

Women Professing Godliness



Dedicated to
Mrs. Victor Paul Wierwille
the First Lady of The Way International
who has been our faithful example of
"Women Professing Godliness."

* * * * *

THE WOMAN OF GOD

The beauty of a woman of God is mirrored in her eyes.
Her lips are beautiful to behold.
Her smile portrays the inner depth of her soul.
Her voice is soft and clear,
From a heart that is tender and pure.
Her walk is a gracious carriage
Of a woman of dignity supreme.
Her hands are like the softness of spring,
With a touch of blessing, comfort, and peace.

All this...and far more.

The woman of God whose joy
Springs from a fountain of life within.
She is a kaleidoscope of ever-changing beauty,
A spectrum of color beyond the rainbow,
A light more scintillating
Than the Milky Way or the Aurora Borealis.

Yes, she is, she is...the woman of God.

--Victor Paul Wierwille

The Way College of Biblical Research, Indiana Campus

July 2, 1985

Dear Women of The Way Corps:

God bless you in the powerful name of Jesus Christ.

It is my joy and privilege to write you this letter and present to you this collection of teachings. It is my heart for you to be able to refer to the greatness of what our ministry has available for you so that you can be the greatest women the world has ever known. We want to be the best we can be with Christ in us moving the "Word Over the World" with our husbands, children, and household of believers.

The responsibilities of marriage, families, and homes become very practical and physical at times. Understanding how to handle these responsibilities gives us great facility in living "It Is Written" and living abundantly.

You will probably want to continue adding to this collection of material. It is not exhausted for sure and therefore has suggested reading lists. If you can read a book, you can learn to do something you do not already know how to do! Remember that our most important source for living is always God's Word. It has all answers that pertain to life and godliness. All the knowledge in the world is unprofitable if we do not live the basics taught in The Way Corps:

1. Spiritual awareness - desire to operate the manifestations; living and breathing the Word
2. Commitment
3. Believing - positive!
4. Motivation - to love and serve; not self-glorification
5. Love for God, yourself, your husband, your children, the household
6. Obedience to God, husband, leadership
7. Prayer and goals
8. Study of the Word
9. Fellowship with "the runners"
10. Abundant sharing
11. Service - reaching out

First of all we are sons of God. We live our completeness in Christ. We walk by the spirit and obey. Then we get concerned about the "specifics" of being a woman, wife, and mother. I trust this collection will be a blessing in both categories.

Love,
In His service,

Mary Ann

Mary Ann Hendricks

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I am deeply thankful to my husband, and his strong leadership for my life; Rev. Walter Cummins, and his dynamic teaching of the pastoral epistles this past year; Rev. L. Craig Martindale and his vision and believing for The Way Corps; and especially for Dr. Victor Paul Wierwille, our father in the Word, who gave us a foundation of the rightly divided Word of God.

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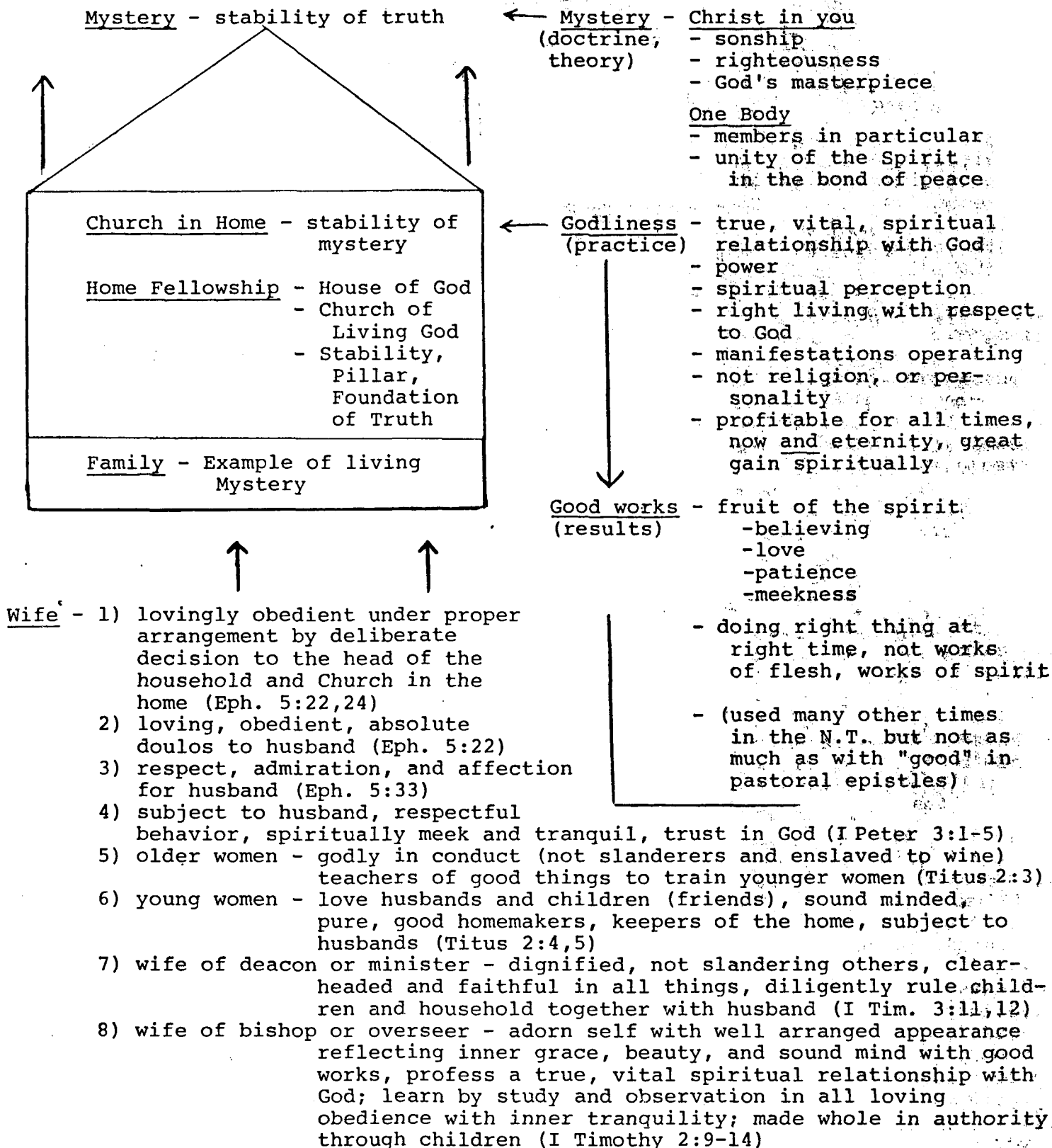
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SECTION I

The Word in the Home

Great service of a wife to the Mystery living!



THE CHURCH IN THE HOME

Mary Ann Hendricks

(from Rev. Walter J. Cummins' Corps Night Teachings)

I Timothy 3:14-16: (Literals)

- 3:14 Although I anticipate coming to you quickly, I am writing these things to you
- 3:15 that, if I should be slow in coming, you may know how people ought to conduct themselves in God's household, which is the Church of the living God, the pillar and foundation [stability] of the truth.
- 3:16 And undeniably great is the Mystery [the one Body--Christ in you] with respect to and leading to godliness [a true, vital, spiritual relationship], which was:
 Manifest in the flesh [Pentecost];
 Spiritually justified [by the new birth];
 Observed by angels [who stand in awe];
 Proclaimed to the Gentiles [to make one Body];
 Believed in the world [by those who confessed Jesus Christ as lord];
 Ascended in glory [seated in the heavenlies in Christ Jesus].

I Timothy 3:14-16 synthesize the entire purpose of I Timothy - that the leadership may know HOW to behave and line up their lives spiritually in the Church.

1. The house of God is the Church in the home! The home is the house of God, the Church of the living God! Read "The First Century Church in the Twentieth" in The New Dynamic Church. Our homes are a big deal. Our homes are where the Word is taught and are built on the foundation of the truth, which is the Mystery, the one Body. If the Twig holds forth the Mystery then it is a pillar and ground of the truth! It is a home unit, not a church building, and that home unit is an example of the Mystery living today because in the home you have husband, wife, and children.
2. The Twig is the pillar of the truth, supplying the firm support for the Mystery to be held forth. When the Word is held forth in that Twig and it's living and real, then it is the support of the ministry, a permanent fixture.
3. The home fellowship is the house of God, the Church of the living God, and the stability, pillar, and foundation of truth. The Mystery is the stability of the truth, but the Church in the home is the stability of it.
4. It is the Church of the living God because it is not religion but godliness, a true, vital, spiritual relationship with the living God. The leader or overseer of that home unit has to be first (number 1) in the Mystery.
5. Women, we serve and support that man, teach those children, and guard that home. What a privilege!

WOMEN PROFESSING GODLINESS

Mary Ann Hendricks

(from Rev. Walter J. Cummins' Corps Night Teachings)

I Timothy 2:9-11: (Literals)

- 2:9 Likewise let their wives adorn themselves with a well-arranged appearance, the reflection of an inner grace and beauty and a sound mind, and not with a distractive facade of woven hair, or gold, or pearls, or expensive outer garments,
- 2:10 but with good works (this is proper for wives professing a true, vital, spiritual relationship with God).
- 2:11 Let a wife learn by study and observation in all loving obedience under proper arrangement by deliberate decision with an inner tranquility.

As spiritual women we do not need to prove ourselves to the world nor to the Church. We only need to enjoy our relationship with God, proving Him, by the good works which will follow.

1. I Timothy 2:9
When women pray they are to adorn themselves, to have the orderliness, beauty, and polished appearance that reflects the Christ within. An inner grace or beauty reflected in one's disposition is the manifestation of the inner beauty of Christ within. There is a dignity a woman should have in her reflection and a beauty in the way she carries herself. The order, perfection, and beauty of a woman is from the inside out. The "inner man" is most important, but the way she dresses is a reflection of the inner grace and beauty. From the inside out!
2. I Peter 3:1-7
Ladies, when you walk this way with the inner grace and beauty being reflected in your life (not to where you're all decked out) and pray this way, then your prayers will not be hindered and then you're heirs together of the grace of life. From the inside out!
3. I Timothy 2:10
Good works is a key concept in Timothy and Titus. From the inside out!
It is godliness unto good works, not good works unto godliness. We do not become righteous by what we do. We already are righteous so we should do righteous acts or good works to bless God, ourselves, and people. Godliness in Aramaic here means the fear or reverence of God. In Greek it is theosebeia. Theos means God and the emphasis is really on godliness. This is the only place in the Word it is used. It is a true, vital, spiritual relationship with God.

4. Ephesians 2:8-10

We were not saved by good works but unto good works. We are God's masterpiece to the end of good works to bless God, ourselves, and people. With holy spirit inside we can do those perfect works that God has ordained. The right thing at the right time! Walk by the Spirit! From the inside out!

Expanded literals according to usage of Ephesians 2:8-10:

2:8 Therefore it is by (in or through God's) grace we were saved (rescued, ransomed, made whole absolutely and completely) through (by means of) (pisteos - believing of Jesus Christ or faith of Jesus Christ) the believing of Jesus Christ and this (gift of God's grace, who is Jesus Christ) was not of (out or from) you, but (in contrast) the gift of God (who made the offering of His son, Jesus Christ).

2:9 Absolutely, absolutely not out of (man's) works (actions) in order that no man can boast (glorify himself).

2:10 Therefore we are His (God's, the result of God's work through His son) own creation (masterpiece) who were created in Christ Jesus with a view to good works (the works I do ye shall do also) which God made ready (prepared, made available to every believer in Christ Jesus; walk in light as he is the light) in order that we should (might, could and ought to) walk in them.

5. Proverbs 31:30,31

The woman who respects God, loves God, and has a relationship with God shall be praised. The fruit of her hands and her works will praise her because they are a result of her relationship with God, not just good works that any natural woman could perform. From the inside out!

6. I Timothy 2:11

The women in the East would either learn from their husbands or from the older women, how to form certain habits or customs that professed godliness. From the inside out! Subjection is loving obedience under proper arrangement by deliberate decision. A woman by her freedom of will and a deliberate decision makes the proper arrangement with her husband and with God with loving obedience.

7. Ecclesiastes 4:11,12

The cord is the man and woman with God over the top. The woman is in subjection to her man but not down underneath him. She has a direct line to God, but the man is directly responsible to God which is his authority in the family. Godliness and tranquility are not personality! It is related to being lovingly obedient, learning by study and observation, and speaking in tongues much like being a spiritual woman! Having fruit of the spirit. From the inside out!

ADDITIONAL SCRIPTURES CONCERNING WOMEN FOUND IN I TIMOTHY

WIFE OF OVERSEER / BISHOP

I Timothy 2:12-15: (Literals)

- 2:12 I do not transfer the teaching [doctrine] responsibility to the wife, nor do I allow her to domineer over her husband, but let her display an inner tranquility.
- 2:13 Adam was made first, then Eve,
- 2:14 and Adam was not deceived, but the wife being thoroughly deceived [regarding authority] fell into transgression. Yet, she was to be made whole [in authority] through her children.
- 2:15 Whenever they [the man and his wife] continue [as heirs together of the grace of life] believing and in love, and in sanctification and in a sound mind, ~~THE WORD IS FAITHFUL~~
- ~~WIFE OF MINISTER / DEACON:~~

I Timothy 3:11,12: (Literals)

- 3:11 Likewise, it is necessary for their wives to be dignified, not slandering others, but clearheaded, and faithful in all things.
- 3:12 Let the ministers be husbands of one wife, diligently ruling their children and their own households.

CONCERNING WIDOWS - I TIMOTHY 5:2-16

I Timothy 5:14-16: (Literals)

- 5:14 Therefore, I determine that the younger ones should remarry, bear children, guide the home, and not give even one opportunity to the adversary to accuse them.
- 5:15 (For some have already turned aside to follow Satan.)
- 5:16 If any believing man or woman has widows, let him or her support them, and do not allow the church to be burdened, so it can support those who are truly widows.

THE RESPONSIBILITIES OF A LEADER'S WIFE
ACCORDING TO THE WORD
Rev. Vince Finnegan

Information from Christian Family and Sex class and University of Life Timothy tape.

- I Women's Responsibility Change
 - A. Single women - directly responsible to God
 - B. Married women - line of authority switches to her husband
 - C. Has children - she is also now directly responsible for children (will limit service in ministry)
- II Husband's responsibility never changes, but grows. He is always directly responsible to God.
- III Woman's ability to serve
 - A. Will depend on age of her children
 - 1. Younger children need full attention and will limit service in ministry.
 - 2. Don't compare.
 - 3. Don't condemn.
 - 4. Imitate the principles of the Word. Your life will have different seasons.
- IV Understanding marriage relationship
 - A. Little stated in seven Church Epistles about wives.
 - B. Reason:
 - 1. The foundational principles of truth about wives and marriage are clearly stated in the Old Testament from Genesis on.
 - 2. The whole essence of the seven Church Epistles (the Mystery) explains marriage.
 - a. Men love wife like Christ loved Israel (Ephesians 5:25)
 - b. Even when they weren't obedient
 - c. Love forgiveness
 - d. A man's agape love will constrain his wife and help her to be in subjection (II Corinthians 5:13).

V Wife of a leader (Pastoral Epistles - specific for wives of men with ministries, not for every believer's wife)

A. Bishop - overseer of overseers (episkopos)

B. Deacon - minister or servant (diakonos)

VI Characteristics of the wife of a deacon - minister or servant (diakonos)

I Timothy 3:11:

Even so must their wives be grave, not slanderers, sober, faithful in all things.

A. Grave - honest, aged goodness, benevolence, always there to help and to give

B. Not slanderers - not devilish; a wife can make or break a man

1. Support him.

2. Don't nag

Proverbs 27:15:

A continual dropping in a very rainy day and a contentious woman are alike.

Proverbs 12:4:

A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones.

3. Don't wear him down. He will get tired and compromise.
Examples:

a. Eve with Adam - original sin

b. Samson with Deliah - idolatry

c. Ahab with Jezabel - ruled him

d. Solomon with his wives - idolatry

e. Herod and Herodius - death of John the Baptist

C. Sober - sound minded; renewed mind

D. Faithful in all things

E. I Timothy 3:12:

Let the deacons be the husbands of one wife, ruling their children and their own houses well.

1. Let him rule.

2. One wife devoted to one man--it's available for her to leave him mentally. Don't let this happen.

3. Rule children well together.

a. build respect for their father

b. don't build fear

c. Man cannot rule his house if woman doesn't build that respect for him into the children.

4. Their own house - idios

- a. have a private household
- b. never go around talking about your man
- c. keep a lock box--your house--your business

VII Characteristics of the wife of a bishop - overseer of overseers (episkopos)

A. I Timothy 2:9:

In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array;

- 1. Adorn themselves - kosmos - polished appearance; beautifully cut or carved; no conflict; orderly
- 2. Modest apparel - groomed beautifully to radiate Christ in you
 - a. clothes that compliment you
 - b. keep your figure; be beautiful
- 3. Shamefacedness - is manifesting the Christ in you in your dress, talk, and walk.
- 4. Sobriety - discreet, renewed mind
- 5. Not with broided hair.
 - a. not an attention getter to magnify a worldly standard of lust and sexual desire
 - b. not to steal the show from God or your man of God
 - c. but with dignity showing the Christ in you with:
 - (1) make up to highlight what you are, not to hide; believe the Word of yourself!
 - (2) hair that compliments you in style and color;
 - d. real men of God marry women not because of looks but because of the Christ in--beauty and dignity--a real woman of God

B. I Timothy 2:10,11:

But (which becometh women professing godliness) with good works.

Let the woman learn in silence with all subjection.

- 1. Women professing godliness - good works
 - a. announcing one's self
 - b. when they see you and you do things, they think of God
- 2. Learn to understand, study, observe.

3. Silence - quiet awareness

- a. when to speak
- b. what to say
- c. how to say it
- d. when to not speak

4. All subjection - loving obedience by proper arrangement and by deliberate decision

- a. scriptures on subjection: Romans 13:1; Ephesians 5:21ff; Colossians 3:18; Titus 2:9; I Peter 3:1ff; Romans 6-16
- b. NOW DO IT!!!

C. I Timothy 2:12:

But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

1. But I suffer a woman not to teach - is not to debate, argue with her man in public--EVER!

- a. wait until you get home
- b. then discuss it

2. In silence - is inner quiet awareness

- a. don't try to wear the pants
- b. be in subjection
- c. God built it within you
- d. when you do it - you are fulfilled and you are doing God's will

D. I Timothy 2:15:

Notwithstanding she shall be saved in childbearing, if they continue in faith and charity and holiness with sobriety.

1. Notwithstanding is "but".

2. Saved - made whole

3. Childbearing - because now she has authority over children

- a. they are subject to her
- b. she has responsibility to teach them
- c. man can't do it--he is gone or at work; mother's job to make them men and women of God
- d. examples:
 - (1) Moses and his mom
 - (2) Timothy's mom and grandmother
 - (3) Elizabeth and John the Baptist
 - (4) Mary and Jesus
- e. never, never feel condemned about time with your kids; the first five years are very important; if you raise one child to be a man of God, your life is well worth it; being a mother is getting REWARDS

VIII Leaders' Wives in Titus

A. Titus 2:3:

The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things;

1. Aged women be in behavior - according to their husband's responsibility.
2. Teach younger women.

B. Titus 2:4:

That they may teach the young women to be sober, to love their husbands, to love their children.

1. Love husbands - philanderos - from philos - friend and anderos - husband; to be their husband's friend, companion, and lover.

a. three major categories of this:

- (1) subjection
- (2) appearance
- (3) sex
 - (a) maintain a healthy sex life
 - (b) keep it hot and exciting
 - (c) spicy and variety
 - (d) it takes action and believing to meet his every need; you are his woman--take care of him at home and he won't fall into temptations

2. Love their children - philotechnon - friend of child; be your child's friend also so they can come to you when they need answers.

3. Keeper at home - guardian of the house; decorate it with love, warmth, peace and godliness.

IX. Overview: The difference between the wife of a deacon (diakonos) and the wife of a bishop (episkopos) is that the added responsibility of an episkopos are in that of personality and dealing with people. So his wife's added responsibility is one of appearance and behavior in public.

X. Conclusion: Being a wife is a spiritual job. (I Peter 3:1-4)

- A. Walk the Word; you are a witness.
- B. A meek and quiet spirit is of great price to God.
- C. You get rewards. It is a great calling.

KEEPER OF THE HOME

by Mary Ann Hendricks

Literals of Titus 2:3-5:

Likewise, teach the older women to be godly in conduct (not slanderers and not enslaved to wine), teachers of good things, that they may train [in sound thinking] the younger women to love their husbands, to love their children, to be sound minded, to be pure, to be good homemakers, to be subject to their own husbands so that the Word of God will not be blasphemed.

Women, we are to be good homemakers, workers at home, or keepers of the home! However, we are not the heads of our households! God makes that clear when He follows keepers of the home with being subject to our own husbands so that God's Word is not blasphemed. It is a beautiful art to guide the activity of the home, yet not rule the house or be head of the family. The Word is at stake. Maintain a sound mind! No price is too great!

Take control of the activities and schedule in your home. If you feel out of control, discuss it with your husband. There are always answers on how to control the home so the family can be blessed.

Helpful hints: Up early
Prayer and study
Keep self physically fit
Schedules and planning for everything!
Family Administration --
Delegation and proper arrangement
by deliberate decision

HOMES

by Mary Ann Hendricks

Throughout the Bible many significant men and women of God were raised by at least one strong believing parent who contributed greatly to their lives. Hence, God's grace and mercy were on their upbringing, training, and sequence of events in their lives. Their homes were their foundation and "nurture grounds."

Check out:

Moses	David
Samuel	Solomon
Isaac	John the Baptist
Jacob	Jesus
Joseph	Timothy

It is interesting to note that in nature an animal's home serves as a haven of protection, reproduction, nourishment, and rest. As believers, our homes serve as a haven for these same purposes; however, not only physical but mental and spiritual as well.

In our homes our families should be protected from evil and have a peaceful haven of rest from the world. Our homes provide physical nourishment; healthy foods to promote life. They also provide the mental and spiritual nourishment of The Word of God, lived and taught. In our homes reproduction also takes place; physically with new children, and spiritually with new believers.

THE CHURCH IS IN THE HOME!

Keepers of the Home

Tape of the Month - September, 1983
Dottie Moynihan

Quotes: Mrs. Wierwille: "I try to provide a cushion in my home for Dr. Wierwille."

Dr. Wierwille: "She (Mrs. Wierwille) must have been a gift from God for my life and my ministry."

I. Women are to be keepers of the home.

A. Titus 2:5 - "keepers at home"
Greek word: oikouros

B. Guards of the home - women were chosen for this responsibility.

II. What do you guard against?

A. Negatives, devil spirits.

B. Confusion, strife, every evil work.

C. Physical surroundings to be godly.

III. How to guard the home.

A. Do not be deceived by the five senses (Genesis 3:6).

B. Line up your thinking with God's Word.

Women hold positions of influence in the home. She works for the husband.

C. Spot the enemy coming.

1. Speak up when things are not right, i.e. children sick.

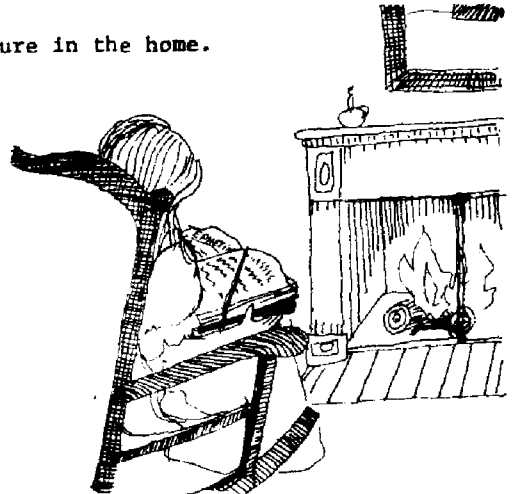
D. Do not forsake your post!

1. Fatigue - don't exhaust yourself.

A husband's sincere appreciation contributes greatly to a woman's overall performance.

2. Keep your home physically attractive and clean.

No success in life can make up for failure in the home.



IV. What are you guarding?

- A. Physical atmosphere of your home. Be sure all things are decent and in order.
 - 1. Right colors, godly artwork on walls, etc.
 - 2. Your home should be a "haven."
- B. Spiritual atmosphere of your home.
 - 1. Guard against anger, bitterness, resentment, oppression.
 - 2. Guard against the "wrong" people inside your home.
 - 3. Watch over husband's schedule - avoid conflicts.
 - 4. Think through the right timing in doing things.
- C. Set an atmosphere of peace, joy and pleasantness.
 - 1. Titus, Chapter two: Speak and think sound doctrine.

GUARDIAN OF THE HOME

She will wake up early, starting the day with prayer
Before the others will arise, her life she truly does share
Her kitchen is in order, her home is neat and clean
Keeping her priorities, what will this new day bring.

She's a guardian of the home
You have peace and rest when you're there
She never is alone
Always under God's care.

Her husband is a blessed man, giving in every way
Her children are a blessing to her, and those who care to stay
Guest towels are placed so neatly, on the corner of the bed
Your favorite things they are in reach, she's carefully
planned ahead.

Candles light the room at night, soft music fills the air
She tucks her loved ones in their beds, after words of prayer
Each day is new and different, since she asks God what to do
To bless her home and family, and help their dreams come true.

She's a guardian of the home
You have peace and rest when you're there
She never is alone,

Guardian of the home.

"Added Responsibility"
Determining Your Priorities to the Word
Nancy Burton
Word in Family Seminar

I. Single Women, Married Women, Women with Children

A. II Peter 1:3,4

1. "Realize that added responsibility will pave the way for greater capacity to produce more with learned ease and efficiency."
 - a. Women are confronted with the many phases of life they have to deal with.
 - b. If we will accept the added responsibility of husbands and children, it will become a joy to handle more and more things.
2. When a baby is learning to walk, he loses his balance, falls, and gets right back up again. He doesn't quit "getting involved." We need to develop ourselves where we are functioning at a capacity, giving our all. When we accomplish that, then we can go on to doing new things enlarging our capacity.

B. Added responsibility doesn't mean "instead of." But for a time it might be "instead of" while you're learning something new.

1. Don't judge yourself or compare yourself with others. It will always lead to condemnation.
2. Ask yourself, "Why am I doing this?" If it's to bless, your attitude will be right.
3. If you're going through a process of growth, be easy on yourself.

II. Families in the Word

A. Two extreme attitudes:

1. "It's all out ministry--I don't care about my family, I'm just going to move the Word." This attitude is an easy cop-out. It's easier to get involved without the distractions of a family. Yet it's an added responsibility to raise a family, move the Word and be flexible, handling distractions.
2. "My family is first priority and I'm going to take time out from moving the Word." Raising a family is all a part of moving the Word. We are all called to be witnesses. That never changes. You may not be as available as a single woman, but you can get involved in so many local activities, schools, etc.
I Timothy 4:15.

- B. When you're single you care about yourself. When you're married you add your husband. With your first child, you pull back, learn the ease and efficiency in that added responsibility, then jump back in again.
1. I Timothy 6:17-21
Receive what God gave you and richly enjoy your life!
 2. People who give the most, are the most blessed.
 3. People who are selfish are the most negative. Many times it is selfishness to always seek your own privacy and always do things just for yourself.
- C. I Corinthians 7:34,35 and 28,29
1. I Corinthians 7:34
 - a. A single woman is free physically and spiritually.
 - b. A married woman has the added responsibility of her husband.
 2. I Corinthians 7:35
 - a. A single woman is less distracted, yet there may come a time when she will get distracted because she's not married.
 - b. When she gets married she just takes on added responsibilities.
 3. I Corinthians 7:28 - "trouble in the flesh" means added responsibilities--increased renewed mind opportunities and mental pressure.
 4. I Corinthians 7:29 - Sometimes wives and husbands need to be separated for the work of the ministry. This is the exception and not the rule when they apply I Corinthians 7:3-5.
 - a. The primary requirement of a husband and wife is that they establish a good, solid, sweet relationship. Then they can leave each other temporarily for the work of the ministry.
 - b. The quality, not so much the quantity of time with your husband is important to maintain the one flesh.
- D. Women are naturally very giving--altruistic. God designed us this way. We get our strength, wealth, and greatness out of giving. Yet there comes a point where the woman has to get her needs met.
1. The first child takes a lot of extra work. This is the time when the husband should pay special attention to her (not necessarily the child) to bless her and keep her tender.

Some Women in the New Testament
Marcia Greene

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I. Acts

- A. 1:14 with the women (implies fellowship, union, agreement with)
- B. 9:36 woman full of good works (admirable deeds) and alms deeds (work of mercy or compassion)
- C. 12:12 house of Mary, many were gathered together praying (proseuchomai - to pray to God)
1. compare - 16:13 went by riverside where prayer (proseuchē - to pray to God) was wont to be made (customary place of prayer), women which resorted thither (were together)
- D. 16:15 Lydia said if ye have judged (separated and concluded) me to be faithful (one that believes) to the Lord, come into my house and abide there (to remain, abide, dwell, wait for), she constrained us (compelled as though by overmuch entreaty)
1. compare 16:40 entered into the house of Lydia
- E. 17:4 chief women (of the best families) believed and consorted (to assign by casting lots)
1. compare 17:12 honorable women (as in rank, euschēmōn - elegant in figure, decent, becoming, one of good condition, of reputable position) believed
2. compare II Tim.1:5 Timothy's unfeigned faith (undiluted believing, no hypocrisy) dwelt first in thy grandmother Lois and thy mother Eunice
- F. 18:26 Aquila and Priscilla took Apollos unto them and expounded (declared, to set forth) the way of God more perfectly (more accurately)
1. compare I Cor.16:19 Aquila and Priscilla had church in their home
2. compare Rom.16:5 greet the church that is in their house

II. Romans

- A. 16:1 Phebe our sister (being a sister, indicating unity) which is a servant (active servant) of the church
- B. 16:2 Phebe, succourer (helper, curator, patroness) of many and of myself (Paul)
- C. 16:3 Priscilla and Aquila my helpers (fellow laborer, co-worker) in Christ Jesus
- D. 16:4 who have for my life laid down their own necks (risked their lives): Jewish background, excommunicated from Rome because of Christian beliefs
- E. 16:6 Mary who bestowed much labour on us (laboured, to be weary, faint, to toil)
1. compare 16:12 Tryphona, Tryphosa who labor in the Lord, Persis which laboured much in the Lord
- F. 16:3 Greet (to draw to one's self, to embrace, salute, spoken of those who meet and separate)
1. compare 16:6 greet Mary
 2. compare 16:16 salute (same as greet) one another with (emanating from within) an holy kiss (kiss was and is in the East a sign of respect and affection)

III. I Corinthians

- A. 7:3 wife render due benevolence (good feeling) unto her husband
1. compare 7:34 she that is married careth (sexually plus the satisfactions of marriage, housing, children, etc.) for the things of the world, how she may please (gratify, to be pleasing and acceptable to) her husband

Ways Mrs. Wierwille and Mrs. Martindale Bless the Body
Marcia Greene

I. Expressing Appreciation, Being Considerate

A. Written Acknowledgments

1. Anniversaries
2. Bereavement, empathy
3. Births
4. Love notes
5. Special events
6. Weddings

B. Giving of Gifts

1. Births
2. Special event gatherings (Household Holidays - **candles, etc.**)
3. Weddings
4. When specific needs are spotted just to bless

C. In Conversation, to Bless

1. Always seeking out those to invite into their homes to bless by sitting and talking
2. Visiting others in their homes
3. Visiting people to bless on the job
4. Visiting people (wherever needed) to heal in heart, soul, mind, strength and understanding (*how Jesus Christ taught the apostles, disciples to love-RM*)
5. Seeking out people to bless at any gathering from meals to meetings
6. "Taking people along" with them when going someplace or doing work

II. Hospitality

A. In the Home

1. Heart of the home is approachable, tender, healing
 - a. homecare develops the heart
 1. orderly; everything has a home
 2. clean and fresh
 3. colors, paintings, wallhangings, plants, physical layout, interior decor inspired of God
 - b. believing in abundance develops the heart
 1. preventive believing (much prayer) for health in the home
 - aa. ready at all times to deal with healing of the heart, **soul**, mind, strength and understanding
 2. having the right food for the family needs and having an abundance
 3. having the proper clothing for the family (something for **every** need that arises)
 - aa. learns how to keep clothes nice, being a steward
 - bb. finds the best places to shop
2. Doors to that heart of the home are always open
 - a. open to be enjoyed, to be blessed by
 - b. open to teach and more fully instruct by example

B. Hospitable Publicly

1. Honors spiritual protocol
 - a. believes in her calling, her spirituality
 - b. believes that when her presence is needed she will be at the right place at the right time, with the right attitude
2. Reads ministry materials to stay informed so she has answers for people

III. Apt to Teach

- A. Ready to teach the Word at anytime, anyplace
- B. Can live and teach protocol (the spiritual heart and order) for meetings ranging from Twig to the Rock of Ages
- C. Can live and teach Christian etiquette mastering the social aspect of the ministry's functions
- D. Especially sensitive to the need for "special" gatherings
 1. Get all the new married couples together and bless and teach
 2. "Tea" for the wives
 3. Get all the married men together and "just talk"
 4. Have all the single men and women together for a "get to know each other" party
- E. Frequently shares the heart behind many things in the ministry
 1. Whys and wherefores of particular events or decisions
 2. Audience ranges from "one on one" situation to hundreds (at a dining room setting or on the field meeting)
- F. With an open door, always able to teach:
 1. Singles how to enjoy being single
 2. A husband and wife how to love each other **bigger**
 3. How to be God-respecting parents
 4. How to be a great son or daughter

IV. How Do They Do It?

- A. Fellowship is the Secret: It Gives:
 1. Answers to prayer
 2. Zest for life
 3. Power for abundant living
- B. The Individual Commitment
 1. Read God's Word everyday
 2. Pray for each other everyday
 3. Pray for the outreach of the ministry everyday
 4. Pray for the spiritual needs of the ministry everyday
 5. Do all that we can, verbally and spiritually, for the work of the ministry
- C. See it Big--Keep it Simple

PRACTICAL PROTOCOL
Dottie Moynihan, Mary Ann Hendricks

What is Protocol?

Protocol is nothing more than common sense rules for politeness or just plain courtesy and thoughtfulness expressed in an outward manner that everyone understands.

It tells a distinguished person that he is recognized for what he is or what he represents. Positions in our ministry represent The Word of God and responsibility before God. Protocol is important!

It is the office, not the individual, that receives honors according to various positions.

Do not overlook honored individuals without titles.

Who Attends to Protocol?

Men and women in positions must be well-schooled in protocol procedures (especially The Way Corps).

The top leader in the Region, Limb, Area or Branch should be on hand to greet the dignitary. Official recognition of a visiting high-ranking dignitary is an essential courtesy.

The planning and greeting must not be left to inexperienced persons to direct others lacking a sound background in such planning.

Serious thought and constant attention must be paid to the numerous details which although seemingly insignificant, may determine the ultimate success or failure of the planning (enhances the movement of The Word).

Important Keys in Protocol

Show an awareness of personal likes and feelings. Contact wife or aid of dignitary for a list of preferred beverages, foods, and other personal needs for backrooms of meetings and lodging in motels and homes.

Honor dignitaries according to rank.

(a) Verbal

Introductions - least to greatest

Example: Mr. Howard Allen
Dr. Donald E. Wierwille
Rev. L. Craig Martindale
Mrs. Victor Paul Wierwille

(b) Written list - greatest to least

Example: Mrs. Victor Paul Wierwille
The Board of Trustees

or

Limb Coordinator's name and
Executive Committee

High ranking dignitaries should be met immediately upon arrival.

Dignitaries should never be kept waiting by officials.

Select a "Household Hospitality" Committee. You can't be a one man band!! You must have knowledgeable people to rely on.

Escorts/Corps Buddies should be selected with the individuals' needs in mind (need for babysitter, secretary, etc.). They should accompany the individual from one event to the next. The escort should be well informed and a resource for information.

Other guests traveling with leader properly cared for. They are automatically your guests to serve. Be flexible and lovingly accommodating for unexpected guests.

Learn proper titles for introductions.

- (A) The First Lady of The Way International, Mrs. Victor Paul Wierwille
- (B) The Board of Trustees:
 - (1) Our President, The Rev. Mr. L. Craig Martindale or Rev. L. Craig Martindale
 - (2) Vice President Dr. Donald E. Wierwille
 - (3) Secretary-Treasurer Mr. Howard Allen
- (C) Use of Reverend:
 - (1) Formal letter (envelope and letterhead) or verbal introduction
 - (a) The Rev. Mr. John A. Smith or Rev. John A. Smith (Never "The Reverend" John Smith)
 - (b) The Rev. Mr. and Mrs. John A. Smith or Rev. and Mrs. John A. Smith
 - (c) NEVER Rev. John and Mary Smith!
 - (d) If both are ordained: The Reverends Mr. & Mrs. John Smith
 - (2) Less formal situations
 - (a) Rev. John Smith
 - (b) Rev. & Mrs. John Smith
- (D) Men:
 - (1) Use "Mr." if "Rev." or "Dr." not required
 - (2) Never address on a letter or introduce a leader as simply "John Smith"
- (E) Women:
 - (1) Use "Miss" if never married, Miss Mary Brown
 - (2) Use "Mrs." in three (3) situations
 - (a) Married: Mrs. John Smith, NEVER Mrs. Mary Smith
 - (b) If divorced Mrs. Mary Smith
 - (c) If widow Mrs. John Smith
 - (3) Introducing women with Mrs.:
 - (a) Mrs. John Smith, Mary - less formal
 - (b) Mrs. John Smith - formal situation

Presentation of Gifts. It is a good idea to find out a need or preference. Wrap the box top separately so that it can be easily presented.

There Must Be a Plan:

If you have a detailed plan of the visit, then it is simple to deviate. If the plan is not detailed, then variation is very difficult. The schedule should be prepared in light of time available, purpose of visit, and physical limitations.

If a guest has a heavy "touring" schedule, pay close attention to physical care:

1. Rest
2. Clothes cleaned
3. Hair appointments, nails groomed
4. Proper diet
5. Exercise
6. Children (needs child care)

Prepare a basic schedule for the guest containing:

1. Daily activities, schedule
2. How he will travel
3. Appointments
4. Corps and Wow lists for the state
5. Names and addresses of key people so he can write thank-you notes
6. City map

Completed itinerary should be prepared for committee members responsible.

PLANNING CHECK LIST

- ___ 1. Location chosen for arrival reception.
- ___ 2. Terminal notified of special services requested.
Special baggage handling vehicles allowed in restricted areas.
Members of reception committee allowed in restricted areas.
Airport security alerted to the arrival and procedures (welcome banners and posters).
- ___ 3. Reception Committee
Limb coordinators
State Executive Committee and wives
Local Branch and Twigs
- ___ 4. Transportation
Type and amount of transportation determined and arranged.
Drivers briefed on destinations and travel routes.
Arrangements made for a special vehicle to transport baggage. (This vehicle should not attempt to join motorcade.)
- ___ 5. Special Gifts
Gifts to be presented selected. Identification of person who will make the presentation. When gifts include flowers, present with blossoms towards receiver's heart.

- _____ 6. Lodging
Limb coordinator's home (or Branch/Twig/motel if necessary).
Comfortable room (neat, clean, towels, Kleenex, snack,
proper lighting, proper heat, waste basket, space in
closet, coat hangers, alarm clock, candle, incense, soap,
shampoo).
Quiet study area (desk, desk supplies, cassette recorder).
Secretary if possible (someone to type, run errands).
Flowers and welcome note in room.
Name card on door.
Inform guests of "House Rules." Inform people who live
with you of courtesies for guests.
- _____ 7. Arranging Appointments
Tentative schedule developed.
Individual appointments confirmed.
- _____ 8. Photography coverage arranged for highlights of trip.
- _____ 9. Departure
Arrangements for transportation.
Luggage.
Special waiting facilities if needed.

Upon arrival, take the guest's coat, ask them if they would like
to be seated, and offer drink and food.

Remember - hostessing is to BLESS, not IMPRESS ! (Dorothy Owens)

BACKROOMS

- (1) Keep them nice but not too lavish.
- (2) Wear a skirt or dress; be quiet, but assert yourself
to serve.
- (3) Have available the beverages and snacks that would bless
the individuals.
- (4) Keep a lot of "traffic out".
- (5) Practice pinning on boutonnieres and corsages before you
actually do it.
- (6) Have Kleenex, ashtrays, pens, pencils, paper, 5x8 cards,
3x5 cards, research books, brush, comb, hair spray, mints
and lemons.

References:

Lott, James. Practical Protocol
Vanderbilt, Amy. Amy Vanderbilt's New Complete Book of
Etiquette.

Read and master this book:
Owens, Dorothy. Christian Etiquette.

Serving Guests at Meals
Janie Gray F10

1. Obtain list of specifications from the person in charge.
(person overseeing the dinner, coordinator, etc.)
2. Determine protocol (ask leadership if necessary).
3. Find out special needs for V.I.P.'s.
 - a. ask wife or aid
 - b. Keep a written list for reference
4. Dress according to occasion.
 - a. never outdress or overdress, (dress, skirt and blouse - women; slacks, shirt - men)
 - b. wear clothing that is comfortable and functional
5. When serving always keep an eye on your hostess of the table
6. Serve from the right and remove from the left
7. When serving coffee or other drinks always face the person being served - hold glass or cup with your right hand and pour with the left.
 - a. never pour close to someone
 - b. never pour anything hot over top of children
 - c. serve coffee with at least an inch allowance for cream
8. Anticipate the needs of your table before they ask - believe God to show you specifics.
9. Stay peaceful and gracious in your attitude and it will carry over in your service.
10. Master Christian Etiquette, Dorothy Owens.



How to be a Good House Guest
Dottie Moynihan

Helpful Hints;

Let your host know when you will be arriving, (date, time, and means of transportation.) If you're late call the host.

Never anticipate problems.

Note the habits of the household. Try not to interfere with normal routine of the family..

Allow the host family some privacy.

Offer your help where you can-do not force it.

Do not bring PETS.

Do not monopolize the telephone. When using the phone keep track of all your charges and pay for them before leaving.

Eat and drink what is prepared for you and be thankful.

Smoking should be done on permission and if no ash-trays are out don't even ask.

Do not allow yourself to get negative on physical conditions.

Keep your room tidy and in order.

Look to give.

When you pack to leave, be sure you have all your belongings.

Gifts are not always necessary, but it is nice to bring a gift on your arrival.

Always send a thank-you card one or two days after leaving. A gift when leaving might be appropriate.

DEALING WITH EARTHLY FAMILIES
Mary Ann Hendricks

Luke 9:58-62:

And Jesus said unto him, Foxes have holes, and birds of the air have nests; but the Son of man hath not where to lay his head.

And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.

Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God.

And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house.

And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

Mark 13:12,13:

Now the brother shall betray the brother to death, and the father the son; and children shall rise up against their parents, and shall cause them to be put to death. And ye shall be hated of all men for my name's sake: but he that shall endure unto the end, the same shall be saved.

Matthew 12:48-50:

But he answered and said unto him that told him, Who is my mother? and who are my brethren?

And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren!

For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother.

Ephesians 5:30,31:

For we are members of his body, of his flesh, and of his bones.

For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

1. If they are believers, be thankful!
2. We are not insensitive or unthoughtful to our earthly families. Love with the pure love of God.
3. We do our best for them by prayer, ministering the Word, communications, and visits.
4. Our commitment to God, the ministry, our marriages, our ministries, our rewards, and our children's sound minds should not be altered by families' desires.

5. There are situations which allow for profit in living nearby.
6. If their presence is detrimental, then we must use great wisdom in communication. One of the adversary's most successful shots is through earthly families.
7. We should never be deceived into an unawareness that we are deriving much emotional fulfillment from them if they are not believers.
8. Grow in "spirit is thicker than blood!" Look through spiritual eyes! You won't allow yourself to be as hurt. Grandchildren can soften grandparents' hearts. Don't allow that to blind your spiritual eyes.

ON DEATH AND GRIEF

On Death

After all God did for Adam, after all God's desire to fully share with Adam, Adam blew it. God had to let Adam die so that eventually He could get mankind back again.

Death will be the last enemy to be destroyed, or "annulled" as the Greek says. Our corruption will become incorruption, and our mortality will become immortality (the way God wanted us to begin with).

We as believers will be asleep, but we will never perish or be destroyed.

Jesus Christ, to redeem us, had to experience everything we do. The fact that he even experienced death and got up again gives us our Hope. We have hope because Jesus Christ already conquered death.

On Grief

It is a valid emotion, not unrenewed mind or "off the Word."

Grief takes the whole Body of Christ to overcome. It's a time when the believers can "move in" and really heal the wound. When Jesus Christ was hanging on the stake, near death, he spoke to a disciple. He told the man to care for his mother, and even called the man Mary's "son." From that day forth the disciple took Mary into his own house. After Jesus Christ had taken care of her heart and made sure she would be looked after in her grief, he died. Talk about detail!

ON DEATH AND GRIEF

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Grief is legitimate and natural; despair is not. We miss the dead person, but we are not in despair. We don't "bottom out" because of it. Death produces an incredible mixture of emotions, and they move fast and furiously through a person's mind. There is anger at the person for dying, there is regret at things you didn't do before they died, there is fear of the future, a hollow feeling of loss, resentment that it is happening to you. Death definitely has a sting.

There will be a myriad of different ways of expressing grief. A person will react one way when the death is of an 85-year-old relative who was gradually growing weaker over the last few years. He will react another way when it is the death of an 18-year-old boy in a car accident. Most people have no idea how they will handle death or what to expect. Most of the "onlookers" have no idea how to handle the person who is grieving.

There may be initial shock after a death when the person affected does not really believe it's true. He may feel nothing at all. Sometimes physical reactions take place: dizziness, dryness, no appetite, etc. There are also symptoms of shock.

After a period of time it is necessary that the person accept the death and move on. They need to reorganize everything in their lives. That's when they could use a lot of companionship; after the reality hits that the loved one will no longer be there.

It is said that grief may take a year to overcome. The bereaved person has to live through one time without the loved one. For instance, one has to live through a Christmas, birthday, Fourth of July, autumn, etc., without the loved one.

A person who loses a loved one needs people around immediately to take over the details of funeral, clothing etc. However, in several weeks the loneliness will be much worse, and that's when the friends cannot forget to keep calling, offering help, etc. The Body of Christ is essential.

It is often helpful to keep the bereaved one very busy. If they have something to do, they can't think too long and get too morose.

At some point the bereaved one will have to face the house, or the drawer full of clothes, or the car, or the bedroom of the one who died. It is often nice to have a companion when those things have to be faced.

As a believer there is nothing which comforts except the thought of the Hope. I don't think it's possible to overemphasize that the believer will rise again and we'll all be together in the gathering. That is the comfort, and God is the Comforter. He will work comfort in the person's heart. You don't have to have the perfect words to say, just be there. God will work things inside the bereaved one to teach him and to give him hope. But, the presence of a believer is indescribably valuable.

The one remaining has to realize that his life is important to God as an individual; there is no sense in clinging to the past and the one who died. You have got to move on.

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Often grief will be like a wave. It is overwhelming for a half-hour, and then it disappears. The person will be perfectly fine, and then seemingly for no reason, collapse into tears. Then, as suddenly, it will be peaceful again. Grief has to work in waves; death is too big to accept all at once. It's got to make sense slowly. Often one accepts death just a little at a time.

ON DEATH AND GRIEF

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The one who has lost someone close may find relief in discussing the details of the death. Don't panic or try to get them not to talk about it. How else are they going to admit to themselves that the person is gone? They've got to hear themselves say it at some point. Talking about the details is not morbid (within reason), it simply helps convince the person that the death really happened. It's dangerous when someone withdraws and won't discuss it; it may be that they are trying to ignore it.

For those around the bereaved--DON'T AVOID THEM! The person needs you there, don't be afraid to say something. They need to know they're loved, and even more importantly, that the one who died was loved.

It helps if the bereaved one has to give. Get them out of themselves. Leadership should be there, and the leadership should emphasize the HOPE.

The bereaved one is oddly vulnerable and disorganized. He might say and do things you'd never expect from him. Don't be shocked, be steady. He might confess things to you which you never expected, or he might have really irrational behavior. It's best to be there, accept it, give comfort where you can, and then bury the whole thing. Forget what they've done or said. They probably never would allow themselves to be that way normally. Pressure and grief bring out weird things in people. Many have said that after a death of a close person, they have come the closest to possession as ever in their lives. They get (may get) thoughts of suicide, or other strange things. Don't panic, just be there with your love and the Word.

Preach the Hope, be sensitive, and walk by the spirit.

Words of Wisdom
Mary Ann Hendricks

Loins - commitment
Heart - preparation - living your life in the Word
Feet - action center of will

Apply these in your marriage and family situations (Ephesians 6:14,15)!

If you're doing your best (operating principle) in an undesirable situation and things won't break or change, it could be very spiritual!! Use the name of Jesus Christ, pray in detail without ceasing (Ephesians 6:18), and know that God can change that situation. You exercise--He energizes. This is for situations in marriage, children's behavior, sex life, leadership problems--all of your concerns! If you pray about something, you've got to be willing to do what it takes for the action.

Life is a series of changes--one after the other! Be wise and endeavor to not put yourself through too many at the same time! Examples: 1) new marriage 2) pregnancy, new baby 3) moving 4) new job 5) grief period

Some of these combinations are unavoidable and we do the best we can! Some of these with wisdom are avoidable. Be kind to yourself. Your body literally needs time to bounce back, not just your mind.

Our lives should not always be a "whirlwind," especially when our children are younger and need our presence more. When we do have those extremely busy weekends or are out of town for a while, then we should pull back for a short season to reset the heart of the home, spend special time with our children, and reorganize.

When you are moving or changing a lot (Rock of Ages, Corps Week, etc.) be very kind to yourself and each other. Avoid fights! Realize that you control irritability. The world is not coming to an end! Practice Philipians 4:5: "Learn by experience forbearance, or patience, or self-control toward all men for Christ is in us."

When we leave our children with "babysitters" we should believe that all concerned are in God's protection and pray for them often. However, we should "fully instruct" our "stewards" of every detail of safety, food, sleep, cleanliness, and schedules.

Endeavor to grow in being a master of priorities: the Word, fellowship, husband, children's needs of attention, schoolwork, etc., ministry work, housework, secular work.

A woman's love, believing, prayer, and support can make a "medium man" great. Do everything in your power--it'll come back to you!

Be patient with yourself when you change responsibilities. At first you will feel "spread thin." Don't try to do everything full force. Push in your longsuits and the urgent needs. Gradually build your "shortsuits." You will build a balance overall to be able to do everything, if you desire. Getting your home and family settled first is priority but not to the point of not moving ahead spiritually.

We're not social workers--we're Word workers! We are ministers, governments, and helps!

No success covers for failure at home.

No matter what we do or what is demanded of us, our families and home must be covered par excellence! God will provide!

Never criticize (especially openly) the leadership which preceded you in a location. Sometimes we need to take a stand on wrong doctrine which is hurting God's people.

People can do a lot of influential things, but nobody can make you not love God, His Word, and His people. Love never fails!

One reason so many women have a difficult transition into marriage and motherhood is that their mothers did not raise them according to the belief that being subject to a man, keeping a home, and bearing children are honored privileges and fulfilling arts. Our "career woman" generation influenced us perhaps even more than our mothers. Our daughters can be raised to be wives and mothers, even if they do have a college degree!

REFLECTIONS OF A SUCCESSFUL FAMILY CORPS GRAD WOMAN:

As we, as wives and mothers, proceed from the peaceful hallowed doors of our Corps location, we must continue to recall the principles we have learned in our Way Corps training and put them into practical use with our family and our ministry responsibility.

You are the only you that God has. There are peoples' lives that you can touch like none other. There are situations that you can handle, that need your insight and guidance.

When I first went out on the field after Corps graduation, there was a tendency to quickly shift all questions, situations, problems, etc., to my husband. It was subtle fear. I was feeling no identity, no purpose, no confidence. A few months later, when I presented a situation to my leadership he told me that "I" needed to get dependent upon God, not my husband. My husband would not always physically be there to run to, but God is always there.

This humiliated me and greatly inspired me to allow the real me to blossom. I was determined to have my relationship with God flourish like never before. I jumped into every situation I could get involved in to help. My confidence and trust in God became solid. And of course in turn this blessed and helped my husband in a great way to aid him in his responsibility.

Our families are never a hindrance, but an asset in serving. We need to periodically look at our priorities and goals, re-evaluate to make sure our attention is focused at each thing for the appropriate amount of time.

Continue to walk with God and live a spiritual lifestyle. The world needs you but don't slip into living it's "set-up" lifestyle! Let the real you shine!

RECOMMENDED READING LIST

Category I

Books

Living, Loving and Learning, Leo Buscaglia, Ph.D.
Competent to Counsel, Jay E. Adams
The Christian Counselor's Manual, Jay E. Adams
Lectures on Counseling, Jay E. Adams

Heart Magazines

Aug/Sept 83 -- He Sent His Word and Healed Them

Way Magazines

Jan 75 -- The Asperations of A Woman of God, Mrs. Wierwille
July 75 -- Her Candle Goeth Not Out, Nancy Burton
Oct 62 -- A Housewife and Healing in the Home, Mrs. John Chamberlin
Mar 74 -- The Virtuous Woman, Stanley Reahard
July 73 -- Who Can Find a Virtuous Woman, Stanley Smith (Reahard)
Jan 81 -- A Touch of Compassion, Vince Finnegan

Way Magazines (Orientalisms)

Mar 76 -- Esther, Bo Reahard
May 68 -- Ruth - Naomi, Bernita Jess
Jan 75 -- Ruth - The Story of the Kinsman Redeemer, Bo Reahard
Nov 66 -- 10 Pieces of Silver, K.C. Pallai
June 63 -- 10 Pieces of Silver, K.C. Pallai
Dec 67 -- The Covenant of Salt, Bernita Jess
Nov 75 -- The Covenant of Salt, Bo Reahard
Jan 70 -- The Samaritan Woman, Bernita Jess
Oct 62 -- The Woman at The Well, K.C. Pallai

Tapes

Sunday Night Service Tapes:

#653 -- The Virtuous Woman, Dr. Wierwille, 1/6/74
#1083 -- Ephesians 5, Donna Martindale, 8/17/81
#1010 (Part 2) -- Admonish in Love, Nik Maxson, 3/23/80
#891 -- Mary, The Mother of the Man, Jesus, V. Finnegan, 2/11/77
#1069 -- Mother's Day '81 -- Ruth, Dr. Wierwille, 5/10/81

Tape of the Month:

A Merry Heart, Mrs. Wierwille, 4/84
Lifestyle of a Believer, W. Cummins, 4/85

Misc. Tapes available at Headquarters:

Loving, Wanda Wierwille
Integrity of Proverbs/The Crown, Cookie Lofstedt

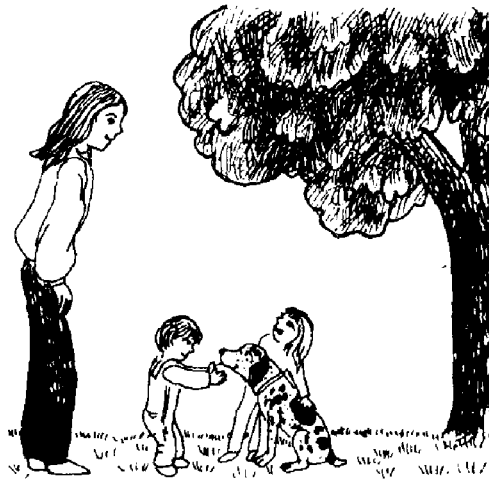
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Misc. Tapes Con't:

Timothy -- Brother, Sister Relationship, Duke **Clarke**
Nouthetic Counseling, Stanley Reahard
Christian Counseling, S. Reahard & B. Decker
Nouthetes, John A. Lynn
Compassion, V. Finnegan
Confrontation, R. Dubofsky
Pride, D. Bedard
Heal Through Loving, Dr. Wierwille
Human Relations, W. Cummins
Christian Healing: A Right and Responsibility, W. Cummins
Believe in Yourself, V. Finnegan
Leaving No Room For Bitterness, N. Townsend
Decisions, V. Finnegan
You Can Change, B. Olsen (Decker)
Love is Giving, S. Reahard
Way Corps Camp 1976 -- Healing (13 tapes)
Women's Advance in Emporia

Research on the following topics is taking place at the
Way International and will be released in the future:

1. Emotions
2. Color
3. The Best and Most Complete Diet
4. Protocol
5. Divorce



SECTION II

Marriage

Ephesians 5:21,22; 30-33

- 5:21 A slave lovingly but absolutely obedient, by his own deliberate decision of his will, to each and every other believer in the same love wherewith Christ loved.
- 5:22 Wives by your own deliberate freedom of the will (you got married) be a loving, obedient, absolute doulos to your husband as he is your Lord.
- 5:30 Because we are individually important member of Christ's Body who is the head of the Church
- 5:31 Because of this the man will leave his father and his mother and will be intimately joined together and cleave to his wife and the two will become one flesh
- 5:32 This mystery is great but I am speaking about the Christ the head of the Church of the Body, like the husband is head of the wife.
- 5:33 So it is, you also, all, will so love your wife, even as yourself, and the wife will have a profound respect, admiration and affection of you as her husband.

(Expanded literals according to usage)



ON MARRIAGE

I Timothy 3:12: (Literal)

Let the ministers be husbands of one wife, diligently ruling their children and their own households.

Proverbs 5:18,19:

Let thy fountain be blessed: and rejoice with the wife of thy youth.
Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.

Proverbs 12:4,5:

A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones.
The thoughts of the righteous are right: but the counsels of the wicked are deceit.

Proverbs 14:1:

Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

Proverbs 18:22:

Whoso findeth a wife findeth a good thing, and obtaineth favour of the Lord.

Proverbs 19:14:

House and riches are the inheritance of fathers: and a prudent wife is from the Lord.

WIVES OF THE MEN OF GOD

There is one person in the Church
Who knows the man of God's life.
She's wept and smiled and prayed with him
And that's his loving wife.
She knows the prophet's weakest point
And knows his greatest power.
She's heard him speak in trumpet tone
In many great triumph hours.
She's heard him groaning in his soul
When bitter raged the strife
As hand in his, she believed with him
For she's the man of God's wife.
The crowd has seen him in his strength
When holding forth God's Word.
As in his soul God's power surged
He faced the Devil's horde.
But she knows deep within her heart
That scarce an hour before
She helped him pray for God's own strength
Behind a fast closed door.
You tell your tales of prophets brave
Who walked across the world
And changed the course of history
By burning words they hurled.
And I will tell you, how, back of them
Some women lived their lives.
Who wept with them and prayed for them
They were the men of God's wives.

"Unique Relationship of Marriage"
by Rev. L. Craig Martindale

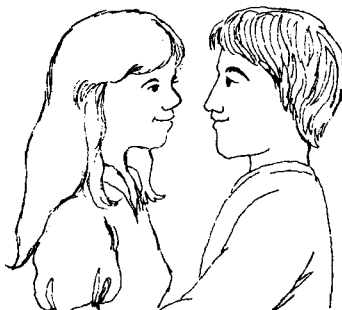
- I. The marriage ceremony is done as a public proclamation to the Body.
 - A. This man and woman have made a commitment before God to uphold the principles set forth in Ephesians 5.
 - B. It is a distinct and unique relationship within the Body of Christ.
 - C. To understand the basic principles of what Ephesians 5 really says,
 - 1. Understand to whom it is addressed.
 - 2. See the context in which this particular section is set.
- II. In God's Word the number 2 has two basic meanings.
 - A. It stands for division, where there are conflicting opinions and conflicting standards.
 - B. From the positive vantage point, 2 represents conclusiveness.
 - C. The number 2 means that something is established.
 - D. In the Word, we see many examples of where pairs of believers cause great things to take place.
 - 1. In the Old Testament Moses and Aaron were a pair as were David and Jonathon.
 - 2. Jesus Christ sent out the 12 and the 70 by pairs.
 - 3. Paul ministered with Barnabas, with Timothy, and with Silas.
 - E. Disciplined believers walking together cause great impact with God's Word.
 - F. Marriage is a very unique relationship in life that God has made available.
 - 1. It can become one of the most powerful pairs in all of life.
 - 2. A husband and a wife, agreeing on the will of God in a particular situation, can move mountains.
 - 3. They can move the Word of God even greater than they were able to do as single entities.
 - 4. Marriage is to be an asset, not a liability.
- III. Ephesians is the greatest revelation given to the Church.
 - A. It's the absolute apex of what life can be in this administration.
 - B. It's based on Romans--its prerequisite.
 - C. It identifies us with:
 - 1. The resurrection.
 - 2. The quickening to the heavenlies.
 - 3. Being seated at the right hand of God in Christ Jesus.
 - D. Eph. 1:1 tells us who is addressed specifically.
 - 1. To the saints.
 - 2. To those faithful to walk in alignment and harmony.
 - a. Literally this phrase means "faithful in service in Christ Jesus."
 - b. This is the context that Eph. 5 is set in.
 - c. You become faithful in Christ Jesus by doing what Romans says.
 - d. Ephesians does not open to the believer who as of yet is not faithful according to what the book of Romans says.

- IV. Ephesians is broken into two major components: doctrinal and practical.
 - A. The doctrine is the basic statement of principle. Eph. 1-3.
 - B. The practical is carrying out the principles. Eph. 4-6.
 - C. Each of these sections are broken down into 7 branches--you've got the perfection of the doctrinal walk and the perfection of the practical walk in Ephesians.

- V. Ephesians 5
 - A. It's the 4th branch on the practical side.
 - B. It is the biggest branch, running from Eph. 5:1-6:9.
 - C. The title of this branch is "The walk in love, the walk in light, and the walk circumspectly."
 - 1. Eph. 5:1-2. Walk in love.
 - a. Some details of this walk in love. Eph. 5:2-7.
 - b. Contrasted with certain things of the flesh.
 - 2. Eph. 5:8. Walk in light. The walk in light specified and set forth. Eph. 5:8-14.
 - 3. Eph. 5:14. Walk circumspectly.
 - 4. The order of these words is perfect.
 - D. The walk in love has to precede everything else.
 - 1. It is the most basic standard of the walk. I John 5:2-3.
 - 2. The most basic attribute of love is that we keep His commandments. I John 5:3.
 - 3. Love does what the Word says.
 - E. Once I walk in love, then God can turn on the light spiritually. Then I can see something. I can walk circumspectly.
 - F. Circumspectly is the Greek word akribos.
 - 1. In profane Greek literature this word is used to describe a mountain climber ascending to the peak of the mountain.
 - 2. It's a walk of precision, exactness, discipline, of great ability and great finesse.
 - G. In this section we see the three basic relationships of any believer's life:
 - 1. In Eph. 5:22-33 the marriage relationship is set forth.
 - 2. In Eph. 6:1-4 the children and the parent relationship is specified.
 - 3. In Eph. 6:5-9 the employer-employee relationship is set forth.

- VI. The specified instructions about marriage must be the details of how to walk in love, light, and circumspectly in a marital relationship.
 - A. If the attitude and heart of the husband ever wanes or disintegrates from the great heart of faithful in Christ Jesus, what Ephesians 5 says is not available.
 - B. Women who want to continue to walk in what Ephesians 5 says to do have to keep themselves faithful in Christ Jesus.
 - C. 5:21. Specifically addressed to the whole Body of believers--the believers are to submit themselves to each other.
 - D. 5:22 Specific statement to wives.
 - 1. She must be a committed believer.
 - 2. Submit is the same word as in verse 21.
 - a. Literally means loving obedience by proper arrangement and deliberate decision.
 - b. Not available in the marriage relationship for the husband to submit.
 - c. If a woman is faithful in Christ, she's already been submitting in the fear of God. Eph. 5:21.

3. The man is to love every believer with the same quality of love as he loves his wife.
 4. In a marriage relationship an added responsibility is taken on to love in a distinct, unique way in manifestation.
- E. 5:23. The husband is the head of the wife.
1. He makes the final decision on a particular situation in any category.
 2. The husband should listen to his wife's opinions.
 3. It's a companionship so each should listen the other out.
 4. It's the husband's responsibility to see that the relationship is whole, vital, alive physically, spiritually, and mentally.
 - a. What Christ did for the Church is what the man is to do for the wife.
 - b. The wife's perspective is what the Church does to honor and love Christ.
- F. 5:24. The husband is to give the wife something to look to.
- G. 5:25. The husband is to love the wife whether she does her job or not.
1. Likewise the wife is to love her husband.
 2. God has set this up in a beautiful meshing relationship between two committed people.
- H. 5:26. The husband is to sanctify and cleanse the life of the wife via the Word.
- I. 5:27. The husband is to promote life, vitality, strength and wholeness in the life of the wife.
- J. 5:29. "...but nourisheth and cherisheth it,"
1. The word nourisheth means to bring up to full maturity.
 2. The word cherisheth means to warm and incubate by love.
 3. This is the husband's job.
 4. A wife will submit to a man that treats her like that.
- K. 5:31. The one flesh doesn't happen at one point in time. It's a developmental relationship.
- L. 5:32. The real reason for the husband and wife statement set in the Word.
1. The husband and wife statement is an analogy to show the Body of believers how they should love one another in the walk in the household.
 2. In a practical sense it means that the marriages in the household should be the example to the rest of the Church as to how they should love one another.
 - a. The marriage should set the standard of the heart, the quality, the genuineness, the forgiveness, the beauty, and the tenderness of the love manifested from a husband to a wife, and a wife to a husband.
 - b. The marriage is to show what the Mystery is in action and in reality so the rest of the Church can walk in the greatness of it.



MARRIAGE - THE WELDING TOGETHER OF TWO BELIEVERS

The definition of weld per the American Welding Society (AWS) code D1.1-84 is:

weld - a localized coalescence of metals or non-metals produced either by heating the materials to suitable temperatures, with or without the application of pressure or by the application of pressure alone, and with or without the use of filler metal.

Webster defines the following words:

coalesce - 1) to grow together; 2a) to unite into a whole: fuse; 2b) to unite for a common end: join forces.

fuse - to blend thoroughly by or as if by melting together: make indissolubly one.

The process of welding is used to join separate pieces of base metal together, thus producing a joint between the pieces resulting in a single weldment or assembly which is more useful and functional than the separate pieces. While the joint may be designed to be stronger than the base metal, the assembly as a whole is no stronger than its weakest component. In order to assure the highest probability of high quality, durable and functional assembly, it is essential that an approved procedure be followed and that certain requirements be met. These requirements and recommendations are stated in the AWS Structural Steel Welding Code.

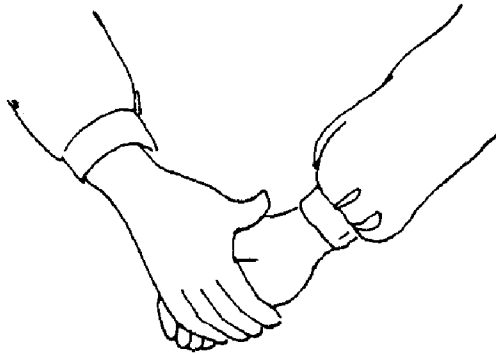
An analogous situation exists in the case of marriage between two believers. The institution of marriage is used to join two separate believers together, thus producing a couple which is more useful and functional than the two believers separately (e.g., producing and raising children, moving God's Word from generation to generation). The strength of the marriage will essentially be determined by the strengths of the man and woman and how well they work together and compliment each other. In order to assure the highest probability of a successful, productive, and lasting marriage it is recommended that certain requirements be met and certain rules be adhered to. In order to find out what God's design was it is best to go directly to His Word.

A general condition for good welding, as stated in AWS, is that it should "not be done when the ambient temperature is lower than 0°F, when surfaces are wet or exposed to rain, snow, or high wind velocities, or when welders are exposed to inclement conditions. The analogous situation would be that marriage should only be considered when the timing and conditions are right and not as a means of escape or a matter of convenience. I Corinthians 7:9,33-35 says "...if they cannot contain, let them marry: for it is better to marry than to burn. ...he (she) that is married careth for the things of the world, how he (she) may please his (her) wife (husband). ...that ye may attend upon the Lord without distraction."

It is also advisable that the base metals be similar and compatible. One would not ordinarily weld steel to aluminum. II Corinthians 6:14 says "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness and what communion hath light with darkness?" Ephesians 5:28,31 says "So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh."

Another important area of welding is the preparation of the base metal. AWS states that surfaces "...to be welded shall be smooth, uniform,... free from loose or thick scale, slag, rust, moisture, grease, and other foreign material that would prevent proper welding or produce objectionable fumes." Ephesians 5:2-11 says "...walk in love,...fornication, and all uncleanness, or covetousness, let it not be once named among you,... Neither filthiness, nor foolish talking, nor jesting,...for because of these things cometh the wrath of God upon the children of disobedience. Be not ye therefore partakers with them. ...walk as children of light: And have no fellowship with the unfruitful works of darkness, but rather reprove them."

If the proper conditions do not exist or all of the requirements are not met, it is very possible that discontinuities (defects) will occur in the weld or cracks may develop. It is possible that without proper precaution the base metal may be adversely affected. When defects occur, the weld may be repaired by following a repair procedure. You must remove the bad portion and get back to sound metal (God's Word). From there you can build again until the weld is completely restored whole and you are once again back in fellowship with Father. Above all remember Philippians 2:13-15 "...it is God which worketh in you.... Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world."



THE ART OF FOLLOWSHIP
(OBEDIENCE & ETERNAL VIGILANCE)

Subtitle: "Girls into Women/Women into Women of God"

by Donna Martindale

I. Eph. -- written to the faithful in Christ Jesus

- A. Every principle that is required in being an excellent leader, wife, mother are taught in The Way Corps
 - 1. Our responsibility is to learn, grasp, assimilate, and plug in the principles with whatever responsibility, hat, or specific calling we're involved in
 - a. hat = play many different roles and responsibilities (e.g. teacher, mother, wife, etc.)
 - b. song -- "Let My Life Tell the Story"
- B. Being faithful in Christ is a prerequisite if you're going to be Corps
 - 1. Everything Eph. has to say, we're suppose to be there
 - a. Church Epistle --written to born again believers
 - 2. Way Corps -- watchdogs, guards, vanguards of the Mystery
 - a. Eph. holds the mystery so we should have mastered these principles
- C. Eph. 5:1
 - 1. "Be" -- means "just"; it's as manner of life, a life-style. Relax and be; don't get all uptight. It's how you are -- everybody loves a different way. Don't have to be like someone else. Be yourself.
 - 2. Be followers or mimics
 - a. being a follower of God is the coolest thing you could ever be
 - 3. As dear children -- pure hearted
 - a. e.g. kids like to dress up and mimic Mom & Dad -- nothing better than to be like them
- D. Eph. 5:2
 - 1. Walk in love
 - a. according to God's Word, there is a certain way to love
 - b. pressure is taken off when find out can love according to the Word -- don't have to figure out how to love
 - c. what you think about someone else's love doesn't make any difference or visa versa
 - d. definition -- "Walk in love, as Christ also hath loved us, and hath given himself for us"
 - 2. I John 5:2 -- defines what love is
 - a. keep his commandments -- one of the first great prerequisites to being a great follower. If you're going to be a great leader you've got to be a great follower because you'll know what it takes to follow
 - b. loving God is keeping His commandments which means to obey

II. Obedience

- A. Definition for obedience -- John 2:3-5
 - 1. Greek word -- upakoe
 - 2. Obedience means a hearing attentively or listening; hence, obedience as the result of attentive hearing.
- B. Obedience is a foundational principle to followship
 - 1. If you want to be a great leader, wife, mom, etc. master the art of followship
- C. John 14:21
 - 1. Obedience is the red thread to loving God and walking in love
 - a. Love is obeying God and keeping His commandments
 - b. If you want to know how to be a great lover, keep/obey His Word/Commandments
 - c. A great lover isn't that you hug every person or always nice to all

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- D. Ecc. 12:13
1. If can do this, have got it made
 - a. It's a whole thing. There isn't one sentence that will totally change your life to be a perfect woman of God
 - b. Eph. 5:2 -- "in" is "totally engulfed in love" -- become totally engulfed in love or walking in love -- by keeping, or obeying His commandments
 - c. Dr. Wierwille was the master at teaching to do exactly what was said -- no more, no less -- the principle of obedience in the smallest things
 - E. Obedience can be practiced all day long -- in keeping God's commandments, obedience to your leadership, to the usher, your boss, etc.
 1. If you can't take orders from people, you can't take them from God because God whispers a lot softer than people
 - a. swallow your pride long enough to just listen to people and do what they tell you to do. Not afraid that leadership's going to burn you.
 - F. God doesn't ask you to do anything as a wife or mom you haven't already supposedly learned as a believer (Eph. 5:21-22).
 1. Body of Christ -- submitting yourselves one to another in the fear of God -- you make a decision and decide to obey
 2. Wives submit yourselves (V. 22) -- by loving obedience by proper arrangement and deliberate decision
 - a. to your own husband
 - b. proper arrangement means individual arrangements -- how you live, not necessarily how you're suppose to live. One of the biggest tricks in the ministry is comparing. It's your arrangement with God in light of where you are
 - c. whatever your arrangement is in life (i.e. wife/mother) just literally plug into that as much as you have learned to obey in the smallest things
 - d. always work on doing what your husband says to do because that's your proper arrangement
 3. So much of your life is wrapped up in everyday things -- how much are you obeying every day? (e.g. the usher, leadership, etc.)
 - a. Practice obeying God by obeying your leadership and keeping his commandments and you will become better and better at revelation; at obeying God
 4. Women in America are not raised to obey (husbands, God, a leader, etc.)
 - a. learn the habit of attentively listening, then do/keep His commandments
 - b. The epitome of being a believing believer (Eph. 5) says the foundational key is walking in love which means to keep His commandments
 - G. Adam didn't obey God and you and I are still eating it today (Ro. 5:19)
 1. "So by the obedience of one shall many be made righteous"
 - a. Your life is the same way because it's Christ in you
 - b. As you obey faithfully every day, your life will make a mark on thousands because more and more you'll listen to God and change peoples lives
 2. Every time you're living your life you're obeying something -- either your flesh/your old man/the adversary or you're obeying God and His Word.
 - a. decide you're going to obey God because you're obeying something anyway
 - b. where you make the decision every time is right in your mind -- where obedience begins (II Cor. 10:3,5). The ancestor of every action is a thought
 1. "imagination" is "thoughts and reasonings" -- casting down your thoughts and reasonings and every false thing that exalteth itself against the knowledge of God and bringing into captivity every thought. It is available to bring into captivity every thought -- all day long!
 2. We're in a competition -- you have to flat have control of yourself. We're suppose to be able to do this.
 3. The adversary is going to be after you on every thought.
 4. You have to watch your mind -- watch what you think so you can rope the thought if it's wrong and make it right -- then your actions will be rig

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5. most women are not raised to control their minds. It's womanly to keep going as men do it. It's womanly to control your thoughts. It's womanly to be well -- sickness and everything else starts in the **mind**.
 6. The Way Corps program and things like LEAD make you tough and builds something in you for the future of the movement of the Word. Things are being built in you that you don't even realize (e.g. running for endurance in other things)
 - c. The battle of the senses versus revelation faith.
 - d. Philemon 21
- H. The Old Testament is for our learning
1. The old Testament is very thick and the New Testament is skinny
 - a. God doesn't repeat Himself very much
 - b. He wrote His heart for us in it all
 2. God expects us to learn the Old Testament because the New Testament is built off of it.
 3. A lot of things aren't written about women in the New Testament -- e.g. specific details of being a woman, wife, mother, etc.
 4. Work the Old Testament on being a great woman

III. Eternal Vigilance

- A. Her lamp goeth not out by night (Prov. 31:18) -- Orientalism
1. Lamp burns twenty-four hours a day, seven days a week for illumination
 2. Lamp symbolizes the presence of God
 - a. represents the light of God -- when goes out, God's light leaves the home
 3. If tended by a careless wife the oil will burn up and the light goes out
 - a. a diligent wife always keeps the lamp filled with oil
 - b. the woman who does not allow the lamp to go out at night is the woman who puts God at the center of the family and carefully tends to the details of her religious service
 - c. the virtuous woman is joyfully efficient and watchfully cautious
- B. Eternal vigilance means watching
1. The virtuous woman watches
 - a. a lot of a woman's life is support -- you play a supportive role. Being a follower, that's support. You're going to be supporting so much of your life and so much of your life is followship. Master how to do it so you enjoy it. It's what God designed you for.
- C. Matt. 26:41 -- Jesus Christ the leader and three followers
1. Followers are trying to obey -- supposed to be watching
 2. Jesus is intense
 - a. It's an art to being a follower and learning how to be a good one so when the leader is in the middle of a lot of pressure you know how to watch and do what your part is as a follower
 3. They did a typical human thing of this kind of followship -- they went to sleep spiritually, mentally, and physically
 - b. The follower not only obey -- he watches (eternal vigilance)
- D. How to watch
1. Having your eyes open helps, but there's a lot more to it
 2. Praying is one of the greatest keys in watching. Praying is staying alert.
 3. THINK about what's coming up
 - a. think when you speak in tongues -- your mind's more active
 - b. when you pray your mind will work -- bringing into captivity every thought
 - c. watch your minds -- if you're thinking negative, pray instead
- E. When you get married your role changes
1. If you want to be a great woman of God you're going to have to want to work your butt off to get there
 - a. Corps complains that the program doesn't teach you how to be a wife or mom
 - b. Being a wife or mom is support -- nobody should have to tell you that. There are just some things you're going to live through and figure out with God because you know the PRINCIPLE.

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2. Being a mom is being watchful, listening to God, teaching your child to obey
 - a. Learn principle in the Corps like DETAIL which fits into the hat you wear
 - b. You've got to think, assimilate, learn it, tell God to change your heart, etc.
 - c. You've got to WORK -- you're the follower
 - d. A woman is built to watch and the more you do this stuff the more you'll find out you like doing it and that you're good at it
- F. "Warn" is another great key to watching (Acts 20:31)
 1. "Warn" means to put in mind, hence to warn, exhort, admonish
 2. When you're a wife, sometimes you warn/admonish (e.g. build up your husband)
 - a. If you're sound asleep you can't open your mouth. If spiritually asleep and not watching, you're not going to say anything.
 - b. You've got to be awake, alive, alert -- far ahead of time
- G. Thanksgiving is a great part of watching (Col. 4:2)
 1. Prayer with thanksgiving
- H. So much of a woman's life hits on the physical realm -- planning and thinking things through (Prov. 31) (Stewardship)
 1. Wherever you are and whatever state you're in, you've got to learn how to do this stuff and you will be a great watchman (e.g. clothing, buying the best things, having your house in order, getting up before everybody else, etc.)
 - a. Keep things in the proper place -- never let things get out of order or unclean
 - b. find a place for everything -- stewardship
 2. Learn to be flexible
 - a. There are so many variables in the ministry -- things change at the last second half the time. You're life is the same way.
 - b. A woman has to be more flexible than any other human being on the face of the earth (kid poops his pants as you're walking out the door)
 3. A big part of a woman's life is prayer because watching is so much a part of her life as a follower and supporter
 - a. praying and watching go together (Eph 6:18)
 - b. watching is to be sleepless, lie awake through care; hence to be watchful of or very intent upon a thing. Literally that you would be sleepless, lie awake, through care
 4. The woman rises before everybody else to get things going in the day (Prov. 31)
 - a. a lot of your life is before your man or before the leader (e.g. come in and set up the room, etc.)
 - b. a woman is fantastic on detail
 5. Personal cleanliness
 - a. always be ready -- what you wear/how you look/being pretty -- you're important
 - b. be a great witness -- always think about who you are in Christ
 6. Women have gift ministries (II Tim. 4:5)
 - a. you figure this out by DOING the simple things you're taught in the Corps -- not by being stupid, asleep, not working the Word, not planning, not thinking, not operating principle.
 - b. The art of following is a big part of your life in obeying God, walking with Him, and proving your ministries

THE VIRTUOUS WOMAN

Proverbs 31:10-31:

10. Who can find a virtuous woman? for her price is far above rubies.
11. The heart of her husband doth safely trust in her, so that he shall have no need of spoil.
12. She will do him good and not evil all the days of her life.
13. She seeketh wool, and flax, and worketh willingly with her hands.
14. She is like the merchants' ships; she bringeth her food from afar.
15. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.
16. She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.
17. She girdeth her loins with strength, and strengtheneth her arms.
18. She perceiveth that her merchandise is good: her candle goeth not out by night.
19. She layeth her hands to the spindle, and her hands hold the distaff.
20. She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.
21. She is not afraid of the snow for her household: for all her household are clothed with scarlet.
22. She maketh herself coverings of tapestry; her clothing is silk and purple.
23. Her husband is known in the gates, when he sitteth among the elders of the land.
24. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.
25. Strength and honor are her clothing; and she shall rejoice in time to come.
26. She openeth her mouth with wisdom; and in her tongue is the law of kindness.
27. She looketh well to the ways of her household, and eateth not the bread of idleness.
28. Her children arise up, and call her blessed; her husband also, and he praiseth her.
29. Many daughters have done virtuously, but thou excellest them all.
30. Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.
31. Give her of the fruit of her hands; and let her own works praise her in the gates.

"Proverbs 31 is the greatest record in the Word of God of a woman of God that's ever been written. There's nothing any better." Dr. Victor Paul Wierwille--
Christian Family and Sex

Forty Things About A Virtuous Woman

Proverbs 31:10 - 31

1. verse 10 - Strong
2. verse 10 - Invaluable
3. verse 11 - Trustworthy
4. verse 11 - Sufficiency in all things
5. verse 12 - Sterling character; (fine high quality), accommodating, (adjust-willing disposition)
6. verse 13 - Ingenious, (clever, original)
7. verse 13 - Industrious, (diligent, earnest, steady effort)
8. verse 14 - Proficient (highly skilled, an expert)
9. verse 14 - Has compassion
10. verse 15 - Dutiful - obliging
11. verse 15 - Considerate
12. verse 16 - Versatile
13. verse 16 - Healthy
14. verse 17 - Robust
15. verse 18 - Joyful
16. verse 18 - Efficient
17. verse 18 - Watchfully cautious
18. verse 19 - Thrifty
19. verse 19 - Skillful
20. verse 20 - Charitable
21. verse 20 - Merciful (forbearing, forgiving, kind in excess of what is necessarily fair)
22. verse 21 - Fearless
23. verse 21 - Believes in abundance
24. verse 22 - Good housekeeping (home)
25. verse 22 - Tactful (delicate, perception of the right thing to say or do to avoid offending)
26. verse 22 - Refined (free from impurities, coarseness)
27. verse 23 - No dishonor to husband (a credit of husband) (bring approval or honor to)
28. verse 23 - Popular
29. verse 24 - Dependable
30. verse 24 - Competent (well qualified, capable)
31. verse 25 - Respected
32. verse 26 - Wise, discreet
33. verse 26 - Kind
34. verse 27 - Practical
35. verse 27 - Energetic
36. verse 27 - Good worker
37. verse 28 - Good mother
38. verse 28 - Good wife
39. verse 29 - Honorable
40. verse 30 - God-fearing

"With God, she made her own mark; she is highly respected among all women and very greatly respected by her husband. Let her own walk bring praise to her, (not her own thing in opposition) but reverence, respect, great admiration to herself by doing God's Word." Dr. Wierwille - Christian Family and Sex

RUTH -- A VIRTUOUS WOMAN

by Mary Ann Hendricks

Ruth is the only woman in the Bible other than the one in Proverbs called "virtuous." Study the book of Ruth and see that she was truly virtuous because of her relationship with God. Study how:

1. She gave up false gods (her family's gods, even at an extremely emotional time in her life when her husband died). She changed her thinking! Gave up her old ways! Even culture and security! Ruth 1:1-18
2. She took action; trusted-- Ruth 1:18; 2:12
3. She believed in God's grace; was not her own sufficiency. (Grace that it was barley harvest and met Boaz)- Ruth 2:1-2,10
4. She did all she was told; obedient -- Ruth 2:3; 3:5
5. She had "rest" because she did the above -- Ruth 3:1; 4:13
She became the great grandmother of David! -- Ruth 4:22

The "kinsman redeemer" explains grace better than any other subject. In the East when a woman became a widow, it was the responsibility of the father-in-law, if there were no brothers-in-law, to find her a husband. Ruth's were all dead so Naomi took the responsibility herself. The nearest kinsman (Ruth 3:12,13) did not want the responsibility of the woman and the land so Boaz, also a kinsman but not as close a cousin as the other man, took Ruth as a wife.

(Ruth 4:1-12)

The parallel is between the first kinsman as Israel and Boaz as the ones who did accept Christ. Boaz told Ruth not to glean in other fields (Ruth 2:8). This parallels with having other gods instead of the one true redeemer. If the first kinsman had redeemed her, she would not have furthered the Christ line being David's great grandmother. If Israel had accepted Christ there would have been no new birth. Israel did not want the responsibility like the kinsman did not. He wanted the land but not woman. It was grace that Boaz and Ruth found each other!

We allow God's grace in our lives even in negative situations as His sons when we do the above principles. Grace is so valuable that it can be nothing less than free. Let's believe in undeserved favor as we do God's Word! God will bless you!

(The "Kinsman Redeemer" was taught in the Ephesians Corps Night teachings, 1975, by Dr. Victor Paul Wierwille)

ESTHER -- COMMITMENT FOR GOD'S WORD TO LIVE

Note in Esther that she was so committed to saving her people that she obeyed the King to the point of "pleasing him." Who ever said he was the youngest and most handsome man around? She controlled her mind.

What could our commitment to have the mystery live in our ministry and world do for our obedience and renewed mind with true believing husbands?

Love and commitment can get women through times when they are tempted to be weak-minded.

MARY -- THE MOTHER OF JESUS - THE LOCK BOX

If you ever think it is hard to keep a "lock box" and throw away the key -- (KEEPING SECRETS AND KEEPING YOUR MOUTH SHUT)-- study Mary's life. She kept a lot in her heart, and because she went to God, she could handle it. It's part of having spiritual responsibility!

"She openeth her mouth with wisdom..." (Prov. 31:26)

ABOUT BEING SUBJECT!

In order for women to be successfully subject to their husbands (loving obedience by proper arrangement and deliberate decision) they should:

1. Trust God first and foremost!
Be spiritually meek and tranquil.
 - A. I Peter 3:1-7, especially verses 5 and 6
 - B. Hebrews 11:11
2. Be faithful in Christ Jesus
Be followers, imitators of God
Be a doulos of the lord Jesus Christ -- **SERVE!**
Walk in love, light, and circumspectly
Be spiritually hot! Speak in tongues!
 - A. Eph. 5:22,33
 - B. Context is all of Chapter 5
3. Have a true, vital, spiritual relationship with God;
inner tranquility; pray.
 - A. I Tim. 2:11
 - B. Context is I Tim. 2:1ff
4. Love husband and children
Be sound minded
Be a good homemaker, not house ruler (husband's job)
Be concerned that The Word of God would not be blasphemed
 - A. Titus 2:5
 - B. Context is Titus 2:4,5

Proverbs 12:4

"A virtuous woman is a crown to her husband,
but she that maketh ashamed
is as rottenness in his bones."

I. Crown:

- A. A symbol of royalty and sovereignty (supreme excellence, highest authority, superiority over all others) which gives distinction (recognition, attention) to a man of great potential or achievement--it points out his greatness, it gives him glory. Job 19:9; Prov. 4:9, 16:31; Is. 62:3; Jer. 13:18.
1. Whomever is under your authority glorifies you, and you glorify those who have authority over you. I Cor. 11: Worker/Assembly → Foreman → Vice Pres. → Pres. Woman → Man → Christ → God
2. Your wedding day should be like your husband's coronation day--you are the crown that shows he has great power and potential for achievement. So always build him up, show confidence in him. Then he will go far, because he will have confidence in himself. Prov. 14:24, 31:23; Col. 1:27.
- B. An emblem of consecration; evidence that the wearer is a ruler worthy of respect and honor, and one who will stand fast. Always help him to stay put on the Word, by being a strong example yourself and walking in the love of God Lev. 21:12; Lam. 5:16.
- C. It is the wearer's pride and joy--something precious to him. Be the kind of woman your husband will be proud of; be a source of happiness in his life. Prov. 17:6; Eph. 5:25-27.
- D. A distinctive headdress worn by kings and other exalted persons; is becoming to the man--a thing of quiet, pure and innocent beauty which calls attention not to itself, but glory to the wearer. Be humble--not always trying to get everyone to notice you and your accomplishments and abilities, but his! Is. 28:5.
- E. Is pure and shiny, reflecting light, often made of gold with writings on it like a signet. Be radiant by looking God and His Word, rather than inside yourself or around you at the problems in the world. Make him feel that he can entrust his life to you, share all he has with you, because you have proven to him that you will be a faithful steward of his heart and life. Ex. 39:30; Lev. 8:9; Ps. 21:3, 34:5.
- F. An emblem of God's favor and his God-given kingship; draws attention to the man as someone who has the favor of whomever is over him in authority. As a man of God, your husband has God's favor; therefore, he ought to have you Esther 8:15; Ps. 21:3; Prov. 18:22; I John 4:11.
- G. Sits on the head; being at rest and complete; not available in life unless woman lives up to her position

II. Rottenness in his bones:

- A. The word "ashamed" is bosh, the same word as "ashamed" in Genesis 2:25. If you make him ashamed, your fellowship won't be intimate, his heart will never be completely open before you. You will absolutely reap what you have sown--your husband will not share his innermost thoughts with you if you have, somewhere along the line, made him feel that he has to "watch what he says," lest he incur your wrath! Gen. 2:25; Prov. 14:1, 20:5, 31:11; Gal. 6:7.
- B. "Rottenness in his bones" compared in the Word to:
1. A moth that consumes or eats away holes in clothes. Job 13:28, Hos. 5:12.
2. A lion that tears, takes away--there is no refuse. Is. 38:13; Hos. 5:14.
- C. According to the Word, is a product of:
1. Fear--Hab. 3:16. If you shame your husband and cut him down, he'll fear he can't satisfy you, can't make you happy; may fear he's out of fellowship, etc.
2. Envy--Prov. 14:30. When you compare him unfavorably with other men, he may envy another man whose wife builds him up and accepts him as he is. Also, if you are envious, he may wish he had a woman with a sound heart, who would allow him the freedom to live his life!
- D. Ultimate end of "rottenness in the bones":
1. Eats away at a man.
2. When a bone is infected, it falls apart; the skin is unable to heal over it.
3. Bone is the hardest tissue to heal.
- E. Functions of the skeletal system:
1. Bones support your man's body, and there are 206 bones in the body! As the basic and most durable part of the human body, the bones are used to describe the deepest feelings, affections and affiliations. To break or scatter the bones, was to utterly defeat an enemy. Gen. 29:14; Jud. 9:2; Job 2:5, 30:30; Ps. 42:10, 53:5; Is. 38:13; Eph. 5:30.

If you "nag" your husband and complain that he's not doing things to suit you, somehow he's not quite "making it," he's not doing things right, he's not doing enough for you, etc., you make it difficult for him to stand.

He needs your support so he won't "fall apart," so he won't fall down--physically, mentally, emotionally and spiritually.

2. The bones preserve the vitality of an individual; they support your man's vital organs--heart, lungs and brain. II Kings 13:21; Ex. 37:1-11.

You should be guarding your man's mind and heart from attacks by the Adversary. If you are rottenness in his bones, he will be vulnerable to hurt. His mind will be bombarded by negative thoughts which damage his self-image, and this can lead to negative confession and action--to failure. (Remember Prov. 23:7.) His picture of himself must come from the Word. Remind him of what he is in Christ and treat him like the man of God he is, so he can be all that God made him without struggling against your image of him. Your cutting him down will give him a broken heart (if not a hardened one first) and will bind him. He won't feel completely free as he should in Christ to be himself and live as he was meant to, "breathing easy," because he is accepted by both God and you. He needs tenderness, compassion, understanding, respect, admiration, edification. Build him up! Speak in tongues much for him! Share the Word with him! BE STRONG IN YOUR OWN WALK TO HELP HIM BE STRONG IN HIS.

3. Bones are for movement and leverage. They are essential for doing work. Without bones and joints, your husband would be helpless, immobile.

Boost him; inspire him to move and use his muscles (physical, mental, spiritual) to accomplish all the great things he has the potential to do. Don't make him ashamed so you are a hindrance to his accomplishments and cause him to feel he cannot achieve. He needs to have your inspiration and love to keep trucking for Father, to go places.

4. The red marrow of his bones produces blood, and remember Lev. 17:11a... the life is in there. All red blood cells, most white ones, and blood platelets are formed in the bone marrow. If a man's bones are decaying and wasting away, eventually he will die from lack of blood. Lacking red blood cells to carry oxygen to other body tissues to keep them living and working effectively, he would be extremely pale and weak. His resistance to foreign particles and microorganisms such as viruses and bacteria would be very low, and he wouldn't be able to develop immunities easily. This is due to the low, white blood cell count, since these cells are part of the body's defense mechanism.

With you being "rottenness in his bones," your husband would not be immune to attacks of the Adversary and could not destroy those poison darts he tries to get into your man's mind and heart--negatives. Like the person with anemia who bruised easily because he had so few clotting factors and blood platelets, your husband would bruise easily--and his wounds would be evident to others. He will lack vitality, health, happiness, strength and power--because you have hurt him just that much by being an accomplice with his Adversary.

5. Bones are a "storage house" for calcium, which is used for:

- a. Sustaining rhythmic heart and intestinal contractions.
- b. Normal skeletal muscular action.
- c. Normal growth.

Without the ability to store calcium, your husband would have a less efficient heart--which is where his believing comes from. The spiritual food he fed on would not be used efficiently. He would not be so responsive to "spiritual stimuli" and, thus, would not grow spiritually as well or as fast as he would with a woman who was his crown.

The Will of God:

- A. "...be thou ravished always with her love." Prov. 5:19b.:
 1. Prov. 18:22.
 2. Prov. 19:14.
 3. Prov. 31:12.
- B. A woman is not to be contentious:
 1. Prov. 19:13b, 27:15.
 2. Prov. 21:9.
 3. Prov. 21:19.
 4. Prov. 31:26.
- C. Renew your minds to the Word and live in the abundance which God has called you to:
 1. Eph. 5:22-33.
 2. Rom. 12:1,2.

SOME FACTS ABOUT WOMEN

Compiled by
Vivian McCulloch

Owing to present-day conditions and modes of life, many women endure symptoms in the pelvic region which they accept as normal-- pain, irregularity of the menses and emotional problems each month such as: irritability, weeping, short-temper or indifference. The sexual and reproductive organs play a decisive and important role in the life of every woman; their functions are natural and rhythmical and should cause no pain or discomfort.

I have often found the diet of people complaining of menstrual troubles needs adjusting. Good, wholesome, natural and balanced meals are more important today than ever before, because so much of our foodstuffs contain little or no nutriment and should be avoided. Midnight junk food snacking should be avoided.

Many opportunities are caused by the intake of too many carbohydrates and starches. Cakes, pastry, biscuits and puddings should be reduced to the minimum.

Bread should be made with whole grain flour fresh ground, if possible. White sugar sweetens food but has no nutritive value; its acidity is high and puts a strain on the digestive and eliminative organs. A little honey may be taken with advantage.

A salad should be taken every day, consisting of as many of the following ingredients that are available: lettuce, shredded red and white cabbage, grated raw carrot and beetroot, cucumber, tomatoes, watercress, mustard and cress, celery, endive, raw mushrooms, peppers and spring onions.

Meats should consist of beef (raw or rare), chicken, fish or lamb. Vegetables can be eaten raw or lightly steamed. Potatoes can be eaten raw or, if cooked, leave them in their skins since mineral salts are found beneath the thin top skin. If potatoes are peeled, these are lost.

Herbal teas could replace tea, coffee, milk and other stimulating drinks. Herbs do more than just remove symptoms; they restore balance and harmony in the body and thus, raise vitality and the level of health.

The following items should be avoided: spicy foods, salted fish, pickles, all fried foods, salt bacon, curry, pork, distilled vinegar and black pepper.

Two vitamins helpful to women are the B complex and E (wheat germ oil). The most important foods containing the B vitamins are: dried brewers' yeast, wheat germ, soybeans, brazil nuts, sunflower seeds oil, cashew nuts, egg yolk, walnuts, oatmeal, whole wheat meal, molasses, almonds, brown rice and turnip tops.

Vitamin E can be found in wheat germ oil, soybean oil, eggs, lamb, butter, brown rice, turnip tops and green peas.

Foods rich in iron are especially good for women, since anemia can cause all kinds of menstrual troubles. Some of the following should be included in at least one meal every day: eggs, bran, dried peaches, molasses, peas, oatmeal, raisins, green vegetables, dried fruits, whole cereals, jacket potatoes, cabbage, white fish and apples.

Calcium is important because if the level drops at the beginning of menstruation, as it does if extra doses are not taken into the body, the muscular walls of the uterus go into spasms of cramps, thus causing pain and again at the time of the menopause when the body is readjusting. Calcium tablets will help to ease the tensions and other symptoms.

Foods rich in calcium are nearly all the cheeses (natural), sardines, turnip tops, figs, dried apricots, soy beans, kale, watercress, sole, eggs, wheat bran, cauliflower, molasses, apples, walnuts, brown rice, peanut butter, dates, celery, salmon and raisins.

Sufficient exercise in the fresh air is a must. A very brisk walk daily, along with some deep breathing, would be beneficial.

Posture is all important and women should "walk tall" easily and rhythmically. Standing for too long in one place is not good, and stretching up high should be avoided.

Remember that hot baths can be enervating, followed by a brisk rub with a rough towel. Cold or wet feet should be avoided the first day of a woman's period. Also, add a little more rest time.

This is a list of general guidelines for women which was taken from the following books:

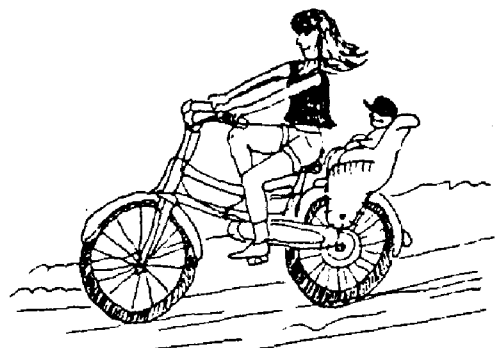
Herbs for Feminine Ailments by Sarah Beckett

Dr. Christopher's Three-Day Cleaning Program and Mucusless Diet by Dr. John R. Christopher, M.H.

Back to Eden by Jethro Kloss

School of Natural Healing by Dr. John R. Christopher, M.H.

"The Herbalist Magazine" Provo, Utah



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APPEARANCE

Mary Ann Hendricks

- A. Take time to look your best. Set high **standards for yourself** and your man!
- B. Stick to them--make it the norm!
- C. Consult believer hair and make up specialists (if at all possible--it is in residence!) for what is best for you.
- D. What are your best colors? Work your wardrobe around them with basics (white, tan, beige, gray, black) for a versatile wardrobe. Think through how you can coordinate to mix and match.
- E. Find the most flattering styles for you.
- F. Put your clothing needs on your prayer list. Expect the perfect selections, prices, and gifts!

EXERCISE

Mary Ann Hendricks

- A. Choose something you enjoy and be faithful: 1) running 2) walking 3) aerobic dancing 4) dancing 5) swimming 6) sports.
- B. You may change from time to time.
- C. Don't get discouraged if you stop for a while. Just start again!
- D. Don't wait until we are forty-five and then wish we could turn back the clock.
- E. "Knowles Breathing" is fantastic for times when it is difficult to be active.

RECOMMENDED READING LIST

Category II

BOOKS

Natural Family Planning, John Billings
The Art of Natural Family Planning, John & Sheila Kippley
The Key to Feminine Response in Marriage, R. Deutsch
The Act of Marriage, Tim and Beverly La Haye
Marriage, Divorce and Remarriage in the Bible, Jay E. Adams
Three to Get Ready: A Christian Premarital Counselor's Manual, Howard Eyrich
How to Develop Deeper Unity in the Marriage Relationship, Wayne Mack
The Pleasure Bond, Masters and Johnson
I Want My Marriage to be Better, Henry Brandt
Intended for Pleasure, Ed and Gaye Wheat
Love Life for Every Married Couple, Ed Wheat
How To Make Love to a Man, Alexandra Penny
The Intimate Marriage, Clinebell and Clinebell
Great Sex, Alexandra Penny
What Wives Wish Their Husbands Knew About Women, Dr. James Dobson
You Can be the Wife of a Happy Husband, Darien B. Cooper
* Bedside Manners, Theresa Larsen Grenshaw, M.D.

Heart Magazines

April/May 84 -- How Marriage Can Work
Feb/Mar 83 -- The Queering of America

Way Magazines

June 62 -- Christian Marriage, Dr. Wierwille
June 62 -- Foundation For Marriage, Marybelle Smith
March 81 -- Companions - The Christian Man and Woman, Dr. Wierwille
 The Unique Relationship of Marriage, L.C. Martindale
 The Virtuous Woman, Bo Reahard
Sept 83 -- A Crown to Her Husband, Cookie Lofstedt
Nov 83 -- A Crown to Her Husband Part II, Cookie Lofstedt

Way Magazines (Orientalisms)

Jan 77 -- Eastern Marriage Customs, Bo Reahard
June 62 -- Eastern Weddings, K.C. Pallai
May 70 -- Marriage Customs, Bernita Jess
Jan 76 -- The Espousal of Mary and Joseph, Bo Reahard

Tapes

Sunday Night Service Tapes:

#570 -- The Christian Man and Woman - Genesis, Dr. Wierwille, 7/16/72
#560 -- Ro. 1:1ff (Homosexuality), Dr. Wierwille, 5/7/72
#1162 -- Victorious Unity in One God (Homosexuality). L.C. Martindale, 2/20/83

Tape of the Month:

The Husband/Wife Relationship, Moynihans, 4/83
Head of the Household/Keeper of the Home, Moynihans, 9/83
Husbands According to The Word, V. Finnegan, 11/84

Misc. Tapes available at Headquarters:

Couples Meeting, Board of Trustees
Marriage, V. Finnegan
Unique Relationship of Marriage, L.C. Martindale
Responsibilities of a Wife According to the Word, V. Finnegan
Responsibilities of a Leader's Wife According to the Word, V. Finnegan (2 tape set)

Syllabi

Christian Family and Sex
Leader's Spouse

SECTION III

Pregnancy, Childbirth, Breastfeeding

Psalm 127

Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain.

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.

As arrows are in the hand of a mighty man; so are children of the youth.

Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

Psalm 128

Blessed is every one that feareth the Lord; that walketh in his ways.

For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.

Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table. Behold, that thus shall the man be blessed that feareth the Lord.

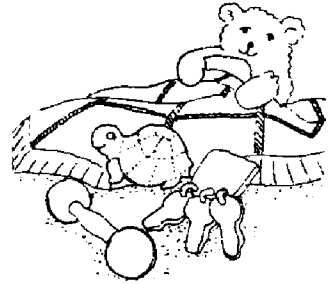
The Lord shall bless thee out of Zion: and thou shalt see the good of Jerusalem all the days of thy life.

Yea, thou shalt see thy children's children, and peace upon Israel.



MOTHERING AS A PROFESSION

Carolyn Rawlins, M.D.
Word in Business 1982



- I. Check everything by the scriptures
 - A. Acts 17:11
 - B. II Pet. 1:3
- II. God's Family Plan
 - A. Generation to Generation
- III. Red Thread of "Mothering" in the Word
 - A. Paul as a "Mother" -- Thessalonica
 - 1. Undershepharding
 - a. poured out love
 - b. mothering = undershepharding
 - 2. Mothering is a profession/a life-time commitment
 - 3. Disciples were bonded to Thessalonians
 - a. longed to see
 - b. were in thoughts
 - c. prayed for daily
 - 4. I Thes. 2:7 -- tender as nursing mother cherishes
 - 5. I Thes. 2:8 -- give of lives minute by minute
 - 6. I Thes. 2:9 -- get tired/on duty 24 hrs. day
 - 7. I Thes. 2:11 -- Mom gets child ready so Dad can teach
 - a. child has to be obedient and love
 - b. Deut. 4:9
 - B. Third Generation
 - 1. Great truths are lost by 3rd generation
 - 2. See your grandchildren -- why working the Word today
 - 3. Have to grow from the inside
 - 4. Need to do it right the first time so no unlearning for them
 - 5. Want a child who will do everything right
 - 6. Matt. 22:35-40
 - C. Why God made mothers -- Closeness of mother/baby
 - 1. Man is only mammal where long period of helplessness
 - a. mother carries for at least a year
 - 2. Milk glands on front of mother
 - a. mother's arms made to hold there -- never get tired
 - b. baby sees best at 9 inches
 - 3. Baby's one purpose and reflexes at birth all say "Where's my mother?"
 - a. wants to hear mom's voice
 - b. wants to see mom's eyes and visa versa
 - 4. Mom's rocking babies
 - a. from 4 months of pregnancy on for 2 hours a day
 - b. rocking stimulates vestibular nerve for balance and nervous system. Makes smart kid.
 - 5. Baby hears mom's voice even while in womb
 - a. II Tim. 3:15 -- from child hast known
 - b. obey = hearing a voice. Instant recall. Child can obey from infancy because have instant recall of mother's voice
 - 6. Baby's desire is to want mom
 - a. I Pet. 2:2
 - b. need sucking more than just for food
 - c. milk is absolutely right for each species. (Hunted species milk has more protein to last longer. Our milk doesn't last long. Baby eats 10-20 times a day -- cuz constantly being carried by you. No four hour schedules.)

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- d. anything that separates the mother and baby is taking a chance on the future
 1. Ro. 8:38-39 -- God made mothers and babies to have great need for each other so nothing should separate them

D. Pregnancy

1. Keep active because having a baby is hard work and the baby needs you to keep active to develop his brain cells

E. Nursing

1. Baby nurses for comfort and solace. When scared wants to nurse. His source of love, comfort, freedom from fear.
2. Prolactin hormone profuses mother while nursing
 - a. makes her motherly -- wants the baby, be with all the time (until prolactin wears off at 4-5 months), etc.
3. Don't separate yourself from baby while nursing
 - a. e.g. talking, watching TV, reading
4. Baby needs mom and needs to see mom's face while nursing. Will signal mom to turn face towards him by pulling at her face.
5. Baby learns trust at the breast and developes faith, hope and charity.

F. Where's my Mom?

1. Don't carry baby facing out -- needs to see where you are.
 - a. if he can't see you, you don't exist (object permanence)
 - b. 8-9 months figures out if he can't see you, you're not there
 - c. bring him in same room with you while you work
2. Comfort him when he's lonesome -- come when he's calling
 - a. will stop crying immediately when picked up (this is not spoiling him)
 - b. takes as long to comfort baby as let him cry
 - c. his first "one-on-one commitment" because he learns to trust you -- you're always there. Knows you'll meet every need.
 - d. if let him cry it out he learns you don't care. Pat him if you don't want to pick him up.
 - e. learns to expect and anticipate
 - f. learns hope & patience because you're always there
 - g. learns confidence Heb. 10:35-37
 - h. meet baby's needs and he'll be an automatic believer. It's all built from, "I believed my mother was coming and she came."
 - i. learns dependability -- ability to love/cheerfulness/sensitivity to moods and rhymes of others
 - j. learns easier and faster if confident -- not expending energy looking for mom so looks at and learns from environment and other people
 - k. developes freedom and boldness to walk out and meet people because knows can always come back to you for comfort and you'll always be there
 - l. he loves your appearing -- your unconditional love
 - m. learn to read what his cries mean/what he needs/what his signals mean. Bonding is important for this so baby doesn't get mixed up on the first holler/commitment relationship -- Immediate positive reflexes so he doesn't learn mistrust, insecurity, fear, frustration, feels of no importance.
 - n. developes self-confidence. Feels important and smart if everytime calls his mom's there! Developes his conscience and habit patterns -- a running together of all things that have happened to him. The grooves are cut in the computer-like brain -- all will be called back.

IV. Weaning

- A. Gamal -- a ripening
- B. Physical weaning
 - 1. Gen. 21:8 -- Isaac -- 5 years old
 - 2. O.T. culture -- weaning occurred at 3-5 years old
 - 3. Psychologists today say child's main need is mom **until he's around 3**
 - 4. Baby only needs mother and milk from her breasts
 - a. milk is complete
 - b. baby doesn't need sunlight -- Vit. D in milk
 - 5. Exodus 2:1-10 -- Moses
 - a. Acts 7:20 -- nourished in Father's house for 3 months then sent afloat and princess found
 - b. "Take this child away and nurse it for me" -- had to be for 3-5 years; probably closer to 3
 - c. Mother had to teach him everything needed to before was taken away at 3 -- about God, obedience, trust, love, integrity and all things we want in our children
 - d. raised by teachers of the temple after physical weaning
- C. Spiritual weaning
 - 1. I Sam. 1:22-28 -- Samuel
 - a. Figure of Speech antanaclasis -- use same word twice -- "young" "child"
 - b. Samuel was about 13 when taken to Eli -- spiritual weaning (physical weaning at age 5). Christ was 12 when went to temple/12 to take PFAL.
 - c. went to temple to serve -- apprenticeship -- learned by watching. Was a "go for" until 25.
 - d. child -- naar -- 32 times young child
90 times young man (growing up)
4 times youth
 - 2. A child is spiritually weaned when he is old enough to praise God on his own (Bishop Pillai)
 - a. Ro. 10:9-10 -- when old enough to confess
 - b. when old enough to get mouth, heart and walk synchronized (e.g. Samuel to temple)
 - c. when main education comes in from the father (doesn't mean aren't teaching child every minute before)
 - 1. by example -- tupos -- mark, example, pattern, by striking something firm on something soft.
 - 2. an epistle -- your child reads you every day
 - d. you are as God to your child until he is spiritually weaned/until praises God on own
 - e. your duty to your infant is to give him the sincere milk of the Word
 - 1. he's not just a "blob" for his first 2-3 years. He's always learning.
 - 2. state nurseries are not where it's at -- there a kid learns "many gods" because aren't bonded with mom
 - 3. first lifetime commitment of his life is the bond with his mother. If doesn't have it won't be able to make other commitments in life -- jobs, marriage, etc. Set up a pattern of commitments for your child -- WOW and Corps are great and important commitments.
 - 4. best not to go back to work until children are in school. Make a commitment to the child but keep a balance. Don't isolate self -- we are leader's in the ministry.

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V. The Family Bed

- A. Luke 2:16 -- Mary, Joseph and babe in manger
- B. Sudden Infant Death Syndrome
 - 1. With everyone in same bed baby will start to breath again if stops
 - 2. Put baby in arms to hear your heartbeat -- better than a Teddy Bear with mom's heartbeat in it
 - 3. Put twins in same bed together

VI. Diamonds in the Rough by Nancy Duncan

- A. Encyclopedia for child care
- B. Rod of Correction
 - 1. Wooden Spoon
 - a. an example, not a law
 - b. served a purpose
 - c. was handy for her because right there in her kitchen

VII. Keep your "hot line" going

- A. The greater design of the Word is that your baby needs you for a certain period of time
 - 1. Not a law/not an excuse
- B. God will cover for you
 - 1. e.g. If go to a meeting God can tell you when to check back on child
- C. Don't be fearful to have a baby at an older age
 - 1. Great egg and sperm the way God made it

VIII. Ro. 6:16-17

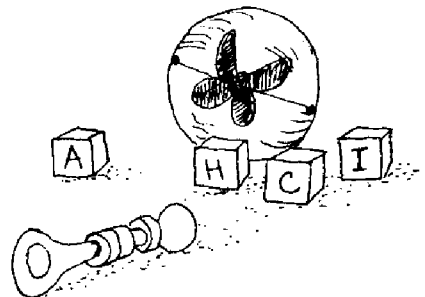
- A. God designed moms to want babies and babies to want moms
- B. Want our child to be able to go back to the source, the Word, in a new situation.
 - 1. Be able to say, "I know that's right"
 - 2. That it's a reflex action
 - a. reflex action of love to everybody and himself -- knowing he's the greatest kid
 - b. know greatest kid because God said so -- from the inside out. Not pride.

IX. Questions from the Audience

- A. How old should the baby be before you let him cry it out?
 - 1. You are as God to your child -- that's what you have to say to answer your own question
 - 2. Baby is designed with one need -- his mom just as our one need is to love God.
 - a. we know because of the Word that God is our sufficiency, always there, can trust Him, He's dependable, never lies, always comes, etc.
 - 3. When say to self, "What shall I do," when baby cries it's your responsibility as Mom to know what's going on. If everything is all right just turn him over and you're with him.
 - 4. Child has to know you love him
 - a. show by eye-to-eye contact
 - b. Eph. 1:4
 - c. God wrote us on palms of hands
 - d. physical contact -- pat on "po-po" -- let them know you love them. Designed to constantly carry -- skin-to-skin (fertility doesn't return while baby is on breast; skin-to-skin contact).
 - e. focused attention
 - 1. Is. 26:3
 - 2. Don't let T.V. sets get more focused attention than kids
 - 3. Heb. 12:2
 - 4. Chastening -- disciplined instruction (II Tim. 3:16). Give them doctrine, reproof, correction -- that's your discipline.

Mothing as a Profession
Page Five

- B. Marriages
1. Mystery was the first thing to go in the First Century Church which is the one body with Christ as head
 - a. same has happened to families and the head of the family
 - b. have to think about and live the mystery in motion in our marriages and bring up kids that way and you'll have great kids -- because you put the father at the head of the household
 - c. God talked to Eve -- but rest of time to Adam
 - d. God talked to Mary first time-- but rest of time to Joseph
 - e. husband is your spiritual leader
 - f. you are responsible for those kids
 - C. Question about mother being good wife first -- what about child being such a priority?
 1. Child can sleep with you as long as doesn't interfere with sex life. Don't use as cop-out.
 2. The value of the Household
 - a. we're backups -- where counsel of God comes in
 - b. Household of God is the backup system -- all your body has backup systems.
 - c. we fellowship together -- make sure babysitter is bonded to the child also -- raise children together
 - d. every elder's responsible to give kid reproof in that household (Bishop Pillai). You are responsible for all the children -- we undershepard each other.
 - D. When do you cut off the "emotional umbilical cord?"
 1. Mother's responsible to teach child to live without her -- child has to learn to walk in love, in radiance, circumspectly.
 2. You have to know when to let go -- that's just as important as being there.
 3. When you send your child out, he always comes back to you. That's why being a mother is a lifetime commitment. An ever-renewing source of love.
 4. Apron strings can be so tight they'll choke your child.
 5. Physical weaning -- spiritual weaning. Child has all his eggs in one basket until he is 8-9 months old. Until he learns to separate himself because he knows if you're not there, that's still ok. Needs diminish after a time.



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“Hey God, How Come You Made Us This Way?”

by Carolyn M. Rawlins, M.D.



Photo by Frank Cardillo

Dr. Carolyn M. Rawlins is a noted obstetrician as well as a pioneer in family-centered maternity care, natural childbirth and childbirth education. She was on the original Board of Directors of the International Childbirth Education Association. Dr. Rawlins obtained her M.D. degree from the Indiana University School of Medicine in 1944. Herself a mother of three sons, she has delivered more than 12,000 babies in her 35 years of professional practice. Carolyn Rawlins is a wonderfully gracious lady, warm, easy to talk with and to take into your trust. She lives in a large, comfortable house filled with antiques and mementos — and home also to three Siamese cats — in Munster, Indiana. She lectures frequently on the subjects of the Christian family, sex, marriage and mothering. Her nine-session color-video tape class, “A New Life,” has been a great educational enlightenment to thousands of students. The following article is the first in a series.

“I have built my practice on Christian principles, building positives, building winners, going a little bit further than what was required, and teaching, always teaching.”

I was born again fifty years ago – born sixty years ago plus – but I really began to believe and know the excellence of it when I got my head into God’s Word. Now I see the beautiful harmony throughout nature. Always I’ve gone to God and said, “God, what did you mean when you made us this way?” But now I know I can go to His Word for answers. I thank this ministry (of The Way International) because I didn’t know these answers were available until a few short years ago. I know that God’s Word is constant and that God is constant. And I know that there is a harmony throughout nature. All things God has created are in harmony with each other, and it’s only when we break that harmony that we get into trouble. And there is a high price to pay. When we break the spiritual harmony, we are out of fellowship with God. When we break the mental harmony, we are beset by doubt, worry and fear. When we break the harmony of our bodies, we get illness, disease and defeat. And now I know that when we break the harmony of God’s Word, when we wrongly divide it, then we get religion. All life is made up of: receive, retain, release. My work with God has been conception, development and delivery. But I am the one who has been delivered by watching my patients, by knowing that it had to be God.

When I first started practicing, everybody went to sleep in childbirth. Why? When I was an intern – there were two of us on duty all the time – one of us poured the ether at the head of the table while the other slipped the baby out with forceps. Why did we do this? We were sincere. We thought it would hurt to have a baby. Why did we think this? Everybody knew it hurt to have a baby. It was ridiculous to think otherwise. My mother told me she went down into the valley of the shadow of death when she had her

babies. All medicine said it hurts to have a baby. So I had been trained to expect a woman to have pain. I was trained in pain and blood, sweat and tears.

One day a patient came into my office – that was in 1948 and I had only been practicing for six months, so God didn’t waste any time knowing I would listen to Him. This young woman came in and tossed a book on my desk – *Childbirth Without Fear* by Grantly Dick-Read. That was a book that changed my life. My patient said, “I want to have my baby this way.” Well, you know I was newly practicing and then you do anything to get a patient. They weren’t exactly lined up outside my door at the time. So I said, “Sure, I’ve always been permissive. You can have your baby any way you want to.” When she went into labor, I grabbed the book and ran for the hospital because I hadn’t even read the thing. So here I am reading while she’s in labor. And it came time for her to deliver, and I thought, “This is too good to be true.”

So I remember being in that delivery room. There she was on the table, and I said, “Do you want to go up in stirrups?” She said, “No, I don’t want to go up in stirrups.” I said, “Are you alright?”

“I am fine.”

“Doesn’t it hurt?”

“No, just a little pressure, that’s all.”

And then she took hold of her knees and began to bear down. I was absolutely flabbergasted. I expected to have to grab the ether can any minute. But she seemed to be in control. Then she gave birth. My whole life changed! I thought, “God, this must be what you really meant for women to do! This must be your plan from time immemorial – that women should give birth easily, with a minimum amount of discomfort, and with exhilaration and joy.”

I went out of that hospital, and I

wanted everybody to know what I'd seen! I wanted to share this with everybody. My life was changed. I felt like that movie "Flubber" -- where he's bouncing around in those rubber shoes. Every step I took I thought, "Oh, I've got to tell everybody."

So we started classes, and we weren't teaching much more than, "Isn't this a great way to have babies?" Then Dr. Grantly Dick-Read came to America from England. I followed him everywhere and everyplace. I thought, "This has got to be a man of God. Just drop some pearls my way, doctor!" This was the doctor who was attending a patient in the slums of London, and when he asked her, "Aren't you having any pain? Don't you want some ether?" she said, "But doctor, it wasn't *intended* to hurt, was it?" This doctor *listened*, and his life was changed.

And this doctor thought, "What is it that makes pain in childbirth?" Childbirth is a physiological, normal function just like eating and energy and elimination, just like having to empty your bladder -- emptying the uterus. It shouldn't hurt. No other normal function of the body hurts. And he found in his research in anatomy and physiology of the uterus and nerve and muscle combinations that it was fear and tension that closed up the door. There was all this pressure -- 50 pounds bearing down on the cervix with each uterine contraction -- that was causing the pain. Fear, tension, pain -- does that sound familiar? Doubt, worry, fear -- fear, tension, pain -- negative believing. So he said, "Tense woman, tense cervix," and he set about to relieve the fear that women had known through the ages. It seemed so simple. But then it's always so simple when we get back to God's original plan.

More Time to Live

The things I want to tell you about in this series of articles are some of the hang-ups that we all have. I had a real hang-up. I thought it hurt to have babies. And somebody came

along and helped me. I had a lot of hang-ups that this ministry has cleared up. I had a lot of guilt, a lot of self-condemnation. Then I learned that God doesn't condemn me; so if He doesn't condemn me, then I'm certainly not going to condemn myself. Look at the time that's been freed up in my life. Now I have more time to *live*. I get more life, and this is youth and joy and freedom. This is why I'm growing younger everyday -- because God has added more time to my life. If you are pregnant with problems, some of the things I am going to share with you from my lifetime, some of the hang-ups I've been delivered from, are going to help you to be delivered too.

I have always been meek to learn and have learned from many people. Grantly Dick-Read taught me about childbirth being a normal process, and women shouldn't need anesthetics to give birth. When I had my second baby, by that time I had really been into this childbirth education stuff. I had seen an article about this doctor who was saying it doesn't hurt to have a baby, but I thought, "Oh, that's a man talking -- doesn't know what he's talking about." But eventually I learned that he had found something that had been hidden since the second or third century. Just as Dr. (Victor Paul) Wierwille has found spiritually what had been hidden all that time, Dr. Dick-Read had found something that had been hidden for centuries -- that women could give birth without pain. And Dr. Dick-Read stuck his neck out and caught h-- from the medical profession, from women, from the Church, he lost his license to practice -- he really caught it because he taught that women didn't need anesthetics. But that woman patient saying that to Dr. Dick-Read had made him *think*, "Well, I've seen animals give birth and they weren't screaming or having to have an anesthetic." So he came up with something that was so different from what medicine had been teaching or what the Church had been teaching with "the curse of Eve." You see, it was a priest in the third century who pointed his old

bony finger at women, saying, "Because of you, even the Son of God had to die." So women were "cursed."

What happened in the intervening centuries? For the next few hundred years women were no longer attended by doctors, but by midwives who knew less and less about more and more, and women began to die having babies. By the sixteenth century pain was a devastating part of childbirth and was included in the curse of Eve. And, of course, that is how we got the sixteenth century errors in translation in the King James Version of the Bible. In the 1700s and 1800s there was great plague throughout Europe. Doctors were delivering babies again, but many were still dying at the hands of the ignorant midwives, and doctors themselves were spreading childbed fever – *puerperal sepsis*. Everybody is familiar with Semeliz, how he finally went mad just teaching "Wash your hands!"

By the late 1800s anesthesia was available. But the Church said, "No, women are supposed to suffer." Then Queen Victoria had some chloroform giving birth to one of her babies, and the Church didn't dare argue with Queen Victoria. So women began having anesthesia in childbirth. Then what happened? At the turn of the century and even up until the time I began practicing, one of the major causes of death during childbirth was anesthesia, death not only of the women but of the children also.

John 16:21

I have always felt sorry for men, because they can't know the excitement, the exhilaration, the joy of giving birth. I feel even sorer for women who have looked forward so to giving birth normally and then to have some problem necessitate a Caesarian section delivery. That's a low blow. We really have to remember that we are not having babies just for a "great experience," but so that they will love God and His Word and take the Word over the world. I used to feel so sorry for those women who elected an anesthetic sleep for delivery. But

because I had told them that "gas" was available, I had to keep my word. When I first started practicing, everybody went to sleep, and now almost everybody is awake. But in this transition from what I think of as "all darkness" to "all light," there's been quite a struggle. I try to teach women about the joy I don't want them to miss, and the excitement that I don't want them to miss – besides the tremendous initiation into motherhood.

John 16:21 is a great verse when it's rightly divided. But as it is in the King James Version, it would scare any woman out of having a baby.

A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world.

"When I saw that woman give birth – instead of being delivered – beautifully, with dignity – my life was changed."

Years ago when I began searching for answers in the Bible, looking for something to combat the "curse of Eve" teaching of the Church, one day my uncle showed me Genesis 3:16. He showed me that the Hebrew word *etseb*, translated "sorrow" – "in sorrow thou shalt bring forth children" – is translated "labor" other places when referring to toil or work. So I learned that it really says in the Bible that women are going to have their babies – bring forth the fruit of their womb – by *toil* or labor, just like men have to toil to bring forth the fruit of the land. I began to understand why having a baby is called labor. It's hard work – ask anybody who's had one. But that doesn't mean it has to hurt.

Then I began looking for other verses I could use as ammunition in my barnstorming for the beauty of childbirth. When I found John 16:21, I closed the book. I was so disappointed. Today I know what it actually says.

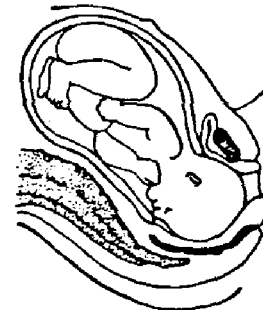
A woman when she is in travail hath sorrow ... The word "travail"

merely means "bringing forth." The word "sorrow" doesn't mean sadness or grief but "very deep mental concentration or concern." So, as the labor progresses, the girls – or maybe I should say "women" because I hear the ERA objects to being called "girls," but I don't mind being a girl even if I have a grandmother face – the girls begin to get so serious and quiet, just as if they were listening for the next contraction so they could be on top of it with their breathing. Then in the delivery room when she's about to give birth, it's as if she were listening for the signal to begin bearing down. It is a serious time of deep mental concentration. If you remember your own labor, you remember when you first started – "Oh, great, I'm in labor." Pretty soon you began to get a little serious about it. There's such a change, and you do get serious, settling down to business. So that's what "sorrow" means here – deep mental concentration. It's something I've seen many times. And when you think back on your own labors, you know this is true. Of course it's true because God said it.

Because her hour is come ... Remember when you got that first contraction? *Your hour had come.* There wasn't a thing you could do about it – bridge club that night, Twig meeting, guests for dinner – tough, *your hour had come.* You may have thought, "I've got so many things to do! I ought to run down and get the diapers and the pail" and all that stuff. Oh no! *Your hour had come!* And it says in a number of places in the Word, "as sudden travail upon a woman." That first contraction is pretty sudden. It may not be painful, but it is meaningful, because your hour has come.

But as soon as she is delivered (gives birth) of the child, she remembereth no more the anguish ... Isn't that remarkable? In that instant I've heard women say, "I want to have another one!" She'd forgotten how hard she's been working! Many times they don't say that, but many times they do. One patient said, "Having babies is so much fun." Another said, "I was afraid to

get married because I was afraid to have a baby. Now I wonder what I was afraid of. I'll never be afraid again." Her baby weighed over ten pounds. You see, the initiation into motherhood doesn't have to be the sorrow and anguish as we have been led to believe by this mistranslation. "Anguish" in this verse actually means "pressure from the inside," like pushing a sponge ball into a pipe. It doesn't mean pressure like making pancakes. It's pressure alright. You felt like you were "pooping grapefruit," didn't you? I think that's the way we can best explain this intense feeling to our husbands, don't you? And that pressure is tremendous – you may feel that you're going to explode, but just before you do the baby slips out.



Continued Descent: With each contraction, the baby's head travels further down the birth canal; the rectum becomes very compressed, causing strong pushing urges.

It's not only pressure but *pressure through a narrow space.* And when a woman is at term, the level of endorphins – our own endogenous morphine – is highest. She is *designed* to have an easy birth – like coming in on quiet seas. That's why many of us are encouraging women to give birth in the squatting position – real low – because it keeps the pressure equal; the pressure increases the endorphins in that area so there's less pain, and the woman can just slip the baby out. Isn't that beautiful?

His Operations Manual

I've had more fun – I didn't use to know you could do this – finding out what God *really* says in His operations manual that He sent along to tell us how to manage this beautiful

machine of our body. He designed us – formed, made and created us – so He ought to know how we work. If you get a typewriter or a tape recorder or a toy for Christmas, there's always an instruction sheet with it. That's how I think of the Bible. It's opened up a whole new world to me. Instead of just looking at the patient and saying, "What did you mean, God, by the way you've made us?", I can go to His Word and find out, and work from God's Word to the patient, instead of the way I did it all my professional life from experience of working from the body, trying to find answers to my many "wonderments."

For joy that a man is born into the world. Now talk about joy, that's a real *inside job*, isn't it? It's an overwhelming joy that you have. Remember that first night after you had your baby? You were too excited to sleep! You were exhausted, and if you did sleep, it was just dozing occasionally. And everytime you'd wake up, you'd think, "I just have to tell somebody, it was so great. I never thought I could do anything like that. I feel so wonderful, so alive, so different, so changed." So what do you do? You say, "Oh God, I'm so glad I can talk to you. Thank you for that beautiful baby, thank you for my wonderful husband. Thank you, thank you." That's pouring out the joy, that's bubbling up from your heart. I never give my patients a sleeping pill that first night. There are only a few nights in your lifetime, what with smaller families nowadays, that you experience that overwhelming joy and thankfulness. It's a deeply *inside job*. It's a time in a woman's life when she feels so close to God, when you feel like you're part of the beginning, a part of the end. You're a part of the here and now and the past and the future. You have your hand right in the hand of God, because you're a part of His plan from generation to generation. You ought to have a baby. It's really great.

I was so blessed to learn that God called me before the beginning of

time. He really must love me to have given me a place in the Body of Christ in a field that I'm so blessed with and sold out to. Now I know that this great verse, John 16:21, expresses a radical change of feeling. It's a figure of speech and so refers to feeling, not literal fact. When rightly divided, I think it's pretty factual, don't you?

Giving birth is the most feminine thing a woman can do. I try to help her feel like a winner. I build positives by telling her how well she has done and what a great mother she will make. I have built my practice on Christian principles – building positives, building winners, going a little bit further than what was required, and teaching, always teaching.

God has a great family plan for us in His Word, so I keep asking, "Hey God, what did you mean when you made us this way?" Psalm 8:5 says that God made us "a little lower than Himself" – not a little lower than "angels" as it was mistranslated in the KJV. Isn't that great? So I understand why giving birth doesn't have to hurt, and that there has to be a better way because women don't have built-in anesthetic nozzles on their noses. Let's get rid of all the cultural overlay – what your mother told you, what your friends tell you, what TV tells you – and find out what the real master plan is. What is man? He's a little lower than God – so we have to start out with the idea that we are made perfect.

"Let's get rid of all the cultural overlay -- what your mother told you, what your friends tell you, what TV tells you -- and find out what the real master plan is."

God designed sex and breast feeding to feel good, or a woman would never want babies. The clitoris is an analogue of the penis; a man has to urinate through the penis, but God put the clitoris in a

woman for nothing but enjoyment. This is proof enough to me that sex is supposed to be enjoyable.

A woman can have sex right up to and during early labor. Read the body – the vagina is readily available, and the baby is sealed off at the other end by the mucus plug. God could have closed off the vagina during pregnancy, but He didn't. As pregnancy progresses, the vaginal area becomes more engorged with blood, the blood vessels get bigger and parts of the vaginal area become turgid – built-in foreplay. Pregnant women are halfway toward having an orgasm before they even start. Many women who have never been orgasmic become so during pregnancy. And many become multi-orgasmic.

I encourage my patients to continue an active sex life right up to and including early labor because the baby will then move down the birth canal to begin the effacement and the dilatation of the cervix. Orgasms cause uterine contractions, the pulsations usually lasting from .8 of a second, but they may last up to one minute. But this is not harmful to the baby. Man's sperm has prostaglandins, a hormone which has been isolated and used in suppository form to start labor. With breast or nipple stimulation during foreplay, this releases the woman's own endogenous oxytocin, produced by her pituitary gland, which is the hormone that doctors use intravenously to induce labor. There are some contraindications to this, i.e., bleeding, breaking of the bag of waters, or the rare history of early labor after a sexual encounter. Women are more liable to be on time at term, they are more liable to be halfway toward having their babies before they even start their labor if they continue an active sex life. This is what we are doing to help start labor now. I tell couples that this is their "homework."

You see, everything that happens during pregnancy is normal. Orgasms were *designed* to cause uterine contractions. By God's divine design, women were *designed*

to carry babies and to give birth normally, with dignity, and without too much discomfort. By divine design, women are designed, then, to nourish babies; and men and women are both designed to nurture the child after it's born. God has a *family plan* that He's spread before us in this magnificent body of ours, this magnificent machine. By divine design, babies are to have a mother and a father, statistics notwithstanding. And this couple is *designed* to continue an active sex life, so this is what we teach our patients.

I'll just tell you something about breast milk that I think is fabulous. The milk of a human is designed – the nutrients in it – so that it builds brains. It's brain food. In cows it's body-building food because a baby calf is going to be full grown in one year. Did you ever see a smart cow?

When you look at other animals, like deer and rabbits, their milk is quite different. Humans have to feed their babies every couple of hours. Cows milk formula can go four hours because it has a different holding quality. But breast-fed babies, that milk is used up so rapidly – the baby is "snicker-snacking" and feeds frequently. Why? Because the mother carries it right there so that the baby can eat at any time. So you see that your baby cannot be put on a four hour schedule. But when you look at rabbits or deer, who are a hunted species and might not get back to their babies for 12 to 24 hours, you see what God did? He says, "Mrs. Rabbit, you don't have to worry about it, I took care of that. I have made your milk with such a holding quality that your babies will be fine if you only feed them every 12 to 24 hours." Isn't that terrific?

During the time the human mother is nursing, that baby is protected against every infection that she has met in her lifetime. That's why your grandmother always nursed her babies through the second summer, so the baby wouldn't die of summer complaint or diarrhea. This may be why your uncles and aunts are spaced about two

years apart – because of some contraceptive effect that the nursing has on ovulation. There's an interesting verse in Hosea 1:8 that says: "Now when she had weaned ... she conceived, and bare a son." And breast milk is not only *species specific*, but *individually specific*, protecting your baby against many of the allergies that may run in your family. You don't really care if your baby is protected against Timothy Hay No. 2 or hoof and mouth disease.

And we've found that if something is wrong with one breast so that the mother can't feed from it, then the other breast takes over and produces twice as much. And, of course, the more you give the more you get, so if you have twins, you can feed them, triplets, you can feed them.

"I believe that all of a woman's most desirable built-in features were designed with the baby in mind."

There's something I think is interesting about kangaroos. When a baby kangaroo is born, it's very small. So the mother licks a path from the vagina so her baby can crawl up and fall into her pouch where part of its development stage is spent. Then the baby latches onto a nipple, which swells up so the baby can't get off, because kangaroos are bouncing all the time and the baby would bounce out of the pouch and mama couldn't get it back in again. So God saw to that. He swelled up that nipple so the baby can't get off it for three or four months. That is divine design. Some of these things just get me so excited because everything is so perfectly made. That's "looking to the body" and asking God, "How come you made rabbits' milk and deer milk the same?" When you look at a rabbit and a deer you ask, "What do they have in common?" They are hunted species and might not get back to their babies for a long time. One thing that got me into investigating this was the pediatrician who'd say,

"You put your baby on a rigid four hour schedule of breast feeding." But the milk doesn't "hold" that long. In two hours the baby may be crying from hunger.

I can see why the members of the Sanhedrin had to be married and have children. There is something that happens to you when you have a baby. When God tells us how much He loves us, He uses a *nursing mother*, not just a mother, for comparison. When he talks about His comfort to us, He uses a nursing mother because when a woman is nursing her baby, she is profused with this mothering hormone called prolactin. This is God's insurance policy that the baby will be mothered when its needs are great. This hormone is especially high for the first four or five months, and that's when mothering is harder work. It's significant that it's especially high during the night. Aren't you blessed, mothers? When the prolactin begins to subside, the baby is so cute that you can't keep your hands off him, you are madly in love with him. This prolactin is so strong that if you isolate it and shoot it into a male dog, he'll steal the pups, or even a rooster – he'll steal the chicks. So it's a "motherliness" hormone. You see why God didn't just say "mother?" He said *nursing mother*.

Until a woman has a baby, I don't think she really knows how to love. It is a different kind of love, the love of a mother for her children, and no babysitter can ever take her place. The epitome of no mother love can be seen in the ostrich. It says in Job that the ostrich "leaveth her eggs in the earth, and warmeth them in dust, And forgetteth that the foot may crush them, or that the wild beast may break them. She is hardened against her young ones, as though *they were not hers*: her labour is in vain without fear; Because God hath deprived her of wisdom, neither hath he imparted to her understanding."

God has meticulously formed a woman's body for mothering. I believe that all of a woman's most

desirable built-in features were designed with the baby in mind. Research has shown that newborns hear, respond to and prefer the high-pitched feminine voice. Her smooth skin and unbearded face are soothing and certainly not irritating to the baby. Skin to skin contact comforts him and reassures him of her presence. During pregnancy her hormone levels cause her to put on weight, "in all the right places," ripening her body for mothering. Babies prefer soft, cuddly mothers.

"I encourage my patients to continue an active sex life right up to and including early labor."

Female humans are the only mammals whose breasts extend out from the chest wall. The baby's head fits snugly into the bend of her elbow. This position not only brings his mouth right to the source of his physical food, but at this angle his eyes can search out her eyes and, would you believe it, newborns focus best at nine or ten inches. It has been said that "a baby finds himself in his mother's face." And why not? We find ourselves looking unto Jesus Christ face to face. It is written, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Many times babies fail to develop normally when only their physical needs are met - food, clean dry clothes, a warm bed. During World War II when London was being bombed, babies under the age of three were sent to nurseries in the north of England. Many of these failed to thrive and didn't even survive, while the older toddlers and children who were left with their mothers in bomb shelters are enjoying life today.

Animal mothers have only to teach their babies to survive. I often wondered why human babies have such a long period of helplessness and total dependency on their mother. Then I found the answer in the Word. We have to prepare our

children not only for this life, but for eternal life also. This is God's plan from generation to generation. First your baby becomes a follower of you and then he becomes a follower of the Lord. As he grows he sees the respect his mother has for his father and the love that is poured out from the two of them. Is it any wonder that it is easy for your child to believe in God as his loving heavenly Father?

"Until a woman has a baby, I don't think she really knows how to love."

The greater the scrutiny of God's Word, the greater its perfection. And it has blessed me so to find out that the greater scrutiny of the body, the greater its perfection. Almost anything else that we look at when we look closely, we see the flaws. But this is not so when we look closely at His wonderful, matchless Word and this wonderful, matchless body. When you get down to the cellular level of the body and see all the "magic" that's going on there, and you see two people get together and nine months later you've got a "little people" who looks like daddy or mommy, and a wonderful nest for him, that's divine design.

You can see why I am thankful for this ministry and for the class on Power for Abundant Living. I never got into drugs or any of that stuff that the young people needed help to get out of. I had built a big practice and I was thought of as being very successful. But people didn't know what was going on inside me. I'd just been slipping down into mediocrity, and that's even worse. I didn't have any answers in my life. I didn't know God, and I certainly didn't know His Word.

Power for Abundant Living

I felt that God had been "after" me for many years and teaching me many things. He finally "got me" when I took the class. Before that I couldn't even pray because I felt so guilty. I could never be quite good

enough. Now I claim all those great verses in Romans 7 and 8 about no condemnation and more than conquerors. Now I dance through my work – oh, I get tired sometimes, but I never get tired of it. I get mad about some things, but that just blows up and blows down.

Power for Abundant Living had changed my child's life. Craig, my middle son, was the one who brought the Word home to us. I saw what it had done for him and then I didn't have to worry about him anymore. He had been a super winner most of his life – then in his second year in medical school he went through a divorce, he dropped out of school, he was seeing psychiatrists, he was into transcendental meditation. I thought he might commit suicide, he was just doing purposeless things – then he took this class. And he came home and said, "Boy, you better take this class, mom." He was just a new person.

PFAL changed my life. I had been giving my patients what I *thought* they needed, and I had never looked into their hearts to see what they really needed. After I took the class, there began a "hanging loose," knowing who I am, having answers in my life, not feeling guilty, not condemning myself – it's a freedom that I have that I didn't have before. Now I don't have to wonder about God or dying or all those things. It's freed up my mind's time.

I work on "first thought" all the time now. And when I have a patient in my office, I teach all the time. Maybe I see 50 or 60 patients a day, and I could talk to them about a thousand different things. But it seems whatever I talk about is just what that patient needs. I know that's God. It's not a conscious thing, it's just a walk. I get serious with God a lot. I say, "Damn it, I'm your kid. You never promised to keep me out of trouble, but I'm really in a mess this time." There have been times when I didn't know whether or not we'd be getting a good baby because of weak heartbeat, so I'd say, "God, when we open up that uterus, I want that baby screaming

and clawing the air to the point where someone will say, 'Look at that baby – not depressed at all!'" I

"I dance through my work."

like those quick answers. It's a lot of fun. It's really living.

I have been grateful to see the changes in peoples' lives – over 12,000 babies in the last 35 years. And most of those patients really love me. I learned to say "God bless" from you kids in the ministry – it wasn't in my vocabulary before I took the class, but my patients and nurses are so used to it now. That's Word in culture. There isn't any other word that explains how I feel. When things are right and you know it's God, we all feel we've got the biggest blessing. ■



Hey God, How Come You Made Us This Way?

III - 10

Part Two

Sex & Pregnancy

by Carolyn M. Rawlins, M.D.

*God knew how to get the baby in,
and He uses the same method of
getting the baby out.*

I run a "Family Factory," a mother factory, a father factory – a parent factory. We take two kids of variable degrees of "smarts" and maturity and caring, and we throw them into a machine. We grind away for nine months, and they come out parents.

We want to build good parents and the way we build good parents is to build sound marriages. The way we build sound marriages is to build up the individuals into competent young men and women who are confident in their own innate abilities and sexuality. We can begin to see changes through classes and group instruction, but one on one is vital to show them how we love them and, what's more important, how much God loves them. What happens when we fail? – divorce courts, child beatings, separation of the family and all the things that are becoming our country's national pastime.

I've been a pioneer on a love frontier for years. I've been the patient's advocate for almost as many years as I've been practicing. In 1948 when that patient of mine came into my office after I'd been practicing only a couple of months and plopped a book down on my desk (*Childbirth Without Fear*) and said,

"I want to *give birth* to my baby instead of being delivered," that's when I became the patient's advocate. So I've come from way, way back, and I saw that woman give birth, and my whole life was changed! My patients have taught me so much. That's one thing I tell my fellow professionals – we can learn so much from our patients. We have to stay meek to learn. That's important to every one of us. We can all be pioneers on a love frontier and, believe me, there are so many things still that need pioneering.

Sexuality during pregnancy – that's my field. I just love talking about sex, and the better I teach it, the better my business is.

When I started teaching pre-marriage classes called pre-cana for the Roman Catholic Church years ago, the priest said, "Now tell them like it is." I admit I was pretty tongue-tied at first to talk about rectal sex or oral sex, as if everybody did it. But that taught me in a lot of ways to unloose my tongue, and everyone of us has to look into his own heart and his own mind and his own upbringing. I was brought up very strictly. I didn't even have any beer until I was a senior in college. Then I mixed it with

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Carolyn Rawlins is a wonderfully gracious lady, warm, easy to talk with and to take into your trust. She lives in a large, comfortable house filled with antiques and mementos – and home also to three Siamese cats – in Munster, Indiana. She lectures frequently on the subjects of the Christian family, sex, marriage and mothering. Her nine-session color video tape class, "A New Life," has been a great educational enlightenment to thousands of students.

grape juice and thought, "That's terrible."

So we have to look into our own hearts, and we have to look into our peoples' hearts and see what they really need, not what we think they need. That's what we in the healing arts profession are trying to find out. How are we going to get our people to tell us? – if we're warm and involved. Our instructors told us in medical school not to become involved because it would break our hearts, but it would break my heart if I didn't become a part of every family.

Not long ago one of my patients had her baby in the birth room, and it just happened that Freddie, her husband, was one of my first babies years ago. When she came in for her first prenatal visit, I put a note at the top of the page that said "V.I.P." It means that I'm the professional grandmother of that child because I know her family, I know her mother-in-law, I know her father-in-law, and I knew her husband way before she did, because I saw him first! So it makes it part of my family to see the babies of the babies coming along.

It would break my heart if I didn't become a part of every family.

The only way I know to teach about sex and pregnancy is to look at the divine design. I say, "Hey God, how come you made us this way?" We have to start with the premise that we're perfect. God made us perfectly. Our God is no dummy. So if our bodies are perfect, then let's look and see what happens to it. By divine design, then, everything that happens during pregnancy basically is normal. When people are worrying that an orgasm causes uterine contractions – well, must be orgasm was *designed* to cause uterine contractions.

There has been some speculation whether or not this is good for the baby and for the pregnancy. Because an orgasm does cause contractions. Occasionally, and we have to warn our patients, the orgasm will be prolonged, intense for about a minute. This is normal. Usually it will be a pulsation of uterine contractions, and it's also normal but uncomfortable for the woman to experience increased pressure or post-orgasmic cramps afterwards. If you have sex in the morning, you'll probably

go around all day feeling like somebody ought to carry your bottom in a basket. Because sex in pregnancy increases the abundant pelvic congestion that a woman already has. So I say, "Why don't you have sex at night or Sunday afternoon?" Because then you can stay in bed afterwards and allow that extra engorgement that sexual contact brings to abate itself before you get up. So, none of those "quickies" first thing in the morning. And, fellows, the erection prompted by a full bladder is best relieved by urinating. Wait 'til later for sex; it's better.

"Braxton-Hicks" contractions, which occur painlessly throughout pregnancy, and those occurring in the prolonged first stage of labor are very similar to orgasmic contractions; but nobody ever worries about those, and they certainly don't hurt the baby. Baby gets quite a squeezing, but it must be good for him or God would have had us humans laying eggs with that protective shell, you know. It has been shown by Masters and Johnson, the "sexperts," that the fetal heart does decrease fleetingly during an orgasm, but it comes right back up to normal again. God loves your babies even more than you do. How else will His Word move from generation to generation? He's designed so many protective mechanisms, i.e., the baby's floating around freely, completely surrounded by water which is a marvelous shock-absorber. Mothers, God has designed you to be your baby's total sufficiency, both in utero and during the newborn period, just as God is our total sufficiency and supplies our every need. What a lesson for us in the totality of His care.

In general, sex during pregnancy is mostly unaffected. Nobody ever told me that I was supposed to stop sex when I got pregnant. Pregnancy is a stress time, so "what's good gets better," as a general rule, and "what wasn't so hot gets worse" sexually during pregnancy. Many girls carrying their first babies are fearful that the baby will be bumped or injured. So sexual activity gradually becomes less and less as they approach term. After you've had a baby, you'll find that it really didn't hurt that baby – all that pounding down of the thrust of the penis on that baby's head wasn't the reason that son got bald on the top. One

of my sons when he was only twenty heard a tape of a talk I did on sexuality during pregnancy and he said, "Gee, Mom, I wondered why I was getting a little sparse on top." The woman who has already had a baby is more relaxed and positive about herself and positive about what's going on in her body. Then there is increased sexual response and certainly an increase in satisfaction.

Why is sex so good in pregnancy? Why did God design us this way? You know, as the vagina becomes so succulent, a woman gets *so juicy* – when I'm talking to the fellas I expect them to pole vault out of the room. Then they call me "earthy." You see, being a grandmother, I can talk like this, and they think I'm "earthy" instead of bold.

Isn't it great to be free to talk about these things? At a medical meeting in the early 1900s, a doctor was hissed off the platform because he believed women's lives could be saved by the doctor seeing them during their pregnancies instead of just at the birth. As late as 1965 gynecological textbooks first discussed female sexuality and then stated that while some women were orgasmic, it was doubtful that the magnitude was in any way similar to a man's. You can sure tell who wrote those texts, can't you women?

When I tell you how beautifully, how magnificently God designed your body, that He's given us all things richly to enjoy, I'm setting you free. It's not abnormal, you are not a nymphomaniac when you chase your husband around the bedroom. He may never have had it so good. But then, you know it's funny, if we were to ask a group of women about their sexuality during pregnancy – was it the same during each of your pregnancies? We'd find that within the same woman it differs. One pregnancy you'll be "hotter'n a pistol," and during another you could care less – just never seem to heat up. This is an individual thing. What I'm telling you does happen as an average but certainly not to everyone and not all the time.

I like to see the couple together on their first visit because they have so many "wonderments," questions, concerns and some fears. Pregnancy is so personal! Somehow a woman (and her husband) feel that they are the only ones who ever had a baby. I try to answer

their questions before they ask them so that they *know* I understand. I ask, "How do you feel about being pregnant?" You know, these first three months are what is called the "period of ambiguity." Half the time you think it's so great, but the next minute, you think, "Oh, what'd I let myself in for, a parent?"

I say, "Did you know that your husband is pregnant to?" Well, that shocks them. He's thinking that they've had two pay checks coming in, now only his, and he's wondering, "How are we going to stretch this?" Besides, these have been carefree days without the responsibility of fatherhood. And, further, here's this beautiful woman he chose to be his wife. Now he comes home at night and she's stretched out on the sofa. "I'm so tired," she complains. So I need to explain (so he doesn't think he got a dud for a wife) that this too will pass. God's intricate hormone embroidery (Psalms 139:15 says "curiously wrought") makes her sleepy until the pregnancy is well established – after the third missed period. Her libido, her interest in sex, is sometimes diluted

As the vagina becomes so succulent, a woman gets so juicy – when I'm talking to the fellas, I expect them to pole vault out of the room.

by this as well as by the nausea which may be present for several months.

During her first pelvic exam, I tell the couple that they can continue an active sex life right up to and including early labor, unless there is a medical reason to abstain. This surprises them for probably they've been warned about "six weeks, six months." But, you know, when there seem to be *many answers* (all man's opinions), there's *no answer*, and we must go to the divine design for truth. I also tell them that everything "hangs low" early in pregnancy, so he must move up on her body as he enters so he doesn't bang into the uterus. The baby doesn't need that extra "joy ride" when sex makes his mother's tummy jump. Or he might start some spotting if he hits the cervix, which isn't dangerous, but it is worrisome. So I am teaching, always teaching, to get rid of doubt, worry and fear.

During pregnancy there's a marked increase in the blood supplied to the

vaginal area. And what's all this foreplay about when it comes to sex? – it's to increase the blood supply, isn't it? So in pregnancy we have built-in foreplay. Husbands, wives, young couples – you have built-in foreplay. Sex is so much easier, so much quicker, so much more enjoyable – you've got all those "freebies" coming. Pregnancy is like measles – when you've got it, you can't get it. So you can enjoy yourselves spontaneously and not have to worry about whether or not it's the right time of the month – "How is my cervical mucus? What did my temperature chart say? Do I have the diaphragm in straight? Where are those damn rubbers?" All these things you don't have to worry about. It must be normal because it feels so good – without doubt, worry and fear.

Pregnancy is a time when many women who have never experienced orgasm do experience their first orgasm, and that's because of this extensive congestion that they have. It's also a time when many women discover that they are multi-orgasmic. Isn't that great? Through the years I've been careful to teach the women that this is available, each orgasm building to a greater crescendo. You know, when a man has an orgasm, he "shoots his wad" until he's warmed up again. It's important for a couple to know, pregnant or not, from the decision through the desire and details to deliverance (sound familiar?), that men and women are different. Normally it takes a man two minutes to ejaculate – kind of like striking a match. A woman takes an average of 14 minutes. Her sexuality or sensuality is a total body phenomenon – kind of like warming up the whole oven. With a man it's what he sees with his eyes and what he thinks with his brain that excites him (some have said that men's brains are their most erotic zone). A woman is stimulated through all of her five senses. It's the music, the sweet-talkin', touch, total lovemaking when everything is just right. This is so important when she is making love or being made love to.

Sometimes I tell my patients, "Kids, you want to know how much God loves you? He even made sperm white and urine yellow so a fella could tell whether he was coming or going."

When it comes to women, when you

think of that clitoris and how that little hood comes up over the clitoris – how the thrusting of a man's penis tightens up that hood and massages it gently, or not so gently; when you think of the man – his penis is comparable to a woman's clitoris – a man has to urinate through his, but a woman's is made for nothing but enjoyment. God didn't have to put that there, did He? That shows us again just how much God loves us.

When a couple considers making love as she approaches term, they become increasingly aware of the *growing necessity* of changing from the usual positions. I laugh with my patients and say, "Well, it gets pretty gymnastic sometimes, but where there's a will, there's a way." Here's a neat quote that I read someplace on "the aerobic value of sex": "Such activity is not only good for you, but it's also fun, and does not require expensive shoes."

Oral sex is okay, even if it does cut down on verbal communication. However, do not blow air into the vagina because of the danger of air embolism.

"Well, it gets pretty gymnastic sometimes, but where there's a will, there's a way."

When a woman gets close to term, what starts labor? If anybody knows, tell me. But I think God's original plan is pretty good. God knew how to get the baby *in*, and He uses the same method of getting the baby *out*. I asked one of my patients recently, "Have you been doing your homework" (that's what I call it), and she said, "Oh, my husband is afraid to." So I said, "Well, I'm going to write him a note." So I took my prescription pad out and I wrote: "Dear Harvey, we need your help!" and signed my initials. You see why my practice has grown?

I can't think of anything that is quite as devastating to the perfect union and the love between a couple than when a doctor says no sex the first three months of pregnancy and the last three months. How do you like that? I think that the doctors and nurses who proscribe (rather than prescribe) sex without a valid reason are in dangerous territory. After all, we do owe this family a living baby, a living mother, but we also owe them the togetherness that comes with the family life. 1 Corinthians 7:3 doesn't

say for a couple to "render due benevolence" to each other *except when she's pregnant* or has just had a baby.

So the orgasm helps get that uterus going at term. And not only that, when I first learned about the prostglandins in the sperm, I thought, "Holy Toledo! God didn't forget anything, did He?" When we're trying to get that baby started, I tell my patient, "It's very important that you have an orgasm, and it's very important that your husband ejaculates inside of you, and it's also important that you stay in bed afterwards - just roll over and go to sleep. Because we want the full benefit of the prostglandins in the sperm. If you have used prostglandin suppositories, I think you've marveled at how beautifully they work to start labor under certain conditions. That's all a part of divine design - when it's *time*. "Braxton-Hicks" contractions don't start labor, do they? And neither does sex, except in very selective cases, and those you'll know about. When it's indicated, I'll be the first one to tell my couples, but I don't let them guess about it. I'll tell the husband, "Sex is great for you," or I'll say, "Oh no, out to pasture - too dangerous." And I'll suggest other methods of sexual relief for them than p.i.v. - penis in vagina.

I remember walking into the hospital one day and making the rounds. I had a couple of patients in labor - it was on a weekend - so I was taking call for a couple of other doctors. And there in the same room were two patients. One was crying that she was wracked with pain - she wanted *so hard* to hurt - so I checked her, and I couldn't even get the tip of my finger into the cervix. She had come in during the night, had a monitor on and her I.V. going. I didn't see anything on the monitor strip that looked like contractions to me. So I said, "Why don't you get up and we'll take this stuff off of you so you can take a shower and maybe run down to the nursery and find one of those babies you like, and you won't have to even bother having one."

Now the woman in the next bed - they had had a couple of children but she had come into the hospital prematurely and her labor - or whatever she was calling labor - had stopped. And I said, "Why don't you get up and take a shower too, and I'm going to double back after I

make rounds and see how you're doing."

By the time I got back, the first woman and her husband were refreshed and sitting on the bed. She said she felt great. She decided she wasn't really having any contractions. The other patient had run down to the nursery and had taken a look at the babies and thought her own at home looked better than any in the nursery. Then I said, "I'll tell you what I'm going to do. I could break the bag of waters and drop some pit" (pitocin - these were patients whose bag of waters were intact), "but if I did, then I'd commit myself. Now if I do that, you're going to say, 'I was in that hospital *two days!* I had a *long, hard labor!*' What does that do for my reputation? And you know, that's not a really nice way to start labor."

And so in each case I said, "Here's a three-point program I have. I'm going to release you from the hospital." And to the couple who already had two kids, I said, "You know your kids are staying with the neighbors or the relatives anyhow - so you'll be home alone, at last. You both stop on your way home and get a couple bottles of beer or a bottle of Asti Spumante, whatever you like, and pick up a steak, because you know in the hospital they feed you *nothing* when you're in labor. And you go home and you drink that Asti Spumante and you eat that steak, and then you have a real orgy."

We've included breast stimulation in our three-point program because we know that the hormone which causes milk "letdown" when a baby nurses also stimulates the uterus to contract. (However, until it's *time* for labor to start, continuing to breast feed a toddler will not start labor any more than having an orgasm will.) Many hospitals are using the breast pump to augment labor. When I first heard about this I said, "Why, my Siamese cat tried to teach me this many years ago." We had two cats. One had long, hard labors, whereas the other would get one of the older kittens to nurse almost continually when she was near term. She had her kittens easily and quickly. I should have listened to her "mother-cat wisdom." One doctor told me that when he and his wife were having their first baby, they "borrowed" the baby of a friend. Babies are so much more proficient; their very lives depend

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on this ability.

It takes a lot of bravery to talk like this in our day and time when you see things coming out in the newspaper – malpractice and all that sort of thing: “Sex during pregnancy linked to infant death” – that’s from 1979, although further research *disproving* this study never got published beyond the medical journals.

To get back to my story – those couples went on home, and I went back home. Several hours later I got a call to return to the hospital. The second couple was already in. I walked into the delivery room and the husband said, “We had the beer and the steak, but we didn’t have *time* for anything else!” Within 24 hours the first couple came back. When I saw them in the delivery room, that young fellow was *all smiles*. Now, wasn’t that much nicer? There certainly wasn’t any danger to it – and besides, God’s plan works.

“You go home and you drink that Asti Spumante and you eat that steak, and then you have a real orgy.”

I do expect my patients to lay off the sex for a week or two after the baby is born. When can they start lovemaking again? I say, “Whenever you just get carried away and it doesn’t hurt. When your desire overrides the discomfort, then you can start in again.”

There have been some studies done as to when couples start intercourse after childbirth. I’ll mention a couple of these because I don’t want you to think that I’m telling you all of these things off the top of my head. In one report of 400 couples from a private practice, the time was two to six weeks without any significant complications. A comparable number of clinic patients resumed activity in two weeks without any episiotomy breakdown or infection.

We encourage exercise for the pelvic floor muscles to facilitate birth and also to enhance the couple’s sex life. Dr. Kegel first brought the importance of these muscles to our attention, so we call it the Kegel exercise. For women, it tightens up the vagina; for men, it massages the prostate gland and prevents difficulty in later life. Incidentally, the ultimate in sexual union is said to be able to bring each other to orgasm

simply by “Kegeling.” Try it, you might like it. We encourage the new mother to resume this exercise immediately after the birth of the baby and to continue it. It does cause some sexual stimulation, but that’s not bad. Isn’t it better for you to greet your husband after his long, hard day with, “Oh, Honey, I’ve been waiting for you,” rather than, “These kids have been driving me crazy all day!”

The orgasms that a woman has after the baby comes – and I tell them this so they don’t think, “Oh, it will never be the same again!” – the orgasms are a little shorter and less intense than during pregnancy. It’s sort of like the 5th of July, if you’re into fire crackers.

In several studies it has been found that breast-feeding women are sexier. Of course, that’s a good pitch for breast feeding, and I’m all for it. Women respond sexually earlier, and also they are more interested in sex. I’ve always thought that this is because when a woman is nursing her baby, she is *utterly profused* with prolactin, the “motherliness” hormone. That motherliness love pours from her to her child, from that child towards her children, and of course primarily towards her husband because they’re in it together. Think of how evil is the popular prescription for “drying” breasts up, because it knocks out the prolactin. And the woman who isn’t nursing her baby certainly needs all the prolactin she can get. So I just use a little vitamin B6 and tell her to stand in a hot shower and “this too shall pass.” Besides, that prescription costs them \$17 or \$18, but aside from the expense, I don’t want to cripple their “motherliness” by knocking out what prolactin they do have floating around.

Orgasm affects the breasts. Remember when you were first pregnant and you walked out into a cold wind, and maybe you hadn’t even missed a period, but “Oh, I’ll bet I’m pregnant, my nipples!” You know? You felt as if those nipples – and they are erectile tissue like retractable headlights – (it’s a real neat arrangement) – those nipples stand right up, and you think somebody snapped them and they get “boiiiiinnng!” And that’s what happens when a woman has an orgasm because there’s an intense severe aching sometimes in the nipples. But it’s only extreme for

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about the first three months. When the tummy starts to get bigger, then the breasts go into limbo for a little bit until after the baby is born. Then they get bigger and better.

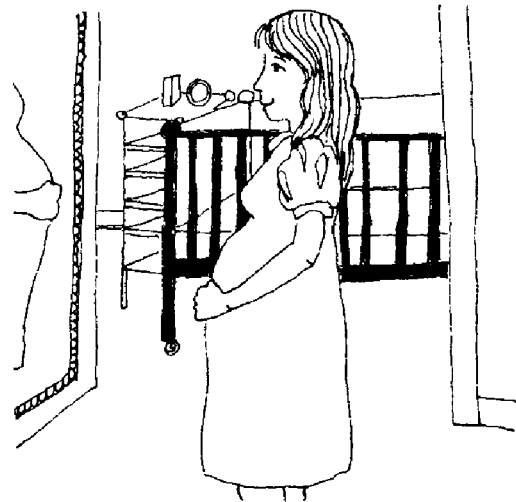
There seems to be a direct hook-up between the orgasmic reflex and the let-down reflex during the nursing period. Many times your husband will get a shower bath and it gets messy, but I think sex is messy anyhow. That doesn't seem to deter us any, does it? This milk bath is substantiated in Proverbs 5:19b – "Let her breasts satisfy thee at all times: and be thou ravished always with her love." The word "satisfy" means water, so "let her breasts water thee at all times." It really must be wonderful, because God set it up this way and even tells us about it in His Word.

While the majority of women who are nursing get sexier earlier, there are many who are turned off to the point of thinking, "Oh my goodness, it'll never be back." All I can say is, "sex is forever" and "sex is optional," and this too will pass. But let's look at the divine design to see what God has done for you because He loves you. We know that the hormone testosterone is comparatively higher at this time when you're nursing, because the estrogen is kept low to keep you from ovulating. This is evidenced by the dryness of your vagina (which can be remedied by readily available saliva or K-Y jelly). The only real aphrodisiac is testosterone. So get more rest – you're on 24-hour duty, you know. Better you should hire out housekeeping jobs. Keep yourself rested, beautiful and sexually attractive. You don't want your husband to spend the money you have saved for substitute sexual companionship. Masters and Johnson have found that 23% of husbands stray for the first time to other sexual targets during the first few weeks after their babies are born. Twenty-three percent is significant so don't allow fatigue and complacency to trick you. Your libido really is increased, so get enough rest – then you can be awake and aware to render due benevolence.

For many women, nursing a baby is sexually stimulating. And many women, because this happens to them, think they're having bad thoughts about male babies they're nursing. So they have to be told that nursing sometimes is very

sexually stimulating and that this is normal. After all, God wanted the race of man to go on and on, and so He had to make it attractive, didn't He? That's undoubtedly why He *designed* breast feeding to feel good – not just for the relief that a mother feels from her plethoric breasts.

Women deserve a lot of credit for being pregnant. I feel sorry for guys because they can't be pregnant. I've enjoyed being a woman and pioneer on a love frontier – 35 years of being the patient's advocate and loving every minute of it, and seeing some of these things that were so "kooky" thirty years ago coming to pass as *normal*. And I've had a lot of fun teaching my patients that as long as they're pregnant, they ought to relax and enjoy it. ■



“Hey God, How Come You Made Us This Way?”—Part III



Illustration by Meg Kish

Sex After Sixty- Getting Older & Getting Better

By Carolyn M. Rawlins, M.D.

Let's expose a couple of myths today—one myth is that “old folks don't do it,” and another myth is that “the way to a man's heart is through his stomach.”

“Caution, too much sex can ruin your eyesight,” reads the postcard. But the truth is that sex is forever and sex is for everybody. Sex is optional and sex is beautiful. I was driving along one day and I saw a green bumper sticker that said, “Sexy Senior Citizens, Not Dirty Old Folks.” You are familiar with the stereotype of “silver threads among the gold” from that popular song of the early 1900s—older people, senior citizens, holding hands. That's just about as far as our kids can think of us. They can't imagine their parents still “doing it.” They never even stop to think that maybe their grand-

parents still “do it.” This comes as a shock because kids think they have a corner on this sex stuff. Personally, I think that many are just like animals who don't know what sex is all about. It's “bam bam, thank you, mam,” devoid of the beauty, the finesse, the fun and the romance that really goes with loving.

I've taught young couples about to be married, as well as high school and college students and professionals on sexuality; and I can't ever teach on sex or about having babies or breast feeding or raising families without pointing out the divine design. I think it sets us all free to

remember that God *made* us like we are. We are *beautifully* designed.

Love is giving. The things that you feel, you feel because God made you that way, because He loves you and wants you to be blessed. You know how much you love your children. I'm going to show you some of the great "built-ins" that God, our heavenly Father, has given us as standard equipment because we're His children.

Psalms 138:2 says that God magnified His Word above all His name. His Word is truth (John 17:17) from Genesis through Revelation. God also says that He has given us "all things that pertain unto life and godliness" (II Peter 1:3). The Bible is a great sex manual. I tell young couples who are about to get married that if they would just follow this book, they would have the most beautiful marriages, the most beautiful sex lives available.

Psalms 8:3-5 says, "When I consider thy heavens, the work of thy fingers, the moon and the stars which thou hast ordained; What is man, that thou art mindful of him?... For thou hast made him a little lower than the angels" (the Hebrew text reads Elohim—God, not angels). I'm amazed. I remember when I was in med school thinking that if we could just know what was happening on the cell level, we would unlock the mysteries of this magnificent machine of our bodies. Now scientists are finding, for instance, that our bodies manufacture their own morphine-like substance (endorphins). Can you imagine that? God thought of everything. When you have pain there's an outpouring of your own morphine to help you handle that pain. It's such a blessing to tell young women having babies that when they continue their pregnancy up to term, rather than delivering earlier, that endorphins—their own pain-handling substance—are produced at their highest level.

God says that greater than the

universe, greater than His hanging the stars in the sky, is this human body that He made. That "blows my mind," as the kids say. I know God did a good job on the heavenlies because I never have to walk out to the parking lot and dodge a couple of meteors on the way to my car! But even better than the universe, He made us!

Psalms 139:13 and 14 reads: "For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: Marvellous are thy works; and that my soul knoweth right well." There isn't a day goes by that I'm not reminded what a miracle my body is, that God can take two cells and make a uniquely individual and special person. And everybody's just a little bit different. Listen to this next verse: "My substance was not hid from thee when I was made in secret, and curiously wrought in the lower parts of the earth" (verse 15). That "made in secret" is referring to when you were still inside the womb being developed. "Curiously wrought" means embroidery. Isn't that fabulous? God's intricate hormone embroidery that makes it available for us to be sexually active throughout our entire lifetime starts in the womb.

Let's expose some myths and get rid of some false impressions most of us have had all our lives. We got them from the media—television, magazines and books—from our friends, from society. The first myth is that "old folks don't do it," and another myth is that "the way to a man's heart is through his stomach."

In Genesis, chapter one, after God had created male and female, it says, "And God saw everything that he had made, and, behold, it was very good" (verse 31). I'm sure you share my enthusiasm for God's handiwork. The knowledge we have gained from experience assures us that it is very good. One-third of our

lives is reproductive. The rest of our time is for enjoying life. That should make us realize just how much God loves us. Our capacity for enjoying life and enjoying sex continues to get better and better.

I've always asked myself in my practice. "Hey God, how come you made us *this way*?" Sex is certainly a natural, normal body function. God set it up that way. It's just like eating. You eat, your body uses the food for energy, and what you don't use for energy goes out as waste. Eating is under voluntary control. You decide if you wanted a donut this morning with your coffee. You decide with whom you eat, what you eat, when you eat, how much you want to eat. Like eating, sex is voluntary. You are in control.

In a survey of 3500 people, it was found that teenagers think of sex every five or ten minutes. When you get to be my age, you still think of it every hour or so. That's not bad. Someone asked a woman on a talk show on the radio—she was 116—"When was the last time you thought about sex?" She said, "Well, I guess you'll have to ask somebody older than I am, 'cause I'm still thinking about it."

I ought to expose another myth, the one that says, "You can read my mind." You think your mate can read your mind. I guess sometimes we expect them to. You sit down with a piece of toast in your hand at the breakfast table and you think, "Why doesn't he pass me the butter? He knows I like butter on my toast." What if you had a place on your back that itched? You wouldn't think anything of saying, "Would you scratch my back? Oh, that feels good. Over a little bit...there." You have to get to know that person who loves you just like getting to know me in these articles is to love me, I hope, and that's what communication is all about. If you stripped off all the cultural overlay and the things you've been taught erroneously, then you'd get right down to the real you. One way to get down

to the real you is in the bathtub or in the shower together. If you've been tongue-tied before, maybe you haven't been able to tell your mate, "That feels good." Soaping each other up is a great time to get acquainted with those tickle spots.

There is no place in a sexual relationship for play acting. I read a book by a woman obstetrician-gynecologist who said, "Now, woman, you ought to pretend that you have an orgasm so that your husband will be pleased. It will build him up as a man." I thought, "If that isn't the stupidest thing I've ever heard." Because then the poor boob is never going to try harder. Isn't that right?

Sex is forever and sex is for everybody. Sex is optional and sex is beautiful.

Sex certainly shouldn't be a reward/punishment deal on either side. I've always thought that the woman who says she has a headache is surely missing out on a lot.

Let's talk about what arouses us sexually. A man said one time that he thought his brain was his most erotic zone. Why? Because a man's sexual desires are aroused by what he sees. It's not generally that way with women. I think some of us, even though we are 65 or older, have neglected to communicate with our partners that touch turns women on. I don't know whether or not all you fellows know that, even after living with your wives all this time. Touch is electrifying to a woman.

My older brother used to say that he was strictly a "titty-man" himself. So "tits" turn a lot of men on. The hairy cushion down there under a woman's tummy, called the *mons veneris* or "mountain of Venus," is sexually exciting to a man also. In fact, just about anything about a woman with her clothes off or partially off is exciting to a man. Incidentally, that's why

they sell more pornographic books to men. Even at this age, over sixty, what men see with their eyes turns them on. A woman, on the other hand, is not only turned on by your touch, she likes to hear about it. So as you caress her, tell her, "How beautiful you are, my darling, how beautiful you are! Your eyes are like doves" (Song of Solomon 1:15). Take a lesson from Solomon who had 1000 wives to keep happy. I know we all see great beauty in our loved one. Even a very plain person is, in the eyes of her beloved, absolutely the handsomest man in the world. And his woman is a paragon of beauty and virtue to the man who loves her.

We used to consider sex as something a man did to a woman. Then a decade later we defined sex as what a man did for a woman. Now it's what you do *together* that really counts. So we've come a long way.

Sexual activity is divided into three phases: desire, excitement and orgasm. (Actually, decision, desire, details and deliverance.) The period of desire is controlled by your central nervous system, your own free will. What you see or what you feel, what you hear, smell or taste by your five senses is fed back into the the exquisite pleasure centers of your brain. Our God is no dummy. He said, "Be fruitful and multiply," and then He designed us with delightful "built-ins."

During the period of desire, you can spend much time. I don't like to call it sexuality; I like to call it sensuality. This period of prolonged desire, prolonged foreplay, the touching, the massaging, can take hours. There's no hurry. It's like a symphony, like playing an instrument, bringing each other to sexual satisfaction. It is a time for romancing with poetry, candlelight, music, flowers, and scented oils. It's a time to communicate your desires and your dislikes. It's just as important to learn what excites your partner as

to teach him what turns you on. As you get older, things may take more time, but you have more time. You've been so busy making a living, raising the kids—rush, rush, rush in your younger years. Now, the two of you are alone at last. You don't have to sneak around or wonder if the kids are in or if they forgot their key or if anyone is listening. Maybe you're not alone at last, but certainly you need and deserve some privacy, someplace where you can go and be alone together, whether it's in your home or in the motel down the road. The potential for enjoying sex, this desire period, gets more intense as you grow older and it grows more enjoyable. Maybe it's really true, what the old poem says—"Grow old along with me; the best is yet to be, the last of life for which the first was made."

Sweet talkin' and foolin' around and, presto, the excitement phase arrives. The sex organs of both man and woman undergo similar changes as the blood vessels in the genitals expand and fill with blood. If you are a man you have an erection; if you are a woman the tissues of your clitoris, vulva and inner lips swell and your vagina lubricates and opens. This phase is not under voluntary control and occurs as a result of stimulation and because you are relaxed and ready to enjoy each other's company. You cannot will to have or not to have an erection nor can you will to have your vagina lubricate. This stage also is extremely pleasurable to both.

Heightening the excitement phase, you reach a plateau of intense sexual arousal, and maintain it for a variable length of time until the urge to continue to orgasm is overwhelming. Because orgasm is designed to deposit sperm where they can swim up to meet the egg, a man's orgasm consists of two phases—the emission or internal phase brings the sperm and prostatic secretions up from

their storehouses, and a split second later the ejaculation or external phase spurts them out of the penis in five or six jets at .8 second intervals. This is the height of sexual pleasure.

As a man gets older, the force and distance of his ejaculation diminishes. Big deal. As you grow older, another normal occurrence is an increase in the refractory period, the time before a man can "come again." The period of inability to ejaculate again may even get to be a couple of days. But, you can still enjoy sex without ejaculation, because the refractory period for attaining and maintaining a full, excellent erection, although it is longer than it used to be, is only a matter of hours.

One of the things that happens when you get older is that these things take more time.

It isn't going to take days. But ejaculation isn't all that important to you anymore—unless you are trying to get your wife pregnant. Incidentally, there are many cases of men over 100 fathering children. It's important to understand these normal changes so that you don't doubt your ability or masculinity. Some of you fellows begin to have an erection and you're working towards an orgasm and it just goes "shooooooooo." You think, "Oh, I'm getting old." Maybe you go to the doctor and the doctor agrees that you are getting old, all of 50 or 60. It's not the age that could cause impotence, it's the panic, the doubt, the anxiety, the fear that this is the beginning of the end. But there is no end. Sexual capacity continues at a higher level when you enjoy regular sexual activity. Better to keep in practice! This is true for women, also.

A woman's orgasm is comparable to the second phase of a man's. In spite of the ballyhoo that the G-spot has received, there is no anatomical

proof nor physiological reason for its existence. For what purpose would a woman ejaculate? The myth that a woman's orgasm is clitoral during infancy and vaginal when she reaches maturity is as old as Freud himself. In fact, he dreamed it up and has done us a great disservice. It wasn't until Masters and Johnson took the guesswork out of sexuality with valid scientific research that this theory was proven false. Just as a man's orgasm is precipitated by rhythmical stimulation of the penis, so is a woman's by rhythmical stimulation of the clitoris, the penal analog. Actually, an orgasm is an orgasm. Most women require clitoral "assistance" during intercourse. This should not cause concern about your responsiveness, or your mate's ability as a lover. "His left hand is under my head, and his right hand doth embrace (stimulate) me" (Song of Solomon 2:6). See, there it is—right in the Word!

A woman has no refractory period after an orgasm and so may continue, each orgasm building on the other. Now if anyone ever believed that women were secondary citizens in God's eyes, reconstruct your thinking. There is no physiological reason why females should have orgasms at all, as no purpose in procreation is served. So, it must be that God just wants to bless us real big. I'm blessed!

This desire period gets more intense as you get older, and it gets more enjoyable.

There is a good book, *The Joy of Sex*. Somebody is always borrowing my copy. It shows a lot of different positions. Any of you who have been stuck on the old missionary position, this book will open up a whole new world to you. And you have the time to try them all. Enjoy! We are the only animals to enjoy sex at times

other than for procreation. Praise God!

I've taken several courses with Masters and Johnson, those pioneers on the love frontier. They suggest waterbeds for older folks. How about that? (I tell couples about to be married that if waterbeds are good for senior citizens, they must be absolutely superb for them.) It's a matter of getting the most out of making love with the least effort. A heart attack patient may have exercises prescribed to regain his strength. Sex is good exercise (and it does not require expensive shoes). You will expend less energy on a waterbed with your wife on top. This is less stressful and certainly not dangerous. For people who have had strokes or back problems or other conditions where motion may be limited, put a footboard at the end of the bed as a brace. People who have arthritis wake up in the morning a little stiffer. If this couple has a nice warm bath together with a lot of foreplay during bath time, their joints get loosened up for an hour or so. That's a great time for them to make love. Why not? The prescribed aspirin may be taken later if it reduces sexual sensations.

Some medicines may knock out the desire or may limit the ability to have an erection. Others may keep a man from ejaculating or a woman from having an orgasm. If you have noticed a change in your sex life in any of the categories—desire, excitement or orgasm—since you have been taking a prescribed medication, speak to your doctor about it. There are alternatives. It amazes me that there is more valium sold in the United States than any other drug. Only 10 mg. a day may knock the sex life out, even for kids. We think we're such a sexy generation and so smart, and yet some are eating these pills like candy and wondering what ever happened to their sex life.

Let's talk about masturbation for a minute. When I was growing up I overheard my parents talking with another couple. They were discussing some young man in high school and they said, "He's kind of funny, kind of insane. I think he must masturbate." Man, I thought, "I won't do that. I don't want to go crazy!" So at that time we believed that masturbation caused insanity. Now we know the difference between insane people and the rest of us is the fact that *they* do it in public. Orgasm may be more or less intense, but whether it is reached through sensuality, sexuality with a partner or by masturbation, it still feels good. It is a known fact that a lot of masturbation is going on among young people before they are married and older people who no longer have a partner available. I assure you they will not go crazy. I didn't say that they would be crazy not to try it, however.

Before I explode some other very mistaken ideas "inherited" from friends or relatives, I must explain that we all have both male and female hormones in our bodies. The male sex glands or testes not only produce sperm but they also manufacture a group of hormones called androgens, testosterone being chiefest. This hormone, among other things, activates the sex centers in our brains and thus is responsible for sexual desire in both men and women. The female sex glands or ovaries contain eggs and produce the female hormones estrogen and progesterone. We all manufacture both male and female hormones in our adrenal glands. When a woman has her ovaries removed surgically, she loses a significant source of female hormone and now has a higher androgen/estrogen ratio. This will actually cause an increase in her sexual drive. Many of you who have undergone this type of operation have thought, "Well, that's the

end of my sex life." Not true. I am always very careful to explain this to the patient and to her husband.

There are mistaken ideas concerning the aftereffects of a hysterectomy (removal of the uterus) also. Such an operation has no effect on a woman's sexuality. I tell them that we've removed the "nursery" and left the "play room." After hearing me speak, a woman came up to me and said that she hadn't had sex since her surgery ten years before. She didn't know it was possible. I told her she'd have to make up for lost time now that she knew what was available. Testosterone is the only true aphrodisiac for both men and women, a "built-in" special from our heavenly Father who loves us enough to think of everything for us richly to enjoy. I became acutely aware of the "side effects" of

Sexual capacity continues at a higher level when you enjoy regular sexual activity. Better to keep in practice!

testosterone early in my practice. It was so long ago that doctors were still making house calls. I was giving shots to a very prim and proper elderly lady for osteoporosis (demineralization of the bones), a very painful condition that had confined her to bed. Soon she met me at the door and said, "Doctor, come into the bedroom, I want to show you something. Look at my breasts, they're getting so full. And, Doctor, I'm getting so sexy!" "Well, I said, "that ought to make your husband and you both very happy!" Sometime later I was using this incident in a lecture and *everybody* wanted one of the shots. But I had to warn them that the side effects might mean growing a beard. I think some would have been willing to shave.

Some couples are afraid to resume

intercourse after surgery or radiation for cancer of the cervix or uterus. You guys can't "catch" cancer. It isn't contagious. Nor does sexual activity cause cancer to spread.

Surgical or traumatic removal of the testes was shrouded with myths and half-truths until we saw so many casualties of the devilish land mines during the last war. When stepped on, these bombs exploded about three feet in the air. I asked a urologist (a doctor specializing in kidneys and male plumbing) about the effect of this on a man's sexual capacity. I'm happy to tell you that most men who have been sexually vigorous before, retain their ability. "How could that be?" I asked. Because there's still some testosterone from the adrenal glands and because "the memory is so sweet!" he explained. Ah-ha, that explains how the court eunuch could have trained Esther to be such a pro!

"Look, my breasts are getting so full. And, Doctor, I'm getting so sexy."

Vasectomy has become a popular method of permanent birth control. When I'm asked about the effect it might have on a man's ability to enjoy, I tell him, "He's like a gun. Right now he's loaded. After the vasectomy, when he fires, he'll be shooting blanks. It'll make just as loud a noise, but it won't hurt anybody." Furthermore, prostate surgery does not interfere with a man's sexuality. However, instead of being ejaculated as usual, the seminal fluid may be backfired into the bladder. This is non-the-less pleasurable and certainly not harmful.

Menopause certainly brings on changes for women. Estrogens have had a calming effect on your brain, and now that this is abruptly

decreased you may become tense and irritable—not over the big issues because with your experience and wisdom you can handle the big earth-shaking calamities that are a part of raising a family. It's those little things that have bugged you for a long time that finally get to you. You may lash out at those you love the most. Hey, stop, get honest with yourself. These relationships with your husband and your children that you've spent a lifetime building, you can destroy in a few short months by being negative, crying and being depressed. Maybe that's what getting older, getting better is—the ability to define what you can change. Change those things and eliminate the negatives. A time of declining hormone levels coupled with changing life situations can really do a number on you. And the bottom line is fear. Children are grown and have flown, you're not desperately needed anymore. Your husband's normally diminishing sexual vigor may be interpreted as rejection. You may take it as a sign that you are less attractive. That's why it's so important that both of you are aware of the *normal aging changes* in your bodies, in your needs, in your desires, and in your responses. These changes differ in men and women and are the product of your biological rhythms, not your love for each other.

In our culture the climateric or menopause period in the full life cycle of both men and women is a fairly new condition. In the early 1900s people were expected to live only 40 years. That didn't leave much time for livin' and lovin' in the "golden years." Babies born today have an average life span of 76 years. Isn't that great? Our grandchildren will have more time to carry God's Word over the world. Remember all those kids who were born during the war years who revolted in the 60s? By the year 2000 they will be the senior citizens, won't they? Right now, one

in eight of the population in the United States is 65 or older. By the year 2000, one in three will be past 65. So you see, one-third of our lives we live after menopause. Let's consider some of the mental, emotional and physical changes that occur when our ovaries have laid their last egg (testes never give up manufacturing sperm) and our estrogen and progesterone or testosterone production dwindles.

A generation or two ago menopause occurred around age 46, and we all thought that the earlier we began our periods the longer they would continue. However, the usual age has extended to 50 years, and the advance of science has exploded several myths. We now know that it doesn't make any difference when you started menstruating, or how long you nursed your babies or how many children you have. The average age now is 50 years. "But, doctor, how long do I have to be careful about getting pregnant?" This is no age to have or begin raising a young'un; so you should continue birth control for six to twelve months after your periods have ceased—some barrier method, preferably diaphragm, foam, rubbers. Definitely you should not be on the pill past 40 years of age because of the *statistical increase in blood clots, heart attacks, cancer, high blood pressure, etc.* The oldest patient of mine to have a baby was 52. Scares you, doesn't it? Wow! So go ahead and use "something" (anything but abstinence!).

Menopause may be heralded by an irregularity in periods, like skipping. Hot flashes are another common physical symptom that may be transient or a real heat wave. You'll be ready to give your husband a gift certificate for a vasectomy. But you know, women are so funny, you

realize that you really don't need another baby to raise with your grandchildren. By the time that period rolls around, you've begun to think, "Maybe it would be kind of nice." And you're actually a little disappointed, as well as relieved when it's over. Aren't women funny? However, there really does come a time in your life when you don't want another baby. You may think that that time will never come, but it does. You will be content to raise the crew you have. Your arms will no longer be hungry for that newborn.

Do you know why you get wrinkles? I used to think it was because I was out in the sun too much when I was a kid. When your tissues lose their turgor, their zip, their pep, this is another of those menopausal manifestations. About ten years ago I went with a friend of mine to her plastic surgeon. She'd had her nose fixed for sinus problems. I thought, "I'll just pick this doctor's brain." So I said, "Do you think it's too early for me to have a face lift?" She looked me over very carefully and then said, "Doctor, I think it's too late." Oh, well, I've earned all these delightful little "crow's feet" at the angle of my eyes and my smiley lines. You get "wrinkles" in your vagina, too. It begins to sag a little—maybe dribble when you cough or sneeze. Do you want to be socially acceptable? Do you want to enhance your sex life? Then you'd better start your "Kegle" exercises early. They actually tighten up the pubococcygeal muscles, a sling that extends from front to back and holds all your organs in. And aren't you blessed that God thought of that one? You can define this muscle by stopping and starting the stream when you're urinating. Then do it every hour on the hour. The rhythm is "tighten, tighten, real tight, relax, relax." It takes less than a minute to do it ten times. You won't notice any results

for six months, but persevere! Many of you are sharing apartments, thin walls, squeaky bed springs, you know. I'm told that the epitome in sex is to bring each other to orgasm just by Kegling. I wouldn't know, it's been so long. Try it, you might like it!

It's not age that causes impotence, it's the panic, the emotion, the anxiety....

With age the vaginal wall thins and doesn't lubricate as readily with sexual stimulation, just as a man takes more stimulation to achieve and maintain an erection. This is another case of "use it or lose it." Many women who remain sexually active lubricate and respond into advanced age. However, if this has been a problem for you, it is treatable. There are so many things that happen to us as we get older, but we must never say, "Well, I'll just have to put up with it." We don't have to put up with a single day of not feeling top notch. See your doctor and get some estrogen cream to insert. Incidentally, estrogen creams can be absorbed only in the vagina. I mention this because there are some very expensive hormone creams sold for facial wrinkles. Actually, these creams are more liable to *cause* wrinkles and tissue breakdown than to cure them. So, be sure you use them on the right end!

Theoretically, a woman's sex drive should increase after menopause, making these the best years of your life. Remember, testosterone is the aphrodesiac, the libido hormone. With the diminution of estrogen from the lagging ovaries, your androgen/estrogen ratio increases. I tell you these facts to set you free to enjoy! Also, you've matured and had time to get rid of your girlish inhibitions. Nor do you have to worry about getting pregnant.

Elizabeth K. Ross, a medical

writer, compares the way you face menopause to the way you face death. She writes that first you deny it. You don't want it to be true. You look in the mirror and you think, "It's not true." You know how old I feel? —28! 30! I look in the mirror and I say, "Who's that?" So I just smile because I look a lot better first thing in the morning if I'm smiling, and then I'm thankful. It could be worse. I do look better when I laugh; and when I keep other people laughing, I find myself laughing with them. So first you deny it, then you get mad at it. You try bargaining. You get your hair dyed. When this doesn't help, you feel depressed. But that doesn't last very long because you women are too busy, so you accept the change. Besides, what are you going to do about it? You're going to enter into a new life style. Maybe you have to rest a little more. Maybe you can't burn your candle at both ends. I find that for myself I need a couple hours of sleep here and a couple of hours there. I do slow up a little bit at certain times. But the things that I've always liked doing, I still do. And thankfulness precedes laughter.

I always liked the poem about Mehitabel the cat in the *New York Times*. I used to pick my friends by who liked Mehitabel. Mehitabel was a real corker, a pretty spry cat, whose last line was: "There's a dance in the old dame yet." This is how you sexy senior citizens ought to think. There's a dance in the old dame yet. Masters and Johnson have worked with many senior citizens at their sex research reproductive biology institute. The oldest man they have had was 93, and the oldest woman they have had, not for fertility problems but for sexual problems, was 88. Twenty-three percent of the couples who go to see these sex doctors are over 50. Twenty percent of those over 50 are over 65. I think it's great that they aren't just accepting what so many people

have told them, "Well, you just have to accept it." No, you don't just have to accept it.

I don't want you to think that you're different if you're having problems. You've got the rest of your life ahead of you. So if you are having problems, if you want help in that area, don't drag your feet about it. God designed us to keep right on enjoying sex. He formed us all according to His divine design to have a lot of fun, because sex is supposed to be fun, even for you sexy senior citizens. ■

Hey God,
How Come
You Made Us
This Way?

Part IV

BIRTH CONTROL

“The Choice Is Up To You”

by Carolyn M. Rawlins, M.D.

The first chapter of the first book of the Bible tells us that God created man in His own image, “male and female created he them.” God blessed them and said unto them, “Be fruitful and multiply and replenish (fill) the earth, and subdue it (Genesis 2:28). Ah, ha! That’s why you made us this way, God. You want a big family!

Of course, God was speaking to His son, Adam, and not to the unbelievers who have since done a thorough job of replenishing the earth. Genesis 15:5 says that God brought Abram forth and showed him the stars and said, “Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be.” God is so smart! And God’s insurance policy

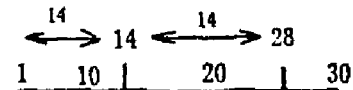
for that big family is pointed out in Leviticus 15:19 and 28. From the first day of the woman's period, she was considered unclean for a full seven days. Then, God added another seven days before her husband could even touch her, let alone lie with her. On day 14 (average 28-day cycle) a woman is at her most fertile time to conceive. Moreover, the hormone level on the day of ovulation heightens her sexual desire, making her more amorous. I'm sure this Israelite's husband was chomping at the bit to oblige!

What God hasn't written in His Word, you can read in your body, and I'm going to teach you how to read it. It's called the mucus method. Whether or not you ever use this method as a form of birth control or means of conceiving a boy or a girl, I want you women to understand what's happening in your body during different parts of your cycle.

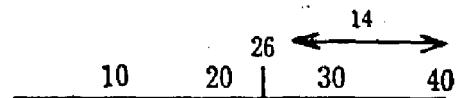
After the menstrual flow, an (indefinite) number of days passes during which no mucus is detectable at the vaginal opening. There are dry, or infertile, days. The number of dry days depends on the length of the cycle. As the egg ripens, estrogen is produced which causes the flow of mucus from the glands of the cervix. The mucus will now nourish the sperm until the egg is ready. The early mucus (sticky, gummy, tacky) is easily detectable by "Kegeling." On the wettest day when this mucus strings out like egg white, ovulation will come either the next day or the day following. This is called "peak mucus" (slippery, stretchy, wet, clear or cloudy). All of the days of changing mucus and three days after are considered fertile days, so AVOID intercourse unless you want to get pregnant.

Two weeks after peak mucus, the next cycle starts. So, you must always count ahead to find the first day of your next period. Then count back 14 days to find your most fertile day. This is constant. The number of days preceding ovulation varies with the length of the

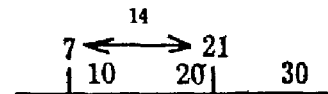
cycle.



Average 28-day cycle—
count ahead or back;
It's 14 days to or from.



40-day cycle—
count back 14 days from the next day 40.
Ovulation occurs on day 26.



21-day cycle—count back 14 days.
When you ovulate you
may still be menstruating.

The monthly cycle goes through changes at an orderly pace because of hormone interaction or embroidery. The term "curiously wrought" in Psalms 139:15 means embroidery. How excellent is His Word.

A man produces two kinds of sperm. The one carrying the X chromosome

If you have your heart set on a boy, either abstain from intercourse until peak mucus or use some type of barrier birth control.

which will produce a girl is heavier, slower, and survives better in the early mucus days. The other carrying the Y chromosome which determines a boy is lighter, travels faster, is not as sturdy and requires the ideal peak mucus for survival. So, if you have your heart set on a boy, either abstain from intercourse until peak mucus or use some type of barrier birth control, i.e., diaphragm, condom, foam. God knew this all the time, but it took the veterinarians to show us the practical application of this truth. If you were paying \$100,000 for the sperm of a prize bull, you would cer-

tainly want a comparable bull calf to be produced. It was found that by inseminating at peak mucus time after an alkaline douche (two teaspoons of baking soda to a quart of warm water ½ hour before insemination), the chances of producing a male are 65 to 35 percent. In contrast, if you owned a dairy farm, the veterinarian would inseminate your cows during their early mucus time because you are interested in having more milkers rather than male calves.

God made us perfectly. All life that God created is in harmony, in balance. If we disturb this balance, if we break this tremendous cycle or if we break any of God's natural laws, His rhythms, there is always a price to pay. Harmony of spirit, mind and body is the more abundant life.

"Of his own will begat he us with the word of truth" (James 1:18a). Of His own free will. You must decide how you will harness the power God has placed within you. The Word of truth and our bodies which He made are exquisite. They are marked by flawless craftsmanship.

Not long ago it was an accepted fact that 90 of 100 couples would be "with child" during their first year of marriage. The only effective method of child spacing was a yardstick between the man and wife! Today, only 60 to 70 percent of couples who use no birth control become pregnant during the first year. Among other things, it seems that many of the popular forms of birth control in recent years are causing some problems. A woman gets off her birth control pills and she doesn't have any periods. Her cycle is all "screwed up." A man has a vasectomy; he decides he wants it recanalized, but that doesn't work. The IUD was lauded to the sky, and many of us doctors were on the bandwagon until we noticed an increase in tubal pregnancies and perhaps our first abdominal pregnancy. Let's take a close look at the current methods

popular since the 1950s. You'll see what's available, how to receive it, and what to do with it after you've got it. You'll have to get your needs and wants parallel.

What does it take to make a baby? A male and a female. The man must produce adequate sperm, and the female has to lay an egg, and they have to get together. That's all. It's so simple; egg, sperm, get together. And there has to be a place, a good "nest" for the baby to survive until birth. Of course, if you have a fertile man and a fertile woman, someplace along the line you have to stop them from getting together. What are you going to use, the yardstick method? This is not very soul-satisfying!

The first things I'm going to tell you about birth control are reversible. That means you can use one of these methods tonight, and when you stop this form of birth control, your protection ceases immediately.

In the 1800s about the time vulcanization of rubber was invented, someone got the bright idea of making condoms. I'll bet he thought, "Man, if you can make a balloon or rubber glove, you can make a cover that would fit on the penis." A couple of things I want to caution you about when using that condom: (1) Roll it on when the penis is erect and leave room at the end so you don't have a blow-out; (2) don't drop off to sleep after ejaculation or that condom will fall off into the vagina. I don't imagine there is anybody (anybody who is married and has used condoms) who hasn't jumped out of bed in a hurry when that happens. Those speedy sperm take only five to seven minutes from ejaculation, when the woman's mucus is just right, to swim up through the uterus and into the tubes. That's why douching doesn't do any good as a form of contraception, because you can't get out of bed fast enough before those sperm are way up there where you can't get at them.

A condom is not only a good, safe method, as birth control methods go, but it also has the advantage of protecting

BIRTH CONTROL

you from venereal disease. As the rate of VD is increasing logarithmically, this method certainly is one that must be considered desirable.

Diaphragms, like condoms, are really old-fashioned; but so is sex, and it's still popular! If you choose this method, you must go to the doctor's office to be fitted. There you'll see a set of "diaphragm fitting rings." From the sublime to the ridiculous? But women differ in sizes just as men do. You know the saying that all men are created equal? Well, I don't know about that. Stop and think about the fellow who is two inches long in the resting state and the fellow who's a six-incher. When it gets down to where he really means business, they're all about six inches long.

As far as women are concerned, I tell my patient if she is a size 95 (sizes range from 60 to 95) to tell her husband not to say, "Good grief, are you that big around?" She should tell her husband that 95 measures the depth of the vagina, so the higher the number, the longer the ride. That's why you can't just go to the drugstore and say, "I'd like a diaphragm, please."

A diaphragm is very simple to insert. Head it in the right direction and it pops into place. Actually, it's "programmed" to slide into the proper position. It fits snugly into a notch up behind the pubic bone. Conscientious "Kegeling" will ensure a tighter fit, thus improving its effectiveness. Finally, make sure you can feel the diaphragm covering the cervix. This is easy with your increased knowledge and freedom to explore your beautiful body. Remember, the vagina is a blind pouch; it doesn't extend clear up to your tonsils. Be comforted that it's only about three to six inches in depth, so you can't possibly misplace that diaphragm in its inner folds. When your husband ejaculates, the sperm are blocked off by the rubber dam of the diaphragm which holds the contraceptive jelly (or cream) over the

cervix (in case one of those "little dickenses" scoots around the corner. If there are 500 million of them dashing around, it's good to have this double contraceptive effectiveness). It should be left in place for six to eight hours after the last contact. It's safe for "once last night and then again this morning" without refueling, but you ought to introduce an applicator full of fresh jelly.

It is not necessary to douche after you remove your diaphragm because what goes up must come down. Do you know what I think about douching? We are endowed with normal vaginal flora — those germs that keep you pretty and sweet and odorless. Every time a bad germ enters, your good germs "zap" him. So you have your God-given, built-in protective society. God has seen to everything. He has protected you against undesirable invaders, and I don't want you to screw up His handiwork by douching.

Doctors learned years ago that jellies or creams alone are not very effective methods of contraception. I used to prescribe these until a woman who had been married several months returned for her diaphragm fitting. As in her case, many times the return call is the initial prenatal visit. Not bad for my business, but what about the couple?

Foams are another form of double contraceptive (both barrier and spermicidal). In the early 1960s, I was on a plane flight to give a talk at a medical school when I met the president of Emko. His company had just begun to produce a new pregnancy preventer. I heard his sales pitch the whole flight and came home with a suitcase full of samples. Not being a wasteful person, I wanted to share; you know, love is giving. We gave in our office and, of course, God poured us out a blessing: within three months some of our patients were coming back pregnant! What did these girls have in common? They all had a "tipped" or retrodisplaced uterus — that is, internally the cervix was high

in the vagina instead of deep at the back. So I learned from this experience not to advise foam, capsules or suppositories for these patients. Incidentally, 30 percent of all women are designed with a uterus that tips back, and 70 percent are born with this organ placed anteriorly over the bladder. God certainly did not "goof" when He formed a third of us. (After all, there aren't many "redheads," but I don't think we're abnormal either, just special.) The position of the uterus is significant only in reference to birth control and some positions for intercourse. A precaution with foam: be careful about the time limit of half an hour of protection. Start with your stop watch when you put it in.

Those speedy sperm take only five to seven minutes from ejaculation . . . to swim up through the uterus and into the tubes.

If you are disturbed — baby crying, phone ringing, etc. — time's up; put in another applicator full. Foam looks like shaving cream. Any foam is just a lot of bubbles held together with a spermicidal matrix. When the air goes out of those bubbles, you have a teaspoon of liquid, so it's not too messy. It is effective, and you don't have to remove it in six hours, wash it, dry it, and hide it from the kids. Encare ovals and various suppositories are in this category. With these you are not protected immediately, but must wait until they explode and release the protective substance. I don't know about you, but if I had to wait 20 minutes, I'd either be asleep or cooled off. However, to each his own.

The more scientific and sophisticated the method of birth control, the more effective it is. However, some may not be safe for you personally. Because you are important to God, important to your family and important to yourself, I want you to be knowledgeable of the choices. You know there are "many roads to Chicago." Any

of them will take you there eventually, but some are faster, some are safer, and some meander through the countryside. But they all lead to the same destination. That's about the way it is with birth control. If you get sidetracked, you get a baby; but that's not so bad, is it?

Birth control pills are the most effective reversible means of protection

If you get sidetracked, you get a baby; but that's not so bad, is it?

available. They are so efficient that the first year we started prescribing them in my office, my OB practice dropped to half the number of births from the year before. Really bad for business. All of the methods except the pill are used only at intercourse in the heat of passion when it's so easy to say, "Just this one time I won't do it! I'll believe not to be fertile tonight." With the pill, you simply have to remember to take your prescription every night. Before going to bed is the best time. This must become as much a part of your daily routine as brushing your teeth or washing your face. Then you are protected day and night, during a menstrual period, or even if you are skipping periods. Incidentally, when you are starting or changing the brand of pills or going back to your original pills, you are not safe until you have taken your meds for two full weeks. You may skip the first period as your body is adjusting, but continue according to directions. Your system takes about three cycles to settle down, so if you are experiencing some undesirable symptoms, if they are not too tough, persevere. If you forget for one day, continue with the rest of the pills, but you will have to use some other protection until your period starts again. When you decide to stop for one reason or another, try to finish the package, or your cycle will be so "screwed up" that you won't know where you are for six weeks. When you decide, "Oh, let's make a baby," finish the package, then

dig out the condoms and use them through two periods before getting pregnant.

When a patient comes into my office and says, "I really want to take the pill, but do you think it's safe?", I say, "Almost everything you read about the pill is correct, but there are hundreds of thousands of women who have been taking it for years without problems. But, let's see if it's safe for you. You're not 40 years old (or 35 and a heavy smoker); you haven't had a coronary or a stroke or problem varicose veins or gall bladder disease. In fact, you're a healthy young woman who's planning to get married in two or three months. I'll take your Pap smear and check your breasts, and you can start your pills on the first Sunday following your next period. This way, your body can respond to the hormone change and we can get any minor problems worked out before the big day. Your prescription will last just one year because you will have to return for a 'bottoms and boobs' checkup yearly." While these pills will not cause cancer, if one starts, it would grow more rapidly, so it's important to catch it and eliminate it before it could become a problem. This is just good common sense—like going to the dentist before you lose a tooth.

Now, the scene is the same; the time is four years later at a six-weeks checkup after your baby's birth. You're holding that sweet little baby boy; you can't take your eyes off him long enough to look up at me as you say, "Oh, doctor, we just love him so much, but we don't want to have his little sister for a couple of years. Can I go back on the pill?" If you hadn't been breastfeeding, you could have started the pill when your baby was two weeks old, but I personally never give the pill to a lactating mother, although the drug companies and the American Academy of Pediatrics okay it. One twentieth of any medication you

are taking goes into the breast milk; so your baby is on the pill, too. Doctors don't know now and perhaps won't know for another 20 years if this is safe. We're only now seeing the consequences of the damage done by Stilbesterol, the synthetic estrogen prescribed so enthusiastically for pregnant women in the late 1940s and early 1950s. We were sincere, but sincerity is no guarantee for truth. So the pill isn't for you at this time. Besides, you haven't lost your "baby fat." That extra weight will melt away as you use it to manufacture milk if you discipline yourself to proper diet and exercise.

When someone overweight goes on the pill, her weight goes up and up. By the time she wants to have a baby, she may top our scales at 300. Several patients had to go to the meat market every month to get weighed. Pills! What a price to pay for protection! Recurrent monilial (yeast) invasion of your vagina is another nuisance caused by the changes in your sugar metabolism. Thirty percent of pregnant women or those on birth control pills will share this with their husbands, as it's the only discharge that is irritating to both of you. Although love is giving, you may become so "gun shy" that you will both gladly abandon this quick and easy route for a less traveled road.

When I first started prescribing birth control pills, I noticed that some of the girls were saying, "Doctor, something has happened to my sex life. My husband is a lousy lover." I'd say, "What do you mean?" "Ever since the baby came," they'd reply, "I'm just absolutely turned off." Well, they were, but it wasn't "since the baby came." It was since they went on birth control pills. Sometimes it just smashes your libido. You couldn't care less. I used to think that was funny. I'd say, "Hey, now they can, they don't want to." But it isn't very funny if it happens to you. So that's one of the things that I must caution you

about. If it makes you sexier, great. If you stay the same, great. But if it begins to turn you off, don't call your lawyer, just stop using the pill because it certainly may affect your libido.

I purposely have not discussed the serious, well-published complications of the pill that may kill or destroy; read these in any popular magazine. Factually, serious complications are rare in younger women, but if you are past 30 and are still smoking, you'd better think about cutting out one or the other. A plus for oral contraceptives is less ovarian cancer and less cancer found in the lining of the uterus. I want you to be aware of the more subtle effects that might steal your health and happiness, were you uninformed. Has the harmony of your body been interrupted? All life is cyclic, balanced. Actually, during the time a woman is on the pill, the cyclic

Birth control pills are the most effective reversible means of protection available.

center in her brain is suppressed so that the ovary does not receive signals from the pituitary. The ovary is at rest. It shrinks down to about one-half its normal mature size. No follicles are ripened and no ova are ovulated. It simply curls up and waits until the "circuit breaker" is stopped and it gets turned on again.

I was delighted when the IUD (intra-uterine contraceptive device) was first made available. I thought, "Here is a mechanical gadget that is reversible, has a good track record, and is without the dangers of upsetting a woman's hormone balance. She will be protected from the minute I insert it until I take it out (or it falls out, God forbid)." But we soon learned that it had its own set of problems. The IUD does not prevent conception. The egg is fertilized in the tube, as usual. All pregnancies are tubal pregnancies for the first six days. The IUD interacts with the lining to form a chemical endometritis (inflammation)

so that attachment of the fertilized egg in the uterus cannot take place, as if it hangs up a "No Vacancy" sign. Some people are disenchanted immediately when they understand the principle — an abortion every month. I insert the IUD during a patient's period and caution her that she may spot until her next period. If this continues, the price may be too high. Her periods may be heavier, but they should not be at the expense of a normal blood count. If she becomes pregnant, the IUD should be removed, especially if the strings are visible in the vagina, as they serve as a wick or ladder for germs to climb up into the uterus, endangering not only the fetus, but the mother. When this occurs the patient may have pain that mocks kidney stones or appendicitis, so it can be a real fooler.

The primary risk of the IUD is pelvic infection (PID) and subsequent infertility. The tubes may be totally blocked, actually as efficient as tubal ligation, and this damage increases the chances of tubal pregnancy. The device should be replaced every two years, but I have some patients who have worn one for 15 to 20 years without any problem. Incidentally, there are IUDs on the drawing board designed to be left in place for 10 to 20 years. This should be of particular interest as an alternative to sterilization during the years preceding menopause when you don't want another baby.

Does the IUD interrupt the normal reproductive cycle? Does it keep your lovemaking spontaneous? Is it bad for my business? Yes, yes, yes!

Sterilization for both sexes has surpassed the reversible methods of birth control in popularity. It should be considered permanent, although reversal is possible, but not always effective. About 25 percent of pregnancies after tubal ligation repair remain tubal and so require yet another surgery.

Tubal ligation, or "band-aid" surgery, requires a small incision just below the belly button and another above the pubic hairline. Nobody would ever notice; you could wear a bikini. Air is

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pumped into the abdominal cavity to bring the abdominal wall up off the organs so the surgeon can see with the laproscope, just like in a tent. Of course, this requires a general anesthetic in a hospital and costs more than a couple of bucks. It is definitely not an office procedure.

When a man has his tubes tied, or a vasectomy which is the same principle, it's an outpatient procedure. It takes 20 or 30 minutes in the office. The incision at the top of the scrotum is about an inch long. He may walk like a cowboy for a couple of days. I've had male patients who have had it done on their way to a camping trip, then went right ahead without any reverberations from the minor surgery.

It takes about two months and 18 to 20 ejaculations for a man to clean out his sperm stores after this minor surgery. He should return to his doctor for a final seminal fluid exam before he puts his supply of condoms in the "plurality/give away" box.

What happens to those 500 million sperm that a man is still producing regularly? Early laboratory animal studies and speculations (but no proof) suggest that a man now runs a greater risk of developing cardiovascular disease (certainly no more chance than from a couple of packs of cigarettes a day). Is your sex life just the same? The sperm only amounted to a "drop in the bucket" of the total ejaculate. So it's like shooting blanks—it makes just as loud a noise, but it doesn't hurt anybody. Is your lovemaking spontaneous? If you had been worried about another baby coming along, if more babies would hold you back from moving God's Word, then tubal ligation may be the answer for you.

God, how come you made us this way? Surely you didn't want us to birth every nine months. Hosea 1:9 says, "Now, when she had weaned. . . she conceived and bare a son." That is the woman's reproductive cycle or circle: wean, conceive, birth, breastfeed, wean. It has been estimated that our ancestors had four years of pregnancy, four years

of menstrual cycles and 15 years of lactational amenorrhea (breastfeeding with no periods). But everybody knows a woman can get pregnant while she is breast-feeding a baby. Certainly, but during the time she is totally nursing (just occasional bottles and no solids), the baby is nursing frequently for sustenance as well as solace; baby does not sleep more than six to eight hours at a stretch; the woman's menstruation has not recurred. . . she is well-protected. It has been found that snuggling your baby, skin to skin, also helps keep your fertility in check.

A very popular method of birth control practiced by newlyweds without their even knowing it is "every night and twice on Sundays." This may keep the young husband's sperm count so low that impregnation is unlikely.

The nonprescription sponge contraceptive (Today) prevents pregnancy by means of a three-way method. The sponge blocks the cervix so that semen cannot enter; it is impregnated by a spermicide which kills sperm on contact, and it traps and absorbs sperm. Because it is supposedly safe to wear it for 24 hours, the sponge can be inserted long before the anticipated intercourse (as can a diaphragm). This keeps your lovemaking comparatively spontaneous. In this case, the "price you pay" does not break your beautiful body rhythms, but it may break your pocketbook since they cost \$1.00 plus each. It may be good for honeymoons and vacations if you want to get your money's worth. Incidentally, the Today sponge is a modern refinement of what Cleopatra may have used.

So there's nothing new under the sun—in 1838 a German gynecologist published a paper on contraceptives available at that time. Would you believe it discussed the sponge, the condom, "withdrawal," and his own recommendation—a cervical cap! The cap was made of rubber, individually molded after he had taken a wax impression of the cervix and upper vagina—much like dentists do for tooth caps in their own department. Cervical caps are made of

rubber, metal (even gold or silver), plastics, or celluloid. They may be left in place for a variable length of time. Some must be removed periodically by the doctor; others may be cared for by the woman. Some clinics and many private physicians encourage this device, but it has never achieved the popularity in the USA that it has in Europe.

That "gun-cleaning" solution—I'm referring to that first drop that issues from the penis during sexual excitement—is loaded with sperm. This can occur long before the actual ejaculation. Warning: During peak mucus days (and nights), penetration is not required for conception. That mucus is just like an old "slip 'n slide" for the sperm, right down to and through the cervix. The folly of "pulling out" (*coitus interruptus*) is called Onanism in Genesis 38:9: . . . "he (Onan) spilled it (his seed) on the ground." It's foolish to interrupt your togetherness at the last minute to slip on a condom or slip in a diaphragm. The 6,000 sperm that it takes to batter an egg for an hour for one to enter may already be hard at work up the tube.

It is only by grace that I can write this article, because both God and I favor natural birth control, the way He designed it, not the artificial methods. It's bad for our business.

God begat us with the Word of Truth by His own free will. By your own free will and the grace of God you can make the best choice for you with knowledge and wisdom. ■

A very popular method of birth control practiced by newlyweds without their even knowing it is "every night and twice on Sundays."

PART V

“Hey, God, We’re Going To Have A Baby!”

by Carolyn M. Rawlins M.D.

Well, joy and rejoice! You know God wants a big family. He’s designed you to carry, give birth and nourish your baby. He’s on your side. Above all, He wants you to prosper and to be in health (III John 2).

Let’s take a look at what God does for you once you are in the “delicate condition.” Later we’ll see what *you* must do, and then we’ll consider what He and you can do together.

Once you’ve missed that period, ladies, you’re pregnant until proven otherwise, so you might as well relax and enjoy it. Every day of the 280 days you will be in this condition will bring new and exciting changes. (Well, changes, anyhow.)

What? You can’t believe you’re pregnant? You want proof? A blood test (HCG/RIA) will give you the message even before you’ve missed a period, just in case you “got carried away,” couldn’t find the diaphragm, or ran out of foam. In fact, the blood test will be positive within five or six days after conception. If you can’t stand the suspense, buy a do-it-yourself pregnancy kit from the drug store (EPT, Daisy — there are many of them on the market that are fairly reliable). Be sure that the store where you shop has a good turnover, as prolonged shelf life might give you a false result. This is a urine test, preferably first specimen in the morning. The test depends on a hormone that is produced by the placenta, that wonderful organ that will maintain your pregnancy and supply food and oxygen to your baby until he can eat and breathe on his own.

You can expect the test to give you a reliable answer within two weeks after your first missed period.

When you go to your doctor around the time of your second missed period (with a slight case of pregnancy), your uterus is barely palpable above the pubic bone. He puts an instrument called a doptone down on your tummy just at the hair line and you hear, “Tick-a-tick-a-tick,” your baby’s heartbeat! It’s just like speaking in tongues, because you know beyond a shadow of a doubt. You know because you heard it for yourself. Nothing else sounds like the fetal heart, not gas nor the placental souffle which is synchronous with your own heart beat. Truly, it is the *external manifestation* in the senses realm of the *internal reality* of the presence of your baby. At six or seven weeks the heart can be seen beating on the ultrasound screen. To see it and hear it is really exciting. Talk about a miracle! That little heart is a fantastic machine that will go on pumping for an average of 70-75 years, and it won’t need a grease job or an overhaul. How’s that for divine design?

During the eighth and ninth month you daddies can listen to the heart beat in the privacy of your own home, without an expensive fetoscope (special baby stethoscope). The heart beat will be loudest on either side of the midline between your wife’s umbilicus (belly button) and the pubic hair. Put your ear flat against her tummy or use the inside cardboard from a roll of toilet paper. If you don’t know what a heart sounds like,

HEY, GOD...

put your ear against her chest and listen to the "bumb, bump, kablump." The baby's heart beat will be much faster and quieter, the average around 140 beats per minute.

Everybody wants to know, "Is it a boy or is it a girl?" Well, I don't know — I don't guess in the office because the baby may have been quite active just before I hear its heart beat. If you run up the steps, your heart beat is going to speed up, right? If the baby is moving around, its heart beat is going to be faster. But if the baby is sleeping (and babies do occasionally sleep "in there," — they have a sleep-wake pattern), then the heart beat will be slower.

You can count the heart beat yourself when the baby has been quiet for a few minutes. If it is over 140 beats per minute, it's a girl. Less than that, it's a boy. But your guess is as good as mine. It's a good indoor sport anyway, right?

By twelve weeks some of the baby's bones can be measured by ultrasound to give you an accurate date for the birthday party. However, it's much easier and certainly less expensive, if you start right now circling the first day of each menstrual period. It doesn't matter how long you flow or how much — only day one. Because who knows when that exposure was. I know you kids don't mark it up on your bed every time you have intercourse or keep a calendar of it, unless you're trying to find out when you can get pregnant by taking your temperature. Use the calendar in your checkbook as you don't throw it away every January first. Now, subtract three months and add a week (and a year, of course). Isn't that simple? If you run more or less than the average cycle of 28 days, add or subtract a couple of weeks.

Your baby begins to kick around as soon as the arms and legs are formed, but he must grow some before you can feel it. You will be aware of that first meaningful kick (not flutter) right above your pubic bone. The day you feel that first kick — and feel it every day after that — is five months to the day till your

expected date of delivery. Isn't that exciting? You'll think, "Wow, I wish he'd do it again, then I'd know for sure." Well, he will. That means you have four months out of the way and only five more to wait. It's fun to watch for this first kick, and comforting when you feel it.

Did you know that more human babies are born during the summer months than at any other time? I've often wondered if that's because the testosterone levels are higher during the fall season. Since testosterone is the only true aphrodesiac, this must be part of God's plan to give us warm weather babies, at least in our climate. Of course, this is my own "p.i." (private interpretation).

That little heart is a fantastic machine that will go on pumping for an average of 70-75 years, and it won't need a grease job or an overhaul.

God's Word exhorts us to "become followers (imitators) of God, as dear children" (Ephesians 5:1). It must please Him to see us searching His Word, studying to find more knowledge that from the first word to the last, His Word is truth. I am sure it blesses Him when we keep our child-like wonder and amazement and awe as we see each tiny part of His handiwork fit into place. I get so excited when I read the Word and realize again and again that it is, indeed, our only reference for truth. And I get so excited when I "read" this magnificent body of ours, see how each part is perfectly interwoven to produce the whole, and appreciate the wonder-workings of God. He magnified His Word above his name, and the next greatest thing He did was to make *us*. Imagine — God considers that feat a greater accomplishment than hanging the stars in space (Psalm 8:3-5)! Is it any wonder we should ask, "Hey, God, how come you made us this way?", to find more truth? It's incredible that God can take two cells and make a uniquely individual lit-

tle person. Yet he does this thousands of times every day (and night).

"Hey, God, we have a baby beginning here. What are you going to do about it, God?" "All systems alert for baby!"

The HCG — human pituitary gonadotropin, which is the hormone that is increased to a measurable amount within five days after conception — isn't there just to give you a positive pregnancy test. Its real job is to prolong the life of the ovary's corpus luteum to keep it producing progesterone until the placenta — a new organ — has grown big enough to take over the job. The progesterone builds a new "nest" every month in infant anticipation from puberty to menopause. Now, with a baby being

The day you feel that first kick — and feel it every day after that — is five months to the day till your expected delivery.

formed, it acts synergistically with other hormones elaborated by the placenta to increase the size of the uterus, by weight 160-fold and by volume, 500 to 1000-fold, and even bigger for triplets or quads.

After delivery, at the six-weeks exam time when I feel that uterus and it is back to normal, I marvel when I recall how thin-walled but how powerful it was in labor. Fifty pounds of pressure are exerted with each contraction. Too bad we can't reduce the size of lawnmowers and snowblowers like that for seasonal storage.

Progesterone is known as the "defense mechanism of pregnancy" because it decreases the uterine muscle's irritability to keep the baby from being cramped or squeezed out. Because this action isn't selective, all the muscles in your internal organs are relaxed. These are the muscles over which you have no control, in contrast to those you can move at will.

Many of the symptoms you may experience during these early days of pregnancy are related to the synergistic

progesterone and estrogen action. Your stomach and intestinal motility is so reduced that your tummy is distended by the gas that you are not passing regularly. You'll feel gassy, burpy, constipated. Maybe you can't get your zipper up — got a rubber band stretched from button hole to button. You think, "I must be carrying twins, I'm so big so early." Actually, your uterus is hardly up out of the pelvis, but you already have quite a "pot." This prompts some girls to run right out and buy some maternity clothes. (Well, first moms, maybe.) Next baby you'll probably put off getting into that limited wardrobe as long as you can.

Your blood vessels are relaxed too. That's part of the reason that normal pregnancy is a blood pressure lowering condition. When you stand for any length of time, there is less blood reaching the brain and you feel "lightheaded." For instance, when you are grocery shopping, you feel fine while you are moving along the aisles. But if you have to wait at the check-out counter for very long, watch out. However, all you have to do is raise yourself up and down on the balls of your feet and the massaging action of the muscles in the back of your legs moves the blood back up to your head. Presto, you feel fine again.

You'll also be aware of the relaxed blood vessels when you've been sitting or lying down, then jump up quickly. You do a double-take and get a little dizzy. These are times when you must move your voluntary muscles to massage the involuntary muscles over which you have no direct control. You can clench your fists, move your arms and legs, and wiggle.

You'll notice that when you lean over to get into the bottom drawer or pick up something from the floor, you're okay, but when you stand upright again — whoops, you feel like you're blacking out. Let that be a lesson: never lean over, squat instead. Besides, it's more lady-like (my mother told me). And it's good exercise. It helps train your

muscles and acclimate your pelvis in preparation for the baby's birth. These are helpful hints, because it is possible for you to pass out, and that might be embarrassing.

The relaxation of the superficial veins and pressure from the growing uterus make you susceptible to varicose veins in your legs and around your rectum (hemorrhoids). So whether it's your legs or your bowels, keep them moving.

Your body is divinely "geared" to meet the needs of the growing fetus. Circulating fluids increase, both blood and lymph, and vessels servicing important areas are enlarged. As the breasts are "jolted" from a quiescent state, they seem like a factory that was built 20 years ago, complete with the latest and best equipment. It's as though the building has been heated and cared for, but the doors have never been unlocked. Now — with "all systems alert" for baby — the motors are humming, readying for full production. The breasts enlarge, beautifully. Dolly Parton has nothing on you now. When I'm doing the initial physical exam I might say, "Little tender, huh?" And I'll bet when a cold breeze hits you, those nipples feel like someone has snapped them. That's just how you feel because they are very sensitive to temperature and touch, one of the first signs of pregnancy. After all, those nipples are erectile tissue — like the clitoris and penis — and for a reason. They don't have to be sticking out *all* the time, but they sure do when the baby begins to nurse. Then, of course, it's the brushing or touching that stimulates your nipples to stand up so baby can grasp it properly.

During the initial exam, I have you look at the aureola, that brown (when you were not pregnant it was pink) area that surrounds the nipple. "See those little bumps?" I'll ask. You might say, "Yeah, what are they for? I've worried about them." They are glands that produce an oil with an antiseptic called lysozyme. You have lysozyme in your tears also to protect your eyes. The oil

lubricates your nipple area, keeping it supple and clean so it won't crack and get sore or infected. Isn't that remarkable? Now you won't "freak out" thinking they're pimples and start squeezing them. Because God has seen to even this small of a detail, you should be renewed in your confidence that He has everything under control. So don't use soap on this area of your breasts and wash off all these goodies. Then you'd have to use some man-made substitute for "the real thing."

Your skin is very sensitive during pregnancy. It's excreting wastes for two, you know, so you should bathe regularly. You can shower with your husband and show him all those tickle spots. You can shower or you can take a bath. Water doesn't get into the vagina, so no excuses.

The hormone levels that are geared to relax your uterus and other internal muscles relax you also — right to sleep.

Your skin really gets a stretching, sometimes to the point of no return. Where the fibers have given up and let go, you'll have "stretch marks" or stria. During pregnancy they are purplish red — makes you look like a red zebra. Later the scars fade to silvery white. But they never go away. Your skin is so sensitive that you may get some pimples on your face and back. Drinking whole milk or half and half instead of skim milk and eating butter instead of margarine or other synthetic foods may clear them up quickly. It's surprising what a change of diet will do.

During the first three months of pregnancy you may feel like you just can't get enough rest — "Oh Honey, I'm so tired," and you're always "zoned out" on the sofa. You feel like you have just enough energy to accomplish the "musts." The hormone levels that are geared to relax your uterus and other internal muscles relax you also — right to sleep! This is part of God's plan to keep

you mostly sedentary until your pregnancy is well established. When you've passed the time of your third missed period, your energy levels are restored, and the "real you" shines through, brighter than before. Still, this is a good rule: Stay off your feet and rest for at least an hour between lunch and dinner. You may ask, "Why?" You know there are more things to do while you're pregnant than just being pregnant. Maybe you're already mothering, wifeing, or working outside the home. But you need a break in your hectic pattern. So don't come home from the office and immediately start doing all the things that must be done. Stir your crock pot and take a nap for an hour. Let's face it, you may not sleep through the night for the next twenty years.

At this time it seems that your bladder doesn't hold more than a teaspoonful. So it's "up and down, up and down." But this is good practice, for when the baby arrives, whom do you think is going to be on the night shift? Fatigue spawns negative believing which gives birth to nasty disposition, shattered relationships, bad breath, stringy hair, dirty houses, and cockroaches in your mind. Obviously, fatigue is to be avoided, and it can be. Isaiah 40:31 tells us: "... they that wait upon the Lord shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint."

When a young mother complains that her baby wakes her up in the middle of the night, I say, "Aren't you blessed when your baby calls you at two or three o'clock in the morning and you're up all alone in the quiet house with your baby? That's such a prime time." Perhaps the next time her baby cries out in the middle of the night, instead of saying, "Oh nuts, there goes that kid again," she'll say, "Oh, thank you, God, for my special time with my baby."

I've been a busy mother, but the time that I spent with my boys was prime time. I can remember one of them

getting me up at two o'clock in the morning with a book in his hand. We'd go into the living room and wrap up in a big blanket and read until we woke up in the morning sunshine with our heads against one another's where we'd gone to sleep reading. This is prime time. It must be prime time or I wouldn't remember it so vividly even after all these years.

Mothers and potential mothers, you are like God to your child until he's old enough to praise God on his own. You and God are on duty 24 hours a day. You'll be a better wife and mother for the next hundred years when you incorporate "horizontal time" into your daily habit patterns. This is preventive medicine.

Aren't you blessed when your baby calls you at two or three o'clock in the morning and you're up all alone in the quiet of the house with your baby? That's such prime time.

I think it's remarkable that your body's systems have "signed a truce" with this baby "invader." Any other foreign matter would be efficiently and quickly dispatched. The placenta which has been ignominiously called the "afterbirth" (and considered part of the mess by the cleanup committee) is really an incredible organ. It is a "built-in diner" with a menu complete with all necessary vitamins, minerals and elements in just the right amount for growth during each stage of development. It is a filtration plant and garbage disposal that eliminates all wastes. The placenta elaborates hormones which program the breast for milk production so that the newborn's own brand of food is readily available at birth. One of Leonardo da Vinci's anatomical drawings shows channels leading from the womb to the breast: they thought the infant's food was the same, that it just looked different. Now we know that the milk isn't made in the womb but in the

breasts. However, the nutrients are similar.

About 83 per cent of the fetus' awake time in the womb during the eighth and ninth month is spent practicing sucking. This is a built-in survival mechanism, because from the start God's Word applies: "... if any would not work, neither should he eat" (II Thessalonians 3:10b). Breast feeding is much harder work than drawing milk from a bottle.

Other hormone action increases the caliber of the blood vessels and lymphatics servicing the uterus. To insure the increased demands of the growing fetus, the plasma volume doubles and the red blood cells, carrying iron, are multiplied. You know how God is looking out for the welfare of you and your baby because your capacity to absorb iron from your diet is increased three times. Thus He meets the requirements of your body, your baby, the placenta, and even provides extra in case you may lose some blood during the birth. How about that? It's one less thing for you to have to think about. Remember, God is your sufficiency, even when you are pregnant,

Remember, God is your sufficiency, even when you're pregnant.

just as you are your baby's total sufficiency, both while he's inside thumping around and after he's born.

If you are not getting enough iron in your foods, you may have to take supplements along with your vitamins. In spite of the blood dilution factor which makes you look more anemic than you actually are, it's best to keep your hemoglobin at 11 grams plus. Maybe some good old fashioned black strap molasses will do the job. You don't want your *blood* to be tired, too. One of my patients once said to me, "Doctor, I think I've just got tired blood."

Another hormone, relaxin, "unhinges" your pelvic joints to make more room in the birth canal. By the third month, you are broader where a "broad ought to be broad," even before

you put on extra padding. If you think it's wonderful the way God opens up your pelvic bones to make more room for your baby to get out, consider what He does for the little ole gopher. This animal lives in a small hole in the ground and, in order to scamper in and out, she must have a very narrow pelvis. During her pregnancy the relaxin levels are so high that her pelvic bones themselves become totally cartilaginous and elastic. As soon as her babies slip out, the bones harden again. Isn't that the wonder-wisdom of God? If He'll do that for a gopher, think of what He is willing to do — and does — for you.

Relaxin action separates your sacroiliac joints one-half inch. So good posture is a must. Pull in your tummy, tuck in your tail and walk, sit, stand as if you don't want anyone to know you're pregnant. The minute you "let it all hang out" and increase the curve in your back (lordosis), you are letting yourself in for a back ache. You have to think of your bones like the skeletons you see on Halloween — loose and jangling. You must train your muscles to good posture. They can be kept supple by an exercise called pelvic rocking. The action is similar to a dance we used to do called the "bumps." (Ask your parents for details.) Actually, it's a sexual maneuver — so you're already an expert.

The pain experienced from putting your sacroiliac joints in a bad angle is not confined to your back. The sciatic nerve may be affected, and then you'll feel like you have a throbbing toothache all the way down your leg. Do I make myself clear? Good posture is a must.

Put your high heels away, as they pitch you forward. Then you must lean backward and overcompensate to keep from falling on your face.

Good posture has other important advantages. When you sag in the middle, you allow the uterus to fall forward against the abdominal wall. This causes extra pull and strain of the round (long) ligaments. These are pencil-sized muscle ligaments that extend from the pubic

bone on either side of the uterus and attach at the top of it. Their job is to keep the growing womb from lopping from side to side when you move around. Their tightening accounts for little cramps you may feel low on either side of your abdomen. When you sneeze, if these ligaments go into spasm, wow! It feels like you're tearing apart or maybe twisted an ovary or something else awful. But it's just a "Charley horse," so lie down on the side that hurts. The uterus falls that way by gravity, takes the pull off the round ligament, and the pain goes away. That's important to remember because it could be frightening. *Gesundheit!*

When you lie flat on your back, the arching of the lumber spine increases and also strains those sensitive sacroiliac joints. Bend your knees and push the small of your back down hard against the mattress. This will relieve the strain-pain. Sleeping on your side is best. It is a must the last two months. The weight of the baby presses on the large vessels in the abdomen and slows the return of the blood from the lower extremities. Your heart beats faster, your blood pressure drops, you feel "shocky" and that you might pass out. Just turn on your side and all is well. Remember that — it may come in handy. Lying on your side (preferably the left) actually increases the oxygen and food in the blood being carried to the baby.

If you are a "tummy sleeper," early in your pregnancy you should put a pillow under your hips to keep your back from caving in and putting a strain on these same joints. As you get bigger you can sleep in an inner tube. Maybe not a bad idea. When I was pregnant with my first-born, I spent part of the summer with my folks who lived by Lake Michigan. I'd go down to the beach, dig a hole in the sand, spread out my blanket, drop the baby in and we'd have a good snooze on those warm afternoons.

What has happened to your sight during pregnancy? It's actually unchanged, but as the pressure in the

anterior chamber of your eyes changes with what you ate at your last meal, this may affect your vision. When a patient says to me, "Doctor, I think I'd better have my eyes checked," I reply, "No, save your money. After your baby is born, you'll look as good as ever. No new glasses for now."

I once wondered, "Hey, God, how come my nose got so stuffy when I was pregnant?" Sometimes when I was lying down, I'd wish I could prop it open so I could breathe better. In the mornings my throat would feel sore and dry from breathing through my mouth all night (probably I snored). And sometimes my ears would plug up so I'd feel like I was talking inside my head — you know, the same feeling you get when you're coming down in a plane or a fast elevator and you have to swallow hard to unplug your ears. And my sense of smell was more than merely increased tenfold, it seemed perverted! What *used* to smell so good — like bacon and eggs cooking, fresh coffee perking — was nauseating. What normally smelled bad was awful. Believe me, it was no time to housebreak a puppy. But my personal experience was simply an extreme reaction to what normally happens early in pregnancy. The nasal mucus membranes must be "first cousin" to the lining of the uterus for they are very sensitive to the "nest building" hormones. Some girls even have monthly nosebleeds instead of menstrual periods (rare but true).

So during pregnancy you should stay away from strong smells such as turpentine-based paints, certain cleaning solutions, etc. These increase the nuisance in the back of your nose and plug up the tubes into your ears. If you get particularly stuffed up at night, run a vaporizer in your room. Keep the air moist. This cuts back on the nose bleeds that are common in pregnancy. In fact, it's a good idea to run a vaporizer in the children's room from September to June when you have the central (drying) heat turned on. The wallpaper used to "drip strip" off the walls in my boys'

"HEY, GOD. . ."

bedrooms, but they didn't have colds. So it's a good idea to keep the air misty-moist because your mucus membranes will stay healthier.

Here are some other interesting (but not earthshaking) things for which estrogen is responsible. Notice that brown line that goes right up the middle of your tummy? Maybe you can't see it over the bulge, but you'll see it in the mirror. It's an old wife's tale that when it gets up to where your ribs part, you'll have your baby. This increase in melanin pigment also accounts for the dark discolorization of your face known as the "mask of pregnancy." Not every woman rates that, but you'll notice the pink to brown changes in the area around your nipples. Some girls develop fiery red palms. Others will notice tiny red spots — broken capillaries — called "vascular spiders" that blanch out when you press them. They're not dangerous. I just want you to be aware of some of these normal things so you won't worry about them. This, too, will pass.

The great increase in the blood supply to your gums sometimes makes them so swollen that they'll bleed easily. You'll have pink toothbrush bristles. The swelling makes it difficult to brush your

teeth properly and makes flossing mandatory (non-waxed but flavored is okay). Sloshing hydrogen peroxide around your teeth bubbles out food particles from around the gum line and also toughens the gums. Meticulous mouth care during pregnancy refutes the old saying, "A tooth for every child."

Hydrogen peroxide breaks down into water and oxygen in your mouth. It feels funny, but it won't hurt you. It just keeps you spitting cotton for a while. Sometimes a tumor-like growth — epulis — as big as the end of your little finger will form on your gums. This will disappear shortly after the birth, so it's "no big deal."

I think by now you must realize that God loves you mothers. God wants a big family. He's on your side. He *wants* you to have that baby. So He built in all these wonderful protective mechanisms — increased sense of smell, increased gag reflex. Wow! Be careful when you brush your teeth — get your tooth brush back too far and you'll gag for sure. I get so blessed telling people about these divinely-designed built-in safety valves that carry you and your baby in His "ever-lovin' arms" to term. ■

Once you've missed that period, you're pregnant until proven otherwise. So you might as well relax and enjoy it, for every one of the 280 days will bring new and exciting changes.

Baby Food Progression Chart

Starting Out

Fruit: (should be mashed or scraped)
bananas
apples
melons
pears
peaches
papaya

Too strong to start with:
cherries
strawberries
citrus fruit
coconut
dried fruits
(see juices)

Skins are hard to digest. Don't use them. Can add fig pep or molasses to mashed fruits. Don't worry about variety or spicing things up. Introduce one food at a time.

Vegetables:

sprouts - blended well
squash - cooked until mushy
potatoes - sweet and white baked or mashed
carrots - not before 18 months usually
beans - must be young and tender and cooked until soft,
then ground
tomatoes - not before 18 months. Go easy. Very acidic.
parsnips - soft and mashed
peas - soft and mashed
avocado - mash well

Too strong for starters:

cauliflower	leeks
celery	onions
corn (not before 2 years)	rutabaga
cabbage	turnips
cucumbers	spinach
kale	beets
kohlrabi	

Grains:

oatmeal - grind fine and cook
rice - grind fine and cook
barley - grind fine and cook
millet - grind fine and cook

Too strong:

cornmeal
wheat



Baby Food

Page 2

Nuts and Seeds:

Most all too strong until 2 or 3 years old. (see juices)

Peanut butter good at 2 or 3.

Cashews are good when you do start.

Juices / Waters / Milks / Tea:

Water made from grains are excellent for baby. Crack grain and soak in water, or save water grain was cooked in. Good grains to use are:

oatmeal
barley
rice

Juice:

apple juice (water it down)
prune juice (water it down, a lot)
dried fruit juice (soak dried fruit and use the water)
strawberry juice (dilute from frozen berries)

Milks:

nut milks
cashew
almond

Whir in blender. Add water to milk consistency. Good on oatmeal, ect.

Tea:

Make all teas weak. Use herbs. No black tea.

clover blossom is good
chamomile
catnip (good for stomach problems, gas)
mint (good for stomach problems, gas)

Milk products:

Go easy. Watch for signs of allergy. (runny nose, mucus build up)

yogurt - good for small ones
cottage cheese - mash it
cheeses - use soft Scandinavian cheese. Give after they can chew a bit.

Meat:

Over all, not good before 4 or 5 years.

turkey - best to start with
chicken
mild fish - no bones
eggs - good at 2 years usually. Scramble or soft boil.

WAYS TO BLESS A FAMILY WITH A NEW BABY

Though it is not your obligation to do any of the following, as a family we should be willing to do our best for one another.

1. Baby shower--generally a need, especially on first babies and when there is a considerable space between children. It is usually given about one month prior to her due date. This can be handled by the Twig or department, friends, or relatives. If you are knowledgeable that one is not planned, then plan it.
2. Visits--do call first to see what the family prefers. Short visits are best the first couple of weeks. Visits are made nicer by bringing them something (flowers, card, gift, or food).
3. Phone calls--congratulations and or to offer assistance.
4. Cards and letters--express your love and blessings.
5. Flowers--always bless women, even those cut from your lawn or along a roadside.
6. Care for older children--according to the need, but this can be one of the greatest needs of a family with more than one child. Remember that older children need extra attention at this time.
7. House cleaning and miscellaneous chores--example: ironing, laundry, general cleaning and tidying.
8. Meals and miscellaneous foods--a need for the first couple of weeks. "Chief cook and bottle washer is off duty."
9. Errands--such as grocery shopping, baby supplies, etc.
10. Baby gifts--to help supply the needs are a blessing. Consider the rapid growth of newborns. Sizes other than newborns could be considered.
11. Encouragement to receive the Word--assistance in attending meetings where the Word is taught, bringing teaching tapes to her, sharing the Word that you received at meetings she didn't attend.
12. Help her stay abreast of what is happening in the ministry--make sure she gets a Grapevine or newsletter, new Heart newspaper, Sunday night service tapes, and The Way Magazine.

Giving of one's self really requires commitment and love. Develop your areas where you get blessed to give.

Plan ahead of time!

Think for her - Pressure is the sore spot.



June 4, 1980

Dear Corps Household:

The scriptures stating that "with God nothing is impossible" and "... all things are possible to him that believeth" are in many instances taken out of context, subsequently wrongly interpreted, thus wrongly believed and consequently unneeded harm ensues.

If I tie up my arm in a sling for a period of time, and then all of a sudden I would consider taking it out and lifting a heavy weight I doubt very much if believing would produce the desired results of the moment.

If I drank something poisonous deliberately or unknowingly, I doubt if my believing would be of such a nature that the poison in my bloodstream would dissolve and I would be delivered. Yet, the scripture says, "... all things are possible to him that believeth." What about that? Can God make a bigger stone than He can lift? God is a God of miracles but miracles have to be within the framework and context of the Word. Let's not be stupid. You cannot supersede natural laws by believing unless you get revelation, and revelation must come to pass or you just "thought it" or "that's what you liked to think should happen."

Someone said, "What fools we mortals be." Perhaps that is true also of our desire to endeavor to believe beyond the laws of the greatness of the love and truth of God and His Word.

There are many things involved in life and living which I do not understand, and even those who frequently volunteer their knowledge are apparently unqualified to execute the principles they advocate.

No husband knows what it's like to bear and deliver a child. No mother who has had a baby but who has never had "complications" in delivery really understands others who have had difficulties. This illustration is applicable regarding many things in life. One never really knows until one has walked in someone else's shoes or been there himself.

None of us know all the different ramifications of and in life. All I know regarding some of these matters is that in the beginning there was no sin; subsequently no sickness; consequently no death.

Genetic disorders produce malformations. How much of the hurt and suffering in life is due to the way our parents or grandparents or we live, I do not fully know. The hours we keep, the things we drink, the food we eat, the newspapers we read, the periodicals we digest, the television that infiltrates our minds, the electric light bulb and many more things we do—I do not know to what degree they affect our physical bodies adversely. All I know is that even with the greatness of believing I feel daily more and more that life, even for one day, is almost a miracle of existence. All of us break the laws of God frequently; knowingly or unknowingly they are still broken. Doing this deliberately may be worse in the eyes of mankind, but certainly not in the eyes of God. Only man puts degrees on wrongdoing, not God.

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If I had a decayed tooth, I would go to a dentist to have it filled or extracted. Perhaps, had I been put together better genetically, believed more, eaten better foods, drank better water, thought better thoughts, etc., I might not have had the decayed tooth. But I got it—now what? I will do my best to prevent a situation but if it occurs, I will get it taken care of to the best of my ability and *GET BACK* to *MOVING THE WORD*.

Maybe childbirth fits in the above category. If having a baby is really natural, it will have to be within the perfection in which God originally designed the human body. A woman thinking that she must, by all means, personally deliver that baby may not have it all within the framework of the great living reality of life (i.e. physical limitations, such as a small pelvic area, a breech position, etc.). I believe whenever it is possible to avoid additional heartache, problems and hurt, it becomes our responsibility to utilize the best available facilities at our discretion.

A cesarean section is not sin, and it may enable one to live much more fruitfully—mentally, physically and spiritually. A woman being called upon to make a breech delivery will find it very, very difficult and far more so in the delivery of a first child, but truthfully in any child. The extreme pain is not necessary to endure if a cesarean section were administered. All the tearing would be avoided. A woman's vagina and her bone structure is made to deliver the baby head first. When everything is backwards, it is just like, in some respects, having the Word of God backward—it just is not the best.

There is no Word of God saying to a couple, you have to have your baby "so and so." Let's take the pressure OFF OF ONE ANOTHER and avoid wrong thinking. There is no "shame" in calling yourself Corps or Christian should you need to have help because of complications, regarding childbirth or in other facets of life. Taking an aspirin is not sin and does not make you less Corps or less of a man or woman.

I am sorry I do not know more answers and am so incapable of helping, when I so much would love to help from a human point of view. Thank you for your understanding and your endeavoring to live honestly to the best of your ability the great truthful reality of life.

At times life does get heavy, but you don't have to let it get you down. This morning the birds are still singing, and the sun is still shining. You are still my Corps, and I love you all very much in Him.

Sister Paul Wirrill

RECOMMENDED READING LIST

Category III

Books

Childbirth at Home, Mrs. Marion Sousa
What Every Pregnant Woman Should Know, Brewer
The Experience of Childbirth, Sheila Kitzinger
Childbirth Without Pain, Dr. Pierre Vellay
Husband Coached Childbirth, Robert A. Bradley, M.D.
Methods of Childbirth, Constance A. Bean
Painless Childbirth, Fernaud
The First 12 Months of Life, Frank Caplan
Making Love During Pregnancy, Elisabeth Bing and Libby Colman
The First Nine Months of Life, Geraldine Flanagan
Thank You, Dr. Lamaze, Marjorie Karmel
Childbirth, John S. Miller
The Joy of Natural Childbirth, Helen Wessel
Six Practical Lessons for an Easier Childbirth, Elisabeth Bing
Childbirth Without Fear, Grantly Dick-Read
Your Baby, Your Body, Carol Dilfer
Commonsense Childbirth, Lester Dessez Hazell
Essential Exercises for the Childbearing Year, Elisabeth Noble
Maternal Infant Bonding, Marshall Klaus and John Kennell
You Can Breastfeed Your Baby, Patricia D. Brewster
The Womanly Art of Breastfeeding, La Leche League, Int.
Nursing Your Baby, Karen Pryor
Spiritual Midwifery, Ina May Gaskin and The Farm Midwives
Preparation for Childbirth, Roger and Donna Ewey
Preparing for Childbirth, Mary Lempke
The Complete Book of Pregnancy and Childbirth, Sheila Kitzinger
Preparing for Breastfeeding, Mary Lempke
A Child is Born, Axel Ingelman-Sundberg and Claes Wirsen

Way Magazines (Orientalisms)

Jan 66 -- The Barren Woman, K.C. Pallai



SECTION IV

The Family, Raising Children

Ephesians 6:1-5

(Expanded literals according to usage)

- 6:1 Children hear and listen to (obey) your parents like, as if, they are or represent the Lord, for this is right on.
- 6:2 For this is the first commandment of promise, children, reverence your father and your mother
- 6:3 That you may be blessed and live long upon the earth.
- 6:4 And you parents, don't exasperate your children by being incorrect, but educate them with the discipline of the right believing regarding our Lord.
- 6:5 Children as bond slaves obey, your lord, your parents according to the flesh with reverence and obedience wholeheartedly as they represent Christ
-

I Timothy 3:12: (Literal)

Let the ministers be husbands of one wife, diligently ruling their children and their own households.

Proverbs 3:11,12:

My son, despise not the chastening of the Lord; neither be weary of his correction:

For whom the Lord loveth he correcteth; even as a father the son in whom he delighteth.

Proverbs 13:24:

He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes.

Proverbs 15:5:

A fool despiseth his father's instruction: but he that regardeth reproof is prudent.

Proverbs 17:6:

Children's children are the crown of old men; and the glory of children are their fathers.

Proverbs 19:18:

Chasten thy son while there is hope, and let not thy soul spare for his crying.

Proverbs 20:7:

The just man walketh in his integrity: his children are blessed after him.

Proverbs 22:6:

Train up a child in the way he should go: and when he is old, he will not depart from it.

Proverbs 22:15:

Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him. IV - 1

OBEY AND HONOR

by Cindy Bernardini

I. Obey and Honor.

- (A) Children should do both. Ephesians 6:1-3
- (B) Obey.

- (1) Definition: to listen closely to; pay attention to; listen with the intention of giving an answer.
- (2) Children obey because it is right. Ephesians 6:1
- (3) Same degree of obedience required of doulos.
- (4) Must be learned. Hebrews 5:8
- (5) Must be from the heart. Ephesians 6:6, Romans 6:15-17
 True obedience is as much a free-will decision as disobedience. To make a child comply through force is not the obedience God desires of them. He wants them to learn the doulos commitment.
 - (a) Doulos: Exodus 21:1-6
 - (1) Free will decision by the doulos to serve.
 - (2) He loved his master. The master must have been wonderful. Not an angry tyrant.
 - (3) Master's commitment was to meet the physical needs of that doulos. (clothe, feed and house him in such a way that he reflected the greatness of the master.
 - (4) Matthew 8:5-9, Matthew 10:24. It was the master's privilege to say "do this". They both agreed to the arrangement. The doulos wanted it that way as much as the master did.
- (6) Parent must be in the Lord. Ephesians 6:1
 - (a) When you are in fellowship you won't act out of selfish motivations toward your child.
 - (b) There is a teaching, proving time involved before children get to the point of true obedience.
 - (1) Doulos wouldn't stay with a master who was mean or unfair. He stayed because he loved his master.
 - (2) Master proved himself six (6) years.
- (7) No murmuring or disputing. Philippians 2:5-11
 - (a) Teach them first-time obedience in physical realm to help them stand spiritually.
 - (b) Can't shine as lights if don't hold forth the Word. Won't do the Word without obedience.
 - (c) Be sure what you ask of them is honest and fair.
 - (1) Does the Word say to do it?
 - (2) Does it involve consideration for others?
 - (3) Does it involve my child's personal safety?

- (8) Doctrine, reproof, correction are all required.
 - (a) Doctrine is most important.
 - (b) Reproof must be followed by loving correction or the willingness of heart will not develop in the obedience.

(C) Honor.

- (1) Definition: to hold worthy, give respect, give weight to. Also refers to physical care and financial support.
- (2) First commandment with promise. Exodus 20:12
- (3) Pharisees tried to deny it. Mark 7:9-11
 - (a) Corban = dedicated to the temple.
 - (b) They were trying to get the money meant for the parents for themselves.
- (4) How to become honored.
 - (a) Proverbs 3:9 Honor the Lord first.
 - (b) Proverbs 4:7 Seek wisdom.
 - (c) Proverbs 13:8 Regard reproof.
 - (d) Proverbs 15:33, 18:12 Humility.
 - (e) Proverbs 21:21 Righteousness and mercy.
 - (f) Proverbs 22:4 Humility and respect of Lord.
 - (g) Proverbs 27:18 Waiteth on his master - service.
 - (h) Parents must take a stand for God and the Word whether it appears to please children or not. In long run children will return with honor. We love God, He blesses us, men see the blessing and we receive honor.

Some men in the Word who had honor.

- (a) David I Chronicles 29:10-12
- (b) Solomon II Chronicles 1:8-12
- (c) Jehoshaphat II Chronicles 17:1-5



NURTURE
Greg Bernardini

Ephesians 6:4:

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

Ephesians 6:4: (Literal)

And you parents, don't exasperate your children by being incorrect, but educate them with the discipline of the right believing regarding our Lord.

* * * * *

The family is the model for the Church in the home, the Twig.

model = (1) anything of a particular form, shape, size, quality, construction, etc., intended for imitation.

(5) a person or thing considered a standard of excellence to be imitated.

— WEBSTER'S, 1968

The standard of excellence which God's Word gives for the family should be imitated by the elder (Twig coordinator) in his responsibilities to and for the Church in his home (Twig fellowship).

EPHESIANS 6:1 OBEY = (hupakouō) to hear, with the idea of stealth, stillness or attention in order to answer; hence, to obey (BULLINGER)

LISTEN - REMEMBER - OBEY

First usage in N.T. = MATT. 8:23-27 "...even the winds and the sea obey him."

MK. 1:27 "...with authority commandeth he even the unclean spirits, and they do obey him."

ACTS 6:7 "...a great company of the priests were obedient to the faith."

I SAM. 15 Saul's disobedience

v. 22 "...to obey is better than sacrifice"

v. 23 "For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry."

EPHESIANS 6:1 (expanded)

Children hear and listen to (obey) your parents like, as if, they are or represent the Lord, for this is right on.

EPHESIANS 6:4 NURTURE = (paideia) instruction or training, including discipline and education

paideia (noun) used 6x in N.T. = Eph. 6:4, II Tim. 3:16, Heb. 12:5,7,8,11

II Tim. 3:16 instruction = doctrine, reproof, correction

paideuō (verb) used 13x in N.T. to instruct or train or discipline

ACTS 7:22 "And Moses was learned (paideuō) in all the wisdom of the Egyptians"

22:3 Paul was brought up "at the feet of Gamaliel, and taught (paideuō) according to the perfect manner of the law"

"perfect manner" = (akribeia) exactness, preciseness, extreme accuracy

I TIM 1:20 "I have delivered unto Satan, that they may learn (paideuo) not to blaspheme"

II THES. 3: 6 "withdraw yourselves from every brother that walketh disorderly..."

This is to have no company with him; he is cut outside the fellowship of believers.

"disorderly" = (atakteo) neglecting their specific task; getting careless with their habits; not concerned about detail anymore. Idleness; does not work and behave as he should

II THES 3:7 (literal)

"For you all saw how we worked and behaved, and you ought to work and behave as we did, for we were not lazy in our work or behavior, living right with you."

Disciplined training and instruction builds good work habits and right behavior.

"Discipline is teaching them what to do and the way it's to be

EXAMPLES: done" - Mrs. Owens

- good stewardship, orderliness (use it or refuse it)
- etiquette, protocol
- grooming, proper dress, hygiene, proper diet
- athletics, hunting, theatre, the arts, hobbies, "leisure time
- how to budget money, checkbook
- how to plan, use a calendar, set goals, file
- how to maintain a house, car, etc.
- how to sew, cook, "guard" the home
- how to be a good spouse, wife, husband
- how to run a business, ethics
- how to run the ministry (a spiritual walk)

I TIM. 1:20

They were cut outside of the fellowship of believers that they might be disciplined not to blaspheme.

Paul had been a blasphemer (I Tim. 1:13) but changed:

ACTS 22:3-15 (26:9-19; 9:1-20)

- v. 7 REPROOF
- v. 10 CORRECTION
- v. 14,15 DOCTRINE



II TIM. 2:25 "In meekness instructing (paideuo) those that oppose themselves"
"oppose themselves" = (Antidiatithemai) to place or dispose one's self against,
to be adverse.

"meekness" is a fruit of the spirit.

JAMES 1:21 As we receive the Word with meekness we encourage positive results,
the wholeness of our souls.

Meekness encourages positive results.

TITUS 2:12 "Teaching (paideuo) us that...we should LIVE soberly, righteously,
and godly in this present world."

PROVERBS 4:13 "Take fast hold of instruction (musar); let her not go;
keep her; for she is thy life."

PROVERBS 29:17 "Correct (yasar) thy son, and he shall give thee rest; yea
he shall give delight unto thy soul."



ADMONITION
Greg Bernardini

Ephesians 6:4:

And ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

Ephesians 6:4: (Literal)

And you parents, don't exasperate your children by being incorrect, but educate them with the discipline of the right believing regarding our Lord

* * * * *

"All culture at some point begins in man's mind."

"Thoughts are the seeds of our words and our deeds."

"All culture is acquired. People learn preferences from their surroundings - things and people."

—Elena Scott Whiteside, God's Word in Culture, p. 14-15.

The family in the home is the greatest single influence of an individual's cultural habits.

The Word in Culture happens at home more than anywhere else.

Admonition is sowing the seeds of the Word in Culture.

EPHESIANS 6:4 ADMONITION = (nouthesia) a putting into the mind
nous = mind tithemi = to put

nouthesia (noun) used 3x in N.T. = Eph. 6:4, I Cor. 10:11, Tit. 3:10

noutheteō (verb) used 8x in N.T. - 4x = admonish, 4x = warn

LATIN = admonere ad = to monere = remind; to remind

remind = to put (one) in mind of something; cause to remember

—Webster's

ACTS 20:31 "...be the space of three years I ceased not to warn (noutheteō) everyone night and day..."

(first usage in N.T.)

warn = (1) to tell of a danger, coming evil, etc.

(2) to advise to be wary or cautious

— Webster's

I THES. 5:12 "...are over you in the Lord, and admonish (noutheteō) you."

A leader is to put you in mind of something you have forgotten.

v. 14 "...warn (noutheteō) them that are unruly (ataktos),"

unruly = neglecting their specific task; careless with habits;
not concerned about detail anymore.

ADMONITION CAN BE SPOKEN.

ROM. 15:14 "... filled with all knowledge, able also to admonish (noutheteō) one another."

The Spoken Word in the home:

- tell them what the Word says ("be kind", "be forgiving", "edify")
- quote a verse, a memory
- teach the Word. Tell it like a story or incident, don't read.
- teach your children to speak correctly.

ADMONITION CAN BE WRITTEN.

I COR. 10:11 "... they are written for our admonition (nouthesia) ..."

4:14 "I write not these things to shame you, but as my beloved sons
I warn (noutheteō) you."

The Written Word in the home:

- read the Word to them, let them read
- use memory cards, make your own, use "flash card" memories
- have them write out verses they know (like memories)
- teach your children to write correctly
(spelling, grammar, sentence structure, poetry, prose, etc.)

DEUT. 6:6-9 teach everywhere and every way. Use every media available.

EXODUS 12: 21-27 the sacrifice of the Lord's Passover

ADMONITION CAN BE SUNG.

COL. 3:16 "...teaching and admonishing (noutheteō) one another in psalms and hymns and spiritual songs..."

The Sung Word in the home:

- sing what the Word says (Phil. 4:13, Psalm 118:24, Psalm 100)
- learn the Children's Songs and sing them with your children.
- write and sing your own songs
- learn to sing in tune and teach your children to sing correctly

NURTURE: practical, the walk, show, winning ways
(disciplines the mind by believing)

ADMONITION: doctrinal, the talk, tell, winning words
(develops more harmony in the home)

EPHESIANS 6:4 (expanded)

And you parents, don't exasperate your children by being incorrect, but educate them with the discipline of the right believing regarding our Lord.



THE WORD IN FAMILY SEMINAR

TAPE 1 - REV. ROBERT MOYNIHAN - WHO'S THE PARENT?

- Introduction: Naomi Townsend
Principle: Truth that is a foundation for other truths; a fundamental belief; it never varies
Technique: A method or way of carrying out truth, or performing the details of an art; it can vary.
Psalm 138:2 (Quoted, not turned to). God magnified His Word for a purpose: so it would have impact
Hebrews 4:12 The Word is alive
II Peter 1:2,3 There are answers about life and godliness that are available to know
1. Are children a burden?
Psalm 127:1-5 - The reward of a parent is his child, the heritage of the Lord
128:1-6 - Walk in fellowship = blessed people; heritage = inheritance
v. 3 - Olive tree - orientalism - the young support the old
v. 4 - Promise: family tree doesn't fall apart in principles, morals
Don't allow child to hinder you doing something with the Word. Put child in your schedule. Child is blessed to be child of a believer.
 2. What's the child's responsibility?
Only one.
Eph 6:1 - He's the child, you're the parent. Grocery store incident.
He must obey so he won't get hurt. Encourage decision making.
v. 2,3 - Promise: long life
 3. What's the parent's responsibility?
Deut 6:4-9 - Teach and train child
v. 7 - Teach - rub in by repetition diligently!
Timothy knew minute details of the Word
 4. Why is it important for parent to know the Word regarding the family?
I Tim 3:1-12 - Because God's Word says so. Obedience in all honesty.
Qualifications of bishops and deacons, to manage his own house well.
v. 8 - Deacons
v. 9 - Habit patterns
v. 10 - Proved
v. 11 - Wife - faithful
v. 12 - Rule own house well

TAPE 2 - MRS. BOB MOYNIHAN - THE FAMILY FELLOWSHIP

Two viewpoints in the world: God's and man's. The parent is directly responsible to teach God's Word to the children, not Children's Fellowship, etc.

1. Why do we have a family fellowship?
 - A. Builds respect for the Word of God - Take time to show child the Word is important to you. They see this by the way you spend your time. What are you communicating? Build vision. Train your child, not just entertain them.
 - B. Carries the accuracy of the Word from generation to generation
Deut 29:29 - Purpose: to do all the words of this law.
Prepare your child's heart to receive the Word. Build vision before you go to twig - it's a joy and privilege!
Family traditions on the Word!

- C. Builds unity in the family.
Institution of the family is dynamic - changing. Children take more
1) time, 2) planning. Find books etc. that build principle
- 2. When do we have family fellowship?
 - A. Daily - at least a believers meeting in the a.m. Work it out, give it priority - it deserves TOP! Prayer lists, simple teachings - make it live. Be inspirational.
18 month - 2 year old can learn to pray.
 - B. Bedtime - lifestyle - set ground rules
Preschoolers - need minimum 12 hours of sleep. Watch diet and amount of rest so children will be blessed.
The family is either growing together or apart. It is decided by what you do.
- 3. Where have family fellowship?
Bedroom, quiet place, no TV. If you want it to work, it can. No distractions. Happy place.
- 4. Twigs "on the field"
Possibilities: Twig at your house. Twigs are built for entire families. Father still has responsibility to see Word built in immediate family. Twig coordinators must (1) "think family", (2) standard of the Word must be upheld, (3) learn childrens songs, (4) Children are not a threat
Can take children out and teach them or put them to bed.
Do your homework: find out what makes kids tick. See the vision of what they mean to us and the Word. They can be your greatest joy.

Close: Poem: "So long as there are homes"

TAPE 3 - REV. GREG BERNARDINI - ROD OF CORRECTION

Rod - staff. Translated rod, tribe
There are two words translated the same.
First usage of a word sets standard how word interprets itself.
Gen 38:15 MATTEH - Practical usage, function. Translated rod 49 times, staff 16 times, tribe 182 times
Gen 49:10 SHEBET - Symbolic usage, depends on how man handles himself in responsibility, indicates authority. Translated rod 34 times, septre 10 times, tribe 141 times
Isaiah 9:4 - Both words used
Staff - MATTEH
Rod - SHEBET
14:5 - Both words used
Ezekiel 19:11 - Both words used
Psalm 2:8,9 - Figure of speech - Sense of unbending, rigid. Rule them with septre of unbending (iron) authority
Psalm 23:4 - Tools a shepherd used in working with sheep
Rod - SHEBET
Staff - unite sheep MISHENETH, guide sheep, hook on end
Lev 27:32 - Pass under the rod and counted every 10 sheep. Tithe each 10th one.
Prov 10:13 - Symbolized authority - SHEBET all through
13:24 - Spareth - withhold
Chasteneth - MUSAR - Used as a verb, it's really a noun. It means disciplined instruction, sense of immediately, diligently. "But he that loveth him diligently seeks instruction for him."

Prov 6:20 - MUSAR - v. 23 - the way to life
 15:32 - MUSAR
 19:18 - YASAR (verb form) chasteneth. Spare - lift up
 22:6 - Maintain doctrine with the rod
 13:24 - Rod: 1) used because child knows doctrine
 2) in love
 3) drive foolishness
 (Vol II Orientalisms) means "widen him away from foolishness"
 PAIDIA - II Tim 3:16,17 instruction - 6 times in the New Testament
 22:15 - MUSAR
 22:6 - Train up - root meaning "narrow" only used 5 times in O.T. translate
 "dedicate". Narrow them into the way they should go. Child needs to
 be initiated daily.
 In Bible: dedication, initiation - dedicate something for its purpose it
 will be used for (BRC)
 Prov 23:13 - Correction - MUSAR - instruction 6 times in N.T.
 Heb 12:5 instruction PAIDIA - 4X in context
 corresponding verb PAIDEUO 3X - Greek for instruction
 Rod is not a weapon or threat - Symbolic representation of authority
 23:14 - Rescue his life from the grave
 Eph 6:4 - Last of the 6 usages of PAIDIA -
 Father nurture - PAIDIA - instruct - imperative tense, commands
 Provoke not
 Build memories
 Col 3:21
 Be sure child understands doctrine first!

TAPE 4 - ELLIE WILSON - ESTABLISHING THE WORD IN CHILDREN

Establish - make sure, stable on a firm and lasting basis

Gen 18:18,19 Abraham
 Set goals, vision of where you're going. Form an image in your
 mind of what you want
 If you aim at nothing, that's exactly what you'll hit.

II Tim 3:16,17 Purpose of the Word

We're talking about qualities of character and principles of
 living according to the Word.
 What are the qualities of a man of God?
 Parents, sit down and discuss this, look in the Word together as
 parents on building qualities in your child. Parents be of one
 mind.

David - a great man of God, one after God's own heart.

Psalms 1:1-6 We want child to be as tree planted by water

Psalms 25:1-5,8,12 Have a child with attitude of v. 5

Psalms 112:1-7,8,9,10

112:17,18 Heart is fixed ~ established in the Lord

Jesus Christ - best example of qualities to build in children

Acts 10:38 God anointed Jesus

Epistles - qualities in men and women of God

1. Romans 12:9-19,21

a) first we must know what the qualities are that we want

b) then we must do it (build them)

2. Ephesians 4:32 - Kind, tenderhearted, forgiving

3. Colossians 3:12-17

4. I Thes 5:11,12

5:13 Respect for leadership

5:14-23 It takes time to build qualities

The blessing of having children takes extra (1) time,

(2) planning (Don't get impatient)

Page Four

2½ to 3½ years old: (continued)

teach Volume 1; Bible Tells Me So
teach them to be organized
can handle ½ hour Twig if prepared

3½ to 4 year olds;

need to know they are special to you as a teacher
give them a choice to choose from
give them a chance to share
don't need toys necessarily
relate knowledge and facts to biblical knowledge: washing
clothes-receive, retain, release...
need help with manifestations
kids need to learn
can lead part of Twig without assistance
they need a friend
start to have best friends
get kids to think about principles
Christ in me needs to be a reality
point out principles - God is faithful
teach them to S.I.T. daily
anything they can do, teach them faithfulness
teach them to do the principle
they get into heros
teach kids to be characters in the Word
explain things in depth, don't hold back
30-45 minute Twigs
into achieving, into being special

TEENAGERS: (by Greg)

remember how it was for you
you relate to them
their bodies are going through so many changes - hormones...
anticipate these changes-they are developing
teen years should be greatest time of fellowship with
parents, need their guidance and honesty
very aware of their physical appearance
very aware of sex - need to be knowledgeable
emotions run rampant - that's not their real heart
crave adult counseling & guidance - if not from parents
will find someone else

Page Five
Teenagers (continued)

parents need to be ahead of children's changes
praise their accomplishments! }
everything is a big deal - } in front of their own age group
respect them, especially in public
be available to handle any concern that comes up
get into what they're into with the Word

Developing leadership in teenagers:

don't be so involved in ministry that you let your
kids go
be aware of your teens in your area, keep them busy
youth caravan coordinator
give them responsibilities
make them apprentices to someone with responsibility
they like to work with their peers
keep them moving forward
don't shelve teenagers abilities
teach them how to do Twigs, Branch meetings...
teenage fellowships
set up men and women's fellowship for teenagers; teach
them how to be men & women, facts of life
they like working the Word, take them through the basics
teach how to mark holy spirit in their Bibles (example)
show them heart
Bible sheraades - play roles with phrase out of the Word
weekend outreach, dance sports, picnic
help them with their homework
do youth advances
don't let them space out
make everything fun for them; meals, etc.

FINE-MOTOR ACTIVITIES30-36 MONTHS

Experiments with vertical and horizontal lines, dots, and circular movements on easel

Imitates drawing of horizontal and vertical lines, V and H strokes, cross

Copies drawing of a circle

Paints good form at beginning but generally quick to deteriorate

May go out of bounds, painting on table, easel, floor, self, others

May paint many pages without variety

Enjoys finger painting for manipulation with little feeling for form

Builds with blocks along horizontal and vertical planes, lines up blocks to form a "train" adding later a chimney

Places 3 blocks on a formboard, adapts repeatedly when the formboard is reversed

Can carry breakable objects

Likes to color with crayons

Folds paper over once

Builds towers of 7 blocks

36-48 MONTHS

Cuts with scissors

Picks up pins, thread, etc. with eyes separately closed or covered

Drives nails and pegs

Builds tower of 9 cubes

Imitates building of bridge with 3 cubes

String 4 beads

Put 6 pegs in round holes on pegboard

Can close fist and wiggle thumb in imitation from left to right

Holds crayon with fingers instead of fist

Imitates cross

Copies circle, horizontal and vertical lines, H, V, T

Draws the head of a man and 1 other part

Paints pictures with large brush on the easel

48-60 MONTHS

Builds a tower of 10 or more cubes
Draws with a pencil or crayon
Draws a simple house
Draws a man with 2 parts
Adds 3 parts to an incomplete man
Holds paper with other hand when writing
Prints a few capitals, large single letters anywhere on a page
Prints capital initials of name
Copies diagonals and square
Imitates folding of paper 3 times
Folds triangle for square paper in imitation
Builds or copies 3-cube bridge from a model

60-72 MONTHS

Copies a triangle, rectangle with diagonals
Draws simple house with door, windows, roof and chimney
Prints first name
Draws a recognizable man with head, trunk, legs, arms and facial features
Adds 7 parts to incomplete man
Prints numbers 1-5
Builds 3 steps with 6-cube model
Buttons 2 buttons on a 2 button strip

GROSS MOTOR DEVELOPMENT

36-48 MONTHS

Balance on one foot for 5 seconds
Walk on a line
Jump from a bottom step
Go up stairs using alternate feet
squat in play
Run
Throw ball overhand
Catch bounced ball
Skip on one foot
Hop on one foot

48-60 MONTHS

Climb ladder
Walk backward; heel-toe

60-72 MONTHS

Run lightly on toes; skip on alternate feet; jump rope; dance to music

VISUAL-MOTOR ACTIVITIES

To improve gross motor skills:

OBSTACLE COURSE

1. Put masking tape on the floor for child to follow an obstacle course around the table, chairs...to lead to a surprise (cookie, favorite toy or game.)
2. Set up different sizes of boxes on the floor-jewelry box, shoe box, egg carton, grocery box, and put colored carpet squares in between. Have children jump over the boxes onto the squares.

FOLLOW THE LEADER

You or a child be the leader. Have the group imitate your animal walks (elephant, duck), tip-toeing, running, or skipping in place, windmill arms, jumping jacks, etc.

THROWING A BALL

Begin with a large ball to throw at a large close target, such as a cardboard box. When child has mastered this activity, use a smaller ball and target, gradually increasing the distance between child and target. A bean bag toss is a good variation.

FINGER PAINTS

Have child move his hands in a circular movement (clockwise and counterclockwise/different sizes), straight lines, squiggly lines, dots, oblique lines, etc...make large and small designs.

Talk about what the child is doing while he is doing it. Discuss the various shapes..."corners", "straight", "round"...and how they differ. If child has difficulty, have him imitate your movements or at first, guide his hand.

To improve fine motor skills:

STRINGING BEADS

1. Using a piece of rope with masking tape on the end, string big beads, styrofoam balls with holes in the center, paper towel rolls (cut in 2" sections), paper cups with holes in the center.
2. Using a shoelace, string small beads, macaroni and various sizes of noodles, cardboard shapes with holes in the center (circle, triangle, square), colored straws cut into pieces, buttons.
3. While stringing small beads, have child copy your colored pattern of beads (example: red/white/red) at first, while you are stringing, later, present beads already strung and have him copy the finished product.

VISUAL MOTOR ACTIVITIES
Page Two

Grasping Small Objects

Have child draw small objects out of a paper bag-pencil, chalk, paper clip, marshmallow, small bead, feather, penny, cotton ball, button, marble, raisins, macaroni - or any other object with which the child must use his forefinger and thumb to pick up.

Alternate hands.

Drawing or Copying Designs

1. Have child reproduce pattern of toothpicks, pipe cleaners, tinker toys, or popsickle sticks.
2. Materials: 2 sets of cardboard stencils in the shapes of a circle, square, equilateral triangle, rectangle, diamond.

Set #1: solid shapes - 8" sq.



Set #2: square frames with shape cut out. Bottom edge should be black to orient child.



Have child trace out designs. Talk about the shapes and how they are made.

Have child color the shape within the stencil frame and then without the aid of the stencil.

Use similar stencils, but smaller in size - 4" sq.

Remove one side of frame. Have child draw in remaining side.

Combine 2 shapes and associate meaning. Example:



PUZZLE

1. Each piece should be one entire object.
2. One object composed of several pieces, each having logical boundaries.
3. Use 2 of the same magazine ads, pasted onto cardboard and cut into puzzle pieces. Have child put pieces together to look like your whole picture. If he has difficulty, have child put his pieces directly on top of your whole puzzle.

SUGGESTED
TODDLERS' HOME SCHEDULE

6:30 am Get up and dressed
6:45 am Make bed
7:00 am Set table
7:15 am Eat breakfast
7:30 am Listen to Bible reading
8:00 am Free playtime
9:00 am Bible teaching
9:15 am Supervised craft
9:30 am Directed play activity
10:00 am Shopping or cleaning
11:00 am Free playtime
Noon Eat lunch
12:30 pm Listen to a story
1:00 pm Take nap
3:00 pm Exercise or outdoor walk
4:00 pm Free playtime
5:00 pm Set table
5:30 pm Eat supper
6:15 pm Take bath/brush teeth
7:00 pm Bedtime Bible record
7:10 pm Retemories
7:20 pm Sharing time
7:30 pm Bedtime

SUGGESTED PRESCHOOLERS PROGRAM
(Activities for 1 - 1½ hours)

Greet and play until everyone arrives. Check bathroom needs.

Seat them orderly with legs crossed and hands in lap.

Sing one song.

Teach them each to thank God for one thing. Allow them to pray.

Teach them to sit quietly to hear God's Word.

Share a story or principle from the Word for about five to ten minutes.

Use visual aids, puppets, etc., as much as possible. Ask them how they can apply what they learned.

If time of day and weather permit, take them for a walk outside and reiterate the Word shared. Allow them to re-enact the teaching.

Sing one or two songs. Let one child help lead the song.

Help them with a simple craft or color a picture that relates to the teaching.

Bathroom break.

Dim the lights and have them lie down while you sing quietly.



These are samples of the way we organized our program on the field.
 Mary Ann Hendricks

CO-OP PRESCHOOL PROGRAM

Monthly Schedule and Theme
 April-New Birth and Manifestations

Retemory-II Timothy 1:7

- GOALS:
1. To expose the children to accounts of speaking in tongues, so that the knowledge builds their desire to S.I.T.
 2. To build boldness and love in the children to manifest.

<u>WEEK OF:</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
4	Acts 2-SIT	Acts 8-SIT	Acts 9-SIT	Acts 10-SIT
11	Acts 19-SIT	Profit of SIT	-----	Mechanics of SIT
18	-----	Manifestations (light bulbs)	Christ in You, the Hope of Glory	Boldness
25	Ambassadors for Christ	Prayer with understanding & in spirit	The Body of Christ.	Love in the Body.

Retemories to review at home:

- Ephesians 6:1
- Acts 5:29b
- James 1:22
- I John 5:4b
- John 10:10
- Romans 10:9
- Acts 2:4

Themes to review at home: Obey, Believing, Life of Jesus Christ, New birth, Manifestations.



CO-OP PRESCHOOL PROGRAM

Daily Schedule

- 9:00 Arrival activity - Toys, puzzles, books
9:15 Stayed Mind exercise - Count to 10 three times,
closed eyes, sitting still
9:20 Fellowship
Song
Prayer (close eyes)
Two (2) songs (1 song led by child)
Believers Meeting
Song
Teaching (visual aids!)
Retemories
- 9:45 Craft (Make the Word live!)
- 10:10 Physical Activity
Dancing, exercise, walk, bikes, games, swinging, etc.
(Emphasize group unity, taking turns.)
- 10:40 Snack
(Christian etiquette; one child helps serve, one
helps to clean up).
- 11:00 Coloring
(Stay in lines, color how God made it; mix older
and younger at tables, and one adult at each
table to help).
- 11:20 Academic
Two (2) yr. olds with one adult-letters, words,
numbers.

Four (4) yr. olds with one adult-letters, words,
numbers etc.
- 11:45 Wrap-up
2 yr. olds - free play with toys, puzzles or story or walk.
4 yr. olds - puzzles, story with principles, songs or walks
- Teacher with four (4) yr. olds.
Assistant with (2) two year old.

Lin: - 10:30 Snack
10:45 Academic
11:00 End.

"CO-OP PRESCHOOL PROGRAM"

Weekly Schedule

<u>DAY</u>	<u>LOCATION</u>	<u>TEACHER</u>	<u>ASSISTANT</u>	<u>SNACK</u>
Monday	Darla's	Darla	Fran	Fran & Darla
Tuesday	Charlene's	Charlene	Cathy	Cathy
Wednesday	Lin's	Lin	Devon	Devon
Thursday	Mary Ann's	Mary Ann	Charlene	Mary Ann

9:00 Arrival Activity

Monday	Toys
Tuesday	Books
Wednesday	Toys
Thursday	Puzzles

Physical Activity

Monday	Ball game
Tuesday	Dancing
Wednesday	Exercise
Thursday	Swinging, riding bikes



Academic - Weeks of April 18 & 25

<u>DAY</u>	<u>2 year olds</u>	<u>4 year olds</u>
Monday	recognize letters; A,B,C,D,E,F,G. Jeremy-H,I,J,K,L.	Write letters A - L
Tuesday	recognize words; flashcards of simple words (have some)- use mostly A-L.	write words- 10 simple words copy off blackboard onto paper, using mostly A-L.
Wednesday	recognize numbers 1-10 in books and on flashcards.	write numbers 1-20
Thursday	Count objects- in book and in room and outside.	count money

CHILDREN IN SCHOOL
Mary Ann Hendricks

- A. Each child is different.
- B. We can only expect them to do their best in any particular aspect of school.
- C. We must do our best in 1) support, 2) setting attainable standards, 3) rewards, praise, reproof, 4) study schedules, 5) sitting down and helping if the need is there, 6) Really communicating with child and teacher about grades, 7) Involve-ment in school programs, and 8) believing that with Christ in the child, he can do better than the world.
- D. Success in school has a tremendous effect on the child's self image, future success patterns, and self discipline.

A 40-year Harvard study has turned up some startling truths about . . .

How to Raise a Happy Child

By EDWIN KIESTER, JR.,
AND SALLY VALENTE KIESTER

WHEN John and Peter C were growing up, other kids felt sorry for them. Their parents always had them doing chores: weeding the garden, running errands, carrying out the trash. When they grew older, they delivered newspapers or mowed lawns. Sometimes other parents shook their heads and remarked that all work and no play made a dull boy.

But when the boys reached adulthood, they were better off than their childhood playmates who had been less industrious. They earned more money and had more job satisfaction. They had better marriages and closer relationships with their children. They were healthier and lived

longer. Most of all, they were happier. *Far* happier.

These are the remarkable findings of a 40-year study that began in the 1940s—a study that may help you raise happier children today. Started in an effort to understand juvenile delinquency, the study followed the lives of 456 teen-age boys from inner-city Boston, many from impoverished or broken homes. When they were compared at middle age, one fact stood out: regardless of intelligence, family income, ethnic background or amount of education, those who had worked as boys, even at simple household chores, enjoyed happier and more productive lives than those who had not.

“It’s not



ILLUSTRATION PAUL VACCARELLO

READER'S DIGEST

difficult to explain," declares George E. Vaillant, the Dartmouth psychiatrist who made the discovery when he was at the Harvard Medical School. "Boys who worked in the home or community gained competence and came to feel they were worthwhile members of society. And because they felt good about themselves, others felt good about them."

Dr. John E. Obedzinski, of the Center for Families and Children in Corte Madera, Calif., agrees. He has found that even five-year-olds benefit from performing small household duties. "It makes them feel they're contributing and are important to the family," he says.

Most interesting, however, is Vaillant's study, for it is one of the first to follow a group of males in such detail over so long a period. Interviews were repeated at ages 25, 31 and 47. Under Vaillant, a group of researchers, who knew nothing of the men's lives, compared the men's mental-health scores with a boyhood-activity score. Points were awarded for part-time jobs, household chores, extracurricular activities or sports, school grades relative to I.Q. (a measure of effort in school), and ability to cope with problems.

The link between what the men had done as boys and how they turned out as adults was startlingly sharp. Those highest on the boyhood-activity scale were twice as likely to have warm relations with a wide variety of people, five times as

likely to be well paid and 16 times less likely to have been significantly unemployed. On the other hand, the group who had worked least in childhood were far more likely to have been arrested, ten times more likely to have been mentally ill—and six times as many of them had died. The researchers also found that I.Q., amount of schooling, and family social and economic class made no real difference in how the boys turned out.

But can the lives of boys who were born during the Depression—when childhood work was often a necessity—really tell us anything about bringing up happy children in the prosperous 1980s? "I believe the same principles apply today," says Vaillant. He is supported by psychologist H. Stephen Glenn, who presents child-rearing workshops throughout the country. Glenn declares that parents who "do everything" for their children may actually perform a disservice. "Many kids themselves realize the value of this ethic," says Glenn. "One eleven-year-old stated it beautifully. He told his mother, 'You only need to know three things about kids. Don't hit them too much, don't yell at them too much, and don't do too much for them.'"

Here are six pointers to keep in mind when you have your children do chores:

1. *Understand the real goals.* The purpose of chores isn't simply to get onerous tasks done—or even to

HOW TO RAISE A HAPPY CHILD

teach youngsters "how to work." Sparkling dishes or a tidy bedroom are less important than developing responsibility, independence, self-esteem, confidence and competence—the underpinnings of emotional health. Doing chores also helps a child understand that people must cooperate and work toward common goals. The most competent adults are those who know how to do this.

2. *Start early.* The urge to "help Mommy" comes almost as soon as a child can walk. A child of two can fetch and carry, or even sort laundry (which also teaches about colors and shapes). And you can make cleaning up a game: "Let's put the truck in the garage for the night." The child of four or five can understand simple instructions, run small errands and be expected (sometimes) to put away toys, pick up clothes or carry off his own dinner dishes. The seven-year-old can graduate to family responsibilities. A good first assignment is to set the dinner table, but any simple task that brings satisfying results will do.

One psychologist got an early start with his children by introducing them to household chores on family camping trips. "In a campground there are plenty of simple tasks to be performed," he says. "You need to collect firewood and carry away the garbage and sweep out the tent. Even our three-year-old could wash dishes, because it didn't make any difference if she dropped a metal plate. By the time

she was old enough to wash dishes at home, she already knew how."

Don't rush children into jobs beyond their skills, however. A new task should challenge, but it must also afford the child a feeling of accomplishment. If children become discouraged, they may be unwilling to try again.

3. *Set realistic standards.* Obviously, an adult can do most jobs better than a child can. Resist the temptation to do it yourself or "do it over." This only undercuts the child's feelings of competence and self-worth.

The best way to teach kids how to do a job is simple repetition. Show them how to do it, do it with them, then let them do it alone. Be ready to offer advice, but don't be quick to step in. And don't interfere if they want to do it their own way. "I always dust before I vacuum" only teaches them that their own efforts aren't worthwhile.

That doesn't mean tolerating sloppiness. If the task isn't done up to the child's capability, insist that it be done again properly. Set a reasonable deadline, but don't nag. If the dinner table isn't set by mealtime, for example, point out—firmly—that others are waiting.

4. *Don't bribe.* The best payment for a job is a smile, a hug or a "thank you." Telling others how proud you are, within the child's earshot, is another form of compensation. Indeed, as children learn for themselves, planning and completing a task is a reward in itself.

Children should receive an al-

READER'S DIGEST

lowance, of course, but don't make it a paycheck. Paying a child for duties he should perform anyway not only smacks of bribe, but implies the task has no value in itself. A child who is paid to make his bed may begin to think he should be paid every time he picks up his socks.

It's all right, however, to pay for a specific project. One child-development expert wanted his fence painted, and asked his daughter to set a price. She estimated the number of hours the job would take and the two agreed on the payment. Among other lessons, he said, the girl learned to calculate the value of her efforts and to handle a negotiation.

5. *Support "outside" work.* Weeding gardens, baby-sitting and delivering newspapers will help your kids learn how to work to different people's standards, as well as teaching independence and providing further lessons in responsibility.

6. *Don't overdo it.* Work is valuable; drudgery isn't. Too many du-

ties can intrude on the child's education, social activities or other aspects of growing up. Obedzinski of the Center for Families and Children cites the case of a 14-year-old girl whose parents both worked while she shouldered household duties and supervised an 11-year-old brother. "She seemed fine at first," Obedzinski says, "but when you talked to her for a time, you realized she had low self-esteem and was very depressed." The severely burdened child may come to think of himself as a "slave," rather than as a family member.

WORKING—at any age—is important. But it isn't everything. As Vaillant points out, we should be careful to put work into proper human perspective. "More than a century ago," Vaillant says, "Tolstoy summed up the role of work in a sentence: 'One can live magnificently in this world if one knows how to work and how to love, to work for the person one loves and to love one's work.'"

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Dan Kaercher

LEARN AT HOME

IDEAS FOR HELPING CHILDREN

The summertime question in many homes is the age-old "What can we do now?" Fortunately, there are plenty of ways parents can keep their elementary school and preschool-aged youngsters busy and learning this summer. The experts at the Home and School Institute (HSI) helped us devise a

list of entertaining and educational projects to do at home now and throughout the year. Here are 35 easy, enriching activities that can take a few minutes or a few hours to do. They require only a little of your supervision time and some inexpensive materials, most of which can be found around the house.

Summer is an ideal time and home is the perfect place to help your children develop new interests, skills, and attitudes.

The activities that follow are designed to develop basic skills and knowledge in reading, writing, arithmetic, science, and social studies. Some projects are geared for children as young as four, others are more appropriate for ten-year-olds. Have youngsters tackle whatever activities they are ready for and interested in.

'Round-the-house reading and writing

1. **Kitchen alphabet hunt.** Find letters of the alphabet around the kitchen—on soup cans, cereal boxes, and such. Track down five A's, or three C's, or any number of combinations of letters. Start with easy-to-find letters and work up to more difficult ones.
2. **Word train.** Make a paper word train to post on a wall. Add a new car to the train for each new word learned. Color-code the cars: Words beginning with A can be red; B, blue; and so on.
3. **Alphabet olympics.** Print capital letters on 26 index cards and small letters on another set of 26 cards. Then put the scrambled letters in order, read the letters aloud, and name words that start with the letters. Start with small groups of letters and work up to all 26.
4. **Disappearing signs.** All you need are a warm, sunny day, a driveway or sidewalk, a pail of water, and a couple of big brushes. This writing activity is fun, helps develop muscle control, and doesn't leave any permanent graffiti.



5. **Read and do.** Everybody gets a written list of things to read and do. For example: gather up a stack of newspapers, fold them three times, and tie the bundle with a string. Tasks can be far-fetched or practical chores that need doing around the house.
6. **Sense boxes.** For a taste box, include small containers of vinegar, salt, and sugar; for a touch box, cotton, a stone, a piece of smooth glass (without sharp edges), and sandpaper; and for a smell box, an assortment of kitchen condiments and spices. Then blindfold children before they guess the contents of boxes.
7. **Cut-up comics.** Cut apart individual panels from comic strips and have children arrange them in logical order. Then come up with original dialogue for that of the comic strip characters.
8. **Photo stories.** Clip four or five photographs from newspapers or magazines. Then pool photos and take turns arranging them to illustrate a made-up story told either on paper or aloud.

9. **Young authors.** Use four white sheets of letter-size paper folded in half and stapled together. Cover with colored construction paper. Preschool children draw pictures and have adults do the writing as the children dictate. Elementary schoolers both illustrate and write their stories.

10. **Kid's calendar.** Personalize a calendar—the bigger the better—by filling in the blanks with notes on the weather, trips, special activities, birthdays, and so on. Leave morning messages on the calendar, too—things to do today or just a "hello."

Sorting out and counting up

11. **Paper houses.** Sift through newspapers and magazines for pictures of furniture that belongs in different rooms. Then divide a large newspaper sheet into sections labeled living room, bedroom, dining room, and so on. Paste in pictures of the furniture that fits into different rooms.
12. **Measure up.** How tall is the lamp? How long is the room? Use rulers, yardsticks, tape rules, string—anything that can measure. Measure in metric as well as inches, feet, and yards. Record results of measuring expeditions on paper to share with the others.
13. **Catalog shopping spree.** With an imaginary \$25 to spend, browse through some mail-order catalogs (new or old—it doesn't matter) to select a shopping list of items. Keep a running total to be sure of staying within the \$25 limit. Then compare "purchases."

continued
Illustration: Art Factory

continued

Summer learning

- 14. Can-can numbers.** Clean and save empty soup cans (be sure there are no sharp edges). Strip off the wrappers, paste numbered labels on the cans, and set up a row numbered from one to ten. Younger children identify the numbers; older children play more complicated addition and subtraction games. For younger children, paste pieces of macaroni to match numbers on the cans—it makes the games more tactile.
- 15. Egg-carton counter.** Salvage an egg carton and write numbers in the bottom of each section. Add small scraps of cloth or paper to match the number in each section of the egg carton—two for the "2" section, three for the "3" section, and so on. Or, toss pennies or small buttons into the carton with the same objective.
- 16. Napkin fractions.** Paper napkins can be folded into lots of big and little fractions. Start with halves and progress to eighths or sixteenths. Use markers to label the fractional parts.
- 17. Telephonitis.** Combine reading and math skills by looking up the telephone numbers of friends and relatives in the directory. Then add up the total of the digits next to the names.
- 18. Liquid learning.** Partly fill the tub or sink with water and add some plastic containers of various sizes—cup, pint, quart, and gallon. How many pints in a quart? How many quarts in a gallon? It's not necessary to memorize all the measures—just explore the concept.
- 19. Weigh in.** Bring out the bathroom scale and start weighing—anything and everything. Begin by venturing guesses about what different things weigh—anything from the children themselves to the wastebasket or a stack of newspapers.

Kitchen science classes

20. Water, water, everywhere. Water is a great science teaching tool. Fill two ice trays equally with water. Combine about a teaspoon of salt with the water in one tray; leave water in the other tray unsalted. Check the freezer after a few hours. The unsalted water will be frozen, the salty water will be slushy.

21. Egg float. Float an uncooked egg in the shell in both salted and unsalted water. The egg in salted water will be more buoyant. Follow by discussing how easy it is to float in very salty bodies of water like the Great Salt Lake.

22. Boilermaker. With close supervision, add some water to a pot and bring it to a boil on the range. Put a smaller amount of water in another pot. Then turn on the heat, trying to keep temperature equal on both burners. Watch the boiling process and note how much faster or slower different amounts of water come to a boil.

23. Disappearing water. Put some water in a dish in a sunny spot. Mark the water level on the dish. Then place another dish with an equal amount of water in a shady place and mark the water level. Observe what happens each day.

24. Light entertainment. Using a 100- or 150-watt light bulb, try some shadow play on a plain, dark background. Or use a mirror to cast reflections of light from the bulb to different places around the room.

25. Spoon trick. Put a teaspoon in two-thirds of a glass of water. Look at the glass from the side and the spoon appears to be "disconnected." Explain the underlying principle of refraction: Light is deflected as it travels at different rates through water and air.

26. Soundings. Sit around the kitchen table and have one person tap the table with a fork. Then listen—first while sitting up and then with one ear against the table surface.

27. Thermometer fun. Use whatever indoor and outdoor thermometers you have around the house. What temperature is it in the room? What happens when you put the thermometer in the refrigerator? In the freezer? In the sun?

28. Hypothesizing. At the kitchen sink, line up some bar soap, a dry sock, a full plastic bottle of shampoo, a wet sponge, a dry sponge, an empty bottle, and other objects. Hypothesize beforehand which of the objects will float or sink, then test the hypotheses.

29. Mechanical mysteries. Go down into the basement and take a look at the furnace. How does it work? What are all those pipes for? Take a look at the plumbing pipes and where they lead, too. Then peek beneath the hood of the family car. What are the main engine parts and what do they do?

30. Plants and light. Cover the leaves on one side of a sun-loving plant with a piece of aluminum foil. Keep the covering in place for a week. What do leaves look like when you take off the foil? What do the other leaves look like?

Summertime social studies

31. News map. Post a world map next to the TV set to look up locales discussed in the news. Keep an atlas and an almanac nearby, too, to learn more about intriguing places.

32. Armchair travels. Take an imaginary trip around the world. Use a large (the bigger the better) map of the world to chart your tour route with a marker. Then use a marker of a contrasting color to indicate your progress each day. Post the trip itinerary on the wall next to the map. Discuss the local lore and customs of stops you make on each day of the "trip."

33. Current events board. Clip magazine and newspaper photos depicting news events and post the items on the board, changing them daily or weekly. Photos can be taped or pinned onto a bulletin board or to a piece of burlap or oilcloth.

34. Time line. Lay a roll of shelf paper or wrapping paper on the kitchen floor and chart history with a ruler and a marker. Children interested in American history, for example, will want to note such dates as 1776, 1865, and 1941. Then decorate the time line with drawings or photos clipped from magazines and newspapers and tape the chart to the wall.

35. Community map. A large piece of wrapping paper, a ruler or yardstick, and some marking pens are the ingredients for this map survey of the community. Locate and draw in major thoroughfares and familiar sights such as home, school, church, supermarket or park.

For more ideas

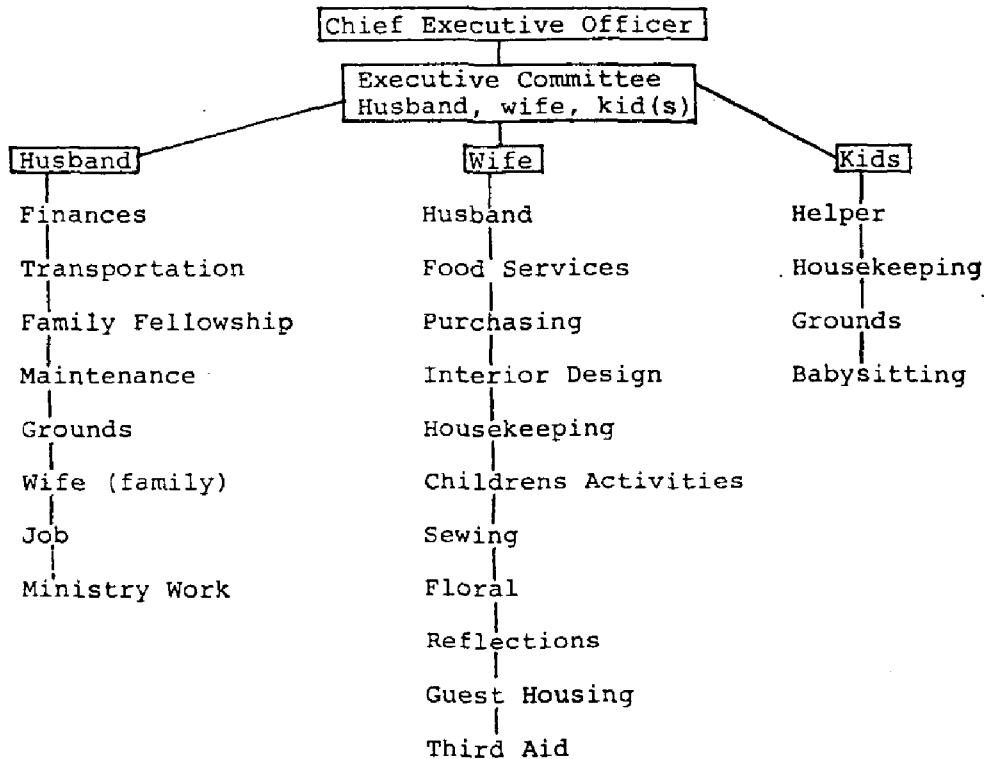
● Send \$12 (tax deductible) for a copy of the new *Survival Guide for Busy Parents*. The ideas in the guide are designed specifically for working parents, single parents, and young parents. Mail your request to HSI, Special Projects Office, 1201 16th Street NW., Suite 228, Washington, DC 20036.

● Another HSI publication is *Bright Idea*. The book takes an entertaining, comic-book approach to family issues such as discipline, saving money, and talking and listening skills. For a copy, send \$14 to HSI (again, the contribution is tax-deductible). ☐

FAMILY ADMINISTRATION

by Dottie Moynihan

- I. God gave Administrative structure for families
 - A. Responsibilities were divided up among members (Numbers 4).
 - B. Our families today need to be divided up into departments in order to end confusion and know who is accountable for what. Confusion enters when responsibilities aren't defined.
- II. Set up the Family like a Campus Administrative Flow Chart.
 - A. Example: Each family would be set up differently according to individual's abilities.



- B. Have a weekly "Executive Committee Meeting" to communicate direction, opportunities and schedule.

- III. Family Traditions
 - A. Purpose of family traditions is to build heart in the family.
 - B. Accomplish this by doing things together as:
 1. Family outings
 2. Family projects
 3. Set meal times
 4. Family Fellowship

IV. Notes of Interest

- A. If you don't really enjoy some of your responsibilities, put your heart into them and lovingly serve. You will either learn to love them or they could change! Stay positive.
- B. Don't ever compare your family's proper arrangement and deliberate decision to another family's or couple's.
- C. Changes in jobs, homes, and children's ages make for necessary changes in family administration.

SYSTEM FOR CHILDREN'S JOBS WITH REWARDS

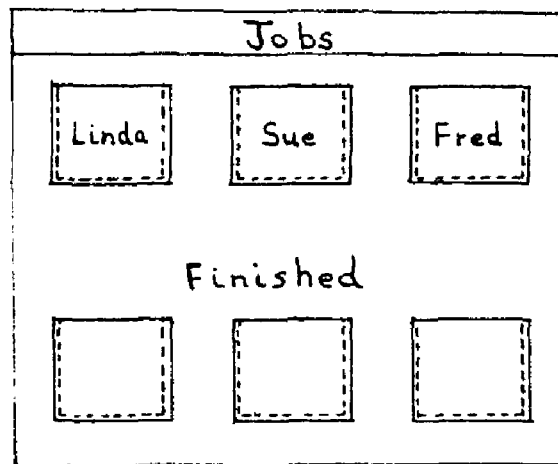
John & Mary Ann Hendricks

Make packets for 3x5 cards of job descriptions.*

Examples: 1 card -- make bed
1 card -- put away clothes
1 card -- brush teeth
(AM and PM cards)

Instead of telling the child over and over to do the chore or responsibility, just say, "Go do your cards." When he is finished with the job then he moves the cards to the "finished" category.

At the back of the packet you could keep a card with a chart of jobs and dates. Check completed jobs. Give them a certain amount of money for each job each day or week (immediate rewards work best!). Keep envelopes of (1) Abundant sharing (2) Savings (3) Spending. They learn responsibility and management!



*NOTE:
SEE SECTION
PAGE #12

CHILDREN FELLOWSHIPING IN THE HOME

Parents are the best equipped individuals when it comes to training their children because God has given them the responsibility to train their children in the nurture and admonition of the Lord. (Proverbs 22:6; 1 Timothy 3:4 and 5.)

Training involves instruction in righteousness which includes teaching children the doctrine and then consistently reproving and correcting. We are responsible to see that our children learn to obey their parents. God teaches parents about the rod of correction.

Proverbs 22:15
Proverbs 23:13 and 14
Proverbs 19:18

Psalm 127
Proverbs 29:15 and 17
Psalms 78:1-8

Training our children also involves teaching our children how they can walk with God throughout every day. (Deuteronomy 6:4-9.) Here are five steps involved in walking with God on a daily basis:

1. Fellowshipping
Children should be a part of:
 - a. Family fellowship (before school, during or after a meal, or before bedtime).
 - b. Twig fellowships.
 - c. Children's Fellowship.
2. Studying
 - a. Children who are old enough to read can study with their parents on a daily basis to help build a habit pattern.
 - b. Children who are not old enough to read can have quiet time with their parents while listening to a tape. They can learn the books of the Bible and scripture retentions.
3. Witnessing
 - a. Go witnessing with your children, either as a family or Twig--let them see your example.
 - b. Encourage them to talk to friends and teachers about the power of God and invite them to Twig.
 - c. Teach them that being a good student, friend and citizen is a good witness.
4. Abundantly Sharing
 - a. Teach children about giving and receiving in all areas of life.
 - b. Parents may want to pay children for certain jobs so that they can abundantly share.
 - c. Children can give in other ways to bless the Body.
 1. Make a picture or gift for the Twig.
 2. Help set up for fellowship.
 3. Prepare refreshments with their parents for Twig.
5. Speaking in Tongues
 - a. Expose your children to the worship manifestations in the Twig fellowship.
 - b. Lead your children into speaking in tongues whenever they express the desire to do so and can be properly instructed. (Many times this is somewhere between the ages of 5 and 7. However, age is not the issue.) Then continue to make it available but don't push them, humiliate or embarrass them into doing it.
 - c. Have practice sessions with your children.

Whatever you do, walk with God so it is an exciting adventure for your children. Make a schedule and incorporate these five keys so your children can be partakers also.

CHILDREN IN THE TWIG

The following is a portion of a letter written by Dr. Wierwille to the Children's Fellowship teachers:

"No work of the ministry is of greater importance than building the Word accurately in the hearts and lives of our children. In The Way, the children of today will be the adolescents of tomorrow, the youth of the following day and then the adults who will carry God's Word until the return.

Every Twig, Branch and Limb should give a great deal of thought in planning and executing those plans to the finest degree for taking care of our boy and girl lambs."

Twig leaders are responsible for everyone in their fellowships--adults, young people and children. The Twig leader makes sure that parents are taught the accuracy of God's Word concerning their responsibility toward God and their families.

Children should attend Twig fellowship at least once a week and Children's Fellowship once a week. Children need to learn to sit through adult meetings without creating a disturbance. A Twig leader should not allow a child to be a distraction when the Word is taught. But he should handle the situation tactfully. A Twig is a family and should work together lovingly when situations need to be handled. Parents in the Word should be training their children at home so that the child is learning to sit quietly in one place during a meeting. At least one parent should sit with the child near the door so that he or she could easily leave the room, deal with a situation and return. Eventually the child will learn to respect the teaching of God's Word and will sit still throughout the fellowship.

On Twig nights, when children do not attend fellowship, parents could:

1. Start their own Twig and put the children to bed at home.
2. Bring their children and put them to bed.
3. Hire a babysitter.
4. Take turns staying home with children.
5. Have the children sit in on the songs, prayers and manifestations, then have them do their homework or go to bed. (But the parent is still responsible for them.)

CHILDREN'S FELLOWSHIP

Children's Fellowship is a function of a Twig. It is not a babysitting service. The goal of Children's Fellowship is to teach the children the accuracy of God's Word on their level. It is to allow them to fellowship with peers and learn to feel like they are a part of the outreach of God's Word.

When should Children's Fellowship meet? The following are some possibilities:

1. Meet together at the same time as the adult Twig.
2. Meet with adults for the first part of the adult Twig (for songs, prayers and manifestations), then excuse the children and go to a separate room.
3. Meet at a completely different time.
 - a. After school.
 - b. On a Saturday or Sunday morning.

This is a wonderful opportunity for the parent to be involved some of the time. They should be encouraged to take a period of time for teaching the children. They should be blessed to take turns making refreshments, presenting a flannelgraph record, performing for them or inviting them all for some special activity occasionally.

Children's Fellowship has been and will continue to be a wonderful time of teaching God's Word to His young "boy and girl lambs."

CHILDREN'S FELLOWSHIP

What is Available

How to Receive It

1. Children's Fellowship Lesson Binder

The purpose of the Children's Fellowship Lesson Binder is to provide one lesson each week to teach the children the fundamental truths and scope of the accuracy of God's Word in its simplicity. These binders are assigned to the Limb and must remain the property and responsibility of the Limb. More binders may be ordered on a purchase order by the Limb coordinator, as the need arises.

2. Instructional Set of tapes

- a. Tape 1 - a teaching by Mrs. Dorothy Owens
- b. Tape 2 - a teaching by Mrs. Ellie Wilson
- c. Tape 3 - a teaching by Rev. Mal George
- d. Tape 4 - a teaching of the harmony for the songs in Sing Along The Way for Children

The purpose of this set of tapes is to provide practical necessary information on how to conduct an effective, orderly Children's Fellowship. Each teacher should listen to these tapes once each year. These tapes are assigned to the Limb and must remain the property and responsibility of the Limb. More tapes may be ordered on a purchase order by the Limb coordinator as the need arises.

3. Children's Magazines

The purpose of the Children's Magazine is to bless the children each month. Each magazine includes a lesson from the Word with pictures, games, and projects for the children. It is to be promptly distributed from the Limb to the Children's Fellowships and/or Twigs each month. An adjustment in the number of Children's Magazines sent to the Limb can be made by sending a note to the Trunk Office.

4. Quarterly Reports

- a. State or country quarterly report

The purpose of the state or country quarterly report is to provide a systematic means for the State coordinator to communicate necessary information to International, so that International can continue to serve the Limb. This report should be sent to the International Children's Fellowship coordinator at the end of September, December, March, and June. A copy of this report should be sent to the Limb coordinator.

b. In-state quarterly reports

The purpose of the in-state quarterly reports is to provide a means for the state coordinator to gather the necessary information from the teachers within the state, so that she may continue to serve them. The state coordinator should expect to receive this by the 15th of September, December, March, and June, so that she may then summarize and send her report to International and to the Limb by the end of the month.

5. Word in Family Seminar tapes

- a. "Who is the Parent?" by Rev. Bob Moynihan
- b. "Family Fellowship" by Mrs. Dottie Moynihan
- c. "Rod of Correction" by Mr. Greg Bernardini
- d. "Establishing the Word in Your Child" by Mrs. Eillie Wilson
- e. "Word over the World with Children" by Mrs. Cindy Bernardini
- f. "Christian Fathering" by Mr. Dennis McGee
- g. "Added Responsibility" by Mrs. Nancy Burton

The purpose of this set of tapes is to provide instruction for all the believers regarding the responsibility of the parents in training the children in the Word. It helps Twig coordinators see the vision and understand the heart of working with families in their fellowships. The original set of Word and Family seminar tapes was sent by the Trunk coordinator as a gift to that Limb coordinator with a notice that additional sets of this seminar may be ordered for use in the Limb on a purchase order.

How to Conduct Children's Fellowship
on the Field

(An outline of the video presentation of the same title--by Nancy Burton)

I. Goal: The Church in the Home

A. Importance of Children's Work--Next Generation

1. Psalm 127
2. God needs to be at center
3. Father and mother together training
4. Our goal is church in the home with every family fellowshiping. That's God's intention.
5. We are selfish not to get involved in children's work. We need to see ministry beyond our generation.

B. Children Fellowshiping in the Home (within that setting it is available for children to participate in:)

1. Family fellowship
2. Study (retemories)
3. Witness
4. Abundantly share
5. Learn about manifestations

C. Children in the Twig--Purpose: (not to teach adults or be center of attention)

1. Attend adult fellowship
2. Learn to respect the Word and the teachers
3. Hear announcements and manifestations
4. Learn to sit quietly
5. Allow parents and Twig coordinators to work together lovingly

D. Children's Fellowship--Service Rendered to Body of Christ

1. It is a function of a Twig
2. It is to teach children the Word on their level
3. It is to allow them to fellowship with peers
4. It is to help them see their part in Word Over the World

II. What is Available

A. Children's Fellowship Lesson Binder with Manual and Sections on:

1. PFAL
2. Life of Jesus Christ
3. The Church
4. Old Testament

B. Instructional Tapes

Mrs. Owens, Ellie Wilson, Rev. Mal George, music (teaching tape) #4 music tape available in Bookstore

C. Songbooks

With words and motions, available in Bookstore

D. Children's Magazines

Available for all ministry children and for witnessing

E. Quarterly Report Forms

One copy for Limb coordinator and one copy for International

F. Word in Family Seminar Tapes

Available from The Way International Bookstore

1. Rev. Bob Moynihan
2. Dottie Moynihan
3. Greg Bernardini
4. Ellie Wilson
5. Cindy Bernardini
6. Nancy Burton
7. Dennis McGee

III. Program Planning and Conducting

- A. Facility and physical setup decent and in order
- B. Plan ahead--keep it simple with purpose (one week ahead)
- C. Be flexible and imaginative, believably walk by spirit
- D. Be ready and sensitive to children's reactions, lead child into S.I.T.
- E. Sample Program
 - Song
 - Prayer
 - Singing
 - Abundant Sharing
 - Scripture Retemory
 - Quiet Song
 - Prayer and Manifestations
 - Song
 - Special Interest Time (media, puppet shows, games)
 - Lesson
 - Craft (equipment donations by Twig members)
 - Closing
- F. International sets the example
Spiritual insight and tremendous believing and dressed properly
- G. Discipline
 - Provides order and possible receptivity of the Word
 - 1. Be pleasant but firm
 - 2. Instruct, then expect obedience
 - 3. Reprove and correct the first time; take care of small problems
 - 4. Have teachers properly placed; avoid problems
 - 5. Do not react negatively; stay in control; love, love, love

IV. Preschoolers

- A. Meet physical needs and loving needs
- B. Be perceptive of attention span
- C. Instruct, follow through, instruct again
- D. Be skillful in timing and spacing activities
 - 1. Receive - teaching activity
 - 2. Retain - learning activity
 - 3. Release - expression activity
- E. Love of God in the renewed mind in manifestation never fails

V. People Involved

- A. Limb coordinator
 - 1. Stay informed and promote Children's Fellowship
- B. Twig coordinator
 - 1. Teach parents
 - 2. Consider children's needs
 - 3. Plan family activities
 - 4. Participate in Children's Fellowship
- C. State Children's Fellowship coordinator
 - 1. Communicate with and follow guidance from International
 - 2. Stay knowledgeable of International
 - 3. Keep Limb coordinator inspired and informed
 - 4. Conduct Children's Fellowship Teachers Conference

5. Inspire and oversee teachers
6. Plan large meetings
7. Bless the parents

D. Teacher

1. Communicate with and follow guidance from state coordinator
2. Stay knowledgeable of International Outreach
3. Diligently prepare weekly programs
4. Teach the children the Word with enthusiasm
5. Participate in large meetings

VI. New Publications

- A. We need accurate Bible records for children
- B. We need coloring books, poems and prayers

VII. Vision for the Future

- A. Our responsibility does not end until the children are mature Christian men and women
- B. Children and Grandchildren
I Timothy 1:5
- C. I Peter 5:2 and 3
We need to live it first and then put forth the believing and effort to bring up our children in the nurture and admonition of the Lord.
- D. I Peter 5:4
First century Church didn't do it. We need to. Knowledge is not enough. We must teach and follow through until they are prepared in every phase of life. Do not give up too soon. Do not compromise. Let's change our culture. Be the pacesetter. Our ministry will live on. Our children will carry it the next 40 years if we do our part now. God bless you and I love you.



TRAVELING TO THE ROCK OF AGES WITH CHILDREN

Much of the following is taken from Some Survival Tactics by Vicky Lansky, produced in a pamphlet from "Focus on the Family" by Dr. James Dobson. You may be interested in applying some of these ideas as you travel to the Rock of Ages.

Packing the Car

It's hard to travel light with children. Clothing, food and toys take lots of space, but imaginative packing pays off. A backpack and/or an umbrella stroller are well worth any space they take up. Children enjoy selecting and packing the things they want to take. You'll need to set some limits as to types, sizes and number of toys that will be allowed, perhaps by sewing up a drawstring "busy bag" that limit their choices of take-alongs. An old attaché case of Dad's might also be used.

- Simplify dressing for the whole family by designating specific bags for specific items. "Susie's clothes," for example, or the nighttime suitcase for the whole family. Put children's clothing on top for easy access if you're sharing suitcases.
- Use duffel bags for kids' clothes and toys--they'll fit more easily into the car or trunk.
- Pack disposable diapers in the corners of suitcases to save the space a big box will take.
- Pack several large plastic bags. They can be used under sheets for the occasional bedwetter, and for soiled laundry.
- Take along a night light to reassure children waking in the night in a strange room.
- Pack a few of the baby's things that will make strange surroundings seem more like home--a crib sheet or receiving blanket that has been in the crib at home for a few days before the trip, and a toy or two usually kept in the crib.
- Take along a small pillow for a child to sit on and to use for naps while traveling. It's also good for playing with toys in the lap.
- Keep plastic bandages and premoistened towelettes handy.

Comfort in the Car

Even if you travel in a large car or station wagon with plenty of room, you'll want to organize things so that they'll be easy to get at and not cause clutter.

- A litter bag will eliminate increasing clutter.
- Stuff a pillowcase with bulky cold-weather clothing. You'll have a pillow for napping, and the clothing will be in one place.

Peace in the Car

Parents who travel a lot are accustomed to children's initial excitement and restlessness in the car. The kids usually settle in after an hour or so, once territories and rules have been set.

- Travel at night, or get a very early start, so that the children will sleep in the car, but don't encourage so much sleep that you'll have well-rested, active kids at night when you're ready to rest.
- Put a small suitcase or box between two children in the back seat to clearly separate "sides."
- Place a firm-sided diaper bag filled with small toys and books between two toddlers in car seats. It can be reached easily by the children and holds enough to keep them busy for quite a distance. Stash some of the children's favorite toys and books in the bag well in advance of the trip so they will have more appeal.
- Plan a variety of activities. Start each day with prayer and the Word.
- Stop often to run and play with the kids. You all need the break. Consider carrying a jump rope or a big, inflatable rubber ball for exercise and fun.
- Give the kids a five-minute warning before you stop so that they can put on shoes and sweaters or coats.
- Plan--and announce--a treat for the end of the day, so everyone will have something to look forward to: a swim in a motel pool, dinner at a restaurant, a pop stop.

Food in the Car

- Cover the back seat with a sheet or blanket; you can shake out food crumbs at rest stops.
- Use an insulated six-pack bag to keep baby food warm or cold. Tape the baby spoon to one of the jars.
- Carry a supply of small paper plates with little slits in the center. Put the sticks of popsicles or ice cream bars through the slits and there'll be less mess on fingers.
- Fill several small plastic bags with an assortment of such treats as raisins, dry cereal and sunflower seeds, and bring them out when spirits need reviving.

- I. The Word of God plays a part in the health of our children and in our lives. What are our requirements as parents from the Word of God?
 - A. We must manifest what we already are in Christ.
 - B. Look for things that point to the health of our children, who are God's children.
 - C. Our lives and the lives of our children, according to God's standards, are to be whole.
 - D. We do not want to look at anything less than God's standards.
 - E. Ephesians 4:14 Literal:
And not become unlearned infants who are shaken and tossed around mentally even like a ship at sea whirling around by every different teaching of the deceitful doctrines of men, systematically plotting craftiness and trickering which is their method that they may deceive you.
 - F. Put on the Acts 5 syndrome:
 1. We see the new order of grace, beyond what was ever experienced or manifested before.
 2. It tells us about the power the apostles had, and the word of knowledge and wisdom they practiced.
 3. Acts 5:39 - We are contending in the contest of faith or believing. Living in the light of the hope every day. agonizomai - striving in the contest.
- II. Three elements that we need to live this life: body, soul, spirit.
 - A. The desired result is III John 2.
 1. Our health is manifested to the proportion of how our soul and the spirit of man in us prospers.
 2. This we determine by what we believe and how much we act on what the Word says.
 - B. No life in this world is without spiritual involvement - good or bad.
 1. We want to be aware that this involvement has great effect on our lives and the lives of our children.
 2. It's very important to keep a positive, peaceful, and happy attitude and atmosphere in our home.
 - C. I Corinthians 7:14 - Who is included in this--all the believers, the children are set apart. The same things we expect from the Word, we can expect for our children.
- III. A few scriptures that point to God's children as being in health:
 - A. Isaiah 58:8 and Psalm 42:11 (The word "God" is the word creator, Elohim)
 - B. Psalm 43:5, Proverbs 4:20-22, 12:18, 13:17, 16:24 - We want to choose our words carefully and not only our words but our tone of voice is very important to children and adults.
 - C. Proverbs 3:7,8 - Spiritual and emotional problems can be handled by us as we come to the Word more and more with knowledge.
- IV. Articles
 - A. "When You're Smiling the Whole Immune System Smiles with You."
 1. University of California study proves that facial expressions can change automatic body functions, i.e., heart rate, blood pressure, etc.
 2. The result shows that putting on each of these faces - surprise, sorrow, happiness, anger, fear, and disgust, produces the same automatic changes that the actual feelings produce.
 - B. "The Science of Laughing."
 1. Laughing gives practically every organ of the body a good workout.
 2. It can banish stress and can temporarily relieve depression.
 3. It may be good for lowering high blood pressure.
 4. Laughter can burn up a few calories.

V. Some helpful hints regarding health:

- A. A low grade fever is good for you - it burns up impurities.
- B. Fear will cause calcium flow to be cut off in your body.
- C. The Word of God has always told us fear is bad.
- D. We have plenty of the Word for every situation.
- E. Proverbs 17:22 - "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."
- F. Proverbs 4:23 - "Keep thy heart with all diligence; for out of it are the issues of life." Above all that the heart must be guarded for out of it are all the sources of all outflow of all life.
- G. First thing to look for in counseling situations: how fearful are they inside?
- H. Is it easier to retain health or regain it? What's harder for God?
- I. Can we see where we missed it? That it's past and we must look at it now. Does it make a difference to God?
- J. It might look good to condemn ourselves. Now is the time to work from, to strive to keep the Word in our minds.
- K. Have an awareness of what state of mind you're in. John 10:10. The thief cometh to steal, kill, and destroy and he will if we are negative. Even if we feel we are right about a situation, change our mind so that we can profit from a positive mind set.
- L. Never go to bed with any negatives on your mind and heart. Clean the slate every evening.
- M. For us, failures are past. Ephesians 2:10
- N. Our children are imitators of us, so if we have our lives straight then our children will mirror that.
 - 1. Hebrews 6:12, I Corinthians 11:1 - this word "imitators" is mimetes.
 - 2. Ephesians 5:1, I Peter 3:12,13 (mimetes) I Corinthians 4:16
 - 3. I Thessalonians 1:6, 2:11. Thessalonica was an idolatrous city. Yet these people became imitators of God.
 - 4. As an example: read the Word together as a family, minister healing, in the morning speak in tongues and pray.
- O. Do anything you can to get the children out of negative emotions.
- P. Plan with your children so they know what's happening. Plan an exciting event for them.
- Q. Have fellowships with your children.
- R. At no age do we allow any negative emotions because it is health for them to be positive.
- S. Tell them they're pretty.
- T. Touch is important for a child's health.
- U. Husbands take the place of God in our homes.
- V. Women are guardians of the home. We keep the home as our husbands direct us to maintain that peace. Communication is very important.
- W. What does the husband expect in order for us to keep that peace?
- X. When we are faithful on a day by day basis it becomes more and more a way of life to do things right.
- Y. We want to make life the way God wants us to live as a family. For general health it will be profitable to all of the family.

HEALTH AND FEEDING OF CHILDREN

Ellie Wilson

God's will concerning our health and the health of our children is simply stated in III John 2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." The following subjects are basic principles of health that will help you in building and maintaining your child's health.

I. Good, Wholesome Food and Water

Breast milk is the best food to feed an infant. The first milk is called colostrum. In it are many antibodies that build resistance to many diseases for the newborn child. It is best to feed your infant only mother's milk for the first ten months. If a mother is unable to nurse, raw goat's milk may be used. If raw goat's milk is not available, eugalen (an extract from milk) can be added to milk. Babies need milk up to two years of age. Some children need milk up to three years of age.

From ten months to one year, a few liquids and solids may be introduced. These should be fed at room or body temperatures. Diluted fig pep may be given. One tsp. of fig pep to eight ounces of water is an adequate dilution. However, the primary liquid intake should still be breast milk. Choose only a few from the following list of liquids and solids.

You can soak dried fruits that do not contain sulphur dioxide and the liquid obtained will be good-tasting as well as nutritious. (Almost any dried fruit purchased in a grocery store contains sulphur dioxide. Check the ingredients carefully.) You can use dried apples, apricots, currants, dates, figs, pears, prunes, raisins, or juices from watermelon, canteloupe. You can also juice fresh fruits. Dilute juices with at least half water.

When you introduce solid foods, begin with fresh raw fruits, apricot, avocado, apple, banana, mango, peach, pear. Take an apple, cut in half and scrape the apple with a teaspoon. It will come off like apple sauce. The same can be done with pears. Introduce one solid food at a time. Wait two weeks before trying another new food. This will give your child's body a chance to adapt to it. Feed the solid food after the baby has been nursed. Solids should be introduced when the baby is happy, not when tired or irritable. This will enable you to introduce more foods and you'll be able to get them to eat more foods. Solid foods can be given to the child once or twice daily before age one.

There are three times when a baby or an infant will appear not to be getting enough food. This will occur at about the age of six weeks, three months, and six months. At these ages, the baby has a growth spurt and an increased need for their mother's milk. Many doctors will tell a mother she should start introducing foods at six months. The reason being that the baby is not getting enough milk and the doctor is quite accurate in saying that you're not producing enough milk. But, the way to resolve this is to take a day or two and nurse your baby as often as it's hungry. What this does is stimulate your milk production, and the more you nurse a baby, the more milk you will produce. The less you nurse the baby, the less milk you will produce. It's a supply and demand situation.

One to two years. Continue using the same solids and liquids listed under ten months to one year. The primary liquid should still be milk. At this time you can start introducing milk with a cup. At this age the following may be introduced: Oatmeal cereal as well as muesli soaked with raw nut milk. Oatmeal is one of the easiest grains to digest, both for children and for older people. Sprouts may be introduced. Mash them so they will be easy to digest. Alfalfa is one of the best sprouts since it is very tender. A few baked or steamed vegetables, such as carrots, yams, squash, potatoes, stock from steamed vegetables, or vegetable broth.

A young child simply does not have the teeth to eat raw vegetables. The only way they can be easily eaten is cooked. Powdered Green Life, a vitamin supplement, is an excellent product that can be added to any number of foods.

Carrot or celery sticks can be given to the baby for teething. When they chew on these they get some of the juices, so they will be getting some vitamins and minerals simply from chewing on those carrot or celery sticks. Once they begin to get a couple of teeth in the front, you need to watch them very carefully because once in a while they can bite off a piece of carrot or celery.

Begin simple food combinations by serving one or two foods at the same meal. For example, serve fig pep on oatmeal or sprouts with a vegetable. Don't get into a lot of food combining the first year. Do not give them a wide variety of foods at one time. If the food that is eliminated is the same color and texture as it was when eaten, your child is not digesting that food and they're not ready for it, nor are they getting the nutrition from it.

Whole grain bread may be introduced at about 18 months. The reason for not introducing whole grain bread before this time is that the enzymes necessary for digesting whole grains are not fully developed, and your child may not properly digest this food.

Homemade whole grain breads, unsweetened familia, grains and cereals, other raw vegetables (if the child can chew the vegetables properly), plain yogurt, natural cheese, natural cottage cheese, berries, nut butters can now be introduced. The cheeses should be the soft cheeses, not the hard ones. Soft cheeses are more easily digested. One of the best soft cheeses is a Danish butter cheese called Havarti.

By the time a child is three years old, the primary liquid consumed should be water, not koolaid, not fruit juices, not soft drinks, but water. Teach your children to drink water. All throughout the Word of God people drank water. Juices have a high concentration of sugar in them. If a child has a tendency to get wired from eating sugar products, the same thing will happen if they drink apple juice or any other kind of fruit juices because of the high concentration of sugar. The best liquid for your child is water. The same is true for adults.

Two to three years. At this age the following foods may be introduced: whole nuts and seeds (if the child has teeth to chew them properly), fertile eggs.

Four to five years. Meat may be introduced if desired. Children should be encouraged to eat at mealtime only. Any snacks should consist of fresh raw fruits and vegetables or dried fruits and raw nuts and seeds.

A child is not born knowing what he should do in life. Proverbs states: "Foolishness is bound in the heart of a child." What kind of a decision do you think your child is going to make regarding most foods? Foolish decisions. You need to be making the decisions for your child's food. Do not allow your child to dictate to you what he should be eating. You are the one who is in charge; you are the one who should be instructing your child what foods to eat.

If you keep potato chips, candy, pop, all these things in your home, and you eat them, your children will follow your example. Your child will learn to eat whatever you feed him. In all cultures this is true. Children eat what their parents eat. Examine your food very carefully because your children, even when they're just sitting in the highchair, want to eat whatever you're eating. The taste buds are educated.

Your child's diet should consist of plenty of raw foods. Foods should be neither sweetened nor salted so your child will not develop an unnatural taste for these flavors. Foods contain enough natural sweeteners.

The Complete Book of Natural Foods by Fred Rohe is an excellent resource book for your personal library.

II. Children Need Rest

An important preventive measure is to make sure your children are getting plenty of rest. Unruliness, disobedience, a lot of the things go on with a child emotionally as a result of not enough rest, not enough sleep. When a person is short on sleep, they become short-tempered, more easily irritated by people, irrational, make poor decisions, get shaky, hard to concentrate, depressed. This is true for children, too.

The result of a tired child in combination with "foolishness is bound in the heart of a child," and the lack of control that they exercise over their emotions, is a child who is unruly, having emotional outbursts of temper or rebellion--anything is likely to flare up when a child is tired. They need plenty of rest.

When children don't have enough rest and negative emotions take hold within them, it sets up chemical reactions in their bodies that add a lot of waste material to their systems that need to be cleaned out. Their entire immune system begins to wear down and they cannot resist infections, viruses, all kinds of things that may come along. Also, when a child is very tired, their food is digested improperly. It's very important for your child to get plenty of rest.

Along with rest is the importance of a routine. At two they still need an afternoon nap; children require more sleep than an adult. Make sure that your children are getting plenty of rest. Put them on a routine. Routine is an important aspect of health. Your body begins to fit into that routine. You need to determine what kind of routine you're going to put your child on and fit it with your life-style. Routine gives them a sense of security.

Children like to know when things are going to happen. They like to know that they follow a regular pattern. In order to get your children into bed, make it a happy time. Never allow children to complain about going to bed. Bedtime should be a happy time.

Attitude is vitally important. You make up your mind what you want to do and teach your children to do the same thing. It's an important principle. Your children will be healthier because of their attitude. If they think negatively, if they're unhappy and upset about all the situations that are inevitable in life (like going to bed or eating at a certain time), they're going to be unhappy and miserable. This sets up the negative chemical reactions in the body and they will not be as healthy. It's very important to teach your child the proper attitude about food, about rest, about all the necessary things that life requires.

III. Fresh Air and Light are Very Important.

In our civilized culture, we do not get the amount of fresh air that people did when they lived in an agricultural setting. We have an industrial and technological culture in this country. We still need the fresh air.

In winter, heated air in the home can be very dry. You may want to add moisture to the air to prevent drying and irritation of the nasal and respiratory passages. This will help cut down on sore throats and colds. Humidifiers are beneficial, or pans of water set near heat sources. Cool-air vaporizers are helpful when someone has respiratory congestion.

Light is very important. Children need light--sunlight. One of the ways that the body receives vitamin D is from the sun. Your body will manufacture it if you spend time out in the sunlight. There are other things that you can eat, like cod liver oil. Health and Light written by John Ott would be an excellent book for your library.

Make sure that your children are getting plenty of sunlight. Also, it's very important to get light into your eyes. It dramatically affects your health. Do not allow your children to wear sunglasses. Sunglasses can be very harmful to your eyes because of the way it filters the light, and it can actually affect your ability to adjust to bright light and sunlight. Then you can gradually lose that ability. It's important to encourage your children not to wear sunglasses. The only time that you should wear sunglasses is where the light is extremely bright, or if you're driving toward the sun and the light is already being filtered through the glass of your car window. Sunlight is another important aspect of maintaining your child's health.

IV. A Peaceful Atmosphere

A peaceful and happy atmosphere is very important for your child's health. Strife in a household, arguing, whining, or crying disrupts the peace of your household. Music also affects the peaceful atmosphere of your home. You can create many different atmospheres with music. You can generate a cheerful atmosphere or a healing atmosphere. For example, if someone isn't feeling well, there are certain types of music that are soothing and healing. If you want to work, play music with an upbeat.

It is important, with little children, to be careful not to jostle them around if you want to keep them peaceful and happy. It's not the best for them. Instead, hold them close to you, warmly and securely, providing the comfort little children need. Roughhousing just before children go to bed is not the best thing to do for them. If you go out and have a tickle session with them just before they're ready to go to bed, it's going to be much more difficult for them to settle down. Provide quiet, peaceful activities like reading to them, or giving them a warm bath so they're relaxed and ready to go to sleep. These are little things you need to watch out for if you want a peaceful, happy atmosphere.

V. Order and Cleanliness

It's very important to maintain order and cleanliness in your household. TV dramatically affects the peace of your household. Color is an important aspect of maintaining peace in your home. The earth colors, the greens and the blues, the colors of nature generally are more peaceful and create a more pleasing atmosphere in a room. The brighter colors are for accent colors. You can study how God has used color; that will help you to select the colors for your room.

VI. Observing Your Child's Health

Check your children daily. Look to see what's going on in their bodies. Look at their eyes, faces, how they carry themselves. You need to be continually observing your child to see what is going on in his body, both the good and bad things. The sooner you pick up on the signs in their bodies, the quicker you can nip an illness in the bud and avoid a crisis.

Keep a close watch over your children. Do a daily check every day of your children to see the brightness of their eyes, their complexion, what's going on in their bodies, how they walk. The eyes are one of the first things where you'll notice a symptom when they're not feeling as well. If they have a nice, bright, clear, mischevious look in their eyes, you know they're feeling well. If they start getting quiet and their eyes become dull, this is a signal that there are some things that are going on in their bodies that need to be taken care of.

Another signal is a change of temperament. If they are irritable but getting plenty of rest, you'll want to take note of that. Also, note the flush in the cheeks. You can often prevent fevers by catching the first pink tinge in their cheeks and get them to drink plenty of water. Water flushes their system out.

Stay on top of these things. Step on the little fires. Take care of a situation before it becomes a crisis situation. Feed them something that has more vitamin C, or have them eat fresh fruit for a little while, or a salad. If you suspect an infection, and note the beginning symptoms, prepare a salad with lots of raw potato in it. Fix a salad or two every week prepared with raw potatoes in it. Make sure they get plenty of water and have plenty of fresh fruits and vegetables.

Plain yogurt can also help prevent a lot of undesirable situations. For example, if you're going to be traveling, changing water and environments often, you may come down with diarrhea. Your children especially will do this. One way that may help prevent this is give them plain yogurt when you know there's going to be a change in their lives. It helps build up the bacteria in their colon that they need to prevent diarrhea. This is also true for constipation. Plain yogurt is very good for that.

There are any number of reasons for your child's body breaking down. There are many things that children go through--any stress will cause the body to begin to have more wear. The same is true of children. If they're going through a change, such as when they start back to school in the fall, you need to carefully observe your child. Changes of the season and temperature changes also affect health. You need to be aware of that to make sure children wear the proper clothing.

Teething is another time that children go through changes in their bodies. When they cut certain teeth, they'll wake up more at night or become more feverish. Another thing you need to be aware of is that your child has regular bowel movements. You need to ask them. They need to let you know. If they miss a day, a good thing to help them get started, or you, too, is to drink a glass of hot water before bed at night and then drink another one the first thing in the morning. Generally, this will bring the body right out of it.

You need to teach your children to think the Word when anything happens. If they notice symptoms in their own body, teach your children this thought, "God healed it." If they fall down and get injured, their first thought needs to be, "God healed it." You can teach them to say that before they say anything else, that will help them recover faster than anything. If they fall on their head and they're about to get a big lump, teach them that as soon as they fall they say, "God healed it." Even one- and two-year-olds can learn to say this.

Teach your children to think the Word, and what the Word says about health. Teach them the simple principles of drinking plenty of water, proper foods, getting plenty of rest. Your children need to know these principles. If they understand what you're doing and why, they will be much more willing to accept it themselves.

If you miss the early symptoms, and the situation is more advanced and water and fruits and vegetables don't take care of it; for example, if a fever gets quite high--around 104°, then you need to take some sort of action right away. A low-grade fever (around 100° or 101°) generally is not harmful--it can be very beneficial, wait it out. Make sure they're getting plenty of liquids. Six to eight ounces of water in an hour is adequate. The low-grade fevers burn waste materials in their bodies. However, if their temperature is 101° longer than three days, you need to seek professional advice. One thing you can do for higher fevers is give them one enema. The water should be lukewarm. This is often one quick way to bring a fever down and keep it down.

If you've done all these things and your child is still sick, you should see a doctor. Your child may have contracted a particularly virulent virus or bacteria that is very strong, and the natural remedies didn't work. This is when you need to see a doctor and do something quick to get rid of it. Knock it rather than letting it knock your child. Do not feel guilty about seeing the doctor. The goal IS to get your child well, not to condemn yourself.

Last, but certainly not the least in importance: All children need consistent loving and touching. It is an excellent preventive measure. The loving touch is very healing when your child is not feeling well. It is very comforting and reassuring for children (adults, too!) to be cuddled and held. When they are not feeling well, they will need much more of this. A good book for your personal library on this subject is How to Really Love Your Child by Ross Campbell.

THIRD AID

"A merry (cheerful) heart doeth good like a medicine:
but a broken spirit drieth the bones." (Proverbs 17:22)

"A man's heart deviseth his way;
but the Lord directeth his steps." (Proverbs 16:9)

Common Opportunities and Treatments

- Allergies: Honeycomb from local honey
- Athlete's Feet: Keep feet clean and dry, apply cider vinegar, wear white cotton socks, rather than nylon colored socks
- Bee stings: Ice, aloe vera, Plantain Leaf, meat tenderizer
- Boils: Epsom salt-garlic compress, Ichthamol ointment
- Bronchitis: Lemon juice with water
- Burns: Aloe vera, Aloe Vera Burn-X cream, A and D ointment
- Calluses: Lemon juice
- Colds: Water, foenugreek tea, raw potato, garlic, cayenne, Vitamin C, golden seal, sweat bath (See below for specific symptoms)
- Cold sores: Camphor Ice Chapstick, baking soda, sage tea gargles, Aloe Vera ointment
- Colic: Bentonite ($\frac{1}{2}$ teaspoon in hot water), catnip tea (weak)
- Congestion:
 - Chest: Comfrey capsules or tea, sage tea, vaporizer with Olbas oil or eucalyptus leaves, Olbas cough syrup, mullein leaves
 - Sinus: Cayenne mixture, salt water, Olbas oil
- Constipation: Water, herb laxative with one cup of hot water, enema, bran, drink two cups of hot water on retiring and two cups on rising in the morning; do not eat constipating foods, exercise
- Diarrhea: Boiled milk, carob powder, unripened bananas
- Ear Ache, Infection: Warm, sweet oil or oil of garlic--1st choice, honey on a cotton ball
- Ears (if they have water in them) Refer to rubbing alcohol and water, medicine cabinet

Eyes:	Boric acid solution, Yellow Mercuric Oxide Ophthalmic Ointment, Eyebright
Fever:	Asprin or tylenol acetaminophen, tepid bath, plenty of water; one enema--works especially well with kids. For 6-12 months, use four to six ounces of warm water; for 12 months and over use eight ounces of warm water
Gas:	Eat raw foods last at meals, exercise
Headaches:	Calcium lactate with magnesium tablets, strong mint tea. If caused by constipation, take an enema, increase water intake. Massage fleshy area between thumb and index finger. Relax every muscle beginning with face, neck, arms, hands, fingers, trunk, back, hips, thighs, calves, knees, ankles, feet and toes. (Put yourself in Daddy's arms)
Indigestion:	Papaya tablets
Infections (all types):	Eat several raw potatoes, garlic, Bentonite, Vitamin C
Insect Bites:	Oatmeal bath, plaintain weed
Intestinal Flu:	Apple cider vinegar drink, chamomile tea, mint tea, golden seal tea
Laryngitis:	Hydrogen peroxide gargles, lemon and honey drinks
Menstrual cramps:	Red raspberry leaf tea, black cohosh and ginger, calcium lactate tablets, vinegar water on a regular basis daily
Muscle Soreness:	Always apply ice to decrease swelling. Leave on 15 minutes of every hour possible. After 24 hours, apply heat
Muscle Strain:	Stretches may help and warm, moist heat such as a hot bath or towel
Nausea/vomiting:	Peppermint tea, vinegar and water (1:3)
Nervous stomach:	Peppermint tea, slippery elm
Poison ivy:	Caladryl, Ivy Dry, chamomile stem, epsom salt compress, green catnip
Poisoning (Ingestion):	Poisoning antidote (see recipe on next page), call a doctor or poison center.
Rashes:	Sage tea, Aloe Vera
Sore throat:	Throat irrigation, Vitamin C, salt gargles, hydrogen peroxide gargles, lemon-ginger gargles

Third Aid
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Sore Throat with Phlegm:	Ginger, honey, lemon mixture
Tiredness:	Sea greens, black strap molasses, Brewer's yeast
Tonsillitis:	Pomegranate juice and kiwi fruit
Toothache:	Oil of cloves applied with a swab on cavity, drink $\frac{1}{4}$ cup Bentonite in $\frac{3}{4}$ cup water, Aloe Vera plant (put on gum next to tooth)
Tooth extraction:	Aloe vera plant applied on gums (peeled)
Wounds (open):	Honey (unboiled)

Proverbs 17:22

*A joyful heart worketh
an excellent cure.*

(a literal)

The Medicine Cabinet

Treatment Procedures

- Aloe Vera:** (Plant, not gel in a bottle): Cut a piece of aloe vera, approximately the size of the affected area. Then cut the side prickles off, slice in half so the gel is exposed. Put the plant (gel side) onto the affected area; put a gauze pad over the plant and apply tape to hold it in place. The aloe vera plant will be good for approximately three to four hours, depending on the thickness of the plant to keep the area moist.
1. Relieves pain
 2. Reduces inflammation
 3. Antibiotic
- Apple Cider Vinegar Drink:** Mix one tablespoon each of cider vinegar, hot water and honey. Make this three or more times a day and sip, for intestinal flu.
- Baking Soda:** Dip a toothpick into water, then into baking soda and onto the cold sore.
- Black Cohosh and Ginger:** Take one capsule of black cohosh and two capsules of ginger for menstrual cramps.
- Black Strap Molasses:** Take one tablespoon daily for tiredness.
- Boiled Milk:** Heat one cup of milk until it comes to a full boil. Cool to drink. Powdered carob (two tablespoons) may be added to the boiled milk for diarrhea.
- Boric Acid Solution:** Place $\frac{1}{4}$ teaspoon of boric acid powder into one cup of water and boil for five minutes. Let solution cool and use with eyecup to rinse eye.
- Carob Powder:** Add two tablespoons to boiled milk or to plain yogurt.
- Cayenne Capsules:** Take three capsules a day (one after each meal). Digestive aid.
- Cayenne Mixture:** Add $\frac{1}{2}$ teaspoon cayenne, one teaspoon lemon juice, one teaspoon honey, and $\frac{1}{8}$ teaspoon golden seal to one cup hot water. Cool enough to drink.
- Clove Oil:** Put one to two drops of oil on the affected tooth.
- Comfrey Capsules:** Take one capsule in the morning and evening for chest congestion.
- Epsom Salt Compress:** Apply a cloth soaked in epsom salts and warm water to poison ivy. Mix equal amounts of epsom salt and garlic. Add just enough water to make a paste. Apply to a boil and cover with gauze. Change the dressing every three to four hours, as needed to keep moist.

- Eyebright:** Use as directed on the bottle.
- Garlic:** A natural antibiotic, cloves or capsules.
- Garlic Cloves:** Cut a clove of garlic into halves and apply the cut side to the boil.
- Ginger Mixture:** Add ½ teaspoon ginger, one teaspoon lemon juice, one teaspoon honey to one cup hot water. Gargle with it.
- Golden seal:** Take two capsules a day (one in the morning and evening) for two days at the most. Note: DO NOT GIVE TO PREGNANT WOMEN!!!!
- Golden seal Eyewash:** Place ½ capsule of golden seal into one cup of water and boil for five minutes. Let the solution cool and use with an eyecup to rinse eye.
- Green Catnip:** Rub on rash. Green catnip is a natural enemy of poison ivy.
- Honey:** Unboiled honey, applied topically:
 1. Hygroscopic (moisture absorbing)
 2. Bacteriocidal
 Apply twice a day.
- Honeycomb:** Eat one tablespoon of comb with honey in the morning and evening. It may be eaten on bread as a spread.
- Ichthamol Ointment:** Use a small amount on a boil and cover with gauze. Change the dressing every three to four hours.
- Oil (Garlic or Sweet):** Warm the oil by putting the bottle in a cup of hot water for one minute. Then apply with a medicine dropper a couple of drops of oil into the affected ear and cover ear canal with a small piece of cotton.
- Olbas Oil:** Put one drop of oil on palm of hand, rub palms together, bring hands up to nose and take three deep breaths.
- Plantain Leaf:** Crush fresh leaf well in hand (leaf may be chewed to get the juices extracted, then put the leaves on the bite) and apply the juice on the bee sting. The leaf needs to be very juicy in order to work well.
- Poisoning Antidote:** Combine one burnt toast, 1-2 ounces milk of magnesia and one cup strong tea. The burned toast contains pulverized charcoal to help absorb poisonous materials in the stomach. The tea contains tannic acid to offset an alkaline poison and the milk of magnesia is to counteract an acid poison. Together the ingredients provide overall protection. Call a doctor and take to a hospital.
- Potato:** Eat several raw potatoes daily for all types of infections. Do not peel the potato.
- Red Raspberry Leaf Tea:** Put one teaspoon of red raspberry leaves in one cup of hot water. Let steep for ten minutes and drink.
- Rubbing Alcohol and Water:** Put ratio of 1:1 alcohol and water in ears to drain ears of water. Need only a few drops; then allow water to flow out into sink.

- Sage Tea:** Put one teaspoon of dried, crushed sage leaves into one cup of hot water and steep for ten minutes. Apply cooled tea onto rash or use as a gargle.
- Salt Water:**
- Gargle:** Put $\frac{1}{2}$ teaspoon of salt in one cup of warm water and gargle for sore throats.
 - Snuff:** Put small amount of salt into the palm of the hand. Add a very small amount of water. Bring it up to the nose and snuff it.
- Sweat Bath:**
1. Start filling tub with hot water.
 2. Get in tub before it is filled all the way to allow your body to adjust to the temperature.
 3. Finish filling the tub with water as hot as you can tolerate.
 4. As you sit in the hot water, beads will form on your upper lip and this will indicate to you that all your pores are open. You might feel somewhat weak.
 5. At this time, let out about half of the water and begin filling the tub with cold water.
 6. As you start to chill, you will know your pores are closed.
 7. Dress warmly or get in a warm bed.
- Throat Irrigation:** Fill an enema bag with as hot water as tolerable in the mouth (hotter than on finger). Please be sure the bag has not previously been used for an enema. Put the nozzle into the mouth and aim the nozzle at the very back of the throat and empty the bag of water. Do not swallow the water--only irrigate the back of the throat and allow the water to flow into the sink. If the individual begins to gag, clamp the tube and wait until he can continue. Irrigate the throat several times a day.
- Vinegar Water:** One teaspoon apple cider vinegar in one glass of water. Drink five glasses a day for menstrual cramps.
- Vitamin C:** Take 1000-2000 mg daily for colds and infections.
- Water:** The daily amount of water to drink should be one-half of one's weight in ounces of water (example, a 100-pound woman needs 50 ounces of water daily).
- Yellow Mercuric Oxide Ophthalmic Ointment:** Apply a small amount of ointment inside the lower lid of the eye(s).

Recommended Books

Food Is Your Best Medicine, by Henry G. Bieler, M.D.
Poisons in Your Body, by Gary Null and Steven Null
How to Always Be Well, by Dr. William Howard Hay

CHILDREN'S BOOKS

The Little Engine That Could by Watty Piper
Platt and Munk Publisher
1055 Bronx River Avenue
Bronx NY 10472 \$3.95

Katy and the Big Show by Virginia Lee Burton
Houghton Mifflin Company
2 Park Street
Boston MA 02107 or
551 5th Avenue
New York NY 10017 \$5.95

Mike Mulligan and His Steamshovel by Virginia Lee Burton
Houghton Mifflin Company
2 Park Street
Boston MA 02107 or
551 5th Avenue
New York NY 10017 \$6.95

Little Red Hen and Grain of Wheat by Wm. C. Holdsworth
Farrar Strauss Groux, Inc.
19 Union Square West
New York NY 10003 \$5.95

Three Little Pigs by Margaret Hillert
Follet Publishing Co.
1010 West Washington Blvd.
Chicago IL 60607 \$2.97

Horton Hatches the Egg by Dr. Suess
Random House, Inc.
201 East 50th Street
New York NY 10022 \$3.95

The Story about Ping by Marjorie Flack
Viking Press, Inc.
625 Madison Avenue
New York NY 10022 \$5.95

"I Can't" Said the Ant by Polly Cameron
Coward, McCann and Geoghehan Inc.
200 Madison Avenue
New York NY 10016 \$3.99

Small Rain by Jessie Orton Jones
Penguin Books, Inc.
625 Madison Avenue
New York NY 10022 \$2.00

Make Way for Ducklings by Robert McCloskey
Viking Press, Inc.
625 Madison Avenue
New York NY 10022 \$6.95

My Puppy Is Born by Joanna Cole
William Morrow and Company
105 Madison Avenue
New York NY 10016 \$5.50

A Chick Hatches by Joanna Cole
William Morrow and Company
105 Madison Avenue
New York NY 10016 \$6.95

A Calf Is Born by Joanna Cole
William Morrow and Company
105 Madison Avenue
New York NY 10016 \$5.09

The Very Hungry Caterpillar by Eric Carle
Williams and Collins World Publishing Company, Inc.
2080 West 117th Street
Cleveland OH 44111 \$5.91

Rascal
Sterling North by Avon
(paperback)
959 8th Avenue
New York NY 10019 \$2.00
(hardback)
E.P. Dutton and Company, Inc.
201 Park Avenue South
New York NY 10003 \$8.00-\$10.00

Incredible Journey by Sheila Burnford
(paperback)
Bantam Books, Inc.
666 5th Avenue
New York NY 10019 \$2.00
(hardback)
Brown Little Company
24 Beacon Street
Boston MA 02113 \$6.00-\$8.00

The Yearling by Marjorie K. Rawlings
Charles Scribner and Sons
597 5th Avenue
New York NY 10017

Boxcar Children by Gertrude Warner
Whitman Publishing Company
Distributed by:
Western Publishing Company, Inc.
1220 Mound Avenue
Racine WI 53404 \$5.00

The Little House by Virginia Lee Burton
Houghton Mifflin Company
2 Park Street
Boston MA 02107 \$6.95 or
551 5th Avenue
New York NY 10017

Noah's Ark by Peter Spier
Doubleday and Company, Inc.
245 Park Avenue
New York NY 10017 \$7.00

What Do People Do All Day? by Richard Scarry
Golden Press
Western Publishing Company, Inc.
1220 Mound Avenue
Racine WI 53404

Hamilton by Robert N. Peck
Brown Little Company
34 Beacon Street
Boston MA 02114 \$7.00

Paul Meets Jesus by Jenny Robertson
Published in England
No address available except:
Zondervan
4444 52nd Street SE
Kentwood MI 49505
(By Zondervan/Ladybird books--they put out a good
line of Biblical records for kids. Check the
stores and the books.)

All Little House books by Laura Ingalls Wilder
Harper and Row Publishers, Inc.
10 East 53rd Street
New York NY 10022
Paperback set about \$15.00
Hardback set about \$6.95 each

SOME BOOKSTORE ITEMS

7003	April '83 Tape of the Month The Husband/Wife Relationship (Rev. & Mrs. Bob Moynihan)	\$ 4.00	4000	May '82 Tape of the Month Proof/Foolishness (Rev. Vince Finnegan/Mrs. Greg Bernardini)	\$ 4.00
7008	September '83 Tape of the Month The Head of the Household/ The Keeper of the Home (Rev. & Mrs. Bob Moynihan)	\$ 4.00	4008	Unique Relationship of Christian Marriage (Rev. L. Craig Martindale)	\$ 4.00
4028	The Rod of Correction (Rev. Greg Bernardini)	\$ 4.00	3121	Teen Ethics (Rev. L. Craig Martindale)	\$ 4.00
1716	Children's <i>Sing Along the Way</i>	\$.50	3122	Teen Goals (Mrs. L. Craig Martindale)	\$ 4.00
2101	Egermeyer's <i>Bible Story Book</i>	\$14.95	3123	Teen Outreach (Rev. Ralph Dubofsky)	\$ 4.00
4023	The Word in Family Seminar (7 tape set)	\$23.00	3119	Raising Children According to the Word (Rev. & Mrs. Greg Bernardini)	\$ 4.00
1712	We Are God's Children (song tape)	\$ 3.95	3120	Raising Children According to the Word (Rev. & Mrs. Bob Moynihan)	\$ 4.00
1757	We're Standing on the W-O-R-D (song tape and book)	\$ 4.95	4029	Responsibilities of a Leader's Wife According to the Word (2 tape set) (Rev. Vince Finnegan)	\$ 8.00
1701	Children's Fellowship Songs (from <i>Sing Along the Way</i>)	\$ 4.00			

Mail To: The Way International Bookstore
P.O. Box 328
New Knoxville OH 45871

CHILDREN'S FELLOWSHIP SUGGESTED CRAFT MATERIALS

Things to Save:

Tubes from toilet paper, waxed paper, etc.
Styrofoam trays from meat and vegetables
Empty salt and Pringles potato chip cans (for banks)
Material remnants
Bits of ric-rac, bias tape, etc.
Shiny paper from greeting cards
Net onion and potato bags
Lightweight cardboard
Small boxes (for houses, treasure chests, etc.)
Seeds and shelled corn
Metal clothes hangers (for mobiles)

Things to Buy: (some may already be found at home)

Cotton balls
Paper plates
Yarn
Brass paper fasteners
Glitter
Stickers
Sequins
Clothes pins
Pipe cleaners
Wooden ice cream spoons
Feathers (from craft store)
Craft sticks (like wooden pop-cicle sticks)
Tin foil
Rubber bands
Paper clips

Extra Supplies for Teacher's Use:

Stapler
Paper punch
Pinking shears
Scotch tape
Magic markers
Pad of typing paper for tracing

None of these items are required but are suggested items which may be very useful to you.

List Of Books For The Christian Family Suggested by Nancy Burton

HUSBAND AND WIFE

Intended for Pleasure
By Ed Wheat M.D. and Gaye Wheat

Ideal Marriage
By TH. H. Van DeVelde, M.D.
Random House Pub.

The Individual, Sex and Society
Johns Hopkins Press
Edited by Carlfred B. Broderick and Jesse Bernard

Act of Marriage
By Tom and Beverly LaHaye
Zondervan Pub.

Love Life
By Ed Wheat

If He Only Knew and
For Better Or For Best
By Gary Smalley
Box 22111
Phoenix AZ 85028

WOMAN

The Art of Homemaking
By Daryl Van Hoole
Desert Book Co., Pub.

Fascinating Woman
By Helen B. Andelin
Pacific Press, Santa Barbara, Pub.

Letters to Karen
By Charlie W. Shedd
Avon Publishers

Total Woman
By Marabel Morgan
Pocket Books Pub.

Total Joy
By Marabel Morgan
Pocket Books Pub.

The Key to Feminine Response in Marriage
By Ronald M. Deutsch
Random House Pub.

The Power of Sexual Surrender
By Marie N. Robinson, M.D.
The New American Library, Ire. Pub.

MEN

Being a Man in a Woman's World
Author: James Kilgore

The Man of Steel and Velvet
Andelin Aubrey
Pacific Press, Santa Barbara, Pub.

Tough and Tender
By Joyce Landof
Fleming H. Revell Co. Pub.

CHILDREN, BIRTH

A Doctor Talks to 9-12 Year Olds
By Marion O. Lerrigo Ph.D.
Michael A. Cassidy Ph.D.
Budlong Press Co., Pub.

A Child Is Born
By Lennart Nilsson
Delacorte Press/Seymour Lawrence, Pub.

Thank You, Dr. Lamaze
By Marjorie Karmel
(Dolphin Handbook)
Doubleday and Co., Pub.

Commonsense Childbirth
Lester Hazell
Tower Pub.

Husband Coached Childbirth
By Robert Bradley

The Womanly Art of Breastfeeding
By LaLeche League Inter.
Interstate Printers and Publishers

The Ovulation Method of Birth Regulation
By Mercede Arzu Wilson
Van Nostrand Reinhold, Co.

The Personal Fertility Guide
By Terrie Guay
Harbor Pub., Inc.

Childbirth Without Fear
By Grantly Dick-Read
Harper and Row Pub.

Every Women's Book
By Paavo Airola
Health Plus Pub.

Making Love During Pregnancy
By Elisabeth Berg and Libby Colman
Bantam Books Inc.

CHILD RAISING

Confident Children and How They Grow
By Richard L. Strauss
Tyndale House Pub.

Raising Children
By Linda Rainey Wright
Tyndale House Pub.

Dare To Discipline
Dr. James Dobson
Tyndale House Pub.

Hide or Seek
Dr. James Dobson
Tyndale House Pub.

Child Behavior
By Frances L. Ilg, M.D.
and Louise Bates Ames, Ph.D.
Harper and Row Pub.

How To Really Love Your Child
By Ross Campbell

The Effective Father
By Gordon MacDonald
Tyndale House Pub.
Wheaton IL

The Strong Willed Child
By Dr. James Dobson

RECOMMENDED READING LIST

Category IV

Books

Love & Sex and Growing Up, Eric W. Johnson, Corinne B. Johnson
What's Happening to My Body?, Lynda Madaras
How to Really Love Your Child, Dr. Ross Campbell
Preparing for Adolescence, Dr. James Dobson
How to Love Your Teenager, Dr. Ross Campbell
Born to Love, Joann S. Grohman
Creative Parenting, William Sears, M.D.
The Family Book of Child Care, Niles Newton
Christian Living in the Home, Jay E. Adams
The Effective Father, Gordon MacDonald
Honey for a Child's Heart, Gladys Hunt

Heart Magazines

April/May 85 -- The Golden Years

Way Magazines

Jan 76 -- And the Child Grew, L.C. Martindale
May 75 -- A Family Production, E. Whiteside
May 78 -- Growing Up Together in The Family Way Corps, E. Whiteside
Nov 77 -- Train Up a Child in the Way He Should Go, Bob Moynihan
Nov 79 -- A Family Issue:
 Not For Adults Only, Mark Gluckin
 Why Should I be Subject, Brenda Johnson
 God's Example of a Christian Couple, Joe Coulter
May 84 -- The Christian Family, Dr. Wierwille
 Joseph as Head of His Household, Bob Moynihan
 The Guardian of the Home, Dottie Moynihan
 Home is Where the Word Lives, G. Bernardini
 Fruitful For God: Barren to Bless, L.C. Martindale

Way Magazines (Orientalisms)

April 67 -- Educating of Children, K.C. Pailli
Sept 62 -- Training Children in the East, K.C. Pailli

Tapes

Sunday Night Service Tapes:

#943 -- Mary's Firstborn, Dr. Wierwille, 12/10/78

Tape of the Month:

Proof/Foolishness, C. Bernardini/V. Finnegan, 5/82

Page Two

Misc. tapes available at Headquarters:

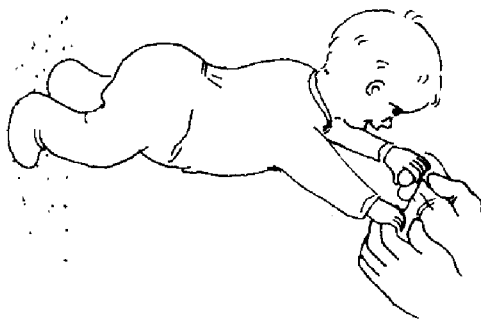
1984 R.O.A. Lecture Series: Witnessing With Your Family
1983 R.O.A. Lecture Series: Raising Children According to the Word -- Bernardini's
Raising Children According to the Word -- Moynihan's
Teenage Ethics, Rev. L.C. Martindale
Teenage Goals, Donna Martindale
Teenage Outreach, R. Dubofsky
Health Care for Children, E. Wilson, D. Zelov, Mrs. Wierwille
Husbands and Wives/Children's Fellowships, Donna Martindale
Christian Art of Dating, Bo Reahard
The Art of Dating, Dr. Wierwille, 1972
Art of Dating, D. Martindale, N. Townsend
Christian Fathering, Dennis McGee
Family, David Turk

Syllabus

Word in Family
Diamonds in the Rough

Related items available at The Way International Bookstore

#4028 -- The Rod of Correction, G. Bernardini
#1716 -- Children's Sing Along the Way
#2101 -- Egermeyer's Bible Story Book
#4023 -- The Word in Family Seminar (7 tape set)
#1712 -- We Are God's Children (song tape)
#1757 -- We're Standing on the W-O-R-D (song tape and book)
#1701 -- Children's Fellowship Songs
#3119 -- Raising Children According to the Word, Bernardini's
#3120 -- Raising Children According to the Word, Moynihan's



SECTION V

Homemaking

Proverbs 31:27:

She looketh well to the ways of her household, and eateth not the bread of idleness.

I Timothy 5:14: (Literal)

Therefore, I determine that the younger ones should remarry, bear children, guide the home, and not give even one opportunity to the adversary to accuse them.

Titus 2:3-5: (Literal)

Likewise, teach the older women to be godly in conduct (not slanderers and not enslaved to wine), teachers of good things, that they may train [in sound thinking] the younger women to love their husbands, to love their children, to be sound minded, to be pure, to be good homemakers, to be subject to their own husbands so that the Word of God will not be blasphemed.

DESIGNING YOUR HOUSE FOR LIVING

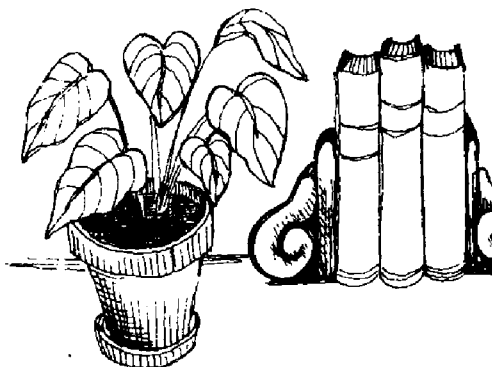
Mrs. V.P. Wierwille

(notes from a two-tape set)

- I. First keep in mind the witness that we are for **Jesus Christ**.
 - A. Word
 - B. Deed
- II. Second, keep in mind the hope of Christ's return.
- III. These two ideas must be evident in your homes.
 - A. Our homes will witness for something, inside and out.
- IV. Think about who you are.
 - A. Since Pentecost, we are a new genus -- nothing like before, a new creation, a new breed.
 - B. God has a wonderful design in mind for His new household.
 - C. Luke 24:39 -- Jesus Christ's new body was flesh and bones -- recognizable, but different in function.
- V. Designing your house for living.
 - A. I Thess. 1:6,7 Macedonia and Achaia were idolatrous places.
 - B. We want our homes to leave a deep impression ("ensample").
 - C. Ro. 12:2 We are different so we want to put on the renewed mind so we can make this deep impression.
 - D. Everything we do is to be a witness.
 1. I Thess. 2:10-14 Followers of the Twigs of God.
 2. I Thess. 3:12 Superabound in love toward one another (this is what we need in our homes).
 3. I Thess. 3:13 Stablish hearts unblameable in holiness (quality of life). Requires constant awareness of the "impression".
 4. I Thess. 4:1 A type of behavior -- that we would produce even more quality in living.
- VI. Designing our individual homes for our own lives.
 - A. A shelter to pray and study in positive atmosphere.
 - B. To train the family
 - C. Love expressed
 1. Although, allow for pressure to be released. No one is perfect.
- VII. Type of people who live in that home? (New genus!)
- VIII. What is the function of that home? (Witness!)

Ro. 6:17 -- Rejoice that we obeyed from the heart. That teaching is the design for us for our living.
- IX. Satan has only two alternatives
 - A. Killing the believer (including getting him to quit renewing his mind so he is not a witness).
 - B. Forging the Word of God.
- X. Leadership demands a mature self-reliance.
- XI. All of these (preceding) things are very basic to the homes we live in.
 - A. I Thess. 4:8,9
 - B. I Thess. 5:12 Remind one another when he forgets.
 - C. There must be harmony in the home. Without it there is no home.
- XII. In residence, our rooms are our private places.
 - A. Restful
 - B. Respect roommates
 - C. Reminders of the Word and loved ones

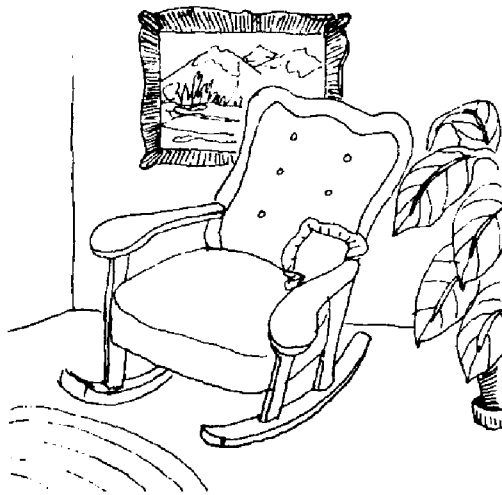
- D. Comfortable -- change furniture if necessary.
 - 1. Keep in mind the restrictions of the room.
 - i.e. Window treatment, access to closets, etc.
- E. Prepare ourselves to meet the public.
 - II Co. 4:5 Doulos
- F. Husband/wife relationships must be expressed in the home.
- XIII. Home should reflect the love of God in the renewed mind in manifestation.
 - Ro. 6:16, 17.
- XIV. Importance of the home is known even in the scientific circles.
 - A. It's the real situation for being more than a conqueror.
 - 1. Example -- healing is best with loving family present.
- XV. The kind of house you live in is not as important as the kind of you that lives in the home.
- XVI. Househunting
 - A. Choose the style of living we will have in that house.
 - 1. Different because each of us is different.
 - 2. Governed by the work we are going to do.
 - 3. Are we going to live with other believers?
 - 4. Fellowships in the home?
 - 5. Entertaining -- how much?
 - B. Choose the area where it will be located.
 - 1. Near work?
 - 2. What kind of neighborhood? (Freedom to move the Word) Neighbors complain? Parking?
 - 3. Will you have a garden?
 - C. Size of house?
 - D. Condition of the house? (Investigate -- i.e. plumbing, heating, etc.)
 - 1. Water supply.
 - E. Furnished? Unfurnished? How will you furnish it? (Don't advise renting furniture usually).
- XVII. Make a list of needs you have once you locate the house.
 - A. SIT much.
 - B. Be specifically honest -- know God's grace and believe.
 - C. God meets needs of beauty also.
 - D. God wants for us to enjoy life.
- XVIII. Once we move in it needs to be organized and arranged to facilitate our style of living and manner of life.
 - A. Rented house -- how much can you afford to do?
 - 1. Always consult the landlord first.
 - B. Ask believers to help you with decorating, etc.
 - C. What to do with your rooms.
- XIX. Law and Order
 - A. Cleanliness alone is an art.
 - B. Dirt or clutter is not a witness -- no beauty. **Beauty and ugliness** are at the same price.
 - C. Even the children help.
- XX. Color, Texture, Harmony
 - A. Bring out yourself -- be comfortable and make others comfortable.
 - B. Never substitute professionalism for heart.
 - C. Decorations are to add, not to take away.
 - D. Color relationship to musical scales (recent research)-- (Sight and hearing are coordinated).



- E. Beauty and utility and partners.
 - 1. Don't have things that lose their beauty when they are used.
- F. She decorates according to what Dr. Wierwille likes -- to support his work.
- XXI. Sight and hearing affects us whether we know it or not.
 - A. Make sure they are positive.
- XXII. Homes where the Wierwilles lived
 - A. First year they moved four times.
 - 1. Lived with an older woman first.
 - 2. A month later, moved to the country.
 - 3. In another month, moved to town -- no hot water, washer too big for door so it was on the porch.
 - 4. Built the small parsonage.
 - a. Loved every house they've lived in.
 - B. Van Wert -- house right behind church.
 - 1. No central heat until they put it in the church.
 - 2. Mary, J.P. and Sara born in Van Wert.
 - 3. Sara 6 months old when Dr. Wierwille resigned in Dec. 1957.
 - C. Moved to another home independent of the church.
 - 1. Had to be a large home.
 - 2. 629 South Washington Street
 - a. Ante hallway
 - b. Reception hallway with fireplace and stair -- other rooms off of it with double rolling doors
 - c. Dr. Wierwille's office
 - d. Rhoda's office -- large
 - e. Dining room (extra seating)
 - f. Living room (used for teaching podium)
 - g. Large back yard with barn (parking)
 - h. Butler's pantry, small kitchen
 - i. Uncle Harry joined them -- lived in a storage room and shared Don's closet
 - j. Full bath on both floors
 - k. "Sidney House" is similar but not as functional for the purposes of the house in Van Wert
 - 1. Dr. and Mrs. Wierwille's bedroom had a fireplace in it
 - D. New Knoxville Farm
 - 1. Didn't have resources to fix up the house a long time so they stayed in Van Wert.
 - a. Board of Directors didn't want to do it, but to build a small house.
 - b. Uncle Harry told her to get plans together for the remodel and he'd pay for it.
 - 2. Raised the house and added basement.
 - 3. Wanted her house to be public -- many guests, especially overnight.
 - a. Needed an entrance
 - b. Needed a basement entrance -- added 10' to end of house
 - c. This allowed for another bedroom upstairs
 - d. Either entrance doesn't disturb the TV
 - e. Dr. Wierwille's office -- private entrance -- great view of almost everything
 - f. Bathroom handy to his office (for guests)
 - g. Future -- Solarium on the south
 - h. Instead -- built 2nd office for Dr. Wierwille.
 - 4. Where to have meetings?
 - a. Completed the basement immediately

5. Moved February 4, 1961 -- they had everything they needed.
 - a. First night they had a Twig meeting.
 6. God blessed them with everything they needed.
 - a. Uncle Harry still lived with them.
 - b. Later he and older children left -- but still used all those rooms a lot (i.e. ill people to recover).
 7. Guest room
 - a. desk
 - b. bath close by (if shared, schedule its use)
 - c. telephone
- XXIII. Answering questions dealing with using your homes for the household.
- A. Entertaining leadership -- know if they will need to study there or just sleep.
- *XXIV. Family plan that Dr. Wierwille announced
- A. Witness like never before -- sign new people for class on PFAL.
 - B. Teach believing in Twigs and keep them positive. No needs! Get everyone studying, witnessing and sharing abundantly and there shall be no room for any negatives. Phil. 4:10-19.
 - C. Teach love in and of the family. Become experts at bringing out the best in one another.
 - D. Teach self reliance and self discipline.
 - E. Think of living together as a family -- be ready for anything.
- XXV. He has designed our lives and He ought to know what's good for us.
- A. Be aware and avail ourselves of everything He made available.

*Not written literally as first announced



INTERIOR DESIGN: THE CHURCH IN THE HOME
Jan Schneider, Family Corps R11

I. Basic Premise

- A. Everything that comes in contact with people will bring words to their minds
 1. God's words or "fiery darts".
 2. As words move through environments via physical things, so do "spiritual things" move on those words.
 3. Be aware of what your home will inspire people to think about. (The "arena" is in the mind.)
- B. Choose a major principle (theme) from the Word to keep in mind as you decorate
 1. Should specifically apply to your family's need and preference for living.
 2. What do they need/like to be reminded of?
 3. The "theme" you know they need in their minds can be evident physically in your home.
 4. Remember that what may remind your husband of this principle may not inspire your children. Think through their eyes, too.

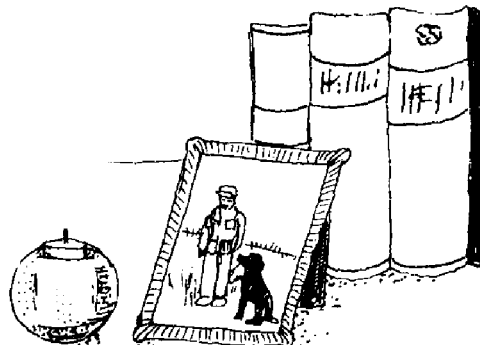
II. Function And Need

- A. Homes should support and enhance the functions of the people who live there
 1. Just as a frame is chosen to support and enhance the particular work of art inside it.
 2. A good practical definition of "need" -- will it honestly support and enhance what my family will do to move God's Word?
 - a. Not: is it what I've always wanted?
 - b. Not: is it what my friends have?
 - c. Not: is it what my parents expect?
 - d. Not: will it build my ego?
 - e. Definitely not: is it too good for us? (Nothing is too good if it will aid your function in the Body to move the Word!)
 3. Once you can define your function (WOW? Twig Coordinator? Mother? etc.) you can zero in on what you need in your home.
- B. Make it your own
 1. Your family's home will be as unique as its function and personality.
 2. "Letting yourself show" in your home helps bring people into your hearts.
 - a. Pictures of people you love, books, art, knick-knacks on display will tell people what your "soul life" enjoys. Let them see your life!
 3. Atmospheres, or "moods" of rooms
 - a. Control them according to the function of that room. Painting a child's bedroom in energetic colors may be counterproductive. Think!

- III. Principles In Concretion (Examples of God's Word in Culture)
- A. The Word of God is always central
 - 1. What is the focus of your living area? The TV?
 - B. Cleanliness, orderliness, balance etc.
 - 1. Homes reflect the minds of the people who live there.
 - C. Life, respect to our creator more than man's works
 - 1. Plants
 - 2. Organic materials (wood, natural fibers)
 - D. Truth, integrity
 - 1. Within reason, a thing should be what it looks like.
(Artificial plants, plastic woodgrain, fake brick, stone and marble (as examples) may be used at times but be aware that they are "lies" in the physical realm. Be wise -- don't let these "forgeries" lie about your integrity.)
 - 2. "Quality builds heart."
 - E. Stewardship
 - 1. Keep things simple
 - a. All those "bargains" must be maintained.
 - 2. Keep to your need
 - a. If you don't need the large lawn, the older home, the garden, the white sofa...they will rob you of your time (needed elsewhere) to maintain them.
 - F. God is light, and infinitely diversified
 - 1. Do not bind yourself into any color system or set of laws or standards. Be willing to consider unusual ideas.
 - G. Unity
 - 1. Just as your physical set-up should not hamper your function, neither should the principles "spoken" by your home clash with your renewed mind.
- IV. Some Practical Ideas
- A. Appeal to all five senses
 - 1. Sight (Can you see the toilet from the dining room?)
 - 2. Hearing (Music, children's noises, appliances, traffic, neighbors' noise need to be considered.)
 - 3. Smell (Don't cook liver and onions on Twig night!)
 - 4. Taste (Maybe mints on the table?)
 - 5. Touch (Textures -- but best is your touch. Can your family all fit on the sofa together?)
 - B. Color
 - 1. If unsure, get assistance. Also consult magazines and other homes for ideas. Believe God, but do not guess.
 - 2. Don't worry about "rules" of color coordination. Rather,
 - 3. Think more about principles from the Word; i.e.,
 - a. Confusion -- don't mix too many. Perhaps start with colors that your family members wear well in clothing.
 - b. Light -- darker colors generally seem to "close in" on you -- they are best for accents and "atmosphere."
In general, rooms should be light and "airy."
 - C. Window treatment
 - 1. Ask: Do I need to eliminate or control light from outside?
 - 2. Ask: Can outsiders see in, and is this undesirable?
 - 3. Ask: Is the view unattractive or distracting?
 - 4. If any of those answers are "yes," you need a window treatment
 - a. Think about alternatives.
 - b. Consider making it.

5. If all three answers are "no," you may not need one.
- D. Storage
 1. Keep order right down to the paper clips.
 2. God is big enough to provide a place for everything.
 3. Do not assume that closing a door on disorder will eliminate its influence on your family.
- E. Furnishings and arrangements
 1. Test furniture for its function.
 - a. A deep sofa may not be best if you plan to run a lot of classes in your home.
 2. A few quality pieces are better than a house full of junk.
 3. In arranging, remember traffic patterns (where people need to walk), sight lines (what people will be seeing), and privacy of function (will your husband be able to study while your son practices his trombone?).
 4. "Filling" a room without much furniture.
 - a. Plants are great. A couple big ones are usually more effective than several small ones.
 - b. Large floor cushions -- make them!
 5. Bookshelves
 - a. Don't display torn book jackets or worn paperbacks.
 - b. You may want to pull books to front edge of shelf so they look consistent.
 - c. Try interspersing photos, plants, knick-knacks with books.
 - d. Don't overcrowd.
- F. Wall Decoration
 1. Wallpaper may eliminate the need for further decoration.
 - a. Use for accent walls -- get small numbers of rolls on sale.
 2. Stretch pretty fabric over a frame made of 1 x 2's.
 3. Hang baskets, rugs, quilts, etc.
 4. Buy picture frames at garage sales and have your children color or paint the artwork to put in it.
 5. Plan to buy one or two nice prints at the Rock of Ages every year and have them framed well.
 6. Don't forget photographs!
 7. Careful! Blank walls look better than ones filled with "cheap clutter".
- G. Limitations of Choice
 1. Upholstery (most limited)
 2. Wall covering
 3. Window treatment
 4. Carpet/flooring
 5. Paint/laminates (least limited)
 6. When decorating an entire room it may be helpful to choose materials from the top of the list down, once you have the general idea in mind.
 7. Match colors as you make choices. See all samples together in the room where they'll be installed, if possible.
 8. Keep the whole picture in mind.
- H. Lighting
 1. Again, think of the function. The typical ceiling light may not be best everywhere. (e.g. -- watch for glare from lights and windows when situating a TV).

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V. Saving Money

- A. Abundantly Share.
- B. Don't be afraid to purchase well-made used furniture in need of simple repair, refinishing, or upholstery. You can do it! -- (It does take some time and a place to work.)
- C. Buy quality.
- D. Go to the household -- ask!
- E. Remember: God is big enough to give you everything you need to allow you to freely move His Word in your home.
 1. Never confess that you cannot afford what you need.
 2. Imagine what you need clearly.
 3. Do not limit God. He did not serve you His Word on a tin platter.
 4. Recognize that our physical abundance does not depend upon our income, but upon our operation of principle.

VI. Twig Night

- A. First impression -- what do guests know about you (and God's Word) when they first walk through your door?
- B. Plan a place for guests to put their coats and a table to hold their Bibles by the door while they take their coats off. A mirror is nice, also.
- C. Plan for proper lighting.
- D. Plan for proper seating.
- E. Plan for a place for them to sit their books/refreshments/ etc. down by their chairs.
- F. Where will the teacher be? (Remember, this is the church in the home. It should not resemble a classroom.)
- G. Music, candles, "atmosphere."

VII. Hosting A Class

- A. Extra things you might want to have
 1. Card table with tablecloth (for nametags, refreshments, bookstore display).
 2. Extra chairs (folding chairs, lawn chairs, director's chairs store well).
 3. Snack trays
 4. Serving tray
 5. Extra bookends (to display PFAL materials)
 6. Wicker paper plate holders (for those quick family meals on class nights)
 7. Coasters

VIII. Overnight Guests (e.g. Leadership)

- A. Where will they sleep? (Couples or singles? Children?)
- B. What bathroom will they use? (Keep extra linens)
- C. Where will they eat?
- D. Where will they study?
- E. What telephone will they use?
- F. Where will their clothing be stored?

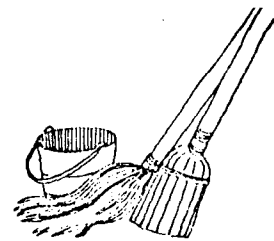
IX. Revelation and Logic -- Think!

- A. Re-evaluate continually and believe to see improvements needed.

- X. The life of our ministry is in the Twig. The Twig meets in your home. A home can steal the Word of God from a Twig by fighting the principles of the Word in the physical realm. But yours won't. Guard your home -- it is a BIG DEAL.

Housecleaning - Why's and How's

Ferne Clapp



- I. Introduction - God wants the best for you. You're to love yourself. It's an extension of you.
- II. Goal: To do the best job in the least amount of time.
- III. Problems:
 - A. Don't want to do it.
 - B. Don't know how to do it.
- IV. Solution:
 - A. Study God's Word on work, stewardship, and significance of church in the home.
 - B. Get help and learn.
- V. Card System: Explanation
- VI. On Cleaning: "A stitch in time saves nine." That can be applied to housework also.
 - A. DO IT NOW. If you think about something that needs doing, if at all possible, go with first thought and handle it. God is personal, perhaps someone is going to visit soon or time is too scheduled later.
 1. If you think, "I really should iron but I only have one half hour." - well do it! Chances are a need will arise for an unironed item. In one half hour you could iron 5-9 shirts or you could think about it for one half hour and do no shirts.
 2. I'm waiting for a ride, I have five minutes. I can polish my glass tables in less than that.
 3. GO TO BED WITH YOUR HOUSE IN ORDER!
 - B. PUT IT DOWN IN ITS RIGHT PLACE (NEATLY).
 1. Saves so much time, energy, and future work.
 2. Examples: keys, shoes, coats (kids do it too!)
 - C. REDEEM THE TIME
 1. Children in the tub - scrub bathroom, polish shoes, straighten cabinets and drawers.
 2. Need to be near the stove due to cooking a meal - wipe fingerprints off appliances, scrub sink, straighten under sink, sort and/or clean drawers. Take inventory of staples for shopping list.
 - D. MAKE YOUR MOVES COUNT.
 1. Going upstairs - what needs to go?
 2. Going downstairs - what needs to go?
 3. Set up kitchen logically.
 4. Set up cleaning supplies for speed and efficiency:
 - a. supplies in bathrooms
 - b. under kitchen sink (or nearby)
 - c. upstairs closet
 - d. place to keep mop, broom, vacuum, dust pan, etc. (neat and orderly)
 5. Stick with what you're doing and finish it. Don't run from room to room with small items (If doing "B" you won't have much of this.)
 6. Could make one or two collection spots.
 - E. INCORPORATE FAMILY MEMBERS.
 1. Even a two year old can help. Teach and train your children. They will benefit and so will you.
 2. Give children responsibilities they can accomplish and feel proud about.

3. Don't yell, nag, or frustrate.
4. Give clear instructions and follow through with praise and encouragement.
5. The child who complains...you're the parent - take a stand. (i.e. Give him another job.)
6. Husbands can help
 - a. putting things where they belong
 - b. hanging up clothes
 - c. to accomplish, you need to communicate to husband and find proper arrangement for your life-style (in-residence vs. on the field).

F. SMALL JOBS CAN BECOME MENTAL GIANTS

1. The thinking about it can be more tiring than the doing of it.
2. Just for fun, take a job that's been gnawing at the back of your mind, do it and time yourself. Now was that so bad? How do you feel now? Mentally lighter?

G. SUMMARY

1. Housework need not consume your time.
2. Have fun, challenge yourself, be detailed and fast, push your mind and body.
3. There will be occasions when spiritual and family needs will supercede the cleaning of the home.

VII. Cleaning Products: KIS = Keep It Simple

- A. Don't try everything on the market, you'll have too much clutter and confusion. When you buy something use it all, give it away, or throw out before adding more bottles to that cabinet.
- B. Basics: window cleaner (can use suds free ammonia)
furniture polish
bleach
vinegar
abrasive cleaner (or soft scrub)
germicidal
cleaner for floor and woodwork (Murphy's oil soap)
baking soda (refrigerators)
caustic/acid liquid (for hard and mineral water areas - vinegar will work in some areas)
NOTE: Never mix ammonia and bleach!
- C. Have a good supply of rags or sponges and rubber gloves. Can use lint-free cloths on glass and save on cost of paper towels.
- D. Know your home (flooring, paint, etc.).
 1. Know your products.
 2. Know your water.
 3. Some cleaners could damage certain finishes - examples: fixtures, linoleum, porcelain.

VIII. Cleaning Procedures (Not only one right way - find what works for you.)

A. Bathroom

1. Two rag system:
 - first rag: do sink, tub, tub walls, shower door, toilet (Put rag in laundry.)
 - second rag: polish mirror and fixtures, wash woodwork if needed and do floor (on knees)
2. Toilet: Clean all outside and inside surfaces. Can look like new (no hair or stains). Make sure base of toilet and floor are clean. If needed can us Q-tip where seat is screwed onto porcelain. Almost daily wipe over.
3. Shower, tub, and sink areas:
 - Keep glass clean, clean runners and molding around shower doors.
 - Keep tile shiny by once-a-week cleaning.
 - Scrub tub as often as necessary so no ring (a little bubble bath helps prevent).
 - Most sinks need a daily wipe over (each family member should leave hairless with no mud or toothpaste deposits).
 - Clean drains (learn how - preventative maintenance).

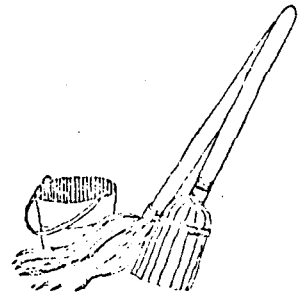
B. Kitchen

1. Clean appliances - dust, grease, and fingerprint free.
2. Stove - Keep it up and it will be a small job. Wipe under rings daily if cook daily. Clean knobs periodically.
3. Vent hood - Wipe it over at least weekly.
4. Wipe spills when they occur.
5. Glass cleaner works great on all appliances.
6. Refrigerator - Sort through and wipe out weekly with baking soda. (Remove shelves and drawers monthly.) Keep top dusted weekly. (Again - don't clutter, only save leftovers you'll use.)
7. Cabinets and drawers - Keep surfaces and insides clean. Clean silverware dividers etc. Use drawer organizers. Keep under the sink organized and clean. Contact paper is nice especially in old cabinets.
8. Sink - Keep scrubbed and germ free. Clean drains and dish drainers (can put in dishwasher). Clean and scrape around sink rim and fixtures.
9. Counter tops - clutter free and clean.

C. Other Rooms

1. Basics: Vacuum and dust - remember any horizontal surface collects dust. (Vaporizers and humidifiers can cause white film on all surfaces.) Daily dusting may be necessary for some rooms and furniture.
2. Woodwork and moldings: Vacuum with crevice tool.
3. Closets and drawers: Keep clean and organized (buy or make organizers).
4. Furniture: Move it to clean under and behind. Some pieces need more than others. Remove cushions and vacuum out that popcorn! Dust wood pieces thoroughly once a week, chair rungs, etc. Wash down wood - especially kitchen and dining room chairs (damp cloth and mild solution of Murphy's is great for this). Scotch guard wears off - can replace. Find what products are best for your furniture.
5. Floors
 - Keep clean especially if a crawling baby is in the home.
 - Daily sweeping and mopping may be necessary.
 - Train neat eaters - no walking around with food.
 - Vacuuming can be every other day - at least twice a week.
 - Washing floors - hands and knees, string mop, sponge mop - that order for best results. Get into corners and under overhangs.
 - Waxing - Consult manufacturer (many new types of flooring).
 - Carpet cleaning - Consult an authority, wipe up spots (Murphy's has done a great job for me on stains).
 - Frequent vacuuming, wiping of feet and careful eating will add years to your carpet. Shampooing can cause its own problems.
6. Windows, doors, drapes, etc., etc. - Have a plan and follow through - cards are especially helpful on seasonal cleaning. (Drapes - be aware of fabric care.)

DETAIL, DETAILS, DETAILED = A HAPPY HOME AND HOMEMAKER



LAUNDRY CARE
Ferne Clapp

- I. Sorting
 - A. Divide into color categories
 - 1. Darks
 - 2. Bright colors
 - 3. Pastels and whites
 - 4. Whites to bleach
 - B. Dividing into fabric categories
 - 1. Towels
 - a. can leave lint on dark clothing
 - b. can cause a pilling effect to some fabrics
 - 2. Blankets
 - 3. Throw rugs
 - 4. Delicate fabrics
 - a. that require gentle cycle
 - b. that require special detergents
 - 5. Coats, snow suits, sneakers
 - 6. Diapers (See VI)
- II. Spotting
 - A. Check for stains
 - B. Use spot remover
 - 1. Commercial spray type (Clorox spray 'n' wash)
 - 2. Murphy's oil soap (apply with toothbrush)
 - 3. Lava (dampen area and bar and rub in)
 - 4. Bleach -- but be careful. It can also remove color.
 - C. Certain stains need special care
 - 1. Try to identify type of stain
 - 2. Check a stain chart for best treatment
 - 3. Go to professional dry cleaners
 - D. It is much more difficult to remove an old stain
- III. Preparing Clothing
 - A. Zip zippers
 - B. Tie ties
 - C. Unbutton buttons
 - D. Snap snaps
- IV. Drying
 - A. Read labels
 - 1. Some fabrics shrink
 - 2. Some fabrics can melt or change shape
 - B. Do not over dry or use too high heat
 - 1. Sets wrinkles
 - 2. Breaks down fibers
 - 3. Shortens life of garment
 - C. Remove from dryer as soon as possible
 - D. Fold neatly
 - 1. Don't fold in wrinkles
 - 2. Hand press as you fold
 - 3. Fold towels the way you like them hung
 - 4. Put ironing on hangers or fold neatly
 - a. less wrinkles
 - b. easier ironing
 - 5. Enlist family's aide in keeping clothes right side out



- E. Line Drying
 - 1. When weather permits
 - 2. Especially nice for bedding and **diapers**
 - 3. Could fade some fabrics
 - 4. Can lengthen life of garment
 - 5. Usually increases ironing
- V. Products
 - A. Laundry Detergents
 - 1. Consider water in community
 - 2. Consult manufacturer of your machine
 - 3. Consider type of clothing
 - 4. Do not use more than label recommends (sometimes less)
 - 5. Low suds
 - a. no build up and scum left in machine
 - b. rinses out of clothing
 - c. does not cause problems in septic tanks
 - 6. High suds
 - a. can build up in agitator
 - b. can cause maintenance problems on machine
 - c. can shorten life of fabric (breaks down fibers)
 - 1. does not rinse out completely
 - 2. most have fillers added that are abrasive
 - B. Stain Removers
 - 1. See Section II
 - 2. Consult chart
 - 3. Try products, determine what works for your family
 - C. Fabric softeners
 - 1. Liquid
 - a. not as convenient
 - b. softens to greater degree than dryer sheets
 - c. can help whiten (blueing)
 - d. too much causes towels and diapers to lose **absorbency**
 - 2. Dryer sheets
 - a. convenient
 - b. pre-determined amount (no over pouring)
 - c. no whitening effect
- VI. Diapers -- Can be white, germ free and soft
 - A. Flush fecal matter out immediately
 - B. Rinse
 - C. Put in diaper pail
 - 1. Can have soaking solution
 - 2. Put in pre-wash cycle before wash
 - 3. Soak and rinse just prior to washing
 - 4. Rinse each one thoroughly at time of removal
 - D. Use bleach
 - 1. In prewash or wash cycle
 - 2. Approximately 1 cup
 - 3. If in wash cycle give a second rinse
 - 4. May cut life of diaper short but they'll be white
 - E. Detergent
 - 1. Low suds rinses out
 - 2. High suds and baby detergents can irritate baby's skin
 - a. don't rinse out completely
 - b. when urine soaks into cloth it activates the soap and fillers
 - F. Fabric softeners
 - 1. Keeps diapers soft
 - 2. Can cause absorbency loss -- use sparingly

IRONING
Ferne Clapp

- I. Equipment
 - A. Solid board, not tipsy
 - 1. Clean smooth cover
 - 2. Good padding
 - B. Iron
 - 1. Steam and dry
 - 2. Smooth, clean plate (to prevent snagging or staining)
 - 3. Teflon VS non teflon
 - a. teflon wears off
 - b. teflon can be scratched easier
 - c. teflon glides smoothly over clothing
 - C. Fabric sprays
 - 1. Spray starch
 - a. gives clothes crispness
 - b. makes ironing out wrinkles easier
 - c. especially nice on collars, cuffs, and upper fronts of dress shirts
 - d. some brands leave white flakes
 - 2. Sizing spray
 - a. does not add crispness or stiffening
 - b. gives fabric a nice finish (personally do not use)
 - D. Distilled water
 - 1. Will eliminate (or reduce) clogging of steam iron
 - 2. Especially needed in hard water areas
 - 3. Can increase the life and proper functioning of your iron
 - E. Tape player
 - 1. Listen to a teaching
 - 2. Play ministry music
- II. Special Care Fabrics
 - A. Check labels
 - B. Check heat settings on iron
 - C. Never iron velvet
 - D. Caution with velveteen, some may be ironed on wrong side
 - E. Wools and wool blends
 - 1. Better to use damp pressing cloth
 - 2. May need to press wrong side
 - 3. Be careful not to press in marks of pockets, seams and zippers from right side
 - 4. Pressing on right side can cause shining effect on fabric
 - F. Corduroy
 - 1. Wrong side ironing is best
 - 2. Right side ironing will leave imprints of iron and seams, etc.
 - G. Silk
 - H. Sheers
 - 1. Cooler settings
 - 2. Too hot will melt fabric
 - 3. If iron sole plate has rough spot garment may snag and be ruined
- III. Mechanics of Ironing
 - A. Dampening clothing
 - 1. Not a necessity with modern fabric blends
 - 2. Helpful with 100% cottons

Ironing
Page Two

- a. uniformly dampen with sprinkler or spray bottle
 - b. roll up and place in plastic bag
 - c. refrigerate if you have time, it works great!
- B. Methods
1. Don't waste movements
 2. Available to iron and move garment smoothly at same time on some spots
 3. Iron wrinkles out not in
 4. Practice ironing fast and accurate, move garment toward you
 5. Pay special attention to collars, cuffs, plackets or bands and upper fronts
- C. Shirts
1. Wrong side of collar, then right side
 - a. be sure to get nice and smooth
 - b. points wrinkle free
 - c. spray starch especially dress shirts
 2. Sleeves and cuffs
 3. Back yolk
 - a. (I) start at right yolk
 - b. move to left yolk, then all set to do left side of back
 4. Back-left, move and iron until whole back done
 5. Fronts
 - a. button side
 - b. front band, be sure it's straight and smooth
 6. Check for wrinkles
 7. Place on hanger and button top button or top and third.
- D. Pants
1. Check special care fabric section
 2. Start at top, do zipper area last
 3. Careful not to scratch iron with zipper
 4. When ironing right side
 - a. may want to move pocket lining
 - b. will eliminate pocket line showing
 5. Do to crotch area from top
 6. Legs of pants
 - a. fold on original fold lines
 - b. press inside then outside of legs
 - c. careful not to press in unwanted wrinkles
 - d. if cuffed, press firmly
- E. Dresses
1. Do top first, see shirts
 2. Do ties (if any)
 3. Skirt, moving dress toward you, ending with front.
- F. Skirts
1. Waistband, smooth and well pressed
 2. Treat pockets as with pants pockets
 3. Press skirt moving it towards you

HAPPY IRONING!

SIDETRACKED HOME EXECUTIVES
Pamela Brace and Peggy Jones

TABLE OF EXCUSES

1. I don't have enough energy
2. It's too hot
3. It's too cold
4. I'm not in the mood
5. I've got too many kids
6. My husband is working swing
7. I've got cramps
8. My house is too small
9. My house is too big
10. We just moved in (two years ago)
11. We just got back from vacation
12. I don't have enough time
13. We're remodeling
14. Nobody cooperates with me
15. I've got a cold
16. I don't want to do it
17. I'm too intelligent for such remedial work
18. My mother didn't teach me
19. I hate housework
20. Nobody appreciates it anyway
21. Creative people are messy
22. I'm pregnant
23. I'll start tomorrow
24. I was up all night with the baby
25. It's the flu season
26. _____
27. _____
28. _____

ESTABLISH THESE HABITS

Put things where they belong when you are through with them.
Set the standard for orderliness yourself.
Never leave the room before closing closets, cupboard doors and drawers.

PICK IT UP, DON'T PASS IT UP!

When you fix anything to eat, put away everything you used before you sit down to eat.

Dress, hair and make up before ANYTHING.

* Never leave the house before you've done all the everyday duties in the card file.

* Check the next days cards the night before.
Finish what you start.

FILE IT and FORGET IT! BUT DON'T FORGET HOW YOU ORGANIZED YOUR FILING SYSTEM.

† See book - Sidetracked Home Executive for setting up a filing system.

Sidetracked Home Executives
Page Two

MINI-PROJECTS

(Things you can do while on the phone, waiting at doctor's office, etc.)

Mend
Fold clothes
Glue something
Scour sink
Empty dishwasher
Iron
Polish shoes
Knit, embroider, macrame

Peel fruit, vegetables, etc.
File nails
Read a book
Clip coupons
Fix lunch
Straighten a drawer
Write a letter
Balance your checkbook

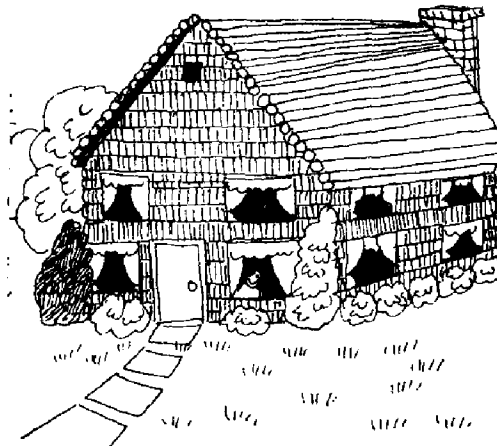
CLEAN OUT PURSE

1. Pad of paper (3x5)
2. Pen
3. Safety pin
4. File
5. Comb
6. Lipstick
7. Hand cream
8. Wallet

9. Keys
10. Kleenex
11. Check book
12. Coupon envelope
13. _____
14. _____
15. _____

STORAGE

1. Clothes (seasonal -- each person in the family separate)
2. Furnishings
3. Party supplies
4. Wrapping paper, boxes, bows, etc.
5. Arts & crafts supplies
6. Hand-me-downs (according to age and sex)
7. Baby equipment
8. Snow clothes
9. Sports equipment
10. Christmas gifts
11. Christmas decorations
12. Old toys and books
13. Easter baskets and decorations
14. Halloween costumes and decorations
15. Old linens and blankets



Good ideas--adapt to your children!

JOBS FOR YOUR CHILDREN *



V - 12

Your three-year-old child needs these three by five cards:

- Get dressed, put away pajamas
- Brush hair
- Brush teeth
- Make bed (will need help)
- Fold clothes (wash cloths and small articles)
- Empty dishwasher (will need help)
- Clear meal dishes
- Empty waste baskets
- Pick up toys before bed
- Story time

Your five-year-old child needs all of the above cards plus:

- Set table
- Clean bathroom sinks
- Help clean and straighten closets and drawers
- Clean up after pet
- Feed pet
- Dust furniture in room
- Vacuum room
- Help put groceries away

Your seven-year-old child needs all of the above cards plus:

- Empty garbage
- Sweep walks
- Help in the kitchen after dinner
- Help make lunch for school
- School work
- Clean out car
- Piano lessons, etc.

Your eight-year-old child needs all of the above cards plus:

- Wash bathroom mirrors
- Wash windows
- Wash floors with small areas
- Polish shoes

As your children grow, more responsibility can be given to them. Use your judgment when assigning these jobs:

- Wash car
- Mow lawn
- Make dessert
- Paint
- Clean refrigerator
- Yard work
- Ironing
- Fix an entire meal
- Do the grocery shopping

***NOTE:**
SEE SECTION IV
PAGE 20

LET'S CLEAN HOUSE

The job of home care has changed considerably in the past few years. There are new, more efficient cleaning products and more easily cleanable surfaces available to today's homemaker.

However, these advantages of easy care can quickly become disadvantages if the woman does not take the time and expend the effort to learn how to select and use products for the varied surface materials in her home.

Home care tasks can be made lighter. It all depends on you.

BEGIN WITH ORDER

Neatness is a trait which some people just seem to be born with. However, even if you are not one of those, neatness can be learned by practice. Every family member has a responsibility to keep his or her own possessions put away. Every evil work goes along with confusion.

ORGANIZATION

In the home most of the tasks that must be done can be organized to fit into a work schedule. Of course, in any home things will come up which will not fit into any schedule.

HOUSE-CLEANING

All furniture should be moved for cleaning at least once a month. Stagger this to doing 1 or 2 rooms a week so it equalizes the work each week. In much lived in areas it should be moved weekly. Keep light fixtures and mirrors clean and sparkling. They are to be ornamental. Keep the glass doors and inside of windows clean daily or as needed.

Wash all windows in the house, inside and out in May and October (including storm windows, screens and window ledges).

Clean closets and drawers in February. Hang seasonal clothes out of the way, changing in May and September. Also, box up your out-of-season shoes.

Do not tear up a large area for house-cleaning. Clean or paint one room at a time.

WEEKLY WORK SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat
Kitchen					X	
Basement			X			
Living Room Area		X			X	
Upstairs				X		
1st Floor					X	
Kitchen Utility					X	
Basement Stairs					X	
Dr. W.'s Office						X
Patios		X				X
Doors & Windows					X	X

CLEANING PRODUCTS

by Mrs. V. P. Wierwille

HELPFUL HINTS FOR PACKING TO MOVE
Ferne Clapp

Organization - A key word for your home and packing time

Endeavor to stay organized at all times so that you could pick up and move
at any time!

I. Preparation - Early start

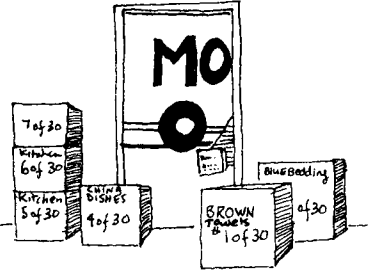
- A. Sort and organize closets, drawers, storage areas.
- B. Dispose of unusable items.
 - 1. Give away
 - 2. Throw away
 - 3. Garage sale

C. Start gathering boxes.

II. Packing

A. Keep house livable.

- 1. Pick one or two areas where packed boxes may be stored.
- 2. Keep boxes out of sight as long as possible.
- 3. Continue to keep house clean and clutter free.
- 4. Pack least necessary items first.
- 5. Kitchen and bath may be last to pack.



B. Be logical and organized.

- 1. Place like items in same boxes as much as possible.
- 2. Label each box as to contents (as few words as possible).
- 3. Number boxes: 1 of 24, 2 of 24, etc.
- 4. Can make a master list of # and contents (ease in finding needed item).
- 5. Mark box with room to be delivered to (if possible).
- 6. Do not make boxes too heavy - small boxes for books.
- 7. If furniture is going with you:
 - a. leave clothing in drawers
 - b. great place to tuck some knick knacks (cushioned)
- 8. Utilize waste baskets - great for transporting plants.
- 9. Hampers - pack clean towels (easy to find).
- 10. Special note on list or boxes that contain items wanted unpacked first
 - a. bedding
 - b. kitchen basics for meal preparation

C. Care and treatment - When you move, claim your belongings in the name of Jesus Christ!

- 1. Encourage gentle handling of boxes and furniture.
- 2. Pack breakables properly.
- 3. Can utilize kitchen towels, cloths, and rags to wrap glasses - no newsprint to wash off!
- 4. Clean and dust items before packing them.

D. Unpacking

- 1. Think through logical places for items.
- 2. Meet family needs first.
 - a. Set up beds
 - b. Put linens on beds
 - c. Towels in bathroom
- 3. Place boxes that will be unpacked right away in proper rooms.
- 4. Have at least one uncluttered, settled area (living room).
 - a. Put boxes for future unpacking in one place, preferably not in living areas (behind a door!).
 - b. Do not try to do "everything" at once.
 - c. Do essentials and then enjoy your family.
 - d. Unpack the china, extra linens, sewing, books, etc., in the next day or two.
 - 1. You've had time to find best places for items
 - 2. Gives time to check cleanliness of shelves and cabinets, lay shelf paper, etc.

Goal - to be done A.S.A.P., but have bedrooms and living room neat and livable; little islands of peace with no confusion.

SEWING
Janie Gray F10

Alterations

Ties - Update by narrowing

1. remove stitches up to point needed narrowed
2. mark where needed - use chalk
3. transfer marks inside tie
4. using an iron press along chalk marks
5. turn and stitch along presslines
6. trim allowance to $\frac{1}{4}$ inch
7. turn stitch (hand) together

Pants - Pin to desired degree

1. measure width of ankle
 2. mark hem - use chalk
 3. transfer marks to inside
 4. sew along marks
 5. trim allowance
 6. press hem and stitch
 7. turn right side out
- Press using steam iron and press cloth (can be dampened)

Your can use same system to alter vests, jacket lapels, etc.

How to Teach Children to Sew

Remember children are imitators and they watch you. When you are sewing let them work on something also.

Start with:

1. simple, uncomplicated projects:
 - a. cutting out scraps
 - b. hand sewing
 - c. doll clothes (from scraps)
 - d. experiment with designs(allow them to use their imagination)
2. What they make should be:
 - a. useful
 - b. attractive
3. Fun in doing, fun in result
4. Every skill they develop leads to self-assurance and a greater sense of security.

When starting on a machine:

1. learn how to thread
2. use of the pressure foot
3. let them sew without machine being threaded
4. let them sew on scraps

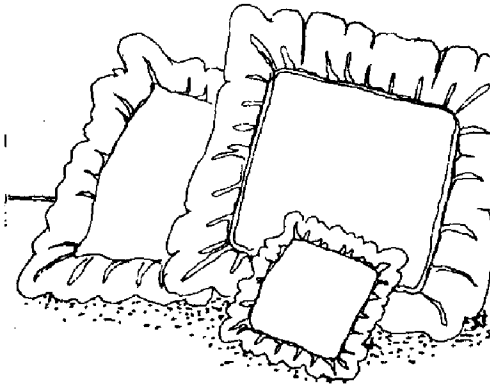
How to Teach Children to Sew - (cont.)

Ideas on small projects:

1. Headband
2. Place mats
3. Tie belt
4. Purse

Some things to keep in mind:

1. Build finishing projects
2. Praise them for their accomplishments.
3. Stress neatness not perfection



Sewing on buttons and other fasteners

SEWING ON A BUTTON

a) Sew-through type.

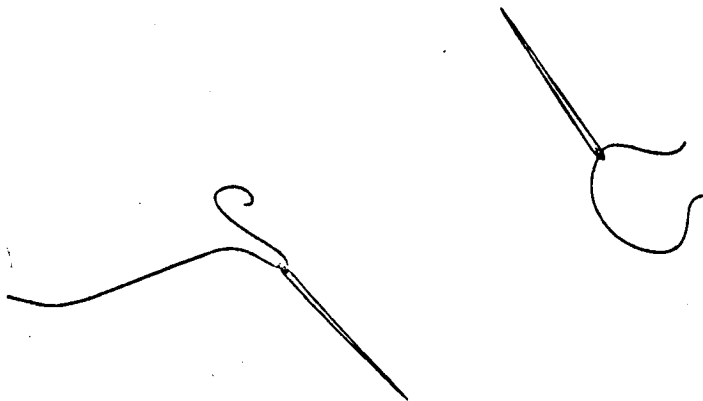
1. Mark the exact spot for the button with pencil, chalk or pin.
2. Use double thread, with a good knot in the end. Starting from the wrong side of the fabric, bring your needle and thread up through the fabric and the hole in the button. Pull the thread tight. Make sure there are no extra loops of thread underneath.
3. Push your needle and thread back down through a different hole in the button, or in the opposite one if there are only two. Repeat several times until the button is fastened securely. Fasten your thread on the wrong side and cut with scissors. If the button has more than two holes you might like to try sewing it with little designs as shown.

b) Shank type.

1. Your needle and thread will go through both the fabric and the button, as in the sew-through type. However, the hole in this kind of button is in a small shank *under* the button. Your thread will not show on top.
2. Mark and sew in the same way.

NOTE:

If you are going to sew on a row of buttons, make the marks for all of them before you begin, so they will be evenly spaced. Use a small ruler to help you measure.



Hems

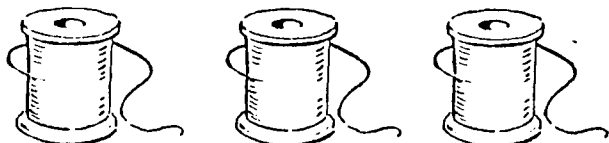
In making a hem, the fabric is turned under twice and sewed down so that no raw edges show. It may be done by hand or by machine, but most fine hemming is done by hand.

NARROW HEM

1. Fold over the raw edges of the fabric as narrowly as you can. Crease it with your fingers. Be sure it is folded evenly all the way.
2. Fold over a second time. Baste in place. Make sure that the hem is the same width all the way, and keep it as narrow as possible. Use a ruler to help you measure.
3. After it is basted, hem it down as shown and pull out the basting threads. No raw edges should be peeping out! Try a narrow hem on a man's scarf. The apron ties need it too.

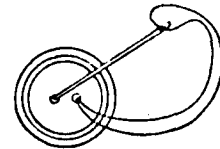
WIDE HEM

1. The wide hem is done in the same way as the narrow hem, except that both folds are wider. The first fold should be 1/2 inch, folded evenly and creased with the fingers.
2. The second fold can be any width from a half-inch to 3 or 4 inches. For a wide hem, it is easier to hold the hem in place at first with pins before you baste. The pins can be moved to adjust the fabric smoothly until the hem is the same width all along. Take out the pins after you have basted. Sew. Take out bastings. The wide hem is used for the pillowcases, laundry bag, apron, half-slip and sunshine topper.

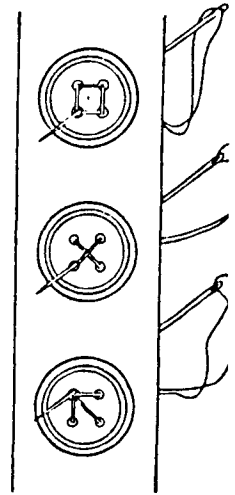


Sewing on Buttons

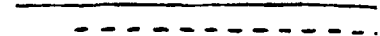
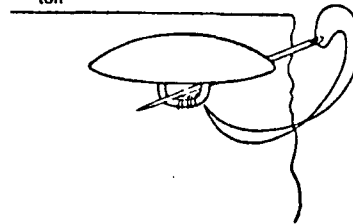
Sew-through type



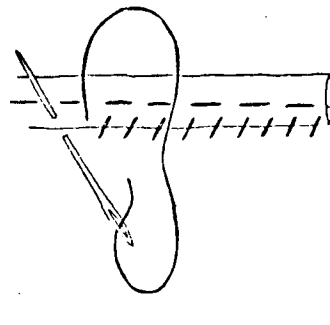
Three ways to make a design in buttons with four holes



Sewing on a shank type button

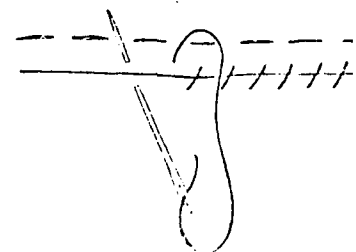


Narrow hem, outside



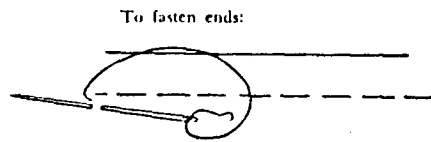
Narrow hem
Baste first

Wide hem
Baste first

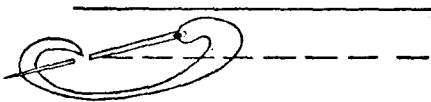


Sewing by hand

PLAIN SEWING

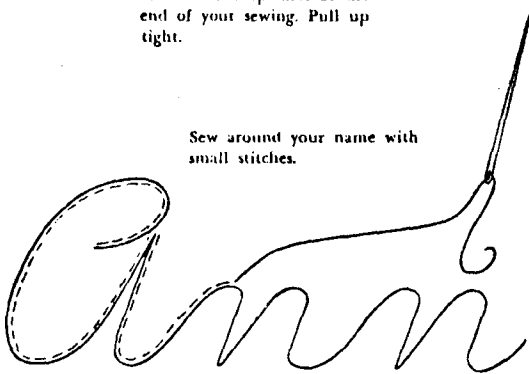


take three small stitches at the end of your sewing.



or make a loop knot at the end of your sewing. Pull up tight.

Sew around your name with small stitches.



1. Thread your needle, with a thread no longer than your arm. Tie a knot in one end. It must be large enough to keep the thread from slipping through the cloth. If your first knot is too small, tie another one right over it.
2. Hold your cloth firmly in your left hand (if you are right-handed). Push your needle forward, up and down through the cloth, pulling the thread after it. Try to keep your stitches in a straight line by sewing along a thread in the fabric, or by keeping an even distance from the edge. Pull your stitches up so they lie smooth, but do not make little gathers in the cloth. If you are sewing with your right hand, you will sew toward your left hand. If with your left, sew toward your right.
3. When you are ready to stop, be sure to fasten your thread firmly so it won't pull out. The knot you tied at first will hold that end. You can fasten the final end in either of these ways:
 - a) take 3 tiny stitches clear through the cloth, one right on top of the other. Pull tight, then cut with scissors.
 - b) OR, put your needle through a few threads of the fabric, then put a loop of your sewing thread over the needle. Pull the needle through both the cloth and the loop of thread. As you pull the loop right, you will see that it makes a little knot right in the cloth. Cut the thread with scissors.
4. Your first sewing will be big, uneven stitches, but as you practice you will learn to take smaller ones and to keep them all about the same size. Are your stitches in a straight line? You might like to practice following curved and straight lines by drawing your name in big letters on a piece of cloth and sewing around the lines.

Seams

A seam is the line formed by sewing two pieces of fabric together. The most common forms are the plain seam and the French seam. Learn to sew them straight!

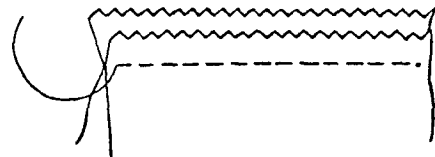
PLAIN SEAM

This basic seam is used to fasten two pieces of cloth together, with their right sides together and the raw edges exposed on the wrong sides. The two edges of the fabric should match. The seam is usually sewed $\frac{1}{2}$ inch to $\frac{3}{8}$ inch from the edge. After the seam is sewed, it should be pressed open with an iron so that it lies flat.

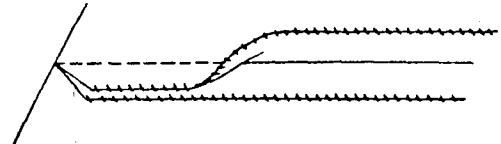
FRENCH SEAM

1. This is a double seam which covers up the raw edges. It makes a strong seam for light fabrics that must be washed often.
2. Make a plain seam first, but with the *wrong* sides of the fabric together, sewing on the *right* side.
3. Cut off the raw edges so they are even and about $\frac{1}{4}$ inch wide.
4. Turn the seam the other side out, creasing it open with your fingers.
5. Fold together again, *right* sides together, and baste the seam $\frac{1}{2}$ inch wide. Sew over the bastings, then pull them out.
6. If a few loose threads show, cut them off. Press with an iron. We will use the French seam to make a pair of pillowcases, for a firm, long-wearing seam.

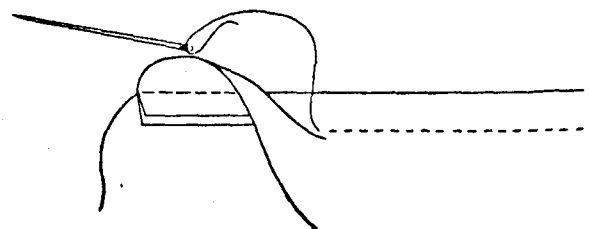
Plain Seam (Pinked edges)



Plain Seam, pressed open (Overcast edges)

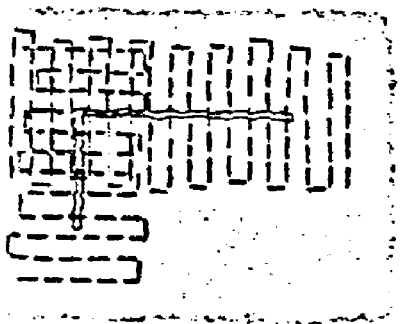
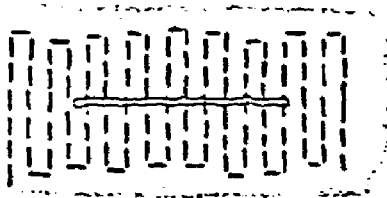


French Seam



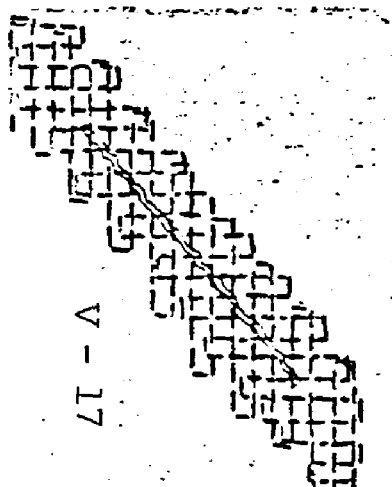
How to Darn a STRAIGHT TEAR

1. Fit the torn edges together. First put in a few loose basting stitches (not shown in the diagram) to hold the edges in place while you darn. If you want an extra strong darn, you can baste a strip of cloth or net to the underside. It will be held in place by the darning stitches. If the edges of the tear are frayed, hold them underneath as you work.
2. Now thread your needle with matching thread, and working on the right side of the fabric, take a row of small stitches about $\frac{1}{2}$ inch from the tear. (Be sure that all your stitches are parallel to the threads of the fabric and at right angles to the tear.) Continue taking rows of stitches back and forth till you reach the first row that will cross the actual tear. On this row make a stitch that goes across the tear on top; on the next row make a stitch that goes under the tear. Continue in this fashion, and then put in a few more rows of stitches after you have crossed the tear for the last time. To distribute the strain on the darn, try not to have your rows of stitches exactly the same length.
3. Take out the basting stitches. For extra reinforcement you can use a press-on patch (see page 322) underneath the tear.



How to Darn a THREE-CORNERED TEAR

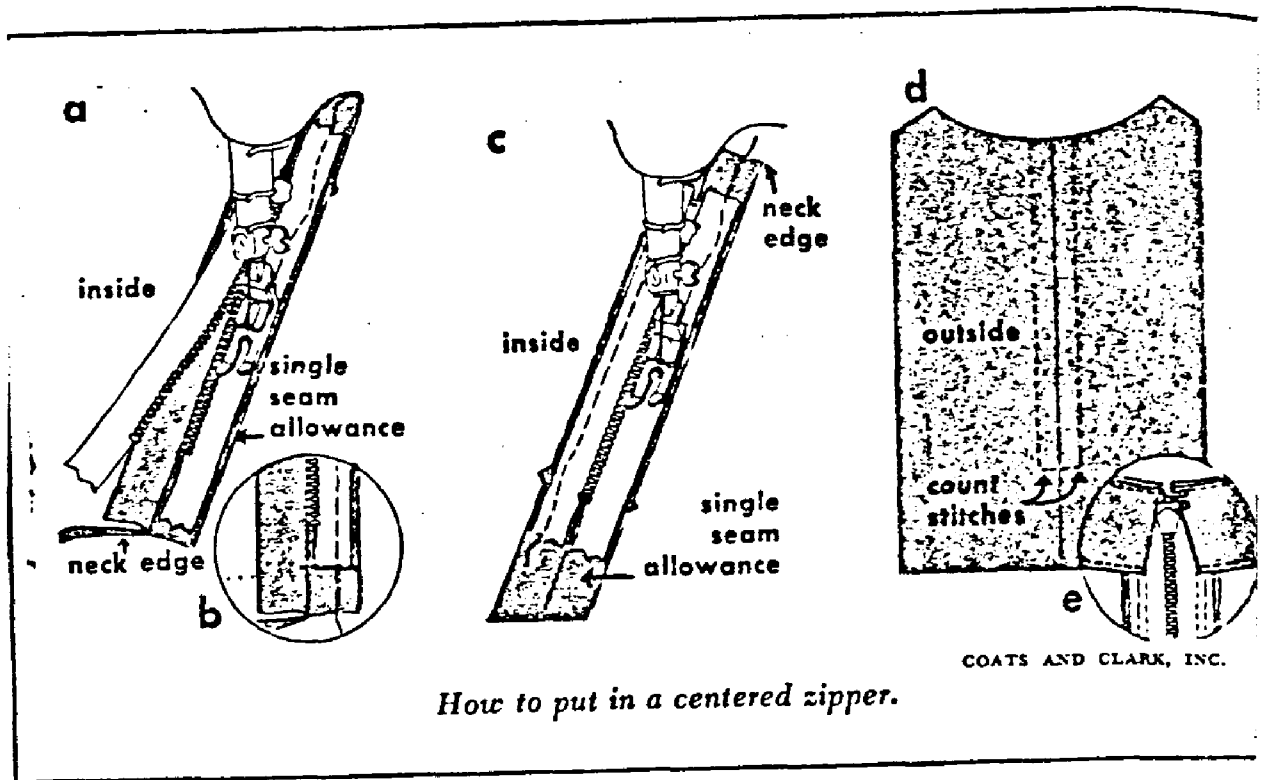
1. Follow the above directions to darn one half of the tear completely.
2. Then start darning the far end of the second half of the tear. As you work toward the corner, your stitches will begin to overlap the stitches of the first darn. This overlap strengthens the darn.



How to Darn a DIAGONAL TEAR

1. Put in one row of darning stitches, making them parallel to the crosswise threads of the fabric, and slanting across the actual tear. Put in other rows of darning stitches parallel to the first row, until you have crossed the tear, and sewed several more rows beyond it.
2. Now sew rows of darning stitches parallel to the lengthwise threads of the fabric. These threads should slant across the actual tear, crossing the other rows of stitches you put in. Finish the darn by completing these rows of darning stitches.

Zippers



Spot Removal Chart

Note: When directions specify "warm or hot suds," use water temperature that is correct for fabric. In ice or liquid detergents. When water treatment is the only method given, do not attempt to treat the garment at home.

WASHABLE FABRICS

NONWASHABLE FABRICS

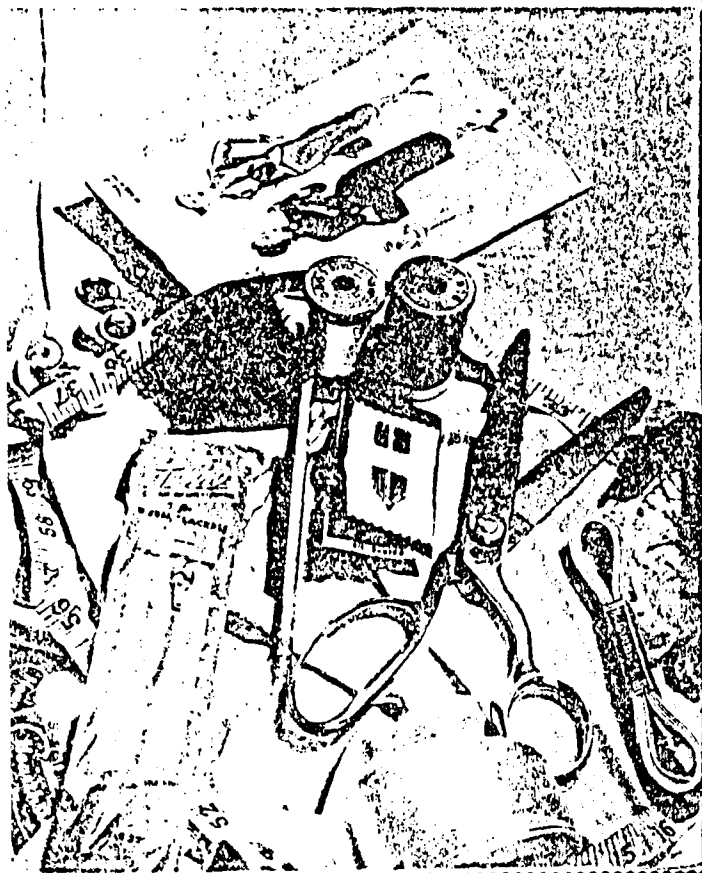
STAIN	WASHABLE FABRICS	NONWASHABLE FABRICS
Blood	Soak in cool water. If stain is old or stubborn, add 1/2 tablespoon ammonia (or 1/2 cup salt) to each quart water. Then wash in warm suds. Rinse and dry.*	Sponge with cool water.
Candle Wax	Scrape off as much wax as possible with a table knife or spatula. Remove remainder by washing garment in warm or hot suds.	Use table knife or spatula to scrape off as much wax as possible. Remove remainder with cleaning fluid. Or place stain between blotters or white cloths and press with warm iron. Repeat as necessary.
Car Grease	Rub petroleum jelly or a solid cooking fat into stain, then wash in warm or hot suds. Rinse and dry.	Rub petroleum jelly or solid cooking fat on spot to loosen grease, then sponge from the wrong side with cleaning fluid.
Chewing Gum	Rub with ice (or place in refrigerator) to harden, then scrape off as much gum as possible with table knife or spatula. Sponge off rest with cleaning fluid. Wash in warm suds. Rinse and dry.	Same, but omit washing.
Chocolate or Cocoa	Dip garment up and down in cold water, then wash in warm or hot suds. Rinse and dry.*	Sponge with cold water, then with cleaning fluid.
Coffee	Soak in cold water. Then stretch stained part of fabric over top of a bowl. From a height of 3 feet pour boiling water through stain. Wash in warm suds and rinse well.*	Sponge with lukewarm water. If cream was used in coffee, use cleaning fluid to remove grease spot if necessary.

*It may be possible to sponge the spot with a bleaching agent, if safe for fabric.

	Main Disadvantages	Main Advantages	Bulks Well?	Holds Shape Well?	Resists Wrinkling?	Washes Easily?	Needs Ironing?
COTTON	Yr. stable Cool Absorbent Strong yet soft	Soils easily Crushes easily	Yes	May shrink when washed* Stretches easily*	No*	Yes	Yes*
LINEN	Strong Has luster	Wrinkles easily* Expensive	Yes	May shrink when washed*	No*	Yes, but loses its strength and body if washed at a very high temperature	Yes. Should be ironed while still damp to prevent shrinkage
SILK	Strong Drapes well Has luster Lightweight	Often not washable If white, yellows with age Builds up static electricity Expensive	Depends on type	Yes	Depends on type	Must be handled carefully Often must be dry-cleaned	Yes
WOOL	Warm Soft and springy Wears well	Needs moth protection* Often not washable	Yes	May shrink or stretch during washing or dry-cleaning*	Yes	Needs special handling Often must be dry-cleaned	Washable types usually need no ironing
RAYON	Cool Inexpensive Good in blends Can look like other fabrics	May stretch Lacks bulk and drapes poorly Wrinkles easily* Very flammable	Yes	No. May shrink when washed* or may stretch with age	No*	Yes, but needs gentle handling	Yes*
ACETATE	Drapes well Has luster Inexpensive Good in blends	May fade* Builds up static electricity Melts at a low temperature	Depends on type	No	Yes	Yes	Frequently needs some ironing
TRICETATE Arnel	Excellent for permanent pleats Good in blends	Does not resist wrinkling as well as some synthetics Builds up static electricity	Depends on type	Yes	To some extent	Yes, unless very soiled	Frequently needs some ironing
NYLON	Very strong Lightweight Dries quickly Good in blends Can be heat-set	Does not bulk well Builds up static electricity Nonabsorbent	No	Stretches some	Depends on type	Yes, unless very soiled	Knitted types do not
POLYESTER Dacron, Fortrel, Kodel, etc.	Strong Dries quickly Has especially good wash-and-wear properties Good in blends Can be heat-set	Builds up static electricity, picks up lint, may form pills Nonabsorbent	Depends on type	Yes, if heat-set	Yes	Yes, unless very soiled	Often does not
ACRYLIC Orlon, Acrlan, Creslan, etc.	Can bulk well Resists damage from sun, fumes, chemicals Good in blends	Builds up static electricity, may form pills	Yes, if good quality	Yes, if heat-set	Yes	Yes, unless very soiled	Some types do not

You may begin your sewing career with nothing more than a needle and thread and a pair of scissors, but soon you will be eager to use all the many trimmings and gadgets that make sewing one of the finest of the Fine Arts. And the more you know about them, the more you will enjoy them.

Always take good care of your tools, and they will work well for you.



Any craftsman, cook, carpenter, plumber, gardener or seamstress, can do better work with good tools. Your sewing equipment should be of good quality and in good working order. If needles and pins are rusty and bent, throw them away. New ones are not expensive, and will make your sewing easier.

Needles: Use a medium-length needle that you can hold comfortably in your hand, but that is fine enough to go through the cloth easily. For most sewing, needles in sizes from 5 to 9 are best. For very heavy materials, such as thick wool or felt, sizes 3 to 5 are better.

Thread: No. 50 thread in either cotton or mercerized is the most used weight. You may want to use a finer quality, such as 60 or 70, for very delicate finishes.

Never try to sew with a thread that is too long, or it may tangle. A thread about the same length as your arm is long enough.

Note: Always cut your thread with scissors.

Never bite it off!

Scissors: Your scissors, or shears, should be sharp and should fit well in your hand. There are many kinds and sizes, some of them designed for special uses, but one sharp pair will serve most of your needs. Pinking shears are especially useful in cutting out the things you will sew because they make an attractive notched edge. These pinked edges are not so apt to ravel and pull out as straight edges.

Thimble: This neat little tool will keep your fingers from getting pricked by the needle.

Pin cushion: Keep your pins, and perhaps a few needles, in a pin cushion near your work. You might like to fasten a small one to a piece of elastic, and wear it around your left wrist so it is handy.

Tape Measure, Ruler, and Yardstick: These three measuring tools are essential. Always start to measure from the end that says 1 inch!

Chalk: White or colored chalk, or tailor's chalk, has many uses. Mark notches on seams, location of buttons, darts, trimmings. It can be rubbed off after it is used.

Iron: Good pressing is important in your sewing, and often makes the difference between an unsatisfactory piece of work and a satisfactory one. If you are a very young seamstress, you will need some help in handling this tool. Seams should be pressed open as you work, then the whole article given a good pressing when you finish. A steam iron is most useful, but is not essential.

How to Equip Your Sewing Basket

Here is a beginning list. Vary it to suit your needs.

Needles

- several long-eyed ones for darning
- several round-eyed ones for other sewing

Thread

- 1 spool white darning thread
- 1 spool dark darning thread
- 1 spool mercerized white cotton
- 1 spool mercerized dark cotton
- 1 spool white nylon or Dacron thread

Rustproof straight pins

Pin cushion

Scissors

Thimble

Snaps

Hooks and eyes

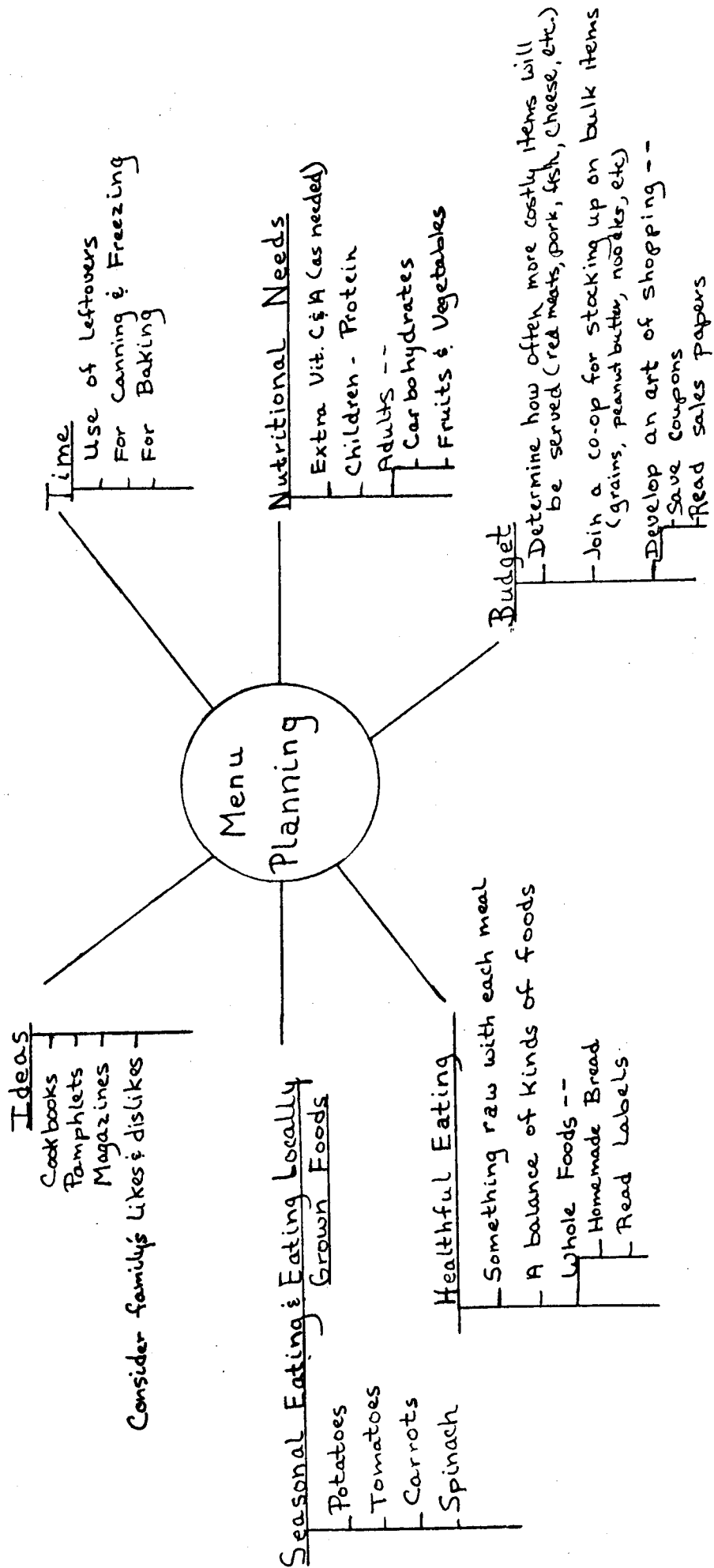
Extra buttons

Save the extras that come with coats and suits, and save buttons from clothes you discard.

Darning egg

You can use a jelly glass, light bulb, or the back of a tablespoon instead, though any of these is somewhat less convenient.

Points To Consider in Menu Planning



GENERAL GUIDE FOR EATING

1. Daily menus change throughout the year. It is best to eat fruits and vegetables in season in the area where you live.
2. Eat three meals a day, with fresh or dried fruit during the evening if you feel the need of something (hunger). Avoid eating solid foods between meals. Eat enough at meals to keep your hunger satisfied until the next meal. The quantity of food eaten at any meal varies. Big men (especially at hard work) want a lot. Small women often eat very little. If you crave something, it may be a natural, healthy craving, but more often it is a perverted craving for something like candy that you don't need.
3. Three-fourths or, if possible, all our food should be eaten raw. Avoid eating a meal that is 100% cooked.
4. A large raw vegetable salad should be eaten daily and it is well to add a leafy vegetable such as kale, spinach, mustard greens etc.
5. All salad dressings are best when homemade (Oil, vinegar or lemon juice, honey and herbs. Mayonnaise can also be made at home.
6. Drink plenty of water and herb teas BETWEEN MEALS. Avoid liquids with meals. Any liquid with meals dilutes the digestive juices. Cold and hot beverages slow the production of hydrochloric acid.
7. Sprout seeds in the winter time to use in salads and Chinese dishes. (Alfalfa, lentils, mung, peas, etc.) Sprouts are full of life. They rival meat in nutritive value and have the easiest known protein to digest. Sprouts are a complete protein, and they contain all the amino acids.
8. The best desserts are fresh or dried fruits. Avoid eating commercial canned fruit because it has been canned under very high steam pressure.
9. Replace white sugar with honey, sorghum, or molasses. In like manner replace white flour with freshly ground whole wheat, rye, oat, buckwheat or soy flour.
10. During melon season have one meal a day with nothing but melon for the cleansing values, nutrition, and pure juices in the melon.
11. Tomato juice is the only juice we purchase canned. Canned juices have no real nutritional value.
12. It is best to eat some cuts of meat as rare as possible - realizing that the juice is red and that the red is not blood, just as the juice of carrots is orange.
13. Broil fish on one side only. Fish that comes from the sea is best.
14. Cook eggs soft. For hard cooked eggs (deviled) do not let the water boil, but turn the heat off just before the boiling point is reached and let them stand for thirty minutes over the pilot light. That prevents rubbery whites.
15. Keep aluminum foil away from anything you are going to eat.
16. Exercise. Even good balanced blood is ineffective unless it is aerated (oxygenated). We have not exercised unless our hearts beat faster, we breathe deeper and we perspire.
17. Any food that is grown in good soil without chemical fertilizer, and not tampered with by man is a natural food. The best way to obtain natural foods at a reasonable price is to grow your own. If this is not available, we do the best we can. Learn to spend your money wisely.

Matthew 4:4

... Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

THE FOOD GUIDE

The idea of this food guide is that if you aim for the center of the chart—the bull's-eye—you can't go too far wrong in selecting a good diet.

A. The foods in the center of the target are extraordinarily high in vitamins, minerals and other valuable nutrients.

sprouts	beans
brown rice	****bran
wheat germ	collards
*low-fat fish	oats
soybeans	kale
garlic	whole grain foods
sweet potatoes	kidney beans
garbanzo beans	broccoli
parsley	peas
lentils	
lima beans	
mustard greens	
turnip greens	

C. The foods in the third circle are basically healthful, but not especially so.

cottage cheese	
lamb	
pears	
whole milk	
celery	
eggs	
rhubarb	
cherries	
***fatty fish	
watermelon	
*peanut butter	
vegetable juices	
artichokes	fruit juices
white grapefruit	whole milk yogurt
pineapple	granola
sausage	eggplant
veal	avocado
turnips	dried fruits
beef	apples

E. Foods in the outermost circle are best avoided altogether, as most contain high amounts of sugar, saturated fat, salt, caffeine or food additives.

pudding mixes	coffee whitener	potato chips
pretzels	pickles	salt
tea	pie	sugar
ice cream	chocolate	sugared cereals
frankfurters	soup mixes	candy bars
french fries	olives	cake

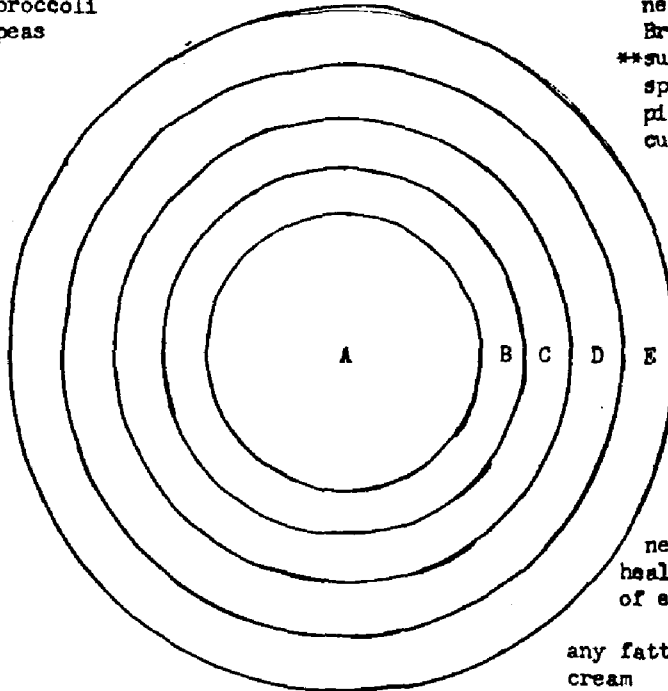
B. The foods in the next ring are also excellent, and together with those in the center should make up the bulk of your diet.

skim milk	chicken
tomatoes	turkey
mushrooms	**nuts
beet greens	low-fat yogurt
herb teas	peaches
onions	cauliflower
carrots	butter milk
	nectarines
	Brussels sprouts
	**sunflower seeds
	spinach
	pink grapefruit
	cucumbers
	cantaloupes
	cabbage
	papayas
	winter squash
	bananas
	white potatoes
	oranges
	green peppers
	corn
	watercress
	apricots
	strawberries

D. The foods in the next circle are of doubtful healthfulness, mostly because of excessive fat.

any fatty meats	salad oils
cream	oysters
butter	honey
pizza	sour cream
cheese	margarine
scallops	bacon
lard	lobster
clams	

*low-fat fish: cod, flounder, perch, pollock, rockfish, sole
 **natural: no added salt, sugar
 ***fatty fish: herring, mackerel, salmon, sardines, albacore tuna
 ****in moderation



FOODS IN THE BIBLE

- A. Cereal Grains
1. Wheat
Genesis 30:14; Deuteronomy 8:8; Judges 6:11; I Kings 5:11; Psalm 81:16; Psalm 147:14; Jeremiah 41:8; Matthew 13
 2. Barley
Exodus 9:31; Deuteronomy 8:8; II Samuel 17:28; II Kings 4:42; II Chronicles 2:10; John 6:9
 3. Millet
Exekiel 4:9
 4. Corn
Genesis 27:28
 5. Rye
Exodus 9:32; Isaiah 28:25
- B. Vegetables
1. Beans
II Samuel 17:28; Exekiel 4:9
 2. Lentiles
Genesis 25:34; II Samuel 17:28; II Samuel 23:11; Ezekiel 4:9
 3. Cucumbers
Numbers 11:5; Isaiah 1:8
 4. Melons
Numbers 11:5
 5. Onions
Numbers 11:5
 6. Garlic
Numbers 11:5
- C. Fruits
1. Grape
Genesis 40:10; Deuteronomy 32:14; Isaiah 17:6; Isaiah 5:2; Numbers 6:3
 2. Olive
Genesis 8:11; Deuteronomy 24:20; Job 15:33; Exodus 23:11; Deuteronomy 8:8
 3. Fig
Genesis 3:7; I Chronicles 12:40; II Kings 20:7; II Kings 18:31; Matthew 24:32; Luke 13:6
 4. Pomegranate
Exodus 28:33; Song of Solomon 8:2; Deuteronomy 8:8
 5. Apple
Song of Solomon 2:5
 6. Raisins
I Samuel 25:18; I Samuel 30:12; II Samuel 16:1; I Chronicles 12:40
- D. Nuts
Genesis 43:11; Song of Solomon 6:11
- E. Animal Products
1. Cattle - Oxen
Genesis 1:24,25; Leviticus 1:2; Jonah 4:11; Genesis 13:2
 2. Sheep
Genesis 4:2; Genesis 31:19; Exodus 20:24; I Samuel 16:11; Hebrews 13:20
 3. Goat
Genesis 27:9; Exodus 26:7; Exodus 35:26; Leviticus 1:10; Leviticus 9:3; Proverbs 27:27
- F. Dairy Products
1. Milk
Genesis 18:8; Deuteronomy 32:14; Proverbs 27:27; Exodus 3:8
 2. Butter
Genesis 18:8; Deuteronomy 32:14; Proverbs 30:33
 3. Cheese
I Samuel 17:18; II Samuel 17:29; Job 10:10
- G. Honey
Genesis 43:11; I Samuel 14:25; Proverbs 24:13; Proverbs 25:27; Mark 1:6
- H. Vinegar
Ruth 2:14; Psalm 69:21; Matthew 27:34; John 19:29,30

KEYS FOR A BALANCED DIET

1. Eat three meals a day (if you are hungry).
2. Plan enough for the meals so one is satisfied until the next meal, but don't stuff yourself. If hungry in the evening, eat fresh or dried fruit. (Eating before going to bed is a bad habit.)
3. Breakfast should be a nourishing meal, especially in the winter, in order to sustain you through the working hours. Find a whole-grain cereal that you like (rolled oats, millet, etc.), or a good whole-grain bread without preservatives. Have it with honey or raisins and cream or butter. (But do not eat with cereal - bad combination.) You have a lighter breakfast during the summer.
4. One half to three fourths of the meal should be raw. Never eat a meal that is 100 percent cooked, even if the only raw thing is Greenlife.
5. Eat two or more pieces of fresh fruit daily and one dark green vegetable and one yellow vegetable daily.
6. Fruits and vegetables should be used in season. Out of season, they are expensive and not good quality (winter - apples, pears, pineapples, oranges; summer - some apples, grapes, soft nuts, all kinds of berries, valencia oranges, cherries).
7. If you have a raw vegetable salad, have it first before the other courses.
8. Learn to make soup and stews. They are economical, nutritional and tasty.
9. Use plenty of garlic and onions. They help keep you healthy.
10. Have a concentrated protein once daily only.
11. Use fish once or twice a week. It is a good source of protein and it is not fattening if it is baked.
12. Liquids with meals dilute the digestive juices. Ice-cold and hot liquids slow the production of hydrochloric acid which is used in digestion.
13. Enjoy your meal and always thank God for blessing it real good, too.

Eating sensibly comes under the heading of "horse-sense." We are ambassadors for the lord Jesus Christ. Our physical appearance suffers when we are malnourished. Balance the whole man physically, mentally and spiritually. We ARE complete!

HOW TO BUY AND CARE FOR VEGETABLES

1. Check your area for fresh, organically-grown vegetables, or raise your own!
2. Check out the vegetable department in your grocery store (grocery store as a last resort). If the vegetables are wilted, then go to another store. Big supermarkets are usually good (because of the competition).
3. It is best to buy vegetables with the tops on them for freshness. If the tops are fresh, then this indicates that the vegetables are fresh also.
4. Try different kinds of lettuce. The darker green the leaves are, the more food value in the vegetables.
5. Unripe fruit has poor value. Enzymes are not present until fruit is ripe. Over-ripe bananas are a good buy.
6. Potatoes that have sprouts are not sprayed, but best to eat before they sprout.
7. When buying vegetables, only buy enough for two or three days. Frozen vegetables would be better than vegetables kept over three days. Steam frozen vegetables slightly.
8. Parsley is good. Wash it and store it in a dry place. For longer storing, put parsley into a jar. Store onions in a cool, dry place.
9. Use more sprouts. Do your own sprouting. Sprouts are always fresh!
10. Use more apples, citrus fruits and bananas. Everyone should have two to three servings of fresh fruit every day.
11. Use more seeds and raw nuts for the protein provided.

HEALTHY VEGETABLES

Vegetables are important in our diet because of the necessary vitamins and minerals they contain. In our diet we should include green, leafy vegetables and yellow vegetables plus potatoes. Vegetables give bulk to our diet which helps the digestive process. Vegetables don't have great caloric content or energy-giving value, but they are excellent for vitamins, minerals and bulk. Peas and beans are an exception, for they contain valuable proteins.

Vegetables particularly high in Vitamin A include asparagus, beets, carrots, celery and pumpkin. The beet is a main root growing downward from which branch roots spread. It is a good source of natural sugar as well as vitamins and minerals. The beet, once considered a lowly vegetable, is now very popular. Beets ideally should be eaten raw; and if boiled, the skin, root and stem should be left on. Sugar beets are primarily grown in order to refine their sucrose content into white sugar. Brussel sprouts belong to the cabbage family which absorb energy from the sun. This is done by means of the chlorophyll in their green parts. Where there is chlorophyll, there is green coloring in plants and the leaves are greener, containing more Vitamin A, iron and Vitamin C. Cabbage contains large amounts of vitamins and minerals and, with the exception of parsley, is the best source of Vitamin C of all vegetables. (Red cabbage is better than green.) Carotene gives carrots their yellow color. Carrots lose a high amount of Vitamin C when cut. Celery is a rich source of Vitamin A and when organically grown, as opposed to the commercial variety, it retains its vitamins.

Corn, which is America's most valuable annual food crop, has all of its vital, living-food elements removed so that the meal will keep indefinitely in storehouses and on grocery shelves. Corn has been subjected to the "enrichment" program, where the removed vitamins have been put back. However, since these are synthetic vitamins, they are of questionable value.

Eggplant, a member of the berry family, is one of the few foods that has escaped the modernization process. Its skin is thick enough to repel chemicals. Eggplant is particularly high in phosphorus.

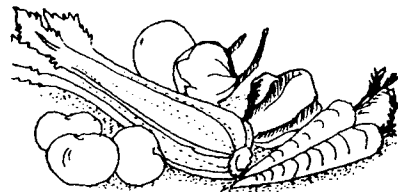
Lettuce, one of the greens used as a basis for almost every salad, contains good amounts of Vitamins A and C, among other healthy minerals. However, commercially grown lettuce is usually doused with insecticides and preservatives, which in many instances are oily and therefore not affected by washing with water. Vitamins A and C will wash down the drain when you try to wash off the insecticide on the lettuce. Head lettuce has little or no value.

Mushrooms, a low calorie vegetable, contain an abundance of B Vitamins and much Vitamin D. Mushrooms are the only known non-animal source of Vitamin D.

Pepper, a member of the berry family, can be eaten after attaining any size, but they are not actually ripe until they are red. Bell peppers are high in Vitamin C, which increases as the pepper ripens. In a pepper that is half red and half green, the Vitamin C will be richer in the red section. One ripe bell pepper may contain as much as 300 milligrams of Vitamin C; the average orange has about 50. Peppers are low in calories. One medium pepper has about 25 calories.

Potatoes come in several varieties. The skin contains many rich minerals and vitamins. When the skin is discarded, we are deprived of the most valuable portion of the potato. Although potatoes are 20% starch, they do contain a high quality but small amount of protein. The potato also has the essential amino acids present. The sweet potato has the most Vitamin C. Red potatoes are superior to Russet potatoes.

Tomatoes are high in Vitamins A and C. For the highest vitamin content, tomatoes should be ripened in bright sunlight and not picked until they are completely ripe. Ethylene gas is sometimes used to ripen commercially-grown tomatoes, which are picked green. The gas causes the production of the bright red color. Tomatoes treated this way tend to be tasteless and nutritionally inferior.



SEED FOODS

Seeds are powerhouse foods--essential for good health. Seeds promote life. Everything for life is in a seed: protein, fats, carbohydrates, vitamins, minerals, enzymes. All of these elements are required to nourish and produce healthy cells.

Seeds contain from 7% to 40% protein. The Greek word for protein is protos, meaning "first." Protein is the basic element in protoplasm, the essential life-holding substance in every cell. That is why a sufficient amount of protein is vital to the proper growth and repair of every part of your body.

There are both primary and secondary proteins. Primary proteins occur in foods as they are taken from the soil. Secondary (meat) proteins come from the flesh (or eggs) of animals which have eaten the primary proteins. Secondary proteins are harder to digest than primary proteins, but a combination of both in our diets is beneficial. Vegetable (primary) proteins (found in seed foods) are vital to man's nourishment.

Remember that all grains, nuts, beans and peas are seeds, but not all seeds are grains, nuts, beans and peas. Sprouting seeds produces a more usable form of protein. It also increases the vitamin content as much as 10 to 500% percent. Soaking the seed foods (except for nuts) activates the enzymes, thereby increasing the speed of assimilation when eaten. When buying seed foods, always select the non-hybrid varieties. Any seed (or root vegetable) that will grow again is able to renew human vitality, provided it has not been damaged by some means such as heat or poisonous sprays.

The U.S. Department of Agriculture reports that legumes and nuts are the richest sources of protein among foods of plant origin. Nuts should be eaten raw and chewed well. Nuts that have been roasted or cooked contain no enzymes and are harder to digest. It is best to eat nuts fresh from the shell. (Crack your own.) They are a concentrated food and should be eaten in moderation. Use them for nut milks and nut butters as well as in salads, soups, vegetable loaves, cereals, ice cream and baked goods.

1. Sesame, sunflower, dill, flax and chia seeds, as well as nuts, make good garnishes for salad and vegetable dishes.
2. Mustard seed, celery, dill and caraway seeds are valuable seasonings and can be used as substitutes for salt.
3. Any shelled nuts or seeds should be stored in a refrigerator or freezer. Their high fat content tends to cause them to become rancid if kept too long at room temperature. Unhulled seeds do not turn rancid as quickly as hulled seeds. Cashew nuts get rancid the quickest and almonds will last for the longest period of time.
4. If you are going to eat seeds for breakfast, soak them overnight. You'll get more nourishment because the life is awakened in the seeds and they start to grow.
5. Use fresh, raw, unoiled, unsalted nuts. Nuts should be eaten raw because the enzymes are destroyed if roasted, boiled or overheated in any way.
6. Nuts and seeds can be used in a variety of dishes, such as salads, cereals, cold soups, breads and casseroles.
7. When using ground nuts, seeds or grains, grind them as needed for full nutritional benefits.
8. Cracked wheat may be used in recipes calling for hamburger, such as spaghetti sauce, lasagna, chili and eggplant encore. Substitute half cracked wheat and half ground chuck for the hamburger. Cracked wheat will add nutrition and will pick up the flavor of the meat and sauce when simmered together.
9. Whole-grain dishes such as millet, barley and brown rice can be served instead of potatoes.
10. Grains may be flavored with the following: Tamari soy sauce, Vege Base, dehydrated vegetables, Spike, onions, garlic, tomatoes, water from steamed vegetables, mushrooms, butter, cheese and others.

GRAINS

Barley

This grain has 8% protein and less gluten than wheat. It also contains valuable minerals and vitamins. Barley was used in Bible times and the ancient Greeks fed it to their training athletes. The sprouts are delicious when added to salads, soups and breads. You can also grind them and add to your pancake batter for increased nutrition. Barley water has been used for many years for the ills of the teething baby; it has also been known to improve some allergy conditions.

Buckwheat

The seeds of buckwheat are small and triangular; they are 12% protein and contain many minerals and vitamins. Buckwheat groats (whole seeds) are used as cereal. This grain has long been used in pancakes when ground into flour. It sprouts quickly and is good in soups, salads, griddle cakes, muffins, noodles and vegetable loaves. Buckwheat is also delicious simply steamed and eaten with butter. Rinse the seeds but there is no need to pre-soak.

Corn

When dried and ground into meal, corn is used in cereals, cakes, bread, snacks as well as other foods. Sprouted corn is delicious for use in soups, stews and casseroles. Freshly ground popcorn makes tasty corn cakes or muffins.

Millet

Next to chia seeds, the seeds of millet are the smallest of all cereal grains. Millet is one of the oldest and most nutritious foods known to man. (Ezekiel 4:9 mentions millet.) After the First World War millions of Russians faced starvation. The only food available was millet which had been used for poultry feed. Much against their inclination they ate the millet. To their great surprise, not only did they not starve but they actually enjoyed better health.

Far superior in nutrition to most of the more commonly used grains, millet is a completely balanced alkaline-forming grain food which does not ferment in the stomach. Millet is valuable for slenderizing and weight maintenance diets because it aids in building muscle instead of fat. Because of its high protein content, it is useful in diets for diabetics.

Oat Groats

If grown in good soil, oat groats contain about 14% protein and are rich in vitamins and minerals. They can be ground into flour or sprouted and added to breads, cookies and soups. They are also good to use with either cooked or raw breakfast cereals. It is not necessary to pre-soak when sprouting them. Oats are the most easily digested grain.

Rice

Rice is not only one of the oldest but one of the most cultivated of all grain cereals. When cooked, the long grain varieties stay light and fluffy; the shorter grains tend to cling together. Whole brown rice is an excellent source of niacin and contains some of both vitamins E and C. The protein content is about 7%, but it contains all eight of the essential amino acids. Brown rice is the second most easily digested grain (next to oats). NEVER use white rice, for it is devoid of the rice polishings which contain valuable minerals and vitamins and are high in calcium, phosphorous, vitamin B1 and niacin. Rice polishings may be purchased and used in breads and cookies.

Rye

Containing about 12% protein, rye is rich in manganese, phosphorus, potassium and iron. When ground into flour it makes a delicious, black bread. Rye sprouts easily in cool weather and makes a good snack food when the sprouts are eaten raw. The sprouts may also be added to breads, soups and salads.

Wheat

Wheat is the world's most widely cultivated food plant. It compares favorably with other cereals in nutritive value providing the soil is fertile and the whole grain is used. Most of the nourishment is in the bran; when the bran is removed we have white flour with very little food value. We should return to using freshly ground whole wheat flour. The fat content is in the germ where the vitamin E is found. Wheat grains are easily sprouted for a wide variety of uses; breads, cakes, soups, cookies and salads are only a few.

LEGUMES

Beans (Navy, lima, kidney, etc.)

Beans are the richest source of protein in the vegetable kingdom. Their protein ranges from 20-25% except soybeans which are about 40% protein. Beans are an excellent source of many minerals and some vitamins. They sprout easily and can be used in countless ways. All varieties of beans are delicious when ground and cooked (e.g., baked in loaves or patties).

Chick Peas

Also called garbanzo beans, these legumes are a good source of protein (about 20%) and contain both minerals and vitamins. The sprouts are very nourishing and delicious in soups, salads, dips, spreads and curries.

Lentils

Lentils are 25% protein and contain substantial amounts of vitamin B, iron and phosphorus and small amounts of vitamins C and E. These amounts are greatly increased with sprouting. Use sprouted lentils the same as all other sprouts.

Mung Beans

Mung beans are grown for food as bean sprouts--a favorite ingredient in many Chinese and Philippine dishes. The sprouts of this legume are a good source of choline and vitamin E. They are used in many Oriental dishes, as well as in soups, salads, casseroles, sandwiches, eggs and mushrooms.

Peas

Fresh raw peas are delicious in salads. Dried peas contain about 20% protein and all eight of the essential amino acids. When sprouted they have a flavor similar to that of fresh peas.

NUTS

Almond

Known as "king of the nuts," almonds are about 18% protein. They are an alkaline food rich in calcium and potassium. When sprouted they are crisp and crunchy. Keep almonds on hand as a snack food. They have also been used to increase the milk supply of nursing mothers.

Brazil Nut

An oily, three-sided nut rich in unsaturated fatty acids, Brazil nuts are high in enzymes, protein, calcium, iron and vitamin A. They make delicious nut butter used alone or combined with cashew nut butter.

Cashew

The cashew is not really a nut, but the seed of the cashew apple. Unlike other fruit seeds, it grows outside the apple on the lower end. There it receives the full benefits of the sun. The cashew is a good source of vitamin D, iron, thiamine, protein and fat. It is a versatile nut for all cooking purposes and for delicious cashew nut butter and nut milk.

Chestnut

They have a thinner shell than other nuts and contain some protein. Chestnuts differ widely from other nuts in that they are starchy rather than oily.

Coconut

This is the nutritious fruit of the coconut palm. The meat and milk are full of enzymes. Coconut oil can be used in place of butter. Coconut contains natural iodine along with many vitamins and minerals.

Filbert

Also known as hazel nuts, filberts are sweetly flavored and buttery. They are 13% protein and 62% fat and are high in enzymes and minerals. Filberts are used in confections, bakery goods and desserts.

Hickory Nut

The thick hard shell makes this nut unpopular; yet it has a good quality of protein and enzymes.

Peanut

This is the most widely known and grown nut and yet, it is not a true nut--it is a legume and grows under the ground. However, it is very nourishing and is less expensive than the other nuts. When combined with grains and nuts, peanuts provide adequate protein for nutritious meatless dishes. The seeds are ground for peanut butter, and peanut oil is pressed from the ripened seed.

Pecan

Pecans are high in enzymes and are delicious stuffed in dates. Use these nuts in patties, meatless loaves, cookies, fruit cakes and many other dishes. It is best to eat them raw. They are easily digested when chewed well.

Pignolia

Pignolias (or pine nuts) contain many minerals and are 39% protein. They are small white nuts, high in unsaturated fatty acids and enzymes. More expensive than most nuts, they are good for an extra special treat.

Walnut

Various varieties include English walnut, Persian walnut and black walnut; all are very high in phosphorous, calcium and fat. The black walnut has more protein than the English walnut. All are delicious and best when eaten raw. They are used in fruit cakes, salads, meatless dishes, cookies, etc.

SEEDS

Use seeds to provide your food all year round. They can be: 1) planted to multiply themselves; 2) used as cereals; 3) sprouted for extra nourishment; and 4) ground for flour. Seeds make up a large part of the diet of all the people of the world. Nuts are seeds (as are grains) and are an excellent protein. When meat is scarce, protein seed crops are vital. By adding seeds to our daily diet, we get a generous supply of important nutrients which may be very effective in preventing deficiency diseases.

Alfalfa

Alfalfa is a leguminous herb sometimes called the "king of chlorophyll" for its rich chlorophyll content. Alfalfa is especially rich in vitamin K and calcium and contains significant quantities of nearly all the vitamins and minerals, which are found to be in balance for their full utilization. Many trace elements are also drawn up to the earth's surface through its extensive root system which may reach 30 to 100 feet deep.

Chia Seeds

These small seeds are rich in minerals and, like flax seeds, are a good source of vegetable fat and protein. Chia seeds have been eaten to fortify the body against extreme heat, and they are a good source of energy. It is best to soak, grind or sprout them before using. Short sprouts may be ground and used in breads and pancakes; longer sprouts have a pungent flavor and add zest to soups, salads, dips, sandwich fillings and spreads.

Fenugreek

The seeds are 29% protein and are extremely rich in iron. The sprouts are mildly spicy to slightly bitter. Use them when you want to add piquancy to bland foods. They are excellent in salads, soups and curries.

Flax Seeds

Flax seeds are 23% protein and contain good amounts of calcium, niacin and iron. The deep green sprouts have a mild flavor and are a substitute for lettuce in sandwiches; they also add color and variety to salads and soups. The oil from the seeds is thought to have medicinal properties. The ground seeds mixed with boiling hot water have been used in poultices.

Garden Cress

The sprouted seeds have a peppery flavor and add zip to vegetable salads, cole slaw, sour cream and cucumbers. Dried powdered seeds can be used as a salt substitute. The plant contains enormous amounts of vitamins A and C. Chop up the whole plant and use as a garnish.

Pepita Seeds

Sometimes called Mexican squash seeds, they are a fine natural food high in protein and natural oils. Pepita seeds make a delicious between-meal snack in place of candy or salted nuts. If they have been processed in hot oil and salted, they have lost most of their food value and are hard to digest. For this reason it is important to purchase them in a natural food store. Pumpkin and pepita seeds are so similar in taste and appearance that it is difficult to tell them apart.

Pumpkin Seeds

They have been used in folk medicine for centuries. Pumpkin seeds are high in phosphorous and iron and contain an abundance of B vitamins as well as small amounts of calcium and vitamin A. They are about 30% protein and are rich in unsaturated fatty acids. Sprout the hulled seeds and put them in salads, soups, bread and candy.

Sesame Seeds

They are 18% protein and 50% fat and they supply vitamin B1, niacin and small amounts of vitamin E. The calcium and lecithin they contain makes sesame a valuable aid in preventing cholesterol from collecting in the blood. Sesame seeds are easily digested and make a good food for invalids. Sesame butter is called tahini; it combines well with peanut butter, salad dressings and sauces. Bakers have used the seeds on buns and Vienna bread.

Sunflower Seeds

The sunflower is a heliotropic plant: it faces the sun in the morning and turns to follow it all through the day as it absorbs the life-giving sunlight. The deep root system of the sunflower brings up many vitamins and minerals. The seeds contain about 52% protein which is of a higher biological value than that of the protein found in meat, fish and eggs. All the amino acids needed for the building and repair of body cells and tissues are present in a form that is readily utilized, and unlike animal protein, it does not cause putrefaction in the intestines. No more nutritive or more delicious between-meal snack can be found. A handful of sunflower seeds every day will pay big dividends. In the days of the Czars, Russian soldiers in the field were given a two-pound bag of sunflower seeds for their daily ration and were well nourished.

CHICKEN

by Pat Strauhal

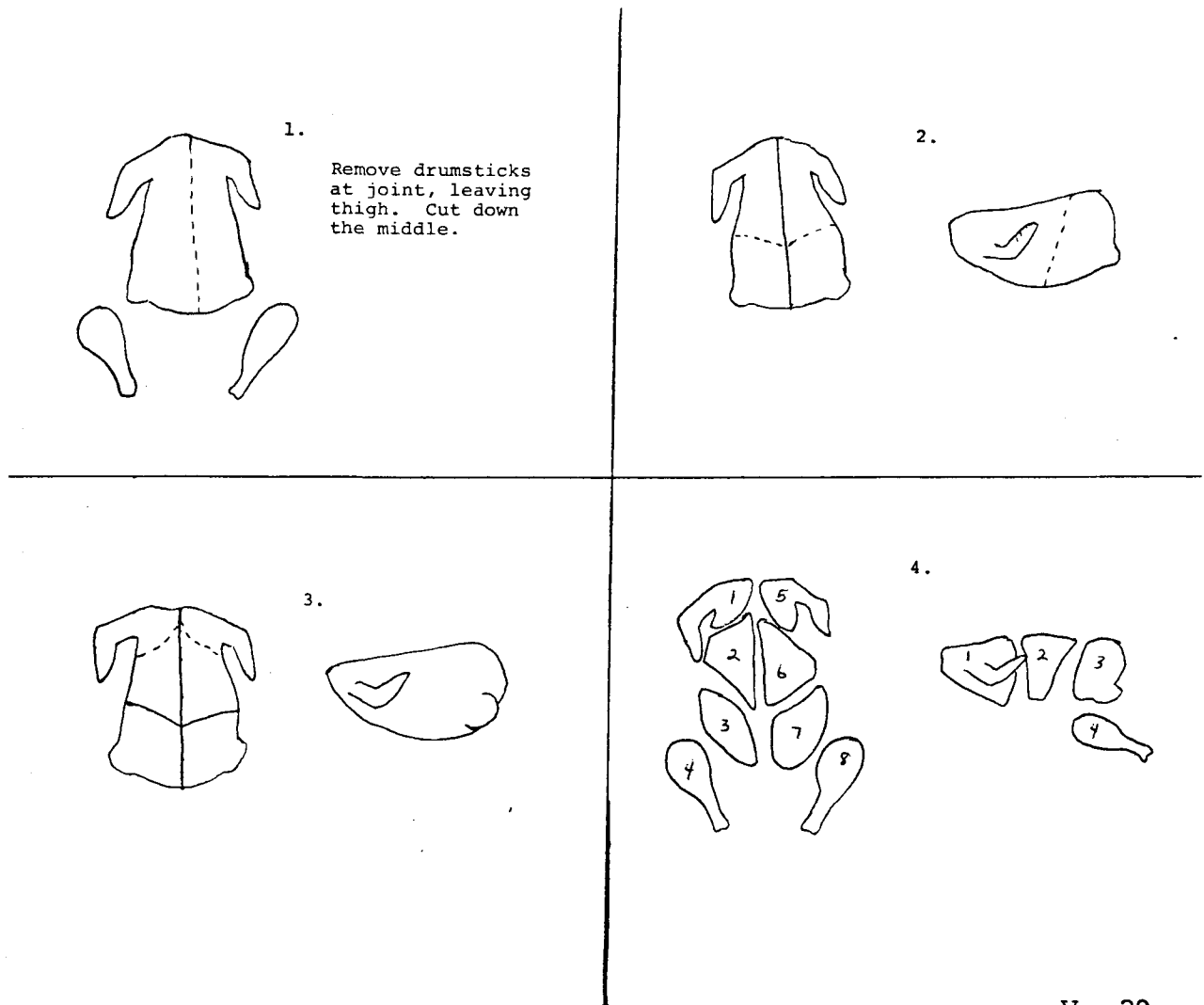
Chicken goes well with fish and pork (not so good with beef).
Chicken gravy can be used with pork dishes.

The little wing tips can be cut off or folded back under the top part to lay flat on the pan. Then it will not stick up and burn.

Chicken can be fried, braised, baked, barbequed or stewed.
When baking it uncovered, it should be floured and then lightly browned in a skillet before baking in a **hot** oven.

Chicken gravy can be easily prepared by adding flour (1 to 5 ratio of total amount desired -- in other words, 1/5 flour).
Put flour in pan drippings, then add milk, salt and pepper, stirring until thick.

See diagram below for instructions on how to cut up a chicken.



All About BEEF

TO BRAISE BEEF

1. Brown beef slowly on all sides, in fat in heavy utensil; then pour off fat.
2. Season beef, adding herbs and spices if desired.
3. Add small amount of water, vegetable juice or soup.
4. Cover. Simmer on range or in a 325°F. oven as in Timetable for Braising Beef, opposite page.
5. Make sauce or gravy from liquid in pan if desired.

3. Insert meat thermometer so bulb is in center of largest muscle. Don't let bulb touch bone or rest in fat.
4. Add no water; don't cover pan, or baste roast.
5. Roast as in Timetable for Roasting Beef, opposite.
6. Carving's easier if roast sets 15 to 20 minutes after removing from oven; in doing this, remove roast when meat thermometer reads 5° to 10° lower than desired doneness, as meat continues to cook after removal from oven.

TO ROAST BEEF

1. Season roast before, during or after cooking.
2. Place, fat-side up, on metal rack in open roasting pan.

TO COOK BEEF IN LIQUID

1. Brown a large cut of beef, or beef cut into 1- to



2-inch pieces or strips, on all sides, in its own fat or in added fat if desired. (Do not brown corned beef.)

2. Then season beef, adding herbs and spices, too, if desired.
3. Now, entirely cover meat with hot or cold water or stock, cover kettle, then simmer (do not boil) it until tender as in Timetable for Cooking Beef in Liquid, below.
4. You may add vegetables, whole or in pieces, just long enough before beef is tender to cook them tender. Thicken liquid with a flour paste, if desired.
5. If meat is to be served cold, cool and then refrigerate it in stock in which it cooked.
6. A meat pie may be made from the stew; its top may be made of pastry, biscuits, or biscuit dough, mashed potatoes or rice.

TO BROIL BEEF

1. Set oven control for broiling. Preheat broiler or not as range manufacturer directs.
2. Place thin steak or patties on broiler rack so top is about 2 to 3 inches from heat; place thick steak 3 to 5 inches from heat.
3. Broil until top of meat is brown.
4. Season meat. Then turn it and complete broiling as in Timetable for Broiling Beef, below.
5. Season again if desired, and serve at once.

TO PANBROIL BEEF

1. Place beef in heavy skillet.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown beef on both sides; then season and serve at once.

TIMETABLE FOR BRAISING BEEF

CUT	APPROX. WEIGHT OR THICKNESS	APPROX. TOTAL BRAISING TIME
Pot Roast	3 to 5 pounds	3 to 4 hours
Swiss Steak	1½ to 2½" thick	2 to 3 hours
Fricassee	2" cubes	1½ to 2½ hours
Beef Birds	½" (by 2" by 4")	1½ to 2½ hours
Short Ribs	Pieces (2" by 2" by 4")	1½ to 2½ hours
Round Steak	¾ to 1"	1 to 2 hours
Stuffed Steak	½ to ¾"	1½ hours
Flank Steak	1½ to 2 pounds	1½ to 2½ hours

TIMETABLE FOR COOKING BEEF IN LIQUID

CUT	APPROX. WEIGHT	APPROX. TOTAL COOKING TIME
Fresh or Corned Beef	4 to 6 pounds	3½ to 4½ hours
Cross-Cut Shanks	¾ to 1¼ pounds	2½ to 3½ hours
Beef for Stew		2½ to 3½ hours

TIMETABLE FOR ROASTING BEEF

(300°F.—325°F. Oven)

CUT	APPROX. WEIGHT Pounds	MEAT THERMOMETER READING		APPROX. ROASTING TIME* Min. per lb.
		Degrees F.		
Standing Rib*	6 to 8	140°F. (rare)		23 to 25
		160°F. (medium)		27 to 30
		170°F. (well)		32 to 35
Standing Rib*	4 to 6	140°F. (rare)		26 to 32
		160°F. (medium)		34 to 38
		170°F. (well)		40 to 42
Rolled Rib	5 to 7	140°F. (rare)		32
		160°F. (medium)		38
		170°F. (well)		48
Rib Eye** (Delmonico)	4 to 6	140°F. (rare)		18 to 20
		160°F. (medium)		20 to 22
		170°F. (well)		22 to 24
Tenderloin, whole***	4 to 6	140°F. (rare)		45 to 60 (total time)
		140°F. (rare)		45 to 50 (total time)
Tenderloin, half***	2 to 3	140°F. (rare)		45 to 50 (total time)
Rolled Rump (high quality)	4 to 6	150°F.—170°F.		25 to 30
Sirloin Tip (high quality)	3½ to 4	150°F.—170°F.		35 to 40
Beef Loaf		160°F.—170°F.		30 to 45

TIMETABLE FOR BROILING BEEF*

CUT	APPROX. WEIGHT Pounds	APPROX. TOTAL BROILING TIME	
		RARE	MEDIUM
		Minutes	Minutes
Chuck Steak (high quality) 1 inch 1½ inches	1½ to 2½ 2 to 4	24	30
		40	45
Rib Steak 1 inch 1½ inches 2 inches	1 to 1½ 1½ to 2 2 to 2½	15	20
		25	30
		35	45
Rib Eye Steak (Delmonico) 1 inch 1½ inches 2 inches	8 to 10 ounces 12 to 14 ounces 16 to 20 ounces	15	20
		25	30
		35	45
Club Steak 1 inch 1½ inches 2 inches	1 to 1½ 1½ to 2 2 to 2½	15	20
		25	30
		35	45
Sirloin Steak 1 inch 1½ inches 2 inches	1½ to 3 2¼ to 4 3 to 5	20	25
		30	35
		40	45
Porterhouse Steak 1 inch 1½ inches 2 inches	1¼ to 2 2 to 3 2½ to 3½	20	25
		30	35
		40	45
Tenderloin (Filet Mignon)	4 to 8 ounces	12 to 15	15 to 20
Ground Beef Patties 1" thick by 3"	4 ounces	15	25

*Ribs which measure 6 to 7 inches from chine bone to tip of rib.

**Roast in 350°F. oven.

***Roast in 425°F. oven.

*Rare steaks are broiled to an internal temperature of 140°F., medium to 160°F., and well done to 170°F. Roast meat thermometer is not left in steak during broiling; insert thermometer only to test doneness.

All About PORK

TO BROIL PORK

1. Set oven control for broiling. Preheat broiler or not as range manufacturer directs.
2. Place pork on broiler rack so top of it is 2 to 3 inches from broiler heat.
3. Broil until top of meat is lightly browned.
4. Season pork if desired (omit with ham or bacon), then turn and cook until brown and well done in center, but not dry. See Timetable for Broiling Pork, opposite page. Season, if desired. Serve at once.

TO BRAISE PORK

1. Brown pork slowly on all sides in fat in heavy utensil; pour off drippings.
2. Season pork, adding herbs and spices if desired.
3. Add small amount of water, vegetable juice or soup if necessary. Cover tightly.

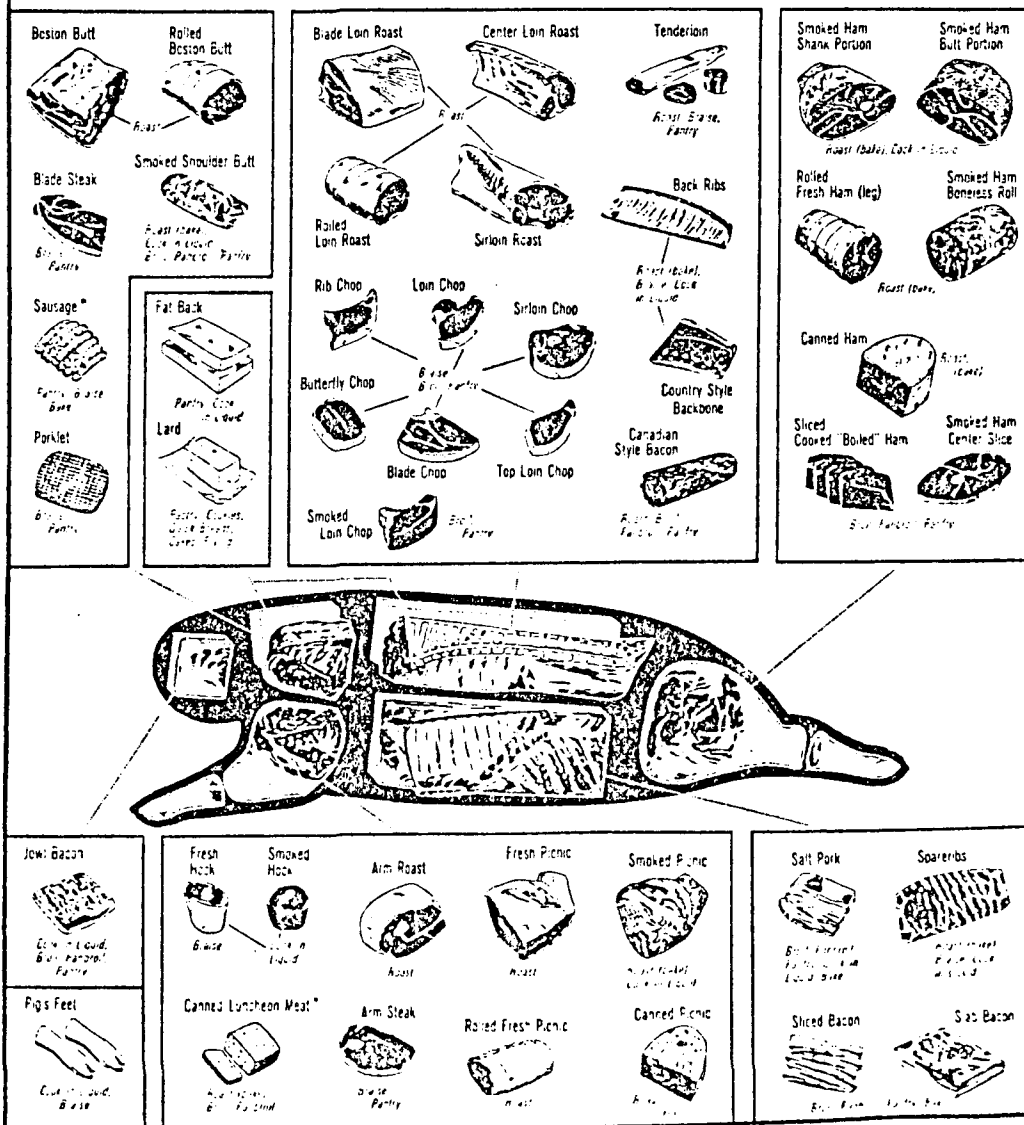
4. Simmer on range, or in 325°F. oven, till tender; see Timetable for Braising Pork, opposite page.

TO COOK PORK IN LIQUID

1. Brown pork on all sides in own fat or added fat, if desired. (Do not brown cured or smoked pork.)
2. Season, also adding some of these perhaps: bay leaves, thyme, marjoram, parsley, green pepper, celery, onion, cloves, peppercorns and allspice, and vegetables, too, if desired.
3. Cover with water or stock. Cover kettle, then simmer until tender as in Timetable for Cooking Pork in Liquid, opposite page.
4. If adding vegetables, do so just long enough before serving to cook tender.
5. If meat is served cold, cool and refrigerate in stock in which it cooked.

PORK CHART

RETAIL CUTS OF PORK — WHERE THEY COME FROM AND HOW TO COOK THEM



2-inch pieces or strips, on all sides, in its own fat or in added fat if desired. (Do not brown corned beef.)

- Then season beef, adding herbs and spices, too, if desired.
- Now, entirely cover meat with hot or cold water or stock, cover kettle, then simmer (do not boil) it until tender as in Timetable for Cooking Beef in Liquid, below.
- You may add vegetables, whole or in pieces, just long enough before beef is tender to cook them tender. Thicken liquid with a flour paste, if desired.
- If meat is to be served cold, cool and then refrigerate it in stock in which it cooked.
- A meat pie may be made from the stew; its top may be made of pastry, biscuits, or biscuit dough, mashed potatoes or rice.

TO BROIL BEEF

- Set oven control for broiling. Preheat broiler or not as range manufacturer directs.
- Place thin steak or patties on broiler rack so top is about 2 to 3 inches from heat; place thick steak 3 to 5 inches from heat.
- Broil until top of meat is brown.
- Season meat. Then turn it and complete broiling as in Timetable for Broiling Beef, below.
- Season again if desired, and serve at once.

TO PANBROIL BEEF

- Place beef in heavy skillet.
- Do not add fat or water. Do not cover.
- Cook slowly, turning occasionally.
- Pour fat from pan as it accumulates.
- Brown beef on both sides; then season and serve at once.

TIMETABLE FOR BRAISING BEEF

CUT	APPROX. WEIGHT OR THICKNESS	APPROX. TOTAL BRAISING TIME
Pot Roast	3 to 5 pounds	3 to 4 hours
Swiss Steak	1½ to 2½" thick	2 to 3 hours
Fricassee	2" cubes	1½ to 2½ hours
Beef Birds	½" (by 2" by 4")	1½ to 2½ hours
Short Ribs	Pieces (2" by 2" by 4")	1½ to 2½ hours
Round Steak	¾ to 1"	1 to 2 hours
Stuffed Steak	½ to ¾"	1½ hours
Flank Steak	1½ to 2 pounds	1½ to 2½ hours

TIMETABLE FOR COOKING BEEF IN LIQUID

CUT	APPROX. WEIGHT	APPROX. TOTAL COOKING TIME
Fresh or Corned Beef	4 to 6 pounds	3½ to 4½ hours
Cross-Cut Shanks	¾ to 1¼ pounds	2½ to 3½ hours
Beef for Stew		2½ to 3½ hours

TIMETABLE FOR ROASTING BEEF (300°F.—325°F. Oven)

CUT	APPROX. WEIGHT	MEAT THERMOMETER READING	APPROX. ROASTING TIME*
Standing Rib*	6 to 8	140°F. (rare)	23 to 25
		160°F. (medium)	27 to 30
		170°F. (well)	32 to 35
Standing Rib*	4 to 6	140°F. (rare)	26 to 32
		160°F. (medium)	34 to 38
		170°F. (well)	40 to 42
Rolled Rib	5 to 7	140°F. (rare)	32
		160°F. (medium)	38
		170°F. (well)	48
Rib Eye** (Delmonico)	4 to 6	140°F. (rare)	18 to 20
		160°F. (medium)	20 to 22
		170°F. (well)	22 to 24
Tenderloin, whole***	4 to 6	140°F. (rare)	45 to 60 (total time)
Tenderloin, half***	2 to 3	140°F. (rare)	45 to 50 (total time)
Rolled Rump (high quality)	4 to 6	150°F.—170°F.	25 to 30
Sirloin Tip (high quality)	3½ to 4	150°F.—170°F.	35 to 40
Beef Loaf		160°F.—170°F.	30 to 45

TIMETABLE FOR BROILING BEEF*

CUT	APPROX. WEIGHT	APPROX. TOTAL BROILING TIME	
		RARE	MEDIUM
		Minutes	Minutes
Chuck Steak (high quality)	1 inch	24	30
	1½ inches	40	45
Rib Steak	1 inch	15	20
	1½ inches	25	30
	2 inches	35	45
Rib Eye Steak (Delmonico)	1 inch	15	20
	1½ inches	25	30
	2 inches	35	45
Club Steak	1 inch	15	20
	1½ inches	25	30
	2 inches	35	45
Sirloin Steak	1 inch	20	25
	1½ inches	30	35
	2 inches	40	45
Porterhouse Steak	1 inch	20	25
	1½ inches	30	35
	2 inches	40	45
Tenderloin (Filet Mignon)	4 to 8 ounces	12 to 15	15 to 20
Ground Beef Patties 1" thick by 3"	4 ounces	15	25

*Ribs which measure 6 to 7 inches from chine bone to tip of rib.

**Roast in 350°F. oven.

***Roast in 425°F. oven.

*Rare steaks are broiled to an internal temperature of 140°F., medium to 160°F., and well done to 170°F. Roast meat thermometer is not left in steak during broiling; insert thermometer only to test doneness.

BREADS

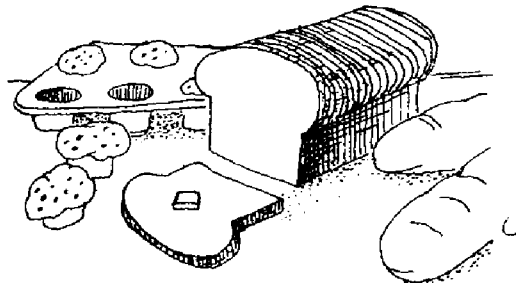
by Pat Strauhal

Whole grain recipes usually require more liquids than white flour recipes. Whole grains are the best -- more hearty but need to be used or frozen because they don't keep long without refrigeration (they tend to dry out). Excellent for toast. Rolls are different from biscuits -- rolls are made with yeast and biscuits are not. Biscuits have baking powder or baking soda in them. Yeasted breads tend to be sweet and rich-tasting due to the use of milk, eggs, oil, honey, molasses.

The sponge method, omitted in most bread recipes, is advantageous in many ways. The yeast gets started easily in the absence of salt, which inhibits its functioning, and in the presence of plenty of oxygen. Gluten is formed when the sponge stretches in rising, which would otherwise be the product of your labor in kneading. This added elasticity makes the remaining ingredients more easily incorporated and kneading more easily accomplished. Even a 10-15 minute rising at this point will facilitate the accomplishment of the remaining steps.

Refer to The Tassajara Bread Book by Edward Espe Brown for specific instructions on bread making via the sponge method (pages 19-35). Below are the basic steps:

- I. Mixing up the sponge
 - A. Measure the water
 - B. Measure the Bakers Yeast
 - C. Sprinkle yeast over water
 - D. Add sweetening
 - E. Add dry milk -- let rise 10-15 minutes
 - F. Fold in eggs, if desired. Let rise 30-40 minutes
 - G. Add whole wheat flour, beating each time added
 - H. Beat 100 strokes until smooth
 - I. Set dough to rise -- 45 to 70 minutes
- II. Fold in oil, salt and dry ingredients (other flours, nuts, fruits, etc.)
 - A. Fold in -- do not stir (stir around side of bowl and fold to center).
 - B. Pour on oil -- fold
 - C. Sprinkle in salt -- fold
 - D. Sprinkle dry ingredients -- fold
 - E. Knead dough
 - F. Place in oiled bread bowl
 - G. Let rise 50-60 minutes
 - H. Punch down
 - I. Let rise 40-50 minutes
 - J. Shape the loaves
 - K. Place loaf in oiled bread pan
 - L. Let rise 15-25 minutes
 - M. Cut top with slits/brush with egg wash
 - N. Bake
 - O. Remove from pans immediately
 - P. Cool and store



PIES

by Pat Strauhal and Marcia Knowles

Whole wheat flour requires more oil or shortening. Use ice cold water and be careful not to over mix. There will not be much of a layered flaky look with whole wheat. White flour is lighter and fancier but it is not better.

Pie Crust

Pie crust can be made with all white flour, all whole-wheat pastry flour or half and half white and brown. I prefer using the last method.

Recipe:

1 1/2 cups whole wheat pastry flour
1 cup white flour
1 cup vegetable shortening
1 tsp salt
1/4 cup water

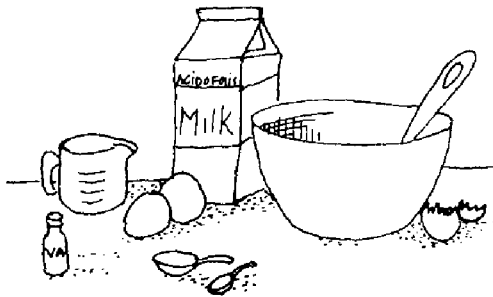
After putting flour and salt into large bowl, remove 1/3 cup and add it to the water, mixing well. Add shortening and cut it into the flour with pastry blender or 2 table knives. Add water mixture and blend well. Roll out on floured board, being light in touch with dough. This should make 2 pie shells or one covered pie, plus extra for strips, if desired.

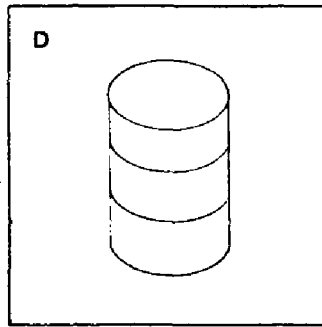
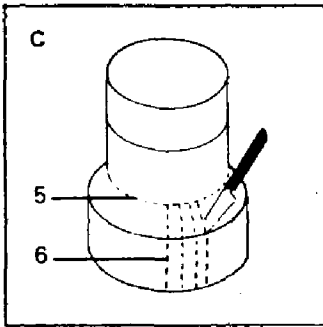
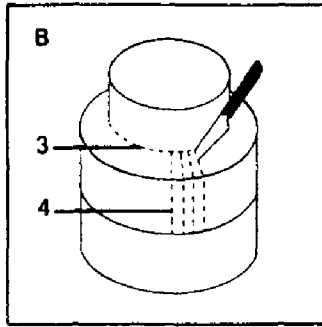
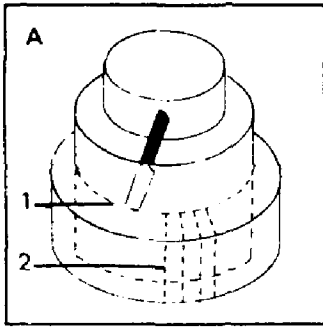
This dough can be used for shortcake if you substitute butter for shortening and add 1/2 cup sugar. It's crisp and delicious.

French Silk Pie

1/2 cup butter
2 oz baking chocolate, **melted**
3/4 cup sugar
2 eggs
1 tsp vanilla

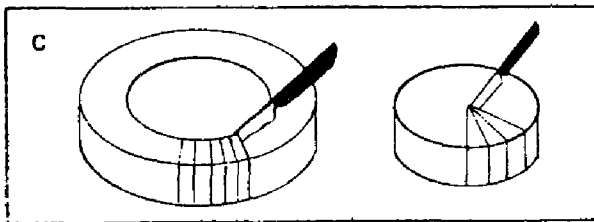
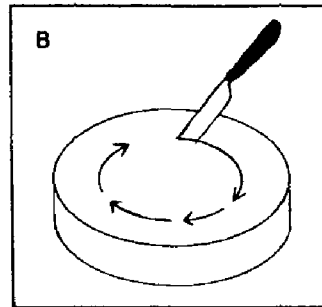
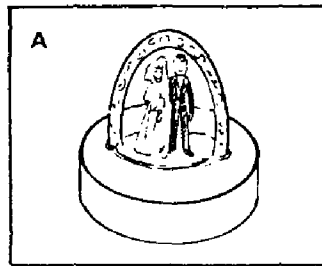
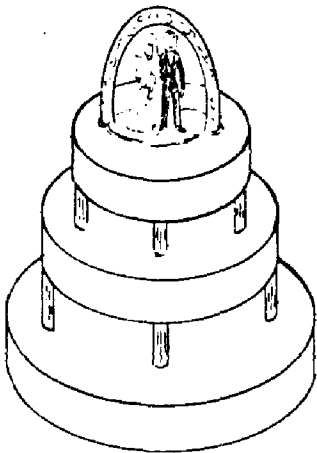
Blend soft butter with sugar, mixing well. Add chocolate, then eggs, one at a time. Beat with a mixer 5 minutes after the addition of each egg. Pour into baked pie shell, decorate with whipped cream, and chill three hours.





ROUND WEDDING CAKES

- A. Cut vertically through bottom layer at edge of second layer as indicated by dotted line marked 1; then cut out wedge-shaped pieces as shown by 2.
- B. When these pieces have been served, follow same procedure with middle layer cut vertically through second layer at edge of top layer as indicated by dotted line 3; then cut out wedge-shaped pieces as shown by 4.
- C. When pieces from second layer have been served, return to bottom layer and cut along dotted line 5; cut another row of wedge-shaped pieces as shown by 6.
- D. The remaining tiers may be cut into desired size pieces.
- E. For convenience of cutting, separate the three remaining tiers.

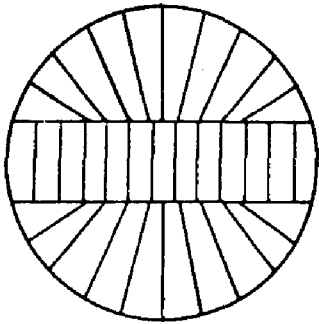


RECOMMENDED CUTTING METHOD FOR 3 TIERED WEDDING CAKES

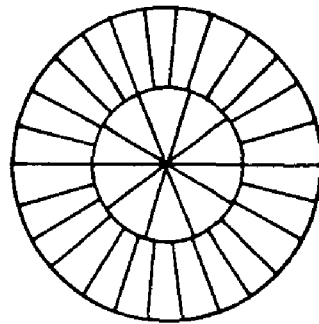
After you have helped the bride and groom cut their traditional pieces out of either 2nd or 1st (bottom) tier you get ready to serve the guests.

- A. Remove the top tier and set on serving table adding to the decor.
- B. Remove the next tier to card table and cut vertically at edge of where top tier was removed.
- C. Cut out pieces from outside of vertical cut all around. Then finish cutting wedges from small inner circle.
- D. Move base tier to card table and follow instructions of "C."

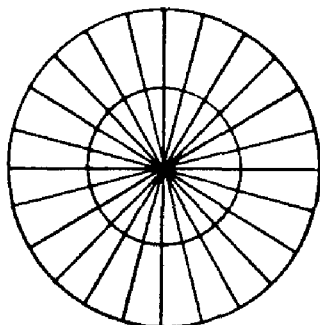
TWO LAYER CAKES
Cutting Diagrams



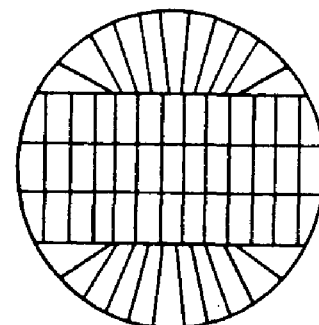
33—Servings 14 inch—2 layer



36—Servings 13 inch—2 layer

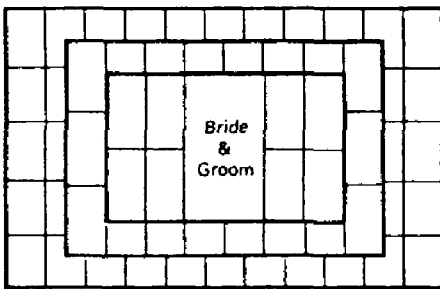


48—Servings 16 inch—2 layer

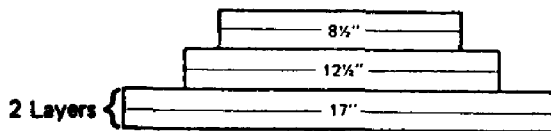


60—Servings 18 inch—2 layer

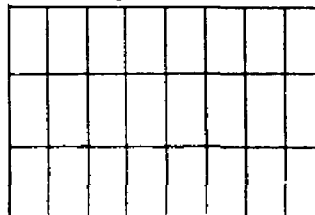
THREE TIER WEDDING CAKES



55—Servings 12½ x 17 inches



24—Servings 8½ x 12½ inches



8—Servings 5 x 8½ inches



Total 87 servings, approximately 1½" x 2½" in size. Use 2—17 x 25 inch sheet pans for above cake. The first sheet used for bottom tier. Cut second sheet in half and use 1 piece (8½" x 12½") for second tier. Cut remaining half 5" x 8½" for third tier.

Hidden Refined Sugars in Foods

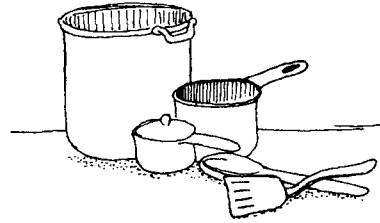
Food Item	Size Portion	Approximate sugar content in teaspoonsful of granulated sugar
BEVERAGES		
cola drinks	1 (6 oz. bottle or glass)	3 ½
gingerale	6 oz.	5
Orange - ade	1 (8 oz. glass)	5
sweet cider	1 cup	6
CAKES & COOKIES		
angel food	1 (4 oz. piece)	7
choc. cake	1 (4 oz. piece)	6
choc. cake iced	1 (4 oz. piece)	10
brownies (unfrosted)	1 (¾ oz.)	3
fig newtons	1	5
Ginger snaps	1	3
macaroons	1	6
chocolate eclair	1	7
(cream puff)		
donut (glazed)	1	6
CANDIES		
average choc. milk bar	1 (1 ½ oz.)	2 ½
fudge	1 oz. square	4 ½
hard candy	4 oz.	20
Canned fruit juices	½ cup	2
DAIRY PRODUCTS		
ice cream	1/3 pt. (3 ½ oz.)	3 ½
ice cream soda	1	5
ice cream sundae	1	7
malted milk shake	1 (10 oz. glass)	5
JAMS & JELLIES		
jelly	1 Tb.	4 - 6
strawberry jam	1 Tb.	4
DESSERTS, MISC.		
jello	½ cup	4 ½
berry pie	1 slice	10
pumpkin pie	1 slice	5
chocolate pudding	½ cup	4
berry tart	½ cup	10
sherbet	½ cup	9
SYRUP, SUGARS & ICING		
chocolate icing	1 oz.	5
white icing	1 oz.	5

TREASURING UP
Natural Food Preservation and Storing

I. Food Storage and the Word - Ecclesiastes 2:24

A. Who stored?

1. Noah - Hebrews 11:7; Genesis 6:21
2. Nations - Joseph - Genesis 41:47-49
3. Others
 - a. II Chronicles 17:12,13 (Jehoshaphat)
 - b. II Chronicles 32:27-29 (Hezekiah)
 - c. I Chronicles 27:25 (David)
 - d. I Kings 4:7,20-34 (Solomon)
 - e. I Kings 9:17-19 (Solomon)



B. Where did they store?

1. Families - in own dwellings
2. Nations - I Chronicles 27:25b (storehouses)

C. What was the quickest way to down a nation? Deuteronomy 28:15,17; Jeremiah 50:22,24,26; II Chronicles 16:4

D. What did they store? II Chronicles 11:11,12; II Chronicles 32:28; Malachi 3:10,11

E. How to preserve or store? Matthew 9:17 (a right and a wrong way)

F. Why should we store?

1. Make provision for your family - Psalms 132:15a; Proverbs 31:14-17; II Thessalonians 3:12
2. We're not to be ignorant of the Adversary's devices - II Corinthians 2:11; Proverbs 28:26,28
3. We're to be good stewards - Luke 16:10-12
4. Maintain higher quality of food to be the best living examples - Romans 12:1,2
5. You are to care for the things God has given - Philippians 2:4; Luke 19:16-26

G. What's available in storage?

1. Deuteronomy 28:8,15,17
2. Leviticus 25:18-22
3. Ways of blessings:
 - a. Gleaning - Proverbs 27:25; Ruth 2:15-18
 - b. Seasonal savings
 - c. Grocery specials
 - d. Sharing
 - e. Garden (use all) - Jeremiah 29:5

II. Five Basic Methods:

A. Canning:

1. Least desirable; removes most vitamins, enzymes, minerals.
2. Should we can?
 - a. Side dishes only (relishes, pickles, ketchup, pickled beets, etc.) - not foods you depend on for nutrition
 - b. Much less expensive than buying commercial and there are no additives, poisons, chemicals (when done the natural way)
3. Principles of canning can be learned from many canning books. (Use a natural book.) Recommend Stocking Up by Rodale Press
4. Remember:
 - a. Open kettle method - jelly only
 - b. Boiling water bath method - high acid foods (all fruits, tomatoes (except figs) and low acid foods that are pickled only)
 - c. Pressure canner method - low acid foods (meats, vegetables)
 - d. Before using canned foods always check the seal, wash jar, check for any cloudiness, change, mold, etc. If this appears, do not open, but bury deep. If open, check odor, texture, etc. Any change, destroy and wash hands.

B. Freezing:

1. Decide what to freeze on the basis of availability of food, family needs, family taste, freezer space, care of freezer storage and availability of alternate methods of storage.
2. Very limited amount of work, but you are dependent upon electricity.
3. Principle of freezing - Extreme cold reduces and retards growth of micro-organisms and slows down oxidation and enzyme action.
4. Retains most nutrients and flavor - slowly breaks down

5. Follow instructions in good natural instruction book for specific items so as to retain as much nutrition as possible, with no chemicals used.
- C. Underground and Bulk Storage:
1. Where to start in storage? Easiest method - just look around and see what is available, lay out your plans. Then you will know what things must be preserved by other methods.
 2. Underground storage:
 - a. What to store? Store only sound fruits and vegetables of good quality before overripeness and handle with great care.
 - b. What to store in? Wooden boxes, 4" off floor and separated from each other with wooden planks.
 - c. Where to store? Cellars in old homes with dirt floor excellent cool moist place. Also regular basements, cellar steps, window wells, root cellar adjacent to home, homemade storage units of all kinds, soil pit storage, hay bale storage, mound storage, leave root crops in ground and cover, etc.
 - d. What is good temperature? 35-40 degrees
 3. Bulk Storage:
 - a. What to store? Store seeds, grains, etc. such as wheat, corn, barley, millet, rice, alfalfa, mung, lentil, mung bean, peas, etc.
 - b. What to store in? Large plastic or metal cans. Make sure the items are enclosed in bags inside the larger cans.
 - c. Where to store? Any place you have room and convenient for use. If containers are to be on cement floor, place boards under for air circulation. Ideal, but not necessary, would be a cool, dark and dry place. Get as close to that as possible.
- D. Drying:
1. Methods - dehydrator, sun, oven, attic
 2. Why dry?
 - a. Healthier - drying preserves the vitamin, mineral, protein, enzymes and fiber content of foods.
 - b. Dehydrated foodstuffs are actually more flavorful.
 - c. It costs very little to dry; whereas freezing and canning both require potentially large initial investment in equipment.
 - d. Dried foods can be stored in 75-90% less space.
 - e. Dried foods, when kept dry, remain edible virtually forever.
 - f. Oldest and best method.
 - g. The natural way - no preblanching to kill, no chemicals, no preservatives, no additives.
 - h. Children replace candy with dehydrated foods.
 - i. Easy to do, takes little time.
 - j. Easy to use. Eat as is, add water and reconstitute, or powder to add in soups, sauce, breads and spreads.
 - k. Many uses. Emergency, regular daily use, back-packing, survival foods, bag lunches.
 - l. It is a big step to self-sufficiency.
 3. How to Dry:
 - a. Good book - Food Drying At Home The Natural Way by Bee Beyer
 - b. Wash fruits and vegetables at peak condition. Then -
 - c. Slice, dice, chop, chunk, shred, puree, halve. Then -
 - d. Lay on trays of dehydrator for 2½-40 hours, depending on climate and item.
 - e. Variations for oven, sun and attic method.
 - f. Remove and store in airtight bags, jars, containers.
 - g. Store in any place - best would be cool, dry and dark.
 4. Other Uses for a Dehydrator:
 - a. Raise bread dough
 - b. Make yogurt, cottage cheese
 - c. Make granola
 - d. Corn chips, tomato chips
 - e. Graham crackers, sesame wheat crackers
 - f. Dry egg noodles
 - g. Fruit jam
 - h. Cookies, date and nut bars, etc.
- E. Commercial Storage and Survival Foods:
1. Commercial storage and survival foods may be considered a supplement to storage A, B, C and D.
 2. These concentrated and low-moisture foods are intended for long-range storage only.
 3. Like other dried foods they are lightweight, take limited amount of storage space and spoilage is at an absolute minimum.
 4. When purchasing, make sure the manufacturer is concerned with natural nutrition.

III. Conclusion: Ecclesiastes 2:24; Ecclesiastes 3:13

GH'S Guide To Storing Foods

A fresh, perishable food cannot be kept indefinitely in a refrigerator or freezer without spoiling or losing its food value or quality (texture, appearance, flavor). No guide can set exact storage limits because they depend on factors unknown to a homemaker. For example, how fresh is the food when

it comes to the market, and how is it handled and stored by the retailer? Most foods can be kept longer than indicated on this chart without actually spoiling. Generally, though, foods that are kept beyond the recommended storage periods outlined on the chart below will deteriorate in maximum quality.

TYPE OF FOOD	APPROXIMATE TIME IN REFRIGERATOR 34°F. to 38°F.	APPROXIMATE TIME IN FREEZER 0°F.	SPECIAL HANDLING
BUTTER, MARGARINE	1 to 2 weeks	3 months	Tightly covered or wrapped.
CHEESE Cottage cheese, ricotta Other soft cheeses Hard cheeses, such as Cheddar	3 to 5 days 1 to 2 weeks 3 to 6 months, if wrapper is unopened; 3 to 4 weeks, if it's opened	Do not freeze Do not freeze Do not freeze	Keep refrigerated cheeses tightly wrapped, or in closed containers. Freezing is not recommended, as it may affect body and texture of most cheeses.
MILK, CREAM	3 days	Do not freeze	Freezing not recommended because results would be unpredictable.
EGGS In shells Egg yolks Egg whites	3 weeks up to 7 days up to 7 days	Do not freeze 9 to 12 months 9 to 12 months	If refrigerating egg yolks, cover with water, in covered container. If refrigerating egg whites, store in covered container. If freezing egg yolks for use in sweet dishes, mix each cup of liquid yolks with 1 tablespoon corn syrup or sugar; if for other cooking, substitute ½ teaspoon salt; store in covered container. If freezing egg whites, store in covered container.
FROZEN CAKES YOU BUY Angel or Chiffon Chocolate Yellow or Pound Fruit		2 months 4 months 6 months 12 months	
FRESH FISH YOU BUY Cod, haddock, halibut, pollock, sea trout, king crab, shrimp, scallops	24 hours	4 to 6 months	For freezing, wrap fresh fish in moisture- and vapor-resistant freezer wrap. Put two layers of waxed paper between individual servings if wrapped together. Tape securely.
Mullet, ocean perch, Pacific ocean perch, mackerel, salmon, butterfish, clams, oysters	24 hours	2 to 3 months	
COOKED FRESH FISH AND SHELLFISH	24 hours	2 to 3 months	
FROZEN FISH YOU BUY Cod, flounder, haddock, halibut, pollock Sea trout, striped bass, ocean perch King crabmeat Shrimp		6 months 3 months 10 months 12 months	Keep packaged frozen fish and shellfish you buy in original wrapper and store in zero degree freezer. Storage time in freezer is same as at left.
FRUITS Whole citrus fruits, apples Most other fruits Frozen fruit-juice concentrates	7 days 3 to 5 days 6 days	Do not freeze 10 to 12 months 12 months	In refrigerator, keep fruits in crispier, or store, uncovered, according to type. Before freezing, many fruits should be packed in sugar or sugar syrup and ascorbic acid (vitamin C).

TYPE OF FOOD	TIME IN REFRIGERATOR	TIME IN FREEZER	SPECIAL HANDLING
FROZEN FRUITS YOU BUY		12 months	
FROZEN PIES (unbaked) YOU BUY Apple, Boysenberry, Cherry, Peach		8 months	
FROZEN BREADS YOU BUY White or Plain Rolls Cinnamon Rolls		3 months 2 months	
FROZEN DOUGHNUTS YOU BUY		3 months	
ICE CREAM OR SHERBET YOU BUY		1 month	
FRESH MEATS Beef (fresh) Veal (fresh) Pork (fresh) Lamb (fresh) Ground beef, veal and lamb Ground pork Variety meats, (liver, brains, heart, kidneys, sweetbreads, tongue, tripe, etc.) Luncheon meats, sliced Sausage, fresh pork Sausage, smoked Sausage, dry and semidry (unsliced) Frankfurters Bacon Smoked ham, whole Ham slices Beef, corned Leftover cooked meat	2 to 4 days 2 to 4 days 2 to 4 days 2 to 4 days 1 to 2 days 1 to 2 days 1 to 2 days 1 week 1 week 3 to 7 days 2 to 3 weeks 4 to 5 days 5 to 7 days 1 week 3 to 4 days 1 week 4 to 5 days	6 to 12 months 6 to 9 months 3 to 6 months 6 to 9 months 3 to 4 months 1 to 3 months 3 to 4 months Not recommended 60 days Not recommended Not recommended Not recommended Not recommended 60 days Not recommended 2 weeks 2 to 3 months	<i>In refrigerator store unseasoned fresh meats—unwrapped, or loosely wrapped. If prepackaged and held longer than one or two days, loosen wrapper at ends. To freeze, wrap meat tightly in moisture- and vapor-resistant freezer wrap. Put two layers of waxed paper or freezer wrap between individual servings if wrapped together. Tape securely.</i>
FROZEN COMBINATION FOODS YOU BUY Meat pies (cooked) Swiss steak (cooked) Stews (cooked) Prepared meat dinners		3 months 3 months 3 to 4 months 2 to 6 months	
FROZEN MEATS YOU BUY Hamburger Beef Roasts or Steaks Lamb Roasts Pork Roasts Pork Chops Veal Roasts		3 months 12 months 12 months 8 months 4 months 8 months	
FRESH POULTRY Fresh chicken whole cut up livers Fresh turkey, duck, goose (whole); chicken and turkey, cooked (sliced meat and gravy)	1 to 2 days 1 to 2 days	12 months 12 months 3 months 6 months	<i>For freezing, store cooked poultry main dishes and gravies in tightly-closed rigid containers. Keep other poultry dishes in moisture- and vapor-resistant freezer wrap. Frozen poultry should be cooked within 1 day after complete thawing.</i>
FROZEN POULTRY YOU BUY Whole Chicken or Turkey Cut-up Chicken Cut-up Turkey		12 months 9 months 6 months	
SOUPS, STEWS, CASSEROLES	1 to 2 days	2 months	Keep in covered containers.
VEGETABLES, SALAD GREENS Onions, potatoes, rutabagas, winter squash, sweet potatoes Other fresh vegetables Canned (open) or leftover vegetables	in cool dark place up to 1 month 3 to 5 days 3 to 5 days	8 to 10 months (Not all vegetables freeze well. See next column.)	<i>Do not freeze celery, lettuce, cabbage, endive, chicory, etc., radishes or fresh whole tomatoes. Boil or blanch other vegetables before freezing. Freeze in tightly closed containers.</i>
FROZEN VEGETABLES YOU BUY		8 months	

HERBS AND THE WORD

- I. God's original plan for mankind's nourishment and His classification of "herbs"
 - A. Genesis 1:29
 1. Meat - means "food or eating" - that which is eaten for nourishment. Does not include flesh of animals.
 2. Herb - (according to Biblical usage) A plant with soft or succulent (full of juice) stalk or stem which dies to the root every year (includes vegetables as we know them today). The word "herb" comprehends all the grasses and numerous plants used for culinary purposes. This may include blossoms, stems, leaves, roots, seeds (grains, peas, beans) and green foodstuff.
 3. Tree - (Word definition) A tree or shrub whose stem or stalk is woody, branched and perennial. This may include the fruit, seeds (nuts), bark, sap, leaves and other parts of trees or hard, woody-stemmed plants that bear fruit of seeds.
 - B. Genesis 3:18 - "thorns and thistles"
 - C. Genesis 9:3 - "flesh" as food
 - D. Other nourishment - Proverbs 27:27; Genesis 43:11; Deuteronomy 22:6
 - E. "Fruit" means increase, that which it bringeth forth or that which is brought forth.
- II. Other definitions and classifications
 - A. Organic - Elements which have been processed by plants from the raw chemicals in rocks, earth and air into the living tissues of plants.
 - B. Inorganic - Minerals as found in rocks, chemicals and soil in the raw state. They are food for plants, but not efficiently assimilated by man.
 - C. Herb (modern definition) - A plant or plant parts valued for its medicinal, savory, nutritive or aromatic qualities. May include plants, trees, shrubs, herbage (grass or green plants), roots, leaves, bark, flower or fruit.
 1. The "nutritional herb" is the common herb normally eaten for food, such as the turnip, beet, carrot, etc. They contain both nutritional and medicinal qualities.
 2. The "medicinal herb" is generally more pungent and distasteful due to its high concentrations of active therapeutic factors, but is nutritional as well.
 - D. Herbology - That branch of natural science that deals with the therapeutic properties of herbs.
 - E. Herbalist - A botanic physician who limits his treatment to the medicinal agents in their organic and unprocessed state--herbs, roots, barks, seeds, flowers and berries.
 - F. Medicine - It is a natural remedy for something wrong with the body. Today medicine to most people means a drug, something inorganic, with possible side effects, narcotic, habit forming, unnatural, something only highly-trained people understand.
 - G. Weed - Current worldly definition is any uncommon, no good, unsightly or troublesome plant that grows in abundance. However, herbs for the most part are food, not weeds.
- III. Hebrew and Greek words regarding "herbs" (with general meanings), and literal nutritional and figurative usages
 - A. New Testament
 1. lachanon - garden herbs, a plant tilled in the ground--literal nutritional usage: Matthew 13:32; Luke 11:42
 2. botane - green plants, grass, wild herbs--figurative usage: Hebrews 6:6-8
 - B. Old Testament
 1. chatsir - grass, possible hay-type as food for animals
 - a. literal nutritional usage: Psalms 104:14, "grass for cattle"
 - b. figurative usage: Job 8:11-13; II Kings 19:26 and Psalms 37:1-2, "grass"
 2. deshe - grass, herb, generally refers to tender, young, fresh shoots, young greens--figurative usage: Psalms 37:1-2, "herb"; Isaiah 66:14
 3. yarag - herbs, herbage (grass and green plants), vines, may include eseb
 - a. Literal nutritional usage: I Kings 21:2; Proverbs 15:17
 - b. figurative usage: Psalms 37:1-2, "green"
 4. eseb - herbs, herbage, seed-bearing or producing plants, possibly wild types--literal nutritional usage: Exodus 9:22,25; Psalms 104:14, "herb"

C. Other references

1. Literal nutritional usage: Matthew 13:31; Numbers 11:5; II Kings 4:39-41 ("herb" is orah, a shining herb, inedible--Orientalism tape #743); Job 30:3,4; Proverbs 27:25; Song of Solomon 6:2,11; Isaiah 60:6; Jeremiah 29:5; Daniel 1:5-18 ("pulse" is roots, herbs)
2. Figurative usage: Ecclesiastes 10:1; Isaiah 1:6

D. Note: The many classifications of foods today are good for our reference as long as we keep in mind God's original classification.

IV. The Word and herbs - literal medicinal usage

- A. Genesis 30:14-16 "Mandrakes" are used to clean the body and insure conception.
- B. Exodus 30:25; II Chronicles 16:14; Ecclesiastes 10:1 Apothecaries Art - Old term for doctor. The apothecary mixed perfumes as well as medical ointments (Orientalism tape #58).
- C. II Chronicles 16:12 "...sought not to the Lord first..."
- D. Esther 2:12 Herbs used for purification, anointing, cosmetics, medicinal purposes.
- E. Psalms 133:1-3 "Bath night" includes cleaning the teeth with bitter herbs and tree twigs (Orientalism tape #773).
- F. Jeremiah 8:21,22; 46:11,15 Lacked health because they sought not God nor served Him (Orientalism tape #713).
- G. Ezekiel 47:12 The leaf as a natural healing remedy.
- H. Amos 6:6 Full medicinal value in chief ointments (Orientalism tape #713).
- I. Matthew 2:11 Myrrh used as a disinfectant and deodorant.
- J. John 19:28,29 Hyssop leaves were put onto wounds to protect against infections and promote healing.
- K. Romans 14:2 The "weak" are the aged, without strength. Herbs would be a most perfect diet by natural laws.
- L. Colossians 4:14 Luke--a physician of herbs.

V. Herb properties and healing - God's design is for the human body to heal itself. How is this accomplished?

- A. Balanced living by natural laws such as foods (including herbs) containing organic nutrients, rest, exercise, etc. Genesis 1:31.
- B. Breaking of these natural laws requires a higher law in operation - believing (a mental law) or spiritual law.
- C. Positive, mental attitude allows the body to function as God intended. Proverbs 17:22.

VI. Practical application

A. Set goals for identification and use of herbs.

1. Become self-sufficient regarding knowledge of wild plant food.
 - a. Get reference books (available at library) and study some each day.
 - b. Talk to knowledgeable people in the area.
 - c. Participate in local and state park "weed (herb) walks" and/or get a knowledgeable person to take your Twig on an "herb walk."
 - d. Never settle for less than positive identification.
 - e. Start sprouting and learn identification of common herbs such as alfalfa, wheat, etc.
2. Add to your diet one new plant food each week from your local vegetable market or by sprouting new seeds to eat.
3. During a season's gathering months add at least 7-14 new wild plant foods (herbs) to your diet and become versatile with their uses. Suggestions: amaranth, clover, comfrey, chickweed, dandelion, horseradish, Jerusalem artichoke, lamb's quarter, mint family, plantain, shepherd's purse, wild carrot, wild onion and wild violets.

B. How to gather wild herbs.

1. First - positive identification. After you are sure and before using, get a second identification from someone knowledgeable. (You may want to press herbs and make your own file.)
2. Gather only in clean areas away from roads with their poisoned exhaust fumes and away from farm fields that have been chemically sprayed.
3. Pick early in the morning before the sun has reached them, but after dew has gone. Cut with sharp knife and avoid crushing.
4. Rinse carefully under cold running water and lay on paper towel to dry. Use immediately, dry them for long-range storage or refrigerate for short-range storage.

C. Plant an herb garden. Enlarge your vegetable garden to include other herbs you desire. You may also want to experiment with growing herbs indoors, such as parsley, sweet basil, sage, chives, fennel, garlic, etc.

BEGINNING MEDICINAL HERBS

Listed below and on pages following is general information compiled on five basic medicinal herbs. It is not complete in itself, but intended to open your understanding in this field and encourage further study. Information taken from the following sources:

- | | |
|---------------------------|---------------------------------------|
| "Herbal Remedies" | "A Treasury of American Indian Herbs" |
| "Nature's Medicine Chest" | "Herbs and Other Medicinal Plants" |
| "Back to Eden" | "Field Guide to Edible Wild Plants" |
| "Nature's Medicines" | "Is Any Sick Among You?" |
| "Eat the Weeds" | "The Rodale Herb Book" |

CAYENNE PEPPER, CAPISCUM, RED PEPPER:

- Oldest and most useful remedy in history of man.
- Relaxant.
- Healer of ulcers.
- Stimulant to blood and heart, blood cleaner.
- Increases pulse rate slightly, but strengthens pulse rate.
- Ultimately stimulate and reach every part of body.
- Colds and sinus congestion.
- Works on entire respiratory system.
- Carrier for other herbs.
- Preventive and cure to shock.
- Stops hemorrhages almost immediately.
- Very soothing to stomach.
- Yellow fever.
- Constipation.
- It is antiseptic.
- Diphtheria and sore throat.
- Subnormal temperature.
- Pneumonia and pleurisy.
- Sprinkled in shoes will assist cold feet (in socks, it may be too warm).



Can be obtained wild in Southern and Western United States, purchased in capsule form or bulk for use in seasoning food or capsuling. Seeds can be obtained from an herb greenhouse for your own planting. Recommended daily use.

KELP:

- The ashes of various large, coarse, brown algae found mainly on the Pacific Coast of the United States.
- Used in over-active and under-active thyroid.
- Used in all conditions where vitamin or mineral shortage is indicated.
- Vitamins: A, E, B Complex, B3 Niacin, B1 Thiamin, B12 Cobalt, B2 Riboflavin, G.
- Minerals: Copper, Silicon, Iodine, Sulfur, Iron, Manganese, Magnesium, Zinc.

Recommended as a daily diet supplement. Can be purchased in pill form, capsuled or bulk for use in seasoning food daily or capsuling.

ALFALFA:

- Organic minerals - very rich in calcium, magnesium, phosphorus, potassium, iron, chlorine, sodium, silicon.
- Vitamins - all known vitamins including K, B8, P, D and U.
- It is a grass, "al-fal-fa" means "father of all foods."
- Deep-rooted and deep-feeding (root system known to be up to 66 feet).
- Leaves, sprouts and seeds may be eaten.
- Good for every condition - for maintaining or regaining health.
- Used with or between meals alone or with other herbs.
- Heart, muscles and glands.
- Ulcers.
- High blood pressure.
- Teeth, muscles, leg and feet cramps.
- High protein content.
- Feeds the hair, skin and nails.
- Eight enzymes for food assimilation.
- Excellent blood builder.
- Inflamed bladder.
- Nursing mothers.

- Aids in elimination of drug poisons from the body.
- Diabetes.
- TB.
- Rheumatism and Bright's disease.
- Toxamemia jaundice.
- Insomnia.
- Nervousness.
- Syphilis.
- Constipation.
- Lumbago.
- Hardening of the arteries.
- Dropsy.
- Anemia.
- Skin eruptions.

Use regularly as a diet supplement. Can be purchased in pill form, capsuled or bulk for use in capsuling. Seeds can be purchased for sprouting and for crop planting. Can be picked wild. (16 million acres of alfalfa across the United States.)

GOLDEN SEAL ROOT:

- Ranks high with cayenne pepper as most effective healing herb for entire body.
- Used internally and externally.
- Golden seal is a small, perennial plant with thick, fleshy, yellow rhizome, and produces a solitary rose-colored or whitish flower. The fruit somewhat resembles the raspberry but is not edible.
- Improves appetite.
- Aids digestion.
- Relieves nausea, heartburn and morning sickness.
- Clearing and opening the sinuses.
- Diphtheria.
- Tonsillitis and other serious throat and mouth problems.
- Liver.
- Bladder and lower bowel.
- Congestion and circulation.
- Stomach and intestines.
- Builds and strengthens the heart - four-part golden seal, one-part cayenne.
- Skin eruptions, acne, eczema - made into salve.
- Insect repellent, mixed with fat or oil and applied to skin.
- Weak solution for irritated eyes and infections.
- Stops vomiting.
- Colds and flues.

Can be purchased in capsule form or bulk for use in teas or for capsuling. Can be dug wild as this plant grows in moist, rich woodlands in various parts of the United States, but more abundantly in the northeastern sections. The root system has seal-like scars on the golden-yellow root for identification.

GINSENG:

- Found in many parts of the world, widely used in China, Korea and by the American Indians.
- Found in deep, shaded forests and hillsides. It shuns low, wet ground with insufficient drainage.
- The Chinese declare that the sick take ginseng to recover their health, while the healthy use it to resist disease and make themselves stronger. Claim that its occasional use will add a decade to human life.
- Oriental men over forty take it as a regular part of their diet. They preserve their male powers, have no change of life and live about 20 to 30 years longer than men of the Western World.
- American research just discovering the potential of this herb. Russian research is extensive and for years have had tremendous plantations of ginseng. While the Eastern World at one time sold it for \$3,200 per pound, the Western World was exporting 98 percent of it and the Agricultural Department encouraging the American farmer not to grow it.
- The Chinese composed the name "ginseng" from two words meaning "man-plant."
- In the early days, ginseng root was considered the property of the emperor. It was required of those gathering the root to give of the first picking to the emperor.
- Proven revitalizer giving off a species of radioactive rays with which it inwardly irradiates the system. Being of organic origin, these radioactive substances are beneficial rather than harmful.
- Wild ginseng is more potent and more difficult to secure and sells for a much higher price.
- Sharpens the mind.

- Beneficial effects on sexual and other glands (if you want to sharpen the mind, don't overdue in the sex category while taking).
- Strengthens the endocrine glands which control the metabolism of minerals and vitamins.
- Cure for sexual impotence.
- Asthma.
- Acts as a nervine.
- Slightly laxative.
- Used by young children as well as aged, senile.

Can be purchased in capsule form or bulk for use in teas or for capsuling your own. Can be dug wild in most parts of the United States. You can plant your own crop, but it will take several years before cultivating.

MAXIMUM ADULT DOSAGE FOR THE AMATEUR: (Always start with a little and build up if necessary. Believers will respond faster on less dosage.)

ALFALFA	2 capsules daily
BARBERRY BARK OF ROOT	1 or 2 capsules twice daily
BLACK COHOSH	1 capsule twice daily
BLACK WALNUT	2 capsules twice daily
BLESSED THISTLE HERB	2 capsules twice daily
BLUE COHOSH	1 capsule twice daily
CAPSICUM	1 capsule with each meal and at bedtime
CAPSICUM AND GARLIC	1 or 2 capsules with each meal and at bedtime
CATNIP	2 capsules twice daily
CHAMOMILE	1 capsule twice daily
CHAPARRAL	1 or more capsules with meals
CHICKWEED	2 capsules twice daily
COMFREY ROOT	1 capsule daily
COMFREY AND FENUGREEK	2 capsules twice daily
COMBINATION APS	2 capsules three times daily
COMBINATION GGC	2 capsules twice daily
COMBINATION HS	8 capsules daily
COMBINATION HVS	2 capsules as needed
COMBINATION K	2 capsules as needed
COMBINATION IGS	2 capsules three times daily
COMBINATION LH	1 capsule as needed
COMBINATION PLS	mix contents of 1 or 2 capsules with water and apply
COMBINATION PS	2 or 3 capsules three times daily
COMBINATION SF	4 capsules after heaviest meal
COMBINATION TS	2 capsules twice daily
COMBINATION U	2 capsules as needed
COMBINATION 4	2 or more capsules as needed
COMBINATION 8	1 or 2 capsules as desired
DAMIANA	2 capsules twice daily
DANDELION	1 capsule twice daily
FENUGREEK	1 capsule twice daily
FENUGREEK AND THYME	2 capsules twice daily
FO-TI-TIENG	1 capsule twice daily
GINGER	1 capsule twice daily
GINSENG	1 capsule twice daily
GOLDEN SEAL ROOT	1 capsule twice daily
GOTU KOLA	2 capsules twice daily
HOPS	2 capsules twice daily
KELP	1 capsule twice daily
LICORICE ROOT	1 capsule twice daily
LOBELIA	1 capsule daily
MISTLETOE	1 capsule daily
PASSION FLOWERS	1 or 2 capsules daily
PROTEIN 96	2 capsules three times daily
PEACH BARK	2 capsules as needed
PSYILUM	2 capsules twice daily
SAFFRON	2 capsules twice daily
SARSAPARILLA	2 capsules twice daily
SASSAFRAS	1 capsule twice daily
SCULLCAP	2 capsules twice daily
SLIPPERY ELM	2 capsules twice daily
SPECIAL FORMULA #1	1 capsule three times daily
ST. JOHNSWORT	1 capsule twice daily

THYME	2 capsules twice daily
UVA URSI	1 capsule twice daily
VALERIAN ROOT	1 capsule twice daily
WOOD BETONY	1 capsule twice daily
YELLOW DOGK	2 capsules twice daily

SPECIAL HERB FORMULAS

ASTHMA - Combination 4 (A)

1. Blessed Thistle
2. Black Cohosh
3. Scullcap
4. Pleurasy Root

KIDNEY AND URINARY DIURETIC

Combination K

1. Uva Ursi
2. Parsley
3. Dandelion
4. Sassafras
5. Juniper Berries
6. Chamomile

PAIN AND AFTER CHILD

BIRTH PAIN - Combination AFS

1. Valerian Root
2. Wild Lettuce
3. Capsicum

EAR INFECTIONS - GENERAL

INFECTIONS - Combination IGS

1. Echinacea
2. Golden Seal
3. Poke Root
4. Capsicum

HEART - Combination HS

1. Hawthorne Berries
2. Capsicum

POULTICE - BONE KNITTER

Combination PLS

1. Comfrey Root
2. Golden Seal
3. Slippery Elm

THYROID - Combination TS

1. Irish Moss
2. Kelp
3. Parsley
4. Capsicum

HYPOGLYCEMIA - ENERGY

Protein 96

1. 96% Protein
2. 0% Carbohydrate

LUNG - ASTHMA - RESPIRATORY

TRACT - Combination LH

1. Comfrey Root
2. Mullein
3. Marshmallow
4. Slippery Elm
5. Lobelia

ULCERS - SYSTEM BUILDER

Combination U

1. Golden Seal
2. Capsicum
3. Myrrh Gum

ENERGY - HERBAL PICKUP

Combination GGC (HPU)

1. Gotu Kola
2. Ginseng
3. Capsicum

LOWER HIGH BLOOD PRESSURE

PROSTATE GLAND - Capsicum

And Garlic (HB)

1. Capsicum
2. Garlic

CALM NERVES - RELIEVE

TENSIONS - Combination 8 (N)

1. Capsicum
2. Lobelia
3. Valerian Root
4. Black Cohosh
5. Mistletoe
6. Ginger Root
7. Hops
8. Wood Betony
9. St. Johnswort

SKINNY FORMULA - WEIGHT

LOSS - Combination SF

1. Chickweed
2. Licorice
3. Saffron
4. Gotu Kola
5. Mandrake
6. Echinacea
7. Black Walnut
8. Hawthorne
9. Fennel

PROMOTE NATURAL

AND REFRESHING SLEEP

NO SIDE EFFECTS

Combination HVS (S)

1. Hops
2. Valerian Root
3. Scullcap

CLEANSING - Special

Formula #1 (CS)

1. Gentian
2. Catnip
3. Golden Seal
4. Barberry Bark of Root
5. Myrrh Gum
6. Yellow Dock
7. Bugle Weed
8. Irish Moss
9. Comfrey
10. Fenugreek
11. Pink Root
12. Chickweed
13. Cyani Flowers
14. Mandrake

PROSTATE - URINARY

TRACT CLEANSING

Combination PS

1. Kelp
2. Black Cohosh
3. Hydrocotyle Asiatica
4. Licorice
5. Golden Seal
6. Lobelia
7. Capsicum
8. Ginger

WORMS - (No Formula)

1. Blessed Thistle
2. Chamomile
3. Slippery Elm
4. Wood Betony

HERBAL SURVIVAL KIT

VACUUM-PACKED CAN

1. Comfrey and Fenugreek
2. Dandelion
3. Licorice
4. Combination AFS
5. Combination IGS
6. Golden Seal
7. Black Cohosh
8. Combination K
9. Combination U
10. Capsicum And Garlic
11. Combination 8

VITAMINS AND FOOD SUPPLEMENTS

XXXXX

NATURAL VITAMIN AVAILABILITY

VITAMIN "A"

Needed for night vision. Acts to prevent infection, aids vision. Vitamin "A" is stored in the body, but under great strain and stress, the surplus is quickly dissipated.

Found in: lambsquarters, alfalfa leaf and seed, dandelion, parsley, paprika, watercress, okra pods, green and yellow vegetables and fruits, tomatoes and olives.

VITAMIN "B₁"

Improves appetite, tones the muscles. Acts as a general nutrition stimulant. Needed for growth.

Found in: fava beans, dulse, bladderwrack, fenugreek, kelp, okra, wheat germ, whole rice, nuts.

VITAMIN "C"

Essential to healthy gums and teeth: prevents scurvy. A fresh supply must be provided daily.

Found in: fresh oranges, grapefruit, lemons, tomatoes, raw potatoes, capsicum, coltsfoot, watercress, paprika, rose hips, oregano, parsley, marigold, elderberries.

VITAMIN "D"

Necessary for building and keeping of good bones and teeth. A limited amount stored in the body. Prevents rickets.

Found in: fish liver oils.

VITAMIN "E"

Said to strengthen the reproductive faculties. Also called 'the heart vitamin.'

Found in: green vegetables, dulse, alfalfa, dandelion leaves, watercress, sesame, kelp, flax seed, wheat germ.

VITAMIN "P" (RUTIN)

Believed to be of great benefit in strengthening tiny blood vessels.

Found in: german rue, buckwheat, paprika.

Characteristics to Remember about Natural Vitamins

1. Natural Vitamins must NOT be segregated, separated or isolated. The most that can be done to increase their potency without disturbing their natural BALANCE is to evaporate the moisture and remove the fiber so as to conserve space and temporarily render the vitamins inactive by removing the moisture. They can be kept by drying as we dry fruits, beans, corn, etc.
2. NATURAL FOOD VITAMINS are never highly concentrated. Nature is interested in BALANCE not POTENCY. This means that to get higher than normal potency NATURAL VITAMINS MUST BE CONSUMED IN QUANTITY. Synthetic and Crystalline vitamins lend themselves to high potency concentrations in a few small pills. NATURALS must be used in quantity as you would food. You do not count the peas or beans you had for dinner. Then why count the tablets of Greenlife you may take.
3. Natural vitamins build nutritionally – synthetics medically.
4. Natural vitamins build slowly but exceedingly well as NATURE always does – Synthetics give a quick spasmodic spurt that may not be lasting.
5. Naturals are NON-TOXIC in any quantity – some synthetics may be very toxic. They are not a food; therefore, they should be used only under a doctor's supervision.
6. Naturals are much more expensive because they are perishable and every precaution must be taken to preserve their life and integrity. Synthetics are "dead" inert, cheaper, and present much less expensive handling problems. As with any inert material, greater mass production creates cheaper bargain prices.

When comparing natural concentrates with synthetics, just remember these three points:

1. "There was never anything in the world that some man could not make a little worse and sell a little cheaper. Those people who consider price only are this man's lawful prey."
John Ruskin
2. "The bitter memory of poor quality remains long after the sweetness of cheap price is forgotten."
3. GOD made NATURALS – MAN made SYNTHETICS. In which will you put your trust?

Probably never in history has so much money been spent on the advertising and the purchasing of any merchandise with so little knowledge of the product itself on the part of either the seller or the buyer as has been spent on vitamins. Over four hundred million dollars is now being spent annually and neither the purchasers nor those in the long chain of jobbers, wholesalers, retailers, over the counter dispensers, or direct to consumer salesmen know the difference between a SYNTHETIC, a CRYSTALLINE or a truly NATURAL vitamin. They know nothing of how they work, their characteristics, their attributes, their sources, their

advantages, or disadvantages, nor how to tell one from the other by reading the label. We want our users of Greenlife, distributors, and customers to know exactly WHAT they are buying and selling.

1. **NATURAL:** As far as our literature is concerned **NATURAL** means vitamins as found in natural foods untampered with in any way that might change their molecule — their biological or biochemical combinations, or their action — this usually means that only the fibre and moisture has been removed.

All labels of truly **NATURAL** food concentrates should indicate the exact food source from which the vitamin is obtained.

2. **CRYSTALLINE:** Means it had a natural food as its original source but was treated with various high powered chemicals, solvents, heat and distillations to reduce it down to one specific pure crystalline vitamin or amino acid and hence is no longer natural. It no longer has its synergists; that is, its enzymes, co-enzymes, minerals, mineral activators, and co-vitamin helpers. It has been reduced in a pure crystalline powder with one definite simple chemical structure. In this form it is but one single phase of the complete **VITAMIN COMPLEX**.
3. **SYNTHETIC:** Means that in the laboratory the scientist has reconstructed the exact structure of the **CRYSTALLINE** molecule by "putting together" or chemically combining the same molecules from other known sources. Chemically, therefore, there is no difference between the Synthetic and the Crystalline. As a vitamin there is no difference between the two. The crystalline may have a slight advantage in that it is difficult to reduce any natural product to an absolutely pure state and any impurities would be "synergists" and hence give a little value to the Crystalline over the Synthetic. On the label for either Synthetic or Crystalline only the chemical name of the single vitamin is usually given. Legally, it is not necessary to give the source from which the synthetic is derived.

Ten surprising facts about protein

1. Most of us eat at least twice as much protein as we really need.
2. You can get fat eating too much protein. Excess calories add up to extra pounds no matter what their source.
3. Most common sources of protein contain a much greater percentage of calories from fat than from protein.
4. Excess protein puts a strain on your liver and kidneys, which have to process and eliminate what the body doesn't need. Excess protein also promotes bone loss and resulting fractures.
5. Requirements for protein decline with age. Infants need nearly three times as much protein per pound of body weight as adults.
6. Protein cannot be stored by your body.

A new supply is needed daily.

7. After infancy, you can get all the protein you need by eating only vegetable foods—provided your diet is balanced.
8. You must consume "complete" protein within the same meal to get its full value. Unlike most animal proteins, most vegetable proteins are "incomplete," but can be combined or supplemented to form complete protein.
9. Nearly all vegetables contain some protein.
10. The amount of protein listed on food packages as "Percentage of U.S. Recommended Daily Allowance" can be misleading. Most people actually need only one half to two thirds the recommended amount each day.

PROTEIN

How to Get Good Protein

■ Most proteins from animals (including dairy products and eggs) contain reasonable amounts of all essential amino acids, plus a healthy supply of the nonessential ones. They are called *complete proteins*. A few, including proteins in some fish, contain less than an ideal amount of an essential amino acid and, by themselves, cannot support continued growth. These are called *partially complete proteins*. Proteins from vegetables are even more *incomplete*. But by combining two or more proteins that make up for each other's deficiencies, you can create a complete protein on your plate. Such combinations are called *complementary proteins*. If you mix a food made from corn with beans, for example, your protein will be as complete as in a piece of steak. Or if you

tant protein source, is usually paired with a protein food derived from soybeans, such as bean curd (tofu). In addition, tiny amounts of meat, fish, poultry or eggs are included in the meal. A Chinese dinner for six average adults can be made from only a half pound of meat and still provide adequate protein for all.

Western examples of completed protein include cereal and milk, macaroni and cheese, a noodle casserole with tuna, spaghetti with grated cheese.

In the ideal diet, protein should comprise only 10 to 15 percent of daily calories, fat no more than 30 percent and carbohydrates 55 to 60 percent. This balance is easier to achieve if two thirds of the daily protein come from plants because animal sources often contain more fat than protein. In a well-marbled T-bone steak, for example, up to 80 percent of the calories is fat.

In other protein foods—particularly vegetables—carbohydrates supply the bulk of the calories. In kidney beans, for example, 25 percent of the calories is protein, 70 percent carbohydrate. Whole-wheat bread is 16 percent protein, 80 percent carbohydrate.

There is also a caloric advantage to leaner sources of protein. A gram of fat provides the body with nine calories of fuel, but a gram of carbohydrate yields only four calories. Thus a half cup of creamed cottage cheese (4 percent butterfat) provides approximately the same amount of protein as a 2½-ounce hamburger but at half the calories.

In addition, vegetable proteins are generally less expensive than animal proteins. Each gram of protein in bologna, for example, costs four times as much as that in peanut butter; the protein in pork chops is five times as expensive as the same amount from kidney beans.

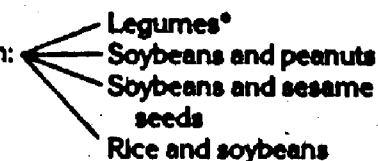
We would all be better off if we stopped thinking of vegetables and grains as merely side dishes that provide vitamins, minerals and roughage. Vegetables can also be an important source of protein for everyone. If you take advantage of their contribution to your daily protein intake, your diet will undoubtedly be healthier.

COMPLEMENTARY VEGETABLE PROTEINS


If a single meal combines vegetable proteins in any of the ways suggested below, you will obtain complete protein.

Rice with: 

- Wheat
- Legumes*
- Sesame seeds

Wheat with: 

- Legumes*
- Soybeans and peanuts
- Soybeans and sesame seeds
- Rice and soybeans

Legumes* with: 

- Corn
- Rice
- Wheat
- Sesame seeds
- Barley
- Oats

* Appropriate legumes include peanuts, black-eyed peas, chick-peas, soybeans and kidney, lima, navy and pinto beans.

smear peanut butter on whole-wheat bread you have a complete protein.

Another way to take full advantage of vegetable proteins is to eat them with a small amount of animal protein. That is, in fact, how most of the world gets its protein. In China and Japan, rice, an impor-

WHY MINERALS ARE NEEDED IN A HEALTHY HUMAN BODY

The value of minerals cannot be over-emphasized. They are absolutely imperative to health. The laws of life and growth are very closely interwoven with mineral elements. Every mineral has some distinct function to perform, and that is why they can be truly called "building stones."

Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless!

Listed below are 10 of the most important mineral elements found in the human body together with some of the functions performed by each and some of the foods in which they can be found.

CALCIUM — Gives stamina and endurance; builds bones and teeth; gives us "will power" and longevity; aids memory; prevents ulceration; coagulates blood in wounds; protects against T.B., rickets, and acidosis; gives firmness to the arteries; is essential to cell life and growth; Sunshine (Vitamin D) is necessary for the utilization of calcium.

During periods of pregnancy and lactation, women require much more calcium than normally, as they must furnish calcium for the baby.

Calcium is found in: cheese, dried figs, unpasteurized milk, cream, celery, rutabagas, dates, raisins, kelp, green leafy vegetables. Also: arrow root, dandelion, coltsfoot, chives, horsetail grass, meadow sweet, plantain, rest harrow, shepherds purse, pimpenell, okra pods, flax seed, mistletoe.

PHOSPHORUS — Consumed with every thought we think and every move we make; regulates the acid-alkaline balance; food for the brain and nerves; counteracts fatigue; stimulates all bodily functions; aids in growth of hair, bones and teeth. Deficiency of phosphorus may produce mental fatigue, listlessness, loss of memory, or nervousness.

Phosphorus is found in: egg yolk, lean meat, fish and sea foods, nuts, oatmeal, whole wheat, corn meal, prunes and kelp. Also: calamus, caraway seed, chickweed, licorice root, marigold flowers, meadow sweet, okra pods, sesame seed, garlic, sorrel, watercress.

IRON — Helps make red blood cells and aids in the oxygen carrying work of the blood; helps create vitality, stamina and mental ability. Without enough iron we become weak. A deficiency of iron causes one to become depressed and discouraged. Those who are engaged in heavy mental work are in need of iron. Lack of iron causes paleness, anemia, faintness, headaches, loss of weight, weak feeling.

Iron is found in: egg yolk, whole wheat, almonds, lean meat, dried apricots, dried peaches, prunes, raisins, parsnips, cauliflower, beets, blackberries, pineapple, sweet potatoes, grapes, kelp, blackstrap molasses. Also: burdock, devil's bit, meadow sweet, mullein leaves, rest harrow, salep, toad flax, silver weed, stinging nettle, strawberry leaves (wild), yellow dock, parsley, watercress.

IODINE -- Is needed for the glands of the body and especially the thyroid gland. Helps prevent goiter; aids in balancing the weight; assists in the assimilation of oxygen and calcium, necessary for proper heart action; gives vitality and longer life; helps prevent that tired feeling; helps prevent cold hands and feet; helps prevent slow thinking; helps to eliminate and counteract poisons; persons needing iodine most are the emotional, sentimental and the easily upset type. Iodine is a disinfectant and builds resistance against disease.

Iodine is found in: fish and sea foods, and might also be in: grapes, cranberries, oranges, mushrooms, cabbage, celery, carrots, cucumbers and lettuce unless they were raised in soil that was deficient in iodine. Also: iceland moss, irish moss, sarsaparilla, kelp, dulse, bladderwrack.

CHLORINE -- Essential for digestion and the making of HCl in the stomach; aids in elimination by purifying and cleansing body tissues; it is known as the "laundryman of the body." Helps prevent excessive weight; helps keep joints supple; helps distribute hormones; helps expel wastes and is Nature's disinfectant.

Chlorine is found in: cheese, celery, sauerkraut, tomatoes, endive, spinach, cabbage, fish and kelp.

POTASSIUM -- Flushes kidneys; prevents constipation; maintains normal heart beat; essential for strength and recuperative power; alkalizes the blood; glands must have it for making their secretions; known as a pain reliever and healer; essential for growth and repair; promotes sleep; makes the tissues and muscles elastic, supple and youthful.

Potassium is found in: beans, asparagus, potatoes, raisins, spinach, dates, cabbage, carrots, lettuce, tomatoes, peaches, pineapple and kelp. Also: kale, flax, American century birch bark, comfrey, borage, couch grass, summer savory, oak bark, fennel-seed, mullein, waywort, nettle leaves, plantain leaves, coltsfoot, chamomile, yarrow, sanicle, watercress, dandelion, eyebright, mistletoe.

SODIUM -- Aids in neutralizing acidity; has a dissolving action on stone, lime or other concretions in the body; gives a clear thinking brain; aids in preventing arthritis; aids in preventing hardening of the arteries and cataract of the eye; prevents continual hunger; often aids sinus and catarrhal conditions; gives energy, strength, endurance and good digestion. Too much sodium, in the form of sodium chloride (table salt) has a bad effect on kidneys and raises blood pressure.

Sodium is found in: wheat germ, spinach, okra, beets, strawberries, lima beans, pumpkin, turnips, squash, string beans, cucumbers, carrots and kelp. Also: fest harrow, fennel seed, cleavers, waywort, stinging nettle, mistletoe, devil's bit, okra pods, black willow, shepherds purse, meadow sweet, watercress.

SULPHUR - Helps to prevent infections of all kinds: stimulates liver and gall bladder secretions; cleanses, purifies and tones the blood; develops brain power; clears the skin; makes glossy hair: acts as an intestinal antiseptic; needed for the nerves.

Sulphur is found in: lean meat, fish, eggs, cauliflower, broccoli, cucumbers, corn, onions, turnips and kelp. Also: broom tops, calamus, coltsfoot, eyebright, irish moss, pimpernell, shepherds purse, fennel seed, meadow sweet, silver weed, stinging nettle, rest harrow, mullein, waywort, plantain leaves, watercress, souring rush, garlic, asafoetida.

MAGNESIUM - Nerve relaxer: sleep producer: muscle activator: aids in production of certain enzymes: aids glands and nerves; hardens bones and teeth: an aid to body relaxation, beauty and good disposition; refreshes the entire system.

Magnesium is found in: almonds, walnuts, peanuts, barley, corn, raisins, prunes, beef, fish, milk, oatmeal, raspberries, cherries, beets, dandelion, spinach and kelp. Also: primrose, toad flax, devil's bit, dulse, black willow, broom tops, skunk cabbage, okra, meadow sweet, kale, mistletoe, parsley, peppermint, rest harrow, silver weed, mullein, dandelion, bladderwrack.

MANGANESE - Helps to prevent worry and irritation; aids in the building of firm tissues; helps build strong bones and healthy nerves: is a nerve and brain tonic and stimulates the memory; helps one's thoughts become connected and coherent. enables a person to become adapted to darkness: lack causes poor sight.

Manganese is found in: whole grains, brown rice, nuts, bananas, all leafy vegetables, beets, asparagus, celery, squash, parsley, spinach, lettuce and kelp.

In addition to those elements listed on the previous pages there are three more elements which do specific jobs as follows:

COPPER – Converts iron into hemoglobin thus aiding in iron assimilation and the transferring of iron from the food to the blood. Aids in tissue respiration.

SILICON – Hardens and polishes the bones and teeth, gives sparkling eyes, pearly teeth and nails, and glossy hair; tones the system.

Silicon is found in: horsetail grass and oat straw, and in most other plants to some extent.

FLUORINE – Forms the enamel of the teeth and bones. It strengthens and builds resistance to disease and preserves youthfulness. Synthetic fluorine and fluorides, such as those added to water, are pure poison.

Natural fluorine is found in minute quantities in: almonds, carrots, beet tops, turnip tops, dandelion, spinach, celery tops, raw goat's milk, Swiss cheese, egg yolks, cauliflower, cabbage, watercress, parsley, cucumber.

TRACE ELEMENTS

Boron	Radium	Chromium
Barium	Aluminum	Lithium
Bismuth	Arsenic	Silver
Zinc	Nickel	Strontium
Cobalt	Mercury	Titanium
		Vanadium

Any time these elements are deficient in the body, the body is weakened to the degree of the deficiency. We must have good soil to produce good food. The microorganisms in the soil digest, with the help of water, air and warmth, the crude and waste organic matter and produce enzymes and organic acids which dissolve the minerals and make them available. Trace minerals act as biocatalysts until finally the soil is penetrated by digested organic matter –

HUMUS – Humus stores water and available minerals and acts as food for bacteria. Thus, the materials are made ready for the plant root. The plant root excretes organic acids and enzymes which favor and stimulate microorganisms to increase their activity. At this point the soil is made ready. Man supports nature's process by cultivation, compost and manure (plant or animal). Nature maintains the balance unless man interferes.

Note: Any of the minerals listed on the previous pages that are not in the soil will not be in the plants!

“POOR SOIL PRODUCES SICK PLANTS, SICK ANIMALS AND SICK PEOPLE.”

BOOKLIST FOR LESSONS IN LIVING
PRIMARY SOURCE:
THE WORD OF GOD

HEALTH (GENERAL)

How to Get Well Paavo Airola
 Living Life to Live it Longer Herbert M. Shelton
 Toxemia John H. Tilden, M.D.
 Nutrition Almanac Nutrition Search, Inc.
 John D. Kirschmann, Dir.
 Nutrition and Physical Degeneration Weston A. Price
 Preventive Organic Medicine Kurt W. Donsback, D.C., N.D.
 Eat Your Way to Better Health Andrew G. Rosenberger
 None of These Diseases S.I. McMillin, M.D.
 Get Well Naturally Linda Clark
 Know Your Nutrition Linda Clark

FOODS

Diet and Salad Suggestions N.W. Walker
 Raw Food and Juices Bircher-Benner
 Fact Book on Food Additives Beatrice Trum Hunter
 Food Combining Made Easy Herbert M. Shelton
 Body, Mind and Sugar E.M. Abrahamson and
 A.W. Pezet
 The Natural Foods Primer Beatrice Trum Hunter
 Raw-Eating A.T. Hovannessian
 Unfired Food George Drews
 The Miracle of Garlic Paavo Airola
 The Supermarket Handbook Nikki and David Goldbeck
 Are You Confused? Paavo Airola
 Consumer Beware Beatrice Trum Hunter
 The Poisons in Your Food William Longgood
 Sugar Blues William Dufty

RECIPE BOOKS

Happy Eating Grace Bliss
 The Deaf Smith Country Cookbook Frank Ford
 The Little Cyanide Cookbook June DeSpain
 Diet for a Small Planet Frances Moore Lappe
 Ten Talents Frank and Rosalie Hurd
 Eating Your Way to Health Ruth Kunz-Bircher
 "No-Cook" Book John H. Tobe
 Cook-Less Recipes Shirley A. Boie

RECIPE BOOKS (continued)

Diet and Salad Suggestions N.W. Walker, D, Sc.
 Live Foods George and Doris Fathman

FASTING

Fasting Can Save Your Life Herbert M. Shelton
 Dr. Christopher's 3-Day Cleansing Program John R. Christopher N.D.
 Therapeutic Fasting Arnold DeVries

WATER

The Shocking Truth About Water Paul Bragg

EYES

Better Eyesight Without Glasses W.H. Bates
 The Art of Seeing Aldores Huxley
 Cataract - Glaucoma John H. Tobe

GARDENING (ORGANIC)

Companion Plants Gregg Philbrick
 How to Grow Vegetables and Fruits by the Organic Method J.I. Rodale
 The Encyclopedia of Organic Gardening J.I. Rodale
 The Organic Way to Plant Protection J.I. Rodale

HERBS

Field Guide to Edible Wild Plants Bradford Angier
 The Herbalist (Monthly publication Box 62, Provo UT 84601) Joseph E. Meyer
 Back to Eden Jethro Kloss
 Herbal Handbook for Everyone Juliette de Bairacli Levy
 Herbally Yours Penny C. Royal
 Eat the Weeds Ben Charles Harris
 The Weed Cookbook Adrienne Crowhurst
 Edible Wild Plants Oliver Perry Medsger

NATURAL FOOD PRESERVATION AND STORING

Food Drying the Natural Way Bee Beyer
 Stocking Up J.I. Rodale

BOOKLIST FOR LESSONS IN LIVING
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CHILDREN

The First Nine Months of Life	Geraldine Lux Flanagan
Pregnancy and Birth	Alan F. Guttmacher
Emergency Childbirth	Gregory J. White, M.D.
Commonsense Childbirth	Lester D. Hazell
Childbirth Without Fear	Grantly Dick-Read, M.D.
Husband Coached Childbirth	Robert A. Bradley, M.D.
The Womanly Art of Breast- feeding	La Leche League
Nursing Your Baby	Karen Pryor
Don't Get Stuck	Hannah Allen
Vaccination The Silent Killer	Ida Honorof and E. McBean
Why Your Child Is Hyperactive	Ben F. Feingold

EXERCISE

Aerobics

The New Aerobics	Kenneth H. Cooper, M.D.
Aerobics for Women	Kenneth H. Cooper, M.D.
Royal Canadian Air Force Exercise Plans for Physical Fitness	Mildred and Kenneth H. Cooper
	Royal Canadian Air Force

RECOMMENDED BOOK LIST

Category V

Books

The Art of Homemaking

Disciplines of the Beautiful Woman, Anne Ortland

Ball Blue Book, Easy Guide to Tasty, Thrifty Canning and Freezing, Ball Corp.

The Tassajara Bread Book, Edward Espe Brown

The Pillsbury Family Cookbook, The Pillsbury Co.

Betty Crocker's Cookbook

Better Homes and Gardens Cookbook

The Ideals Whole Grain Cookbook, Ideals Publ. Co

Betty Crocker's Hostess Cookbook

Cooking for Compliments, Knudsen

Joy of Cooking, Romboner and Becker

N.A.C.U.F.S. (National Assoc. of College and University Food Services) --

Quality Vegetarian Recipes

Happy Eating

Back to Eden, Jethro Kloss

The Soil and Health, Sir Albert Howard

Nutrition and The Soil, Dr. Lionel James Picton

The Living Soil, E.B. Balfour

Gardening with Nature, Leonard Wickenden

How To Grow Vegetables and Fruits by the Organic Method, J.I. Rodale

Encyclopedia of Organic Gardening, J.I. Rodale

The Organic Way to Plant Protection, J.I. Rodale

Weeds: Guardians of The Soil, Joseph Coccannouer

Gardening Without Work, Ruth Stout

Companion Plants, Helen Philbrick and Richard Gregg

Mucusless-Diet Healing System, Arnold Ehret

Diet and Salad Suggestions, N.W. Walker, D.Sc.

Become Younger, N.W. Walker, D.Sc.

Folk Medicine, Dr. D.C. Jarvis

The Restoration of Health Nature's Way, Edwin Flatto

A Matter of Life, Dr. William Coda Martin

Eat The Weeds, Ben Charles Harris

Stalking The Wild Asparagus, Euell Gibbons

Toxemia Explained, Dr. J.H. Tilden

The Web of Life, John H. Stover

The Wheel of Health, Dr. G.T. Wrench

Body, Mind and Sugar, Dr. Arthur F. Coca

The National Malnutrition, Dr. D.J. Quigley

Eat Your Way to Better Health, Andrew G. Rosenberger

Unintentional Suicide, Melchoir Dikers

Misc. tapes available at Headquarters

Physical Self Sufficiency, Steve Sann and Ira Hearne

Lessons in Living, Grace Bliss

Organic Gardening, Ira Hearne

Foods in Health, Ellie Wilson

Foods, Ellie Wilson

History of Biblical Foods, Ellie Wilson

Foods of the Bible, Ellie Wilson

Syllabus

Reflections

Magazines to order

Natural Food and Farming

Organic Gardening