

AND ONE SMALL SERVING OF POTATOES.

As a beverage we have water, and sometimes wine or herbal tea with honey. We joke about how our enemies say that MO lives like a millionaire and squanders the money of our kids, when he actually lives very frugally. For example, he usually eats only an orange and one cup of leftover "scrap soup" for his first meal and a very simple economical dinner at about 9 p.m.



Sharing Daddy's salty "papas"! --15 months.

49. HE CHECKS OUR WEEKLY COLONY BUDGET WITH A FINETOOTH COMB. If we put too much meat in the spaghetti sauce or someone did some extravagant shopping, or if we used fuel on oven-baked meals too often rather than on pressure-cooked meals, he is faithful to caution us as to where each penny comes from and where it's going.

50. "REMEMBER", HE SAYS, "OUR KIDS WORK VERY HARD! They're out there hitting the pavements every day for this income! Those are the ones who will have the greatest reward too! I respect those frontline soldiers, they're daily fighting the enemy face to face!" (MO: "These are those who really love their father and those who have the greatest respect for David.")

51. MO IS JUST AS SACRIFICIAL AND REVOLUTIONARY IN PERSON AS HE IS IN HIS LETTERS! He and Maria live extremely simply and economically, and yet he's very very generous when it comes to giving to others. As a matter of fact, when visitors come to our house we practically have to tie things down to keep him from giving away everything he has, including the shirt off his back, which we've seen him do on two particular occasions! Hallelujah!

52. THE FOODS THAT BUILD STAMINA AND ENDURANCE are beans, cheese, eggs, fish, fresh vegetables, fruit, lentils, meat, nuts, poultry, seeds and whole grains. In other words, they are the protein foods that Davidito says "Make me strong!"

53. HONEY IS OFTEN MENTIONED IN THE BIBLE AS A BENEFICIAL NUTRIENT, a health-giving food and a delicious refreshment. It is one of the most perfect foods known and one of the few sweets that has natural laxative qualities. Honey is not only a wholesome food but it is a purifying cleanser and has regenerative power.

54. ON THE CONTRARY, WHITE SUGAR IS 100% CARBOHYDRATE and does not contain any protein, vitamins or minerals. It is al-

most the most poisonous food in the diet! When too much sugar or starch is used, it produces abnormal desires for food and causes fatigue.

55. THE COFFEE HABIT CAN LEAD TO THE OVERUSE OF WHITE-SUGAR HABIT, and you'll find you will feel much better if you limit yourself to one or two coffees a day and replace white sugar with honey. Like I tell some of our own family and friends,

56. "IF YOU WON'T DO IT FOR YOUR OWN HEALTH AND WELFARE, THEN AT LEAST DO IT WHEN AROUND THE CHILDREN, please!" Honey is definitely more expensive than sugar, but when you consider the cost of later dental bills and ill health, it's worth it!

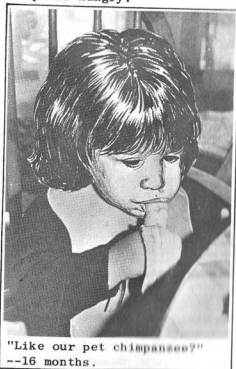


--13 months.

57. HONEY IS THE ONLY SWEET TASTE KNOWN TO DAVIDITO. It happens quite often that an outsider offers him sugary candy or pastry, so I just say "Thank

you", and accept it politely so as not to offend them, and dispose of it later.

58. THAT'S ANOTHER REASON WHY IT'S GOOD TO ALWAYS CARRY GOOD SNACKS IN YOUR PURSE when you're with children. If you can't find something good in the shops, you'll at least have fruit or cheese or nuts in your purse in case they suddenly decide they are hungry.



"Like our pet chimpanzee?" --16 months.

59. TO OBTAIN THE MOST NECESSARY VITAMINS IN MAXIMUM QUANTITY AND QUALITY eat the following foods which supply these nutrients in their most concentrated form:

VITAMIN A--Needed for growth, eyes, skin, nose, throat, ears, lungs, reproduction, energy, resistance to infections. Light helps to destroy Vitamin A, and air devitalizes it!