (This was fulfilled when the armies of Greece overthrew the Persian Kingdom in 332 B.C.) Greece was not as glorious as the Medes and Persians had been. The fourth kingdom, Rome, defeated Greece in 168 B.C. Called by noted historians, "The iron kingdom," it ruled the world until 476 A.D. (Rome ruled the world during the time Jesus was born).

25- As God had so clearly foretold through Daniel, a fifth universal kingdom did not arise, but instead the Roman Empire broke up into ten nations. Just as iron is strong and clay is weak and so they cannot stick together, so these ten nations have been some strong and some weak, and have not been able to stick together, although many kings have tried to unite them.

26- "in the days of these kings," God told Daniel, 'Shall the God of heaven set up His kingdom.' It would destroy all those kingdoms represented by the gold, silver, brass,

iron and clay. They would be blown away as with a mighty wind, and God's kingdom would fill the whole earth.. It would never be destroyed nor pass away:

27- During the past twenty-five hundred years, the message God gave to Nebuchadnezzar through His servant Daniel has been fulfilled, one point after another. Today, we are in the time of those kings in whose days God is going to restore the kingdom Adam and Eve lost to Satan in the Garden of Eden.

28- As their children, and inheritors of the promise made to Adam and Eve at that time, we may have a place in that kingdom, if, as they did, we accept Jesus as our Sinbearer, Saviour, and King.

The great prophecy of Daniel Two is one of the most marvelous in all the Bible. It spans 1500 years from Daniel's time to ours, and reveals that the Second Coming of Christ to this earth is about to take place.

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LESSON SEVEN - YOU ARE WONDERFULLY MADE

1- We have seen in recent years that man's knowledge has greatly increased in amazing ways. New inventions show that the time of the return of Jesus Christ is near. In these inventions, man has found some very clever ways of moving weight by means of levers and hinges. He has made machines which control the speed with which the levers move. But these inventions of man, which God in His providence has made possible, are far less marvelous than the machinery within your body, with its complicated temperature controls, pumping devices, computers, delicate hormones, electronic circuitry, and sensing mechanisms and switches.

2- Now, those of you, who, like auto mechanics, will recognize that when given fuel from our food, our bodies will perform some of the same functions that an engine can perform. Turning joints are like wheels. Muscles are like cylinders. Nerve endings are like spark plugs. The nervous system is like the distributor. The arteries are like the fuel line. The lungs are like the carburetor. The heart is like the fuel pump. The digestive organs like the fuel system. The nerve impulses are like the ignition. Waste is like the exhaust. The use of oxygen is like air intake.

3- But your body machinery does what no invention of man can do. It can take fruit and vegetables and turn them into fuel. Food containing fat, provides insulation and storage of energy. Protein helps make and repair body tissues. The minerals can regulate activity of certain glands.

4- For all these functions to be carried on properly, the whole body must be in balanced Health. Let us review some of the essentials for good health. Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water and trust in divine power. Also, we should never forget PEACE OF MIND that comes only through obedience and trust in God. We must never forget that it is the great wish of God that we should have LIFE, and have it MORE ABUNDANTLY.

5- A story is told of a great ruler who called one of his wisest men to him. "I wish my people to feel that I give them the greatest gifts in the world" he said. "Now tell me, what is the most wonderful thing that a man can have?" The wise man looked at the king and shook his head. "The greatest gift in the world is not yours to give," he said. "Every living man already has it, for the most valuable thing in the world is LIFE. And there is nothing else to compare with it."

6- That was surely a true answer. Life is so mysterious and wonderful that with all the wisdom of our age, and the inventions of science, still no one can truly explain what life really is. The most brilliant man can only tell about life. They cannot produce nor fully explain it.

7- As you read this, every part of your body is ALIVE. And nearly every part is working to keep you alive. Each part that is working is made up of cells. And within those cells are the most amazing mysteries known to man. Within those cells is that power from God called LIFE, and that life is operating the most amazing mechanism, which keeps all in control, each cell doing its own work.

8- In the cells of all living things are controls which make them develop in certain ways, forming the proper creatures. Cats become cats and remain cats. Chickens become chickens. Whales become whales. Mangos have seed which grow mango trees. People develop as people. How? WHY? Through the power of a God who is a God of order and not of confusion. How else would sweat gland cells know how to do their work? How do brain cells know how to think and remember? How do bone cells become bones?

9- For example, let us just imagine one tiny cell so small that millions of them could be put in just one small part of an organ. But in the nucleus are tiny threads which determine what that cell is part of, and what that cell can do, and how that cell can reproduce. Within those threads in a human cell is a substance which is known as DNA. This substance controls and directs the cell division in just the right manner. It controls the color of your eyes, the shape of your body, your personality and a million other facts that make you what you are. The storage capacity of DNA is so great that if I had just one teaspoon full of that substance, I could hold the information which would need an electronic computer 100 miles (160 km.) long, 100 miles (160 km.) high and 100 miles (160 km.) wide to hold the same amount!

10- The Bible tells us where life comes from. Paul said "God gives to all, life, and breath, and all things." Acts 17:25. And my dear friends, we have not begun to talk about the amazing, unbelievable, glorious power of God. Beyond the small molecules of the DNA which I have mentioned are the atoms! The food you eat, the air you breathe, is all of atoms. Everything you see, everything in the world, is made up of atoms. Billions and billions of them so tiny that no one can see them, and yet so vast that there is a universe between their parts!

11- The whole world is made of atoms, all in tremendous movement. The seat upon which you are sitting is mostly nothingness, held together by the forces of whirling electrons moving so rapidly that they cannot be crushed. How fast do these electrons orbit around the nucleus of an atom? Well, divide a second into one million parts. In one of those parts of a second the electrons will go around its nucleus scores of times! You say it is too much for the human mind to understand. It is, but there is more.

12- For their size, those electrons are as far from their nucleus as the planets are from the sun. Here our mind must really stop. We can only praise God and say, "How great Thou art!" The Bible says, "Such knowledge is too wonderful for me; it is high, I cannot attain to it." Psalm 139:6.

13- But more wonderful than all these is something contained in this book called the Bible. When Adam and Eve disobeyed God and sinned in the garden of Eden, God promised a Saviour, who would some day crush the head of the serpent, the Devil, and take away the sins of those who believed in Him. God would then give them a new home, like the garden of Eden, and after this earth was made new, they would live here in happiness forever.

14- Whenever God's plans for the benefit and salvation of man have been revealed, Satan has tried to introduce counterfeits. Something so nearly like the truth that people would be deceived by it. But still it is not the truth so no one is helped by it.

15- Abraham's grandson, Jacob had twelve sons. Near the end of Jacob's life, the Holy Spirit revealed to Jacob that the Redeemer would come in the family of his son Judah. This is recorded in Genesis 49:10

16- Now the nationality and the tribe through which the Redeemer would come had been revealed. Many years later, to King David, who was of the line of Judah, the promise was given that through one of his descendants the world's redeemer would come. Psalms 89:35-37. Thus we can see how God progressively gave details by which the true Redeemer of the world could be identified; from the nation of the Jews, from the tribe of Judah, and from the family of David.

17- In later years, through the prophet Micah, as recorded in Micah 5:2, "But thou Bethlehem Ephrata, though thou be little amongst the thousands of Judah, yet out of thee shall He come forth unto me that is to be ruler in Israel: whose goings forth have been of old, from the days of eternity." In these words two great things are revealed. (1) The very town, Bethlehem, in which the Redeemer was to be born was given. (2) The Redeemer would be God incarnate or born in the family of man.

18- The unusual circumstances of his birth were foretold. Since he was God, who existed from eternity, who was to be born into this world as a baby, He could have no earthly man for His father. 742 years before He was born, the prophet Isaiah, moved by the Spirit of God, wrote, "The Lord Himself shall give you a sign: Behold a virgin shall conceive and bear a son, and shall call his name Immanuel." The word means, "God with us." Isaiah 7:14

19- Now one more point needed to be revealed. The time when the Redeemer would begin His work on earth. This wonderful fact was given to Daniel, the prophet, when he was in the city of Babylon. It is recorded in the book of Daniel, which was written more than 500 years before Christ was born: "Know therefore and understand that from the going forth of the commandment to restore and rebuild Jerusalem until Messiah (the anointed One), the Prince shall be seven weeks and three score and two weeks." Daniel 9:24-26.

20- The commandment to restore and rebuild Jerusalem was given by King Artaxerxes in 457 B.C. as written in the book of Ezra, Chapters 7:12-26. In prophecy one day is given for one year of literal time. So the sixty-nine weeks revealed to Daniel would represent 483 years of actual time. This would mean that 483 years after the year 457 B.C. Christ would begin His public ministry on earth.

21- Notice how carefully God has revealed details over hundreds of years of time, that all point to only one possible person who would be the world's Redeemer. (1) Nationality of Abraham, the Hebrews (2) Tribe of Judah, the Jews (3) Family of David, (4) Town of Bethlehem, (5) His mother a virgin (6) to begin his public work at a certain time (483 years after 457 B.C. brings us up to the year 27 A.D.).

22- Even though many great men should arise, claiming to be the Redeemer of the world, or the Messiah, or the chosen of God, unless they could show that all of these prophecies were fulfilled in them, their claims would be false.

23- But all of these prophecies were fulfilled in the life of Jesus Christ. He was born in the town of Bethlehem. His birth was even announced by angels. Those who lived at the time, recorded that His mother was a virgin, and that His birth was by divine intervention. He was born at Bethlehem in the year 27 A.D. His mother was of the line of David. Jesus Christ is the only man who has ever been born, whose birth fulfilled exactly all the requirements made by the prophets, concerning His life. In Jesus we have the fulfillment of all the promises of Abraham, to Jacob, to David, concerning the nationality, the family, the time and the place of the Redeemer's birth.

Here is additional information about the Old Testament prophecies of Christ:

[Moses predicted:] "The Lord thy God will raise up unto thee a Prophet from the midst of thee, of thy brethren, like unto me; unto Him ye shall listen."-Deuteronomy 18:15 (also see verse 18).

"Behold, a virgin shall conceive, and bear a son, and shall call His name Immanuel."-Isaiah 7:14 (fulfilled in Matthew 1:22-23).

"He is despised and rejected of men; a Man of sorrows, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we esteemed Him not." Isaiah 53:3 (fulfilled in John 1:10-11).

"He was oppressed, and He was afflicted, yet He opened not His mouth: He is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so He openeth not His mouth."-Isaiah 53:7 (fulfilled in Matthew 27:13).

"They part My garments among them, and cast lots upon My vesture." -Psalm 22:18 (fulfilled in Matthew 27:35).

Read Isaiah 53 slowly and thoughtfully.

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LESSON EIGHT - AIR POWER

1- How would you like a cheap, easy to follow prescription to help keep you in good health? That is what I am going to share with you in this lesson.

2- You know, most people do not become tired of being sick until they are about forty years of age. In early childhood we take for granted common colds, mumps, measles, bumps, falls, and even broken bones. During adolescence there may be some vague joint pains. During the twenties we seem to have constitutions as tough as steel. We can eat anything, go without sleep, follow irregular, inconsistent programs of daily living –nothing seems to bother us too much! Then, gradually we become aware that there is rust in what we thought was stainless steel! Vague symptoms annoy us. Allergies bother us. We can no longer eat everything, and go without sleep. Our memory is not so good. We are often tired out.

3- It is surprising how few people think of using the prescription I am going to give you to help keep in top health. The prescription is simply this: "Breathe deeply of pure, fresh air!"

4- You may recall that we earlier mentioned the wonderful respiratory system and that our cells need oxygen. Otherwise the cells cannot utilize the fuel that must be carried to be burned in doing their work.

5- The cells that carry oxygen to all parts of the body are the red blood cells. There are about 25 million red blood cells in every drop of blood! Each cell carries a substance called hemoglobin. This hemoglobin combines with the oxygen in your lungs and carries it back to the body cells. From the body cells it carries carbon dioxide back to the lungs.

6- If you could see these microscopic cells on their way to your lungs, you would notice that they are darker in color than when they left. Why? Because the carbon dioxide they are carrying changes their color. You can see this by looking at the veins in your wrist. They look blue under your skin.

7- But the blood that comes from your lungs should be bright red in color as the hemoglobin carries oxygen away to the body cells. Oxygen is absolutely essential to the proper functioning of your body cells. Your brain is the first organ to suffer if you are not getting enough oxygen. Reasoning, will power, and judgment are affected when oxygen is lacking. More than this, your brain is the electric current of the body and detects disturbances in its flow. Where does this electricity come from? How does the brain keep up the supply? One source is the air we breathe.

8- Your lungs are composed of millions of tiny thin-walled air sacs. If these were all spread out flat, they would cover about 600 square feet—that is the area of a tennis court! Now, if you sit or stand in a stooped position, you decrease the amount of oxygen that can enter your lungs, and you cheat yourself of this life-giving substance. In fact, shallow breathing may keep parts of your lungs idle so much of the time that germs such as TB can find a good place to grow undisturbed! Probably you sat up straight at the mention of good posture. Now, let us go one step further: Are you breathing correctly?

9- Your most important breathing muscle is located at the base of your lungs and above your stomach. It is called the diaphragm. When your lungs fill properly with air, this muscle is pushed down. When you breathe out, the diaphragm goes back up into the chest cavity. For a moment, practice doing it.

10- You have all noticed that when you run or climb the stairs you breathe more rapidly. This is another reason why regular exercise is so important. It supplies more oxygen to your lungs, and pushes your blood around faster at the same time. The result is that you give yourself a real tonic as your cells get their extra nourishment and life-giving oxygen. The cells that are a bit sluggish and idle from lack of oxygen get flushed out and cleaned up!

11- There is another important factor: The air that you breathe should be as fresh as possible. We are all aware that the air in our big cities is becoming more and more polluted. How sad this is. Often when we are forced to go through dust we quickly cover our noses and mouths with a handkerchief, this may keep out some of the dust but it cannot keep out the poisonous gases, such as carbon monoxide that are increasingly filling our wonderful God-given air. This pollution not only robs you of needed oxygen, but it is also carried into the blood and to the body cells. Breathing polluted air is a definite handicap to good health. In great cities such as London, Los Angeles, Calcutta and Tokyo the air has become a real medical hazard. The smog is so bad in Tokyo that the city has installed oxygen dispensers for the traffic policemen so they can get a few

clean breaths from time to time. In other dispensers, pedestrians can insert a coin and breathe clean air when they feel overcome by the terrible fumes in the air.

12- If you are a resident of a big city you may not be able to avoid breathing contaminated air. But by not smoking, you can at least do your part to avoid more needless self-destruction and self-contamination. You can also rise early in the morning before the traffic is heavy and get some good exercise and deep breathing to start the day right. If you could go to the parks of our large cities early in the morning you would find that there are hundreds of citizens of all ages who are using this prescription for better health. Others do it by means of stationery jogging right in their own yards.

13- As God looks down on the world which was originally surrounded with pure, clear fresh air, He must feel sad to see it invaded by poison gases and filth which are such serious enemies to health. Smoke, smog, dust, germs –all these things are detrimental to your health and mine. As they increase, they make it more difficult to live as God originally planned.

14- Man's God-given air is being invaded. The pure, fresh air is being filled with enemies to good health. Our planet is increasingly becoming invaded by bad air and dangerous impurities and poisons. There is a desperate need of another invasion in the air—an invasion of good, for your good and mine. Such an invasion is coming, for Jesus Christ said, "I will come again." John 14:1. Our air will be purified and life will be livable again without the present dangers. And this is what we want, is it not?

15- As this world gets older, there will be more troubles. God, through the prophet Daniel, predicted, "And there shall be a time of trouble such as never was since there was a nation even to that same time: and at that time thy people shall be delivered."

16- Many years later, Jesus, talking to His disciples, said, "For there shall be great tribulation, such as was not since the beginning of this world to this time, no, nor ever shall be."

17- As Jesus was returning to heaven, He looked at His sorrowing disciples and comforted them by saying, "Let not your heart be troubled: Ye believe in God, believe also in me. In my Father's house are many mansions: If it were not so, I would have told you, I go to prepare a place for you, and if I go and prepare a place for you, I will come again and receive you unto myself; that where I am there ye may be also." John 14:1-3.

18- Jesus came from heaven to be born into this world as a man. He was a man—a God-man. He lived for thirty-three and a half years on this world. Of Him it is said, "He did no sin." This is why He can be our Saviour from sin. His very name JESUS, means A SAVIOUR FROM SIN.

19- Jesus began His public ministry when He was thirty years old. During the three and a half years of His public ministry, it is said Jesus went about doing good. He healed the sick, the lame, the blind, and cast out devils, or evil spirits. He calmed the raging sea. He calmed the wind. Nature obeyed Him for He was nature's Creator. The only purpose for His incarnation, His coming to the world in human flesh, was to seek and to save that which was lost. As a physician is to make sick people well, so Jesus is to free us from the power and the effect of sin. Since He is the Creator, He has the power to recreate us.

20- Jesus is moved with compassion when He sees anyone suffer. He invites us, "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

21- Jesus has power over the grave. On one occasion He raised a man who had already been dead in the grave for four days. He was sent to the grave and in the

presence of many people He said to the dead, "Lazarus, come forth." And he that was dead came forth. Jesus' power is just the same today and He says to us, "I am the resurrection and the life: he that believeth in Me though he were dead yet shall he live." John 11:25.

22- At the end of His earthly life, wicked people nailed Jesus to a cross. He voluntarily gave Himself up to die. He had come to this earth to pay the ransom price for man, who because of sin was doomed to destruction. The Bible tells us that "the wages of sin is death." All men are sinners and are doomed to die. But God loved mankind so much that in order to save us from the wages of sin, He sent His son, Jesus, to die for us, and hence, "The gift of God is eternal life through Jesus, our Lord." God says, "whosoever believeth in Him should not perish but have everlasting life."

23- After Jesus died on the cross, He was put in the tomb. It was Friday afternoon. On the Sabbath He rested. On Sunday morning, early, He arose from the tomb and from death. He was victorious over death and the grave, man's terrible enemy. Jesus says, "I am He that liveth, and was dead; and behold, I am alive for ever more, Amen, and have the keys of hell and of the grave." Now Jesus had the power to save from sin and to give eternal life to anyone who would choose to believe Him and come to Him to receive life and cleansing from sin.

24- Having thus fulfilled the purpose for which He came to the world, Jesus took His disciples to the Mount of Olives. There He blessed them, and ascended into Heaven. As the disciples were gazing upward, two men in white clothing stood by them. These men said, "Ye men of Galilee, why stand ye gazing up into heaven? This same Jesus which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven." Acts 1:11. The two men who said this were angels.

25- It is going to be the same Jesus who comes back. He went bodily and was taken up in a cloud in full view of many people, So, also when He comes back, He will come bodily in a cloud, in full view of all who wait for Him. The Bible says, "And every eye shall see Him." Revelation 1:7.

26- The first time Jesus came to this world was to pay the price of our sins. The second time, He is coming to claim the ones He has bought and to take them out of this world up to heaven with Him. The Bible tells us that He shall send His angels with a great sound of a trumpet and they will gather Jesus' chosen ones from all over the earth. His chosen ones are those who believe on Him and who obey Him.

27- All the people who have ever lived since the time of Adam and Eve and who have died believing in Jesus will be resurrected. Each will have a glorified body which can never more die. The living saved will be changed and they too will have bodies glorified which cannot be touched by death. All will be changed in a moment and will go to meet the Lord - in the air, and will go with Him to heaven: "So shall we ever be with the Lord." 1Th 4:17.

28- All the unbelieving people will be consumed with the brightness of His coming. At this time all the believers, or faithful ones, are taken up and all the unbelievers are dead. In our next lesson we shall learn something concerning the time of Jesus second coming.

29- Friends, His coming is going to make a big division between right and wrong, good and bad, sinner and saint, righteous and wicked. There will be no middle ground. At that time there will be no choosing, no crossing over. Every man's destiny will have been decided for eternal life or eternal death. The choice is ours to make NOW. NOW THERE IS TIME TO CHOOSE TO BELIEVE HIM AND OBEY HIM. He has promised that He will never cast away anyone who comes to Him in faith NOW.

30- Jesus' second coming puts an end to sin. The Bible tells us "Affliction shall not rise up a second time." Na 1:9. "He will swallow up death in victory and the Lord will wipe away tears from off all faces." Isa 25:8. "And the inhabitant shall not say, "I am sick." Isa 33:24 The eyes of the blind shall be opened and the ears of the deaf shall be unstopped. Isa 35:5.

31- Do you have problems? We all have problems. Many problems. The answer to all these is Jesus. Soon He is coming back to put an end to sin and all the problems sin brings to mankind. Do you believe it? Will you accept Him today? Will you begin to follow Him now?

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LESSON NINE - DANGER SIGNS OF CANCER

1- By the way of introducing this lesson, I am going to share with you portions of eight actual case histories of patients. Only the names have been changed.

2- First, is the case of Mr. Smith, 55 years old, male, married, and manager of a big advertising company. Three days before he came to the hospital he began to have frequent bowel movements with soft, blood-streaked stools. At first he took conventional treatment for diarrhea, but he got not relief. In the hospital he was advised by his physician to come in for a careful examination and tests.

3- Second; is the case of a 40 year old woman teacher, who for the past several months had noticed a growing mass in the left breast which she kept from the knowledge of her husband. She did not consult a physician, for she was afraid that he would suggest surgery.

4- The third case is that of an old farmer from a village. He came in to see the doctor because of a peculiar growth on the left side of his tongue. He said he was sure it was probably irritation from chewing snuff.

5- Fourth, is the case of a 32-year-old engineer who came to the hospital because of a change in bowel habits for the previous several months together with some noticeable loss in weight.

6- Fifth is the case of Mr. Jones, who is the treasurer of a first-class shipping business in the South. He had been coughing for the past three months and had treatment by a doctor who had not x-rayed him. This particular patient had been smoking heavily for the past 20 years.

7- Miss Wilson is our sixth case. For about a year she had complained of indigestion and stomach pains. At first she was relieved by routine ulcer treatment, but later no amount of medicines helped her.

8- Ordinarily a mole is not harmful, but this is the reason our seventh patient came to see us. She had a mole on her cheek for several years. It was brownish-black at first, but recently it had turned blacker and it bled when slightly irritated.

9- Finally, our last case is that of a furniture shop worker who denied feeling anything except concern over a steady loss of weight.

10- Now I will tell you the diagnosis of these cases. In each instance, it was the word CANCER. If you were listening you caught the eight most common danger signals.

1. Unusual discharge or bleeding
2. A lump or thickening in the breast or elsewhere
3. A sore that does not heal
4. A change in bowel or bladder habits
5. Persistent hoarseness or cough
6. Persistent indigestion or difficulty in swallowing
7. A wart (or mole) that changes
8. An unexplained loss of weight.

11- Friends, I must admit that there are many things we do not know about cancer, but there are also many things we do know. Now I will tell you some of the things to remember. First of all, know the danger signals! But that is not enough. Many persons who know them well, still put off seeking medical attention until it is too late. Second, get immediate help. Third, practice good health habits. One good habit is to have a thorough physical check up regularly, at least once a year, and even more often as you grow older.

12- Practicing good health habits also means discarding bad health habits such as smoking—a habit that is undeniably linked with lung cancer. "Cancer of the lung kills more people than any other kind of cancer."

13- Now I have given you eight SIGNS to watch as you guard against cancer. A wise person, interested in good health will be alert for those warning signs, and will heed them. God has promised us, "Fear thou not; for I am with thee... I will strengthen thee." Isa 41:10. Even if we do detect any of these signs in our bodies, there is help and even cure, if we receive help soon enough.

14- Just as there are signs of warning for Cancer—so Jesus has given us signs of warning of His Second Coming. As we have already studied, sin has been and still is the cause of all our problems. We have learned how Jesus came to do away with sin and to get the power to give LIFE to anyone who comes to Him for it. We have learned how Jesus went to heaven having conquered death and the grave, and how He is coming again to give life eternal to those who believe Him. Now we will study some of the Signs of His Second Coming.

15- He has given us social signs, signs in the heavens, signs in the earth, political signs, and religious signs, signs in the economic world. If we know these signs and heed them, we will be ready to meet Him when He comes. Let us now see what the Bible has to say about these things.

16- "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasure more than lovers of God." 2 Timothy 3:14. What an accurate picture of our times this is! Yet, it was written almost two thousand years ago!

17- Jesus spoke to His disciples concerning definite signs in the physical world. "The sun shall be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of heaven shall be shaken." Matt. 24:24. On May 19, 1780,

the sun, at about 10 am became dark. The birds went to roost. The cattle went to their stables. The day became pitch-black so that one person could not see another standing next to him. Encyclopedias mention this under the "Dark Day." No Scientist has been able to give a satisfactory reason for this occurrence. That same night, the moon appeared red as blood.

18- The falling of the stars occurred in the western world on November 13, 1833. Some years later the same thing occurred in the Eastern hemisphere. It was an unusual meteoric shower and was seen by thousands of people. Here again, the scientists can give no explanation for the occurrence. These were the signs which Jesus spoke of would occur some time before His second coming. When these signs occurred, men could know that Jesus was really telling the truth, and that He really is coming back to earth, just as He said He would.

19- The prophet Daniel, under the inspiration of the Holy Spirit, said that at the time of the end of the world, "knowledge shall be increased." Although this also refers to knowledge of the prophecies of Daniel, during the past hundred years there has been such rapid growth in knowledge and technology that man finds it difficult to keep up with it. Airplanes, motorcars, telephone, telegraph, sewing machines, electricity, space travel, have all been discovered or invented during the life-times of this present generation! Even wrist watches and torches are comparatively new inventions.

20- There are other signs; "and ye shall hear of wars and rumors of wars. . . For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes in diverse places." Mt 24:6,7. These things all happen today—in our life-time. They are to us signs that Jesus is coming soon. Many people now living can remember a time when there were no wars such as we now have. The earth was peaceful. Famines and earthquakes were rare. The nearer we get to the time of Jesus' second coming, the more common these things will become. Even now, we have almost come to accept them as the normal way of life!

21- In the economic world, we find controversy between the rich and the poor; and the haves and the have nots. This too was foretold in the Bible. "Go to now, ye rich men, weep and howl for your miseries that shall come upon you.. Ye have heaped up treasures together for the last days. Behold the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth." James 5:1-4. While the rich try to impose more hours of work, at the same time giving less pay, the poor cry for more money with less work. This is a further sign given to us by God, whereby we can know that Jesus is coming again soon.

22- There is one more sign to be fulfilled. Jesus said, "And this gospel of the kingdom shall be preached in all the world for a witness unto all nations: then shall the end come." Matthew 24:14. The Bible is now published in many languages, and portions of the Bible have been published in even more languages. Through radio and books people in nearly every country in the world have heard the story of Jesus, the Saviour from sin.

23- Jesus said, 'When ye shall see all these things know that it is near, even at the door. ' Matthew 24:33. Every day we see and hear signs that tell us of Jesus' soon coming. If we take heed to these, if we watch and pray, we shall not be caught unprepared. On the other hand, if we do not heed these signs, then, like the victim of cancer who did not heed the warning signs of the disease, we shall arouse ourselves to do something about it, but it will be too late. We are told, that the actual day will come "As a thief in the night." People will not know the actual day and hour, so we must be ready momentarily.

24- God is love. He delights in saving His children. He does not delight in the death of the wicked, nor of anyone. He wants everyone to be saved and to have a happy home and happy eternal life. That is why He has given us signs of His second coming, so that we might believe and be ready to meet Him. Will YOU be ready?

Here is additional information about the signs of the end: "Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?"-Matthew 24:3 (Read this entire chapter and the next one also)

"But he that endureth unto the end, the same shall be saved."-Matthew 24:13.

"But pray ye that your flight be not in the winter, neither on the Sabbath day."-Matthew 24:20.

"And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened."-Matthew 24:22.

"There shall be signs in the sun, and in the moon, and in the stars."-Luke 21:25.

"Distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth."-Luke 21:25-26.

"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."-Luke 21:28.

"And then shall they see the Son of man coming in a cloud with power and great glory."-Luke 21:27 (compare Matthew 24:30).

"So likewise, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand."-Luke 21: 31.

Also read 2 Timothy 3:1-5, 1 Thessalonians 5:2-4, Matthew 24, Mark 13 and Luke 21.

BETTER HEALTH MADE SIMPLE

Thirty-four Steps to Happier Living –

Published by TRAIL GUIDES - Altamont, TN 37301 USA

Road maps for pilgrims traveling home

LESSON TEN - THE SUNSHINE OF HEAVEN

1- Have you ever stopped to think of how many things we could get along without in life? We sometimes feel that such things as money, houses, nice clothes, and education, important friends and a good job are the most important things of life. But even if you have millions of dollars, many houses, all the clothes you desire, the best job, the most important friends, the highest education, and the greatest world success—they are all without meaning if you do not have good health.

2- If you have to go to the hospital because of illness, your education is of little use. Your job may be lost. The old saying that health is wealth is very true. Yet, strange to say, we often forget, or take for granted some of the most important means of promoting good health.

3- Have you ever thought about what a wonderful aid to health, life and happiness God placed in the sky when He sent the sun spinning through space? Without the sun there would be no life at all in our world. Our planet was placed at exactly the

right distance from the sun for abundant life and health when all is in order with God's laws.

4- Why is one plant bright green and sturdy-looking? Why is another pale and sickly? The difference is found in the fact that the one had the advantage of sunshine, while the other did not. It makes me think of some of the pale, sickly people who could be healthy and well if they only realized the value of this natural remedy God has given to keep us healthy.

5- Every bite of food you eat is the result of the sun's energy which combined with plant life to produce carbohydrates, proteins, fats, vitamins, and minerals. Even meat is indirectly produced by the sun, since the animals lived and grew by eating the food produced by the sun. Your tissue cells get their fuel from the food you eat. So you can see, we are actually sun-powered beings.

6- We really ought to learn about sunshine and its value to our lives besides making plants grow. If we could take a ray of sunlight and break it up into its many parts by putting it through a prism, we would find that a light ray is composed of many rays of different colors. Red, orange, yellow, green, blue, violet, and indigo. These are the colors we see in the beautiful rainbow. The drops of water in the air, act as a prism to form a rainbow. By the way, all these rays showing color are of different lengths.

7- Can you tell which color has the longest ray? It would be the red, which is at one end. The red rays are longer than the others. That is why red rays are the last you see in a beautiful sunset. When we know that the red rays are the longest, we can easily figure that the indigo rays, the color at the opposite end of the rainbow, are the shortest. Now, most people think that it is the sunshine we see that warms us.

8- However, there are rays which the human eye can not see. These are longer than the red rays. We call them infrared rays ("Infra" means below so these are below the red rays). Although we cannot see them, these are the rays that warm the earth. If it were not for them, our earth would be a cold, frozen mass.

9- For example, consider a young lady who may carry a parasol to shade her. If we could ask her why she is carrying the parasol, she would say, "Oh, I don't like to get in the sunshine. I like to keep my skin fair." However, the suntan this young lady is trying to avoid does not come from the infrared rays, but from ultraviolet rays ("ultra" means beyond, so these are beyond the violet rays). These are rays that are shorter than the indigo rays. They are also invisible to the human eye. Your skin really needs these rays.

10- You see, your skin is actually a chemical factory that helps to keep you healthy. In your skin is a fatty substance that is powerful enough to combine with some of the calcium and your phosphorus from the food you eat, and help to place it in your bone cells to make them strong. But these little fellows WILL NOT DO THIS unless they first have a good sun bath. Then they change their name and are called Vitamin D. And it is the ultra-violet light in the sun-rays that they need to cause them to do this.

11- If you will let it, sunshine helps to give you that handsome, beautiful look everyone admires. It causes pale, anemic, toneless skin to become smooth, soft, healthy. It actually raises the resistance of the skin against disease germs. It builds up the blood by helping to increase the number of red and white blood cells. It even improves your heart tone! It brings rest and relaxation to your nerves as it increases the blood circulation of your skin.

12- Sunshine is a wonderful healer of wounds. It is also a powerful germ-killer. We should remember that germs grow fastest in warm, damp, dark places. But two hours of direct sunlight will destroy even tuberculosis germs! So for this reason your

home should be open to sunlight and fresh air. Even the poorest person has the same advantages as the rich when it comes to the matter of receiving the benefits of this wonderful health-promoter—the sun!

13- Friends, I have mentioned only a very few of the many facts about the sun which helps to give you that handsome, beautiful look. Now let me also mention here a caution. If you have not been getting sunshine everyday, you should START NOW! But remember, you should do this gradually so that you do not get a sunburn. These invisible rays we have talked about can pass right through clouds. This is one explanation of why it is possible to get a sunburn even on a cloudy day—especially if you are at the seashore where the rays are reflected effectively by the water!

14- Mothers, your babies will be more healthy if they get a sunbath every day. If your child is also getting a good diet, this is one of the greatest insurances against rickets. However, be sure that as you give your baby a sunbath, you keep his head covered and start out with just three minutes on the front, and then three minutes on the back. This time can be increased three minutes every day until the baby is taking one hour. The sunbath should be given before ten in the morning, or after three in the afternoon. Do not give a sunbath when the rays are most direct and hot.

15- Friends, we can get along without many things, but we can not live without this great health-promoter God set in our sky. Upon it we depend for food, and for all plant, animal, and human life.

16- I am sure this wonderful life-giving power was what inspired the prophet Malachi to speak of our Lord as the Sun of righteousness who would arise with healing in His wings. Malachi 4:2. At present, we are earthbound as our world rotates around the sun which is about 93,000,000 miles from the earth. Some day soon I plan to take a space trip that will take me from this earth and carry me out past the moon, the sun, and the unnumbered stars of outer space. This is not just a dream. Friends, I would be happy for you to join me.

17- "The heavens, even the heavens are the Lord's: but the earth hath He given to the children of men! Psalm 115:16. Heaven is God's dwelling place, which is so far away that we cannot even understand the distance. According to the Bible, when Christ comes back to this Earth the second time to take His elect, they will be His honoured guests in heaven for 1000 years. We shall learn more about this in our next study.

18- Heaven is a real place, where there are real things and real people. It is the dwelling place of the God-head and of the angels. There is a record of some people from this world who also live there at present. Elijah was taken alive to heaven, to assure us that the righteous living upon the earth at the time of Jesus' second coming will go to heaven without dying. If we are faithful, we shall meet Elijah. Moses, the meekest man who ever lived, is also in heaven now. He was resurrected by Christ after he had died upon a mountain. He represents those who having died while believing in Christ, will be resurrected at Christ's second coming and will be taken to heaven with those who have never died.

19- Heaven is not the place where the saved people will live forever. They will be in heaven just a thousand years and then they will come back to live on this earth! It will be this same earth, but the condition of it will be different. We shall learn about this another time. But we must say now, that when the people come back to this earth, all things will be new and there will be no trace of sin or sorrow or suffering to trouble them.

20- At present Jesus is in heaven preparing a place to welcome His people to. It is a big city called the New Jerusalem. God's throne is there. There is a beautiful river there. It is the river of life. On either side of the river is the tree of life. This tree bears

twelve different kinds of fruit. It gives its fruit every month. The leaves may also be eaten. They are for the healing of the nations.

21- "And there shall be no more curse, but the throne of God and of the Lamb shall be in it. And His servants shall serve Him: And they shall see His face. And His name shall be in their foreheads." (Revelation 22:3.) What a wonderful privilege this will be. Imagine the crowds of people who gather to see the leader of our country. This helps us to understand a little of the crowds and the joy that will be there when we see King Jesus, King of Kings and Lord of Lords, face to face.

22- There shall be no night there; there will be no need of candle, neither light of sun; for the Lord God giveth the light. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain; for the former things are passed away. No one wants to miss being in a place like that. I am sure I want to be there; don't you?

23- It is for the purpose of taking us to heaven that Jesus is coming back the second time. His repeated assurance is, "Behold I come quickly, and my reward is with me, to give every man according as his work shall be." "Blessed are they that do His commandments that they may have a right to the tree of life, and may enter in through the gates into the city." (Revelation 22:14.) "For without are dogs, and sorcerers, and idolators, and whosoever loveth and maketh a lie." "And there shall in no wise enter into it anything that defileth neither: whatsoever maketh abominations, or maketh a lie; but they - which are written in the Lamb's book of Life." Revelation 21:27.

24- Our loving God wants to save everybody. He has - made the provision for everyone to be saved by giving His Son, Jesus, to die for the whole world. But He will not force us. He gives us the power of choice. Let us choose to accept Jesus now, so that when He comes, He will claim us as His own and take us with Him to that wonderful city.

Here is additional information about heaven and our eternal home:

"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."-John 3:16 (also: John 3:14-21,36).

"To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God."-Revelation 2:7.

"Nevertheless we, according to His promise, look for new heavens and a new earth, wherein dwelleth righteousness."-2 Peter 3:13.

"And I saw a new heaven and a new earth; for the first heaven and the first earth were passed away; and there was no more sea."-Revelation 21:1.

"For as the new heavens and the new earth which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord."-Isaiah 66:22-23.

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LESSON ELEVEN - CAUSE AND EFFECT FOR HEALTH

1- In the old days, many people used to believe that diseases and sickness of various kinds were caused by evil spirits or vengeful gods. They thought that these gods sent diseases such as smallpox. They thought that if they could just please their gods with sacrifices then the gods would leave them alone to be well and healthy.

2- Even today, in some places, there are people who still think sickness comes from evil spirits in the air; especially night air! They think some spirits live in trees, or in some valleys or rivers, waiting to trouble anyone who neglects to pacify them with suitable offerings. They think such spirits can cause rheumatism, cholera, plague, diphtheria and other infectious diseases, as well as such things as headache, sterility and blindness. Also, in olden times, people used to believe in the evil eye. They believed that a man, woman or child had some magic power where by just looking at another person, he could cast a spell on him that would cause sickness or even death. People were so afraid of these things that they spent their lives in a round of sacrifice and ceremonies to please these various evil gods and spirits, and they lived in continual fear of displeasing these mysterious powers, and so incurring their wrath.

3- But today we know beyond any shadow of doubt, that for every sickness there is a knowable cause which is not governed by witches, wizards, evil spirits or evil eye. We know that sickness is the effect of knowable cause. When we know the cause, we can avoid the disease or even cure it.

4- For example, a disease which is spread from person to person is tuberculosis. Inside the lungs of people with tuberculosis are tuberculosis germs. Many other commonly dreaded diseases are also spread by germs; and caused by poor health habits. Some of these diseases are cholera, typhoid, diphtheria and leprosy, also malaria. We know what the different kinds of germs look like and how they behave, how they get from person to person, and how to avoid getting them. Diseases can be caused by the things we eat or don't eat, or by improper habits. Other diseases are caused by not getting enough sleep, or rest, or exercise, or work. Some diseases are even caused by the way we think! Many diseases are caused by uncleanness. Personal uncleanness, environmental uncleanness, mental and moral uncleanness. For all disease there is a definite cause, and the disease is the effect.

5- All diseases are the result of man's breaking the laws which govern his being. Breaking either physical, mental, social or spiritual laws has a bad effect on man's being.

6- Just as it is a law of nature that when a tree is cut, it falls, so it is a law of our being that when we break the law we suffer. Overeat; you have indigestion. Eat too much rich foods and you suffer from obesity and heart trouble and artery diseases. Eat or drink unclean food; you get worms and other intestinal troubles. Overwork and worry; you get a nervous breakdown. Live in constant fear, guilt, remorse, anger and frustration; you go insane. When the cause is there, the effect is inevitable. The wonder is not that we are sick. The wonder is that so many of us are well!

7- By studying the laws of our four-fold being, and by bringing our living habits into harmony with these laws, we can have abundant life free from sickness and disease. And not only a happy life for a few years on this earth, but a happy, healthy life that will never end. As a matter of fact, now scientists tell us that there is really no reason for man's growing old and dying. He should live forever. It is only the knowing or unknowing violation of the laws of life that causes us to die.

8- There are going to be people on this earth who never die. I should like to be one of them. The Bible tells us something about them. They are going to be strong and healthy. They will be perfectly in balance in all four dimensions; physical, mental, social, spiritual. They will not only live on this earth, but they will go into space like the Russian and American astronauts. They will go further than any astronauts. They will go up past the stars, right up to Heaven, the home of God. They will see God and live.

9- The Bible tells us quite a bit about these people. It tells us that if we are among them, we shall be in heaven for one thousand years. Speaking of this, the Bible says, "And they [the saints] lived and reigned with Christ a thousand years." (Revelation 20:4.) Who is a saint? He is a person just like you and me, who has brought all of his life into harmony with the laws of life through the power of Jesus. By God's grace, we can all be saints.

10- The beginning of the one thousand years, or millennium, takes place when Jesus comes to this earth the second time. We read, "For the Lord Himself shall descend from Heaven... Then we which are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air: and so shall we ever be with the Lord." (1 Thessalonians 4: 16-17.) According to His own promise, Jesus will take the people from this earth with Him to heaven.

11- Heaven is a real place and is millions and millions of miles away. The sun, which is only a small star in our universe is 93 million miles away, and heaven is far beyond that. The Lord is going to take us there.

12- Through the pearly gates we will be invited to enter into the city of God. With the fruit from the tree of life and a drink of water from the river of life, we shall nevermore die. We shall even eat the leaves from the tree of life. All difference in color and race will disappear so that all people will be one nation. God says the name of this wonderful city is New Jerusalem.

13- What will the Saints do in Heaven? The Bible answers: Do ye not know that the saints shall judge the world. They will judge the wicked dead. God is a god of justice. Everybody's case will be judged justly. Everyone who is not in that city will get punished according to his deeds. During the one thousand years it will be the work of the saints to decide the degree of punishment for every person who has not been saved.

14- The condition of this world during the one thousand years will be terrible. "The dragon, that old serpent which is the devil and Satan," will be bound for one thousand years. He will be bound by a chain of circumstances. He cannot deceive anyone for nobody is alive here. The saints have all gone to heaven, the wicked are all dead. Satan and his angels are alone here on earth.

15- The Bible tells us, "I beheld the earth, and, lo it was without form and void, and the heavens and they had no light. I beheld the mountains and lo they trembled and all the hills moved lightly. I beheld and there was no man, and all the birds of the heavens were fled. I beheld, and lo, the fruitful place was a wilderness and all the cities thereof were broken down at the presence of the Lord and by His fierce anger. For thus hath the Lord said, 'The whole land shall be desolate: yet will I not make a full end: Jeremiah 23:27.

16- At the end of 1000 years, the Holy City, the New Jerusalem, will descend with all the saints in it. Jesus will lead the way back to this earth. Jesus ascended to heaven from the Mt. of Olives. He will again put His feet on the same mountain. "And the Mount of Olives shall cleave in the midst thereof toward the north, and half of it toward the south: and there will be a great plain. This is where the New Jerusalem will settle down.

17- Then all the wicked dead will be resurrected. Satan will then be free to tempt them and deceive them again. Satan will be loosed, "and he shall go out to deceive the nations which are in the four quarters of the earth, gog and magog, to gather them together to battle. The number of whom is as the sand of the sea. And they went up on the breadth of the earth and compassed the city, and fire came down from God out of heaven and devoured them." Re 20:8,9

18- And the Devil, that deceiver then was cast into the lake of fire and brimstone, to burn until he and all the wicked are burned up. This is the end of the wicked and the end of sin. It will be a complete end. "For behold the day cometh that shall burn as an oven, and all the proud, yea, and all that do wickedly shall be as stubble: and the day that cometh shall burn them up, saith the Lord of hosts, that it shall leave them neither root nor branch." The earth itself will melt with fervent heat. All sin will be destroyed. All dirty things will be destroyed. All bad germs and bad habits which cause sickness and disease will be destroyed. All people whose sins have not been forgiven by Jesus will be destroyed completely.

19- Then there will be a new creation. God will make a new heaven and a new earth. We shall see him do it, if we are there. On this New Earth the saints will live happily forever and Jesus will live there with them. We shall study more about the earth made new later. Do not miss any future lessons in this series. Each one will help you understand more of God's purpose for you.

20- Remember: only those who accept Jesus as their personal saviour will be able to reach this wonderful estate. It is only the power of Jesus which can forgive the sins we have done. It is only the power of Jesus which can change our vile bodies into glorious bodies, it is only the power of Jesus which can change our characters and make us fit to live in heaven to associate with pure and holy angels. It is only the power of Jesus that will, when we ask Him, enable us to live up to all the laws of our being, the laws of life. This is a wonderful privilege. It will be your experience and mine, if we accept Him now and ask Him to take charge of our lives and to bring us into, conformity with His laws of life. Come to Him now in faith, as you are. Confess your sins and be dean. Be ready now, so that when He comes you will not be disappointed. He is coming soon. May God bless you all.

Here is additional information about the Millennium and afterward:

"As it was in the days of Noe [Noah], so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all . . . Even thus shall it be in the day when the Son of man is revealed."-Luke 17:26-30.

"When they shall say, Peace and safety; then sudden destruction cometh upon them, and they shall not escape."-1 Thessalonians 5:3.

"And I saw thrones, and they sat upon them, and judgment was given unto them: and they lived and reigned with Christ a thousand years."-Revelation 20:4 (1 Cor. 6:1-3).

"The rest of the dead lived not again until the thousand years were finished."-Revelation 20:5.

"I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years."-Revelation 20:1-2.

"The rest of the dead lived not again until the thousand years were finished."-Revelation 20.5 .

"After that, he (Satan] must be loosed a little season" Revelation 20:3

"They went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city; and fire came down from God out of heaven, and devoured them." Revelation 20:9.

"And death and hell were cast into the lake of fire. This is the second death."- Revelation 20:14.

"And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away."-Revelation 21:1

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LESSON TWELVE - SPICE NOT FOR LIFE

1- If I could place a number of different substances on your tongue without you seeing them, you would be able to identify them by their taste. How is it that you would be able to tell me accurately what each item is even though you could not see them? Yes, you could tell by taste-with your taste buds! The taste buds on the tip of your tongue tell you when something is sweet. Those on the sides tell you when something is salty or sour. The ones at the back in the middle tell you when something is bitter. Perhaps you have noticed that your sense of smell has a great deal to do with your ability to taste. When you have a bad cold, your food does not seem to have much flavor. In fact, if you hold your nose while eating you lose much of your ability to taste!

2- Something else you may not have thought about is that whatever you taste must be wet. If you put something dry on to a dry tongue it cannot be tasted. This is another good reason why you should thoroughly chew your food; you get much more flavor as your saliva mixes with the food.

3- Many people do not realize that they are actually slaves to their taste buds. Why is it that one person likes something very much, and someone else dislikes the very same thing very much? It is because of the way the taste buds have been trained.

4- The training of your taste buds starts when you are just an infant, and by the time a child is just a few years old, he may already be the slave of his taste buds instead of teaching them to obey and be trained to enjoy the food that is good for body-building and health. Such a situation is a great pity, and is really the fruit of the parents who have allowed the child to be ruled by his appetite. Because of their slavery to their taste buds, many people live to eat instead of eating to live!

5- There is one very good thing, however. Your taste buds can be retrained, and you can become the master instead of their slave! You can learn to enjoy the many wonderful flavors that God put into the great variety of foods He has given to us.

6- There is a saying that flavor is the soul of food, and that spices and herbs are the soul of flavor. What is the most common and important flavoring we use in almost all cooking? Salt. Without salt, our vegetables and other main dishes—yes even most cooked desserts would not be very tasty. In addition to salt, we also use other seasonings in order to add interest and make an ordinary dish a little more distinct from the rest. Let us consider some of the more common seasonings which many people use: Salt, Bay leaves, curry leaves, cinnamon, ginger, paprika, cloves, vinegar, black pepper,

mustard, curry-powder, small hot peppers, and many kinds of mixed flavors such as hot sauces, of various kinds.

7- All of these items add flavor to our food. But not all of them are healthful. Hot peppers, curry powders, and all other hot, irritating spices, are quite harmful to the very delicate membranes lining the gastro-intestinal tract.

8- Their use also deadens the taste buds, making it impossible to enjoy the simple foods and their natural flavors. The result is that people with deadened taste buds want more and more highly seasoned foods. You will notice that vinegar is also in the group of foods that are not kind to your digestive system. The word "vinegar" comes from two French words "vin" and "aigre," meaning sour wine. You have already been informed of the bad effects of alcohol, which is the main constituent of wine. The use of too much vinegar may produce effects similar to alcohol.

9- When patients are taken to the hospital with stomach complaints, the doctor orders a diet free from these irritating spices. He knows that these may only aggravate the situation.

10- But we should not wait for such symptoms to develop. Our attitude should be that when we know these things are damaging to our wonderful body temple, we will train our taste buds to refuse them.

11- It is a fact that many are deliberately destroying this structure which God so fearfully and wonderfully made. This is serious, for the apostle Paul wrote, "If any man defile (or destroy) the temple of God, him shall God destroy." (1 Corinthians 3:17.) There is a day coming when God is going to settle up with those who have ignored His counsel, His message and commands. He settled it in Noah's day by water—but in our day it will be settled by fire "when the world burns up."

12- The fire which is going to put an end to sin and the sinners is called Hell. We read: "The wicked shall be turned into hell, and all the nations that forget God." Psalm 9:17. This world will not be allowed to continue on and on and the wicked remain unpunished. "For the time is come that judgment must begin at the house of God; and if it first begins at us, what shall the end be of them that obey not the gospel of God?" 1 Peter 4:17. Everybody is going to be judged according to what he has done in this life.

13- While the righteous are given eternal life, the wicked are condemned to eternal death. This is called everlasting destruction in the Bible. This destruction of the wicked is going to be complete. Nothing will remain after it has gone through this fire. "Who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of His power." 2 Thessalonians 1:9. "And fear not them which kill the body, but are not able to kill the soul; but rather fear Him which is able to destroy both soul and body in hell." Matthew 18:28. But the wicked shall perish and the enemies of the Lord shall be as the fat of lambs: they shall consume away." Psalm 37:20. "For while they be folded together as thorns and while they are drunken as drunkards, they shall be devoured as stubble fully dry." Nahum 1:10.

14- When will the wicked be cast into hellfire? This is a question in the minds of many today. We will let the Bible answer for us: "Let both grow together until the harvest: and in the time of harvest, I will say to the reapers, Gather ye together first the tares, and bind them in bundles to burn them: but gather the wheat into my barn." Matthew 13:30. In Matthew 13:39, we read, "The harvest is the end of the world," therefore the wicked are not being burned now. For if God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment. The Lord knoweth how to deliver the good out of temptations and to reserve the unjust unto the day of judgment to be punished." 2 Peter 2:4,9.

15- So, we conclude that no one goes to hell or heaven now. Only at the end of the world is anyone cast into hell. Our next question is, where will hell be located? "Behold the righteous shall be recompensed in the earth: much more the wicked and the sinner." Proverbs 11:31. "But the heavens and the earth which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men." 2 Peter 3:7.

16- When the thousand years are finished, the New Jerusalem with all the saints in it descends and Jesus leads the way. As soon as His feet touch the Mt. of Olives, it cleaves in the midst thereof toward the east and toward the west and there shall be a very great valley; and half of the mountain shall remove toward the north, and half of it toward the south." The New Jerusalem settles in this valley.

17- Jesus then resurrects the wicked dead whose number is like the sands of the sea. Once again Satan is let loose and leads the wicked against the city. They surround this Holy City, New Jerusalem.

18- God will then rain fire and brimstone upon the wicked and the whole world turns into a lake of fire, while the saints in the Holy City are protected. The root, which is Satan, and branch, his followers, all are consumed in this fire. Then the fire cools down. Jesus renews this world and makes it a peaceful habitation for His saints, for ever and ever.

19- My dear friends, we have only two choices. There is heaven to choose and hell to shun. God in His great love has done everything so that we might be saved. But He cannot choose for us. All those who choose to accept Jesus as their Saviour and surrender their lives to Him fully will be among His saints in the earth made new. Those who will not make this choice now, will find their place in the lake of fire. May the Lord guide you so that you can make the right choice now and thereby avoid eternal death in hell.

Here is additional information about life only in Christ:

"The wages of sin is death."-Romans 6:23.

"Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved."-Acts 4:12.

"My sheep hear My voice, and I know them, and they follow Me: and I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of My hand." John 10:27-28.

"And this is the record, that God hath given to us eternal life, and this life is in His Son."-1 John 5:11.

"He that hath the Son hath life, and he that hath not the Son of God hath not life."-1 John 5:12.

"But I would not have you to be ignorant concerning them which are asleep, that ye sorrow not, even as others which have no hope."-1 Thessalonians 4:13 (also 1 Corinthians 15:18,20; John 11:11-14).

"And many of them that sleep in the dust of the earth shall awake."-Daniel 12:2 (Ecclesiastes 3:20)

"His breath goeth forth, he returneth to his earth; in that very day his thoughts perish."-Psalm 146:4.

"For the living know that they shall die; but the dead know not any thing."-Ecclesiastes 9:5.

"For in death there is no remembrance of Thee" Psalm 6:5.

"The dead praise not the Lord, neither any that go down into silence."-Psalm 115:17.

"They dead men shall live, together with my dead body shall they arise. Awake and sing, ye that dwell in dust: for. . the earth shall cast out the dead"- Isaiah 26:19 (Psalm 17:15)

"For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first."- 1 Thessalonians 4:16.

"I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction."-Hosea 13:14 (fulfilled for the righteous at Christ's Second Advent: 1 Cor. 15:51-55).

"For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first."- 1 Thessalonians 4:16 (also 1 Corinthians 15:23).

"For thou shalt be recompensed at the resurrection of the just."-Luke 14:14.

"What shall be the end of them that obey not the gospel?"- 1 Peter 4:17.

"Sin is the transgression of the law."-1 John 3:4. "For the wages of sin is death."- Romans 6:23.

"Who shall be punished with everlasting destruction." 2 Thessalonians 1:9.

"Except ye repent, ye shall all likewise perish."-Luke 13:3.

"For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall bum them up, saith the Lord of hosts, that it shall leave them neither root nor branch." -Malachi 4:1.

"And ye shall tread down the wicked; for they shall be ashes under the soles of your feet."-Malachi 4:3.

"Blessed are the meek: for they shall inherit the earth." -Matthew 5:5.

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LESSON THIRTEEN - WATER OF LIFE

1- You would not think of trying to use a car, a sewing machine, or a camera without making sure you understand the instructions regarding their operation, would you? Otherwise, you might damage or destroy your very precious investment. Yet, how strange it is that through neglect, ignorance, and abuse we often ruin the most delicate piece of equipment in the world– our own bodies. The way we treat ourselves often encourages germs to grow and multiply in our bodies resulting in sickness, pain and misery which in most instances could have been avoided.

2- Now, I am going to give you another simple, but Very important recipe for good health: DRINK WATER! Do I hear someone saying, "Oh, is that all? I thought you

might tell about some new cheap miracle drug!" No, what I am going to talk about is not a miracle drug, but it is a miracle prescription.

3- How often when we inquire of our friends how much water they drink each day, we get such answers as 'well, usually drink whenever I am thirsty.' Or, "I can go the whole day without taking a glass of water!" Or, "You know, I am like a camel. I am just never thirsty!" Many times those people do not realize that just such a simple thing as drinking water might have kept them from having to make a visit to the doctor's office.

4- Now, let us look at some of the reasons why drinking enough water is so important. Your body is made up of 70-75% water. Only about $\frac{1}{4}$ of this amount is in your blood. About $\frac{1}{2}$ of the water in your body is in your muscle. Your brain—that important wet cell battery in your body is 75% water! All food is carried to the cells of the body dissolved in liquid. The cells themselves are mostly water.

5- Let me give you an illustration. Here is a woman doing a daily job with which we are all familiar: the daily washing of clothes. As you women well know, keeping clothes bright and clean depends upon proper washing and rinsing. What would happen if you used only this same water to wash in day after day? When you finished soaping and scrubbing, you would wring out the clothes and hang them up. Of course, from time to time as the dry clothes take up the water, you would have to add a little more water, you would not pour out your original water, and change it. You would always carefully keep it, and the next time you wash, you would again use the same water. You would wash out the next lot of dirty clothes, wring them, hang them—still using the same water. Again you would save that water, and the next day you would again put in your clothes, wash them, wring them, hang them. Well, that is what this strange person is doing! And you can imagine how her clothes look. That water has become like mud. When she puts in something white, it comes out well-pretty bad! You simply would never think of caring for your clothes in such a way!

6- This is just a simple illustration of what we too often expect of our bodies. The body has to keep on using the same water over and over again when we do not drink enough. It is true, there is water in your food—in your juicy fruits and in your vegetables. But this is not enough for your body needs to keep your cells and organs in the best condition.

7- You will remember that in an earlier lesson we mentioned those wonderful organs, your kidneys. In these organs are many miles (kilometers) of fine tubing through which all the fluids in your body move many times a day at the average rate of about 6 quarts (6.3 liters) every hour! Those tiny tubes can get clogged up unless you drink plenty of water.

8- Perhaps you have noticed that every time I mention drinking. I specify water! Why not some other kind of fluid? For example, why not beer, or tea or coffee, or a coke, or some other kind of soft drink? The reason is that, while it is true these are mostly water, they also have other substances that are harmful. Beer affects your power of reasoning. Coffee and tea contain stimulating elements that are detrimental to good health; cola drinks also have stimulants.

9- Soft drinks contain what we call, "empty calories." The sugar can satisfy your hunger and may take away your appetite for good food at meal time and yet not give you any real nourishment. If you are really wanting good health, take these four items (beer, tea, coffee, coke) completely off your list, and go easy on those soft drinks—put in their place pure, clean water! How much? Six to eight glasses at a minimum per day.

10- When should you drink? Let me give a tip. Drink between your meals rather than at mealtime. As far as your body is concerned, an hour or so before meals is the

ideal time to drink –then you will not be so thirsty at your meal, and your digestion will get along much better than if you gulp down water with your meals.

11- Let me give you another hint. If you happen to have trouble with constipation, take very warm water in the morning before you eat. Start out with half a glass or so, and gradually increase it until it becomes a pint or so. This is all that many people need to do to take care of constipation –no need for drugs or laxatives.

12- Thirst is a good indication that your body is needing water. Do not ignore it. But thirst alone cannot be a safe guide. Whether or not you feel thirsty your body needs fresh water continually. Remember the illustration of the woman washing clothes!

13- Friends, we live in a world that surrounds us with enemies of health. In this lesson we have considered another means of preventing needless aches and pains. With this simple but very important health rule, you can help to make yourself the kind of person germs do not like, instead of the kind germs like very much.

14- We have learned how vital water is to the human body in combating germs– the enemies of good health and long life. The Holy Scriptures reveal that we all are plagued with another enemy called sin. Paul wrote, "For all have sinned and come short of the glory of God." I assure you now, friends, there is a solution to this problem - there is Living Water available to cleanse us from sin and make us strong to resist the enemy of our soul.

15- The Bible tells us the blood of Jesus Christ His Son cleanseth us from all sins. In the spiritual sense the water or the cleansing agent is compared to the Blood of Jesus.

16- If we say that we have no sin, we deceive ourselves, and the truth is not in us." 1 John 1:8. Therefore, as by one man sin entered into the world, and death by sin, and so death passed upon all men, for that all have sinned. The first person who sinned was Eve, then joined Adam and down the stream of life until everybody is a sinner. So everyone needs to be cleansed. Everyone needs the cleansing agent which is only the blood of Christ.

17- Hear the claim of Jesus while on earth. "Which of you convinceth me of sin?" In other words, who can say that I have sinned? The Bible further tells us "who did no sin, neither was guile found in his mouth." Jesus is the only person who has ever made such a claim. He is the only sinless person and hence He alone can cleanse us.

18- "For the wages of sin is death but the gift of God is eternal life through Jesus Christ our Lord." "For when we were yet without strength, in due time Christ died for the ungodly." For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. Our God commendeth His love toward us, in that while we were yet sinners, Christ died for us." What wonderful love! By disobedience man was doomed eternally, but God steps in and a plan was laid. God will not allow the human race to perish. Law which is the foundation of God's government cannot be changed or withdrawn. This would only bring chaos. At the same time, justice must be done. The sinner must die.

19- So, in this plan of salvation, Jesus took upon Himself to ransom the fallen race by offering to die in man's stead. He is called the Lamb slain from the foundation of the world.

20- So, justice and love kissed each other at the cross. The cross is a sign of the justice of God and also a sign of God's love. As soon as Adam and Eve fell, they were told of this wonderful plan. God did not leave them without hope. They were given the

promise of salvation through the loving death of Jesus Christ on the cross. But when the fullness of the time was come, God sent forth His Son, born of a woman.

21 Until the time Jesus was crucified, men were told to offer sacrifices— sacrifices of animals. This is actually the offering of the blood of slain animals. This blood was to represent the blood of Christ. So a system was introduced by God Himself which was known as the sacrificial system. This was a type or the shadow of things to come. A symbol of what Jesus was going to do for sinful humanity. And without shedding of blood, there is no way whereby a man may get rid of his sins.

22- The blood of the animals did not cleanse anybody. It was only to remind them of the blood of Christ. While offering the blood of animals, they were to have faith in the blood of Christ. Being justified freely by His grace through the redemption that is in Christ Jesus, whom God hath set forth to be a propitiation through faith in His blood." It is the faith which justified the people before Christ and it is the faith still that justifies us after Christ, faith in the blood of Jesus Christ. "In whom (Jesus) we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." If we believe today that His blood can cleanse us from our sins, and accept Him as our personal Saviour, we are justified in His sight.

23 Jesus is in heaven now, and if we pray to God, believing in the blood of Jesus for the cleansing and forgiveness of our sins, He will clean us completely. Jesus will plead with His father on our behalf saying, "Yes Father, pardon him, I have shed my blood for him and he believed in it." And our sins are forgiven and we stand before God as if we had never sinned. This is really a mystery, but it is exactly so.

24 My dear friends, we all know we are sinners. We must understand that Jesus is our only Saviour. Let us believe in His atoning sacrifice. God grant that we all will accept the gift of His blood to cleanse us from all sins and prepare us to meet Him at His soon appearing. "For God so loved the world; that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."

Here is additional information about Jesus in heaven just now:

"Now of the things which we have spoken this is the sum: We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens;

"A minister of the Sanctuary, and of the true tabernacle, which the Lord pitched, and not man."-Hebrews 8:1-2.

"Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them."-Hebrews 7:25.

"Seeing then that we have a great High Priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."-Hebrews 4:14-16.

"Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, by a new and living way, which He hath consecrated for us, through the veil, that is to say, His flesh. And having an High Priest over the house of God, let us draw near with a true heart in full assurance of faith."-Hebrews 10:19-22.

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LESSON FOURTEEN - WORKING TO LIVE

1- What I am going to tell you in this lesson is extremely important. It can, perhaps, save your life. It can certainly add years of better living to your life. But, first of all, I want to ask you some questions. Do you spend most of your time in quiet occupation such as working in an office, or sitting in classes? Do you spend most of the day in rather vigorous work such as farming, or some other kind of work that is quite strenuous?

2- Life has been compared to a barrel of water. As the barrel sits in the sun, the water gradually evaporates with the passing of time. This is normal and is a good illustration of the way life gradually runs out during the normal span of time. However, often, young people in particular, look at life and say to themselves: "Here is my supply of health. It is limitless! It is marvelous! Eat anytime! Smoke as much as I like! Drink any time! Sleep anytime! Forget exercise!!" Such an attitude can sometimes be carried on even into the twenties and thirties before it is discovered that every bad health habit is like drilling a hole in the barrel. Health runs out before it should!

3- For example, it may surprise you to know that 77% of the soldiers aged 19-25 years who were killed in Korea were found to have hardening of the arteries! Why? Because they were drilling holes in their barrel of life. True, the body has an amazing ability to take abuse and yet keep on going; but there comes a day when the supply of energy seems to be less. An organ or system begins to cry out in pain, or may even stop functioning properly. Since organs and systems depend upon one another, when one suffers, so do others. The result is poor health, a break down or even premature death. Many people have lost their health trying to make money, and then had to spend that wealth attempting to regain their health broken by abusive living.

4- Now, the very, very important Health Insurance which I want to emphasize in this study is your need for regular exercise. Friends, I say without any exaggeration that this can make the difference for you between life and death—especially an early death. Your body is designed for activity. There are 639 muscles and over 100 joints which can be kept in healthy condition only if you exercise enough. The hospitals of the world are filled with people whose bodies have "rusted" out through lack of exercise. Let us look at some of the things science has proved regarding this matter of exercise!

5- 1. The most important muscle in your body is the great muscle which contracts and relaxes between 60-70 times a minute, 24 hours a day throughout your life time, and upon which your life depends—your heart. Like every other muscle in your body, it needs the benefits that only regular exercise can give. If you find yourself out of breath when you have to climb a few stairs, run a hundred feet, or climb a hill, your heart is in poor condition. You need to start an exercise program NOW.

6- 2. Exercise also improves your circulation. More oxygen and nourishment reach your body cells, and the waste matter from the cells is carried off more quickly through good circulation of the blood throughout the body.

7- 3. One of the first organs to feel the benefits and also the lack of exercise is your brain. Your mental powers are sharpened as more oxygen gets to your brain. Your

nerves are calm and steady. And you are able to stand the stress and strain of life much better if you take regular exercise. Your whole personality improves.

8- 4. Exercise makes you take deep breaths of fresh air and exhale more deeply also. Your whole respiratory system is strengthened. Disease has a much harder time getting started in your lungs as well as the rest of your body if you exercise as you should.

9- 5. Your digestive tract all the way from you lips and tongue through to the end of your intestines depends on muscles in order to take care of the food you eat. Efficient digestion and elimination are greatly aided by exercise.

10- 6. Exercise gives you a more youthful appearance. Remember, your body with all its organs, is held in place by muscles! Inactive muscles sag and lose their tone. You can feel tired and exhausted, when the real problem is muscles which are not doing their appointed job due to lack of exercise. We have all experienced the feeling of weakness after being in bed for only a day or two. Why? Primarily because the muscles were not getting their accustomed exercise.

11- A healthy muscle is one that is used regularly and vigorously. Healthy muscles have twenty times as much blood passing through them as does the inactive. No wonder, they are more firm and able to help you stand and sit well, hold your abdomen in, and hold your head erect. So, whether you are 9 or 99, you need regular and vigorous exercise. The more you are under stress and strain, the more you are in need of exercise.

12- Perhaps, you are wondering just what kind of exercise I am talking about. After all, there are so many activities to choose from: walking, jogging, bicycling, swimming, etc. Well, you may be surprised to know that the exercise that gets the highest rating as the all round exercise for all ages is WALKING! Start out by walking for ten minutes in one direction, and then ten minutes back again: No, not strolling! That does you very little good. It must be brisk walking! The kind that makes you breathe deeply and swing your arms. Though you may not be able to do it at first and should work up to it gradually, you should be able to walk about 1/2 mile (1 kilometer) in 10 minutes before long. Then extend your walking time until you are walking from 30-45 minutes every day preferably in the morning! And enjoy your walk! Exercise that you enjoy does you more good than exercise you do not enjoy.

13- Now, here is a word of warning. If you have not been very active, do not suddenly become involved in strenuous exercise. Starting off with exercise such as volleyball or tennis is a fine way to get sore muscles as well as to invite a heart attack. This is why I suggest walking. And I suggest that you start tomorrow morning! Consider the case of an 84-year-old lady who just a little over a year ago was having serious heart trouble. She had to take nitroglycerine continually. Then she started a walking program, gradually increasing her distance, time and speed. Now, she is briskly walking more than a mile every morning, and it has been months since she has needed to take a nitroglycerine pill!

14- If you live only 2 to 3 miles from your work—WALK! Do not ride a car or taxi. If you live too far to walk, then get out of the car or taxi at least a mile or two before your destination, or else walk 2 miles before you take the car. Every chance you get—WALK. Soon, you will not be panting any more when you have to climb stairs or do heavy work.

15- Some of you mothers think that because you do your own work and chase your children once in a while, that is exercise enough. It has been scientifically proven that exercise must get your blood circulating faster and your breathing to become deeper

for at least 3-5 minutes at one stretch if it is to really benefit you. You rarely do anything really strenuous for that long in your routine house-hold duties.

16- So friends, I urge—strongly urge you to start a regular exercise program, for your very life depends on it. God wants you to live a long useful, happy and healthful life. Exercise is one of the finest ways to insure health, and give strong resistance to disease.

17- God wants you to live a long and useful life. Exercise, in the form of work, recreation and other useful activities, will aid the body in being strong to resist germs and illness. You also need to be strong to resist sin which is so prevalent in our society. God has the answer now in His power, which is unlimited for you.

18- What is that spiritual exercise that helps us to resist sin? It is called the Law of God. There are Ten Commandments in this law. The whole law has just one root, which is Love. Then as it grows, it branches out into two divisions. The first one shows our obligations to our Maker and the second one shows our obligations to our neighbours. Our obligations to God are again divided into four parts and our obligations to our neighbours into six parts making a complete whole of 10 rules or commandments of life.

19- If we truly love God, we shall fulfill the first four obligations; and they are:

1. Thou shalt have no other Gods before me.
2. Thou shalt not bow down to images of any kind, or thou shalt not worship images.
3. Thou shalt not take God's name in vain.
4. Remember His day, the Sabbath day, to keep it Holy.

20- The next section which shows our obligations to our fellow men is as follows:

5. Honour thy father and thy mother.
6. Thou shalt not kill.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness; in other words, thou shalt not tell lies.
10. Thou shalt not covet.

21- By doing these, we get spiritual exercise; we become spiritually strong. But we must remember this can be done only with the help of God. We must seek for God's guidance to help us keep these rules in our lives. And, when Jesus comes, we will be ready to enter into His kingdom.

22- Just as health laws are for our physical good, these moral laws are for our spiritual good. We are happy when we do them and suffer when we break them. All true health laws, physical laws, and moral laws are established by God. Anyone breaking these will be doing himself an injury, and must bear the consequences. A good citizen will keep the law of the land. Likewise, in order to be citizens of God's kingdom, we should keep the law of His kingdom. No lawlessness can be tolerated there. Heaven is all peace and joy and happiness, so we have to practice these rules here and God will help us. If we break them, we sin, and the wages of sin is death.

23- Sometime or another, we have broken God's law and so the death sentence has been passed on us. The sting of sin is death. There is nothing we can do about it that will save us. This is where Jesus steps into the picture and says, 'Confess your sins

to Me and I will forgive and cleanse you of your sins.' All our past sins are taken away and we begin to walk a new life of obedience to His law. This is done by the grace of God. And because Jesus has saved us from our sins, by His grace; we, are doubly careful to keep His commandments in His strength. This was the purpose of the sacrifice of Jesus which was to pay the penalty of our sins caused by the breaking of His commandments.

24- Now, in and through His blood, we are saved from the power of sin over us, and so we walk in the newness of life. We are careful in keeping all the commandments not because we want to be saved; but because we are already saved from breaking them. What a wonderful provision! What love! May the Lord grant that we may be fit citizens of His coming kingdom. Then, when He comes, we can hear from His mouth these blessed words, " Re 22:14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city."

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LESSON FIFTEEN - COME APART AND REST

1- Exercise! Perhaps as you think of it you may say to yourself, "How is it that one time we are told that we must get more exercise, and the very next time, we are told we must relax!" Well, actually there is no contradiction, as you will soon see. Health calls for a balance in all that we do. Exercise is absolutely necessary for good health, and so is rest, and relaxation.

2- Let us look at some of the needs of our bodies for physical rest. We usually think of the organs of our body as working, but we do not often take into account that they also rest. Your heart is a good example. Every minute your heart beats about 70 times. Each contraction of the heart lasts only about 4/10 of a second. The remaining 6/10 of the second your heart is resting. So, actually your heart should be resting slightly more than it is working, if it is in good condition. If you have a rapid pulse, you should get started on that exercise program, and you will find that your heart will slow down after a few weeks. It will get more rest and last longer!

3- Our muscles work hard, and then they rest. If they are forced to continue working without proper periods of rest, they become tired out and stop functioning until given proper time to rest and recuperate. Your stomach needs periods of rest. After a meal, it works hard for you. It should have a chance to rest before the next meal. Did you know that you make it impossible for your stomach to get this rest when you eat between meals?

4- During the war in England, a certain factory decided to start a 75-hour work week in order to increase production. Later, when a survey was made, it was found that the workers were doing only 50 hours of efficient work. The factory then cut the schedule to 64 hours. The next survey showed that only 54 hours of actual work was getting done. So the work hours were cut to 54 hours and it was then found that the people actually worked for 48 hours. During those 48 hours in which they worked, they put out 15% MORE work than when they were working 75 hours a weeks. In other words, they were doing about 64 hours worth of work in the 48 hours of time.

5- Now, here is a tip for students. Would you like to know how to get better grades? Research shows that students who study every spare moment are fatigued just like those factory workers on the 75-hour workweek schedule. They do not do so well. If you sit up late and study until you cannot hold your eyes open any longer, your grades will likely not improve. But, if you will try the balanced program which includes daily exercises, you will find your mind clearer and your grades better. –So, work outdoors, go swimming, running, walking–GET EXERCISE! You will learn more during the time you study, and your grades will be better.

6- Generally speaking, adults should have at least 7-8 hours of sleep each night. This should be in as comfortable and well-ventilated a place as possible. Keep your windows open so that you can have circulation of fresh air.

7- Rest is a very important factor in recovering from illness and in staying well. Sleep brought on by pills is not as beneficial as natural sleep. The pills are simply artificial nerve depressants. Sleep should be well-earned by balanced living! And may I add, this includes a clear conscience and trust in God. Sleep should certainly not have to depend on a pill!

8- Research has shown that going to the theater –or watching television –watching an exciting picture disturbs the mind and the body. Actually, both are only a so-called relaxation, actually straining and tiring the nervous system.

9- Do not stay up late, and rob your body of the rest it needs. It has also been scientifically proven that the sleep you get before midnight does more good than the sleep you get after the hours of midnight. Loss of sleep is hard to make up. Research shows that it takes from one to three weeks to make up for the loss of efficiency resulting from missing one night of sleep!

10- But sleep is only one means of relaxing. You have heard the saying that a change is as good as a rest. There is a great deal of truth to this statement. If your day is spent in the office sitting, or as a student studying, you will find good relaxation in some sort of action that does not call for mental exertion, and which gives you some activity. There is nothing so good as gardening, but that is pretty hard here in a city like this.

11- On the other hand, if you have been busy running about the whole day, you can find good relaxation in sitting down with an elevating book or magazine or in doing something quiet. Whatever you do, do not let yourself become a cinema or TV addict. You get very little benefit from it and you can get a great deal of harm.

12- As pressures mount, and as tensions build in the world around us and in our own country, we sometimes find ourselves being affected by them. If at times you find it hard to relax because you feel all tied up in knots, here are some things that you can do to help yourself. I want you to practice them right now.

13- First of all, clench your fists just as tightly as you can. Hold it! Tighter! Now, let go suddenly. You can feel the tension leave your hands, arms, shoulders. Now do it again.

14- Second, stretch your legs out in front of you. Bend your feet and toes downward. Go as far as you can. Now, let go. Now, push your heels down as far as you can. Farther! Now relax. More tension disappears. (Repeat)

15- Third, close your eyes tightly. Squeeze them tight. Press your lips and bite hard. Now let go. If you let your head drop to one side, so much the better.

16- Each of these three relaxing exercises should be done three times. Remember these little tips. Perhaps you can pass them on to a friend as well.

17- Our Lord said to His disciples, "Come ye apart and rest awhile." To get the most out of life, we must learn to live with a balanced program. God made our bodies in such a way that work and exercise, rest and relaxation, are all necessary for maximum efficiency. God wants you to be alive for Him. The Christian life is life at its very best. It is a balanced life.

18- Jesus says to each one of us. "Come unto me all ye that labor and are heavy laden, and I will give you rest." There cannot be any joy and happiness without rest and Jesus wants us to be happy. If we come to Him for rest, He will give us relief from our burdens.

19- There are so many, many problems confronting men every day. Sometimes, not being able to find a way out of their difficult problems of life, many have committed suicide. They become helpless and hopeless. They try in vain to find answers to their difficulties and problems.

20- Jesus claims to have the water which will truly satisfy. Listen to Him. "But whosoever drinketh of the water that I shall give him, shall never thirst: but the water that I shall give him, shall be in him a well of water springing up into everlasting life." John 4:14. He also has the bread of life to satisfy our hunger. He again says in this connection, "I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever." John 6:51.

21- For those burdened with sin, He says, "Come now . . . though your sins be as scarlet, they shall be as white as snow: though they be like crimson, they shall be as wool." Isaiah 1:18. To the sorrowing and worried ones He says, "Peace I leave with you, my peace I give unto you; not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27.

22- During the three and a half years of Jesus' ministry in this world Jesus fulfilled all that He professed. On one occasion he fed 5,000 people with just five loaves of bread and 2 fishes. He comforted those that wept. He said to those, "Weep not." He healed all kinds of sickness. He even raised the dead. At one time, He stopped a funeral procession, and He went to the dead, who was the only son of a widow, and raised him to life. To each one of us, He brings the assurance of life, life abundant and eternal. "He that hath the Son, hath life. and he that hath not the Son of God hath not life." 1 John 5:12.

23- Now the question comes-how can we have Him? How can we come to Him for rest, for Living Water, for living bread, and for life everlasting? The answer is found in the Bible itself: 'Behold I stand at the door, and knock: if any man hear my voice, and open the door, I will come into Him, and will sup with him, and he with me.' Revelation 3:20. He talks to us through His messengers that bring to us His words.

24- The first step is to hear Him. When we hear Him, we can at once realize our sinfulness and a need for His pardon. We come to Him as we are. This is our second step. We bring our unclean defiled hearts to Him. Just as we are, we give ourselves to Jesus and He cleanseth us. He gives us a new heart in place of a stony heart. We are sorry for having disobeyed Him, which was the cause for His crucifixion. We ask forgiveness of all our sins. Specify every sin and seek His pardon. He says, "He that cometh to me, I will in no wise cast him away." John 6:37. There is joy in heaven when one sinner repents and comes to Him. He has compassion on us like a father when his wayward child returns to him.

25- After we have asked forgiveness from Him, we should believe that we are forgiven. We are justified through Him. We stand before God as if we have never sinned. From this point, we should live a new life. We should be new people. "Let him that stole,

steal no more." If we told lies in the past, now we tell only the truth. We will not smoke or drink or murder or worship idols or commit suicide or commit adultery. We will not cheat any one; we will not use bad words. We will be clean in and out.

26- So, the third step is to be converted. A complete change. Then we become children of God. We take His name "Christian" or "follower of Christ." This is done by being baptized in the name of Father, Son, and the Holy Ghost. We shall learn more about this in our future lessons.

27- Thus, Jesus becomes our Saviour and our Redeemer. He becomes our constant companion. In times of need, He is always with us. He lifts us when we fall and strengthens us so that we will not fall. The Creator of Heaven and Earth is with us to help. You can be a murderer, a thief and what not, but all your sins are forgiven the moment you accept His provision for you. You say, it is so simple. Yes, it is so, this is why many people do not accept Christianity because of its simplicity. They think of doing some thing very difficult before they can be accepted.

28- Once we have sinned, there is nothing we can do to atone for our sins. No pilgrimage, no penance will be of any avail. We are doomed. The wages of sin is death. Death is the only verdict; so Jesus comes along and pays our penalty by His precious blood. Now we are set free.

29- Salvation is the gift of God through Jesus Christ our Lord. We cannot earn it. We have to accept it. Friends, are you burdened tonight? Are you worried? Is your soul thirsty and hungry? Jesus can be yours. He invites you to accept Him. Will you do it? He may not be always at your door if you do not open. While you can hear His pleading voice, harden not your hearts. He will bring joy and gladness, peace and life everlasting into your life.

30- He is coming soon and we must accept Him now. The choice is yours. You do not have to die. He has made all the provisions for your salvation. If you are lost, it will be because of your own choice. God bless you my brother and sister, that when He comes, you and I will be ready to meet Him.

Here is additional information on coming to Christ:

"Faith is the substance of things hoped for, the evidence of things not seen."
Hebrews 11:1.

"For he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him."-Hebrews 11:6.

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LESSON SIXTEEN - THE MIRACLE OF BLOOD

1- No tissue in the human body is more vital than the blood stream. Our very lives depend on its condition. If it is thin and weak, we cannot expect to be healthy. If it is filled with all the wonderful elements that build up the body, its effects will be seen throughout the system.

2- Why is blood important? God explained this to man immediately after the flood when He said, "But flesh with the life thereof, which is the blood thereof shall ye not eat."

Genesis 9:4. Our life is in the blood. Without it there could be no complex organism such as our human bodies. In fact, without the blood only the most simple or primitive forms of life could exist.

3- That wonderful stream began to flow before we were born. From that moment we really began to live. If it stops flowing, we could go into a state of shock. If it did not start within a few minutes, we would die. There is an old saying that blood is thicker than water. This is very true. Actually, normal human blood is five times thicker than water. That's why it requires so much pressure in the heart and arteries to keep it circulating through the body.

4- If the blood pressure should fall below normal, we would become weak and dizzy and might faint. If the blood pressure should go too high, we might suffer from headaches, palpitation, and heart failure. We might have a stroke. It is very important for us to maintain normal pressure at all times.

5- Blood is not a simple liquid like water. Under heavy pressure it circulates through a vast network of tiny living tubes, carrying life and energy to every part of the body. The blood that flows through your arteries and veins is also alive. In every drop, there are scores of different chemical substances, and all these have their special work in maintaining life and health.

6- If you are a normal healthy person, you have between five and six quarts of blood in your body. Nearly half of this consists of cells. There are white cells, and red cells, and tiny fragments called platelets. The red cells are the most numerous, but they are all very important.

7- All those cells are suspended in a heavy, yellowish liquid called plasma. This plasma contains other very important substances, such as proteins, vitamins, minerals, complex chemicals, glucose, salt, water, etc. This abundant supply of materials must always be available for the growth and repair of the body, so that the health of the body may be maintained.

8- Your blood stream provides you with the power and energy by which you live. It controls the proper functioning of every cell; every organ, and every tissue in your body. Many of nature's most amazing secrets are revealed in the blood stream. Scientists are continually discovering new and more wonderful ways by which the blood stream builds up the body and helps to defend it against disease.

9- The most important work in the body is done by red blood cells. Each of these red blood cells contains a remarkable pigment called hemoglobin. This is what gives the rich red color to blood. If a person doesn't have enough red blood cells, or if his hemoglobin is too low, he suffers from some form of anemia. He may feel tired and listless and utterly worn out for no good reason at all. He should go to see a good doctor. He should never try to treat himself, because only a doctor can know what type of anemia he suffers from, and how it should be treated.

10- If a person's blood is normal, there should be about 5 million red blood cells, very much alive, in one drop of blood not much larger than a pin head. There are many billions of red blood cells in your body.

11- It is their duty to carry oxygen from the lungs out to the different tissues of the body. No cell in the human body can live more than a few minutes unless it receives a fresh supply of oxygen every moment. This is supplied only by the circulating blood. If the circulation fails, all the cells will soon die. No man is ever dead as long as his blood circulates. Deep breathing keeps the red blood cells well supplied with needed oxygen.

12- These red blood cells are very small. –You would have to put 3,200 side by side to make one inch. They have to endure a great deal of wear and tear. They are thrown around in the blood vessels at great speed, and they are always under considerable pressure while they are in the arteries.

13- Most red blood cells do not live longer than five or six weeks. Some live less than that. As a result, they must be constantly replaced. In fact, your body must produce no less than 12 million red blood cells every second just to keep your normal blood supply up. To meet this need, you must have a good supply of protein in your food every day. Over 1/3 of the protein you eat goes to replace the red blood cells that are constantly being worn out. These red blood cells are born in the bone marrow. This is the soft tissue inside the long bones of the body.

14- When a person's red blood cells are not replaced quickly enough he becomes anemic. This could be caused by unusual bleeding such as a stomach ulcer. It could come from infections or malaria, or intestinal parasites. Sometimes bone marrow can be injured by industrial exhaust, or from some of the drugs that are found in popular and highly advertised headache remedies, but most people suffering from anemia are sick because of improper diet.

15- The bone marrow cannot produce healthy red blood cells, unless it is given the proper materials, with which to work. These include plenty of protein and iron. Such substances can only come from the things we eat. There is no other way we can get them.

16- Foods that help to build up the blood include such things as apricots, dates, raisins, prunes, greens, peas, beans, whole grains, maize, etc. All these contain iron in the best form that the body can use.

17- Carbohydrate foods such as sweetmeats (candy), cakes, etc., do not contain the substances that build up the blood. In fact, some carbohydrates actually seem to depress the production of red cells. In some experiments, animals were found to replenish their supply of red blood cells better when they were starved than when they were fed on white bread and sugar. So, if you are feeling tired and weak, take a good look at your diet. Our bodies can never be healthy while living on a poor diet.

18- By careful study we can learn to take proper care of these wonderful bodies God has given us. The principles are all stated clearly in this wonderful book called the Bible. There is more in it than just instruction for our physical bodies. In it, God states that He will not do anything greatly affecting this world without revealing His plans to the world through His servants the prophets. Amos 3:7.

19- God's plans for redeeming man from the clutches of Satan provided a way for the payment of the penalty of man's sin. That penalty was death. God's Son would come to this world, take upon Himself the form of a man, and then by His death pay the penalty for all mankind.

20- To the Prophet Daniel, God revealed in visions the time when Jesus would begin His work as the Redeemer. The time when He would die for the sins of the world was also revealed. When people who studied the Bible should see how the life of Jesus corresponded exactly with the prophecies given so long before, they would understand and believe that He was the Redeemer so long foretold.

21- Daniel was in a vision and heard an angel speaking. "And he said unto me, unto two thousand and three hundred days; then shall the sanctuary be cleansed." Daniel 8:14. At first Daniel the Prophet also did not quite understand this, and he goes on to say, "And it came to pass, when I, even I, Daniel, had seen the vision, and sought

for the meaning, then behold, there stood before me as the appearance of a man. Daniel 8:14,15.

22- "And I heard a man's voice between the banks of Ulai, which called and said, Gabriel make this man to understand the vision." Daniel 8:16. Daniel had seen a vision and he could not understand it, so, the angel Gabriel is instructed to make this vision plain to him. "So he (the angel, Gabriel) came near where I stood: and when he came I was afraid, and fell upon my face: and he said unto me, understand, O son of man: for at the time of the end shall be the vision." Daniel 8:17, which is to say that this vision extends right up to the time of the end.

23- Daniel continues: "And he informed me, and talked with me and said, O Daniel, I am now come forth to give thee skill and understanding. At the beginning of thy supplications thou art greatly beloved; therefore, understand the matter, and consider the vision." Daniel 9:23.

24- Please note carefully when this period of 2300 days began and its subdivisions and its ending time: "Seventy weeks are determined upon thy people and upon thy holy city, to finish the transgression and to make an end of sins, and to make reconciliation for iniquity and to bring in everlasting righteousness and to seal up the vision and prophecy and to anoint the most holy." Daniel 9:24.

25- Let us now see how this seventy week period is calculated—"Know therefore and understand, that from the going forth of the commandment to restore and to build Jerusalem unto the Messiah the Prince shall be seven weeks and three score and two weeks: the street shall be built again, and the wall, even in troublous times." Daniel 9:25. "And after three score and two weeks shall Messiah be cut off. . And he shall confirm the covenant with many for one week: and in the midst of the week He shall cause the sacrifice and the oblation to cease." Daniel 9:26, 27.

26- This period begins when the commandment to rebuild Jerusalem is given. This came in 457 B.C. We find this recorded in Ezra 7:11-26. In figuring out this prophecy, we are to remember that one prophetic day in the Bible is equal to one year as we find it recorded in Ezekiel 4:6, and Numbers 14:34. So, we conclude that 2300 days actually mean 2300 years.

27- So, seventy weeks will mean 490 years. The first part of this long period of 2300 years is 7 weeks or 49 years allotted to restore and build Jerusalem. Counting from 457 B.C., the time when the actual decree was given we add seven weeks or 49 years and come to 408 B.C., when the city and temple were completed.

28- After this another 62 weeks are to be added, or 434 years, which will reach to the Messiah. This is a total of 69 weeks or 483 years, from the autumn of 457 B.C., to the autumn of A.D. 27. In that very year, Christ was anointed at His baptism.

29- In the midst of the 70th week (seven years following A.D. 27) Messiah (Christ) was cut off or crucified (A.D. 31) which marked the time for the sacrifices and oblations of the earthly sanctuary to cease.,

30- Three and one half years later Stephen was stoned, the first Christian martyr and the first great persecution of the church broke out. Saul was converted and became Paul the great Apostle to the Gentiles— This year A.D. 34 marks the rejection of the Jews and the end of the 70 weeks or 490 years, which were "cut off" of the 2300 days (years). There remain 1810 years. These, added to A.D. 34 take us to A.D. 1844 about which we shall not study just now.

31- God's clock ticks accurately; so that we will have faith in His words. Yes, friends, the only purpose why Jesus came to this earth, was to live a life of perfect

obedience to God's law and then offer His sinless blood for our cleansing so that we might be saved eternally. Aside from Jesus, no man who lived in this world ever had sinless blood or even claimed to have sinless blood. Jesus is the only name given under heaven whereby we might be saved.

32- Will you, accept His sacrifice on your behalf? Behold Him on the cruel cross not because of anything He did, but all because of your and my sins. He wants to save us. All that He expects of us is to accept His sacrifice and to acknowledge Him. Will you do it?

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LESSON SEVENTEEN - YOUR BODY IMMUNITIES

1- How is your security right now? No, I am not talking about how strong the bars are on the windows of your homes, I am not talking about whether or not you have hired guards to stand near your place of business or your home. I am talking about something more valuable than houses and business. I am talking about your body defense against certain kinds of germs.

2- God had provided us with several built-in lines of defense against germs which cause infections. In earlier lessons we mentioned some of these defenses, such as White Blood Cells that surround and literally swallow up germs that enter the body. You will recall that we discussed how these policemen of the body rush to the scene of invasion when even so small a thing as a sliver enters the body?

3- Another line of defense is our lymph nodes which are scattered all over the body. Your tonsils are the best example of these. Inflamed tonsils are the reaction of the body to germs that enter through the nose or mouth. Swollen lymph nodes under the arm or on the neck are proof of infection in other parts of the body.

4- We also mentioned earlier about your general body resistance as another means of defense. We can have high general resistance against disease by keeping in good health through following basic health habits.

5- Now, I want to mention another type of resistance of which you should be aware. This is a special kind of resistance against certain germs. Whenever germs invade your body, they act as a stimulus to cause your body to produce special chemicals called antibodies. These antibodies are against the germs. They destroy the germs or also neutralize their poisons in which case they are called anti-toxins. Antibodies kill germs. Antitoxins neutralize the poisons put out by germs.

6- Now, the kind of protection that these antibodies give you is called immunity. Some diseases produce temporary immunity in the body. Other diseases produce immunity for as long as you live. For example, after you get over a cold, it may be a short or long time (depending on your general resistance) before you get another cold or even though you are in continual contact with cold germs. On the other hand, if you have had a disease such as mumps or chicken pox, it is not likely that you will have that disease again the rest of your life!

7- For a few weeks or months, a new born baby usually has the same immunities that the mother has; he gets special immunities from his mother's milk. This is fortunate,

for in this way the child has the opportunity to grow and develop and get some resistance of its own.

8- Many times as you come in contact with germs, your body builds immunity without your even realizing what is going on. When you go from your home to another country, you may find that you quickly come down with certain diseases that are not troubling the people in the area so much. This is because they have already built up an immunity to them. In the same way, people coming here to our country from other countries come in contact with germs that their bodies have never met before, and they may have diarrhea, or fever, or other problems until their bodies have developed some immunity.

9- But there are some diseases for which we need to have resistance, and immunity without getting those diseases! For example, who wants his child to get polio in order to be immune to polio? Who wants to have the bad scars of smallpox in order to be immune to smallpox?

10- Actually, there is no disease we want to get! While diseases may give us antibodies, at the same time they lower our natural and general resistance and can be dangerous and crippling. Not only that, anyone with a communicable disease is a public enemy number one! Before he even knows for sure that he has the disease, he has already spread it to many others and can be the cause of starting or spreading an epidemic. And by the way, you should always remember that many dangerous diseases start with common symptoms such as sore throat, a runny nose, or vague aches and pains.

11- Not so many years ago, such diseases as smallpox, typhoid, and plague, killed hundreds and thousands of people. Why? Because people were ignorant about germs and how they spread, and also because science had not discovered that it is possible for people to have an unusual amount of immunity to a disease without having to have the disease. This can be done through sanitation, careful living, proper diet, rest, exercise, abstemiousness, sunlight, fresh air and trust in divine power.

12- Now comes the question I asked you at the beginning: How is YOUR security?

13- When one travels there are vital documents which must always be presented to the authorities upon entering a foreign land. You must present an officially stamped health card showing you have been properly vaccinated and immunized for entry, and a valid passport with visa for the country you are entering. Without these documents you will be declared unfit to enter another country. You could be rejected.

14- With the holy men of old, the true Christian is tired of this sin-cursed, polluted, worn out world and desires— "a better country, that is an heavenly .." But, before we can enter that heavenly land, we must be checked to see if all is in order. Our lives must be examined to determine whether we will be a blessing or a curse to that better land called heaven.

15- Because heaven is a beautiful place and there is only peace and joy and happiness; nothing that causes any disturbance will be permitted. Every one that goes there has to be thoroughly tested and tried lest he pollute the heavenly atmosphere.

16- Let us read a few passages from our Bible which will help us to understand this important truth about judgment, so that we all can stand the test and be ready for any question we might be asked. "Rejoice, O young man, in thy youth, and let thy heart cheer thee in the days of thy youth and walk in the ways of thine heart and in the sight of thine eyes; but know thou that for all these things God will bring thee into judgment."

Ecclesiastes 11:9. God is our judge. "God shall bring every work into judgment, with every secret thing whether it be good or whether it be evil." Ecclesiastes 12:14. All our works will be judged whether good or bad. God knows all our secrets and we cannot hide anything from Him.

17- Jesus once said, "But I say unto you that every idle word that men shall speak, they shall give account thereof in the day of judgment." Matthew 12:36. Even our words, that we utter will be judged. All will have to give their accounts to God individually. No one will escape God's judgment. We read, "They were judged every man according to their work. Revelation 20:13. Notice the words every man.

18- In the book 2nd Corinthians the 2nd chapter and verse 10, we read, "For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." Yes, God is going to judge us by Jesus Christ." "In the day when God shall judge the secrets of men by Jesus Christ." "The soul that sinneth, it shall die. The Son shall not bear the iniquity of the Father, neither shall the Father bear the iniquity of the Son: the righteousness of the righteous shall be upon him." Ezekiel 18:20. In Romans 14:12, it says, "So then every one of us shall give account of himself to God."

19- Everything that we do or say or think is recorded in the books of heaven. These recording angels keep an accurate record of all that we do. In the Bible we read of the book of Remembrance where all our good deeds are recorded. Then we read of the book of Death where all our sins are recorded. Then we have the book of Life where the names of those who accept Jesus as their Saviour are written.

20- What would be the standard of our judgment you might ask. Let the Bible answer this for you, 'So speak ye, and so do as they, that shall be judged by the Law of God.' But we are all sinners. And the wages of Sin is Death.

21- But having realized that we have broken God's law, we confess our sins to Jesus for cleansing and forgiveness and right then all our sins are taken from us. From that point on we would try to walk upright by Christ's strength. If there will be even one sin unconfessed, we cannot pass the test and be ready for eternal life. All our sins must be confessed and forsaken; so that our names might be retained in the Book of Life.

22- When we accept Jesus as our Saviour, He will keep us from falling; that is to say from sins, such as idolatry, blasphemy, unholiness, disobedience, stealing, adultery, killing, telling lies, covetousness and the like.

23- As we learned in our last study, the great time prophecy of the 2300 day-years in Daniel 8 foretells the time when this great judgment was to begin in heaven. Beginning in 457 B.C., (and its interpretation is proved by the time of the death of Christ) this period goes to 1844. At that time began the work in heaven of examining the life records of all who had professed to believe in the true God. This is the great judgment of Daniel 7. It is going on right NOW. This is why God's true message for now is found in Revelation 14:6. "The hour of His judgment is come."

24- All those who have died from the time of Abel, claiming to be believers in the true God, will be judged. Any day your name or my name will be called for judgment. Are we ready for it? Have we confessed all our sins to Jesus? Have we given up all our past sins, our bad ways of living?

25- We cannot take even one sin with us to heaven. Please listen – "know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived, neither fornicators, effeminate, nor abusers of themselves with mankind. Nor thieves, nor covetous, nor extortioners shall inherit the Kingdom of God. " 1 Corinthians 6:9,10.

26- Friends, what is your response tonight? Do you want to have your sins covered with the Blood of Jesus? Do you want to enter into the bliss of Eternal life? All that you have to do is to accept the Plan of God.

27- Accept the atoning sacrifice of Christ on your behalf. Acknowledge Him as your Saviour NOW. Confess your sins to Him and by His grace live a new life dedicated to Him. You don't have to worry about the judgment. In Christ you can have the hope of eternal life now.

28- He has given His life, His precious blood for the remission of your sins. He wants you to be saved. Hear His pleading voice, "I stand and knock at the door of your heart." Today, if we will hear His voice, harden not your hearts. Tomorrow might be too late. What you have is today. Give your heart to Him right now. He will uphold you.

Here is additional information on the Investigative Judgment:

"I am God, . . . and there is none like Me, declaring the end from the beginning, and from ancient times the things not yet done."-Isaiah 46:9-10.

"God . . . hath appointed a day, in the which He will judge the world."-Acts 17:30-31.

"I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment was white as snow, and the hair of His head like the pure wool: His throne was like the fiery flame, and His wheels as burning fire.

"A fiery stream issued and came forth from before Him: thousand thousands ministered unto Him, and ten thousand times ten thousand stood before Him: the judgment was set, and the books were opened."-Daniel 8:9-10.

"He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life."-Revelation 3:5.

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LESSON EIGHTEEN - SIMPLE REMEDIES

1- There are simple plants which contain healing properties. We can use these in time of sickness with no denial of faith in God. Although we call these simple remedies "herbs," yet not only small plants are used, but also bushes, and even parts of trees, such as the leaves, bark and roots.

2- In regard to praying for the sick and ministering to their needs, many think that no remedies should be used, but only "faith and prayer." But in the Bible, simple remedies were used, such as water and medicinal plants. The use of certain herbs that the Lord has made to grow for the good of mankind, is in harmony with the exercise of faith.

3- In order to best care for myself, I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically and I must take special care to have my clothing

such as will induce a healthful circulation of the blood to my limbs. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain.

4- I must have wisdom to be a faithful guardian of my body. For example, it would be unwise for me to sit in a draught of cool or cold air, and thus expose myself to a cold. I should not sit with cold feet and limbs, for this will drive back the blood from the extremities to the brain or internal organs, and thus cause congestion and physical problems.

5- I should eat regularly of the most healthful food, which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so.

6- And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the healing agents that God has provided in nature: pure air, pure water, and the healing, precious, sunlight. Indeed, the true remedies are pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in divine power.

7- Water can be used in many ways to relieve suffering. Clear, warm water, taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.

8- A cup of tea made from catnip herb will quiet the nerves. Hop tea will induce sleep. Hop poultices over the stomach will relieve pain. If the eyes are weak, or if there is pain or inflammation in them, soft flannel cloths wet in hot water and salt, will bring relief quickly.

9- When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.

10- There are many more simple remedies, which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves; but man's extremities are God's opportunities.

11- If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain, when we are too indolent to make use of these remedies within our power, it is simply presumption. The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. But as we do our part, He sends the rain and the sunshine and the clouds to cause vegetation to flourish. We are to cooperate with God; working with Him in everything we undertake. And, as a result of our cooperation with Him, the seedtime and harvests of life take place.

12- God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.

13- When the Lord told Hezekiah that He would spare his life for fifteen additional years, and then, as a sign that He would fulfill His promise, caused the sun to go back ten degrees, –why did He not put His direct, healing power upon the king? For instead, He told him to use a simple remedy: to apply a bunch of figs to his sore. In doing this, the simple remedy of nature was blessed of God, and healing came to his body. The God of nature desires that we shall use natural remedies now.

14- When nature's remedies are used for physical disease, the sick should be pointed to Jesus as the only One who can heal the maladies of both the soul and the body.

15- In case of sickness, the cause should be ascertained, unhealthful conditions should be changed, and wrong habits corrected. Then nature is to be assisted in her effort to expel the impurities and to reestablish right conditions in the system.

16- There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, –are remedies for the want of which thousands are dying. Yet fresh air, exercise, pure water, and clean premises are within the reach of all.

17- Those, who minister by the bedside of the sick, need more than human help that they may bring the needed aid. If we are ignorant of the power of divine grace, we will not be able to help the afflicted ones, but will only aggravate the difficulty. If we have a firm hold on God, we will be able to bring them strength, courage and help.

18- One of most beneficial remedies is pulverized charcoal in a bag and used in fomentation (hot water toweling or blanket applications). This is a most helpful remedy. If wet in smartweed, and then boiled, it is still better. It has been used for serious conditions, and even for injured and bruised hands, and inflammation.

19- Learn and teach the use of the simple remedies, and the special blessing of the Lord may be expected as you work with these healing agencies which are within the reach of all. The above information was adapted from the small booklet, "The Use of Herbs," by E. G. White.

20- Friends, there are many problems and trials today. And there are many people who need help badly. Signs all around us reveal that our world is headed in the same direction that Noah's world took. Our Lord said, "As it was in the days of Noah." (Matthew 24:37) Noah's day is described as "the wickedness of man was great . . . and . . . every imagination . . . of his heart was only evil continually." Genesis 6:5.

21- A storm is about to break over this world. Trouble is ahead—more severe than man has ever known or experienced in history. Our God is concerned—He has three signals—three special messengers for us to prepare us and get us ready for the storm.

22- These three special messages for us are known in the Bible as the Three Angel's Message. These angels have specific messages for a specific time, which are very, very important

23- These angels represent a group of people, who are responsible for giving these messages to the world which is drifting to its destruction. These messages are timely warnings for us all.

24- Let us first consider the first angel: "And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred and tongue and people.

25- This angel has an everlasting gospel to preach. The gospel is the good news of salvation only through Jesus Christ and His blood. This is a universal gospel and will reach everywhere and everybody in this world.

26- Out of about 213 countries in the world, this gospel of salvation has already gone to about 200 countries! It is being preached in literally hundreds of languages even in the remote places of the world.

27- This message also tells us to, "Fear God and give glory to Him, for the hour of His judgment is come: and worship Him that made heaven and earth, and the sea, and the fountains of waters." (Rev. 14:7.) Let us divide this message into three divisions. First of all we have, "Fear God."

28- This is a fear or reverence. We acknowledge Him as God, the Creator of this universe and are afraid to do anything that might displease Him. We are afraid to dishonor Him and so we keep all His commandments.

29- The next part is, "for the hour of His judgment is come." Not that it came already or that it will come but it is come. In our previous study, we learned this. The judgment has begun in 1844 according to the prophecy and is in session now.

30- The third part is: "Worship Him that made the heavens and earth, and the sea, and the fountains of waters." Here, we are plainly warned against idolatry or image worship. We are to worship Him only who has created this universe. How do we do that? Please listen.

31- "Remember the Sabbath day to keep it holy. Six days shalt thou labor and do all thy work: but the Seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work: thou, nor thy son, nor thy daughter, thy man servant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the Seventh day! Therefore, the Lord blessed the Sabbath day and hallowed it!" (Ex. 20:8-11.)

32- The Seventh-day of the week which is Saturday is the sign or the mark or seal of the Creator. When we keep the seventh day holy, we worship Him. It is actually the birth date of this world that comes once every week, lest we forget Him. We cannot change anyone's birthday; similarly, this also cannot be changed or obliterated. God says, "It is a sign between Me and you for ever: for in six days the Lord made heaven and earth, and on the seventh day He rested, and was refreshed. When we keep His day holy, we worship Him. By observing some other day we do not worship Him.

33- And there followed another angel saying, "Babylon is fallen, is fallen that great city because she made all nations drink of the wine of the wrath of her fornication." (Rev. 14:8.) This is a warning about an apostate religion, which has its own system of worship. It also means any system of religion, which is not in accordance with the word of God. We are to have our eyes and ears opened, so that we will not be deceived by any kind of false system of religion. This is now being preached in this world, especially by a group of people represented here as the 2nd angel.

34- "And the third angel followed them saying with a loud voice, If any man worship the beast and his image and receive his mark in his forehead or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb.

35- "And the smoke of their torment ascendeth up for ever and ever; and they have no rest day nor night, who worship the beast and his image and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." (Rev. 14:9-12.)

36- This beast is not actually an animal. It stands for a kingdom that opposes God and sets its own system of religion. It has its own mark. Just as the Creator has a mark or a sign which is the Seventh-day or Saturday, this power too has a separate day as its mark. All those who keep this day, worship him and take his mark on their foreheads and hands.

37- The Bible tells us that God is a jealous God and if any one worship somebody else, instead of Him, he will surely; be punished. Definite signs and evidences have been given in the Bible to exactly pinpoint this beast power. But we will not take time tonight to study this. Just let us note the last part of this message.

38- Those who do not worship this beast are called saints. They have three signs –first, they have patience; secondly, they keep all of God's commandments and thirdly, they have the faith of Jesus and the Spirit of Prophecy.

39- If you want to be one of the saints in this group, look for these three signs and this is the group of people represented here as three angels. They are the ones who are going to the length and breadth of this world with these messages and right here you have the privilege of listening to these messages.

40- The world will soon come to an end. Now is the time to turn our minds and worship the true God by keeping His day holy; be keeping all His commandments and to have the faith of Jesus and patiently wait for the return of Jesus. He has promised and it will be fulfilled. You can be either with those that are ready or with those that worship the beast; which side do you want to take?

41- May God bless us so that we can make the right choice now and be saved in His kingdom when Jesus comes back to take us home.

BETTER HEALTH MADE SIMPLE

Thirty-four Steps to Happier Living –

Published by TRAIL GUIDES - Altamont, TN 37301 USA

Road maps for pilgrims traveling home

LESSON NINETEEN - TENSION VS. TRUST

1- As we have mentioned already, man is a four-dimensional being. Only when these dimensions are in good balance can man attain life's great and worthwhile goals. One of the most interesting studies is the close relation between the mind and the body. We know now that these are really inseparable. Every physical illness affects the emotions and the mental attitudes of an individual. On the other hand, more than two thirds of the patients in the doctor's office are there for illness brought on or aggravated by mental stress.

2- Of course, we are all familiar with simple reactions between the body and the mind. For example, embarrassment will make one's face to turn red. Anger will make your mouth dry. Nervousness may make your hands sweat. These are all simple, visible reactions. Perhaps, you did not know that emotional and mental stress cause most ulcers, asthma, high blood pressure, strokes, intestinal diseases, and even arthritis to name only a few.

3- You see, the emotional center of the brain has nerve fibers which go out to every organ of the body. Because of our complicated nerve connections, it is understandable how anything that disturbs the emotional center can send out impulses which can cause anything from a headache to itchy feet! For example, a child who gets sick the first day he goes to school. Sometimes a child or adult is just too tired to do some job he really dislikes, but suddenly has plenty of energy when turning to something interesting.

4- Let us take a look at what actually happens in the body when our emotions are stirred. There are three main effects that you can easily remember:

5- (1) The amount of blood flowing to an organ is changed. As already mentioned, embarrassment can cause the blood vessels to open and the face becomes red.

(2) On the other hand, fear can drive the blood away from the face and send it deep into the body.

(3) Anxiety or hate can cause the blood vessels of the brain to enlarge, increasing the blood to the skull so much that headaches or vomiting can occur.

6- (4) Emotions can affect the secretions of certain glands. Perhaps you have had experience of being called upon to speak before a group. When you got up your mouth was so dry that you could hardly talk. Our emotions change the tension of the muscles. We all have experienced how our muscles tighten up when we become angry or frightened.

7- Actually, our emotions should protect us. When we see, hear, or feel something that can harm us, the emotion of fear or alarm creates an instant chain reaction in the body that prepares us to meet the emergency and enables us to do things we could not do normally! We can fight, run, or do whatever is best to do under the circumstances because adrenalin makes extra energy available instantly. Our heart beats faster sending more energy to the body cells. Breathing is deeper and faster, sending more oxygen to the body. Our pupils get larger so that we can see better. The mind is more active.

8- But your emotions can also hurt you. If you let your mind be occupied with thoughts of guilt, anger, or worry, or if you habitually experience unnatural excitement, your body goes through the same alarm reaction as if you were in the actual situation! The frequent production of these reactions over weeks and months results in harmful effects. That which was intended by God to be a protection to you can turn out to be a means of self destruction.

9- Now, we all have emotions, love, hate, fear, jealousy, happiness etc., are all emotions. There is nothing wrong with having emotions, and we would be mere machines without them! We would miss out on the great pleasures of life, if it were not for our emotions. What we need to learn is how to handle them. If we learn to control circumstances instead of letting them control us, we will find our minds at peace instead of being in a state of tension.

10- One writer states that a troubled person is his own most feared enemy. Friends, there is nothing more true than this fact. There can be no rest in the mind when such feelings as grief, anxiety, distrust, guilt, jealousy, hatred, resentment, envy, selfishness, or insecurity control us. It is not only the mind that suffers, but the body as well.

11- Too many people today find themselves imprisoned in invisible walls. The invisible walls of the mind can be more terrible than walls of the strongest stone. They cramp the mind and destroy this wonderful body God has made. They smother the love, joy and peace and rest of mind, and body that God intended for us to continually enjoy.

12- Physical rest is imperative if one is to be healthy and strong. But mental rest is just as imperative. In order for you to possess the true mental rest that it is your right and privilege to have, you must learn to recognize the importance of the spiritual dimension of man.

13- Jesus said, "Come unto me .. and I will give you rest." Matthew 11:28-10. God's answer to physical and mental tension is found in the rest that Christ offers you tonight. Yes, God is concerned about our rest. We have already studied in our previous

lesson where God says, "Six days shalt thou labor and do all thy work. But the seventh day is the Sabbath of the Lord thy God: In it thou shalt not do any work; thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant nor thy cattle nor thy stranger that is within thy gates." Exodus 20:8-10.

14- God wants that all should rest one day in a week, and that day God has specified. It is the Seventh day or Saturday. And why should it be only Saturday and not any other day? Let us read. "For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the Seventh day; wherefore the Lord blessed the Sabbath day and hallowed it." Exodus 20:11.

15- The first thing we are to remember is-God rested on this day. Secondly, God blessed this day; and thirdly, God has hallowed it or made it Holy. The Sabbath day was made on the seventh day after the Lord finished creating the world in six days; The Sabbath was set aside as a memorial of God's creation. It shows us that it is God who created this world and all that are in the world. It makes us to understand that we are beings created by God.

16- The Sabbath is one of the oldest institutions coming down from Eden. It was intended to be forever. As long as there is God's creation, His sign, too, will be there. By keeping the Sabbath, we acknowledge God as the Creator of everything. If the Sabbath had been kept by all, there would be no atheists today. We may well ask, "When does the Sabbath begin and end?" Leviticus 23:32 says, "from even unto even shall ye celebrate your Sabbath." It begins at evening and closes the next evening.

17- Our next question is when is the evening? Let us read from the Bible-"At even, at the going down of the sun." Deuteronomy 16:6. So, the evening is sunset. That is to say, when on Friday, the sun sets, the Sabbath begins and when on Saturday the sun sets, the Sabbath closes. A complete day of 24 hours. First the dark part and then the daylight part.

18- What is the day before the Sabbath called? The Bible says, "And now when the even was come (that is when the sun had set) because it was the preparation, that is the day before the Sabbath." Mark 15:42. So, Friday is called the Preparation Day in which to get ready for the Sabbath. Before the Sabbath comes, all our secular work should be completed. Such work would include such things as chopping fire wood, washing clothes, cleaning the house, taking baths, marketing, hair cutting, polishing shoes, reading newspapers, listening to radios, traveling, playing etc. No work is proper on the Sabbath that can be done the day before. Even work that seems so very important such as planting the crops at the right time, or harvesting at the right time, must not interfere with Sabbath keeping.

19- Whenever God says anything it is only for our good. He knows that rest is important for our physical as well as spiritual life. Our safety is in obeying Him. There is a great blessing in keeping the Sabbath holy. Sabbath keeping reminds us of our heavenly Father every day. It tells us that we are under His continual care.

20- What is the name of the day after the Sabbath? Let us read from the book of Mark:-"And when the Sabbath was past . . . And very early in the morning the first day of the week." Mark 16:1,2. This was the day Jesus was resurrected and the world calls this day-Sunday. If Sunday is the first day, then Monday would be the second day and so on. This way we can easily know Saturday to be the Seventh-day. This is the only day God wants us to keep holy, not any other day.

21- There are so many things that we can do on the Sabbath day. Let us see what Christ did on the Sabbath day. "And as His custom was, He went into the

synagogue on the Sabbath day, and stood up for to read." One of the things we do on the Sabbath day is to go to church for worship.

22- In Matthew 12:12 Jesus Himself says, "Wherefore it is lawful to do well on the Sabbath days." Visiting the sick and caring for them, all are good works that we can do on the Sabbath days. We can take our family out in nature and meditate upon God's beautiful creation. We can spend time studying the Word of God.

23- Sabbath is also a sign or seal of sanctification—"Moreover also I gave them my Sabbath, to be a sign between me and them, that they might know that I am the Lord that doth sanctify them." "And hallow my Sabbaths, and they shall be a sign between me and you, that ye may know that I am the Lord your God." Ezekiel 20:12,20.

24- By keeping the Lord's Sabbath, we become His subjects and He becomes our God. How can we expect to be in His kingdom and yet not have the sign to show we are His subjects? It cannot be. We want to go to heaven. Heaven is God's dwelling place. We can be there only as we acknowledge Him now as our Lord and Master. And the only way we can do this is to keep His day Holy which is the Seventh day or Saturday.

25- He is coming soon. We have to make the necessary adjustments in our experience. It might be hard for those of us who have never kept this day holy before; but with His help we can do it. He says, "My yoke is easy and my burden is light." When we are yoked with Jesus, burdens will no longer be burdens. Friends, pray about it and God will strengthen you. He wants you to be saved but He cannot force you. You have to choose to be saved. Accept Him, follow Him, obey Him, and He will give you rest.

Here is additional information about the Bible Sabbath:

At the Creation: "Thus the heavens and the earth were finished, and all the host of them. And on the Seventh day God ended His work which He had made; and He rested on the Seventh day from all His work which He had made.

"And God blessed the Seventh day, and sanctified it: because that in it He had rested from all His work which God created and made."-Genesis 2:1-3.

The Fourth Commandment: "Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work.

"But the Seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates;

"For in six days the Lord heaven and earth, the sea, and all that in them is, and rested the Seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."-Exodus 20: 8-11.

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LESSON TWENTY - POWERFUL POISON

1- Why Poison Yourself? That sounds like a strange question, does it not? Who in the world would want to knowingly poison himself? Who would choose to commit suicide? Who would choose to be an invalid during the most productive years of life? Yet many people do just these things! 700,000 a year in the USA alone do it when they decide to start smoking cigarettes.

2- Cigarette smoke has 500 distinct chemical substances in it. Twenty-five of those are so poisonous that if the amount of poison in two cigarettes were concentrated it would kill a 150 lb. man! Because the effect is slow, it is no less dangerous. Life insurance figures have calculated that the life expectancy of a smoker decreases by about 18 minutes per pack of cigarettes! It may not be suicide by sudden death, but it is suicide by degrees.

3- Cancer and heart disease are two of the biggest killers in the world today. A person who smokes 1 pack of cigarettes a day, increases his chance of dying from cancer by 10 times. If he smokes 2 packs a day, his chances are 20 times greater than those of a non-smoker.

4- The tobacco leaf contains hundreds of chemicals when burned at 1600 degrees F. Among these are 25 gases. Carbon monoxide is one of them. The presence of Carbon Monoxide makes less oxygen available to the body. The brain especially suffers from this oxygen loss. There is a 10% mental handicap in a smoker!

5- Aside from damage from chemicals and gases, there is formed a black sticky substance called tar. Eight of these will produce cancer when applied directly on tissue. A person who smokes and inhales 2 packs a day will trap one quart of tar in the lung passages in a year. It is this irritating action of the tar on the tender lining of the lung passages which paralyzes the lining and eventually begins a cancerous growth.

6- Lung Cancer is increasing faster than any other form of cancer. It killed 55,000 people in the USA alone last year. Dr. Alton Oschner, a famous chest surgeon said, "All cigarette smokers are likely to die of lung cancer unless they die of something else first."

7- Lung cancer is an extremely deadly type of cancer. 95% of people with lung cancer die of it within 3 years. The average person will die within a year of the first symptoms, and within 3 months after it has been found by a doctor. Smokers have 20 times greater chance of having lung cancer than do non-smokers. Cancer of the lung is not the only cancer associated with smoking. Cancer of the larynx (voice box), and esophagus, (food passage), is almost entirely due to smoking. Cancer of the mouth and throat is 3 times as common in smokers as in non-smokers.

8- A smoker has a greater chance of dying from heart disease—the greatest killer—than a non-smoker has.

9- Many countries of the world realize the great danger of smoking. England, Russia, Holland, Sweden and finally the USA have all put restrictions on advertising of cigarettes and required that each package of cigarettes state on the label that smoking is injurious to health.

10- In spite of all these facts, and efforts to cure smoking, smoking is still on the increase. Why? Simply because smoking is a form of addiction similar to opium addiction, and young people who do not have the knowledge of these facts begin smoking at an early age. They believe the false advertising. Many still consider it the "in"

thing to do. To be "one of the crowd" is a frequent reason for smoking when in reality, it is the one who does not smoke who is considered lucky, and is looked up to. He is the picture of health without a barking cough, bad breath, dirty fingers and teeth. Also, the nonsmoker is saving thousands of hard-earned dollars, as well.

11- Because of the addicting properties of tobacco, many who would like to quit cannot. The most-important chemical which produces an immediate effect in the body and is responsible for the addicting properties is nicotine. Nicotine is a deadly poison. 60 milligrams of nicotine (found in 2 cigarettes) would kill a man if injected into him. Why do not 2 cigarettes kill then? Only because most of the nicotine is burned up in smoke, and is not absorbed in the body, and the body disposes of most of that which is absorbed.

12- But-and this is very important to remember, enough Nicotine is held in the body to produce certain effects. You may remember the first cigarette you ever smoked. Probably you felt ill with dizziness and vomiting. As the body builds up tolerance it requires more nicotine to calm the nerves and satisfy the craving. You see, nicotine acts both as a stimulant and later—as a depressant to the sensitive nerve cells. This explains the initial "life" one gets, and then later the "let down" which demands another cigarette.

13- Through the effect on the nerve cells, nicotine speeds up the heart rate, raises blood pressure, constricts or narrows the blood vessels to the arms and legs causing drop in temperature. A special X-ray machine used at the University of Oklahoma Medical College shows in color the drop in temperature in the fingers when only half a cigarette is smoked. As the blood is forced away by constricting blood vessels the color is blue, showing loss of temperature. It reduces the digestive juices and the activity of the stomach and muscles. It diminishes the eye reflexes and closes the vision. It dries the skin, and has other effects throughout the body. Also, smoking on an empty stomach is one way of asking for ulcers.

14- Smoking mothers produce an effect on the unborn child. Premature delivery is more common. Babies of smoking mothers have a lower birth weight, and miscarriages are more common. Women who smoke, spend 17 more days per year ill in bed than non smokers. If you want help in stopping smoking and want to enter a new phase of good health and abundant living, we can give you 10 rules to help you. It is never too late to stop. The time to stop is NOW.

15- Man has taken an innocent plant of the field; tobacco –and turned it into a means of disease and death. But all this is part of another power that is out to destroy mankind—body and soul. It has deceived people for a long time.

16- It was Satan in Eden who spoke through a serpent medium and it is the same evil one who is still deceiving the world but through a different medium. Satan's policy is to remain concealed. Therefore, he does his work through different mediums. His main purpose is to turn people's attention from God to himself. If only somehow he can take away the sign of allegiance to God, he has accomplished his purpose.

17- In the Bible Satan is symbolized as a great red dragon. In Revelation 12:10, we read, "And the great dragon was cast out, the old serpent, called the Devil and Satan, which deceiveth the whole world, he was cast out into the earth, and his angels were cast out with him."

18- Since he is a deceiver and does not want to be seen as he is, Satan tries to work through some one else. He chooses another power, represented in Revelation 13:1 & 2, as a great beast. To this power Satan gave his power and great authority.

19- In Bible Prophecy, a great beast is a symbol of a great earthly kingdom, so we read in Daniel 7:25, "The fourth beast shall be the fourth kingdom upon the earth."

Now we can understand that in Revelation 13:1,2, Satan is shown as giving power and his seat of government and great authority to a great earthly kingdom.

20- This great kingdom represented by this beast is not only a political kingdom among the nations of the world, having its own king, its territory, its soldiers etc., It is also a great religious power, because Revelation 13:14 says, "And they worshipped the dragon which gave power unto the beast and they worshipped the beast, 'So, through this religious-political kingdom Satan deceives the people of the world and leads them into worshipping himself through their worshipping the religious, political kingdom represented by the beast.

21- We remember that when Satan tempted Jesus in the wilderness, one of the temptations was that Jesus worship Satan as recorded in Luke 4:7. Jesus answered, 'Thou shalt worship the Lord thy God and Him only shalt thou serve.'" However, through this great religious political power, Satan has succeeded in deceiving almost the whole world into falling to the temptation of giving to Satan worship and service, which rightfully belong to God.

22- As a narcotic, like tobacco binds its victim to its use so strongly that it is almost impossible to break the habit, so, Satan has from the very beginning used force to bind people's worship and service to himself. Just outside the gates of the garden of Eden, Satan stirred up the murderous anger of Cain against his brother, Abel, because Abel's obedience to God's commands were a constant reproof to Cain's disobedience to the same commands.

23- However, the first religious political power is not by itself for we find a second power or reaction coming up in Revelation 13:11. He exercises all the power of the first beast. There is one outstanding difference. This power does not seek to attract the worship of people to itself, but it leads the whole world to worship the first beast or power.

24- In Revelation 13:14-16, the second power makes an image or likeness of the first power, so it must develop a religious political appearance for it also demands worship—it also enforces on pain of death, conformity to a certain mark on the forehead or hand.

25- God has a mark or sign for His people. He says in Ezekiel 20:12, "Moreover also I gave them my Sabbaths to be a sign between me and them." Since the powers we are studying about are under the control of Satan, and he has deceived them into worshipping him instead of God, we would expect his sign or mark to be the observance of a day similar to God's Sabbath, yet not God's Sabbath.

26- When we see a religious group trying to establish the observance of the Sabbath on a day that is not God's Sabbath, (the Seventh day of the week, or Saturday), by the power of the political government, we shall know that we are seeing an effort to establish the mark of the Beast, that is, the mark of a great power that has received its power and authority from Satan.

27- When the mark of the beast is established, it will come as a great deception. Most people will not understand what it really is. The only way we can be sure of avoiding it is to have God's sign in our foreheads. The observance of His Holy Sabbath Day, the Seventh day of the week.

28- This is the day God says His people will observe throughout eternity. Isaiah 65:22,23. "For as the new heavens and new earth, which I will make, shall remain, and it shall come to pass that from one new moon to another and from one Sabbath to

another, shall all flesh come to worship before me, said the Lord:' Let us prepare to be among God's people in that day by observing His day and receiving His mark now.

Here is additional information about the Seventh-day Sabbath:

"Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city."-Revelation 22:14.

"For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain.

"And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." -Isaiah 66:22-23.

Read Isaiah 58:12-14, which predicted that the true Sabbath would again be restored at a later time. This matches Daniel 7:25 which predicted its desecration by the little horn.

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LESSON TWENTY-ONE - MORE ON SIMPLE REMEDIES

1- Education in health principles was never more needed than now. Notwithstanding the wonderful progress in so many lines relating to the comforts and conveniences of life, even to sanitary matters and to the treatment of disease, the decline in physical vigor and power of endurance is alarming. It demands the attention of all who have at heart the well-being of their fellow men.

2- Our artificial civilization is encouraging evils destructive of sound principles. Custom and fashion are at war with nature. The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. Intemperance and crime, disease and wretchedness, are everywhere.

3- Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life.

4- 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 and chemical composition 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.

5- People need to be taught that drugs do not cure disease. It is true that they sometimes 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.

6- By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

7- The only hope of better things is in the education of the people in right principles. Let the people be taught that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.

8- Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power, –these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

9- The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

10- Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted.

11- It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.

12- We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would insure defeat.

13- How much more important is such carefulness to insure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.

15- The foundation of all enduring reform is the Law of God. We are to present in clear, distinct lines the need of obeying this law. Its principles are as everlasting and unchangeable as God Himself.

17- The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death.

18- The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives.

19- We need to be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit. We need to be impressed with the fact that all our powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service.

20- Apart from divine power, no genuine reform can be effected. Human barriers against natural and cultivated tendencies are but as the sand-bank against the torrent. Not until the life of Christ becomes a vitalizing power in our lives - can we resist the temptations that assail us from within and from without. The above information was taken from the book. 'Ministry of Healing', pages 125-130.

21- We have already learned in our previous study that Saturday, the Seventh day, is God's Sabbath. Then why do some people observe Sunday instead? Does the Bible approve the observance of Sunday? Some people say, it is not a big matter which day you keep so long as you do keep one day in a week. But the principle of obedience to God is involved in a life and death question.

22- We read, "In vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandments of God, ye hold the tradition of men. This people honoreth me with their lips but their heart is far from me. Mark 7:7, 8, 6. God will not accept and substitute. Breaking any one of His commandments is sin and the wages of sin is eternal death.

23- There are eight references to Sunday in the Bible. Let us see them one by one to know the purpose of the reference. Actually, the word Sunday is not found in the Bible, but the term, "First day of the week" is found eight times. We shall now read these references.

24- The first text is Matt 28:1. "In the end of the Sabbath, as it began to dawn toward the first day of the week came Mary Magdalene and the other Mary to see the sepulcher." We have already understood that this-first day is Sunday, the day Jesus rose from the grave. The record was given by Matthew about 30 years after the ascension of Christ and he still says, "the first day" and not the Sabbath.

25- Our second text is found in Mark 16:1. "And when the Sabbath was past Mary Magdalene, and Mary the mother of Jesus, and Salome, had brought sweet spices that they might come and anoint Him. And very early in the morning the first day of the week, they came unto the sepulcher at the rising of the sun." Here again it is speaking of the same event as in Matt. 28:1. They visited the sepulcher and found it empty for Jesus had risen very early. This record also was given about 35 years after Christ by Mark, but he does not call it the Sabbath.

26- The third text is found in the 9th verse of the same chapter of Mark. "Now, when Jesus was risen early the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven devils." It does not say it was the Sabbath.

27- As Jesus ended His work of creation on the 6th day or Friday, and rested on the Sabbath day or Saturday, likewise He ended on the 6th day His work of redemption and rested in the tomb on Saturday. And early in the morning He rose from the grave and still calls it the first day of the week.

28- Luke 24:1 is our fourth Sunday text. Let us see if anything is said here about keeping Sunday holy. "Now upon the first day of the week, very early in the morning they came unto the sepulcher bringing the spices which they had prepared and certain others with them." This too is speaking of the same event and does not sanction Sunday sacredness. Luke wrote this about 32 years after Christ and still calls the Sabbath, Sabbath and the first day, the first day.

29- The fifth Sunday text is found in John 20:1. John wrote this gospel about 70 years after the ascension of Christ. In case he would have been worshiping on Sunday or if he would have understood its sacredness, he wouldn't have called it the first day. Rather he would have called it the Sabbath.

30- We read, "The first day of the week cometh Mary Magdalene early, when it was yet dark unto the sepulcher and seeth the stone taken away from the sepulcher." Here again John simply gives a historical reference about Sunday, the first day of the week.

31- Verse 19 of the same book, and the same chapter is our sixth text Let us read, "Then the same day at the evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst and saith unto them, Peace be unto you." Here the disciples were assembled not for worship—but for fear of the Jews. What is more, this was after the Sunday sunset which was actually the beginning of Monday, because according to the Bible, the day changes at sunset. Mark 1:32.

32- The seventh Sunday text we find in Acts 20:7. "And upon the first day of the week when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight." This speaks of a special meeting held by Paul at Troas, and was a night meeting as we find in verse eight. "And there were many lights in the upper chamber where they were gathered together." This meeting was on what we call Saturday night, Paul walked 9 miles to Assos the next day, Sunday.

33- Our eighth text is 1 Cor. 16:1, 2 "Now concerning the collection for the Saints as I have given order to the churches of Galatia, even so do ye. Upon the first day of the week, let every one of you lay by him in store as God hath prospered them, that there be no gathering when: I. come." This refers to a collection for the poor saints, and was to be laid by in store at home, and had no reference to any public meeting.

34- Friends, no Bible text attributes holiness or sacredness to any day except the Seventh-day Sabbath of the Lord.

35- No man-made way will ever take us to heaven. Jesus is the only way to heaven. He says, "No man cometh unto the Father, but by Me." If we accept this Way, we shall one day be privileged to go to Heaven. God help us so that we will not look for any excuse but accept the plain, "Thus saith the Lord." There is our eternal safety.

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LESSON TWENTY-TWO – THE CUTTING EDGE

1- In this lesson we are going to talk about something in your body that you may be somewhat taking for granted until they hurt or have to be pulled out, that is! Yet they are among the wonders of your body. We are going to talk about your teeth.

2- Good teeth help to make you attractive. They help you to speak correctly and clearly. And they are very important in helping to prepare your food for digestion.

3- Have you ever really noticed how wonderfully adapted your teeth are for the various kinds of work they must do? For example, when you bite into a peach you use your eight front teeth, which are shaped for cutting into food. We call these front teeth incisors. Just to the sides of the upper and lower incisors are the teeth of a different shape and needed for a different purpose.

4- They are somewhat pointed so that they can be used for tearing and gripping as when you are eating a stalk of celery. When you take a bite, you both cut into the stalk and you grip with these sharp teeth. Those of you who have false teeth have found that you have a hard time doing this!

5- Farther back in your mouth are the heavy duty teeth that are needed for crushing and grinding your food into small particles which can be handled by the digestive juices and the action of the stomach. We call these bicuspid and the molars. Some of you do not use these important grinders sufficiently. You forget that your stomach has no teeth, and you often swallow your food almost whole. When you do this, your teeth do not get proper exercise and your food is not able to be utilized as it should be. You fast eaters cheat yourselves in every way!

6- Now, let us take a close-up look at these wonderful teeth. The outer covering is the hardest substance in your body. It is much harder than bone. It is called enamel and it is made mostly of calcium. Under the enamel is a substance that is somewhat softer than the enamel. It is called dentine. In the center is the softest part called the pulp. Here in the pulp is the network of the blood vessels and nerves which nourish the teeth. The roots of your teeth are covered by a hard substance called Cementum. The roots are deeply embedded in your jaw bones which are covered by your gums. Perhaps you wonder how it is that something so well-protected and hard as a tooth can become painful, diseased, and even have to be removed. Well, there are some important reasons that you should know.

7- First of all, harmful germs can destroy teeth, but your mouth always contains harmful germs! Even after you carefully brush your teeth, there are still many left. Then how can you prevent these germs from doing damage to your teeth?

8- One answer is to brush your teeth regularly after eating any food. You see, bacteria (germs) love food; especially starchy, rich or sweet foods. When food sticks to your teeth and gets between them, you have a fine feeding and breeding place for germs. As the germs multiply and grow, they form an acid, and that acid gradually destroys the hard, smooth surface of the teeth making it easy for the bacteria to finally go all the way inside.

9- Mothers, to let your children take cookies, ice cream, candy, soft drinks and other foods between meals is one of the best ways to ensure decay of their teeth. Not only does such food stick to the teeth, but it has other harmful effects that work from the INSIDE of the teeth! Rich and sweet foods containing sugar send the sugar into the blood. Scientists are finding out that sugar interferes with the normal movement of the fluids passing in and out of the teeth. In other words, when these fluids cannot pass back and forth to the cells of the teeth, the teeth cannot be nourished properly and therefore is more easily destroyed by germs. It is a fact that nearly all decay starts from the inside of a tooth, not the outside.

10- Some mothers think that the baby teeth are not important because anyhow they drop out and other teeth come in later. This is a great mistake, mothers. These baby teeth are VERY important indeed. If they decay or come out too soon, the second teeth can be deformed and irregular. It is really pitiful to see a small child with decayed teeth. Such a child is an advertisement that the parents were either very ignorant or have allowed the child to decide what it will eat by what it likes or does not like, instead of training the child to eat what is good for it. Even the diet of the expecting mother has a bearing on the future health of the child's teeth! By the mother avoiding sugary foods in pregnancy, the child's future teeth will be better.

11- To insure a proper diet, there should be plenty of green vegetables and fruit, whole grains and some nuts and seeds in the diet. These will insure the vitamins and minerals the teeth need in order to be strong and healthy. It is true that some people have inherited poor teeth. However, this condition can be greatly corrected by taking care of the teeth and by eating a proper diet.

12- We have already mentioned good eating habits. Let us mention something about good brushing habits. Brushing your teeth is very important to keep the surface of the teeth smooth and free from food. But do you know how to brush your teeth properly? When you brush your lower teeth, you brush from the gums up. When you brush the upper teeth, you brush from the gums down. This is very important for you to remember. Children should be taught to brush their teeth properly, and each member of the family should have his own toothbrush. Never share a toothbrush!

13- There is an old saying that if you will be true to your teeth they will be true to you. For instance, children should be given a good diet and they should not eat between meals. Those baby teeth should be cared for.

14- Artificial teeth may look pretty nice; but they are never as good as the teeth God gave you. In fact, dentists say that false teeth work only about 25% as well as your own. And if you care for your own, they can last for a lifetime.

15- Remember, no substitution can be as good as your own wonderful teeth if they are cared for. Many people are carrying in their mouths evidences of decay and decay. Fillings, bridges, and dentures reveal that we have neglected God's gift of good healthy teeth. Today, as a result of ignorance, neglect, and poor diet many are living with substitutes. Friends, there are many tonight who find themselves with another substitute— a substitute Sabbath. Many now believe God changed His mind and transferred the sacredness from Saturday, the 7th day, to Sunday, the first day.

16- God does not change. His character never changes. Please note what the Bible says, "For I am the Lord. I change not." Malachi 3:6. "Jesus Christ the same, yesterday and today and for ever." "With whom is no variableness, neither shadow of turning." James 1:17.

17- Jesus with His own mouth said, "Think not that I am come to destroy the law or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, till

heaven and earth pass one jot or one tittle shall in no wise pass from the law till all be fulfilled." Matthew 5:17,18. Jesus did not change the Sabbath but instead He kept it.

18- In fact, He condemns those who do not keep it. "Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven; but whosoever shall do and teach them shall be called great in the kingdom of heaven." Matthew 5:19. Jesus who made the Sabbath said, "The Sabbath was made for man." Adam was the first man, the Sabbath was given to him in the Garden of Eden for all men, Jew or gentile, man or woman, bond or free—everybody.

19- Jesus is the Lord of the Sabbath as in Mark 2:28; "Therefore, the Son of man is. Lord also of the Sabbath." He Himself kept it. "And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read." Hence, the Apostle John calls the Sabbath the Lord's Day. Revelation 1:10.

20- Did His apostles keep the Seventh day Sabbath? Let us consider Paul first. "What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust except the law had said, Thou shalt not covet." "Wherefore the law is holy, and the commandment holy, and just and good." Romans 7:7,12:

21- It was Paul's custom also like Jesus to keep the Sabbath. "And Paul as his manner was went in unto them, and three Sabbath days reasoned with them out of the scriptures." Paul kept the Seventh day Sabbath and taught the people likewise.

22- Let us see about Peter. "For even here unto were ye called: because Christ also suffered for us leaving us an example, that ye should follow His steps." 1 Peter 2:21. He says that we are to follow Christ's steps and He was a Sabbath keeper.

23- So, we find that neither Christ nor His disciples ever changed the Sabbath. According to Daniel 7:35, we have already studied that it was the Roman power which changed this day. And the church of Rome openly claims to have done this. Let us read some passages from their Catechism.

24- This is taken from "A Doctrinal Catechism" by Rev. Stephen Keenan, p. 174: "Question: Have you any other way of proving that the church has power to institute festivals or precepts? Answer: Had she not such power she could not have done that in which all the modern religionists agree with her. She could not have substituted the observance of Sunday, the first day of the week, for the observance of Saturday, the Seventh-day, a change for which there is no scriptural authority."

25- The first Sunday law ever made was that issued by the Emperor Constantine. March 7, A.D. 321 and reads as follows: "Let all the judges and town people, and the occupation of all trades rest on the venerable day of the Sun. But let those who are situated in the country, freely and at full liberty, attend to the business of agriculture because it often happens that no other day is so fit for sowing corn and planting vines, lest a critical moment being let slip, men should lose the commodities granted by heaven."-Corpus Juris, Civilia God. lib. 3, Title 12,3.

26- Sunday was actually dedicated to the Sun god. The heathen worshipped the sun on Sunday. This was a heathen institution adopted into Christianity.

27- The council of Laodicea (c., A.D. 364) forbade the observance of the true Bible Sabbath. "Christians shall not Judaize and be idle on Saturday (Sabbath, original), but shall work on that day; but the Lord's day they shall specially honour, and as being Christians, shall if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out from Christ. -A History of the Council of Church from

the Original Documents, Rt. Rev. Charles Joseph Hefele. D. D. Bishop of Rottenburg, book 6, sec. 93, Canon 29 (vol. II., p. 316).

28- Thus, slowly and stealthily the observance of Sunday was introduced until 530 when it was enforced and legalized. The penalty for this offense was death. During the dark ages beginning from 530 till 1798 millions gave their lives for their faithfulness to the true Sabbath.

29- The Bishop Eusebius (A.D. 270-338) who. worked with the Emperor Constantine, says: "All things whatsoever that it was duty to do on the Sabbath, these we have transferred to the Lord's Day"-Commentary on the Psalms, Eusebius; cited in the commentary on the Apocalypse, Moses Stuart, vol. II., 9, L 10.

30- Thus we find that the early church changed God's Sabbath and instituted the observance of Sunday. This was exactly in fulfillment of the prophecy.

31- We may read the Bible from cover to cover, but we will never find even a hint on the observance of Sunday as a Holy Day. The Bible Sabbath was to be a sign "forever." Nothing from God's law can be changed. Even on the earth made new the Sabbath will be kept-"And it shall come to pass that from one Sabbath to another shall all flesh come to worship before me." Isaiah 66:23. The law of God is as eternal as God Himself.

32- Friends, there are only two choices. The seal of the living God, which is the keeping of the true Sabbath, the Seventh-day of the week or Saturday. It comes from Eden and will continue in the Eden restored. Another choice is the Mark of the Beast, the observance of Sunday, a spurious Sabbath. It is a life and death question. Obey and live-disobey and perish. What is your choice tonight? Don't you want to be saved in God's Kingdom? Jesus is coming again. Do you want to be with those who keep all of His commandments, including the 4th commandment, which says to keep holy the Seventh day? God loves you, this is why He is coming back. Will you be ready to meet Him?

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LESSON TWENTY-THREE - DRUG ABUSE

1- In this lesson we are going to talk about a subject that is causing a great deal of concern on the part of adults these days because it is becoming a truly frightening problem. We are going to talk about the use of drugs.

2- Both youth and adults need to understand the dangers of and the nature of various drugs. No child is safe from the pusher of drugs these days. Classmates at school may be secretly urging him to try them "just this once!" "It won't hurt you!" And no parent here need think that your child is immune. The pressure of associates is very strong when one is young.

3- What are drugs? Drugs are chemical substances that affect the central nervous system. Generally speaking, they fall into three classes in their effects. There are drugs that stimulate; these are called stimulants. There are drugs that depress; we call these depressants. There are drugs that distort messages from the brain, or make up false messages to the brain; these are known as hallucinogens.

4- It is the illegal use of drugs—drug abuse—that is of great concern to thinking people all over the world, and we hear a great deal about L.S.D., Marijuana, heroin, opium and others. Here in our country, many people are enslaved by drugs and do not even realize what is happening to them.

5- Sometimes a person wants to study extra late, so he takes a pill to help him to stay awake and be alert. Some people are high-strung and nervous, so they take pills to calm themselves down. Some people have trouble going to sleep, so they take sleeping pills. Some people take pills so they will not feel pain. All these pills affect the brain and the nervous system. Now it is being discovered that the continued use of many of these seemingly simple things can have far-reaching effects both on the physical and mental characteristics of the users.

6- Mrs. Sharma's husband was a man whose business caused him to travel very much. Because Mrs. Sharma felt increasingly nervous when her husband was away her doctor gave her some sleeping pills. They were called Barbiturates. One night when particularly sleepless, Mrs. Sharma took two extra pills. From then on she did not remember what had happened. Under the influence of what is termed "automatism" she unconsciously began to swallow one pill after another until she had swallowed all the pills the doctor had prescribed for a three week's supply. Fortunately, Mrs. Sharma's life was saved by fast medical help and care. But every year many thousands of people die from accidentally taking too many sleeping pills.

7- Very often people who become accustomed to taking amphetamines or "pep" pills to increase their sense of "feeling good" find that after a while it does not work, even when taken in large quantities. So, the person moves on to a stronger drug, and he may easily find himself "hooked."

8- But you should not think of drugs in those somewhat extreme terms alone. Actually, many people are caught on drugs who do not even suspect such a thing. For example, how many of you smoke tobacco? How many of you drink tea or coffee? Tobacco has powerful drugs that first stimulate and then depress the central nervous system, so that one cigarette calls for another.

9- Tobacco, tea, coffee, and cola drinks also contain stimulants upon which you can come to depend much more than you realize. They may make you feel less tired and more alert, but actually, among many other undesirable effects, they irritate your nerves and your stomach, and they affect your heart and blood pressure.

10- You see, drugs do not cure! They only change the symptoms. A cup of coffee in the morning does not actually soothe your nerves. It really acts like a whip to a tired horse making it run even though it does not feel like doing so.

11- Several years ago a Swiss scientist wanted to study the life cycle of a certain kind of spider that lives on the Eastern Coast of the United States. As he studied these spiders he found that they built their webs in the early morning hours; between 1 o'clock and 3 o'clock. He was telling a friend of his about this and wished he could cause the spiders to build their webs earlier in the evening. The friend, who was also a scientist, suggested giving a spider a little caffeine from coffee to see if this would give the spiders extra pep and enthusiasm. They calculated how much the spider should get if he drank 2 cups of coffee. Ordinarily, the spiders built perfect webs. These spiders are very large, measuring about 4 inches across and the webs are large—as big as 3 or 4 feet across. The webs are very symmetrical and beautiful.

12- After the spider was given the caffeine it was full of pep all right; but it could not build a decent web! Its nerves were so affected that its web came out a mess, much to the surprise of both the scientists. It took the spider more than 24 hours to come back

to normal and be able to build a proper web. Caffeine affects the nervous system and the results of the web show it. Yes, people who depend on drugs, give themselves a health handicap.

13- Actually, no one should take any kind of drug unless it is specifically prescribed by a doctor for a specific time and purpose. Even such a seemingly harmless thing as aspirin may not be as harmless as you think. Many people get into the habit of taking aspirin almost as if they were candy. But too much aspirin can damage bones and cause iron-deficiency anemia. It can damage your kidneys and the lining of your stomach.

14- If you are having tired feelings, find out why, do not cover them up with drugs. If you are high-strung and nervous, find out why, do not lean on drugs to calm you down. If you are having difficulty sleeping, find out why, do not depend on drugs for sleep. In other words, do not look to drugs as an escape from -uncomfortable situations and problems. They are not the answer.

15- Do you know that the number of suicides rises every year? We live in a world of confusion and mounting pressures. We need some kind of assurance. Looking ahead, the picture is not so very hopeful. Many people wish they could be sure of a happier world beyond, but they dread death because they fear the burning fires of hell or the tortures of purgatory. Can we be sure of anything? We have loved ones who have passed beyond the problems and troubles of this life. But what is their actual state now? Would you like to know the answers to some of these things?

16- The Bible says, "Wherefore, as by one man (Adam) sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned." Romans 5:12. Everybody is a victim of death. Death has become the lot of men. In our topic now, we shall consider different aspects of this death.

17- What happens to a man when he dies? Do the dead know anything? Does he go to heaven or hell or limbo or purgatory? If a man dies, will he live again? Let the Bible give us the answer to these very puzzling questions.

18- "For the living know that they shall die; but the dead know not anything, neither have they any more a reward for the memory of them is forgotten. Also, their love, and their hatred and their envy, is now perished; neither have they any more a portion for ever in anything that is done under the sun." Ecclesiastes 9:5,6. This text explains very clearly that the dead know not anything.

19- The dead cannot do anything. "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom in the grave, whither thou goest." Ecclesiastes 9:10. King David under the inspiration of God said; "For in death there is no remembrance of Thee; in the grave who shall give Thee thanks?" Psalm 6:6.

20- Dead people cannot pray, neither can they think anything. "Put not your trust in princes, nor in the son of man, in whom there is no help. His breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Psalm 146, 4. Job says, "So man dieth and wasteth away: yea man giveth up the ghost and where is he? As the waters fail from the sea, and the flood decayeth and drieth up: so man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised out of their sleep." "O that thou wouldst hide me in the grave." Job 14:10-13.

21- After death man stays in the grave or becomes dust of the earth. Solomon says, "For that which befalleth the sons of men befalleth beasts; even one thing befalleth them: As the one dieth, so dieth the other; yea, they have all one breath; so that a man

hath no pre-eminence above a beast: for all is vanity. All go unto one place; all are of the dust and all turn to dust again. Who knoweth the spirit of man that goeth upward and the spirit of the beast that goeth downward to the earth" Ecclesiastes 3:19-21.

22- So at death everybody goes to the grave and they turn to dust. They sleep in the grave, as it were, until Jesus comes and awakes them. If the righteous people after death go straight to heaven and the wicked to hell, then there is no need for Jesus to come back to take them to heaven.

23- Jesus comes to this earth only after the judgment is over. Before the judgment how can anyone be condemned or be rewarded? Jesus through His prophet said, "Behold I come quickly and my reward is with me, to give every man according as his work shall be." Revelation 22:12. The dead are all asleep. Of the death of Lazarus, Jesus said the same thing. "Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep." John 11:11. Jesus called Lazarus from the grave and not from heaven or any other place. Lazarus came out of the same grave where he was buried.

24- Jesus said, "Marvel not at this, for the hour is coming in the which all that are in the graves shall hear His voice. And shall come forth; they that have done good unto the resurrection of life, and they that have done evil unto the resurrection of damnation." John 5:38, 29. "Men and brethren, let me freely speak unto you of the Patriarch David, that he is both dead and buried and his sepulcher is with us unto this day." Acts 2:29.

25- "The Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7. Please note it was the union of dust with the breath of life that brought into existence a living soul.

26- The doctrine that man never dies originated with Satan in the garden of Eden when he said to Eve, "Ye shall not surely die." Genesis 3:3. It is this falsehood that has deceived the world today and people talk of the soul that cannot die.

27- In fact, Jesus Himself said, "And fear not them which kill the body, but are not able to kill the soul: but rather fear Him which is able to destroy both soul and body in hell" Matthew 10:28. Job 4:17 reads, "Shall mortal man be more just than God?" Man is mortal. God alone is immortal. "Who only hath immortality..." 1 Timothy 6:16.

28- Immortality is a promised gift to the righteous at the second advent of Jesus Christ. "For this corruptible must put on incorruption, and this mortal must put on immortality." 1 Corinthians 15:53.

29- May the lord bless us so that at His appearing we may have the privilege of putting on immortality. Now is the time to meet the conditions for an immortal and eternal life. May He guide us to be aware of Satan's lies and evil devices.

Here are additional passages of Scripture on the topic of death and eternal life:

"The dead praise not the Lord, neither any that go down into silence."-Psalm 115:17.

"He that bath the Son bath life; and he that bath not the Son of God bath not life."-1 John 5:12.

"He that believeth not the Son shall not see life; but the wrath of God abideth on him."-John 3:36.

"To them who by patient continuance in well doing seek for glory and honour and immortality."-Romans 2:7. "The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord."-Romans 6:23.

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LESSON TWENTY-FOUR - FIRE WATER

1- The story is told that one day Satan gathered the fallen angels together to devise the surest possible way to destroy the human family. They thought of one plan after another and finally Satan himself thought of a plan –a cruel, mean trick really. He would take something very good that God had made for the health and happiness of man and would turn it into something else that would make a complete fool and terrible spectacle out of man who was originally created in the image of God. It would destroy him–body, soul, and spirit. It would deceive him by offering a way to forget his troubles, while actually it would increase his troubles and misery many times over. What was this plan? The plan was to take such wonderful foods as grapes, wheat, rice, barley, corn and other things given by God as food and convert them into poisons. They would become various forms of alcohol. Sad to say, this devilish trick has been working for thousands of years.

2- I do not know how well you are acquainted with the real facts. But I can tell you that I am, and I want you to consider some with me for a few minutes.

(1) Alcohol is responsible for a large percent of separation and divorces that break up the homes of our country. How better can the devil destroy a nation?

(2) Alcohol is responsible for a shocking percentage of insanity and we tax-payers care for many of these people.

(3) Alcohol is responsible for a large percentage of poverty and again, we tax-payers carry the burden.

(4) Alcohol is responsible for the larger share of crime. And who supports the jails and penitentiaries? The Taxpayer, of course.

(5) Alcohol is responsible for more than half of the fatal traffic accidents. Who pays the police force and the traffic controllers? You know the answer.

(6) Alcohol is responsible for a terrible percentage of child misery. What better way can you think of to destroy the future leaders and citizens of our country before they even attain to adulthood? And this is just part of the picture. I have not mentioned the higher–much higher–death rates and disease rates that alcohol is responsible for.

3- Now, let us take a little closer look at this demon inspired trick of the devil. Alcohol is absorbed directly into the blood stream from the stomach and intestines without being changed. About 30 seconds after a drink, alcohol can be found in the brain. Its effects are rapid and widespread, and the first part of the brain to suffer is the part that makes the difference between you and an animal–this frontal part of your brain which is your control tower and where lies your judgment–your morals, your emotions, your ability to make plans and decisions and to evaluate the information your senses feed into your brain. It is the most important and priceless part of your body, for only through it can God speak to you and can you speak to God.

4- Even one drink affects the reaction and coordination time of your brain. The brakes of your mind and morals begin to get soft.

5- Many people have the idea that alcohol stimulates them. Actually, just the opposite is the case. Alcohol depresses the brain first of all—the loud laughing and talking you may hear from the person drinking is just proof that the brakes are not working as they should

6- As more alcohol is consumed, the other parts of your brain are put to sleep so that even walking becomes difficult, and if a person continues too far, breathing will stop. Usually the individual becomes unconscious before that fatality happens, and he does not drink quite enough to kill himself off.

7- Alcohol irritates the mucous membranes of the stomach and causes many gastro-intestinal problems. Its destructive effects on the liver are well known. Alcohol increases the breathing and heart rate at first; more alcohol slows them. Because it dilates or enlarges the blood vessels of the skin it may give a sensation of warmth when actually the person may be cold.

8- In the blood, even a very small amount of alcohol will cause the blood cells to become sticky and clump together. This produces a blockage and prevents the oxygen from reaching the tissues as it should. Lack of oxygen results in the death of tissues. Most tissues can replace themselves but this is not so with the brain cells. Once they are destroyed they never build back. Their loss is permanent.

9- When more alcohol is consumed, the capillaries of the brain may actually rupture or burst and cause many small brain hemorrhages. But whether or not this happens, every time alcohol is consumed there is some degree of brain cell destruction. Personally, I cannot afford to lose even one of my brain cells, and I doubt that you can either!

10- Alcohol is often defended as having some food value. It is true that there are calories in alcohol, but the fact is that they are empty calories that rob the body of the vitamins and minerals that the body needs. Drinking can create real deficiency problems.

11- Solomon wrote, "Wine is a mocker, strong drink is raging and whosoever is deceived thereby is not wise." Proverbs 20:1. No Christian wants to be deceived. Therefore, I warn and urge each one of you to stop and think before you take a drink of any alcoholic beverage. Millions have been deceived in the past and their lives ruined. Right now the devil is not only deceiving people through drink, he is also involved in a mean trick of communication.

12- There are many who believe they are able to talk with their dead loved ones either directly or through a special medium. I want you, friends, to know I am deeply concerned about this for I believe it is "The Devil's Meanest Trick." In this famous painting by English Artist, Millain, a young man has been reading the love letters his bride wrote to him before their wedding. Unfortunately, shortly after the wedding, she died. Here she is represented as appearing in spirit form as he reads those letters, and he cries out to her, "speak, speak." Many people believe this is actually possible.

13- The foundational belief of spiritism is that the spirits of the dead can return to communicate with the living. We turn to the Bible to see what God says about this, as only the one who created man in the first place knows all the possibilities of man.

14- We read, "Also their love, and their hatred, and their envy is now perished; neither have they any more a portion for ever in anything that is done under the sun." "He shall return no more to his house, neither shall his place know him any more." Job 7:10.

15- God's word condemns the effort to communicate with spirits of the dead as sinful and dangerous. "Regard not them that have familiar spirits, neither seek after wizards to be defiled by them: I am the Lord your God." Leviticus 19:31.

16- "There shall not be found among you anyone that maketh his son or his daughter to pass through fire, or that useth divination, or an observer of times, or an enchanter or a witch. Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee. Thou shalt be perfect with the Lord thy God." Deuteronomy 18:9-13.

17- Satan and his evil angels are the spirits of spiritism that pretend to be the spirits of the dead.

18- The Bible continues saying, "And there was war in heaven; Michael and his angels fought against the dragon; and the dragon fought and his angels. And prevailed not; neither was their place found any more in heaven." "And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world; he was cast out into the earth and his angels were cast out with him." Revelation 12:7-9.

19- So, Satan is not alone in this great deception. He has with him the help of thousands and thousands of evil angels who have fallen with him to this earth. We are to be aware of those spirits which become very "familiar".

20- Satan's first lie was told through a medium (the serpent). He denied the Word of God and declared that those who disobey God (and die as a result) will know more than they knew before. Spiritualism continues to propagate this falsehood.

21- Satan's evil angels are called demons or devils in the Bible. They opposed the work of Christ when He was on earth. Once Jesus was walking through the country of the Gadarenes and a man coming out of the tombs met Him. His dwelling was among the tombs; "and no man could bind him, no, not with chains. Because that he had been often bound with fetters and chains, and the chains had been plucked asunder by him, and the fetters broken in pieces, neither could any man tame him. And always, night and day he was in the mountains, and in the tombs, crying and cutting himself with stones." Mark 5:1-5. When Jesus asked him, "what is thy name?" He answered, "My name is Legion: for we are many." Mark 5:9. "And behold they cried out saying, what have we to do with thee, Jesus thou Son of God? Art thou come to torment us before the time?" Matthew 8:29.

22- As it was during the time of Christ, even so but with a greater manifestation will be the revival of spiritualism in the last days, for we read: "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and the doctrines of devils." 1 Timothy 4:1.

23- Christ Himself prophesied about this and warned us against such a thing. "Then if any man shall say unto you, Lo, here is Christ or there, believe it not." "For there shall arise false christs and false prophets, and shall shew great signs and wonders, insomuch, that if it were possible, they shall deceive the very elect." Matthew 24:23-24.

24- "And he doeth great wonders so that he maketh fire come down from heaven on the earth in the sight of men." Revelation 13:13. "Even him, whose coming is after the working of Satan with all power and signs and lying wonders. And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved:" 2 Thessalonians 2:9,10.

25- God does not like spiritualism. The lake of fire will put an end to its originator as well as to the followers: "But the fearful, and unbelieving and the abominable, and

murderers and whoremongers, and sorcerers and idolators and all liars, shall have their part in the lake which burneth with fire and brimstone; which is the second death." Revelation 21:8.

26 Before it is too late, Christ is inviting us to put our trust in Him. He wants us to be saved from this great deception. No amount of lies can ever save us from the penalty of sin. "For the wages of sin is death." It is only Jesus who can save us from sin and its penalty if we only accept Him as our personal Saviour because He died in our stead. All that we have to do is to accept His sacrifice believing and trusting that He has done this for us on the cross of Calvary. Are we willing to accept His sacrifice for us now?

Here is additional information about Satan and Spiritualism:

"And when they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter; should not a people seek unto their God? for the living to the dead?"-Isaiah 8:19.

"And I will come near to you to judgment; and I will be a swift witness against the sorcerers."-Malachi 3:5.

"Therefore hearken not ye to your enchanters, nor to your sorcerers, . . . for they prophesy a lie unto you, to remove you far from your land."-Jeremiah 27:9-10

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LESSON TWENTY-FIVE - THE AVENUES OF THE SOUL

1- When God formed man, He kept in mind the importance of communication with him. What would it have been if the human body had been made up of all the wonderful processes and mechanisms and there had been no means to communicate with the world around us and with God, our Maker? We could have been only a collection of intricate systems and mechanical wonders. In order for man to communicate with God and His other created works, man has been created with what we call our special senses. These are five in number; hearing, seeing, smelling, tasting and feeling. I want you to take just a few minutes to consider two of these marvelous senses.

2- The first avenue to the soul is the eye. Our eyes bring us the best understanding of what is going on around us. They have been called the "Windows" of the soul. Because of these wonderful sense organs, we recognize shapes, colors, and motion. We see the faces of our friends. We enjoy nature. We are able to read and thus to learn. Eyes receive sensations from great and small distances.

3- We can see the sun which is one million times as bright as a page of white paper. When our eyes are rested we can see something in the dark only one millionth as bright as a page of white paper. At night, we can see the light of a match several miles away.

4- Visible light is a very small part of the electromagnetic field which is all around us. A picture shows the wave lengths of visible light are only .0004 - .0008 mm. long. Then, there are the infra-red rays and the ultra-violet rays which our eyes cannot see, but which we can photograph easily.

5- In many ways our eyes are like a camera. The light passes through a transparent protection (cornea), and goes through a hole (pupil) which becomes larger or smaller, depending on the amount of light entering just like a camera shutter. It then passes through a lens and is focused on the film (retina) at the back of the eye. In a camera, the film has to be removed in order to develop the picture, but the retina of the eye contains special nerves which telegraph the picture to the brain instantly, and we "see".

6- The special cells are called rods and cones, and there are so many millions of these in the retina. The rods help us to see in dim light, thus, we are able to see even at night. The cones give us the ability to see best by using our peripheral vision, in other words we can see better in dim light by not looking directly at the object but to one side.

7- In normal eyes, as the light enters the eye it is focused by the lens so that the image of what we are looking at falls exactly on the retina.

8- But if the eyeball is either too long or too short, the image does not focus properly. Such persons are nearsighted (the eyeball is too long), or farsighted (the eyeball is too short). Wearing proper glasses corrects the focus so that the image falls exactly on the retina, and sends an accurate picture to the brain. The lens of our eyes help focus pictures sharply. The lens becomes thick when we look at objects that are close, and thin when we look at distant objects.

9- The rods and cones in the retina are connected to the brain by means of the optic nerve. The fibers come together from all parts of the eye and leave the eye at one spot. Since this spot does not contain rods and cones it is called the "blind spot." Because the blind spot is on the right side of the one and the left side of the other eye, we do not notice them since the two eyes focus from two different positions.

10- Our eyes are protected in many ways. They are continually washed and lubricated by tears which come from a gland behind the upper lid, on the side away from the nose. As we blink, the tears are spread evenly over the surface of the eye. Another example of economy in the body is that the tears after being used in the eye drain into a tiny canal (tear duct) from the corner of the eye into the nose and are there used as mucous in the nose. The eyelids also keep out strong light. The eyelashes act like screens to keep out dust and dirt. The eyebrows jut out over the eyes and help to protect them from blows.

11- In spite of such good protection, great care should be taken of the eyes. Redness, watering of the eyes, twitching of the eyelids, swollen eyelids, headaches, may mean eye strain and indicate the need for an examination by an optician.

12- To avoid passing eye infections from one member of the family to another, each should have his own towel and wash cloth. Eyes are very sensitive to bright light and it is possible to burn them by looking without protection at the sun or at a bright welding arc. Our eyes are very valuable and deserve the best care.

13- The second avenue to the soul is the ear. Very much like the electrical impulses that combine to form light by which we see, are other electrical impulses in the air all around us. The sounds you hear are what the special organs of hearing are able to translate from the vibrations in the air about you. All sound travels by means of invisible sound waves, which if we could see them, would remind us of the ripples caused by dropping a stone into a pond of still water. How high or low (not loud or soft) a sound is, is determined by the number of "ripples" (vibrations) every second.

14- The more vibrations there are each second, the higher the pitch of the sound is. Most of us can hear sound with between 40 and 18,000 vibrations per second.

15- How do sounds that begin as air vibrations reach the part of the brain that identifies them? You may well be amazed at the answer to this question as you follow the many steps. First of all, vibrations are caught by the outer ear and a funnel-shaped tube (canal). This canal is lined with hair and glands which produce ear wax for ear protection.

16- As the vibrations go down the canal, they strike against the ear drum. This is a skin-like structure stretched tightly across the canal. On the inner side of the ear drum are three tiny, delicate bones, called the hammer, the anvil, and the stirrup. These bones are stretched across the cavity of the middle ear, and they pass the vibrations from the ear drum to the fluid-filled inner ear. This is done by the ear drum vibrating the hammer (which is attached to it), and the hammer in turn pushing the anvil. The anvil moves the stirrup, which in turn vibrates the liquid of the inner ear. But the end is not yet! The liquid now activates small hairlike processes much like the hammers strike the strings in a piano, making sound. These, in turn, stimulate nerves which carry the impulses to the brain and we hear sound. And all this happens in a fraction of a second. The strings of a piano number 88 and supply a range of seven and a half octaves. The "strings" of the ear (the hair-like processes) number 24,000! Again we are amazed at the marvels of these bodies of ours.

17- These senses of ours are called the "avenues of the soul." This is very fitting because it is communication through the senses plus experience and knowledge that enables our minds to make the judgments and decisions of life. No wonder God has encased these in the protection of the skull, for these avenues must be carefully guarded. But this skull is not enough protection. For the use of sight and hearing can lead either to our own destruction or to great enrichment of our personal lives and the making of us to be a blessing to our fellow men. How can we know what to see and hear?

18- Satan knew that the way to destroy man was to attack his mind first. He knew that the way into that perfect mind was through the wonderful avenues we have mentioned. So he chose the most beautiful creature (sight), spoke in melodious voice (hearing), chose most attractive fruit (smell-taste) and gained entrance (touch). So there are the five avenues of the soul.

19- The study of God's word and prayer are avenues which are a means of guarding us against Satan. Some one has fittingly said, "No prayer, no power, less prayer, less power, more prayer, more power." Satan trembles when he sees a child of God on his knees.

20- While the Word of God can be compared to our food, prayer can be compared to breathing. Our spiritual life cannot exist long without prayer which is said to be the breath of the soul. This is the reason why God says, "Pray without ceasing." We have to be always in the mood of prayer, when we stop praying, we stop breathing and start dying. When we become spiritually dead then we fall an easy prey to sin.

21- An inspired writer has said, "Prayer is a key to open the store house of heaven." Through prayer men have gained victories over bad habits. The sick have been healed, the dead have been raised to life, demons have been cast away, captives have been freed. Prayer can do the impossible. Prayer is talking to God our Heavenly Father as a friend talks to his friend. Tell Him of your successes and failures, your desires and do not hide anything from Him.

22- When asked how to pray. Jesus gave a pattern of prayer for His disciples. First of all, we are to remember that we pray to God, our Heavenly Father, and so we say, "Our Father." We address all our prayers to Him

23- Jesus as a man spent much time in prayer, praying to His Heavenly Father. At times, He used to spend the whole night praying. He was tempted like any of us. He could have easily consented to sin; but prayer was His strength and it always kept Him a victorious person. Realizing the importance of prayer, Jesus himself said, "that men ought always to pray, and not faint." Luke 18:1. At another time, He said, "watch and pray, that ye enter not into temptation." Matthew 26:41. If it was so important for Jesus, how much more important it is for us!

24- We address our prayer to our Heavenly Father, and after giving Him our praise and thanks for His goodness and mercies, we ask Him to help us in our life's experiences. Then we close the prayer in Jesus' name. He has assured us of hearing if we pray in His holy name.

25- Another very important thing we are to keep in mind if we want an answer to our prayers is found in 1 John 3:22, and it says, "And whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight. Again in Psalms 66:18 it says, "if I regard iniquity in my heart, the Lord will not hear me." This means in order to receive an answer to all our prayers, we ought to live our lives according to His will.

26- There are different kinds of prayers: individual prayers, family prayers, public prayer. All have their important places but individual prayers are very essential for our spiritual living. This is the time when we can come closer to our Maker. This is when we can really pour out all our secrets to Him.

27- Next to individual prayer, family prayer is also very important. Some one has said, "The family that prays together- stays together." By prayer we can keep a guard around our family circle.

28- There is no special place for prayer. We can pray anytime and anywhere and under any circumstances. We can pray aloud and we can pray quietly. God will hear and answer sincere prayer that is sent to Him.

29- All power of heaven and earth is given to Jesus and it can be ours if we faithfully and sincerely pray to Him always. His ears are eager to hear our prayers. This is how we can protect the avenues of our soul from defilement and can keep it spiritually sound. God grant that we pray to Him without ceasing.

Here is additional information on prayer:

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5.

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LESSON TWENTY-SIX - SMOKE STACK

1- Most people think of death, if they think of it at all, as something that happens to other people. Very seldom do we think of it as something to be closely associated with ourselves. Yet many people are doing things that will put them in the grave much earlier than might otherwise be the case.

2- A very common nickname given to these little white rolls is "coffin nails". Nicknames like this do not come without a reason. Many years ago, before all the present scientific knowledge about cigarettes had been learned, understanding people recognized that the use of cigarettes could contribute to an early death, and so called them "coffin nails."

3- Perhaps, you have wondered if smoking really does contribute to shortening a person's life, and if so, by how much. Now it is known that every cigarette smoked definitely cuts down a person's life potential. Of course, it depends on how much a person smokes. For a light smoker of say 4-6 cigarettes per day, it is 6 minutes per day. For heavier smokers of a pack or 2 packs per day, each cigarette cuts down life potential by as much as 18 minutes.

4- This is because each cigarette contains about 28 different kinds of poison. Fortunately, when a person smokes he does not take all of these poisons into his body. The nicotine from 2 cigarettes alone, if concentrated, could kill a large size man. Besides nicotine there are other deadly poisons in tobacco. However, there is no way a smoker can avoid retaining some of these poisons in his body each time he smokes. Little by little, they build up until they destroy the smoker.

5- In these days we are hearing a great deal about cancer. Not many people realize that cancer of the lungs kills more than any other kind of cancer. One out of every 18 smokers will die of lung cancer. More than 120 persons a day die of lung cancer in the USA. A person who has smoked for 20 years of cigarettes is almost certain to die of lung cancer or a tobacco related disease.

6- Perhaps before going farther, we ought to know that healthy lungs look firm. Then we could look inside the lungs of a man who has smoked for more than 20 years, we would find that it certainly looks like it has had a rough time during its life. It has been subjected to very unfair treatment. It is coated black all over and the tissue have been damaged badly.

7- The tar from cigarettes really does cause lung cancer. There is no possible way to deny that now. It has been proved beyond any shadow of doubt. Lung cancer among smokers is 20 times more common than non-smokers; and that's not all. Heart disease is three times as prevalent among smokers as compared with non-smokers. Emphysema is times more; premature deaths are twice as much.

8- For one thing, nicotine constricts the blood vessels. That means that the body cannot get its proper supply of blood. Smoking damages the blood circulation. Special color x-ray machines, developed in the search for cancer, show how the blood vessels in the fingers have constricted thereby preventing the blood from flowing freely, and consequently causing a drop in temperature. The blue color shows where there is inadequate blood supply-this has happened as the result of smoking only one half of one cigarette! By the time a whole cigarette has been smoked, the constriction will be much worse.

9- Smoking also causes a rise in the blood pressure. As the blood vessels constrict, they put an added burden on the heart which is already suffering from an inadequate supply of oxygen because many cells tend to combine with the carbon monoxide of the cigarette smoke more easily than they do with oxygen in the air and so, not only the heart but the whole body is cheated of the vital oxygen it really needs!

10- Thomas Edison, inventor of the electric light, never used tobacco and said that he would not hire anyone who did because he had learned that every time one smokes a cigarette or a pipe or cigar, some brain cells are destroyed. These brain cells could never be replaced. They were forever lost. A student who smokes has placed

himself under an unnecessary 10% mental handicap with the students who do not smoke. The same is true, of course, for adults also.

11- Every athlete knows that smoking will disqualify him from reaching the top in any competition. Consequently, we find that men and women who are serious about winning in sports are also very serious about abstaining from anything that would keep them from winning, including tobacco and alcoholic beverages.

12- We sometimes wonder why, since tobacco is so bad for people, do people continue to use it. For one thing, the power of example is very strong. Children want to "grow up" as quickly as possible. At every opportunity they will imitate their elders. Then again, there is advertising. Many countries of the world are strongly restricting the advertising of tobacco. Some of the large publishing companies have announced that they are not taking any more advertising. In some countries governments are requiring cigarette companies to put a warning sign of each packet of cigarettes stating that the use of cigarettes can cause lung cancer.

13- However, if one just considered his pocket book for a minute, he'd understand how much better off he'd be without using tobacco. For instance, a person using a packet a day of any very ordinary brand will have spent hundreds of dollars in the course of one year. What did he do with his money? He just burned it up! That really is paying a lot for ill health, poor appetite, poor mental performance, and a very painful death.

14- As we began this series of lessons, we tried to stress the fact that each person is a complex unit: physical, mental, social, and spiritual. We have noticed the harm that tobacco does mentally and physically.

15- Perhaps we should point out here that a person who smokes in the presence of non-smokers is really taking a very unfair advantage of them. He unthinkingly pollutes the air they must breathe, forcing them to breathe his second hand smoke, saturates their clothes with highly undesirable odors, which will not leave until the garments have been sent to the cleaners. In short, tobacco seems to deprive the user of any sense of regard for the rights and comforts of others—a highly developed characteristic of the socially balanced person.

16- Not only does tobacco unbalance a person physically, mentally, and socially. Of greater importance is the fact that it unbalances him in his relationship with God. It unbalances him spiritually.

17- Paul in writing to the early Christian church in Corinth said, "Know ye not that ye are the temple of God and the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy, for the temple of God is Holy, which temple ye are." 1 Corinthians 3:16, 17.

18- In the beginning man was created as a perfect creature: physically, mentally, socially, and spiritually. There was nothing to prevent him from having direct communion with God. He could both see God and converse with God. Sin brought a barrier between man and God. "But your iniquities have separated between you and your God, and your sins have hid his face from you." Isaiah 59:2.

19- Satan has tried by every means possible to fasten man in his hold so that man would be completely separated from God forever. First, by leading man into rebellion against God, so separating himself from God. Then by leading man to do things that are displeasing to God and so widening the gulf between man and God.

20- In His mercy and love to man God made a way through His son Jesus Christ whereby all man's sins could be paid for in the sacrifice of Jesus and any one who so

desired could avail himself of the great transaction of Calvary. "For ye are bought with a price. Therefore, glorify God in your body and in your spirit, which are God's." 1 Corinthians 6:20.

21- By sin man sold himself to the devil, a hard master who only brings disease, sorrow, suffering, and death. A master who has no love for these he has deceived into following him, but only seeks to lead them into deeper and deeper degradation.

22- In His wonderful love Christ has paid for our sins and bought us back to be His possession and now He admonishes us, "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31.

23- By taking into his body a poison like tobacco or any other narcotic like it, that defiles the body itself, and degrades the mind and sensibilities, one cannot possibly glorify God. God desires us to be well and healthy in full possession of our minds and faculties. A sickly body and clouded intellect do not glorify God. Paul advises us that "ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1.

24- Speaking of the New Jerusalem in the New Earth, we are very clearly told "and there shall in no wise enter into it anything that defileth." Revelation 21:27. Neither in heaven nor on the New Earth will there be any smokers, or any one using anything that defiles. To prepare for a home there, we are advised that now we are to "cleanse ourselves from all filthiness of the flesh and spirit." 2 Corinthians 7:1.

25- Tobacco in any form is dangerous, whether it is used in pan or in pipe, cigar, or cigarette, biri, or hookah. It has been described as a "slow, insidious poison." It works slowly, but surely, deceiving its user with a feeling of having a "lift"; At the same time it is stealing his happiness and life away. It is a deadly killer. Using it is contrary to God's command that says, "Thou shalt not kill."

26- There are some who use a tobacco powder or crushed leaves. They put it under their tongues. The Bible gives a very vivid description of such an act in Job 20:12-14. "Though wickedness be sweet in his mouth, though he hides it under his tongue, though he spare it and forsake it not, but keeps it still within his mouth, yet his meat (food) in his bowels is turned. It is the gall, (poison) of asps (serpents) within him."

27- In olden times God instructed His people that they were not to plant or even have among themselves any poisonous plants like tobacco. "Lest there be among you a root bearing gall and wormwood (poison)". Deuteronomy 29:18.

28- So, we see that tobacco is a killer, not only of the body and mind, but also of the soul and spirit. It is to our eternal benefit to follow the Bible injunction of Colossians 2:21, "touch not, taste not, handle not."

29- The purpose of Christ's first coming was to prepare the way whereby He could give to man the life He had forfeited in Eden-Abundant life here and hereafter. Satan seeks to bind us to himself with chains of habit that we cannot break. But Christ has defeated Satan and is able to break every chain that would separate us from Him. With Him- is all power to set us free from the habits with which Satan has bound us. He will do it and we shall be free indeed.

30- Christ is returning, He is coming back to this world to take to His home those who have permitted Him to make them free of Satan's devices. At that time, He will not be helping those who have held on to their bad habits until then. He will be coming for only those who have already been made clean by hearing and obeying His words. May we all be ready to meet Him at that time.

Here is additional information on caring for our body temple:

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."-1 Corinthians 10:31.

"And every man that striveth for the mastery is temperate in all things."-1 Corinthians 9.25.

"I beseech you .. that ye present your bodies a living sacrifice, holy, acceptable unto God."-Romans 12:1.

"Eat in due season, for strength, and not for drunkenness."-Ecclesiastes 10:17.

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LESSON TWENTY-SEVEN - STEWARDS OF THE BODY

1- Have you ever thought of your body as not belonging to you? Maybe this is a new thought to you. None of us own very much in this world, but certainly my body is my own, you say. Let us look at this idea a little closer for a few minutes this evening. It will help us in our attitude regarding the importance of Better Living.

2- We accept God as the Creator of this earth, including all that is in it. Since God created all matter, or "things," this also includes our bodies. "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the Breath of life; and man became a living soul." Genesis 2:7. That is right. We do not have a soul, we are a soul! It is the breath of God Himself which gives this thing we know as life to our physical bodies. The breath of God is the difference between a living person and a corpse.

3- We have already learned that man is made up of four dimensions: Physical, mental, social and spiritual. Each is important to God our Creator. So many pagan religions have taught that the body was the only thing of importance in the earth. "Eat, drink, and be merry, for tomorrow we die," has been the prevailing sentiment in ages past. Self-gratification, selfish-lustful desires were the way of life. Human-life was cheap.

4- At this dark point in the history of our earth, Christianity teaches something wonderful. The Christian concept is that the human body is fearfully and wonderfully made, and that it is sacred. Physical habits took on a new importance under the teaching of Paul when he said, "Ye are not your own, for ye are bought with a price, therefore, glorify God in your body and in your spirit which are God's." 1 Corinthians 6:19, 20. So this is the first reason for considering good health as a religious matter.

5- But there is a second reason equally as important. It is simply this: Our character is affected by the state of our health. Paul referred to this when he wrote in 2 Corinthians 7:1, "let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." In other words, holiness can be attained best if we refuse to be the slave of unhealthful habits.

6- Medical Science tells us that the condition of our bodies affects our personality, mental outlook, and our spiritual life. If you are eating a diet deficient in vitamin B, you are probably irritable, impatient, and nervous, if you have indigestion or too much acid in your stomach, you may have an acid tongue! At least you do not feel like worshipping God. We have also seen that our thoughts affect our body and our

spiritual interest. If we have selfish thoughts, guilt-feelings, fear, anger and mistrust, we have very little desire to improve ourselves or serve God.

7- Since the mind and the soul find expression through the body, both mental and spiritual vigor are in a great degree dependent upon physical strength and activity. What ever promotes physical health, also promotes the development of a strong mind and a well-balanced character. Without health, no one can completely fulfill his obligations to himself, to his fellow-beings, or to His Creator. Therefore, we are stewards of our bodies that belong to God. We are responsible to Him for their care.

8- We are also responsible to our families and our children for teaching them how to care for their bodies. How much is a child worth? If your child grows into manhood being carefully taught to obey the laws of good health; if he is taught to resist the social pressure of drinking and smoking, etc., because they conflict with physical law; if he is taught to walk in obedience to mental and spiritual law, he will possess physical strength and mental vigor capable of fulfilling the purpose of God for his existence.

9- Our bodies are the temple of the Holy Spirit. 1 Corinthians 3:16, 17. They are under our stewardship. There is a very important and special reason for Better Living, when we realize this. The results of faithful stewardship are a clear mind, health, and vitality for the laws of health were made by the One who created us and has only our happiness in mind. What a wonderful Owner we have! And "He owns the cattle on a thousand hills and the wealth of every mine!"

10- He owns the rivers and the rocks and hills, the sun and stars that shine . . . " Actually, this world is "twice His!" He made it, and sustains it, and then Christ redeemed it from Satan by His death on Calvary. We have a great responsibility as His stewards. How can we be faithful stewards in material things as well as physical things? There is as great a blessing for us in this as in being faithful stewards of our bodies!

11- To remind men of his ownership God reserved a tree in the garden of Eden for Himself and said to Adam and Eve, "Ye shall not eat of it, neither shall ye touch it, lest ye die." Genesis 3:3. As long as Adam and Eve did not eat of this tree they acknowledged God as the Owner of everything. There would be no Atheist today, if every one regarded God as the only Owner of everything. All would be true worshippers of the Living God, who is the Creator of all.

12- Sad to say the first parents did not pass the test. And hence, the world has deteriorated so much and there is corruption, sickness and death everywhere. This all started because man did not acknowledge God as the owner.

13- The same danger is facing us if we do not acknowledge His ownership. For us and for our age God has a similar plan so that we can still regard Him as the Creator of everything. He has reserved something to be for us a constant reminder of His ownership.

14- We read in the Bible: "And all the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is the Lord's; it is holy unto the Lord." "And concerning the tithe of the herd or of the flock, even of whatsoever passeth under the rod, the tenth shall be holy unto the Lord. Leviticus 27:30, 32.

15- Some things can be counted, other things can be weighed, while others can be measured. In any way we do it, the first one is the Lord's. Some have a habit of counting God, one, two, three etc. We should return the first one to God. There is a great blessing in doing so.

16- We do not return tithes to God because He needs them. We return tithes to him to show that He is the giver of everything, and we are only His stewards. He says, "If

I were hungry, I would not tell thee: for the world is mine, and the fulness thereof." Psalm 50:12.

17- We do not give tithe. We, in fact, cannot give tithe because it is already His. We only return His tithe and the blessings we get by doing so are manifold. The Bible says, "if I will not open you the windows of heaven, and pour you out a blessing that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the fields, saith the Lord of hosts." Malachi 3:10-11.

18- On the other hand if we do not acknowledge God and His ownership, and do not return His tithes, we are guilty of robbery. He says, "Ye have robbed me. . . in tithes and offerings." Malachi 3:8. As in returning His tithe, there is blessing; in withholding it, there is curse. The Bible says, "Ye are cursed with a curse: for ye have robbed me, even this whole nation." Malachi 3:9.

19- Jesus who is our example paid tithe and also encouraged tithe paying while on this earth, because He always acknowledged His father as the Owner. He said, "for ye pay tithe of mint and anise, and cumin, and have omitted the weightier matters of the law, judgment, mercy and faith: these ought ye to have done and not to leave the other undone." Matthew 23:23.

20- God has His plan for the use of tithe. He has set aside this portion for His work only. There are people by thousands who do not recognize Him as the Creator and Owner of everything and they need to know about Him before it is too late. Tithe will do this work. Again, we read in I Corinthians 9:13, "they which minister about holy things, live of the things of the temple."

21- God feels sorry when we do not accept Him as Owner of all the creation. He says, "I have nourished and brought up children, and they have rebelled against me: 'The ox knoweth his owner and the ass his master's crib; but Israel doth not know, my people doth not consider.'" Israel 12, 3. You can imagine the sadness of a father, when his son does not recognize him as his father. How long do you think he can bear with him. Finally, a day will come when his father will disown him and he will forfeit all the heritage.

22- In a similar way, God also feels sad towards a person who does not recognize Him. Returning His tithes or withholding them is just giving Him recognition of what He is or not recognizing Him at all. The one guilty of this cannot expect to be blessed by Him.

23- If we could be faithful stewards of ourselves and of all that God has given to us, He has promised a wonderful privilege in the earth made new and it will be our joy to spend the ceaseless ages of eternity with Jesus our Saviour.

Here is additional information on tithes and offerings:

"Bring an offering and come into His courts."-Psalm 96:8.

"Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver."-2 Corinthians 9:7.

"It is more blessed to give than to receive." Acts 20:35.

"For if there be first a willing mind, it is accepted according to that a man, hath, and not according to that he hath not"-2 Corinthians 8:12.

"Honour the Lord with thy substance, and with the first fruits of all thine increase."-Proverbs 3:9.

"Behold, I have given the children of Levi all the tenth in Israel for an inheritance, for their service which they serve, even the service of the tabernacle of the congregation."-Numbers 18:21.

"The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein."-Psalm 24:1.

"But thou shalt remember the Lord thy God: for it is He that giveth thee power to get wealth."-Deuteronomy 8:18.

"And Jacob vowed a vow, saying, If God will be with me, and will keep me in this way that I go, and will give me bread to eat, and raiment to put on, so that I come again to my father's house in peace; then shall the Lord be my God:. . and of all that Thou shalt give me I will surely give the tenth unto Thee."-Genesis 28:20-22.

Here is additional information on walking in the light as it is revealed to us:

"Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth."-John 12:35.

"But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin."-1 John 1:7.

"As ye have therefore received Christ Jesus the Lord, so walk ye in Him."-Colossians 2:6.

"Thy Word is a lamp unto my feet, and a light unto my path."-Psalm 119:105.

"The entrance of Thy words giveth light; it giveth understanding unto the simple." Psalm 119:130.

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LESSON TWENTY-EIGHT - PROTEIN FOODS

1- May I invite you to the lovely Garden of Eden right after the wonderful act of creation was completed? There we see our first parents, Adam and Eve. What a handsome couple they are—made in the image of God! Listen! God is giving them their first instructions. "Be fruitful and multiply," He is telling them, "and replenish the earth, and subdue it." They are to be father and mother of the human race! How exciting!

2- And now what else is God saying? "Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit." Genesis 1: 29. A nutrition lesson! Right at the very beginning of our world on the very first day when our parents were created!

3- Since God had formed man, He knew just what his needs were and what he must eat in order to live in perfect health. How God must have enjoyed planning all those luscious fruits, those delicious grains, those wonderful nuts. There were so many varieties and so many flavors and they were all so good.

4- In the definite instructions God gave, you notice that all the foods He intended for man to eat are of plant origin. They were not to eat cows, sheep, goats, birds, fishes etc. The original diet was so perfect that even after sin came in, we find that people lived for hundreds of years. One man lived to be 969 years of age!

5- But, you remember, wickedness increased until God had to cause a great flood to destroy the world, leaving only the family of Noah. After the flood, there was a shortage of plant foods for some time, and we are told that God finally permitted man to eat flesh foods. From then on, flesh foods became a regular part of the human diet, and as a result, two major changes have taken place in man.

6- First of all, his life span became much, much shorter than before the flood. Abraham lived only up to about 170 years. King David and most of the other kings lived only from 60-80 years. And at present the trend is the same. Secondly, the size of man went down from 10-12 feet to 5-6 feet in height. Quite a difference, you will agree.

7- We are told that the native diet of the Eskimos consists of about 90% flesh foods. Due to the cold climate throughout most of the year, there is very little vegetation for food. In a study conducted by Dr. John R. Heller, director of the National Cancer Institute, some interesting facts were discovered about these people. Most of the Eskimos are healthy until they are about 25 years of age. Then they very quickly begin to lose their enthusiasm and strength as well as their skill in hunting. They also start looking old. They become very lazy. They develop arteriosclerosis and die at a very early age even before they are 30. It was thought that their organs became diseased very early in life.

8- Dr. Heller contrasted the Eskimos with the Hunza people who live in the northern part of Kashmir. These people eat simple foods consisting of fruits, cereals, and nuts. He noted that they are strong and healthy until the age of 90-100 years and even beyond. These two races present quite a contrast, do they not?

9- When God permitted man to use flesh foods, He warned very carefully against two things. He said that they were not to use the fat in the meat, and that they were to carefully remove the blood.

10- Why was God so specific about these two items? Let us see. We will consider the blood first. As you know, it is by means of the blood that fuel and building materials are transported to every cell of the body. And it is also through the blood that the waste products from every cell are carried to the lungs, skin, and kidneys. Now when an animal is killed, of course, most of the blood is there in the tissues. This means, that not only the food materials such as vitamins and minerals are there, but also the waste products. Even today, strict Jewish people are very careful to follow the instruction of God. They bleed the animal and then add salt to the flesh to remove as much blood as possible. By the way, the flesh treated this way is almost tasteless because it is the waste products that are responsible for the flavor.

11- Most people would rather have their meat full of flavor! But when meat is eaten, these waste products are added to the body's waste products and must be excreted through the kidneys thus adding more work to those organs.

12- Why was fat forbidden? Animal fats are not the best source of fuel for body heat. Animal fat is very high in cholesterol—that substance which so often clogs up the arteries and causes so much trouble.

13- There is also a tendency for people to eat more than they need when served cuts of meat loaded with extra fat! You know what the result of overeating is? A great burden is put onto the heart and other organs of the body of the overweight person. Through the centuries, and especially in recent years there is growing another very important reason for God's original diet.

14- That reason is the terribly diseased condition of animals. There is hardly a chicken that does not have cancer. Even fish that are caught in what we consider clean

waters have tumors and serious diseases. It is impossible for meat inspection laws to prevent sick and diseased animals from being slaughtered and sold for food. As the land, air, and water are being more and more polluted, the animal kingdom is being greatly affected.

15- Poison is poison. Even though a bottle of poison is sterile—it is still poison! Cooking flesh foods very well helps some, but it cannot remove the poisons of disease. .

16- Many of you may be asking, "Is it really possible to get the kind of protein we need from vegetables, fruits, nuts and grains?" May I assure you that it most definitely is. You may feel slightly weak at first as you leave off flesh foods, but that is because your body is no longer receiving the harmful stimulants that are a part of the waste products of meat—just as when a man stops smoking, his body misses the nicotine for a while, but how much better off you are without it!

17- No one should change his diet by simply eating the same and leaving off the meat. He should learn to add wholesome foods in the place of flesh foods and eliminate refined empty calorie foods as well. Usually the change-over should be somewhat gradual, but nevertheless, steady and progressive. Let us learn how to use the many good foods God has given in order to keep these wonderful bodies of ours and these wonderful minds of ours well and strong.

18- God wants to give us the gift of eternal life very soon. He wants to give us His Holy Spirit daily, moment by moment, to bring us happiness and continual victory over the devil. Our bodies must be clean homes for this great presence and experience.

19- If I had a very costly and precious present for you and you held out two containers to me—one filthy and broken, the other clean and whole, into which do you think I would place my gift? The clean one, of course. This is how God wants our bodies to be. There is much more about this important subject in the Holy Scriptures. I know you would like to hear what God has to say.

20- No doubt, vegetarianism is God's ideal for us, but for those who have not yet been able to follow it, God has specified in the Bible what to eat and what not to eat. This is because He wants to have the best health possible.

21- Another reason is because we are His children and He says, "For thou art an holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto Himself, above all the nations that are upon the earth." Therefore He says, "Thou shalt not eat any abominable thing." Deuteronomy 14:2,3.

22- The following are among the clean animals: "The ox, the sheep, and the goat, the hart, and the roebuck and the fallow deer and the wild goat, and the pygmy, and the wild ox, and the chamois. And every beast that parteth the hoof, and cleaveth the cleft into two claws and cheweth the cud among the beasts, that ye shall eat." Deuteronomy 14:4-6.

23- The following are among the unclean animals: "Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel and the hare, and the coney: for they chew the cud but divided not the hoof; therefore, they are unclean unto you. And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat their flesh, nor touch their dead carcass. Deuteronomy 14:7, 8. From the water animals these are clean—"All that have fins and scales shall ye eat." Deuteronomy 14:9. "Whatsoever hath not fins and scales, ye may not eat; it is unclean unto you." Deuteronomy 14:10. "Of all clean birds ye shall eat." Deuteronomy 14:11. "But of all clean fowls ye may eat." Deuteronomy 14:20.

24- "But these are they of which ye shall not eat: the eagle, and the ossifrage, and the osprey and the glades, and the kite, and the vulture after his kind, and every raven after its kind. And the owl and the night hawk and the cuckoo, and the hawk after his kind. The little owl and the great owl and the swan. And the pelican, and the heron after her kind, and the lapwing, and the bat. And every creeping thing that flieth is unclean unto you; they shall not be eaten. ." Deuteronomy 14:12-19. These are all flesh eaters and scavengers. "Ye shall not eat anything that dieth of itself." Deuteronomy 14:21.

25- No doubt there is a purpose for creating all these creatures like vultures, crows, kites, swine, etc. They are created for cleaning. They serve as scavengers. All are not created for eating purposes.

26- Man's ideal food as prescribed by God is fruits, nuts, grains and vegetables. He is leading us step by step to man's original diet. In Heaven there will be no death of any of His creatures. We can start enjoying that atmosphere here by God's grace. Even though among us there might be those who are not quite vegetarians, make sure that you are eating the clean ones and try to replace it permanently by a good nutritious vegetarian diet.

27- God loved us to the extent that He gave His son as a sacrifice for our sins. May He help us so that we will not consider any thing too great a sacrifice to meet God's desires:: for us. If we are only willing to follow Him here, He will - enable to fulfill all His desires.-As we go, along we will understand that all His desires for us are for our good in this world and to prepare us for a home with Him when Jesus comes.

Here is additional information on healthful living:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth:"-3 John 2.

"And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."-Exodus 23:25.

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus 15..26.

"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."-1 Corinthians 6:20.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat"-Genesis 1:29.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."-1 Corinthians 10:31.

"I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ" 1 Thessalonians 5:23.

"I am the light of the world: he that followeth Me shall not walk in darkness, but shall have the light of life."-John 8:12.

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LESSON TWENTY-NINE - BETTER NUTRITION

1- "Can your wife cook?" "Well, sure!" I hear you men say to yourselves. "She knows how to cook rice, at least, any woman does."

2- But cooking and meal-planning are actually not as simple as brides have often thought they would be. It has been said that women spend the first years of their lives wondering whom they will marry. And then they spend the remaining years wondering what to prepare for dinner!

3- Yes, the painful truth is that you women soon realize that meals even for two are complicated by food likes and dislikes, by food costs, by the time required for planning, buying and cooking—to say nothing of the little matter of washing the dishes after every meal! The fact is, men, that you eat three meals a day, each lasting from 10 minutes to an hour, 365 days each year, and that your wife has not only your likes and dislikes to think of but those of the entire family as well. Such are the cooking responsibilities of a wife!

4- Now here are some hard facts:

(1) Good cooks are few! Many, many of you mothers and wives need to take lessons in cooking so that you can set before your family well-prepared, nutritious, nicely served meals.

(2) The knowledge of food preparation is one of the strongest foundations in attaining good health, for nine-tenths of our ills spring from wrong eating habits.

(3) The one who understands the art of properly preparing food, and who uses this knowledge, is of more worth than those engaged in any other line of work. This talent is closely connected with life and health.

5- In every human being there is a strong drive for food. Hunger is a normal part of life that you have from birth till death. And when you stop to think that your bodies—the bones, soft tissues, blood, brain, nails, teeth, hair, every part of you—is made up of the food that you eat, you cannot help realizing the importance of properly using the food that our Creator has so bountifully and graciously given. So, anyone who truly values life will be concerned about the food he eats. And cooking is a science and an art that every woman has the capacity to learn and appreciate.

6- Now let us consider the basic needs of the body. First we need heat and energy. If only you could actually look at what is going on inside your body you would see that each of the trillions of cells that make up YOU is actually a busy factory that operates every second of every minute of every hour of every day from the day you are born till you die.

7- From what does your body get the materials to build, operate, and protect these factories? From the food you eat. And remember—No one food contains all the materials those factories need! Also remember—natural food, before refining, contains many materials needed by your busy factories. For example, milk is considered to be a more or less complete food. But if you try to live on milk alone, you will soon have many problems! You need variety and balance.

8- We usually think of rice as a starchy, or energy rich food, and it is. But unpolished rice has more than 30 other very important elements that your body needs! When you eat polished rice your body is robbed of so many good things, but there are still a few elements left besides the fuel, or starch. There is some protein, vitamins, and

minerals. However, when you eat polished rice, your body needs even more of other natural, unrefined foods as you will learn later on. The same is true of white bread or flour, instead of whole-grain bread or flour.

9- Now you should know the simple, basic needs of these factories of yours. First of all, they need fuel just as a car needs gas. So, you should know which are fuel or energy rich foods, and you should be sure to have one or two kinds at each meal.

10- We mentioned that we are composed of trillions of cells. Did you know, however, that you actually started from the union of only 2 cells? Those two multiplied and multiplied until you were born. How did that marvelous growth take place? It was largely due to the building materials in the food your mother ate. Your building foods are very important as long as you live. Normal growth from conception to maturity, and the continual process of building new cells that goes on all through life depends on the quality of building foods you get.

11- These are our protein-rich foods. You should have at least two or three servings from this group. They include such foods as beans, nuts, whole grains and seeds. These are the building foods, and remember that adults as well as children need these every day. Children, and those who work very hard physically, need a little more of these building foods than do adults. We can be very thankful for providing the foods we need for our bodies.

12- For example, when a car stops running-why? There must be trouble. Is it out of gas? No, the tank is full. Maybe we should check the battery terminals. That's it. Now just tighten it properly, and the motor will run nicely. Maybe you wonder why we mention this. It was such a small thing all right, but enough to paralyze the whole car, wasn't it? You know, your body is just like that car. It may have plenty of fuel and building materials, but if it is lacking in those tiny substances, we call minerals and vitamins, its efficiency is greatly affected. These are your body protectors and regulators. We get them by eating different kinds of fruits and vegetables.

13- This group of foods is the most colorful of the three groups. I am sure that God made them this way to tempt our appetites and make sure we get enough of those essential vitamins and minerals. It is true that the first and the second groups contain many of these substances, but the foods that have the richest supply are the fruits and vegetables. So, remember to always include some fruits and vegetables in each of your meals every day.

14- Now we have briefly looked at the "Big Three" of our diets. First of all the energy foods, then the building food, and lastly the protective foods. Of course, each group also has some of the other two groups in it.

15- You may be asking, 'Why all this emphasis on diet? Does it really matter that much? Can't I just eat what I want as long as I get filled up and feel satisfied?' Paul wrote, "whether therefore ye eat or drink . . . do all to the glory of God." Friends, I think you can see that you are what you eat! If you want to have true happiness, you must be as healthy as possible. Health depends so much on what you eat. Health and happiness vitally affect our homes. Do you want to have a happy marriage? Do you want a happy home? Then wives, ladies—learn to cook wholesome, balanced meals and you will contribute much to making marriage a lot of fun.

16- It was God who started a home on earth. Adam and Eve were the first parents. They were put into a beautiful garden home. There were all kinds of fruits their hearts could desire. Eve was made from one of Adam's ribs, from a bone in his side. Why was she not made from a bone from a leg or from the head? God wanted them

both to be helpmates for one another, to be equal. The wife was not to rule, nor to be a servant to her husband.

17- They were to work in the garden and thereby get physical exercise which is so essential for human life. Work is one of God's great blessings. This was a really happy family.

18- The family circle is a sacred circle and no third person should be allowed to come in because it will cause a breach of love and happiness. Husband and wife are to stay together, plan together, and work together. They should be one.

19- One day Eve strayed away from her husband, and admiring the beauties of Eden went farther and farther away from her husband. Before she realized it, she found herself near the forbidden tree. Suddenly she heard a voice. When she looked up it was a beautiful serpent speaking to her from the tree. You know the rest of the story. Think of the chaos, sufferings, and, sorrow brought into this world by just one wrong step. When Satan sees a happy family, he tries his utmost to break it. So, it is very, very essential that a family stay together.

20- Husband and wife are the foundation of an ideal happy home. The children generally take the characters of their own parents. A smoker, for example, will have smoking children. A liar will inculcate in the minds of his children this poison of lying. Sainly parents will have saintly children. In other words, the parents have to be what they want their children to be.

21- A story is told of a couple who were celebrating their first marriage anniversary. Both had planned secretly to present a gift to the other. Each wanted to give a gift the other most wanted. The day came quickly. The morning broke and there was the mutual exchange of gifts. The husband, in order to buy for his wife a comb, which she had greatly admired, had sold his pocket watch. And the wife had sold her hair from off her head to buy her husband a chain he liked very much for his pocket watch. Having opened their gifts they realized what each had done. Tears of joy rolled down their cheeks.

22- The secret of love and happiness is in serving others. The husband trying to please his wife and the wife trying to please her husband. All selfishness is put aside. Love stands supreme. Then when they have children added to their family, there will be joy in this home.

23- God planned it this way. A family should have no more children than they can feed, clothe and educate. This is an ideal family. Health of the family must be given proper consideration.

24- The Bible has some wonderful counsels for husbands and wives and children showing to each one his or her responsibility. We will read some of them. We will begin with the parents. "Wives, submit yourselves unto your own husband as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body." " Ephesians 5:22, 23. "Husbands, love your wives, even as Christ also loved the church, and gave Himself for it .. So ought men also to love their wives as their own bodies. He that loveth his wife loveth himself." Ephesians 5: 25-28.

25- "Children, obey your parents in the Lord, for this is right. Honour thy father and thy mother. . That it may be well with thee and thou mayest live long on the earth." Ephesians 6:1.3. "Hearken unto thy father that begat thee, and despise not thy mother when she is old:" Proverbs 23:22. "Ye fathers, provoke not your children to wrath; but bring them up in the nurture and admonition of the Lord." Ephesians 6:4. "Train up a

child in the way he should go; and when he is old he will not depart from it. Proverbs 22:6.

26- The Word of God has so many instructions for us. Let us read them and ask God to help us to follow them and then ours will be a home where love dwells. Jesus is coming back soon and He will take only those families where there is love. God is love. Where there is no love, there is no God. Jesus should be the head of every family. God wants every member in a family to be saved in His kingdom. Let us strive for it. If we submit to Him, He will help us make a happy home which will be ready to be taken to heaven when Jesus comes.

Here is additional information about family and children:

"Ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord." -Ephesians 6:4.

"The fear of the Lord is the beginning of wisdom: a good understanding have all they that do His commandments."-Psalm 111:10.

"And these words, which I command thee this day, shall be in thine heart: and thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."-Deuteronomy 6:6-7.

"Train up a child in the way he should go: and when he is old, he will not depart from it."-Proverbs 22:6.

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LESSON THIRTY - VITAMINS AND MINERALS

1- How many of you still remember the three groups of foods we learned about in the last lesson? What was the first group? The energy-rich foods. They are foods that are rich in carbohydrates and fats which supply our bodies with fuel for heat and energy, foods such as grains, starches, bread, yams and potatoes.

2- The second group is made up of protein-rich foods that give us building materials, such as nuts and beans.

3- The third group is made up of the most colorful foods; our fruits and vegetables. These are rich sources of protective and regulating materials which we call vitamins and minerals.

4- Now, we will focus our attention on these important minerals and vitamins.—There are actually many of them, but we will talk about only a few. If you eat a balanced diet and a good variety of fruits and vegetables, you can be pretty sure of getting all of these protective and regulating materials you need. To help you realize how important they are, we will talk about Vitamins –A; B, C, and D, and the minerals, calcium, phosphorus, and iron.

5- First of all, why do we need Vitamin A? For one thing, this vitamin strengthens the membranes that line your nose, throat, and other air passages as well as the gastrointestinal and genito-urinary tracts. Vitamin A helps these membranes (linings) to resist

the attacks of germs. Vitamin A also helps you to see in the dark, especially when your eyes have to adjust quickly from light to darkness as when you drive at night and meet the bright headlights of on-coming cars. Vitamin A also keeps your skin smooth, and free from pimple-like bumps on the upper arms and thighs. All in all, Vitamin A is important in many ways, as you can see.

6- The next vitamin is actually a large family called the B Complex, or the Vitamin B family. Each member has its own specialty but all of them have the general job of helping to keep your nervous system healthy. The B Vitamins are sometimes called the "morale vitamins." If you lack enough Vitamin B, you may be quarrelsome. However if you lean on sufficient Vitamin B you will not be bothered. Lack of Vitamin B can also make you fearful, apprehensive, timid, or depressed, or forgetful. Do you have no patience when accidents happen? Are you nervous and jumpy? Are you a worrier? You may be lacking in Vitamin B Complex!

7- Vitamin C is responsible for strengthening the walls of the capillaries –the smallest arteries found in the body. If you have bleeding gums or if you easily bruise or your wounds heal slowly, you may be lacking in Vitamin C.

8- Vitamin D is usually thought of as the sunshine Vitamin. Actually, what happens is that the ultra-violet rays of the sun combine with a fatty substance just under your skin to form Vitamin D. This vitamin, in turn, combines with calcium and phosphorus to form an important trio. These three have to work together, and if any one is lacking, trouble results: you may have poor teeth, or you may have poor bones. Both knock knees and bowed legs are usually the result of something interfering with the work of this important trio.

9- Last, but not least is iron. The bright red color of blood in your arteries is due to the iron in your blood. Iron helps to carry life-giving oxygen to every cell of your body. Lack of iron can produce such symptoms as dizziness, or fatigue—that tired-out feeling. Believe me, iron can make a great difference in how you feel.

10- Now that you know the importance of these minerals and vitamins, you want to know how you can be sure to obtain them every day. You need a balanced diet which gives you enough variety from each of the groups you have learned about. Also, you should learn to use unrefined foods instead of refined foods.

11- Avoid white sugar. It is pure carbohydrate and nothing else. Of course, you need plenty of carbohydrates, but this is the poorest way you can get fuel and energy! Why? Because it can easily satisfy your appetite and yet you have got only One of the 60 or more nutrients your body needs! Refined sugar is a thief– it has to have vitamins and minerals to be used by the body and it has none with it. So it robs the body by pulling these from somewhere else—resulting in severe deficiencies.

12- Instead eat fruit or green leafy vegetables. Again, you have carbohydrates for fuel and energy. But you also have plenty of Vitamin C and Vitamin A along with small amounts of many other important nutrients your body needs. Now, you can see why we speak of refined foods as "empty calories" –you are cheating yourself when you spend money for empty calories! You are cheating yourselves both financially and physically.

13- Natural foods contain so many good things. Fruits and Vegetables, especially green, leafy vegetables, and delicious ripe fruits give us vitamins A and C, iron and calcium along with many other things. Building foods such as our many kinds of beans (especially soy beans) and energy foods such as our good unpolished rice and whole maize give us a good supply of Vitamin B, iron and phosphorus along with many other nutrients.

14- Now here is something to think about. You can easily throw away or destroy these important body protectors and regulators we have been talking about. How? In the way you prepare your fruits and vegetables! Take a potato—slice it open the potato and take a look, do you notice that line that goes around just under the skin? Do you know that between the skin and that line are found good amounts of minerals and vitamins? So make sure that you remove only a very thin portion of the skin. Better yet, steam or bake them with skins on.

15- Vitamins and minerals are quite sensitive. When you open up or slice such fruits as papaya or melon and leave them waiting before you eat them, the air destroys some of the vitamins. So be sure to slice them just before eating them, or slice them and then put them back together again until time to eat them. In cooking vegetables, it is best to keep them covered and to use only enough water to cook them. Be sure to use the left-over water in soups so as to get the benefit of the vitamins and minerals that escaped into the water. Wilted vegetables are not as nutritious as fresh ones, so unless you have a refrigerator to keep them fresh and crisp, it is best to buy your fruits and vegetables fresh each day. Vitamins and minerals are present in our food in only small amounts, so you cannot afford to lose them by careless habits in food preparation. They are much too important to waste!

16- We have seen how important it is to have a balanced diet. We are what we eat. So many of us have found our habits of eating are contrary to basic principles and God's outline for good health. The question is: Are we ready to deny ourselves what our human carnal appetites desire and follow what God has outlined as best? Are we ready to die to self now and live for Christ?

17- This leads us to the subject called Baptism. What really is Baptism? Is it an inward experience or an outward ordinance? Is it sprinkling? Is it pouring? Is it immersion?

18- Baptism was commanded by Christ as a memorial of the great facts of the Gospel. "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost." Matthew 28:29. And the Gospel is "Christ died for our sins according to the scriptures, and that He was buried, and that He rose again the third day according to the scriptures." 1 Corinthians 15:3, 4. And so Paul explains, "Know ye not that so many of us as were baptized into Jesus Christ were baptized into His death?"

19- "Therefore, we are buried with Him by baptism into His death; that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in the newness of life." Romans 6:3,4. The old man of sin is dead, buried and a new man is put on in its place, which is Christ Jesus our Saviour.

20- Baptism is an outward symbol of an inward experience. It is for those who hear the gospel, believe and repent. "And He (Jesus) said unto them, Go ye into all the world, and preach the Gospel to every creature." Mark 16:15.

21- Then Peter said unto them. Repent and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost." Acts 2:38. Before a person is baptized, he has to repent, or feel sorry for his sins.

22- Baptism is an act of faith. One has to fully believe the gospel and then only he is fit for baptism. "And as they went on their way, they came unto a certain water; and the eunuch said, see here is water; what doth hinder me to be baptized? And Philip said, if thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God." Acts 8:36,37.

23- According to the Scriptures there is just one mode of baptism, "One Lord, One faith, One baptism." Ephesians 4:5. Since baptism is symbolic of burial as we have studied, it can be done only by immersion and not by sprinkling or pouring.

24- Jesus is our example and He took the baptism of immersion. Let us read: "And Jesus when He was baptized went up straightway out of the water." Matthew 4:16. Note the words, out of the water.

25- First a candidate goes into the water as in the experience of the Eunuch. We will read; "And they went down both into the water." Acts 8:38. The officiating minister leads the candidate into the water and then he baptizes him in the name of the Father and of the Son and of the Holy Ghost and then the man comes out of the water. This is why "John also was baptizing in Aenon near to Salim, because there was much water there: and they came and were baptized." John 3:23.

26- Baptism is an entrance to the Church of God which is the body of Christ. "For by one Spirit are we all baptized into one body." 1 Corinthians 12:13. So, by taking baptism, we become a part of the body of Christ, while He becomes our Head.

27- This is very important, for without this, we cannot "fulfill all righteousness." Matthew 3:15. We cannot see the kingdom of God. John 3:3, 5. Jesus never sinned but, so that we can follow Him in all points, was baptized. He is coming back soon, for those who have followed His example –in all points and have been baptized into His body and have forsaken all to live a new life through His strength.

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LESSON THIRTY-ONE - LOWERING YOUR WEIGHT

1- There is a saying that the longer your waistline, the shorter your lifeline. In other words, overweight matters! Life Insurance studies have shown that those who are overweight run a greater risk of serious illness than those of desirable weight. What is more, the greater the degree of overweight, the greater the risk, particularly past the age of forty. So, if you are overweight, do not take it lightly. We are going to tell you why.

2- First of all, let us define overweight. How can you know what your weight should be? Because we are all a little different in height and build from each other, there is no set rule for everyone. However, we do have a guide that will tell you approximately what you should weigh.

3- At what point do you begin to be overweight? If you go more than 10-20% above your normal weight, you are definitely overweight. Someone once made the statement that "Obesity is a sickness." Well, if it is a sickness, it is one that can be cured, and we will talk a little bit about that later on. Whether or not obesity is a sickness, one thing is certain; Obesity causes sickness. Let us look at some facts about overweight. All this adds up to the fact that those who are overweight do not live as long as those whose weight is normal. So, as you can see, overweight should not be taken lightly! Obviously, excess pounds place a strain on the human body.

4- Besides making you more susceptible to diseases, overweight makes you less resistant to other infections such as flu, pneumonia, colds, and such. Did you know that fat people even tend to have more accidents? Health is not the only incentive for

keeping your desirable weight. How about the mirror you have to face every day? How about the dress and suit that will not fit anymore? How about what other people think of your appearance? How much more comfortable we are when our weight is normal.

5- It would be wonderful if we could just say, "Get lost!" and the extra pounds would vanish. But it does not work that way. However, more and more people can testify that there are ways to lose weight, and that the reward of being more handsome, healthy, and filled with a sense of well-being is well worth the effort. Before we give some tips about how to lose extra pounds, let us look at some often-heard excuses for being overweight. Our grandparents used to say, "so and so is fat and healthy." But we have already seen that being fat and being healthy do not go together. Our grandparents may have had such ideas, but statistics prove that the lean live longer and are more healthy than the overweight.

6- How about the idea that our glands make us fat or thin. Very rarely is this a factor to be considered. But even if this is true, in your case, your doctor can help you. "It runs in my family to be overweight." is another reason given. Heredity does play a part, but usually it is eating habits that run in families. By changing the eating habits you grew up with, you can change your weight. 'It is just middle-age spread;' some people say, But if pounds are piling up along with the years, it means one thing: you are not exercising enough to use up the amount of food you are eating. As you cut down on activity, you should also cut down on food intake. Many women blame their figures on having children. But remember mothers, when you are pregnant, it is not how much you eat, but what you eat that keeps you and your baby in good condition.

7- Now I am going to give you some real reasons why you may be overweight:

(1) You may not know how many calories there are in the food you eat. For example, one cup of cabbage has much fewer calories than just one teaspoon of oil or margarine!

(2) You may not know how much activity you need in order to "work off" the food you eat. You must do the equivalent of a 20-minute brisk walk in order to use the energy that the one-teaspoon of oil or margarine gives you!

(3) You may not know which foods give you "empty" calories. "Empty calories" are calories that have very little nutritive value, but have plenty of fattening value. A candy bar, or a few cookies give you plenty of fattening calories, but no vitamins, minerals, or protein value. On the other hand, a banana or a mango gives you fewer calories, but many vitamins and minerals as well.

(4) You do not control your snacking. You eat as a pleasant past-time even though you are not really hungry or do not need the food.

(5) You may not understand that there are different kinds of 'calories'. Acid calories such as found in animal products, oils and fats, refined foods and sugar are quickly stored as fat while alkaline calories such as found in fresh and raw fruits and vegetables almost never are. 2-3 thousand alkaline calories will not put on weight as much as one thousand acid calories will.

(6) Often much of what seems to be fat is actually excess salt and other chemicals that the body must keep diluted with water so as to protect the cells from damage. Much of this chemical bloat comes from the preservatives and flavoring agents used in commercially prepared foods. Increasing the amount of pure water drank and decreasing the use of chemical and salt laden foods will often work wonders in removing this bloat and slimming down the body. Some chemicals such as caffeine and artificial

diet sweeteners (aspartame; Nutra-sweet) cause a craving for carbohydrates and encourage weight gain as well as harming the brain and nerves.

8- If you are overweight, your first big step is to decide once and for all, "I am going to lose weight! I am going to get down to my normal weight, and I am going to stay there!" Second, see a doctor if you need to, so as to make sure you are in good health otherwise. Third, maintain good emotional balance. Stop and ask yourself, "why do I want to lose weight?" Decide that to lose weight is important, but do not treat it as a disaster. Keep cheerful especially at mealtime. If possible, join someone else who is overweight in your weight-losing plans so that you can encourage each other.

9- Fourth, remember that losing excess weight will take time. Do not try to do it all at once. For more lasting results, your weight loss should be gradual as you change the bad habits that caused it— to healthy habits. The diet you use to loose weight should be the diet you can live on, if this is so, the day will come when weight worries will be a thing of the past. Fifth, plan your meals ahead, and eat adequately. Do not restrict yourself to only certain foods, or go on some kind of "crash diet" that you may read about. Use a variety. Choosing good natural whole foods, increasing your use of fresh and raw vegetables and fruits and turning from the refined, empty calories and animal products is the secret.

10- Here is an extra tip. Do not weigh yourself every day! It can be a very discouraging business. Weigh once a week, at about the same time of day each time, and with about the same amount of clothing on.

11- Imagine trying to hold a 25-pound weight all day long! Just imagine how you would feel if you had to carry that weight every moment of the day and night and could never put it down the rest of your life. Yet very few overweight people stop to think of how they are making their heart, blood vessels and organs suffer by forcing them to carry the responsibility for more pounds than they should.

12- Over the past few weeks we have focused on areas of concern to those who desire happiness and health. We believe our Lord would be vitally interested in these principles were He on earth now. We believe He would also be concerned about His place of worship. Where would He go to Church if He came to your town?

13- As there is one baptism there is also one faith. Paul tells us in Ephesians 4:5, "One Lord, one faith, one baptism." In John 14:6, Jesus Himself said, "I am the way, the truth, and the life; no man cometh unto the Father but by me." Hence, we conclude as there is one God and one church. This is the church established by Jesus Himself. Is there such a church in existence now? Let the Bible speak.

14- "For there is one God and one mediator between God and men, the man Christ Jesus," 1 Timothy 2:5. Jesus, through His own blood, has made this way. He is the only one who has paid the penalty for our sins. Therefore, by His death on the cross a way has been made for our reconciliation with God, while there are many ways, professing to be true, it is only Jesus' way that reaches up to heaven.

15- So that we will not be in darkness about the true church of God, He has given us definite signs of identification. They are so clear that no one needs to miss them. We find a vivid picture of the true church of God in Revelation Chapter 12. "And there appeared a great wonder or sign in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars." Revelation 12:1. A good woman in the Bible stands for the true church and a bad woman an apostate church. Hebrews 6:2; 2 Corinthians 11:2; Isaiah 51:16. Since this woman is a symbol, she is not a real woman but represents the true church of God.

16- This church is putting on Jesus who is the Sun of Righteousness, and founded on the Word of God, here represented by the moon. The "crown of twelve stars" stands for the 12 apostles of Jesus, the leaders of the church in the New Testament. These stars also represent the 12 tribes of Israel of the church in the wilderness. The true church of God on earth has always been. There never was a time when it did not exist.

17- "And she being with child cried, travailing in birth, and pained to be delivered." Revelation 12:2. The child mentioned here is no doubt Jesus Himself as the further verses will explain. "And the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born!" Revelation 12:4. The dragon represents Satan himself. Here he is working through Herod who wanted to kill baby Jesus. As usual Satan is working through someone else to accomplish his purposes.

18- "And she brought forth a man child who was to rule 7 all nations with a rod of iron: and her child was caught up unto God and to His throne." Revelation 12:5. Satan's plan was thwarted. The woman represents the church of God through whom Jesus came. Satan, through Herod, did not kill Him, and after fulfilling His mission on earth, Jesus, the Son, ascended to His Father in heaven.

19- As we read on we will find that Satan continues his war with the woman or the church. Verse fourteen tells of the church fleeing to some secluded places as there was severe persecution against her. The seclusion was to be for a period of three and a half years which is equal to 1260 years according to the prophetic interpretation. The persecution period started in 538 and ended in 1798. The true church of God during this period of the Dark Ages finds its refuge in the mountains and hidden places. It is estimated that 50-100 million of God's true people died during these persecutions.

20- According to the prophecy the earth or the more uninhabited areas were to help the woman. Also there came the time when the new nation of the United States, growing up in a rather uninhabited area, gave a place for God's children to flee from the wrath of the dragon working through the Roman church. These areas beyond the control of the persecutors, as it were, swallowed up the flood (persecution) which the dragon cast out of his mouth.

21- In spite of resistance Satan is not going to give up. "And the dragon was wroth with the woman (church) and went to make war with the remnant (last remainder) of her seed (believers), which keep the commandments of God and have the testimony of Jesus Christ." Revelation 12:17.

22- If you are seeking to be among the remnant of the true church of God, seek for these two signs— Keeping of all of God's commandments and having the testimony of Jesus, which is the Spirit of Prophecy. Revelation 19:10. This church will keep all of God's commandments including the 4th which commands to keep the 7th day Sabbath.

23- This church will also have the gift of prophecy. You may search throughout the world and you will find it is only the true Seventh-day Adventist message that fulfills these identifications fully. They keep all of God's commandments, and in the life of Ellen G. White, the Gift of Prophecy has been fulfilled in this church. Later you will learn more on this important point.

24- This was the church in Eden. Abraham, Isaac and Jacob all were members of this church. The Israelites were once again organized under the leadership of this church. Jesus and all His Apostles and disciples were members of this same church. It was in seclusion for 1260 years. It was to come to the public after 1798. Everything just fits so nicely. This is not a new church, it is only the continuation of the first church which

was organized in Eden. Only those who obey all of God's ten commandments by the power of Jesus are going to triumph. May God guide you, so that you will understand this now when Jesus comes back may you be found among His people waiting for Him.

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LESSON THIRTY-TWO - ELECTRICAL ENERGY

1- In the Holy Scriptures we find an interesting statement made by the wise man, Solomon: "As he (man) thinketh in his heart, so is he." Proverbs 23:7. For many centuries the idea that the mind and the body are related was not understood, and was forgotten. The body was accepted as something that could be seen, and attention was paid to it. Desires for pleasure and excitement were filled as man sought satisfaction. "Eat, drink, and be merry, for tomorrow we die." was the slogan of ancient people. Excesses of all kinds too terrible to even mention were indulged in.

2- Then in some religions, the body was thought worthless or evil and only the 'spirit' mattered. These people thought by neglecting or punishing the body, they could draw nearer to God, but without the body—there is no 'spirit' in man. True Bible Christianity, gives real meaning to our bodies. Because they are created by God, life is sacred. Physical habits take on a new importance under the teaching of Paul when he said, "whether therefore ye eat or drink or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31. Teaching that this present life is only the preparation period for a future life to come, it was seen that the choice of the will is required at every step to bring the body, mind, and spirit under the control of reason.

3- Our thoughts alone can produce physical changes in our bodies. When the name of her fiancée is mentioned in public, what happens to the face of a girl? Why, it turns red! She blushes. There is not trouble with her face; the blush was just a reaction to a thought. We could cite many similar examples. In fact, there are many diseases such as stomach ulcers, arthritis, high blood pressure, headaches, and others that are caused to a great degree by mental anxiety and fear.

4- One of the most remarkable discoveries made in recent years is that the brain and nervous system are electrical in nature—that man is an electrical being! The electrical energy and currents in the brain can be measured with special equipment. Furthermore, medical science tells us that your brain contains a permanent record of your past that is like a continuous strip of movie film complete with sound. This film library records your whole waking life from childhood on. You can live again those scenes from your past one at a time when a brain surgeon applies a gentle electrical current to a certain point in your brain.

5- We ask the question: Could it be that the human race will be confronted with this undeniable record at the judgment bar of God "when God shall judge the secrets of men by Jesus Christ?" Romans 2:16. Actually, it has been found that every living thing has electrical energy. There is a pulsating vibrant force present in all life, including plants. It has been shown that if a man strikes a match and thinks to burn a leaf, the vital energy or current of that leaf is affected, (and this can be recorded) before it is even burned!

6- Yes, thoughts both good and evil are powerful in their effect on both our actions and our body. Anger, hatred, guilt, distrust, worry, and fear cause decay and disease. On the other hand, love, hope, trust, a clear conscience and courage build up and restore broken bodies and minds.

7- The mind is the great battleground of the controversy between Christ and Satan. Satan claims the human race as his subjects. Christ says, "No, they are mine through my sacrifice and redemption." The battle for the minds of men is a real one, and we are not just innocent bystanders looking on, but every day we must make decisions for good or for evil. Thus, moment by moment we must continue to choose.

8- This choosing demands the use of the will. The Will can be described as that part of the mind that exercises the power of choice in the operations or thoughts of the mind. Let us think for a moment of the rudder of a boat. The rudder is very small. It cannot drive the boat forward, but it does guide the boat. It is a very important part of the boat. Without it the boat would go in circles and get nowhere. So the choice of the will guides the ship of our mind to give it direction and purpose. But the rudder does not have power to run the boat. The boat needs a motor, an engine to turn the propeller and to drive the boat through the water.

9- So with our mind. Our mind has to be connected with a source of power. If we were to stand alone against the devil, our situation would be hopeless for we could never withstand his clever arguments, the force of our own selfishness, and pride and greed.

10- But God has pledged Himself to keep this human machinery in healthful action if man will obey His laws and cooperate with Him. We may have the privilege of being connected with the powerhouse of heaven. "The brain nerves which communicate with the entire body are the only means through which Heaven can communicate with man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital power, and the result is a deadening of the sensibilities of the mind."

11- The power which God makes available to us is His Holy Spirit, the Third Member of the Godhead, God says, not in the thunder, or the lightening, but in the still small voice of His Spirit is power. Not by might nor by power, but by His Spirit shall we be victorious.

12- Christ Himself calls our attention to the growth of the vegetable world as an illustration of the agency of His Spirit in sustaining spiritual life. The sap of the vine, ascending from the root is diffused to the branches, sustaining growth, and producing blossoms and fruit. So, the life-giving power of the Holy Spirit proceeding from the Saviour fills the soul and renews the motives and affections and brings even the thoughts into obedience to the will of God, enabling the receiver to bear the precious fruit of holy deeds.

13- The existence of the Holy Spirit is eternal. In the beginning "The spirit of God moved upon the face of the waters." Genesis 1:2. The spirit of God will keep working for the salvation of men till the end. "And the spirit and the bride say come. And let him that heareth say come. And let him that is athirst, come. And whosoever will let him take the water of life freely." Revelation 22:17.

14- Jesus, in explaining the work of the Spirit said, "The wind bloweth where it listeth, and thou hearest the sound thereof; but canst not tell whence it cometh, and whither it goeth: so is everyone that is born of the Spirit." John 3:8. The Spirit works in a marvelous way. While the spirit is here, He can also at the same time be in other places, like the wind.

15- Of the Spirit's work we are told, "He will reprove the world of sin and of righteousness, and of Judgment," . . . "He will guide you into all truth . . . and He will shew you things to come." John 16:8, 13. The Prophet Isaiah likens the spirit to a still small voice, "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand and when ye turn to the left." Isaiah 30:21. The spirit of God always tells the truth.

16- Paul admonishes us, "And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption." Ephesians 4:30. When we do not listen to the spirit, He is grieved. When we continually refuse to listen to Him, He finally turns away from us as it was with the people before the flood. He was withdrawn and the people perished. "And the Lord said, My spirit shall not always strive with man, for that he also is flesh." Genesis 6:3. As soon as the spirit leaves a person the Devil takes over. He is also compared to a light that shines in the darkness. Knowing the danger of refusing to walk in the light the Bible says, "Quench not the Spirit." 1 Thessalonians 5:19.

17- It is actually the Holy Spirit as a representative of Jesus Christ who stands and knocks at the door of our hearts and says, "Behold, I stand at the door and knock: If any man hear my voice and open the door, I will come in to him and will sup with him and he with me." Revelation 3:20. The Bible which is written by the inspiration of God is actually the result of the Holy Spirit moving upon holy men. When we obey the words of the Bible, we listen to the Holy Spirit.

18- Jesus once said, "All manner of sin and blasphemy shall be forgiven unto men: but the blasphemy against the Holy Ghost shall not be forgiven unto men." Matthew 12:31. The Holy Spirit is heaven's last gift to mankind. Once we refuse Him, God has reached His extremity in saving us.

19- The Apostle John says, "If any man see his brother sin, a sin which is not unto death, he shall ask, and he shall give him life for them that sin not unto death. There is a sin unto death: I do not say that he shall pray for it." 1 John 5:16. A person constantly opposed to the Word of God is bringing himself closer and closer to the point where he cannot be reached by the Holy Spirit. Of these Paul speaks, "having their conscience seared with a hot iron." 1 Timothy 4:2. It is dead and cannot feel anything.

21- God in His wonderful mercy has still granted us 2 little more time in which we can find salvation. The Holy Spirit is still striving with us, so that we will not harden our hearts by disobeying God. He still pleads with us. Today, if you will hear His voice, harden not your hearts." Hebrews 3:15. By listening to the voice of the Spirit, our hearts become more and more receptive and by refusing they become harder.

22- God has not set separate standards for receiving the Holy Spirit. The condition for everybody is the same. "And we are His witnesses of these things; and so is also the Holy Ghost, whom God hath given to them that obey Him." Acts 5:32. Obedience is the condition, obedience to the Word of God.

23- A person experiencing the indwelling of the Holy Spirit is the most powerful person on earth. He is going to be victorious and will stand faultless, ready to meet Jesus when He comes back. This can be everybody's experience only if we are humble enough to be willing to accept Him. "Behold now is the accepted time, behold now is the day of salvation." 2 Corinthians 6:2.

24- "Seek ye the Lord while He may be found, call ye upon Him while He is near. Isaiah 55:6. Delay might mean eternal death. May we all accept the Holy Spirit before it is too late.

Here is additional information on the Holy Spirit:

"I will pray the Father, and He shall give you another Comforter, that He may abide with you forever." John 14: 16.

"But the Comforter, even the Holy Spirit, whom the Father will send in My name He shall teach you all things, and bring to your remembrance all that I said unto you." - John 14:26.

"And when He is come, He will reprove (bring conviction to) the world of sin, and of righteousness, and of judgment"-John 16:8.

"Howbeit when He, the Spirit of truth, is come, He will guide you into all truth: for He shall not speak of Himself; but whatsoever He shall hear, that shall He speak: and He will shew you things to come."-John 16:13.

"Even the Spirit of truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him; but ye know Him, for He dwelleth with you, and shall be in you." John 14:17

"Grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption."-Ephesians 4:30.

"Cast me not away from Thy Presence, and take not thy Holy Spirit from me."- Psalm 51:11.

"If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask Him."-Luke 1:13.

"Walk in the Spirit, and ye shall not fulfil the lust of the flesh .. The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance."-Galatians 5:16,22-23.

BETTER HEALTH MADE SIMPLE

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LESSON THIRTY-THREE - EATING FOR STRENGTH

1 You probably have had your supper by now, so you are not hungry. But if I were to cut a lemon in two right now and suck on it, your saliva would begin to flow! You say you cannot help it, and you are right. Your body reacts to even the thought of food and prepares for digestion. Is that not wonderful?

2 Now reach up and feel your hair. How is it? Coarse? Fine? Thin? Thick? Getting Bald? Now look at your fingernails. Long? Short? Need cleaning? Look at your hands. Did you ever stop to think that each part of you—your hair, nails, hands, eyes, ears, skin, bones—every part—was once your food? Food becomes your blood, nerves, brain, muscles. Food becomes your size, energy, strength, resistance. Food has much to do with your personality, efficiency, and emotional stability.

3- Now, of course, everyone eats, but WHAT you eat, HOW you eat, WHEN you eat, and WHY you eat all make up your individual eating habits. And your eating habits are either a help or a hindrance to you, depending on whether they are good or poor. How we look and feel tells us something about our food habits. At every age the outward and visible signs of good eating habits usually show in our physical appearance, our disposition, our emotional reactions, and our vigor and stamina.

4- We have mentioned that 90% of all illness is caused by improper diet and eating habits; let me give you an example of how WHAT you eat can even affect your life when you are not sick.

5- At a large university an experiment was conducted to see what effect Vitamin B would have on learning ability. They took a group of students and gave them all capsules. Half were given capsules that had no vitamin B in them, but the capsules looked just like the other half which did contain Vitamin B. The students did not know which capsules had the Vitamin B. Both groups were given identical examinations at the beginning of the experiment. At the end of 6 weeks another examination was given to both groups. The group given the Vitamin B reached an average grade 27% higher than the other group who did not get the Vitamin B! What you eat does make a difference! Your food either has the elements your body needs or it does not.

6- So, first of all, WHAT DO YOU EAT? Appetite has been called the desire for food. Hunger has been called the need for food. Appetite is often a very poor guide to follow if you want to insure good eating habits. Some people have very decided likes and dislikes which limit them to just a few items of food.

7- Often, the ones they like best are nutritionally very poor! Good eating habits mean eating a balanced diet with a wide variety of fruits, vegetables, unpolished grains, legumes and nuts. This insures your body enough fuel, building, protecting and regulating material to keep you in good health.

8- You do not need a great variety at any one meal, but you should have a variety from meal to meal and day to day. Daily your diet should contain two or three servings each of fruits and vegetables. You should have two or three servings daily of protein rich food to insure materials for building, repairing and maintaining your body. All dried beans (legumes) especially soy beans have liberal amounts of protein, plus many other important elements. So do cashew nuts, peanuts, and other nuts.

9- Some foods do the body harm. For example, spicy food, and vinegar irritate the delicate digestive linings. Lard, and fats contribute cholesterol which can clog the arteries, you remember, and cause high blood pressure, and heart disease. Sugar also clogs the arteries and affects circulation.

10- Some foods simply do the body no good, and often do harm as well. A chocolate bar, cookies, or a bottle of pop may give you some calories, but they are "empty" calories because they do not give you vitamins or much else. The vitamins and minerals needed to digest them must be stolen from somewhere else in the body. Since all foods contain calories, our main concern should be to choose the foods also rich in other health-insuring elements.

11- Why not develop an "international appetite?" Learn to enjoy all good wholesome food. Perhaps you did not know that a person's interest in new foods and flavors is usually one indication of the breadth of his social, experience and his interest in the world beyond his own back yard!

12- WHEN DO YOU EAT? Is the next question you need to answer. Most people eat whenever they think they are hungry. You notice that I said, "think." If you are in the habit of eating between meals, your mind can signal your stomach to call for food when it is actually needing to rest!

13- Of course, if you start off on your day without a good breakfast, your stomach has a right to call for body fuel! Good eating habits say: eat a substantial balanced breakfast. Eat a balanced lunch 5-6 hours later. Eat very lightly in the evening, and be sure the meal is 2-3 hours before you retire. Eat nothing between meals. Your "appetite"

may protest for a little while until your new habits have been formed. But the real hunger of your body will be satisfied, and you will be richly rewarded.

14- Here is an extra tip. Do not eat when you are overtired, or emotionally upset. Wait awhile until you recover. The mind has a great influence on the organs of digestion. To get the most out of your food, mealtime should be a relaxed, happy time.

15- Next is the question, HOW DO YOU EAT? Are you the kind of person who sits down and empties your plate almost before anyone else has started? If so, you have a poor eating habit. Since digestion begins in the mouth, your food has no time to be well mixed with saliva. Also, the food is not being chewed, and since your stomach has no teeth, you are cheating your body of much of the nourishment it could get from your food. If you just stop to think, you cheat yourself financially too! So, slow down, fast eaters! Chew your food thoroughly.

16- Our last question is, WHY DO YOU EAT? Are you a slave to your taste buds, to your appetite; in other words, to poor eating habits? Are you a victim of self-indulgence? If so, this is a form of self-destruction. Or do you think of your body as something wonderful and sacred to be treasured and cared for?

17- It is safer and easier to build good food habits than to correct poor ones. But ridding ourselves of poor food habits need not be hard if we stop trying to find excuses for them. When you think of your body as loaned to you by God you begin practicing true temperance. True temperance is total abstinence from all that is harmful and the moderate use of that which is good.

18- In return your body will give you health and happiness, and help you to build a strong character. WHAT YOU EAT, WHEN YOU EAT, HOW YOU EAT, AND WHY YOU EAT all have a great deal to do with BETTER LIVING!

19- The rules for good eating habits are all based on scientific facts. But did you know that God gave us these rules long before science knew about any of them. This is not surprising for He has always given needed information through His prophets so that His people could know how to choose the best.

20- As we have already mentioned, the gift of the Spirit of Prophecy in the Remnant church has been in the life of Ellen Gould Harmon, who became Mrs. E. G. White after her marriage to Mr. James White in August 1846. Ellen was born November 26, 1827 near Gorham, Maine, about 12 miles west of the city of Portland. This is the home where she was born. She and her twin sister were the youngest of 8 children.

21- Leaving the school one afternoon, the nine-year-old Harmon twins were pursued by a youthful classmate enraged at some trifle. A stone was thrown which struck Ellen on the nose, and she dropped to the ground unconscious. Her nose was broken, and the blood flowed freely. Neighbors had thought that she would die, but her mother believed she would live even though Ellen was unconscious for 3 weeks! By God's grace she was all right. She was, however, unable to continue with her schoolwork.

22- It was while she was yet a girl of twelve that William Miller in 1840 came to the city of Portland with the message of Jesus coming soon. The Harmon family attended the meetings. Scores of other protestant ministers joined him in sending the glad tidings. Ellen was from a Methodist family. She was baptized by immersion in Casco Bay. This was the beach in front of the home where the poet Longfellow was born.

23- A few weeks after her seventeenth birthday Ellen made a visit to the home of the Haines family in South Portland, across the causeway. This home is pointed out as

the Haines' home and it is understood that in a room on the second floor, she joined four other women in morning worship. As she earnestly sought God for light, heaven seemed near, and Ellen was wrapped up in a vision of God's glory. This was in 1844, about two months after the great disappointment of October twenty-two.

24- It is estimated that 200 visions were given to Ellen White in her 70 years of service. She wrote tens, hundreds, and thousands of papers under the inspiration of God. She has written about 50 books. She wrote articles on medical subjects which the medical scientists are just now finding out. On astronomy and many other topics, her prophecies are coming true in every detail. How could she do it? She had very little education. It was not she, but God working through her.

25- She meets all the tests of a true prophet. During her vision she was not breathing, Daniel 10:7. During her vision her eyes were open, Numbers 24:4, 16. During her vision she used to have supernatural power. Many tested her and were convinced beyond any shadow of doubt that her visions were from God.

26- Once during her vision she held a big Bible weighing about 20 pounds for 30 minutes continually on her outstretched hand. She picked up the Bible, and rising to her feet, placed the open book on her hand, and lifted it high somewhat above her head. Thus, while looking upward and away from the Bible she turned its pages with her free hand, and pointed to certain texts as she quoted them.

27- In 1915 Ellen White was 87 years of age. On a Sabbath morning in February as she entered her writing room, she tripped and fell. This accident resulted in a broken hip, and she was confined to bed for five months, when on July 16, her fruitful life came to a close.

28- She has written on the evil effects of Tea, Coffee, Tobacco, Alcohol, and many other narcotics. She has condemned eating between meals, the use of too much sugar, eating candy, ice cream and hot spices, etc. She has promoted vegetarianism. All those following the health principles outlined by her are greatly benefited. She has instructed on social, moral, health, and other very important phases of human life. She is dead but her written pages still speak. There is still much more to know of her life and work. It is all illustrated and God willing we shall tell you more about this in the future.

29- God has not kept His church in darkness. He has revealed through His prophets the truth that is needed for our salvation. He had prophesied by the Prophet Joel, "And it shall come to pass afterward, that I will pour out my spirit upon all flesh, and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions." Joel 2:28.

30- The Lord, therefore, counsels us, "Believe in the Lord your God, so shall ye be established; believe His prophets; so shall ye prosper." 2 Chronicles 20:20. The Apostle Paul says, "Despise not prophesying. Prove all things; hold fast that which is good." I Thessalonians 5:20, 21.

31- Jesus will soon come back to this world to take His elect home to heaven. "Here are they that keep the commandments of God, and the faith of Jesus." Revelation 14:12. (or the Spirit of Prophecy). Are you among them?

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LESSON THIRTY-FOUR - HEART WORK

1- The great throbbing center of all human life and activity is the heart. No other organ carries so much responsibility for the well being of the body. Every other part of the body is entirely dependent on the heart. All the organs have their own special work to do. The lungs enable us to breathe. The kidneys filter the fluid of the body. The stomach and intestines digest our food for us, and all the rest play their parts. But the one great organ on which all the others depend is the heart. Constantly, day and night, year after year your wonderful heart continues to beat. When you are at rest it beats quietly, and slowly, conserving its great reserve powers for the times when they might be sorely needed.

2- If an emergency should arise, your heart will quicken its pace, speeding up the circulation of the blood wherever it may be needed. When your heart is strong and healthy, the whole body benefits. But it is so important for you to take care of your heart, for upon its condition depends your ability to get the most out of life.

3- Now, if you'll place your hand on your chest, a little to the left of the center, you'll feel that great throbbing center at work. That is your heart. Its function is to move the living stream of blood through all parts of the body, feeding all the cells, and removing all the waste materials. If your heart should fail, your life would end. For that reason it is important that we give this wonderful organ all the care it deserves.

4- What causes the heart to break down and wear out? Can a man strain his heart by overwork? No, it's very unusual to strain the normal healthy heart by overwork, surprising as that may sound. The heart is much more likely to be damaged by disease and poor habits of living rather than by overwork.

5- Some common causes of heart trouble include severe nervous and emotional strain, insufficient proper exercise, overeating, and the lack of proper rest. All these tend to weaken the walls of the blood vessels in the heart. Fortunately, the heart is built of very tough materials that don't break down easily. The muscles of the heart are more durable than any other muscle tissue in the body. When we examine the inside of the heart, we find that it is divided into 4 large chambers. These chambers are lined with a very smooth durable lining which offers no resistance to the bloodstream as it rushes through on its way to the lungs and to the rest of the body.

7- The outside of the heart is covered with a tough fibrous bag called the pericardium. This protects the heart from damage on the outside. At the same time it also provides a smooth water-lined casing in which the heart can move freely without interruption.

8- It is simply amazing how much work the human heart will do in a day. At a normal rate of speed the heart beats about 70 times a minute. This amounts to more than 100,000 contractions every day, or 37 million a year. In 70 years this adds up to more than 2 billion heartbeats. Such figures are too great for us to really comprehend.

9- People often ask, "How does the heart keep going so long without breaking down or wearing out?" No machine made by man can begin to match the human heart for efficiency or durability. Every day your heart pumps between five and ten tons of blood. That is an enormous amount of work for an organ about the size of your fist.

10- For its size the heart is the most wonderful pump in the world. And, you know, there is not one piece of metal in it. Although it may weigh only about 250 grams or ½ pound, it continuously sends a living stream of blood coursing through many miles

of tiny vessels, feeding every cell in the body, and helping to repair the tissues wherever damage may have occurred.

11- The human heart has great reserve powers. Normally the heart pumps about one quart of blood every minute when the body is at rest. But during hard exercise, or hard work, it may pump as much as twenty-five quarts of blood each minute. That means, that in an emergency your heart can pump about 25 times as much blood as it normally pumps while at rest.

12- And here's another wonderful thing; if your heart has been damaged by diseases, it repairs itself while it works. If infection should strike, and the valves begin to leak your heart will thicken up its own muscular walls to compensate for any lack of efficiency.

13- Even while it works, the heart's own cells are busy selecting from the bloodstream the materials they need for their own growth and repair. Your heart will do this for perhaps 70 or 80 years; maybe more, if you are good to it, without losing even a few minutes for repair.

14- Your heart beats according to the needs of your own body. The heart of an athlete, because it has been developed by hard training and exercise, beats more slowly than the heart of the average person. The heart of a child beats almost twice as fast as that of an adult. It would seem that the smaller the animal, the faster the heart beats. For instance, the heart of a mouse or a small bird beats about 1000 times a minute. That is almost seventeen times a second.

15- Compare this with an elephant whose heart beats only twenty-five times a minute normally. Do you ask, "What causes the heart to beat?" Well, this is a question to which scientist don't know all the answers. However, there is a very delicate machine called the electrocardiograph which reveals that tiny electric currents are generated within the heart itself. These electric charges are apparently responsible for the contractions or beats of the heart.

16- The speed at which the heart beats is governed by what is called the pacemaker. This is located near the top of heart at the right side. The pacemaker is like a small radio station broadcasting its waves out over the auricles. These waves are picked up by another substation lower down in the heart. From there, they are transmitted along a special network of very fine filaments or fibers to the ventricles. In this way, the beat or rhythm of the heart is controlled by the impulses from the pacemaker. These, in turn, are controlled by the needs of the body.

17- How do we keep the heart running smoothly? By following the laws of health which you have been learning in these studies. Proper food, fresh air, pure water, sunlight, rest and proper exercise. These things will help your heart to work well for many extra years of happiness.

18- Long before scientists knew all these things about our wonderful hearts, the wisest man that ever lived, King Solomon, under the inspiration of the Spirit of God wrote, "Keep thine heart with all diligence, for out of it are the issues of life." The heart has long been considered the source of our emotions, love, hate, anger, jealousy etc. These are things that make us the people we really are.

19- From our first parents, Adam and Eve, in the Garden of Eden, we have inherited hearts that are by nature at variance with God. We are born rebels against God and His government. This is something we have inherited.

20- One of the most important lessons man can learn in this life is that he is by nature a rebel against God, a sinner. God has told us about this through the Prophet

Jeremiah, "The heart is deceitful above all things, and desperately wicked; who can know it?" Jeremiah 17:9.

21- As soon as man begins to recognize this as a fact, he immediately starts looking for ways by which he can justify himself before God or do some penance or punishment of his own body that he thinks will please God and so persuade God to overlook or pardon his sinfulness and rebellion.

22- God disclaims any willingness to accept anything a man may do to cleanse himself of sin. Again through Jeremiah God says, "For though thou wash thee with nitre, and take thee much soap, yet thine iniquity is marked before me, saith the Lord God." Jeremiah 2:22. There is no amount of washing and bathing in any water or river of this world that can make us clean in God's sight.

23- Again, through Jeremiah, God says, "Can the Ethiopian change his skin?" "Or the leopard his spots? Then may ye also do good that are accustomed to do evil." Jeremiah 13:23. We recognize the force of God's question at once. No man or animal can change his inherited characteristics of color or skin markings. Isaiah explaining the condition of man writes, "From the sole of the foot even unto the head there is no soundness in it; but wounds and bruises, and putrefying sores: they have not been closed neither bound up, neither mollified with ointment." Isaiah 1:6. In Chapter 64 and the 6th verse, he continues, "But we are all as an unclean thing and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind have taken us away.

24- Man having sinned is doomed for ever. "For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord." Romans 6:23. It is only Jesus who can save us from death because it is only He who has shed His sinless, spotless, and sanctified blood for the human race. He never committed a single sin in his life on earth, yet He died to pay for all man's sins.

25- So, He invites the sinners to come as they are in their sinful condition. "Come now, and let us reason together, saith the Lord: Though your sins be as scarlet, they shall be as white as snow. Though they be red like crimson, they shall be as wool." Isaiah 1:18. Jesus invites all because all need His cleansing and sanctifying power. "Come unto me all ye that labour and are heavy laden, and I will give you rest." Matthew 11:29. We are to come to Jesus as we are, and having come to Him, we are to confess our sins to Him who is "faithful and just to forgive us our sins and to cleanse us from all unrighteousness." I John 1:9.

26- Who ever comes to Jesus will not be cast away. "Who is a God like unto thee, that pardoneth iniquity and passeth by transgression of the remnant of His heritage? He retaineth not His anger for ever, because He delighteth in mercy. He will turn again, He will have compassion upon us. He will subdue our iniquities; and thou wilt cast all their sins into the depth of the sea." Micah 7:18, 19.

28- This was what David was thinking of as he prayed in Psalms 51:10. "Create in me a clean heart, Oh God, renew a right spirit within me." David knew that he could not do anything for himself, but God could do everything for him, if he would go to God as he was.

29- Sanctification is the goal for us to reach. Nothing short of this will prepare us for heaven. This is possible as Christ dwells in us through His spirit. We should allow Him to make His dwelling place in our hearts. This can be accomplished as we choose to be led by Him and follow the path of obedience. Jesus is coming soon and only those sanctified through His blood will be ready to go with Him. May God bless us so that we can live a sanctified life through Him.

Here is additional information about the plan of salvation:

"For I have no pleasure in the death of him that dieth, saith the Lord God: wherefore turn yourselves, and live ye." Ezekiel 18:32.

"Let him that is athirst come. And whosoever will, let him take the water of life freely."-Revelation 22:17,

"He (Christ) was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed."-Isaiah 53:5.

"Forasmuch then as the children are partakers of flesh and blood, He also Himself likewise took part of the same; that through death He might destroy Him that had the power of death, that is, the devil."-Hebrews 2:14.

"But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us. Much more then, being now justified by His blood, we shall be saved from wrath through Him."-Romans 5:8-9.

"But now thus saith the Lord that created thee, O Jacob, and He that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art Mine."-Isaiah 43:1.

"Create in me a clean heart, O God; and renew a right spirit within me."-Psalm 51:10.

This concludes your 'BETTER HEALTH MADE SIMPLE' course. May God bless you as you put to use what you have learned.