

Eve

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THE TRIM SECRET

From the time I was a little girl, my hair was never very healthy. It was pretty thin, and the constant wearing of baubles and elastics only enhanced its stringy look. At age 6 or 7, I remember a few people wanting to trim my hair, saying that it would help it grow longer, but no, I didn't believe that. I wouldn't allow anyone to trim it, thinking surely that would only make it shorter. Consequently, my split ends quickly made their way practically up to my scalp!

By the time I was 10, my hair was in even sadder shape. Being so young, it wasn't a source of discouragement—I just wanted it to be long so badly. Finally my parents decided I needed a new start. (Actually, I think it was a sweet pre-adolescent move on their part, as they knew boys would soon be entering my focus of interest, and I needed a little hair-lift, ha!) They planned to get my hair cut real short, so it would have a better chance of being healthy.

We were living in India at the time, and Mom and I went out to find me a haircut. Incidentally, it was right around the time that the *Heaven's Magic* tape had come out, and what do you know?—We ran into a hair salon called ... yep, "Heaven's Magic"! It had to be the Lord. So in I went, not fully aware of what was about to befall me. Once I realized my precious little hair had been chopped off, and was now bobbing barely below my ears, I wept.

When I got home, I remember going to my bedroom and getting seriously desperate with the Lord. I searched my heart for any lessons I needed to learn in my life in connection with my hair. The only thing that came to mind was that for years I had adamantly refused to let anyone trim my hair, insisting I knew better. I had a metanoia that evening. I sincerely promised the Lord that I would trim my hair every month if He would help it to grow healthy and long.

I kept my part of the bargain and didn't miss a month for years, at least to my recollection. The Lord did His part too, and within several years, my hair was wonderfully healthy and eventually reached almost to my knees!

Since then I've always tried to pass this tip on to other girls with poor hair. Just don't trim off too much, but believe it or not, it won't make your hair consistently shorter. It keeps the split ends at bay, which allows the natural oils in your hair to keep your other hair healthy and growing, instead of having to make the long journey to the ends of your hair in the hopes of repairing your dry, split ends.

Of course, prayer is a big key to healthy hair. But I believe this tip can help too. And if you're discouraged over your hair, take heart! If I could end up with healthy hair, anyone can. ♦

From Jenna (24), Mama's Home

ALOHA ALOE!

Aloe vera plants are easy to grow and make a wonderful addition to an indoor plant collection. The leaves from the aloe vera plant contain a clear, jelly-like sap that promotes healing, and cools and soothes the skin. It is naturally astringent, so if you have dry skin you may want to mix it with a little vegetable oil (or other natural oil—like coconut, almond, olive, etc.) before applying it. Plain aloe vera gel makes a wonderful setting lotion for the hair and a great treatment for sunburn.

Some more info on aloe vera gel:

- Relieves pain and itching.
- Is anti-microbial—resistant to infections.
- Astringent—solidifies the cell tissues, making it stronger, and recuperates damaged cells.
- Biogenetic stimulator—increases cell growth and cures damaged tissues rapidly.
- Eliminates skin marks, such as marks caused by the sun, recent scars and bruises.
- Anti-inflammatory—rapidly reduces dilatations of the skin and muscles.
- Good for scalds and burns—eliminates pain and the possibility of infection. Reduces blistering and leaves no scars

if applied immediately.

- In grazes and cuts, accelerates the process of restoring cells and disinfects, leaves no scars or marks to the skin.
- On acne and spots, the gel stimulates the cells, eliminates infections and clogged pores. It's a natural astringent, powerful preserver and restorer of cells, also used against wrinkles. Can be applied to skin for eczema and insect bites, such as from mosquitoes and bees.
- Gel can be used after shaving.

If the fresh plant is available, simply slice open a leaf to expose the gel-like substance and apply directly on the skin. Always apply gel in layers. Do not massage into open wounds, but gently spread and leave it to be absorbed. Wash and apply more if needed. Repeat the same way. Can be applied to sunburn, and other minor burns, wrinkles, insect bites, skin irritations, and minor cuts.

Storage and use: The cut leaves of the aloe vera plant will keep for quite a long time; best in the fridge or a cool place. Do not slice the leaf open until you need to use it, and then just cut off enough for your use at any particular moment. This will keep the remainder moist and fresh until you need to use it the next time. ♦

From an FGA woman:

When my five-year-old daughter burnt her entire face with hot oil, we applied fresh aloe vera gel directly to her charred face (mixed with vitamin E). In one week there was no trace of the burns!—Thanks to desperate prayer and the Lord's leading on using aloe vera!

GETTING A GRIP
ON YOUTH

f you're anywhere around my age bracket or slightly above, maybe you've realized that you've just made it through your indestructible years—but now ... they're over. Such was my recent discovery. Those teen years which seemed to drag on forever—and ever and ever—are now gone, and the twenties are fast upon us. Each year is getting shorter. In short, our youth is flying by. There really aren't any worries, though, because if we didn't live so much in the present (a hazard of the 20-age), we'd realize that we're gracefully heading toward the beauty of mid-life! But no, we want to stay just where we are and preserve our youth for as long as possible. Well, everyone does, right? There can't be anything wrong with that.

I'd been through all the "normal" stages of teenhood—the rebellion, the crazy stunts, the extreme statements, the use-all-your-mascara-in-one-shot makeup job overkill,

and so on. But there comes a time when you've got to kind of level out and find somewhere comfy to put your weight down, so that you can do your work for the Lord, while still feeling good about yourself.

It's hard to change your mentality and begin preparing for the future and ... getting older, but now is the time to start, and good habits sure help. Maybe you've noticed a wave (albeit a small one) beginning to wash through your area of young people who are starting to take better care of themselves (a.k.a. eat balanced meals; acknowledge that their heart is a vital organ that needs exercise rather than simply an emotional device that shoots up into their throat when infatuation strikes, and sinks into the pit of their stomach when they're in deep trouble; etc., etc.). I've noticed a new trend starting and I think it's great, providing people don't go overboard.

I must have been on the "worst list" when it comes to taking simple good care of yourself. Don't get me wrong: I did shower, brush my hair, look nice and worry about my weight—as many young women do, it seems. But I didn't do it the right way. I didn't exercise regularly or in the proper way. I would skip it for weeks and then exert myself way out of proportion. I would eat, eat, eat and eat some more—then quit for a while if the scales were scaring me. On the list goes.

Knowing that I would never enact a great change-all in one fell swoop, I decided to get my act together slowly, starting with three basic steps.—Try it! It really makes a difference.

From Celi (23), Asia

1. Eat right.

Lay off some of the ultra-fatty, junk-food-type things that you really don't have to have. It clears up your complexion, makes you generally feel better and cuts excess fat—you bet! Try to go more natural: whole wheat bread; brown rice; lots of vegetables and fruits; and balanced plates. Snack on lighter foods in-between meals.

2. Work out faithfully.

Get into it. Have some type of get-out every day, preferably 30-35 minutes of heart-pumping aerobics. Jump rope is great (and options for other exercise activities are endless). Use handheld and leg weights if your current exercise program isn't challenging enough. After getting your aerobic shot for the day, focus on toning and shaping.

3. Be beauty-moderate.

This one might sound odd, but I've lived with a ton of girls who over-use beauty products.—Of course, I have too. Let's take makeup as an example. It can certainly lift your appearance, especially when you're feeling lousy. But if you wear it all day long, and a lot of it, then when it comes time to spice up for some occasion, you're plumb out of options. Make it a goal to focus on shaping up your food and exercise habits. Believe me, doing this will make you feel good in itself. Then, if you're a real makeup "must-haver," light makeup will suffice. And the full treatment can be saved for special occasions. (This can apply to our lovely FGA women, too. As Dad has said in the Letters, often they need a touch more color on a daily basis, but the light look works pretty well.) ♦

Phoebe...on makeup

If you, dear Family girls, cake yourself up with too much makeup, it can detract from the Lord, Who wants to shine brightly right through your beautiful eyes! Your eyes are so important, so it's nice to be prayerful and careful about how you adorn them, because the Lord wants to really shine through your eyes.

One thing I can say for sure is that the best makeup anybody can wear is Jesus. It's always best to pray and ask the Lord and get a proper balance in all these things. Don't fall for the Devil's tricks and let him muck up your showcase! The best advice I can give you about makeup is what Dad has already said, and is really tops as far as good counsel: Just use a light touch to enhance the beauty that the Lord has already given you (ML #3125:33,40). (*Eve: See "Man Looketh on the Outward Appearance—Pt.2" for more from Phoebe and Dad on makeup.*) ♦

Soften Chapped Lips with a Tea Bag

To relieve dry lips from wind or icy cold weather: Wet a plain black or green tea bag with warm water (you can save used tea bags for this purpose) and press lightly over your lips for about five minutes. Be careful not to burn your lips by making it too hot! Re-warm if needed. Repeat several times a day. ♦

From Jasmine, WS



I am not pregnant right now. But if/when I am again, these are the 3 things on the top of my “do better next time” list.— Mostly, I have learned the hard way.

1

Come to the Lord for specific concerns and follow His leadings.

Pregnancy is a time of many questions, and for every question, the Lord has an answer. When I was pregnant with Kimby, someone suggested I add to my delivery prayer requests that I wouldn’t hemorrhage. I was happy to do so, but I didn’t really commit myself to that one with the same intensity I did to others. I wasn’t even sure exactly what it *meant* to hemorrhage; it sounded like something that only happened to women in the Middle Ages.

So when I hemorrhaged badly at Kimby’s birth, I revised my thinking very quickly on that topic. On my second round of pregnancy, I put that request at the top of my list. I was also anxious to find out if there were any natural remedies that could help with this. A midwife I talked to recommended eating alfalfa sprouts. In the absence of the natural specimen (or the inability to keep up an adequate daily

diet), she suggested tablets (of natural compressed alfalfa). This midwife said that in the hundreds of deliveries she’d attended, she’d seen a notable difference in the blood clotting of women who’d consumed alfalfa regularly. Recommended dosage was up to 4 tablets, 3 times daily with food. Between the alfalfa and the prayer, I did not hemorrhage at all at my second birth. PTL!

So right up there on my do-next-time list is to get desperate with the Lord for any needs, problems or questions I have, and then follow through on what He confirms is the best thing to do.

(Dr. Koger speaking:) As far as this alfalfa goes, yes, it helped dear Jasmine a lot during her pregnancy. It’s funny how things like that work—different factors have to be right in order for them to work. She was praying, number one, and committing it to the Lord. She was doing her part—eating the tablets. And yes, the Lord used the natural goodness in the alfalfa to strengthen her body in that way. It

would be difficult to get that amount just by eating the sprouts, as the tablets are much more concentrated. Eating the sprouts on a regular basis helps to give your body those good things and strengthens you over time, but it's not a quick fix.

Recommending it to the Family is a good idea, because it's a natural remedy that the Lord has made. But what you have to remember with any vitamin or nutritious food, or even exercise, is that what works for one doesn't necessarily work for everyone, and the way to find out what's going to work for you is to ask the Lord. Then you can invest your time and effort into something that the Lord's really able to bless and use, because you're obeying and cooperating with Him.

If you just eat alfalfa and trust in that, rather than praying and seeking the Lord, getting prepared spiritually for the delivery and all, well, it probably won't do you a bit of good. But if you're desperate with the Lord, and He leads you to take alfalfa as something you can do, then by all means, go for it, and He'll do the miracle that you can't do! So the principle to remember with all these little health tips is to first of all ask Him what He knows is best for you, then roll away the stone in obedience, and watch Him do the miracle!

2

Keep up a moderate exercise program.

Being an avid food-lover, I am not the type that can easily diet or watch what I eat. That's probably part of the reason why I've gained 50 pounds (23 kg) during each of my pregnancies. I

don't regret it one bit; it all comes off fine after, and I'm told it makes for healthy, smart babies.

What I *have* noticed is that in both pregnancies, at about 7 months along, my get-out zeal fizzles out big-time, and that's when the sad stuff starts.— Namely, I keep eating, and instead of burning my token daily calories, I blob. Oh, well, it's all part of pregnancy, but I am resolved next time to keep at least a weeny bit of exercise going—say a daily walk, swim or something. I'm sure my thighs will thank me! Then I can rest assured, as I placidly gain my weight, that I'm doing all I can—not only for my self-esteem, but also keeping my body in as good a shape as possible for the great experience soon to come!—And you really can feel the difference, both in labor and in recovery time afterwards, if you've kept up with regular exercise all the way through. (*Note: See more on exercise in pregnancy in Eve #1, pg.7.*)

Pregnancy Weight Gain Perks

(*Dr. Koger speaking:*) Except for extreme circumstances where the mothers are really overweight to begin with, the primary concern is that the baby gets what it needs, and if the mother gains weight, well, that's part of the sacrifice of having a baby and literally laying down your life for your child. You shouldn't feel bad if you gain extra weight during pregnancy—because it's better to be a bit chubby than to deprive your baby of what it needs.

You might think that your baby will come out all right even if you don't eat like you're supposed to—and chances are that it might seem that way. But the baby doesn't grow on nothing—it either takes what it needs from your body, weakening your body, which you might not even notice till later, or else if your body doesn't have what your baby needs, then your baby isn't going to be as strong as it can be.

So the moral of the story is, do what you can, and then trust the Lord for the rest. Eat healthy—not junk food. Don't just go on a “free for all,” but eat what your body needs. Get your exercise faithfully, and then trust the Lord for the rest. If you gain a little weight, consider it part of the sacrifice you have to pay to receive such a priceless treasure!

But, by all means, stick with healthy foods, and be faithful with your exercise. Then you've done your part and the rest is up to the Lord. Don't have a defeatist attitude, that blobbing out is part of being pregnant. But don't refuse to eat or overdo on exercise to avoid gaining weight either. Just do what you can, and leave the rest with the Greatest Doctor in the Universe! He loves and cares for you and your little one, and is always faithful to do His part to make sure that you're healthy and that your body is functioning as it's meant to. But you have to do your part. Okay?

3

Go to bed early.

There's something to be said for having a baby who goes to sleep at a decent hour of the night. Of course, all babies *eventually* normalize their

schedule, but when there's something you can do to help. ... During my first pregnancy, I was pretty consistently in bed by 11 PM. The second time around, I found it wasn't quite so easy to get to bed that early—and all you parents probably know what I mean. (The kid is down, your time is finally your own to catch up on all those things that have been stacking up ... who wants to go to bed that early?) This time I averaged between 12 and 1 AM.

After the first 6 weeks or so, Kimby settled into her regular go-to-sleep schedule, settling down by 10 or so, and gradually I was able to move it up to 8:30 or 9. Lauren, on the other hand, had her bedtime body clock set after midnight, and it's been a lot harder getting her down early. As I write this (5 mos.), she goes down between 11 and 11:30. And that's progress! I'm sure it'll veer up slowly, but if there's any way I can get to bed earlier next time, in the interests of my future sleep-life, I shall most surely try!

Jesus

Yes, babies build habits while in the womb, sleep habits and activity-level habits, and these can continue on when they are born. It's not always the case, and babies' schedules change frequently. But your sleep schedule when they are in the womb does at times set the rhythm for their schedule later on.

Reactions to “Mama’s Memos No.8:

Nutrition for PG and nursing mothers on poor fields” (ML #3231)

Years ago when I was six months pregnant with my first child, we went to the mission field of Sri Lanka. This was my first time out of Australia; I must admit, the poverty was a bit of a shock. During my first six months of pregnancy, while still in Australia, I had been sick most of the time; whether the “right” foods were available or not, I couldn’t seem to eat or hold them down for long.

When we arrived in Sri Lanka, the Home didn’t have a fridge or running water, and was definitely very poor. We had to go witnessing before breakfast to get the money to eat! All this made me desperate to pray for my baby.

The happy ending is that even though I only gained six pounds during my whole pregnancy (*note: Normally not considered a healthy weight gain for pregnancy!*), my baby was eight pounds at birth! I had a five-hour labor with no complications. Now, 20 years later, he’s tall, dark and handsome, and not lacking at all from his seeming “unhealthy” start.

We need to remember that they are the Lord’s babies most of all, and if we do our best—eating the best we possibly can in our situation, and praying for whatever lacks there are—then God will do the rest. The most important thing is being where God wants us to be. He fills in all the blanks, and does all the miracles. Do what you can, and God will do the rest. Even now, after 20 years, I can still only marvel at the Lord’s miracle-working power in bringing our beautiful children into the world.—All glory to Him.

— From Karen, Australia

I have found in my nearly 30 years of world travel, and in nearly every country I’ve been in, if you really investigate the “food of the land,” you’re likely to find something that is common or native to that country which is affordable and also nutritious that can help supply your nutritional needs while pregnant. It might not always be what you have been accustomed to eating, but—with prayer and sometimes a little getting used to—you might find some good foods right under your nose that will give the needed nutritional value to supplement your diet.

Sometimes when I’ve talked to the native women who are selling in local markets and shops, they will offer helpful information on what is of good nutritional value for pregnant women and for children. Try asking them what local foods they eat while pregnant, or what foods they give to nursing moms, etc. It’s amazing what you can find out!

In addition, you can sometimes get normally high-priced health foods in the most unexpected places. Local marketplaces often have items much less expensive than in a fancy health shop. It may not be packaged all fancy, but is just as nutritious. While especially in the third world, it’s important to be careful about cleanliness and where you purchase your food, if you pray and let the Lord lead, you might just find some good deals on nutritious food things in the most unexpected places. For example, in one country I lived in years back, we were able to purchase at a very cheap price blackstrap molasses,

alfalfa (seeds are great to sprout—highly nutritious) and various grains from the ministry of agriculture depot that supplied the farmers! (These foods were used to feed animals—though if doing the same, be sure to inquire if it's clean enough for human consumption, as it was in this case.) Sometimes acquiring this information can take a bit of groundwork and investigation, but it's usually well worth it.

— *From an FGA woman, Europe*

It was encouraging to hear what the Lord had to say about taking care of our unborn little ones, even when we are not in a position to eat as well as it says in the FSM on the subject. We have found, though, that some pregnant mothers are so concerned with counting their grams of protein that they do not consider that the children and others also have needs, and put the Home under condemnation if they do not have everything that they need and want. Sometimes on these very poor fields it is just very difficult to get all the needs, and I am so thankful for the Lord's encouragement that He is taking care of the babies.

Another thing I would like to bring out is that pregnancy is not an illness; you should be able to carry on and get good exercise. Many times recently I have seen the attitude of, "Oh, she's PG," as though the girl is unable to help out with anything. (In this I do not mean that the girl should strain herself or get overtired, but just that she should be able to help and be a blessing in the Home as much as her health allows.) From experience, I have found that the lazier and more pampering I am with myself in my pregnancy, the harder the delivery I have. The FSM on "Nutrition

in Pregnancy" (FSM 313) also has a very good section on exercise and not being a couch potato, which—along with your diet—also has a lot to do with how your delivery goes.

— *From an FGA woman, Ukraine*

I have had five babies, all here on the mission field. I spent most of my last pregnancy in the very poor country of Nepal, in its early pioneering stages soon after the Charter. We did not have a lot of money, and I found out I was PG just a week or so before we got there! Our diet was not great; sometimes we just ate a lot of beans and other pulses (legumes, such as peas, lentils, etc.) without much other protein. (*Eve: Please see FSM 343, pg.14, the section entitled "More Protein, Anyone?" for some good tips on how to combine foods to add up to a complete protein.*)

Everyone in the Home was very sweet and tried to take good care of me, but a lot of times it was just not possible to get everything I needed. At times it was a battle not to worry, as I have a tendency to get anemic and have lots of problems with nausea. Then our visa expired, and toward the end of my pregnancy we moved back to Pakistan where food is a lot more abundant. Three weeks later I had my baby: a beautiful girl; whole, healthy, bright as a button and—get this—the biggest baby I've had yet, a whole three kilos! It just goes to show if we are faithful to do our part—in my case even eating foods that I did not particularly like—the Lord will do His, and will bring forth a healthy child for His glory! PTL!

— *From Ruthie Submission (SGA), Pakistan* ♦

Sexual Fitness

By Susan Goodman,
Redbook

Be a better
lover in

7

easy
STEPS

There's no getting around the fact that lovemaking gets better when the rest of your body is in shape. This isn't about looking like a centerfold; it's about intensifying your arousal and pleasure. Recent studies show that working out can increase your libido, and specific exercises can strengthen and tone those muscles that seem to exist only during sex.

Here are seven steps you can take to get (and stay) sexually fit:

1. Pump it up: Your heart, that is. Regular aerobic activity, such as cycling, swimming, jogging, or stepping can do wonders for your sex life. These exercises improve cardiovascular endurance, which translates into more staying power in the bedroom. Aerobic exercise also improves circulation. "If you're fit, when you make love, blood will flow to the most active muscles—the arms, legs, and genitals—without compromising other systems," explains Rudy Dressendorfer, Ph.D. As a result, your brain still gets plenty of blood, which allows for better distribution of sexual hormones. Increased blood supply also enhances vaginal lubrication.

Aerobic activity may also help put you in the mood for sex. The reason: Working out can cause the body to release testosterone, a hormone that

increases the sex drive of both men and women, and mood-elevating endorphins. Exercise also increases activity in the left side of the brain, which produces a euphoric effect.

2. Strengthen your thighs: Have you ever tried a new sexual position, only to find that while *you* are enthusiastic, your thighs are screaming, "How long do you expect us to keep this up?" If so, you know how vital it is to have strong muscles.

Aerobic exercises and weight lifting can strengthen these muscles, and regular stretching can keep them flexible. Lunges help too: Stand between two chairs, clasping your hands firmly on the top of each chair back for support. Lunge back with one leg, then stand up and repeat with the other leg. Start with one set of 8, building up to three sets of 12. Also, leg lifts can strengthen your abdominal muscles for better sex.

3. Give Power to the Pelvis: Not only can pelvic strength allow you to stay with a position longer, but a healthy set of muscles with good circulation is more responsive to pleasure. The psoas muscle, which rocks the pelvis forward and back and side to side, can be strengthened. Try this exercise: Stand with your knees slightly bent. Inhale while gently rocking the pelvis back. Exhale and return to the original position, letting the movement become a smooth, undulating motion. Your weight should remain evenly balanced on your feet.

The abdominal muscles are also crucial to great sex. They help you stay in partially sitting positions (on top) without arm support and help keep the lower back strong, which is important for thrusting. Modified leg lifts help. So do stomach crunches: Lie on your back, knees bent, feet flat on floor and hip width apart. Lifting your head, neck, and shoulders, with chin tucked on chest, slowly curl toward your navel. Hold for several seconds, then lower slowly. Repeat, working up to 20 repetitions.

Modified leg lifts: Lean back with one knee slightly bent. Exhaling, raise the other leg. Inhale as you lower it. Repeat 15 to 20 times with each leg.

4. Do Your Kegels: If you've had a baby, you've no doubt been told to do Kegel exercises, which strengthen the pubococcygeus (PC) muscles that form the pelvic floor between the legs. Toning these muscles, which contract during orgasm, helps many women climax more easily.

To do: Tighten your muscles as if to stop the flow of urine, and hold for

three seconds. Relax for three seconds, then repeat, building up your repetitions to 30. The exercise is best done with legs slightly apart rather than with thighs clamped together. You will find that you are drawing upward with your pelvis and will feel a tightening around your anus. If you find the exercise tiring, it may be that you're also tensing your buttocks and abdomen; try to isolate only your PC muscles.

5. Stretch yourself: It's not enough to be strong. You also want to be limber because, let's face it, leg cramps aren't sexy. And the feeling that something internal is ripping does nothing for sexual momentum. Flexibility helps you stay in positions that feel good and move into new ones you've never tried before. Stretches create a good base for flexibility. Imagine the positions you want to get in for lovemaking and do them as stretches.

6. Learn to Relax: There are times in lovemaking when you want your fit, limber muscles to simply go slack and submit to ecstasy. Relaxation is a skill you can learn—and one worth developing. "Relaxation helps you enjoy being touched and lets you be more physically and emotionally responsive," says Judy Seifer, Ph.D., a West Virginia sex therapist. Patricia, a 40-year-old social worker, agrees. "I realized I clenched my muscles when I got really aroused, almost to push myself into coming. I tried relaxing instead, to let coming come to me. Wow!"

7. Go for it: Sex, like any physical activity, is a use-it-or-lose-it proposition. Continuity is important; otherwise your hormone levels change and your mood right along with them. Other things may

crowd your schedule, but lovemaking should be penciled in to your calendar with an indelible marker. After all, the whole point of sexual fitness is to reap the erotic rewards. ♦

These are tips for fun and pleasure, but they're not exceptionally necessary, and in themselves alone don't make for fun, exotic sex. If you're looking for enhancement and variety and a little bit of a boost to your sexual life, then these tips could

Jesus

help you. But they're not all-inclusive or absolutely necessary. In fact, there are many other ways that you can heighten your sexual pleasure and enjoyment. Loving Me intimately is the greatest sex enhancer, and having the freedom of My Spirit is one of the most erotic rewards. This article outlines only a few of the many, many ways to spice up your sex life. You can still be sexy and have wonderful loving fun sex even without all this.

speaking



Looking for a *“perfect marriage”?*

It takes a while to get the kinks ironed out in a relationship. Marriage is one of the most humbling things, because the other person knows the real you—they see your ups and your downs, they see your blow-its, and yet they love you just the

same. That's what you need to remember when you get frustrated at each other: Remember all the times that you've been a stinker, or you haven't been too pleasant to be around, and yet your mate puts up with you and loves you just the same. That ought to make you love your mate even more, because they put up with you.

A relationship is never going to attain perfection. It's never going to be without hiccups along the way. But a successful marriage is between those who know how to handle these things, learn to communicate, and most of all learn to forget the past, to forget those past incidents, those past times when maybe you were a little hurt. Just turn the page every day on your relationship, and start with a brand new, clean sheet of paper. And if you give your hearts to Me, let Me control your life, then your hearts will beat as one, for they'll be one with Me. And we three, together, can be a good team. ♦

Real Questions

Real Guys

What is your personal favorite turn-on?

(Age 23:) Seeing a girl wearing only a T-shirt. Or when there's a certain type of lighting and you catch a glimpse of a silhouette of a girl who's obviously naked or topless. Also, when a girl's wearing clothing that you can almost see through, but not quite.

(Age 40-something:) What turns me on the most is knowing the girl enjoys having sex and/or gets a lot of pleasure out of it. When I start kissing her neck (while standing up), she tilts her head back, closes her eyes, opens her mouth slightly and begins to breathe deeply almost to the point of panting.

Then seeing she is enjoying it, by her responsive reactions, I start to rub her gently, softly, slowly. She reacts by gently rubbing against me, moving her hips, rotating between an up-and-down and circular motion. The more she responds, the more excited I get. All the time, we are slowly and gently taking off each

We interviewed a variety of men— younger, older, attached, single—and got some interesting answers. Okay, so this won't cover every viewpoint on the given topic, but we think you'll agree it gives quite a unique picture of what goes on inside the male mind.

We'll print a couple of questions each issue till we exhaust our supply. We hope you enjoy them as much as we have.

other's clothes. The breathing becomes deeper, the movements more rapid. We work our way up gradually, until neither of us can wait any longer, so we completely disrobe, lie in the bed and ... you can imagine the rest.

(Age 22:) When a girl initiates any form of loving it drives me wild. I especially like it when she comes from behind and wraps her arms around me and hugs me, holds onto my chest, or kisses the back of my neck. Shivers!

Tell us about your most outstanding or special Loving Jesus experience.

(Age 22:) The best Loving Jesus experience I've had with a partner was when having a date with someone who was very much on board with Loving Jesus intimately. I am not normally super expressive in bed, so though I may say things to our wonderful Lover in my heart, sometimes it's difficult to get them out of my mouth. I was a bit nervous—not a fearful nervous, but an excited nervous.

She began telling me how handsome and strong I was, then directed it to the Lord, thanking Him for it, then telling Him how much He turned her on, then how much I turned her on. I would answer with what I was feeling about her at the time, then I'd direct it to the Lord, and on it went till I found myself being able to express the much more explicit things that I normally would only say in my heart. I think this was the most memorable experience I've had along these lines. Though

it's all there in the Word, there's nothing like a living example.

(*Age 40s:*) It's not unusual for a woman to be erotic and sexy on a date with her love words to Jesus. But I like it when I am with a woman who is so free and uninhibited that I can say the most sexy and erotic love words to Jesus at extremely exciting times, especially just before going, and she responds either verbally or with her body movements, which is very supportive to me when Loving Jesus.

What do you like your date partners to wear to bed?

(*Age 23:*) Soft, silky things, or nothing!—Things that come off easy. Nothing with a zillion straps and snaps and buttons and eye-hooks and zippers.

(*Age 40-something:*) I prefer things that aren't rough or

scratchy, even if they are pretty and see-through.

(*Age 17:*) I have to say that I'm not that into what she's wearing to bed, mainly because it won't stay on her long anyway. But if I had to pick something for her to wear to bed, I suppose I would say that I really like a matching bra and panties. Black especially. And to wear during sex, there's nothing like a mini-skirt or short dress with nothing under it, just sort of pushed up above the breasts or waist during the actual act. That really does it for me.

(*Age 22:*) I enjoy a variety of bed-wear. To me, soft and silky just cries out "touch"; skimpy but covering says "please remove me"; button-down says "you've got to work for it"; loose and filmy says "my angel"; easily removed says "come and get me if you dare." The occasional men's shirt is kind of a tease as well. ♦

Sex Spicers

- Try kissing the back of his neck very softly, precisely where his hairline ends. Then, slowly, move your lips down to the base of his neck, then along each shoulder blade. And yes, have him reciprocate!

- Washing each other's hair can be erotic. Sit at one end of the tub and have your lover sit or lie between your legs, his back to you. Apply shampoo, then massage his scalp with gentle but firm pressure to his temples, the backs of his ears and the base of his hairline. Throw in a shoulder rub for good measure, and rinse with pitchers of warm, then cool water. Then switch positions and have him do the same to you.

FEATURE:

walking for health and fitness

Walk — Talk — Sing!

From Steffi, Mama's Home

In the mid- to late-eighties, I was halfway through my thirties. Dad had always taught us the importance of getting exercise, but when the “get-out” Letters came out, I’m sorry to say I took them quite lightly. I felt that making a concentrated effort to stick to a get-out routine was mostly for those “behind a desk” folks. As I did have a fair amount of activity with the running around that our day-to-day lives on the field brought, I reasoned that I was doing okay.

It seemed that my busy field life—raising kids, helping to run one Home as well as overseeing others, not to mention all the witnessing, provisioning, business, traveling, etc.—was surely enough exercise in my life. Ha! I liked being active, but there just never seemed to be enough time to officially fit it into my daily schedule. If this sounds like a familiar tune, read on!

There seemed to be so many obstacles to establishing a fixed get-out routine. To top it off, I fell under the delusion that because I didn’t need to lose weight, exercise wasn’t all that essential. Oh, what wrong conclusions we can sometimes draw!

It was no wonder I began to feel more and more sluggish as time went on. I had to learn the hard way that my daily routine of activities serving the

Lord, though it kept me plenty busy, and following a consistent get-out plan, were two entirely different things.

As time went on, I began to have that continual tired feeling, lacking energy and umph in my life. Sometimes I’d lay down to take a nap after lunch, only to wake up several hours later—and to top it off, feeling more tired than when I first lay down! I know the slowing down process is normal and to be expected as we grow older, but in my case, what I was going through seemed much too drastic.—After all, I was in my mid-30s, not my late 70s!

The sluggish feeling and lack of energy continued for months, to the point that loved ones suggested I go to the doctor for a checkup. The consensus of concerned brethren was that I surely must be anemic, or possibly have some other disorder that was zapping my strength. But at the checkup, including routine tests and analyzing of blood and urine, everything checked out A-OK. To my surprise, the doctor looked me in the eye and, instead of prescribing some kind of fortified vitamin tablets, said: “Try exercise!”

Needless to say, all this was provocation enough for me to get down to business with the Lord and do something about the sad state I had fallen into. Simultaneously, my children and others around me were approaching their teen years; seeing the need for them to get good exercise as well was another incentive to do something about my own disobedience along this

line. How could I preach something I was not being a sample in myself?

The Lord's timing is amazing!—My visit to the doctor and the resultant findings coincided with the release of what was to become a milestone Letter in my life: "The Fight of Faith for Health" (ML #2546). The section called, "Don't Abuse Your Body!—Eat Right, Sleep Right, Exercise Right!" spoke to me loud and clear—especially this key quote that reads: "You and I get out and exercise every day, vigorously, strenuously, whether we like it or not, and whether we think we have time for it or not! We have to if we're going to stay alive! You can't put it off and say, 'Well, I don't have time today.' If you don't have time today you'll never have time for it, because every day stands alone! Today is the day you should get vigorous exercise, some time today! Today is the day you should eat the right foods! Tonight is the night you should get enough sleep!"

That was it! Here I had been tired and sluggish for months on end, and the answer to my problem was right there before me—get-out! All I had to do was obey what Dad had been teaching us all along! Right then and there I got desperate with the Lord and asked Him to help me. I made a resolution that with His help and by His grace, I would never neglect my exercise again.

With all said and done, I faced my next hurdle. What kind of exercise could I stick to that could be done almost anywhere, anytime? Those were the days when we, as a Family, were beginning to venture out into doing aerobic workout videos. I liked aerobics, but I quickly found this was not the solution for me at the time. In my situation, the conditions were not always right to be able to do aerobics

and really stick with it. The same proved true with other get-out possibilities. Group sports, such as volleyball or birdie, were fun, but at that time, it rarely worked out for me to do those type of sports, which required enough space and/or enough players which were hard to come by on a daily basis. So what was I to do?

I then remembered several articles that had been coming out in the WNDs in the months prior, on the subject of walking.

"Gee," I thought to myself, "Dad keeps putting articles in the WND on how good walking is for exercise; maybe the Lord is trying to show me something here." Ha! I never considered plain ol' walking to be a particularly exceptional get-out—but I thought I might as well give it a try. After all, one thing was certain: Walking was something I already knew how to do. Surely I could find a place to walk just about anywhere I was, in whatever Home or situation. (At the time I made this commitment to exercise, I was traveling quite often.) All I needed to get into this new walking fitness push was the determination to do it, and a pair of comfy shoes!

So I started taking a daily walk for exercise. I discovered that the more I got into it, the more I liked it, and the better I felt. The overall improvement in my health was outstanding!

One thing I'd like to mention is that any kind of walking is good for you. Walking for exercise is something that you can personalize to suit your needs. Walking has no bounds, really—whether you choose a more leisurely walk to enjoy the outdoors and take in fresh air, or if you'd like to work up to a "fitness walk" routine, or perhaps venture out into more serious hiking.

It's up to you and your needs—but all forms of walking will do you good.

Fitness walking, or what is also commonly known as “power walking” or “exercise walking,” is simply walking at a brisk pace. I found that as I continued to walk, I naturally worked up to the power walking stage. I tried my best to walk outdoors, either around the yard, or around the neighborhood with a partner. As I progressed and became more fit, I'd find myself always looking for hilly streets to go up and down, in order to provide some resistance and a heartier workout.

You can practically always find a place to walk, even if you have to pace up and down in a small area—which I've found necessary from time to time. The most important thing I discovered was I had to be faithful. If I found myself in a situation where I did not have wide, open spaces to walk in, I didn't let that stop me. Walking in a small or confined space was better than no exercise at all.

Power walking has helped change my physical state of health, there's no doubt about it; now in my mid-forties, I'm still at it! In recent years I'm not nearly as susceptible to colds, coughs and other germs as in times past. Power walking is a great preventative for bad headaches, as well as for those prone to menstrual cramps and that accompanying blasé feeling that often comes at that time of the month. If you're young, it's an invaluable habit to acquire and will help keep you in tiptop shape for years to come. If you're entering the menopause years, it's proven to be an all-around booster to ward off all those unwanted possible side effects of this stage in life! For young or old, it's a great, well-rounded form of exercise.

And here's another pro: Not only

does it improve your overall health and keep those abs and legs in shape, but if you swing your arms while you walk it's also good for your upper body! If you really want to get the full benefits from your walking, add a little deep breathing while you walk; it'll keep your lungs in good shape too! I sleep better, eat better, and even think better when I keep up a good walking routine.

Since I started brisk walking for exercise over a decade ago, I've had much more energy and have been able to incorporate into my get-out routine other forms of exercise, which I also enjoy. Though I do enjoy other forms of get-out—whether I do aerobics with a video, or some energized dance steps to our FTT music, or occasionally go on an extended hike, or a bike ride, etc.—I always do some power walking on a regular basis, not only because I enjoy it, but because I find it's a good all-around exercise to “default” to when other forms of exercise are not possible due to circumstances and surrounding conditions.

So if you're in a dilemma over your get-out, you can't find the time to fit it in, you don't know what kind of exercise to do or how to get started—try walking!

Included below are some articles with some good tips and advice on the subject, for your information and reference. In addition, here are a few personal comments and tips I've discovered, which may be of help to you. So read up and get prepared for some happy walking times—and enjoy your zesty new life!

- Where to walk? Try around the neighborhood, in a park, in your yard, or try pacing back and forth on the porch, or inside the house if you have

to. If your Home has stairways—all the better. In a pinch, almost anywhere will do!

- If your situation permits, consider praying in the use of a treadmill. These can come in handy if you are short on space, can't walk in the neighborhood, or do not have a yard. If you can, put the treadmill on a porch or near a window or doorway so you can get some fresh air while walking. Some folks are even able to read while walking on a treadmill—thus you can redeem the time as you work out!
- If you are tempted, like I was, with that “I’m too busy” syndrome, here are a few ideas on how you can double up your walking with other activities:

I find my walks are a great time to have talk time with Jesus, tell Him what's on my heart and uphold others in prayer. You can “walk around the world,” by praying for our Family in each CRO area!

Listen to Word tapes while you walk, or choose some Word-based music tapes that are conducive to praying for others. Turn those songs into prayers! Good-bye boredom—hello productive time!

Have praise time while you walk.

Hear from the Lord while you walk. I often take a dictaphone along on my walk and dedicate a portion of time to hearing from the Lord on personal matters. It's a great way to redeem the time by having personal prayer and prophecy, asking the Lord what He has to tell me for that day!

If and when you advance to a more fast-paced power walk, put on an upbeat FTT tape to keep you in

step! If you're following a path around your yard, or in a location where you can do this, try varying your power walking with some lively dance steps in between, then continue on with a few more rounds of walking, alternating the two back and forth. While listening to the FTTs, I sometimes let the music lead. Some songs are really great to walk briskly to, and others move me into dance steps—as long as you keep up the pace and keep movin', you'll be getting good exercise and keeping that heart pumping. (Don't forget to breathe!) If you have kids around, have them join in with you and share the fun!

Walk with a partner and have prayer vigil, talk time or fellowship.

Use your walk time for parent talk time as well; take one or two of the older kids along.

As you build up to a more vigorous pace of walking, try looking for all the uphill routes in your neighborhood and walk up and down those. Always be on the lookout for a more challenging hill to climb! Chart out new routes and pioneer new places to walk. Alternate your walking routes for variety and a change of scenery.

Double up your walking time with some needed errands that need tending to. When and where feasible, walk instead of riding in the car!

- Vary what you do from day to day, or during your one-hour get-out time. For example, after a few minutes' warm-up walking at a moderate pace, you could build up to a full-swing power walk for 20-30 minutes, while simultaneously having praise time and/or prayer. Then

bring it down a notch or two while you hear from the Lord with dictaphone in hand. As you get the hang of it, you'll find hearing from the Lord while walking is fairly easy to do while keeping up a good pace. After you hear from the Lord, continue on walking while you listen to more inspiring music and go into a cool down stage, ending with more prayer time.

- I can't stress enough the importance of faithfully warming up at the beginning and cooling down at the end of each session. This is extremely important in order to not strain your muscles. To warm up, simply start out at a slower pace and work up to a more brisk speed. Likewise, cool down by gradually decreasing your pace. It also helps to do a little stretching out at the end of a brisk walk, in order to avoid stiffness.

- If you're going to use a Walkman and/or dictaphone, a waist pouch (fanny pack) is a blessing to carry your equipment in so your hands are free to swing for that upper body exercise.

- I have found comfy clothes that are not too restricting, a proper support bra if necessary, and well-fitting, comfortable shoes make all the difference in the world. Also, dress in layers and be ready to shed clothes if needed as you warm up, or put them on if needed as you cool down, depending on the climate you live in.

- To get the full benefit of walking, try some deep breathing along with it to enhance your exercise. Breathing deeply as you exercise not only flushes out your lungs, but also clears your head. ♦



From "The Fight of Faith for Health": Look at it this way: Eating the right food and getting enough exercise and getting enough rest is serving God! It's a part of your work for the Lord! It's God's work to let God work in you (ML #2546:36).

Walking Advantages

By Janet Zimmerman

- Walking is a mood elevator, relieving tension and anxiety! Just 10 minutes of brisk walking is enough to boost your mood and energy level for 1 to 2 hours.
- Walking is a more effective calorie-burner than running. One hour of brisk walking, about 5 miles, burns 530 calories, compared to 480 for jogging. Surprised? Walkers take more steps and use their arms more.
- It's also easier on the joints. A walker's foot lands with only 1½ times

the impact of body weight, while running puts three times the force on the feet. Walking a 16-minute mile lowers cholesterol levels the same amount as running a mile in seven to 10 minutes, according to research.

- Walking is even a central element of medical rehabilitation. Recovery from many ailments, including heart attack, is facilitated by a regular walking regimen. For people with poor circulation to the arms and legs, walking can increase the size and improve the efficiency of the tiny vessels that supply blood for cellular respiration.

Power walking is not running, which so many people find too hard on their bodies. It's not strolling, which does not burn enough calories. And it's not race-walking, that style so many people think "looks funny," but is actually very difficult to learn.

Power walking is walking very fast, to maintain cardiovascular health and burn lots of calories (even more so than running!). Do it often and you'll be in great shape.

While power walking can give you the best-looking legs on the block, it does little for the upper body. You can change this by swinging your arms more, and maybe taking along some hand or wrist weights. Some power walkers follow a moderate weight training program to balance upper body strength with the lower body strength they build from power walking.

Walking is also wonderful on the abdominal muscles, and is also a preventative treatment for back pain. Adding some abdominal crunches and sit-ups to your exercise routine will further enhance the good that power walking is already doing for your abs.

Walking Tips

From The Spirited Walker by Carolyn Scott Kortge, and The Washington Post

- Seek firm footing. Paved, graveled, or bark mulch surfaces let you set a brisk pace and maintain it safely. Uneven surfaces can disrupt the steady rhythm you want to establish with your movements. Remember to walk facing traffic if your route takes you through areas with no sidewalks.
- Choose the right shoes. Many "walking" shoes are designed for strolling, not for active aerobic walking. Check the flexibility of the sole by bending the shoe with your hands. Look for more movement in the ball of the foot. The heel needs to have shock absorption since the walker's heel hits the ground first.
- Pace yourself. The key to spirited walking is not so much how fast you move as how fast your heart beats. Set

a pace that pumps up your heart rate and your breathing.

- Walk regularly. Three days a week, minimum. Add days if you want and if you are physically ready.
- Work through the resistance. Resistance shows up on every vigorous walk, and often more than once. It's the voice that thinks this is too much work. It's the urge to turn around and cut a workout short, the temptation to postpone a walk until the weather gets better or the holidays are over. Confront that resistance!
- Check your technique. Contract your stomach muscles and stand tall. Look forward, not down in the gutter. Land on your heel, roll your foot smoothly from heel to toe, then push off strongly with your toes. For a speed boost, bend your elbows to 90 degrees and let your hands swing in an arc from your waistband to chest height. To pick up your pace, take quicker—not longer—

steps, and let your stride length come naturally.

- Strolling won't do it, no matter how long you walk. You have to stride out at 3 mph or more, or 20 minutes or less per mile.
- For a more strenuous workout, take to the hills. Even a moderate grade can significantly boost your energy expenditure. Tilt your body into the hill. Keep your shoulders, back and chin up, but pitch your entire body forward a couple of degrees—like being the Leaning Tower of Pisa.
- Speed play. Pick an object slightly ahead of you and challenge yourself to walk as fast as you can until you get there. When you get to that telephone pole or mailbox, slow down, let your heart and breathing rate come back to a comfortable level, then pick another point to walk fast to. Elite athletes call this "interval training."
- Also, take time to stretch. Muscles

that get stronger will also get tighter unless you stretch them out. Spending three to five minutes stretching after a walk.

Start with a 10-minute walk, then add a few more minutes each week. How far and how fast to go depends on your goals. To boost your health and reduce your risk of numerous chronic diseases, walking for 30 to 60 minutes, four to six times a week—or 30 minutes every day—at a pace you consider "somewhat hard" to "hard." (Accumulating several shorter bouts of activity—such as three 10-minute walks per day—can have similar benefits.)

Warm up to speed

Before you get going, a series of loosening-up exercises will help alleviate any muscle stiffness or pulled muscles that may be ahead of you.

Take five deep breaths for each slow stretch, and hold the stretched muscle firm without bouncing. After every walk, stretch again to improve circulation and decrease buildup of lactic acid, the chemical byproduct that causes muscles to ache. ♦

Foot care for walkers

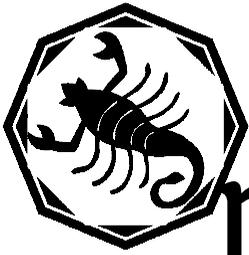
Good general foot care must be maintained if you plan to subject your feet to a walking regimen. Wear thick, absorbent socks; dry feet well after bathing, paying special attention to the toes, and use powder before putting on shoes. Nails should be cut regularly, straight across the toe.

If blisters develop, self-treatment by opening the blister with a sterilized needle and draining the fluid is acceptable. Do not remove the "roof" of the blister. Cover the treated blister with an antibiotic or antiseptic ointment to guard against infection.

Better power walking

By Barbara Harris, The Bottom Line

Warm up by marching in place and doing gentle shoulder, hip, ankle and knee circles. Focus on posture, standing tall with your abdominal muscles contracted, chest lifted, elbows at right angles and arms swinging forward and back.



Heaven-Scope

Your celestial horoscope

October 24 – November 23

Scorpions are usually quite wise and intelligent. I've gifted you with a strong and sharp mind and a keen ability to understand. I have blessed you with the gift to retain knowledge and use it wisely, and it is My desire that you use these gifts in teamwork with Me, that they may be your strengths and enhance your service to Me and others.

Physically, your eyes are probably one of your most striking features. Maybe you've had an experience where someone has guessed that you were a Scorpio just by looking deeply into your eyes. Your eyes are special, because they're the windows to your soul, windows that others desire to peek into, so that they can grow to know you more intimately and love you more completely.

You have a soft and tender heart, even if your exterior is well defined and "together," or perhaps even a little rough. You have a tender heart that may be easily hurt, and because you know what it's like to feel hurt and pain, you are often more compassionate towards others, more understanding and sympathetic. You are moved by the experiences of others because you've been touched with those same feelings, the feelings of other's infirmities.

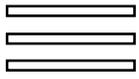
I love to use you as a vessel of My love. I love to use your eyes to shine

My love to others. I love to use your tender heart to relate to others. I love to see your heart that understands many of the things that others have been through, and then watch your hands reach out to lift them up and encourage their soul that may be drooping. I love it when you give My love to others. I love it when you let Me use the gifts that I have given you for My glory.

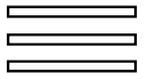
Because you are most likely quite wise or intellectual in some area of your life, it may be a temptation for you to try and figure things out in your own mind or with your carnal reasoning. But I have given you a special gift, the glasses of faith. If you come across something that you don't understand or can't comprehend with your mind, perhaps something that may never be understood with the minds of men on this Earth, put on those glasses of faith and they'll do wonders for you.

I love you and I need you. I need your fire! I need your inspiration! I need every part of you, because I have created it all specially and perfectly. You are uniquely gifted and specially equipped for the job that only you can do. So abide in the place that I have called you to, even if you get itchy feet. There's no better place for you than right in the center of My will, surrounded by My loving arms and upheld by the power of My Spirit. ♦

Scorpio



Rheumatoid Arthritis



From Dust, Gideon, Joan, Joe, Japan:

About 24 hours after a day out witnessing, Andrew (14) began having sharp pain in his knees, and shortly thereafter developed a very high fever. At first we thought it may be some type of flu, but the fever was unusually high. We were desperate in prayer, as the fever climbed to temperatures between 41 and 42°C for a period of three days. We brought it down with analgesics, but within a couple of hours it was way up there again. At times Andrew was delirious, and the pain in one particular knee was very intense. The Lord said in prophecy that this would be a time of real testing, and it was. He told us to hold on to Him, and that although we should get a doctor's opinion, He would bring the healing through our desperation.

We had already researched a bit and wondered whether it was something rheumatic, as there were no other flu or cold symptoms. Our doctor friend felt it was a very unusual case. After taking blood samples, she confirmed that it was not rheumatic fever (although extreme high fever is a symptom of this), but rheumatoid arthritis.

The Lord was faithful and performed the miracle, although it was an ongoing battle in the spirit. After three nights of desperate prayer for healing and that the Lord would break the fever, it came down to below 40, and did not go to such dangerous heights again. Ten days later the fever broke entirely. Andrew has progressed from being bedridden from pain, to getting around with crutches, and now is almost walking normally. Our doctor friend was as-

tounded at his quick recovery, as the normal course of this—even on medication—is a three-month period. Thank the Lord for His wonderful answers to prayer!

We have all learned a great deal through this experience. Just to mention as a caution to others: Rheumatoid arthritis is basically caused by someone catching a cold in one of their joints, usually beginning in the larger joints of the knees or elbows. Without the Lord's miraculous intervention, this proceeds through the body from joint to joint, usually causing great pain and fever for up to three months! Thank the Lord that He spared Andrew from this, as it did not spread to other joints in answer to our prayers.

Andrew was wearing normal-weight cotton pants on the witnessing day, but as it was windy, and he was out for several hours, it was not enough protection for the knees and caused the onset of this disease. It was a good caution and reminder to us all to make sure to dress warmly enough for the day's conditions.

(Dr. Koger speaking:) Here are a few other tips to help you avoid catching a cold in your joints, which has the potential to escalate into something more serious, as was the case with this dear boy:

- Make sure that you're warm enough at night; avoid drafts. When you sleep, your body temperature drops, and a draft that might not normally affect you during the day could cause you to

Maybe your eyes have always been fine, but around age 40 you may notice that you can't read the small print any more (like Dad said he found that his arm wasn't long enough to read the newspaper any more—you have to hold it further away to be able to focus). An optometrist will write you out a prescription and (unless you can provision it) you'll have to pay a bundle to get those glasses.

But some of us have found that all you need to do is go to one of those drugstore racks where the readymade glasses are, and try on a few pairs until you find one that you can read easily with. You will notice they are all numbered with a prescription ranging from 1+ to 4+, with several graduations in between each number. Start out by trying on something like

a 1+ and then a 1.5+ and find out what works for you. Then buy a pair and give them a try. If they aren't really what you need then you are only out about \$8-10, but chances are they'll work for you too.

(Dad speaking:) Our folks' eyes are so important. They read the Word with those eyes, and are fed and kept alive spiritually. They witness with those eyes. Ready made glasses might seem like a good idea, because they're very cheap in comparison to going to an optometrist, getting a prescription, and then getting the glasses to fit the prescription. But, I'm afraid, in many cases it would be an "expensive bargain," and in the end would wind up weakening their eyes even more.

As it is, when our folks go for an eye check, they should pray desperately that the optometrist is anointed in his analysis and prescription, and that they get the right kind of glasses. When your eyes need help to see, they need the right kind of help. Too strong or too weak of a prescription will just make your eyes work harder, and will eventually weaken them further. So even though it's more expensive to get them checked, I think it's important, and the Lord will provide. If they can't provision, then pray in the funds. It's a need—and the Lord has promised to supply all our needs! Amen? I love you. *(End of message from Dad.)*



Tips to avoid catching a cold in your joints

catch either a common cold or a cold in your joints.

- Be prayerful about how you cool down after a vigorous, heart-pumping get-out. If you're sweaty and hot, the temptation is to let your body cool off in the fresh, breezy air. This can be dangerous, because such drastic changes in body temperature can cause colds in the joints, achy muscles, and even arthritis. Instead you should dry

off and put on a sweatshirt or a jacket (weather permitting) if you can't take a shower right away. Don't linger in the air with wet, sweaty clothes. If inside, take a shower and then dress sufficiently for the weather so as to avoid catching a cold.

- Remember, it can be just as easy to catch a cold in your joints in hot weather as in cold weather, if you're not prayerful and careful. ♦



Recommended for ...
restoring energy, reducing
fatigue, improving thinking
ability, speeding recovery from
chronic illness or surgery, and
boosting sex drive.

Feeling constantly sapped? Got so much to do that you are constantly feeling the tingle of anxiety? Oats could be the stamina tonic of choice. Oats seem to give people enough mental and physical energy to get them through their day. Afternoon fatigue tends to lessen, and clarity of thought tends to increase when people eat their oats.

Oats are especially helpful for people recovering from surgery, serious disease, or viral infection, or suffering from fatigue associated with chronic disease. They also can make an excellent energy-building food for convalescents.

Finally, oats may be an excellent sex tonic, especially for people whose hectic lives leave their libidos limp. Oats give both men and women a boost in sexual desire and satisfaction (*Prevention*). ♦



Culinary Delights

From the SACRO Office: These recipes are tried and proven here at our Home, and much asked for by everyone. Since they are both so simple to make, and made with healthy (and inexpensive) ingredients, we thought it might be a blessing to send in. Hope they are a yummy blessing for you!

HOMEMADE ICE CREAM

Quick and easy! Tastes like store-bought ice cream, only better! — Try it. You'll like it!

Ingredients:

1½ cups raw sugar
1 envelope of gelatin
3¾ cups milk

Flavoring of your choice:

- * vanilla—2 tsp. vanilla flavoring
- * maple walnut—1½ tsp. maple flavoring
- * chocolate—5-7 tbs. unsweetened cocoa powder without sugar and 1 tsp. vanilla flavor

* mint chocolate chip—2 tsp. mint flavoring
1 cup cream

If making flavors like maple walnut, chocolate chip, or mint chocolate chip, rum raisin, etc., you'll need about 400 grams of raisins, nuts (chopped) or chocolate chips (a chopped or grated semi-sweet chocolate bar is fine), etc.

1. Mix sugar and gelatin.
2. Stir in milk; cook till sugar and gelatin are dissolved (quick—about 2 minutes). Remove from heat.
3. Add flavoring and cream. Stir well—gently—with spoon or spatula.
4. Transfer to baking pans and cover.
5. Freeze 2-3 hours, until almost firm.
6. Break into chunks and transfer to bowl, chilled if possible.

7. Beat with electric mixer or blender till smooth but *not* melted.
8. If adding nuts, chocolate chips or raisins, now is the time to add them, mixing them in with a spoon or spatula. This needs to be done quickly as it is very important that the ice cream does not melt at this point, or the consistency won't be right.
9. Return to baking pan. Cover. Freeze till firm.
10. Enjoy!

Note: We found that this ice cream needs to be eaten right away, as if it thaws too much it turns into Jell-O—although it's yummy Jell-O!

Yummy Orange Sherbet

**(From *Better Homes and Gardens* cookbook.)
Another tried and proven summer refresher!**

Makes 1 liter of sherbet

Ingredients:

1½ cups of raw sugar
 1 envelope unflavored gelatin
 3¾ cups orange juice (or substitute the same quantity of other blended fruit pulp—strawberry, pineapple, etc.) or other desired fruit juice. For lemon sherbet, use 3 cups of water and ¾ cup of lemon juice, plus some grated lemon peel.
 1 cup milk

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 • See also *Heavenly Helpers* 5, pg.8, for two more yummy ice cream and sherbet recipes!

1. Mix sugar and gelatin.
2. Stir in orange juice and cook, stirring, till sugar and gelatin are dissolved (quick—about 2 minutes).
3. Remove from heat.
4. Stir in 1 tsp. orange peel, 1 cup milk and a few drops of orange coloring (optional).
5. Transfer to baking pans and cover.
6. Freeze 2-3 hours, until almost firm.
7. Break into chunks and transfer to bowl (chilled, if possible).
8. Beat with electric mixer or blender till smooth but not melted.
9. Return to baking pan. Cover. Freeze till firm.
10. Enjoy!

THE NAME GALLERY

Please note: These are just a few of the many, many names there are. To find out which name is best for your child, ask the Lord! He'll not only give you a suggestion, but can even tell you what it means specifically for your child.

Amelia: Has an industrious mind and the determination to put her ideas into action. Though small in the eyes of the world, and in her own sight, she is blessed by Me and shall perform many mighty works on My behalf. (*female.*)

Asher: A son of joy, a child of gladness, a man of happiness. One who has been through the ashes of defeat and flies above in the sky of victory. (*male.*)

Camille: Designed and created in perfection by My hand. Like a snowflake, intricate and perfect, so is this daughter of My Spirit. (*female.*)

Chrysta: In Heaven you often hear this word, as it means "gold" or "golden." We sometimes refer to the walls of the City as being made of Chrysta. Heaven is full of Chrysta, and she is full of Heaven. (*female.*)

Ethan: Faith that runs as a river—enduring, constant. One whose heart, as a river, overflows its banks and waters the lives of others. (*male.*)

Jamin: One who holds My hand and finds favor in My sight. (*male.*)

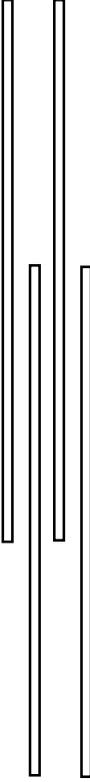
Kylie: A boomerang—a boomerang of love power. Each morsel of love that she gives away will come back to her, as a boomerang comes back to the one who has thrown it. (*female.*)

Liam: Determined to do the will of God, no matter what the cost. Willing to do the will of God, no matter what the personal sacrifice. Committed to doing the will of God, no matter what everyone else is doing. (*male.*)

Mahina: Beautiful, like the moon. Just like the moon, her beauty comes not from herself, but from Me, her sun, as she reflects My glory and the light of My love. (*female.*)

Samuel: Promised by God; a priceless gift from the heart of Heaven, with keen receptivity to messages from Beyond. (*male.*) ♦

How to Impress a Woman:



Compliment her,
cuddle her,
kiss her,
caress her,
love her,
stroke her,
tease her,
comfort her,
protect her,
hug her,
hold her,
wine and dine her,
give her presents,
listen to her,
care for her,
stand by her,
support her,
go to the ends of the Earth
for her ...

How to Impress a Man:

Show up naked,
bring beer ...

Cover photo: Clara (Peru)

Suggested reading for ages 16 and up.

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