

The Symbolic Code

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"Time," says the Spirit of Prophecy, "is short, and our forces must be organized to a larger work. Laborers are needed who comprehend the greatness of the work, and who will engage in it, not for the wages they receive, but from a realization of the nearness of the end. The time demands greater efficiency and deeper consecration (9T, p. 27) and Christlike gentility..."—*Fundamental Beliefs*, p. 30

"We are not to know the definite time either for the outpouring of the Holy Spirit or for the coming of Christ...Why has not God given us this knowledge?—Because we would not make a right use of it if He did. A condition of things would result from this knowledge among our people that would greatly retard the work of God in preparing a people to stand in the great day that is to come. We are not to live upon time excitement..."

We are nearing the great day of God. The signs are fulfilling. And yet we have no message to tell us of the day and hour of Christ's appearing. The Lord has wisely concealed this from us that we may always be in a state of expectancy and preparation of the second appearing of our Lord Jesus Christ in the clouds of heaven.—Letter 28, 1897.—*Last day Events*, p. 33

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What Time Is It? - Sealing Time

Are We Ready for the Seal?

In Revelation 7:1-8, we find that the 144,000 are sealed from the twelve tribes of the children of Israel. The Spirit of Prophecy in commenting on this says: "This sealing of the servants of God is the same that was shown to Ezekiel in vision." TM p. 445

Continuing on, the Spirit of Prophecy asks the question: "What is the seal of the living God, which is placed in the foreheads of His people? It is a mark which angels, but not human eyes can read; for the destroying angel must see this mark of redemption (Letter 126, 1898).

"The angel with the writer's inkhorn is to place a mark upon the foreheads of all who are separated from sin and sinners, and the destroying angel follows this angel (Letter 12, 1886)." 4 BC1161, E.G. White

The Word of God and the Spirit of Prophecy has made it very clear that we must have the mark or seal in order to escape the slaying that takes place among those who do not have the seal.

"Our own course of action will determine whether we shall receive the seal of the living God or be cut down by the destroying weapons." 5T:212.

WHAT MUST WE DO IN ORDER TO OBTAIN THE SEAL?

Since the Spirit of Prophecy has told us that the vision John saw concerning the sealing of the 144,000 is the same that Ezekiel witnessed (TM. 445) then let us turn to Ezekiel for more information on this all important subject.

"And the LORD said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark

upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof. And to the others he said in mine hearing, Go ye after him through the city, and smite: let not your eye spare, neither have ye pity: Slay utterly old [and] young, both maids, and little children, and women: but come not near any man upon whom [is] the mark; and begin at my sanctuary. Then they began at the ancient men which [were] before the

our church. See: Ezek 9: 4.

HOW DO WE SIGH AND CRY?

The class who do not feel grieved over their own spiritual declension, nor mourn over the sins of others, will be left without the seal of God. 5T:211

Our neglect to sigh and cry for the abominations in the church would mean our eternal loss. We dare not allow anything to divert our attention

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from this great and glorious work of the saints, and the most dreadful and inglorious end of those who receive not the mark. This work must “engross the whole mind, the whole attention.” EW:118.

house.” Ezek. 9:4-6

“At the time when the danger and depression of the church are greatest, the little company who are standing in the light will be sighing and crying for the abominations that are done in the land. But more especially will their prayers arise in behalf of the church because its members are doing after the manner of the world. 5T:209,210

It now becomes crystal clear that the only way we can get the mark or seal is to sigh and cry for all the abominations that are done in the midst of Jerusalem,

Nothing should be allowed to interfere with your eternal welfare. No, not for a moment, for the day is far spent.

Therefore as the sealing makes its way through the church, **ONLY THOSE WHO AWAKE AND REFORM** (sigh) and **ENDEAVOR TO SHARE WITH OTHERS** (cry) **THE LIGHT** that is shining upon them, receive the seal. “Only those who are living up to the light they have will receive greater light. Unless we are daily advancing in the exemplification of the active Christian virtues, we shall not recognize the manifestations of the **HOLY SPIRIT** in the

LATTER RAIN. IT MAY BE FALLING ON HEARTS ALL AROUND US, BUT WE SHALL NOT DISCERN OR RECEIVE IT.” TM:507.

The LATTER RAIN comes in TWO PHASES. The first phase comes in doctrine or truth which prepares the heart or the life for the reception of the second phase which is the outpouring of the Holy Spirit in power (Pentecostal power). When it is falling on hearts all around us and yet some fail to discern or receive it, that is when it is in its first phase (truth or doctrine). Jesus taught the disciples for three and one half years (former rain) before they had it in the second phase, the Pentecostal power. See Joel 2:23,28.

“My doctrine shall drop as the RAIN ...” Deut. 32:2

“Mark this point with care: Those who receive the PURE MARK OF TRUTH, wrought in them BY THE POWER OF THE HOLY GHOST, represented by a mark by the man in linen, are those ‘that SIGH AND THAT CRY FOR ALL THE ABOMINATIONS THAT BE DONE’ IN THE CHURCH. Their love for purity and the honor and glory of God is such, and they have so clear a view of the exceeding sinfulness of sin, that they are represented as being in agony, even SIGHING AND CRYING.

Read the ninth chapter of Ezekiel.” 3T:267.

LACK OF KNOWLEDGE

“My people are destroyed for lack of KNOWLEDGE: because thou has rejected knowledge, I will also reject thee,” Hos. 4:6

The only way we are going to know what is exceedingly sinful in God’s sight, so as to intelligently know what the abominations are that we are to SIGH AND CRY against, is to study the Bible and the Spirit of Prophecy. And yet we are told that: “Doubt, and even disbelief of the testimonies of the Spirit of God, is leavening our churches everywhere. Satan would have it thus. Ministers who preach self instead of Christ would have it thus. The testimonies are UNREAD AND UNAPPRECIATED.” 5T:217

“It is not alone those who openly reject the TESTIMONIES, or who cherish doubt concerning them, that are on dangerous ground. TO DISREGARD LIGHT IS TO REJECT IT.

“Many are going directly contrary to the light which God has given to His people, because THEY DO NOT READ THE BOOKS which contain the LIGHT and KNOWLEDGE in CAUTIONS, REPROOFS, and WARNINGS. These cares of the world, the

love of fashion, and the lack of religion have turned the attention from the light God has so graciously given, while books and periodicals containing error are traveling all over the country." 5T: 680,681.

WHAT ARE SOME OF THE ABOMINATIONS IN OUR CHURCH THAT WE SHOULD BE CRYING OUT AGAINST?

WHAT ARE SOME OF THE AREAS IN WHICH WE NEED TO REFORM?

SABBATH OBSERVANCE

"Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a PERPETUAL COVENANT. IT IS A SIGN between me and the children of Israel; FOREVER." Ex 31:16,17

A REFORM NEEDED

"Far more sacredness is attached to the Sabbath than is given it by many professed Sabbath keepers. The Lord has been greatly dishonored by those who have not kept the Sabbath according to the commandment, either in the letter or in the spirit. HE CALLS FOR REFORM IN THE OBSERVANCE OF THE SABBATH." 6T:353.
SABBATH TO BE FULLY DEDICATED TO THE LORD

"If thou turn thy foot away from the Sabbath, from doing thy pleasure on my Holy day; and call the Sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words; Then shall thou delight thyself in the Lord;" Isa. 58:13,14.

OUR CONVERSATION ON THE SABBATH

Regarding our conversation on the Sabbath the Spirit of Prophecy cautions us: "But we should not talk about matters of BUSINESS or engage in any COMMON, WORLDLY CONVERSATION. At ALL TIMES and ALL PLACES God requires us to prove our loyalty to Him by honoring the Sabbath." 6T:360.

"When the Sabbath commences, we should place a guard upon ourselves upon our ACTS and our WORDS, lest we ROB GOD by appropriating to our own use the TIME which is strictly the Lord's. We should not do ourselves, nor suffer our children to do, ANY MANNER OF OUR OWN WORK for a livelihood, or ANYTHING which could have been done on the six working days. God requires not only that we refrain from physical labor upon the Sabbath, but that the MIND BE DISCIPLINED TO DWELL UPON SACRED

THEMES. The fourth commandment is virtually transgressed by **CONVERSING UPON WORLDLY THINGS** or by engaging in **LIGHT AND TRIFLING CONVERSATION**. Talking upon any thing or everything which may come into the mind is speaking our own words. Every deviation from right brings us into bondage and condemnation.

“Those who are not fully converted to the truth frequently let their minds run freely upon worldly business, and, although they may rest from physical toil upon the Sabbath, their tongues speak out what is in their minds; hence these words concerning **CATTLE, CROPS, LOSSES, AND GAINS. ALL THIS IS SABBATH BREAKING.** If the mind is running upon worldly matters, the tongue will reveal it; for out of the abundance of the heart the mouth speaketh.

“Ministers of Jesus should stand as reprovers to those who fail to remember the Sabbath to keep it holy. They should kindly and solemnly reprove those who engage in **WORLDLY CONVERSATION** upon the Sabbath and at the same time claim to be **SABBATH-KEEPERS**. They should encourage devotion to God upon His holy day. 2T:702-704.

PREPARATION DAY

Here is another area in which we need to reform. “On Friday let the preparation for the Sabbath be **COMPLETED**. See that **ALL** the clothing is in readiness and that **ALL** the **COOKING** is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let **ALL SECULAR WORK** be laid aside and **ALL SECULAR PAPERS** be put out of sight.” 6T:P355.

ALL DIFFERENCES TO BE PUT ASIDE BEFORE SABBATH

“There is another work that should receive attention on the **PREPARATION DAY**. On this day **ALL DIFFERENCES** between brethren, whether in the family or in the church, should be **PUT AWAY**. Let all bitterness and wrath and malice be expelled from the soul.” 6T:356.

SUNDOWN WORSHIP

“**BEFORE THE SETTING OF THE SUN** let the members of the family assemble to read God’s word, to sing and pray. **THERE IS NEED OF REFORM HERE**, for many have been remiss. We need to confess to God and to one another. We should begin anew to make

special arrangements that every member of the family may be prepared to honor the day which God has blessed and sanctified. 6T:356,357.

“As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God’s presence through the cares of the week of labor.” 6T: 359

FOOD ON THE SABBATH

“We should not provide for the Sabbath a more liberal supply or a greater variety of food than for the other days. Instead of this the food should be MORE SIMPLE, and less should be eaten, in order

“If we desire the blessing promised to the obedient, we must **OBSERVE THE SABBATH MORE STRICTLY.**”

that the mind may be clear and vigorous to comprehend spiritual things.

OVEREATING BEFOGS THE BRAIN
... By overeating on the Sabbath, many have done more than they think to **DISHONOR GOD.**

“While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated.

And let the meals, though SIMPLE, be PALATABLE and ATTRACTIVE.

Provide something that will be regarded as a TREAT, something the family do not have every day.” 6t:357.

CHILDREN LEFT TO PLAY ON THE SABBATH

“In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become restless and begin to PLAY or engage in some kind of mischief. Thus the Sabbath has to them no sacred significance.

“In pleasant weather let parents walk with their children in the fields and groves. Amid the beautiful things of nature tell them the reason for the institution of the Sabbath. Describe to them God’s great work of creation. Tell them that when the earth came from His hand, it was holy and beautiful. ... Show that it was sin which marred God’s perfect work; that thorns and thistles, sorrow and pain and death, are all the result of **DISOBEDIENCE** to God. Bid them see how the earth, though marred with the curse of sin, still reveals God’s goodness.” 6T:358

TRAVELING ON THE SABBATH

“If we desire the blessing promised to the obedient, we must **OBSERVE THE SABBATH MORE STRICTLY**. I fear that we often **TRAVEL** on this day when it **MIGHT BE AVOIDED**.... In order to reach the churches that need our help, and to give them the message that God desires them to hear, it may be necessary for us to travel on the Sabbath; but so far as possible we should secure our tickets and **MAKE ALL NECESSARY ARRANGEMENTS ON SOME OTHER DAY**. When starting on a journey we should make every possible effort to plan so as to **AVOID REACHING OUR DESTINATION ON THE SABBATH**.

“When compelled to travel on the Sabbath we should try to **AVOID THE COMPANY OF THOSE WHO WOULD DRAW OUR ATTENTION TO WORLDLY THINGS**. We should keep our **MINDS** stayed upon **GOD** and commune with Him. ... But we should **NOT TALK** about matters of **BUSINESS** or engage in any **COMMON, WORLDLY CONVERSATION**. At all times and in all places God requires us to prove our loyalty to Him by honoring the Sabbath.”
6T:359,360.

MERCHANDISING IN THE HOUSE OF GOD

“A great mistake has been made by some

who profess present truth, by **INTRODUCING MERCHANDISE** in the course of a series of meetings and by their traffic diverting minds from the object of the meetings. If Christ were now upon earth, He would drive out these peddlers and traffickers, whether they be ministers or people, with a scourge of small cords, as when He entered the temple anciently. ...

“Ministers have stood in the desk and preached a most solemn discourse, and then by **INTRODUCING MERCHANDISE**, and acting the part of a salesman, even **IN THE HOUSE OF GOD**, they have diverted the minds of their hearers from the impressions received, and destroyed the fruit of their labor.” 1T:471,472.

“HAPPENED UNTO THEM FOR OUR ENSAMPLES”

The Spirit of Prophecy in speaking of ancient Israel’s **FAILURE IN KEEPING THE SABBATH** declared: ‘My Sabbaths they greatly polluted.’ Ezek. 20:13-24. And this is enumerated among the reasons for the **EXCLUSION** on the first generation from the **PROMISED LAND**.” Patriarchs and Prophets p. 410. Should this not be a warning to us today as modern Israel?

“It means **ETERNAL SALVATION TO KEEP THE SABBATH HOLY** unto the

Lord. God says: 'Them that honor Me I will honor.' 1Sam. 2:30." 6T:356.

REVERENCE IN THE HOUSE OF GOD

"There has been a GREAT CHANGE, not for the better, but for the worse, in the habits and customs of the people in reference to religious worship. The precious, the sacred, things which connect us with God are fast losing their hold upon our minds and hearts, and are being brought down to the level of common things. The REVERENCE which the people had anciently for the sanctuary where they met with God in sacred service HAS LARGELY PASSED AWAY. ...

"When the worshippers enter the place of meeting, they should do so with decorum, PASSING QUIETLY TO THEIR SEATS Common TALKING, WHISPERING, and LAUGHING should not be permitted in the house of worship, either BEFORE or AFTER the service. Ardent, active piety should characterize the worshippers.

"Our present habits and customs, which dishonor God and bring the sacred and heavenly down to the level of common, are against us. We have a sacred, testing truth; and if our habits and practices are not in accordance with the truth, we are sinners against great light, and are pro-

portionately guilty. It will be FAR MORE TOLERABLE FOR THE HEATHEN in the day of God's retributive justice THAN FOR US." 5T:494,495.

ONLY GOD TO BE REVEREND

"According to the teaching of the Scriptures, it dishonors God to address ministers as "Reverend." No mortal has any right to attach this to his own name or to the name of any other human being. It belongs only to God, to distinguish Him from every other being. Those who lay claim to this title take to themselves God's holy honor. They have no right to the stolen word, whatever their position may be. "Holy and reverend is His name." We dishonor God when we use this word where it does not belong. Youth's Instructor, July 7, 1898.

Only Two Ways

You often hear that there are many ways to the Kingdom of eternal peace and prosperity, that we can take any one of them and get there. I, for one, believe that there are only two ways, that the one leads to eternal life and the other to eternal death. To give you my reason for believing that there are only these two ways, I shall read from the never-erring Book:

Matt. 7:13, 14 — “Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.”

How many ways? — Just two: the right way and the wrong way. These two ways have always been with us and ever will be as long as both the natural and the spiritual man live on earth. They

came into existence with the first two brothers that lived on earth — Cain and Abel. Those that travel in the strait way are the Abelites, and those that travel in the broad way are the Cainites. There are many travelers in the latter because all that come into this world start out in it, and most of them ever stay in it.

This is so because to begin with we are born of the flesh — “Cainites” by nature. Consequently, before we are born again, born of the Spirit, and thus put into the strait way, we all travel in the broad way. Besides, the broad way is broad enough for one to carry all that sin offers, but the strait way is narrow enough to exclude everything but the traveler himself. Consequently, comparatively speaking, there are few who choose to deny the desires of the flesh and to forsake sin in all its forms. Naturally, then, many travel the “way which seemeth right unto a

man,” although “...the end thereof are the ways of death.” Prov. 14:12 Now let us turn to the gospel of John, chapter 9:

John 9:39 — “And Jesus said, For judgment I am come into this world, that they which see not might see; and that they which see might be made blind.”

Here we are told that Jesus came for judgment which will cause those that see, to become blind; and those that are blind, to see! The expression is peculiar, but the meaning is clear: He came to change every human being — to reverse everyone’s situation — those that are blind to see, and those that do see to become blind.

Let us now judge our own case. If our vision at this moment is the same as always, then plainly enough His coming has not profited us as yet: If on His visitation we assume that we already see and know enough, have need of nothing more, and cannot be convinced otherwise, then we shall become blind forever, will never be able to see what He wishes us to see. But if we admit that we are blind to spiritual things, that our eyes need to be opened, then Christ will make us see. Such will by experience say, “Once I was blind, but now I see.” The blind man’s experience must be ours.

John 9:40, 41 — “And some of the

Pharisees which were with Him heard these words, and said unto Him, Are we blind also? Jesus said unto them, If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.”

If you say you see, and still continue sinning, then you yourself become responsible for your sin. But if you do not see, He will make you see, so that you may quit sinning.

John 10:1 — “Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber.”

Do you want to get into the “sheepfold”? If you do, you must get in through the “Door.” If you gain entrance in some other way, eventually you will be cast out into outer darkness, there to gnash your teeth. From these alternatives we all must make our choice.

John 10:2 — “But he that entereth in by the door is the shepherd of the sheep.”

In verse 9 Christ said, “I am the door.” Connect verse 9 with verse 2, and you will see that those who enter in through the Lord’s way are the only ones whom He acknowledges as shepherds of His flock. The Lord, therefore, implies that

there are unauthorized shepherds herding His sheep.

John 10:3 — “To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out.”

The porter, the one in charge, opens the door only to those who have complied with the requirements for admission. In other words, the Lord is plainly telling us that no one may dodge the porter’s inspection and forever get by. And yet in spite of this warning, and in spite of the fact that to go through the door is even easier than to climb over the fence, some choose to take a chance stealing their way in — pretending to be in the “faith” thus getting into the sheepfold and hoping to take over or to get a following. It is, however, not possible to induce God’s true sheep to follow them for they know the true Shepherd’s Voice.

Only those who gain entrance through the Door and to whom “the porter” (the one through whom the Spirit of Prophecy is manifested) opens are the authorized shepherds whose voices God’s sheep hear. All such shepherds call the sheep by name: They are well acquainted with their flocks because they are intensely interested in them, and they carefully lead them in and out.

Here the student of present Truth will

note that by this illustration Christ points out that the only shepherds that He recognizes as His are those to whom the “porter” opens the Door and invites them in. The student will also note that all others are branded as imposters. And the sheep that hear the false shepherd’s voice, He declares, are not His sheep.

John 10:4 — “And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice.”

Since His sheep know not faces, but know voices, then, those who pay attention to faces and who cannot differentiate between voice and voice are sure to be misled by self-appointed shepherds. But those who give heed only to the Voice, the Voice of Truth, are gently led in for shelter and out for green pastures. God’s people are not bothered with faces, but they do give earnest heed to God-appointed voices uttering Truth.

John 10:5, 8, 10 — “And a stranger will they not follow, but will flee from him: for they know not the voice of strangers.... All that ever came before Me are thieves and robbers: but the sheep did not hear them.... The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

God's sheep are thus carefully led in and out, both to shelter and to "meat in due season," to present Truth. The "goats," though, those who dodge the porter while entering, must, of course, do so while coming out, too. Consequently, they cannot be led by God's appointed shepherds. Let us turn to John 14 and read but one verse.

John 14:6 — "Jesus saith unto him, I am the Way, the Truth, and the Life: no man cometh unto the Father, but by Me."

From this we see that Jesus is the only way to the Kingdom. The idea, then, that there are many ways whereas there is but one Jesus, and that they all lead to the Kingdom Eternal, is only a "hum of a humbug" that unsanctified hearts like to listen to. They are of those who are dodging the porter at the "Door," of those who know that their deeds cannot stand inspection.

If we are to have a home in the Kingdom, we must never be like them. We must know the worst of our case. We must never say that if "so and so" gets there, we will, too. It may be true that if "so and so" were to get there, we all would, too, but "so and so" is not getting there. We must not, therefore, play the fool by making "so and so" our example. We must follow the Lord through His Truth, the Truth that makes

us free.

As there is but one right Way and but one Door, and as all Christians do not see alike and do not walk together, could it be that we are all wrong? All going in a wrong direction? — No, that could never be as long as the Lord does not forsake the earth. Indeed not, for He must have a people in whom to confide His Truth and by whom to save those who choose to go His way. So, those who choose to go some other way will in the end discover that the Devil, not the Lord, is behind them, and that hell, not the Kingdom, is ahead of them.

Taken from 1TG2:17 – 18-22

The *Nearness* of *Time*

All Christians, in particular, Davidians, are eagerly looking forward to the fulfillment of prophecy that will usher in a change from the present state of affairs in our world. The phrase "The nearness of Time" denotes that we are aware of certain events that are precursor to the establishment of God's kingdom. We will take a look at some events and how they may bring to past some of the prophecies yet to be fulfilled.

To begin with, the current events foremost in the news is the murder/suicide of thirty-three students at Virginia Technical University in Blacksburg, Virginia on April 16, 2007. This event has led to the cry for stricter gun laws, more accountability on the part of school administrators and more vigi-

lance on the part of everyone for those who seem "abnormal". Add this to the aftermath of 911 (World Trade Center attacks) with new laws and powers given to government at the cost of civil liberation and restrictions and the way is paved for the abolishment of our constitution. Add to this the ongoing wars in Iraq, and President Bush's determination to escalate troop numbers, which is sure to escalate the conflict perhaps into World War III and the way is paved. "Such a combination of circumstances will result in a replication of the international church-and-state rule of the middle ages, and will relegate to the scrap heap the world's finest instruments of human liberty – the divinely inspired constitution of the United States of America. Since the development will make the world's ills

worse, it will signalize that the four angels have let loose the winds, and that the 144,000 Israelites are sealed (Rev. 7:3-8).

And, what is more, a system that will, on the pains of death for non-conformity, exact a form of worship in violation of the consciences is anything but democracy and Christianity. Enforced religion is nothing less than an order of trucking subjects, rather than an order of voluntary disciples." 12Tr. 54-55.

Indeed "... when the fullness of time was come, God sent forth his son ... to redeem them that were under the law ..." Gal. 4:4,5. Thus it will be in the end, when "... the year of my redeemed is come." Isa. 63:4 that "... at that time shall Michael stand up, the great prince ... and at that time thy people shall be delivered ..." Dan. 12:1. Let us strive daily to be among that number!

Are You Having Troubles Making Ends Meet?

Notice carefully that God requires not only tithe but tithes: that is, tithe and free will offering – *Timely Greetings, Vol. 30, p. 19*. This tells us that God requires a first and second tithes. The second, however, is used as you would general offerings.

That is, the first is used for the support of the gospel. The second is used to maintain facilities and help the poor and needy. Note that this second tithe is a required contribution unlike voluntary offerings which are not required.



“Though the Lord commands, ‘Bring ye all the tithes into the storehouse.’ (*Malachi 3:10*). He does not say to bring all the offerings. Thus He shows that if we would engage in some personal charity or missionary activity, we should sustain it from offerings, not from the

tithe.” *The Answerer Book, No. 4, p. 45*

There is clear evidence that God requires a second tithe. This fund is also crucial for the work, because it supports those phases of the work for which the first

tithe cannot be legitimately be used. So, where is the evidence for a second tithe?

“And thou shalt eat before the LORD thy God, in the place which He shall choose to place

His name there, the tithe of thy corn, of thy wine, and of thine oil, and firstlings of thy herds and of thy flocks...At end of three years thou shalt bring forth all the tithe of thine increase the same year, and shalt lay it up within thy gates. And the Levite, (because he hath no part nor inheritance with thee) and the stranger, and the fatherless, and the widow, which

are within thy gates, shall come, and shall eat and be satisfied: that the LORD thy God may bless thee in all the work of thine hand which thou doest.”

Deuteronomy 14: 23, 28-29

“To promote the assembling of the people, for religious service, as well as to provide for the poor, a second tithe of all the increase was required...Every third year, however, this second tithe was to be used at home, in entertaining the Levite and the poor...This tithe would provide a fund for the uses of charity and hospitality.” *Patriarchs and Prophets, p. 530*

Thus the second tithe was a second ten percent. It takes care of buildings, the general operations, and the needs of the poor. In short, it constitutes our general offerings and benevolent fund.

(*Answerer Book No. 4 p. 63*). This would include things such as the general office, building, maintenance, sessions and general meetings, some aspects of DLI, and, of course, the Benevolent Department.

As you can see, this fund is crucially important to the continuance of the work. So are you having financial troubles? Give what is due to God and His work and God will do the rest for you. **TRY HIM TODAY...TRUST HIM! HE IS ABLE.**

“God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? Or hath he spoken, and shall he not make it good? Behold I have received commandments to bless: and he hath blessed; and I cannot reverse it.”
Numbers 23:19-20

At Last! All the Secrets of Happiness Explained!

What would it take for you to be truly happy? A new house? Flat abs? In this era of reality-show fantasies, extreme gratification seems like the only key to lifelong happiness. But while we're all for the mood-boosting power of brand-new bedroom furniture (and a bear hug from Ty Pennington, for that matter), researchers who study happiness say these external changes don't do much for your long-term state of mind. In fact, positive events like losing some extra weight and even life-altering milestones like getting married cause only a brief "bounce" of bliss that fades fast, allowing your old outlook to return full-force. "What makes people truly happy is how they live 'inside of themselves,'" says Dan Baker, Ph.D., author of the best-selling *What Happy People Know* and director of the Life Enhancement Program at Canyon Ranch Health Resort in Tucson, AZ. "Meaning that if you want enduring satisfaction, you have to approach life with a mind-set that allows you to walk on the bright side, no matter what's thrown at you."

Don't worry—this doesn't mean that you

have to be perpetually chipper to be happy. Rather, decades of research indicate that true bliss stems from possessing 12 distinct characteristics that enable you to navigate life's rough spots with greater ease and feel content no matter the outcome. The good news: You already have most of these qualities—it's just a matter of tapping into them. Read on to discover the science-backed secrets to lasting happiness.

1. Optimism

Embracing all of your life experiences—even the really painful ones—with the knowledge that something good inevitably will come out of them is what optimism is all about. "It helps minimize fears about the future that could otherwise become debilitating, allowing you to move past them more quickly and ultimately lead a more carefree life," says Baker. Case in point: A classic study from the University of Massachusetts found that accident victims who had become suddenly paralyzed were more hopeful about the future than lottery winners.

The reason: The tragedy allowed them to see that most of the stuff that gets us down isn't really worth fretting over. To become a more "glass half-full" thinker, take stock of how past bad experiences may have benefited you in the long run. For instance, perhaps getting dumped by your college sweetheart made you available when your true love arrived on the scene. And when you're anticipating rough times—say, a crushing week of work deadlines—devise an "optimism emergency plan": Make a list of what you hope to gain from the experience, and ask yourself if there's an opportunity to learn or grow.

Approaching a potentially bad situation with an open and eager mind primes you to see the upside in everything.

2. Love.

Having a sense of compassion for the people in your life and knowing that you're cared for in return is one of the biggest predictors of happiness, says Baker. Whether it's the thrill of romantic love or nurturing parental love, feelings of companionship provide a comforting sense of belonging that enhances overall life satisfaction. One of the most well-documented ways to increase the love in your life: share quality time with others. "Feeling isolated makes it easy to succumb to negative feelings like self-doubt and insecurity," explains David Niven, Ph.D., author of *The 100 Simple Secrets of Happy People*.

"But spending time with loved ones strengthens the human connections that silence those self-defeating thoughts and improve mood." So keep planning movie nights with girlfriends, and enlist the company of others when you'd normally be alone. For instance, instead of throwing dinner together solo, ask your guy to help out. And to experience the mood-buoying effects of loving bonds even when you're alone, carry photos of loved ones in your wallet and peek at their smiling faces for an anytime pick-me-up.

3. Courage

Being courageous means acting in accordance with your personal values, an empowering practice that enhances your sense of self. "If you behave contrary to what you believe, you go to war with yourself," warns Baker. But stand up for what's important to you, and the pride you feel will increase personal satisfaction.

For the majority of women, this means curing the "disease to please" and speaking up even when you risk causing a stir, such as saying no to a neighbor who's always asking for a favor. When your life is in line with your sense of right and wrong, you avoid falling victim to happiness-sapping self-doubt.

4. Sense of choice

Research has found that people who

describe themselves as “autonomous” and “self-governing” are up to three times more likely to be satisfied with their lives. These individuals know they have the power to opt out when a situation no longer suits them, Niven explains, so when things get bad, they make the active choice to change matters.

An easy (and enjoyable!) way to practice your power of choice is to indulge in your favorite pastimes whenever possible. Remember, you decide what goes on your to-do list, so opt to add that occasional afternoon of watching bad TV in your pj's. And if feelings of guilt threaten to ruin the moment, remind yourself that checking off this to-do will enable you to approach the rest of your chores with a more positive and invigorated attitude.

5. Proactivity

The happiest people are always on the hunt for new experiences thanks to a natural zest for life. To fire up your inner passion, Baker recommends setting a goal of making one mistake every single day. This encourages you to try new experiences you might otherwise have avoided out of fear of failure (like testing out the freaky-looking weight contraption at the gym!). Plus, exercising your curiosity in this manner is proven to promote happiness: Neurology researchers have found that diving into a

fresh experience triggers the production of dopamine, one of the body's “feel-good” chemicals.

6. Security

True security means feeling good about your current place in life. It's recognizing that becoming rich or the most popular party host on the block will only get you a bigger, more crowded house. It won't change *you*, and that's a good thing. “Happy people simply like who they are,” says Baker. “They're not slaves to popularity or financial status.”

Security also stems from the knowledge that who you are today is the culmination of all the little moments in your history that can never be taken away from you. Your family history, your education, shared experiences with loyal friends—none of these things can be whisked away by the whims of fate, a fact that instills a sense of grounding and inner peace. So whenever you're feeling off-kilter, Niven recommends conjuring one of those self-defining moments (accepting your diploma, say, or listening to your best friend's toast at your wedding). Mentally reliving these formative experiences will help you keep your footing in the rockiest of situations.

7. Good health

The mind and body are intrinsically connected, so taking care of yourself both above and below the neck makes

for head-to-toe happiness. “One of my favorite quotes is from a famous 1920s physician who said, ‘Health is the optimal condition that allows for the ultimate engagement in life,’ “ says Baker. “What he’s saying is that health doesn’t necessarily mean being fit, but being able to live fully.”

The easiest way to achieve this optimal state of being: Get moving. Regular activity—be it walking, dancing, or playing Frisbee with your dog—releases endorphins (the substances responsible for a runner’s high) and increases levels of the feel-good brain chemical serotonin. Best of all, just 10 minutes of exercise is all it takes to produce the mood-boosting brain changes, according to Northern Arizona University researchers.

8. Spirituality

People who tap into their spiritual side have greater life satisfaction than those who don’t, according to a growing body of research. It reminds us that life may have bigger meaning beyond our knowing, explains Niven, so we don’t dwell so much on the little things. Research also reveals that religion can have a positive effect on both physical and mental health: People who regularly pray or attend religious services are less likely to suffer from hypertension, anxiety disorders, and depression, according to experts at Duke University’s Center for

Spirituality, Theology and Health. Any soulful act, including meditation, walking in the woods, reading an inspiring book, or listening to a moving piece of music, can help you dial into the bigger picture, assures Baker.

9. Altruism

Giving without expectation is one of the easiest ways to feel good about yourself, your world, and life in general:

“Altruism connects you to others, gives you a purpose, and gets you outside yourself,” says Baker. Having a positive impact on somebody else’s life generates feelings of goodwill that help minimize whatever negativity might be occurring in your own life. Looking for inspiration? Log on to volunteermatch.org, a nonprofit site that allows you to search for philanthropic organizations in your area that match your interests. And if you’re strapped for time, don’t fret: Taking a girlfriend out for a hot-fudge sundae when she’s having a rough week has the same happiness-inducing benefits as participating in an organized volunteer program.

10. Perspective

Happy people mentally frame life experiences so that the good features prominently in the forefront, while the bad is that fuzzy, out-of-focus backdrop. For example, one study at the University of Georgia found that happy workers who’d just been promoted were ecstatic about

the new opportunity, whereas unhappy employees dreaded the additional work that came with the bigger title.

To adopt a positive viewpoint, Niven suggests comparing a seemingly bad situation to the worst-case scenario. For instance, getting up at 5 a.m. for work isn't fun, but would you rather wake up later for a job you hate—or worse, no job at all? “If you measure your current happiness against the greatest moments in your life, you might be disappointed because those moments are hard to beat,” Niven explains. “But if you measure today's satisfaction against some of your tougher days, you have all the reason in the world to appreciate your life right now.”

11. Humor

“Finding humor in a bad situation is a shift in perception that gives people the guts to push forward even when things look grim,” says Baker. Laughter also causes physiologic changes in the body that make you feel good: When something tickles your funny bone, you experience a spike in feel-good hormones like serotonin and dopamine, while levels of the stress hormone cortisol drop. Make an effort to experience some funny stuff each day, whether it's by reading the comics in the newspaper or tuning in to your favorite talk show host at night. One genuine laugh a day is all you need to lighten up about life, says Niven.

12. Purpose

Having a reason to bound out of bed every morning is one of the most sustaining sources of happiness because it gives you something positive to focus your life on. Some find purpose in being a phenomenal mother and wife. Others find it in teaching and inspiring kids, or mentoring junior colleagues at work. “If you're not sure what your purpose is, then your purpose is to find a passion,” says Baker. Start by engaging in small activities that light up your day and give you a sense of truly being *you*.

For instance, sign up for an acting workshop if you have a burning desire to be on the stage. Check out books about pet care if you have an interest in animals. Even joining a social group like a book club could open doors to new experiences and relationships that reveal your true path. And once you've discovered your passion, practice it daily. “When what you do with your daily life really talks to your heart, you'll be truly happy,” says Baker.

By Kristyn Kusek Lewis

The Raw Food Treatment of Cancer and Other Diseases

Before I realized the actual importance of raw vegetable food, my attitude was exactly the same as that of other doctors – to treat the symptoms of the disease without thinking of preventing it. It ought to be the duty of the medical profession in future to find means of preventing to a much higher degree than now, instead of having to cure later on.

That I, as a doctor, went in for exclusively raw vegetable food is due to the fact that I became ill, even seriously ill, myself. I developed cancer of the breast. The disease had, of course, been preceded by wrong nourishment and wrong habits in the course of my twelve years

of hospital training, when I suffered from sluggish digestion and catarrh of the stomach all the time, disorders which are still of quite common occurrence among hospital staff members. Since that time no change of the hospital diet has taken place in Denmark in this very important domain. On one occasion I was in a dying condition because of a bleeding gastric ulcer. This made me abandon meat and fish, and I became a vegetarian. Later, I took to eating a good deal of raw vegetable food. In this manner my digestion became regulated, and I felt better, though not completely well. In the winter of 1940 to 1941 I was exceptionally tired and

dull, but I was unable to ascertain any specific disease. At that time I did not understand what was wrong with me, but in the course of the Spring I discovered a small node in my right breast.

Tired and dull as I was, I did not pay any attention to it until, five weeks later, I discovered that the node was the size of a hen's egg. It had grown into the skin — a thing only cancer does. As a Doctor I had seen enough to be unwilling to submit to the treatment of cancer generally employed. I consulted my good friend, Dr. M. Hindhede, who dissuaded a trial microscopy. It would open up the blood-streams and the cancer would spread; so I gave up. And then I felt it as quite a natural thing that I would have to carry through a one hundred per cent raw vegetable diet.

I went in search of nature, lived for some time on a small island in the Kattegat, took sun-baths from four to five hours daily, slept in a tent, bathed several times a day, and lived exclusively on a raw vegetable diet. Later, I introduced this habit of life at the sanatorium "Humlegarden."

But I was still tired and continued to be so for the first two months, and during that period the node in the breast did not diminish; it remained unchanged.

But then the improvement came. The

node diminished, my strength returned, apparently I recovered and felt better than I had done for many years. When I had experienced good health in this manner for about a year, I tried by way of experiment (and urged to do so by D. Hindhede) to revert to a vegetarian diet supplemented by fifty per cent raw vegetable food.

But it was no good. In three or four months, I began to feel a stinging pain in the breast, in the sore-like tissue which the cancer had left where it had originally adhered to the skin. This pain increased much during the weeks that followed, and I realized that the cancer had begun to develop again.

Once more I reverted to pure, raw food, which cause the pain to subside rapidly and the fatigue to become less pronounced. But, being a doctor, I realized that I would have to use the experience I had gained to help my sick fellow creatures. So I set up my home so that I could have four or five patients staying with me the next summer. We took a hundred per cent raw vegetable diet, and all went well; but it was not satisfactory with so few patients. I understood that this cause would have to be advocated under quite different and larger condition if any proofs were to be given. On my initiative a joint stock company was then formed which bought a property, "Humlegarden," well suited for the pur-

pose; it was set up as a sanatorium, where I became the chief physician. Here, we eat only raw vegetable food, patients as well as employees, and the establishment is now in its sixth year.

Now, what is the reason why a one hundred per cent, raw vegetable diet exerts such a beneficial effect on civilized individuals? First and foremost, because the raw food is live food as it is handed to us by nature. We all know that life on earth is completely dependent on our sun. If we had no sun the earth would be without any life, dark and icy cold. Vital force is therefore identical with sun energy!

According to Dr. Hesselink, it is, however, only the plant with its widely unfolded thin green leaves, that is able to catch the sun-light and to deposit it in the form of roots and tubers, fruit and seeds. We human beings and the animals, with massive bodies, are not able to utilize it to a sufficiently high degree. Therefore, both man and beast use plants as carriers between the sun and themselves. A fresh, raw vegetable diet is sunlight nourishment!

Dr. Bircher-Benner, of Zurich, realized this long ago. Dr. Hesselink, from Holland, believes that it is the atoms which are the carriers of the solar energy. Fresh, raw vegetable food possess the highest nutritive value, and this cannot

be increased or improved, anything else, such as heating, drying, storing, fermentation or preservation, will tend to reduce and destroy its value. Boiled vegetables taste of nothing, so something must be done to make them palatable. We mix many different things together; we add salt, sugar, spices and butter. We remove the germ and the husk from the wheat to use the flour for baking. We polish the rice, we refine the sugar, we remove the skin, seeds, and cores of apples and pears, we peel the potatoes and scrape the carrots. Meat, fish, eggs and cheese supply us with an enormous surplus of animal protein. We make beverages of coffee and cocoa beans, and tea, which contain stimulating poisons.

We use the grapes for wine and brandy – intoxicating poison – which first stimulate the grey cortex of the brain, and later paralyze it. We preserve food with chemicals, such as benzoic acid, salicylic acid, nitre, boric acid and sulphurous acid in order that it may keep well and look attractive. Further, we take anodynes, hypnotics, sedatives, and aperients – all strong chemicals poisons – or at any rate substances that are foreign to the organism. Among drugs which are misused to a great extent tablets for headache, hypnotics, and aperients are too much too predominant. In a small country like Denmark the adviser on pharmacological matters of the Public Health authorities is able to give us the

following figures: consumption of drugs for headache 150 tons, aperients 15 tons, hypnotics 9 tons –annually.

Nicotine, too, is a ruinous stimulant, a still stronger poison than spirits; it causes sclerosis of the heart and the cardiac musculature to become undernourished. The heart becomes a flaccid bag instead of a firm muscle. Many busy men who side about the age of fifty years die of heart failure caused by chronic nicotine poisoning. Here, too, I have experienced that patients on a pure, raw vegetable diet gradually lose their taste for tobacco completely.

The ground too, is wrongly cultivated when it is fertilized too much and too uniformly with chemical manure. We may run, the risk that the ground becomes just as diseased as man – over-acidified, over-nourished, and that it yields sick plants which are not fit for human food.

Raw food is termed live food by me, in contrast with such food as has been treated by heating, which I consider dead food. Care should be taken that the food does not include substances which counteract the chemistry of the organism, so that the waste producers are not retained too long and putrefy in the large intestine. The best food is therefore completely natural food which has not been subjected to denaturation of any kind. To this must be added that

live food is much easier to digest; it helps in the digestion itself just as the living baby co-operates in its delivery. Raw vegetables have been digested in the stomach and the intestines in an hour; boiled vegetables require almost three hours and leave more waste products, also offensive stools, impure blood, and poisoned and gradually impaired organs, whereas the raw food – live food – the sunlight nourishment, dissolves and excretes these poisons. Raw food is easy to digest. It spares and strengthens the organism in every respect because of its content of life, bases, and vitamins in their natural, living, contribution and relationship to one another. Everybody who can think must be able to understand that our present nutrition is highly destructive – and is the most common and most serious cause of physical and psychic disease and constitutional degeneration. We must seek more wholesome nourishment and more wholesome habits of life if we are to live better now and in the future. We cannot afford to compromise when life and health are concerned. We must follow the only right way- the one hundred per cent raw vegetable diet.

Let us consider for a moment how it influences our many different diseases. In the individual case it will always on the one hand, depend on how good a constitution the patient has and how old he is, and on the other hand how poi-

soned, weakened and broken this constitution has gradually become because of preceding wrong nutritive and wrong habits. But it may be said, largely, that if, in spite hereof, the organism is fairly fit for work and able to utilize the exclusively raw diet, the latter will exert a curative effect on almost all our diseases, both those we have acquired during our span of life and those determined by hereditary predispositions.

Even the baby unborn may be injured in various ways. The impaired germ may determine both physical and psychic diseases. The baby may be injured by the wrong nutrition of the mother, because it is nourished through the impure blood of the mother. This may pave the way to disease so that the baby is born ill. After its birth the condition is aggravated, mostly because the mother's milk is not as good, both qualitatively and quantitatively. Children all over the civilized world are born weaklings in a mild or severe degree, and who can estimate the future consequence thereof?

Therefore, the sooner we go in for exclusively raw vegetable food, the sooner and better it will exert its effect. Children are assisted by nature, older individuals are rather opposed by nature. When a mother goes in for pure raw food, her milk secretion is immediately increased, the child thrives in all respects, the vitality is increased, and the mother can soon begin to give even young babies an addi-

tion of finely chopped fruit and vegetables; never, however, fruit and vegetables at the same time always separately. It borders on the incomprehensible that a change can be effected so rapidly, just by giving the child whole mother's milk, as much as it requires, and afterwards fruit and vegetables.

I have often experienced how a large family of brothers and sisters living exclusively on a raw vegetable diet became healthy, happy, lively and nice children in the course of a few months, so good is the effect of the exclusively raw vegetable diet in childhood which is still assisted by nature and has not yet been ruined. The effect does not appear quite as soon in adults, but it is indisputable that raw vegetable food exerts a good effect on adults too, even psychically – it brings about equanimity and harmony, kindness and sympathy.

But what of the elderly, sick or the very sick people who have gone in for this diet too late? How about them?

Well, they have to be patient, energetic, and very interested, and they must be able to rest much, at any rate to begin with. The first few days may be troublesome until they have become accustomed to this different food and habit of life. But they will soon do better, the bowels is open regularly – two or three times daily – and this is a great encouragement to many. At the

“Humlegarden” garlic has its great share in this improvement. Just one clove with every fruit meal is of effect, but it is, of course, better to eat a medium-sized garlic (from five to ten cloves) with the fruit meals. A number of works by various investigation have been published, dealing with the bactericidal effect of garlic, which people of former times guessed. According to investigation reported in the Journal of the American Chemical Society, 1944, a substance known as allicin, which exerts a great inhibitory effect on bacteria, has been found in garlic. This substance has been compared with penicillin in a number of experiments, and it appeared that allicin exerts its effects on practically all bacteria, in contrast with penicillin, the effect of which is certainly stronger but much more limited. The use of garlic is rendered difficult because of its peculiar odour; therefore, people in Denmark often return to “Humlegarden” to undergo a course of treatment with garlic. In the company of others who eat garlic themselves the odour cannot be smelt at all.

Raw vegetable food, and in particular raw potatoes, exert an excellent effect on all forms of rheumatism and rheumatic arthritis when these disease have not progressed too far. A good effect is also seen on the disease related to those just mentioned and of the same causation, namely, loading with uric acids, it

applies to psoriasis, hemicrania, stone-formation in the gallbladder, the renal pelvis and the urinary bladder. Almost all diseases of the skin are cured, in many cases even rapidly. Loss of hair, fat formation, and dandruff cease. All infectious diseases are cured or improve.

The garlic we eat exerts an excellent effect on putrefaction in the large intestine, and a clove of garlic in either side of the mouth, placed between the cheek and the teeth, will greatly accelerate the expurgation and cure of diseases in the upper respiratory tract, first and foremost ordinary colds if dealt with in time. Diseases such as catarrh of the nose, the throat and the larynx, bronchitis and tuberculosis of the lungs, inflammation of the frontal sinus or the maxillary sinus, chronic inflammation of tonsils and gums inflammation of the middle ear, and others, are cured completely in most cases. Gastric catarrh, gastric ulcer, duodenal ulcer, catarrh of the large intestines, and hemorrhoids, too.

Women who carry through the raw diet during pregnancy feel well – delivery takes place readily and rapidly and almost without pain, the slender, healthy, strong baby co-operates. The raw food produces copious and good milk for the child during the first year if the mother continues with this diet.

When a person is on an exclusively raw

When a person is on an exclusively raw vegetable diet it will, as a rule, be easy to stop smoking and drinking. Liquor does not taste well with raw vegetable diet no stimulants of any kind will be needed any more.

When cancer is in the terminal stage, here a one hundred percent raw vegetable diet may prove helpful, alleviate the pain, prolong the life to some extent, because it agrees well with the patient. In the most favorable cases, when the cancer is dealt with in time, it may perhaps also be checked even for many years in some cases. I am an example of this myself, but then the seat of the cancer must not be in vital organs, such as the lungs, liver or stomach. And the treatment with raw food should be commenced as soon as the cancer is discovered. And it is an absolutely necessary condition that it is carried through one hundred percent.

I want now to tell a little about my own case from 1942 to the present year. Up to 1946 I was doing well on my exclusively raw diet – the cancer of the breast was completely quiescent and my general health was good.

But in the spring of 1946 we got some dried fruit from Sweden (raisins, dates, prunes and figs). I thought then that it would be all right to eat it; but it was not. These are fruits which have been

treated with chemical poisons in order to prepare them and to make them look attractive. Having taken them for three or four months I suddenly developed violent pains in the scar-like tissue in the breast, and on closer examination; I found a small node in the right breast, in the same place as before. Once more I reverted to the fresh raw food, and the node disappeared.

The last and most dangerous thing for me was, however, the trial microscopy against which I had been dissuaded by Dr. M. Hindhede. I had to let it be done because so many-doctors in particular-maintained that I had never been suffering from cancer. It was made at the Radium Centre in Copenhagen, in January 1948. This trial microscopy was positive; there were cancer cells in the scar-like tissue in the skin of the right breast, but it was a benign form called scirrhus. My originally malignant, rapidly growing form of cancer had thus, under the influence of raw food, been converted into a benign form of cancer, which remain quiescent. But still this interference was just on the point of stirring up the cancer so much as to frighten me seriously. For the first time I developed metastases (two small nodules) in the armpit; and about six months – on the exclusively raw diet – were required to make them subside again. But it went well this time. Since then I have been in excellent health- all

through last summer I was up at sunrise, and in my garden where I have been working hard several hours daily. This was far more wholesome than sitting indoors working as a doctor. Not only had I the patients at the "Humlegarden" but also a large of practice and correspondence out of town; this was more than I could manage.

On January 1st 1949, I stopped practicing and took up gardening again which had always been my great interest. For this purpose I had acquired about half a hectare (about one –and a quarter acres) of land near the "humlegarden" and here I learned how right it was to grow both fruit and vegetables biologically, that is, according to the laws of life. For manure I use only compost, seaweed, straw or hay; no chemical manure, no dung.

In conclusion, just a few words about the practical condition and the everyday use of raw vegetable food. I am glad to be able to refer to my book *Live Food*, which had just been brought out by a Dutch publishing house and which gives a detailed picture of the procedure to be followed when changing to a pure raw vegetable diet

It would be of great consequence if the medical profession would acquire greater knowledge in this field to a higher

degree than is actually the case.

Doctors from Denmark and from foreign countries have visited the "Humlegarden" for shorter or longer periods and have utilized their experience in their practice. The "Humlegarden:" is visited by about one thousand patients annually. Here the patients, as well as the members of the staff, live exclusively on food that has not been treated by heating, and our experience is that a transition diet is quite superfluous. The raw vegetable diet can only be varied according to the seasons, and consists of three meals daily. We get a fruit meal in the morning and in the evening and a vegetable meal in the middle of the day. Fruit and vegetables are never mixed. If the condition of the teeth permits it, the raw food is taken whole, otherwise it must be grated and reduced to small particles immediately before the meal. Once the raw food has been grated or chopped, it will not keep because it loses its content of vitamins. The raw food should be carefully chewed, preferably so well that it passes down all by itself, and even the grated raw food should at any rate be mixed well with saliva. We drink raw milk with all our meals, from half a litre to one litre daily (one litre equals one-and-three quarter pints approx..)

Germinating corn, or dried corn, crushed or ground immediately before the meal, is taken with the fruit. Garlic

is medicine and is eaten with fruit and milk, cut into small pieces in varying quantities. All kinds of nuts provide a good supplement. The vegetable meal consists of green leaves, roots and tubers, with an admixture of spoonful of honey. Potatoes are eaten with the peel because of the presence of an element – fluorine – which preserves the enamel of the teeth. Similarly, all fruit is eaten with the peel. In the cases of diseases such as gastric catarrh, gastric ulcer and the like, care should, however, be taken during the initial stages.

If the exclusively raw food with its associated sound habits of life prevails, a variety of things will improve. Diseases will gradually be obviated. Obesity, the most dangerous of all diseases, will become rarity.

The housewife's work will be reduced to half the time – and the leisure hours thus gained will be an invaluable advantage and joy for husband, children and home. The slender build, the erect carriage, the supple gait, the fresh complexion, the white, sound teeth and the vigorous hair will dominate the picture. When the body is healthy, the result will invariably be a sound mind. Our negative thoughts will be changed into positive ones, and develop the great cultural progress which the world is waiting for. Only then will life be worth living.

Taken from :The Raw Food Treatment of Cancer and other diseases by Dr. Kirstine Nolfi (Denmark)

ACID-ALKALINE FOODS

Balanced body chemistry is of utmost importance for the maintenance of health and correction of disease.

Acidosis, or over-acidity in the body tissues is one of the basic causes of many diseases, especially the arthritic and rheumatic diseases.

All foods are “burned” in the body – more commonly called “digested” – leaving an ash as the result of the “burning”, or the digestion. This food ash can be neutral, acid or alkaline, depending largely on the mineral composition of the foods. Some foods leave an acid residue or ash, some alkaline. The acid ash (acidosis) results when there is a depletion of the alkali reserve or the diminution in the reserve supply of fixed bases in the blood and the tissues of the body.

It is therefore, vitally important that there is a proper ratio between acid and alkaline foods in the diet. The natural ration in a normal healthy body is approximately 4 to 1 – four parts alkaline to one part acid, or 80% to 20%. When such ideal ratio is maintained, the

body has a strong resistance against disease. In the healing of disease, when the patient usually has acidosis, the higher the ratio of alkaline elements in the diet, the faster will be the recovery. Alkalis neutralize the acids. Therefore in the treatment of most diseases it is important that the patient’s diet includes plenty of alkaline-ash foods to offset the effect of acid-forming foods and leave a safe margin of alkalinity.

A healthy body usually keeps large alkaline reserves, which are used to meet the emergency demands if too many acid-producing foods are consumed. But these normal reserves can be depleted. When the alkaline-acid ratio drops 3 to 1, health can be seriously menaced. Your body can function normally and sustain health only in the presence of adequate alkaline reserves and the proper acid-alkaline ratio in all the body tissues and the blood.

(Excerpt from *How to Get Well* by Paavo Airola, Ph.D.)

<http://www.inlighttimes.com/archives/2002/11/acid-alkaline.foods.htm>
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What Should Vegetarian Know?

Why is it, though, that some strict vegetarians rather than improving their health and building up resistance against disease, often suffer from malnutrition and become even more susceptible to various physical ailments than before they gave up flesh foods?—Because in most cases flesh food is discarded without supplementing the diet with a satisfactory substitute. Many have the mistaken idea that by merely increasing their intake of protein foods—nuts, legumes, and grains, they adequately replace the deficiency. By so doing they do not at all replace the deficiency, but instead unbalance the nutrients. Ever remember that flesh is composed of about 80% grass and 20% grain.

Biological experiments unmistakably demonstrate that animals cannot thrive on whole grain proteins divorced from the associated *leafy* plants. The health seeker must bear in mind that often the immediate result of an unbalanced diet is constipation, followed by rheumatism or arthritis, if not by other even more

dreadful and destructive diseases. Balance your diet, and Nature will take care of the rest.

The truth that the substances in superior quality flesh are derived from grain and grass, approximately 20% of the former and 80% of the latter, plainly demonstrates that flesh is adequately substituted only by the *proportionate* use of both grain and leafy plants. Be not misled. Your body needs both grain and vegetable proteins *in exactly these* proportions. Indeed, they are all essential, and man's constitution demands that for health and longevity there be neither a missing link nor a weak one in the chain of nutriment.

There is also another important lesson in the fact that just as the All-wise Creator did not bless any particular locality with all the riches of creation, but scattered and scientifically proportioned them throughout the earth, He has likewise carefully distributed the essential body-

Approximately 80% of your diet should consist of the first eight classes of food (Group 1), and 20% of the second three classes of foods (Group 2). The last two classes of foods (Group 3) are seasonings for all foods.

GROUP 1 EIGHTY PER CENT OF THE DIET

Eighty Per Cent of one's diet must consist of the foods in this group:

- 1st—*Leaves* (watercress, beet tops, spinach, lettuce, parsley, cabbage, broccoli, cauliflower, chard, etc.)
- 2nd—*Stalks* (celery, rhubarb, asparagus, etc.)
- 3rd—*Herbal Fruits* (pineapple, okra, eggplant, peppers, string beans, tomatoes, etc.)
- 4th—*Tubers* (carrots, potatoes, radishes, onions, yams, beets, turnips, etc.)
- 5th—*Curcubits* (squash, melons, cucumbers, pumpkins, etc.)
- 6th—*Tree fruits* (peaches, dates, bananas, oranges, pomegranates, olives, avocados, etc.)
- 7th—*Vine Fruits* (berries, grapes, etc.)

GROUP 2 TWENTY PER CENT OF THE DIET

Only about 20% of one's diet should be made up of the foods in this group:

- 1st—*Grains* (oats, rice, corn, rye, wheat, barley, etc.)
- 2nd—*Legumes* (beans, lentils, peas, etc.)
- 3rd—*Nuts* (pecans, coconuts, almonds, walnuts, chestnuts, etc.)

GROUP 3 SEASONING FOR ALL FOODS

All foods may be seasoned with the foods of this group:

- 1st—*Oils* (olive oil, soy bean oil, sesame oil, nut oils, cottonseed oil, etc.)
- 2nd—*Sweets* (honey, raw sugar, maple sugar, sorghum, etc.)

(Excerpted from *The Entering Wedge – The Genesis of Diet and Health*)

Personal Testimony

Prayer Changes Things

I was battling pain from a wisdom tooth. The side of my face had swollen and I was in excruciating pain, thumping pain that affected my ear, nose, throat, and head. I used salt water to no avail and did not want to take pain medication because I know it is hazards to health. I had not asked God to take away the pain, and it seemed to get worse until I cried to the Lord for help and relief from the pain.

Afterwards, God moved me to go into the kitchen and blend strawberries, bananas, soymilk and I am not sure if I used honey or maple syrup. Anyhow, I took a sip and immediately felt some relief. I felt it working right away, God's fingers through that simply remedy. I felt some massaging sensation as the pain was slowly dissolving. The next day it was even better when I continued the same regimen, then the pain was gone. Praise God! What a miracle What a mighty God we serve!

Sis. Ruth

Youth:

The Leaders of Tomorrow

"I have a deep interest in the youth, and I greatly desire to see them striving to perfect Christian character, seeking by diligent study and earnest prayer to gain the training essential for acceptable service in the cause of God. I long to see them helping one another to reach a higher plane of Christian experience.

Christ came to teach the human family the way of salvation, and He made this way so plain that a little child can walk in it. He bids His disciples follow on to know the Lord; and as they daily follow His guidance, they learn that His going forth is prepared as the morning.

You have watched the rising sun, and the gradual break of day over earth and sky. Little by little the dawn increases, till the sun appears; then the light grows constantly stronger and clearer until the full glory of noontide is reached. This is a beautiful illustration of what God

desires to do for His children in perfecting their Christian experience. As we walk day by day in the light He sends us, in willing obedience to all His requirements, our experience grows and broadens until we reach the full stature of men and women in Christ Jesus.

The youth need to keep ever before them the course that Christ followed. At every step it was a course of overcoming. Christ did not come to the earth as a king, to rule the nations. He came as a humble man, to be tempted, and to overcome temptation, to follow on, as we must, to know the Lord. In the study of His life we shall learn how much God through Him will do for His children. And we shall learn that, however great our trials may be, they cannot exceed what Christ endured that we might know the way, the truth, and the life. By a life of conformity to His example, we are to show our apprecia-

tion of His sacrifice in our behalf.

The youth have been brought with an infinite price, even the blood of the Son of God. Consider the sacrifice of the Father in permitting His Son to make this sacrifice. Consider what Christ gave up when He left the courts of heaven and the royal throne, to give His life a daily sacrifice for men. He suffered reproach and abuse. He bore all the insult and mockery that wicked men could heap upon Him. And when His earthly ministry was accomplished. He suffered the death of the cross. Consider His sufferings on the cross, - the nails driven into His hands and feet, the derision and abuse from those He came to save, the hiding of His Father's face. But it was by all this that Christ made it possible for all who will to have the life that measure with the life of God." MYP p.15-16

Pen of inspiration admonishes the youth and adults as well, to help each other reach a higher plane of Christian experience. We all need one another as "no man is an island, no man stands alone." We only have one life to live so let us live it and be the light and salt of the world. Young people, you will be young only once so share your energy and zeal as you serve the Lord to your colleagues in the Philippines for the year 2008.

What: YOUTH CONFERENCE

Where: Davao City, Philippines

When: March 30 - April 5, 2008

If you have any questions and want more details, please call or write the Office. This is your chance to meet your fellow brothers and sisters on the other side of the vineyard. Be a blessing to the Philippine Youth.

God bless.

Prayers,

Sis. Judith

I have received names and addresses from our Young People who wanted to make a difference in the lives of others. Praise the Lord.

A BOWL OF POTTAGE?

So what's wrong with a Hershey bar once a day? Why not a pickle to go with your sandwich? And, what's so harmful about a coke now and then, to quench that demanding thirst, after a deep dish pizza?

Well I would say nothing, nothing at all If you-like Esau – choose to give up your inheritance of eternal life for a bowl of pottage. Esau represents a class of people whose god is their stomach; they would rather satisfy their lustful appetite than to execute their duty and keep God's truth. (See 1SR. p. 57)

So no; if you do not care to lose your soul over a hamburger now and then, or over a chocolate bar periodically, then reach for that pottage, but as for me and my soul, I choose to allow my Father to find that "way to escape" from that temptation to eat that burger. (See 1 Corinthians 10:13)

Remember, both the habitual and the occasional sinners shall be destroyed. (1TG 29:7). So my young brothers and sisters in Christ, I plead with you to not be like the multitudes of young people and adults who live for the present, without thought or care for the future, and who, like Esau, they cry: "Let us eat and drink, for tomorrow we die." (PP:181)

Will we be like Esau, who came to his senses and saw his terrible mistake, but too late to do anything about it? So it will be in the day of God with those who have traded their salvation for a burger and a coke.

Let's make our choice now while we have the freedom to choose; either the pottage, or the birth right. (See 1SR p. 59)

So why not join together with a network of young people, pray with one another, and search the word of God, and dare to be a Daniel?

Your fellow servant striving to be one of or one with the 144,000-

Sister Diane Strange.

Directions to the Kingdom

Make a Right onto Believeth Blvd.
Keep Straight and go through the Green Light, which
is Jesus Christ. There, you must turn onto the Bridge
of Faith, which is over troubled water.
When you get off the bridge, make a Right turn and
Keep Straight.
You are on the King's Highway – Kingdom-bound.
Keep going for three miles: One for the Father, One
for the Son, and One for the Holy Ghost.
Then exit off onto Grace Blvd.
From there, make a Right turn on Gospel Lane.
Keep Straight and then make another Right on Prayer
Road.
As you go on your way, Yield Not to the traffic on
Temptation Ave.
Also, avoid SIN STREET because it is a DEAD
END.
Pass up Envy Drive, and Hate Avenue.
Also, pass Hypocrisy Street, Gossiping Lane, and
Backbiting Blvd.
However, you have to go down Long-suffering Lake,
persecution and Trials and Tribulations Ave.,
But that's all right, because VICTORY Street is
straight ahead!

AMEN!!!

Letters



Greetings in the name of our Lord Jesus Christ. May His grace & peace be with you always. I am a 20 year old lady who is yearning for spiritual fulfillment through Bro. V. Houteff's writings. Kindly send me all the volumes of his Timely Greetings, the Only Peace of Mind. Indeed your help will be greatly appreciated. I will be waiting to hear from you soon.

Zambia, Africa

I am very happy to introduce myself to you today. The word "God" has given me the greatest opportunity to write you this letter. By the way, how is your condition, I know that the Almighty "God" is there so everything is moving well. Please the main reason why I am writing you this letter is that I am eternally child of God and for a person to know the truth in the Bible unless that person have study much and if I can gain any kinds of Christian literature like audio cassette tapes and Bible lessons. Please don't held me back that long because I want to be one of those who will preach

the third angel's message when it becomes the loud cry. But to do so, I have to go to the study lessons so that I can have a complete knowledge of the Bible and the Spirit of Prophecy. You need to be hurry to send me all the study lessons.

Prosperity and wisdom fall upon you and all your family. I hope in the Almighty God promises will be granted in Jesus' name. I will end here with much greetings.
Good bye.

Ghana, Africa

Please, help me. I have been looking for these truth filled messages, especially about the 144,000. Thank you for your help. May God bless you.

Botswana, South Africa

I want to read the shepherd Rod and more about the Davidians. Is Davidian a church, denomination or an organized

reform group within the Adventists.

Kenya, Africa

To Whom This May Concern:

I discovered your address in a 1944 booklet called Christ's Greetings to you. If this ministry which produced this booklet still exists, I am interested in your beliefs. Please send me some Bible studies, etc.

Thank you so much.

Sharpleigh, Maine

SDA Prophetic Ministries:

Greetings in the name of our Lord and Savior Jesus Christ. The prophetic ministries, I am enlightening in prophetic question of the ministries of SDA you will hear from me soon. I am still on it to learn more of prophetic question to learn more and to whom among faces the Lord and observe the voice of his Servant. He who walk in darkness and has no light let him open in the name of the Lord and realign upon is God and am happy to be with you and my family all about SDA Prophetic Ministries and am very happy and interested to learn more about SDA Prophetic Ministries.

Am on the other lessons working and learning and enclosed a lesson. Thank

you.

Ghana, Africa

Dear Friend in Christ,

This delightful day has given me the great opportunity to write to you this epistle letter. Please by the way, how is life? I hope you are doing well over there. Please, I am also treating well here. Please the motive of writing to you this epistle letter is that I have taken the Lord Jesus as my personal Savior and I don't have a Bible, pens, notebooks and the other Christian books to use in order to grow in the Lord God, so please and please I would be bliss if you could help me to get such an items in Jesus name.

To conclude, I'd beg to call it fruits at this juncture. I hope you'll remember me to all the workers in your business at abroad. I wish you all "blissful New Year". The best of luck in your studies too. Please, remember what is written in the Bible. "For bless are the merciful, for they shall obtain mercy" in the Lord. The grace of our Lord Jesus Christ be with you all in the days of your life, remember to reply soon. Please !!! Bye!!!

West Africa

Dear Sir/Madam:

It's the power of God and His salvation have gave me the right to write you this

letter. How are you? I hope by the grace of God you are fine.

The reason is that I am a girl of 16 years old and I didn't know more about God and His salvation so please can you send the book which contain the word of God or cassette or CD which contain the word of God.

And please some children in my town didn't know more about God and His salvation so please can you send me the Holy Bible which contain both new and old testament and my aim in the future is to become a pastor.

I will send and hope you will consider my request and send it with good faith. Amen.

West Africa

Dear Sir,

I am very happy to write you this letter. How are you? I hope by the grace of God you are fine.

It is me _____ from Ghana. I haven't write to you earlier because I couldn't get a tape to listen to the cassette you gave me. But as the grace of God I have managed to get one from a friend of mine. I have listened to the cassette and I like the preaching on it.

I want to ask you one question that was not answered on the cassette. It is about the 144,000 people who will go to heaven. The preacher said that God will select the 144,000 people from good churches. I attend church at Baptist, I want to know what makes a church a bad church or a good church and I also want to know if Baptist is a good church or a bad church.

I can see myself as a sinner. I have tried to stop telling lies, saying wrong words to people and I have tried hard to obey my parents. Please help me to do what God want every man to do.

I want to ask you to send me the next lesson. I want to end here. Good bye.

West Africa

Dear Christian

I am very happy to write you this letter the word God has given me the greatest opportunity to us to write you this humble letter. By the way, how is your condition. I know that the Almighty God is there so everything is moving well. The main purpose for writing you this letter is that I am a child of God and I want to take you as my pen pal in the name of God so help me if I can gain any kind of your CD disc to lighting to

the word of God so that I can read a good life and if I get this things I thank you and God will bless and give you a long lasting life. I hope you will write me when you are sending me some of your materials. Good bye.

Ghana, West Africa

Dear Friend

I am very happy to introduce myself to you today. I am a boy of thirteen years of age who is in Junior Secondary school One and I also have interest in your program and I wish to write you as a friend. The main purpose of this letter is that I am a child of God and I want you to bring me Bible for study so that I can tell more about God and let more people become with God. If Possible please add me dictionary to it so that when I found any difficult word I can go through and see it not to be difficult to me. Dear friend, if you help me to get the Bible, I will thank you and God will bless you. And I am also praying so that your work will go well and nothing will come across. Amen.

West Africa

Sir,

I am a christian here in Ethiopia and wants to know more about your service so that I can join you. Please send all

your materials which can help me to know more about God's truths. Deep down in my heart there is a burning desire to Know more about the word of God especially end time prophecies. I know you can help me in this regard.

My address is as follows:

Ethiopia

Announcements

Session

Session 2007 – Second Notice

July 27, 2007 - August 4, 2007

Session 2007 is just around the corner. Please remember this most solemn gathering in your daily prayers. We trust that each and every card-holding member is planning to attend.

Session Accommodations

We will make all effort to house all attendees at Session; however, priority will be given to card holding members. If you are planning to attend and need housing, please contact the office at your earliest convenience. 8454345282

CONGRATULATIONS!!

Congratulations to Sis. Divina Garay – She is the proud graduate of (SUNY) Empire State College with a B.S. in Business Administration. We wish Sis. Divina much success in her future as she strives to succeed both in her spiritual life as well as in her temporal pursuits.

Print shop Apprentice

The Association is in need of an apprentice printer for the Print Shop. The ideal candidate must be a card holder and legally able to work in the U.S. He must be willing take instructions and capable of doing manual labor for at least 8 hours daily.



Universal Publishing Association
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Mountain Dale NY 12763