



ENYA

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Your Home Remedies

Burn off: If you get a minor skin burn, slather it with mint toothpaste—it will take the sting away and prevent a blister from forming.

—*Web reprint*

Handy nail helpers:

Many folks who use a lot of detergent, soap, bleach, cleaning products, etc., have problems with their hands and nails. Oftentimes this happens because the high alkaline nature of these products upsets the normal pH of your skin, making it more susceptible to fungi, bacteria, etc. Here's a simple home remedy you can try: put one teaspoon of vinegar in a cup of water and soak your hand in it for one minute a day. The acidity of the vinegar will balance out the alkalinity of your skin and help your hands and nails stay healthier! (If you ever get straight bleach on your hands and want to get rid of that smell and slimy sensation right away, try pure vinegar!)

—*Joe, SACRO Office*

Cold sores: Apply a small mixture of brewer's yeast and molasses to the sore at night. It takes away the pain and speeds recovery.

The following remedies have been tried and proven by you, our wonderful Family on the field, but please don't forget to take each idea to the Lord specifically before putting it to use in your individual case.—What works great for one person may not be best for another. Only the Lord knows what will work best for each person and situation!

Rosemary delights: A friend who knows a lot about herbs told us that drinking a cup of rosemary tea a day is excellent for the circulation, re-establishing hormone balance, eyesight, etc. Men with prostate problems should not use it, however, and women should temporarily discontinue it during their periods.

—*Josue, Patience and Rosa, Argentina*

(*Eve:*) Here is some further information on Rosemary, taken from *The Herb Book*, by John Lust: "The stimulant action of rosemary helps promote liver function, the production of bile, and proper digestion. It also acts to raise blood pressure and improve circulation. Because of the genuine danger of poisoning, however, rosemary is more often used externally. An infusion of the leaves can be used, alone or with borax, as a scalp wash to prevent baldness. Rosemary tea makes a good mouthwash for halitosis (bad breath) too. **Caution: Excessive amounts of rosemary taken internally can cause fatal poisoning.** Preparation and dosage: Steep 1 teaspoon dried flowering tops or leaves in ½ cup water. Take up to one cup a day."

Fungal skin infections (external): We don't know if this works on all types of fungal skin infections, but it's worked well with the types we've experienced here in the tropics—those spotty, inflamed, itchy red areas under the arms or near the crotch area where sweat collects.

Mix baking yeast with warm water (not too hot as it kills the yeast, but the temperature of a very warm bath) to form a thin paste. Let it sit for 10 minutes and then apply to the affected area. It helps relieve a lot of the itchiness almost immediately. Apply three times a day or so. Wash the skin well each time before reapplying the yeast paste. At night before bed is also a good time, as it sits all night. After four or five days the infection usually clears up. You smell a bit like bread dough, but it's a natural cure that seems to work well.

—*Jareb, Claire and Mercy, Indonesia*

—*Aaron and Jewel, Taiwan*

When the Lord Says “Medication”

The following message

was received by an FGA man in regards to the Lord telling him to take blood pressure medication, but the excellent counsel given can be applied to a wide variety of situations.

(Jesus speaking:) You wish you could have what looks like more of a glorious testimony—that of trusting Me completely, without any outside help for your afflictions. Even death, you feel, would be more glorious than what you perceive as leaning to the arm of the flesh, taking things into your own hands or depending on man. But if this is the way that I have led you, and indeed it is, then you should rejoice in this leading; you should praise Me for these solutions. You should glorify Me and realize that the testimony is not whether you do this or you do that, but the testimony is that you do My will. You hear from Me, you follow My voice, and you have faith to believe that what I have spoken and how I have led is what will bring the victory and what will, in the end, bring the most fruit.

I want this to be a testimony of finding peace in My will, of trusting Me even when it goes contrary to your personal plan or even

your desire to sacrifice to be a testimony. You will be a testimony; you are being a testimony, but you're being a testimony in the way that I know is best—the testimony of weakness, the testimony of stepping out by faith even though it kills your pride, it smashes your preconceived ideas, and yet you're willing to follow. This is great obedience, great yieldedness, and this is a truly great testimony.

And fear not for yourself, My precious one, that the intake of this medication will harm you in some way. For with each one that you take into your body, I will send angelic spirits to protect you, and I will use these medications as a means to a good end. They will be a vehicle by which My angelic spirits will enter into your body and perform good and perform My will. So you will know, and all your Family will know that the good that is brought about is not because of these chemicals of man. They will

only be a means of transportation, by which My angelic forces will enter into your body and perform the good and the cleansing that is needed.

So trust Me. I am your Great Physician, and I don't need medical tests or X-rays and all kinds of machines and numbers. I know the state of affairs, and I'm concerned about every detail of you, My precious bride—not only every detail of your spiritual needs, of your emotional and physical needs, but also every detail of your medical needs. And I guarantee that I will protect you and keep you in strength and health until the day appointed, when I will bring you Home to My arms. But for this guarantee to be valid, for it to be a lifetime, unconditional guarantee, you must be willing to do your part and simply follow Me and trust Me, knowing that I know what is best. I love you! I will protect you and preserve you, and no evil will befall you.

Is Iron Okay?

Q:

While visiting another Home, a dear friend of mine (mother of 10), when seeing me struggling with some headaches and fatigue, suggested I take some of her iron and calcium tablets.

I felt immediate improvement, so after praying about it I decided to continue on a regular basis.

I made it through my next period without the usual migraine I get, and have been feeling much stronger and healthier all around. All my life, I usually tried to get my vitamins through daily food intake, but in recent years I have been feeling tired more quickly, with frequent headaches and the need to eat very regularly to avoid another headache or faint feeling coming.

As I was recently looking through the *CCHB1*, I noticed that it mentions to avoid taking iron tablets or iron tonics, as they are dangerous. So I wanted to ask if they are dangerous only when you are pregnant, and what makes them dangerous. I have usually tried to follow the counsel in the *CCHBs*, and wouldn't have the faith to continue taking these iron tablets if they are indeed dangerous, so wanted to ask more details about it. Thank you so much!

—From Marie, FGA, India

A:

(From Sara D., USA:) The book summary in *CCHB1*, page 207, promotes pregnant women getting 200 mg of organic iron (ie., from iron-rich foods) daily, then goes on to say: "iron tonics and pills are dangerous solutions." (On page 332 it says that yeast and blackstrap molasses are the richest sources of organic iron.) On page 78 it says that for both the baby and mother's sake, a pregnant woman needs an adequate intake of iron, so a PG mom may need to take iron supplement tablets. On page 206 it's recommended that PGs take 20 milligrams of iron daily, along with other vitamins. It lists other good sources of iron as pumpkin, dried fruit, soya beans, beef brains, cabbage, whole-meal flour, brewer's yeast, crude molasses and liver.

Most multivitamins, whether for PGs, or for men or women, do contain some iron. The caution seems to be to not take too much iron daily in supplement form. It has also been advised to take iron supplements or vitamins containing iron several hours apart from vitamin E, as the iron can destroy the E.

Excerpt from *The Complete Home Guide to All the Vitamins*, by Ruth Adams

"Iron is a nutrient essential for good health. It is not a vitamin but a mineral. Can we all feel comfortable about the amount of iron we get? Not at all. Officially, we are told there are no definite studies to determine to what extent iron deficiency anemia exists in the U.S. population. So no one knows whether there are large or small numbers of people who are not getting, in their food, the recommended amount of iron.

"Many surveys have shown that there are serious iron shortages, especially in teenagers, women and older folks. Recently concern has arisen over the fact that everyday food may not give enough iron for protection...

"Certain forms of iron interfere with the body's store of vitamin E. This is medicinal iron—not the kind that is found in food supplements or in iron-rich foods like wheat germ. If you are taking iron pills

prescribed by your doctor, chances are that this iron is in the form that interferes with vitamin E absorption. This does not mean that anything terrible will happen to you if you take these pills at the same time, but you will probably be wasting some of the vitamin E. So, to be economical, take the iron pill in the morning and the vitamin E at night or vice versa, so they will not be in your digestive tract at the same time."

From an FGA woman: Cooking in cast iron is another way to get extra iron in the diet. Some people claim that foods cooked in a cast-iron skillet could contain twice as much iron than they would cooked by other, non-stick skillets.

Inner Faith: Inner Healing

From Diamond (of Dust) Romania

About a year ago, I started having sharp pains on the right side of my tummy. Being so busy with the new baby (our 6th) and the work, I didn't pay much attention to it. One day, though, the pain got really strong, to the point that I fainted. When I went for a checkup the doctor diagnosed, amongst other minor problems, a cyst on my right ovary.

It was already 6 cm big,

"The Lord said that He wanted to heal me but it was up to my faith."

and the doctor asked if I wanted to be operated on. Being on a poor field they didn't have advanced laser treatment, and she suggested that she could insert

a type of syringe through my cervix, inflate the cyst and remove the liquid from it. Even though the doctor described it as a painless process, I wanted to pray and ask the Lord for His confirmation.

When I did so, the Lord said that He wanted to heal me but it was up to my faith, and He would not condemn me if I chose the medical route. One of my weaknesses is having faith for my own healing. I have faith for supply, finances, and difficult situations, but healing I was weak in, and so the Lord was testing me, to strengthen me. We prayed a few times as a Home and I sent a request to the Prayer List, but after a few months the cyst was still there.

We needed to take a trip to the States to visit relatives that summer and I thought maybe I could get some medical attention there, where the medical

system is more advanced. Of course my relatives were more than willing to take me to the doctor, but when praying the Lord again said I should wait and trust Him for my healing. I was getting a bit discouraged that He hadn't healed me yet, as it seemed I was doing what He was asking of me.

When I returned back home I again asked for prayer for healing during communion. I got desperate and pleaded with the Lord to heal me, because we were going to pioneer a new city and I needed to be strong and healthy. This time I was anointed with oil, and immediately I felt like something cleansed me; I felt strengthened.

At my next checkup, the doctor said that the cyst was gone and there was nothing there any more! What a miracle of the Lord's healing power. Thank You Jesus!

Ask A Midwife

Your questions, answered by Rose Midwife

Water Levels

Q: A Russian disciple in our Home is six months pregnant. The doctors are telling her that she has too much liquid in her water bag, which they say means that she has an infection and should be hospitalized. They said a normal water bag contains about 1½ liters of water, but that she has more than that. We never heard this before; could you give us some counsel? Are there any natural ways to reduce the amount of fluid?

—*Home in Ufa, Russia*

A: Yes, a water bag can have too much or too little water. It is rare, and this is probably why you haven't heard of it. The reason for having too much or too little water is caused by a malfunction in the placenta. These malfunctions can be caused by many different things—poor nutrition, having twins, infections, fevers, incorrect placenta or cord insertion, etc.

I don't know of any natural or artificial things you can do to change the amount of water. If there is too much, they usually try to deliver the baby, however if it's too early in pregnancy for that they will sometimes insert a needle and drain out the extra water. Normally it comes right back, though, so this isn't much of an option.

The reason they hospitalize the mother is to keep her off her feet, to monitor how the water level is doing and to be prepared to deliver if the need arises. I'm sorry I don't know of any ways to reduce it other than prayer and miracles!

Broken Bag Time

Q: In a previous column, you talked about the danger of getting an infection from broken waters, and how it's important to deliver within 24 hours of the water bag breaking. My question is: What does it involve when the baby and/or mother gets an infection from that? Is it a big deal, can it be fatal, or just something that can be cleared up easily, etc.? Like if your water bag breaks without you going into labor, what are you risking?

—*Unknown*

A: You risk getting an infection if the water bag is broken for a long period of time. Doctors have said that anything over 24 hours is more likely to get an infection. I have also delivered babies of sisters whose faith was to wait for labor to come naturally, and have had broken waters for

From SGA woman, WS:

My water bag broke 72 hours before I delivered my baby. Usually they want to induce labor or give you a C-section after 24 hours is passed, because of the risk of an infection. I had the faith to continue with a natural labor, even after the first 24 hours, and the Lord gave me peace about it.

Something that the nurses and midwives who were caring for me insisted on was taking my temperature every hour (or more), and giving me Vitamin C every four hours to boost my resistance to infection. They agreed to my natural labor, but said that if I got a temperature or fever, which is a sign of an infection, they would deliver the baby right away.

Thank the Lord, my baby was born naturally after 72 hours of "broken bag time." So it is possible to go longer than 24 hours without getting an infection, but it's a personal decision to be made in counsel with the Lord, as there are very real risks involved.

three days with no infection.—So a lot of it is according to your faith, and all is according to the Lord's will.

The water bag acts as a protective barrier for the baby, to guard against germs and diseases. Once it breaks, there is an open path into the womb for germs; thus the time limit to deliver. There is no assurance the mother or baby will get an infection, yet the assurance that they *won't* is gone. Now it's like the common cold—how much do you have to be exposed to catch a cold? For some people one sneeze is all it takes, while others never get it. Getting an infection from a broken water bag is like that. You might get one and you might not; hence the need to follow the Lord in each individual situation.

As far as what the dangers are—well, any infection can be mild or serious. With broken waters, you may run a little fever and the baby may run a little fever and once delivered you and baby may be all right in a very short time. Or if the infection has progressed to the worst scenario, the baby could die and the mother could lose her uterus or die also. I don't want to scare you—that's just the very worst case scenario.

What it really means is that, as in all your deliveries, you just have to hear from the Lord each step of the way and have the faith to act on what He tells you.

A Time for Rest

Q: How long should a mother rest after giving birth? Some mommies can hardly stand to be in bed, but I heard of one mommy who felt great and got up two days after giving birth. When her midwife checked on her, she told her she should stay in bed lying flat for five days. One person told me that for the first 10 days a mother shouldn't get up for more than one hour a day. Some mothers more or less rest for 40 days. I know each person is different, but do you have any suggestions as to the minimum time a mommy should rest after giving birth, if the birth was normal?

—*Katrina (of Andrew), Brazil*

A: The suggestion I give to mothers I deliver is to take two weeks off as time to adjust to having a new baby, to sleep when the baby sleeps and to take extra rest. Not all the women took that time off. In the "Story of Techí," Mama only got up to go to the bathroom during the first 10 days, but she also had a helper with Techí.

In some Homes it may be hard to give the mother a full two weeks off, and to give her a full-time helper is usually not possible. So of course you have to balance the mother's needs with the Home's ability. But I have found that mothers who took the two weeks off with their baby usually did fine. Their stitches healed well and those without stitches did well also. But the mothers I delivered who didn't take the two weeks, for whatever reason, were generally tired for the next nine months to a year, and basically had a hard time bouncing back.

Of course, as you said, each person is different, but that's been my experience. I have never heard of a mother resting for 40 days, and in most cases I think that would be very hard on the Home, unless the mother had an especially hard birth such as a major hemorrhage. Even our C-section mothers are usually up within two to three weeks.

Just for Fun...

The Rope

There were 11 people hanging onto a rope that came down from a helicopter—ten men and one woman. They all decided that one person should get off because if they didn't, the rope would break and everyone would die.

No one could decide who should go, so finally the woman gave a touching speech, saying how she would give up her life to save the others, because women were used to giving up things for their husbands and children, giving in to men, and not receiving anything in return.

When she finished speaking, all the men started clapping.

Never underestimate the power of a woman.

Ruptured Placenta Miracle

● From Talitha (of Anthony), South Africa

On May 1st I had been having a sort of cramp in my stomach all afternoon. I was seven months PG and it was not a big pain, so I thought it was just the kind of contractions you get toward the end of the pregnancy.

Late that night in bed I thought I felt my water bag break with a gush of water, but when I got up I saw it wasn't water all over the bed, but blood. I was so desperate! Anthony immediately phoned for an ambulance; I was rushed to a nearby hospital. It was determined that the placenta had ruptured

(come away from the wall of the womb). The doctor decided on an emergency cesarean and in the next half-hour, little Stefanie Suzanne was born. She didn't breathe at first, but the Lord helped them to save her life by a miracle.

We later found out that under the circumstances of a ruptured placenta, the baby hardly ever makes it alive. They don't expect it to, and usually fight for the life of the mother. We are so thankful that the Lord kept us both, and also for how He prepared each step of the way.

I could have had more of an idea that something was wrong had I known that in

pregnancy you're *not* supposed to have a continual pain in your abdomen. I realize now that the pains weren't cramps, as they didn't come on and off, but it was a continual pain, which is a sign that something is wrong. Of course when I saw all the blood I knew for sure something was wrong, so we acted very quickly. Thank the Lord we had a hospital already booked, which made things much easier.

We're so thankful for the Lord's help in this impossible situation, and we're especially thankful for little Stefanie's life. Praise the Lord!

What Is Placental Abruption?

● By Denise M. Chism, The High-Risk Pregnancy Sourcebook

This disorder is the premature separation of the placenta from the uterine wall. As you already know, the placenta implants on the uterine wall during pregnancy and is connected to you with many intertwining blood vessels. These blood vessels

maintain their working status until the baby is delivered. Once the baby is delivered the placenta will release itself, the connecting vessels will close and recede back into the uterine lining, and bleeding will taper off.

With a placental abruption, the many large blood vessels are ruptured between the placenta and the uterine wall. Once this

happens bleeding can occur quickly and in large amounts. A collection of blood accumulates between the placenta and the uterus and then forces the placenta to further separate from the wall of the uterus. This can be life threatening for both mother and baby.

More on Placental Abruption

● From Babycenter web site

Q:

My wife had a placental abruption at 18 weeks. She

doesn't fall into any of the high-risk groups for this (does not smoke, drink, do drugs, had no accidents). What could have caused this to happen? She and the baby are fine now, but she's on bedrest for the rest of the pregnancy.

A:

(Joyce and Marshall Gottesfeld, MD:)

We're so sorry to hear about your pregnancy scare. We're glad both the baby and mother seem to be doing well. Placental abruption is a condition in which the placenta separates from the uterus prematurely. You're right, this condition is more common in mothers-to-be who smoke, do drugs, have had an accident, or abuse alcohol. Placental abruption

● From an SGA woman, WS:

My mom also had a placental abruption when she was 6 or 7 months pregnant with her 10th child. It was a scary experience, and she had to have an emergency cesarean and a blood transfusion. The doctors didn't think that my little brother would make it—or if that he did, he'd have hearing problems, sight problems, mental problems, or something else seriously wrong with him. He had to stay in an incubator for a month. But the Lord kept him through it all, and my little brother has grown into a completely healthy boy with no health problems whatsoever. What a miracle!

is also more likely to occur in mothers who are older, have hypertension, or took aspirin late in pregnancy.

Bleeding is the main sign of placental abruption, and it varies depending on the severity of the separation. Other signs include cramping and uterine tenderness, which again vary with the severity of the abruption.

Unfortunately, in your case, there is no clear-cut reason for the cause of the abruption. At this point, conservatively managing the condition with bedrest will likely result in a good outcome. When the separation is minor, bedrest usually stops the bleeding. Sometimes, in mild cases,

the mother can resume her normal routine after a few days of bedrest.

Complete bedrest—no getting out of bed except to bathe and use the toilet—also works for moderate cases. When the abruption is severe—that is, when more than half of the placenta separates from the uterine wall—immediate medical attention and delivery are necessary.

Since your wife is on bedrest, I'm assuming her separation was either minor or moderate. Nowadays, the good news is that with prompt attention and expert care, nearly all the mothers with placenta abruption and their babies survive this crisis.

Note:

- It is very important not to use aspirin during the last three months of pregnancy, because it may cause problems in the unborn child or complications during delivery.

Hot Tips

For Heavenly Labor Prep

From Shine (mated to Tim and Dove), USA

I recently gave birth to my third child—it was so neat! The Lord answered every specific prayer. My first two children were born naturally also, but both after long and somewhat difficult labors. Because of that, I began to worry a bit during this last pregnancy about how I would handle another really long labor. My husband told me not to worry, that the Lord had it all under control. So during the last couple of months I decided to go on the attack and strengthen my faith for the upcoming birth.

I asked the Lord what specific things I should do to prepare. He told me to:

1. Gather a copy of each *Eve* mag, and read all the sections on pregnancy and childbirth, especially the testimonies of other women who had short and miraculous births!
2. Read all the stories of births in the Letters. (Maria's experiences with Techí in *CCHBI* or *Techí's Story*, Davidito's birth in the *Dito Book*, Sara's labor and birth of *Mary Dear*, etc.)
3. Memorize verses and quotes on faith.
4. Make a simple but detailed prayer list for the birth and give it to a few people in the Home, asking them to pray for it during their prayer vigil time.

I did all of these things. The only one I wasn't as faithful with as I should have been was in memorizing. As my due date got closer I asked the Lord about it, and He said since I wasn't able to memorize as much as I wanted to I could make a bunch of small cards, each with a different

quote or verse about faith on it. He said if I read those cards once or twice a day the Word would be in my heart, ready to help me during labor! So I did this and it proved to be true!

Jesus answered all of my prayers! During the week before my labor, every time I heard from the Lord He

assured me that my labor would be short and easy.— After reading all of those quotes on faith so many times I really did believe Him without a doubt! My baby came a week late, after only a few hours of contractions. During each contraction the quotes on faith were just flooding through my mind and relaxing me without my even trying. There were no complications, and she is so healthy!

What an amazing thing it is to be able to get counsel from Jesus about how to prepare for anything! He knows exactly what we need, and trusting Him really strengthened my faith!

“And blessed is she that believed; for there shall be a performance of those things which were told her from the Lord.”--Luke 1:45.

Aerobics

= Better Health!

By Jonathan (of Amor), Taiwan

Did you ever wonder, "Just how much exercise is enough?" When Dad told us so often to get "vigorous" exercise, what did that mean, exactly? When we go for a walk, to exercise, how "fast" is "fast enough"?

I've wondered those things myself, and here are some things I've learned about getting sufficient exercise to attain and maintain good health.

To give you a little background on how this "research" came about: In 1988, my children and I returned to the States, landing in my parents' home for a two-month furlough after being overseas for 12 years, the last five in India. My sweet wife had gone to be with the Lord in 1985, so when our family returned home, my parents were naturally concerned about our health. They offered to help pay 50% towards

physical exams for the kids and myself. I hadn't had a physical exam in nearly 20 years and the kids had never had a "routine" checkup.

The doctor who examined me was very sweet, and he ended up donating the entire cost of the exam. The checkup was unique in that it was as much "preventative medicine" as diagnosing anything wrong with me at the time. In other words, he was testing and analyzing—not just searching for germs and illness, but to discern any weaker or potentially weaker areas in my body and health, areas which I could work on and try to strengthen in order to improve and be healthier, both then and in the future.

My general health was good, and the blood work showed no disease, but he measured my lung capacity and strength and told me I was "just average" for my age and size. He said that he wanted me to go to the library and check out a book

called "Aerobics," by Dr. Kenneth Cooper, an Air Force doctor. He advised me to read it and learn what I could do to get more vigorous exercise, which would improve the overall conditioning (and future health) of my body.

I basically just skimmed the book at the time, but found the sections I read quite interesting. The gist was, "Get more exercise [almost exactly the amount Dad recommended!], and you'll stay healthier, be happier and live longer."

The doctor explained that our hearts and lungs are muscles, and need to be exercised. In modern-day living, when we're more sedentary and have little physical exercise throughout the day, we need to get out and get some significant exercise, preferably daily! The exercise needs to be vigorous—something which gets our heart pumping faster and our lungs expanding more; something

which will tone those muscles and get them healthy, strong, and thus more resistant to disease—overall, exercise that will lead to better functioning and your heart and lungs being able to last longer.



What you need is some good bodily exercise that exercises your arms and legs and your whole body and makes your heart pound! That's good for your heart it strengthens it and circulates your blood rapidly so you don't get blood clots and whatnot, one of the great enemies of old age. It keeps your blood system open and free and circulating, your heart strong and your lungs flushed out of all that old stale air that you have in there. Most people don't breathe to their full capacity at all unless they exercise vigorously.

—From "Take Good Care of Yourself," ML#2028:17

The author said that scientific research has proven that when walking at three miles per hour (an average-paced walk), because it's *not* vigorous and doesn't challenge your body very much, it would take 2½ hours of walking, every day, to get and keep your body in relatively good

shape. It's just too slow to be more than minimally beneficial, unless you do it for a long period of time.

But if you speed up your pace to a little over four miles an hour (about the fastest anyone can walk—a speed that's really moving, and which will get you huffing and puffing!), in about 40-45 minutes, just five or six days a week, you'll get enough exercise to get you in shape and keep you very healthy! In other words, three miles an hour is a casual walk and not truly vigorous exercise. Over four miles per hour, you're doing some serious (vigorous) exercise! (Note: You can combine walking and light jogging to get these same good results!)

Caution: Don't try doing so much exercise, or even walking at this speed, when you're just beginning your exercise program—especially if you're out of shape and haven't been vigorously exercising regularly.

Take your time! Begin exercising moderately but regularly—even just 15 or 20 minutes a day, at a slower pace, and work up to it! You should plan to take four months to get up to speed and endurance, especially if you're out of shape. Start slowly, but be faithful and increase your speed and/or distance a little each week.

The vision for this

exercise is, as I said, to strengthen your heart and lungs. Make them stronger and more efficient in processing the air your body takes in and needs, and getting this oxygen through your lungs, into your blood, and from there pumped around to all parts of your body.

Here's an explanation from the book "Aerobics": "In its simplest terms, any activity requires energy. The body produces energy by burning foodstuffs. The burning agent is oxygen. Even down at Cape Kennedy, the rocket boosters carry fuel and an oxidizer to burn it for energy. Once they leave the atmosphere they run out of natural oxygen, so they have to carry it with them. Aircraft, which stay within the atmosphere, use the oxygen in the air to burn their fuel. In the body, the fuel is food and the flame is oxygen.

"Now comes the problem. The body can store food, but it can't store oxygen. Eating three times a day is more than enough for most of us; the body uses what it wants and saves some of the rest for later. Not so with oxygen. It needs to replenish its supply constantly, so we breathe in and out every moment of our lives to keep the supply coming in. If the supply were suddenly cut off, the oxygen stored in the body wouldn't last more than a

few minutes. The brain, the heart—everything would cease functioning.

“But since we live within the atmosphere, the supply of oxygen is unlimited. If we need more, we just breathe more. So what’s the problem? The problem is to get enough oxygen to all the areas—all the small, hidden, infinite areas in this wonderful mechanism we call the human body—where the food is stored, so that the two can combine to produce enough energy.

If you get enough of the right kind of exercise, it will produce many wonderful changes in your body.

“This is what separates the men from the boys, the fit from the unfit. Because, in some bodies, the means for delivering the oxygen is weak and limited in its resources, so the energy demands surpass the body’s capacity to produce it.

“Sitting, or even sleeping, the body is burning food-stuffs for energy, and bringing in oxygen to do the burning. Otherwise, we could stop breathing temporarily. Even when sleeping, energy is required for the heart to beat, for the digestive system to function, for body temperature to be main-

tained, and even for the lungs to bring in the oxygen! So the body is constantly in need of energy. It becomes a question of how much energy is required and how much oxygen you can bring in and deliver to produce it.

“It’s the condition of these systems and others which determines your endurance fitness, and it’s the improvement of these systems toward which all exercise should be directed.

“Now, for everybody’s favorite argument: ‘Doc, I don’t need much endurance. I work at a desk all day, and I watch television at night. I don’t exert myself any more than I have to, and I have no requirements for exerting myself. Who needs large reserves? Who needs endurance?’ *You* do. Everyone does.

“Surely you know the usual symptoms caused by inactivity as well as I do. Yawning at your desk, that drowsy feeling all day, falling asleep after a heavy meal, fatigue from even mild exertions like climbing stairs, running for a bus, mowing the lawn or shoveling the snow. You can become a social cripple—‘too tired’ to play with the kids, ‘too tired’ to go out to dinner with your wife, ‘too tired’ to do anything but sit at your desk or watch television, and maybe you’re even getting tired doing that! And the final clincher: ‘I guess I’m

getting old.’ You’re getting old, all right, and a lot sooner than you should.

“Most of the medical symptoms caused by inactivity are well known and they are alarming. A body that isn’t used deteriorates. The lungs become inefficient, the heart grows weaker, the blood vessels less pliable, the muscles lose tone and the body generally weakens throughout, leaving it vulnerable for a whole catalog of illness and disease. Your whole system for delivering oxygen almost literally shrivels up.” (*End of book excerpt.*)

Sounds like a horror story, right? Well, it doesn’t have to be for you or your loved ones! If you’re not exercising sufficiently enough, pray and determine you’re going to get in better shape! Decide to do all you can to ensure you and all your Home members get regular, vigorous get-out! Here’s a few more points from the same book:

“[Being in good physical condition] is the best kind of insurance. If you’d like to develop some, if you’d like to start back down that road toward physical fitness, then get active with the kind of exercises that will demand oxygen and force your body to process and deliver it. If you get enough of the right kind of exercise, it will produce many wonderful changes in your body.

“[Having this ‘conditioned’ body will]:

- Increase the efficiency of the lungs, conditioning them to process more air with less effort. During exhausting work, a conditioned man may process nearly twice as much air per minute as a de-conditioned man, providing his body with more oxygen for the energy-producing process.

- Increase the efficiency of the heart in several ways. It grows stronger and pumps more blood with each stroke [beat], reducing the number of strokes necessary. A conditioned man may have a resting heart rate 20 beats per minute slower than a de-conditioned man, saving as many as 10,000 beats in one night’s sleep. Even during maximum exertion, a conditioned heart can pump all the blood (and

oxygen) the body needs at much lower rates than a de-conditioned heart. In contrast, a de-conditioned heart may pump dangerously fast during maximum exertion in its attempt to deliver enough oxygen.

- Increase the number and size of the blood vessels that carry the blood to the body tissue, saturating the tissue throughout the body with energy-producing oxygen.

- Increase the total blood volume, again providing more means for delivering more oxygen to the body tissue.

- Improve the tone of the muscles and blood vessels, changing them from weak and flabby tissue to strong and firm tissue, often reducing blood pressure in the process.

- Change fat weight to lean weight, often toughen-

ing up the body without actual weight loss.

- Increase maximal oxygen consumption by increasing the efficiency of the means of supply and delivery. In the very act of doing so, it is improving the overall condition of the body, especially its most important parts: the lungs, the heart, the blood vessels, and the body tissue, building a bulwark against many forms of illness and disease.”

Sound good? Well, I think so too. And I’m trying it. I’ve been regularly exercising and building up momentum over the last five months, and am now able to walk/jog 3.5 miles in around 40-45 minutes. My “course” is up in the mountains, so I get the added advantage of going up and down hills in God’s beautiful creation!

Even when I don’t feel like it, I have been forcing myself to get out and exercise, and by the time I’m into it for about 10 minutes, I am feeling good. Seriously, it feels *good!* I’m not joking.—I like it. It feels good to get “huffing and puffing” and get my heart rate up. (But don’t push yourself in the first months you begin to exercise! Work into it slowly!)

I’ll be 55 years old this year, and have been on the “chubbier” side for a few years (but I’m losing a bit of it now)! This winter I

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ow is that clear? Have I made it clear enough this time? I don’t ever want to hear you guys again thinking that your *work’s* so important you can’t get some *exercise!* Taking care of your *body* is even more important than your *work*, in a way, because you’re not gonna be able to work very long if you don’t take care of your body!

Lord, if we can paint it black enough and show them how bad it is, maybe they’ll be afraid not to obey! So we ask You in Jesus’ Name to help them to take better care of their bodies. We know Thy Work is important, but Thy *worker* is even *more* important, or he’s not going to be able to work long. So please, Lord, remind them and help them remind each other that they *must* take care of themselves and their *bodies* and each other as well as Thy *work*, or they’re not gonna make very good *workers* if they can’t *work*.

—From “Get Out #2,” ML#956:58,63

haven't had any colds or flus, although they've gone around our Home. I have had a history of bronchitis during the winter for the last seven years, but I've had

none this year! TYJ!

The Lord's blessings?— Obviously! Sometimes I have to get up a bit earlier than everyone to do this, but it's worth it! I'm sold on

getting and staying fit. TYJ! (Oh yes, I feel less "drowsy" during the day, feel my mind is sharper, and my wife is happier, overall, with me. Ha! *Great* benefits!)

Maintaining the Temple of the Holy Ghost

From Mary Hart, USA

When I came from the field some years ago, 42 years old, overweight by 20 pounds, I felt slow and draggy. My clothes didn't fit; there wasn't that confidence that usually exists when we look and feel our best. I could hardly bend over to tie my shoes or raise my arms above my head to brush my hair without seeing stars and getting dizzy!

I've always been one who likes exercise and being active, but I confess I didn't fight hard enough to make some exercise happen!— Fitness is a battle to be fought and won!

I was one of those who usually stayed at home, intensely involved with the care of the little ones. Watching the children caused me stress and tiredness that could have been eliminated via vigorous exercise.

After recently visiting a nearby Home, I was reminded of these familiar battles. I asked one of the wives, "Do you get out?" She answered, "I get enough exercise running around the

house." Then I asked about the fresh air and sunshine, and she just smiled.

Why did I ask? Well, several of the adults (also those who usually stayed home) had said they were not feeling so well. I know how hard it is to schedule everyone's needs, but I feel so burdened for all—the children, the teens and young people, the adults and the over-40 group!

Everyone needs to take good care of their temple.

Look at Dad!—He set a goal for us to reach and he did what he could to keep himself healthy. Keeping up our health could also bring a bit more closeness with others in our life. I just believe that many people lack the conviction to take better care of each other and themselves.

Since I had to find a solution to feeling and looking better, the Lord showed me to do exercise videos and take walks. Isaiah, a 52-year-old brother, has no pot belly! Why? Well, he tells us that every time he takes his kids

to the park after witnessing, he finds a tree and does his workout on big branches.

Fun! Isaiah can go out and shovel a big driveway single-handedly without getting short-winded, PTL! On a cold day he works out for 20 minutes in the basement doing leg lifts, chin ups, etc.

I'm a mother of eight, and a grandmother as well, with a great desire to keep going for the Lord. I exercise for an hour or walk for the groceries or whatever is needed regularly. I'm still 10 pounds overweight, but I feel good and am now able to keep up with the daily workload— with energy to spare!

I'd like to encourage others to do what they can to fight for this area of their lives, and that of those around them. It's said that 4-6 hours a week of vigorous exercise will cause you to lose weight; to maintain good health, just 3-4 hours a week are needed. At that rate it seems amazingly little time is needed to support and strengthen the temple of the Holy Ghost!



Heavenly Hair Tips

Spirit helper speaking:

There are little things that you can do to improve your hair, but ultimately it's in the Lord's hands and in the hands of nature. God made certain laws by which

nature governs itself and although He can step in and intervene and do a miracle, He often chooses to let nature take its course because that's the way we learn the best. We see the consequences and results of our actions because we are governed by the laws of nature. So yes, there are little things you can do to help your hair to grow and help it to be healthier.

The simplest, best and most effective things to do are just to follow God's simple health laws. Your hair is comprised of non-living cells—it's not alive, it's dead. It's like your fingernails, so once it gets bad, it can't grow healthy again. It basically has to grow out and let you trim off the bad parts, or fall out, and let new hair take its place, because once it's damaged it cannot repair itself. It's dead cells, it's not a living thing. So

Jesus speaking:

The hair that I have given you is one of My gifts of love to you. I gave you the hair that I knew would suit you the best—its color, its shade, its thickness, the way it falls.—It's all a part of beautiful you and all a part of My creation and My love for you. So treat it as such, as a precious gift given by My hand. Treat it gently and with care and I will do the work which you cannot do—that of making it grow and making it beautiful.

Your hair is also something which I give to each woman because I know of the desire in their hearts to be able to change, to look different, to sometimes look special and sometimes look wild, and your hair is something which you can do in so many different ways. You can cut it shorter or leave it longer. You can cut bangs or you can grow them out. You can wear it up or you can wear it down, and all this adds spark and variety. So use it and enjoy it! And in all that you do with it, glorify Me, for it is I Who gave it to you because of My love for you.

naturally, the cells which are created to form your hair are only as healthy as your body is, and your hair is one way that you can tell pretty easily how well your body is doing physically.

For some people a warning sign when they're getting run down or they aren't getting the nutrients they need is that their hair starts falling out or it stops growing. So one of the first things to try is to eat well, rest well, and make sure you're taking good care of your body with God's simple health laws: Eat right, sleep right, exercise right, live right, love right. Those might sound very elementary and that they don't affect

harsh, because although that doesn't affect the growth of your hair, it does affect the quality of the hair that's there. Like I said, once hair is damaged it can't repair itself, it has to just grow out. So if the shampoo is too harsh and damages your hair, then that's pretty sad. It gets ruined very easily.

Brushing your hair is very good for it, starting at the scalp and brushing down, and that is one thing that helps it to grow. It stimulates your scalp, gets the blood circulating and helps the little follicles where the hair comes out to be strong and healthy. It massages them, brings the

There are lots of simple, God-made remedies around, and some of them you can look up in books, too. Just be prayerful and spirit-led as you apply them. Most importantly of all, eat right and rest right and live right, and your hair will grow.

When you're young it is easier for your hair to grow and replenish itself than when you get older. The more tired your body gets, the more difficult it is for it to produce things like beautiful hair. So take good care of your body when you're young, so that when you get older your body's not completely burnt out, run dry, like a dead battery. Because even though you might be able to maintain and keep working and walking around when you're older, regardless of how you took care of your body when younger, certain parts of your body will just shut down if they haven't been maintained and taken care of—your hair won't grow so well anymore, certain parts of your body won't function as well. So it all starts in taking care of yourself while you're young.

Okay? Those are just a few tips, but the most important thing is to be thankful and content for what the Lord has given you. And a praiseful, thankful attitude actually affects your physical health.



A praiseful, thankful attitude actually affects your physical health.

your hair much, but the fact of the matter is that they do, because your hair can't be healthy if your body's not healthy. Even if you don't see it manifested in other ways, if your body is run down, your hair won't be healthy. It won't grow; it won't be able to produce enough cells to keep replenishing itself and the ones that fall out.

Of course there are other things that you can do, like making sure the shampoo you use is not too

blood to them and that does help your hair to grow. It also strengthens the roots of your hair so that they don't fall out as easily. So one thing you can do— give your hair a good brush. But you also need to make sure that your brush is good quality, and isn't going to damage your hair.

Another thing that's good for your hair is B vitamins. That comes in all forms of course, but one of the easiest is brewer's yeast.

Minimizing Visible Pores

By Heather Kleinman, Web reprint

Q: I have very visible pores on my nose and cheeks. How can I get rid of them?

A: The bad news is that you can't get rid of your pores, and you can't permanently change their size. This is a myth, along with the notion that pores somehow open and close—they don't. Your pore size is hereditary, meaning that if your parents have large pores, it's very possible that you will, too.

Pores also appear open and enlarged when they are full of oil or debris. When the pore is clean and free of excess oil and dirt, it appears closed. Cleansers, toners, and masks can only

temporarily tighten the skin, making the pores appear smaller but not really changing them at all. Sorry!

The good news is that there are products you can use and techniques you can try to make your pores appear smaller and less visible. The effects are temporary, but can make your skin look smoother at least for a short time.

- ♦ Just about any clay facial mask will clean your skin and make it feel tighter and the pores appear smaller.

- ♦ Keep your skin clean. This doesn't mean excessive washing or scrubbing (cleanse twice a day, gently

scrub only once or twice a week), but at least make sure to remove all your makeup and wash your face every night before you go to bed, and avoid cosmetics and skin care products that make your skin break out (the products that do can be different for everybody).

- ♦ Use makeup as sparingly as possible. Heavy foundations can settle in your pores and make already large pores appear larger by caking on the skin. Be meticulous in your application: apply foundation with a clean makeup sponge and blend carefully for a smooth, even finish. If you apply powder, use a large fluffy brush and be sure to dust off any excess from your skin.

- ♦ Keep your makeup tools, like sponges and brushes, very clean. Any bacteria, oil, or dirt they may carry can settle in your pores every time you apply makeup. I recommend washing your brushes every two weeks in a mild hair shampoo or brush cleaner, and sponges as soon as all sides are dirty (also in a mild liquid soap or shampoo).

Cold water does not close large pores and can actually irritate the skin. In fact, there are no muscles around the pore walls, so they cannot open and close. Pores remain the same size. Pores look bigger to the eye only because dead skin cells, dirt and oil are trapped within each pore. To make the size of the pores less noticeable, rinse with tepid water (which makes skin feel tighter) but not with cold water. By the same token, hot water does not open up pores. Warm water (not hot, which is too irritating to skin) hydrates the skin, and cleanses it.

Tip: Rinse the skin with lukewarm water some twenty times after washing. This will clean the skin of any cleansing material and will hydrate it. Blot gently with a clean, damp washcloth.

—Janice Markley, Beauty Consultant

Kitchen Cabinet Beauty Tips

Milk and Salt Face Scrub:

Add a small tablespoon of salt to 2 tablespoons milk. (It works best if the milk is slightly warm, but never hot as then the salt dissolves and defeats the purpose.) Take this mixture and rub it into your face and/or neck. Avoid the eyes, as it could sting. Rub gently for about two minutes then rinse with first warm and then cold water. This works wonders on skin that has pimples or blackheads.

Sunflower Milk Face Cleanser:

This is good for removing makeup and is generally good for dry skin, not oily skin. Put 1 tablespoon of milk in a small container or saucer. Next take some cotton and soak up the milk, then gently squeeze it out.

*From Hanna (of Tom),
Germany*

Here are some interesting recipes for skin care that I came across, which are generally inexpensive and easy to make.

Now moisten the cotton ball with some sunflower oil. Clean your face with this, rinse with warm water, then dry your face.

Chamomile Milk Face Cleanser:

Here's a great way to use up chamomile teabags before you throw them away. Simply dip the teabag in a little bit of warm milk and use this to clean your face. Again, rinse first with warm then cold water.

Honey-Apple Facial:

This is good for all skin types. Grate an apple and mix it with 1 tablespoon of honey. Apply to face, neck and chest area (if desired). Let sit for 20 minutes then rinse with warm water. Applied to the breasts it helps make the skin firm, giving the appearance of firmer breasts. Remember that when doing facials you need to relax, so your pores are open. (Take the chance to lie down and listen to a Word tape or hear from the Lord.)

Flour-Egg White Peeling:

This one is good for enlarged pores and greasy skin. It's best done after you have washed your face and neck with warm water. Mix

one egg white with a teaspoon of flour. Apply and let sit for 15 minutes. Peel off and rinse with warm water. (This recipe makes more than is needed for one time, but you can save it for about three days, or share it with a friend.)

Banana-Honey Facial:

Great for aging or dry skin. The actual recipe calls for a whole banana, but a quarter is more than plenty. Simply mash the banana and mix in some honey. Apply and let sit for 20 minutes. Wash with warm and then cool water. I also read that you can rub your face with the inside of the banana peel and it works the same.

Odds And Ends

- ♦ A little honey applied to the lips works great as a chapstick—and you can eat it off afterwards!

- ♦ Olive oil can help take away a sunburn. Use as you would any normal cream.

- ♦ Apply cod liver oil or olive oil to broken or brittle fingernails.

- ♦ Brushing the teeth with table salt can make them whiter. (See prophecy on page 20 for more on this.)

Brushing the Teeth with Table Salt?

(Dr Koger:) It's true that brushing your teeth with salt can help, if they need a really good occasional cleaning. But the key word is occasional. It's similar to using abrasive cleanser to remove a tough stain. It often works, and leaves things looking brighter, but it wears down the finish, and in the case of your teeth, it can do permanent damage if you wear down too much of that finish. So, in moderation this is okay to do, but don't go overboard or you'll be doing more harm than good.

Eye Makeup Removers

By Paula Begoun, The Beauty Bible

Wiping off makeup is damaging to the skin, particularly the skin around the eyes, because pulling and tugging sags it. Skin is made up of an elastic network, and responds much like a rubber band. Regardless of the direction you pull—up, down, or sideways—if you see the skin move, you are tugging on the skin's elastin fibers and helping the skin to sag sooner than it would otherwise. Repeatedly wiping and pulling at the face, no matter how gently, distends the tissue more than enough to stretch it. Like a rubber band, the skin can only take so much pulling until it won't snap back anymore.

Using water with a water-soluble cleanser that slips over the face and is easily rinsed off decreases friction and minimizes pulling. If you have been used to wiping off eye makeup, it can take a while to get used to washing it off, but it is the most effective and least damaging way.



Sunny Lemon?

One natural remedy which has been proposed is putting lemon on a sunburn, as it's said to soothe the burn and turn it into a tan. When we asked the Lord about this and whether it was safe to do, He gave the following caution: "The lemon causes a reaction with the damaged tissue that makes the tan darker. It also makes the damage more permanent. I don't recommend it."

Do-It-Yourself Massage

Parents magazine

Got a headache that won't go away? Try these simple feel-good moves.

- ♦ Using your index and middle fingers, make circular motions on your temples. Also work the area right above your ears on the scalp.
- ♦ Massage small circles along your jawline with your three middle fingers, from ear to chin.
- ♦ Gently rub between your eyebrows, working along the brow line and right under the cheekbones to help clear sinuses.



STEPS TO GREAT SEX

By David Strovny, Web reprint

FOR ADAM

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ust about everyone, whether male or female, loves a good sexual romp every once in a while. Unfortunately, sometimes two people simply aren't compatible in the bedroom (or the living room, or the car...), and may end up participating in a less-than-memorable sexual experience.

The list below will help you improve your tactics, as well as your mindset, for the next time you decide to get a little frisky.



1 Get Fit... Physically:

Everyone knows that great sex requires a moderate (or heavy) amount of physical strength and energy. Unfortunately, sometimes the sexual activity needs to be modified to compensate for the person who tires easily.

Getting into shape physically allows one to not only last longer, but to fully take pleasure in what they are doing in the heat of the moment without worrying about all the sore muscles that they may be developing

whilst thrusting in and out at a constant pace.

If that's not enough of an incentive to get going with your fitness program, what about the fact that you will become increasingly attractive to the person you will be naked in front of? Everyone appreciates it when their significant other takes great care of themselves in order to remain physically appealing for them (as well as themselves).

Another upside to being in great shape is that because you are stronger, you'll be able to maneuver your woman into the sexual positions that you like (such as holding her up against the wall or standing up, pulling her out and then pushing her into your member).

Now, to get into better physical shape, there are several ways to go. First, you could always engage in more sex. After all, we all know that the more you do, the better you'll get at it.

Secondly, although it's not as exciting as the first,

you can always enroll in (*Eve: Provision!*) a gym and workout with the big boys. Women love a man who has staying power! (*Eve: Or you could invest in a set of weights to use at Home, to strengthen your body.*)

Lastly, why not increase your stamina and burn fat by running or jogging every morning? Or better yet, get yourself a nice mountain bike and go riding with friends. Whatever you do, make sure to stay active.



2 Coordinate Yourself... Physically:

Sex inevitably requires coordination. No woman wants to be in bed with a man who continuously leans on her hair, or worse yet, keeps elbowing her in the face whenever he wants to maneuver around. Those who lack esteem in the physical coordination department always have awkward motions. Although basic coordination is innate, it's not something that everyone is readily born with.

But there is hope, because synchronization can be improved through practice. In addition to having lots of sex (oh yeah), coordination can also be learned through dancing and swimming. Because the aforementioned activities require both stamina and concentrating your energy on using multiple body movements, you will certainly learn how to harmonize with her body in the bedroom.



Communicate Openly:

If you want to have the best sex possible, you need to disclose your likes as well as your dislikes with your partner. And for those of you who are oblivious to reciprocation, you should also listen to what she has to say.

Some men simply aren't aware of this, but women can't read our minds or even always our body language for that matter. If you like

something a lot, let her know. If there's something that you find awfully irritating, then broach the matter in a subtle way.

The only way any relationship can progress is through adequate communication ... inside the bedroom and out. For you sexy-talkers out there, there's nothing more unforgettable than a verbally stimulating experience whilst doing your thing. (*Eve: Of course, the best way to ensure great sex is to love Jesus together! That's a true rejuvenator and inspirator!*)



Stay Insecure:

The best lovers in the world tend to be insecure, which is a wonderful thing because that means they have a tendency to be overly aware of how their partner is feeling, reacting or thinking. As a result, the partner tends to go the extra mile to ensure the other person's happiness in the orgasmic

department. Minor insecurities make for major upsides in sexual behavior.

A typical example of going the extra mile is giving your woman more of what she likes after your orgasm just to ensure her satisfaction.



Test Your Boundaries:

Take risks—life is not a rehearsal. It's like they say, don't dog it before you try it. The making of a good lover includes taking adventurous strides without inhibitions. Variety is the spice of life and having sex in unusual places or engaging in some form of role-play may turn you on in ways you never thought possible.

Try to keep your sex life interesting and always try to add variety to your lives. Bring food into the bedroom; blindfold her; massage her; or even play games in the bedroom. Whatever you do, keep the creativity alive.

THE SEXIEST MAN ALIVE

Web reprint

Last night, "Dateline" TV show featured the unveiling of People magazine's "Sexiest Man Alive." Brad Pitt was the winner. While Mr. Pitt is quite a hunk, I beg to differ with his receiving this title. It appears that

People magazine neglected to look in Boise, Idaho when conducting their search.

In fact, the "Sexiest Man Alive" actually lives under my roof. His name is Moe, and I married him six years ago. The

following are but a few of the many reasons he beats Mr. Pitt hands down:

- There is nothing sexier than when my husband comes home from work, slips into something more comfortable, gets down on his hands and

knees ... and plays "horsie" with our four-year-old daughter.

- Nothing is sexier than when my husband draws a warm bath loaded with fragrant, soothing bubbles ... and plops our daughter in and then proceeds to play with Barbies in the bath with her for an hour or more.

- I go crazy with desire when my husband turns

down the bed, turns on a dim light ... and cuddles up with our daughter to read "Miss Spider's Tea Party" for the umpteenth time.

- I fall in love with him all over again every time he gets the fire going, reclines on the couch ... and helps my daughter practice her Bible verses for her Sunday school class.

- My husband can go all night ... regardless of the

fact that he may get called out of bed at 2 AM to go to a crime scene (he is a police detective), and not return until daylight, he will forgo sleep to honor whatever commitment he has made to our plans for a "family day."

Yes, Brad Pitt is cute; but to me, watching my husband be his kid's dad is the biggest turn-on a woman could ever hope for.

How Often Do You Correct Your Spouse?

Do you tell him he's not putting on the baby's diaper right? Do you tell her she's holding the map the wrong way? Do you scowl at him when he drinks out of the milk jug?

Well, even when you say it nicely, correction is really hard to take. So try this—limit your correcting to once a week. Because if you correct someone all the time...they'll start feeling like they can't do anything right. And besides, who wants to be around a person who makes them feel badly about themselves? So let the unimportant things go and save your correcting for what really matters.

—*The Family Minute, by Mark Merrill*

brought up and which can just be glossed over.

Use this as a good criterion if you're not sure whether you should say something or not: Will what your spouse (or friend or co-worker) is doing bring harm to them, or to someone or something else, in any way, whether physical, spiritual or emotional? If so, then you should bring it up, although you should still do it sweetly and in a positive and upbeat manner. But if it's just one of your idiosyncrasies, something that doesn't really matter much one way or the other, then why not try just letting it pass? You'll soon begin to see and experience for yourself the wonders of a life lived through the eyes of love.

Dad speaking:

This isn't to say that you shouldn't correct your mate at all, nor bring up important things that need to be discussed. The point this dear fellow is trying to make is that it's hard on your marriage—or in any relationship—when a

person is constantly nit-picking about this or that, nagging and harping on every little fault and every little flaw. "Love has an extra eye" to see the good, and love also has the ability to shut that eye to the bad, to cover those faults with a blanket of love, to know what things need to be

Note:

All recipes are tried and proven by your *Eve* editors, and their friends. We hope you enjoy them as we have!

Crockpot Chinese Beef

1. Brown beef cubes or strips in pan and dredge in flour, then put in the crockpot.
2. Add $\frac{1}{4}$ cup soy sauce for each pound of meat.
3. Grate a few teaspoons of ginger root and dice green onions (or use regular onions if the others aren't available) finely. (Note that the flavor gets stronger than normal with crockpot cooking.)
4. Cook on low setting for 5-8 hours, until meat is very tender.
5. About two hours before serving, add veggies (can use carrots, green beans, bean sprouts, or whatever you like.— Bean sprouts need very little cooking time!)
6. If desired, add salt to taste once it has finished cooking. (Adding it to the meat before it's fully cooked can make it tough.)

Chinese Fried Meat with Beans

- 1 kg. beef or lamb
- 8 tbsp. soy sauce
- 4 tbsp. cornstarch
- 1 kg. green beans
- 8 tbsp. oil
- 2 tsp. salt
- 4 tbsp. sherry (or other cooking wine)
- 8 tbsp. stock or water

Beef and Noodle Casserole

- 6 ounces egg noodles
 - 1 pound ground beef
 - 2 (10.75 ounce) cans condensed tomato soup*
 - 2 tablespoons Worcestershire sauce
 - 2 cloves garlic, minced
 - $\frac{1}{2}$ pound shredded Cheddar cheese
 - $\frac{1}{4}$ cup dry sherry
 - $\frac{1}{4}$ cup grated Parmesan cheese
- (*Or, replace this with: 2 cups tomato paste, $\frac{3}{4}$ cup milk and 2 tablespoons sugar.)
1. Preheat oven to 375 degrees F (190 degrees C).
 2. Cook the noodles according to package directions.
 3. Meanwhile, brown the ground beef in a large skillet over medium high heat. Stir in the tomato soup, Worcestershire sauce and garlic. Bring to a boil, then reduce heat to low and let simmer.
 4. When noodles are done, stir them and the cheese into the simmering sauce until cheese is melted. Stir the sherry into the sauce and stir for 1 minute, then place in a casserole dish and sprinkle with the Parmesan cheese to taste.
 5. Bake in preheated oven for 30 minutes.

Tester's notes: This is a great, simple crowd-pleaser. You'll love it! Feel free to omit some of the minor ingredients if they are unavailable. Be creative! Have fun! *Happy eating!*

1. Cut the meat into thin shreds about the width of the green beans and about $1\frac{1}{2}$ inches in length. Mix together the soy sauce and corn flour, then marinate the pieces of meat in it for about 10 minutes.
3. Heat half the oil in a wok or frying pan and stir fry the meat for about a minute or until lightly colored, then remove and set aside.
4. Heat the remaining oil and stir fry the beans for about 1 minute, then add the meat, salt and sherry. Blend well together and add a little stock or water if necessary, but do not overcook, otherwise the beans will lose their crispiness and the meat its tenderness.

Eve:

While this technique won't be practical for everyone, we thought it might be useful for small Homes who would like a simple, partly cooked-ahead meal that can be pulled out and used at a moment's notice.

Homemade Gourmet Coffee

By Jonni McCoy, *Miserly Moms*

Having homemade coffees on hand is nice for a quick hot drink, and makes a great gift for others, too.

Put some in a jar and tie a decorative ribbon around the neck. Tie a small card with the name of the contents and how to mix it.

Here are several recipes that will please your budget and pamper you:

Instant Cappuccino Mix

- 1/2 cup instant coffee (or decaf)
- 1 cup powdered milk
- 1/2 to 3/4 cup sugar
- 1 tsp. dried grated orange peel
- 1 tsp. cinnamon

Mix together in the blender. Wait for the dust to settle after turning it off. Store in an airtight container. Use 2 tablespoons per cup of hot water.

Cafe Au Lait Mix

- 2 cups powdered milk
- 1/2 cup sugar
- 1/2 cup instant coffee (or decaf)
- 1/2 tsp. cinnamon

Blend together in a blender. Store in an airtight container. Use 1/4 cup mix to 2/3 cup hot water.

See recipe for "Swiss Mocha" on page 28.

How to Freeze and Serve Mashed Potatoes

From Busy Cooks' Guide

1. Prepare mashed potatoes in your favorite manner.
2. Place prepared mashed potatoes in freezer bags in meal-sized portions (or, if larger portions are desired, in larger plastic bags).
3. Press all the air from the bags and seal.
4. Flatten freezer bags and place in freezer for storage.
5. To serve, first defrost in the refrigerator overnight.
6. Remove potatoes from freezer bag and place in a microwave-safe bowl. Don't be alarmed if they look thin and runny.
7. Heat mashed potatoes in the microwave, covered, stirring every 2 minutes. As the potatoes get hot, they will thicken and return to their original texture.

Tip: For best quality, use frozen mashed potatoes within four months.

Soaking Brown Rice Enriches

Nutritional Value

Reuters Health

Soaking brown rice for a day before it is cooked may be an inexpensive and easy way to turbocharge the nutritional value of this staple food, Japanese scientists have found.

Soaking the rice stimulates the early stages of germination, when a tiny sprout, less than a millimeter tall, grows from the grain. "The birth of a sprout activates dormant enzymes in the brown rice all at once to supply the best nutrition to the growing sprout," said Dr. Hiroshi Kayahara, a professor at Shinshu University in Nagano.

Sprouted rice contains more fiber, vitamins and minerals than non-germinated rice, Kasayara and his colleagues report. The germinated rice also contains triple the amount of lysine, an amino acid needed for the growth and repair of tissues, and 10 times more gamma-aminobutyric acid (GABA), which can benefit the kidneys.

The researchers soaked the brown rice in warm water for 22 hours to make it sprout. The sprouted rice is not only enriched, it is also easier to cook because the hard outer husk has been softened, Kayahara noted, and it tastes sweeter. White rice will not sprout when soaked, he added.

Name

Gallery

Some names requested by Faithy in Brazil, and Gabriela (of David) in Croatia.

- Chantille** → Delicate, fairy-like. Loves to dance and glides around lightly, an inspiration to all. (*female*)
- Charlotte** → Soft, cuddly, lovable. A girl with a heart of love and tender affection, who shines forth My Spirit unto all that she meets in her sweet spirit and tender ways. (*female*)
- Cherise/Cerise** → Pure and innocent, tender and unspoiled by the world. Her spirit retains the innocence and splendor of My Spirit and presence, and she delights in Me. (*female*)
- Kayleen/Kaylee/Kayleigh** → A crystal stream, a river of refreshing. This one comes as waters to a thirsty soul, ministering refreshing and encouragement to those she meets. (*female*)
- Keegan** → A strong, steady influence. Can keep a cool head when things are going crazy; stable and steadfast. (*male*)
- Keith** → Bearer of glad tidings; one who possesses a joyfulness of heart and spirit, and ministers comfort and encouragement through the joy of his presence. (*male*)
- Leif** → A pioneer, adventurer, a bold crusader who dares to challenge the status quo and to launch a fight for the right. Determined and courageous. (*male*)
- Leisha** → Free and uninhibited. Not bound by formalities or traditions, this one dances to My tunes and sings My praises with all of her heart. (*female*)
- Toshi** → Mature in Godly wisdom. Serious and sober-minded beyond his years, a teacher and instructor to others. (*male*)
- Wesley** → Heaven-sent; a man with a mission and a strong purpose in life. One who has a direct calling from Me and lives to fulfill it. (*male*)

«««««(Feedback)»»»»»

All these articles are helpful and informative. It helps someone like me—who's so busy—to get the knowledge I need, and I don't have to spend hours reading books and magazines on these different subjects.

—From Joan, Denmark

We very much enjoyed the humorous article by Dave Barry and the interview with Mel Gibson. Thanks for making the pubs so fun, as well as instructional and edifying. God bless all who work on them!

—From Jonathan Fighter, Taiwan

I was very pleasantly surprised to see my poem in Eve #15. That was so encouraging, and I pray it will be a blessing to other mothers as well! Actually, it is only the Lord, because I really am not a poet at all. I got a sudden inspiration after reading my son Mike's tribute to me in the pub on Mother's Day last year!

Anyway, the reason I am writing is because next to my name you wrote Holland. Well, I was there for a long time, but these past two years I have been in Africa, and I am so thankful to finally have made it to the mission field that I was wondering if you could make a little note of that. I would like for people to know that I am not only a mother of 12, but that I am actually on the exciting mission field of Africa—Nigeria to be exact! Also, if it helps, I am a grandmother of 7, pretty soon 8!

(Eve: Our apologies, Dove—our hats off to you! And lots and lots of love and prayers to you from us all!)

—From Dove, Nigeria

I want to thank all who are involved in making the Eve. The mags are very interesting. I personally like the section on Home Remedies. I'm always looking for natural ways to do things. It would be interesting to hear from anyone who has tried any of the natural remedies suggested in previous articles. It would be an encouragement.

(Eve: Dear readers, we'd love to hear about it if you have tried and proven any tips or tricks that we print in the mags. Or if any articles in particular speak to you, or remind you of a story or lesson of your own that you'd like to share, please feel free to share them.—We love hearing from you!)

—From Mercy, Canada

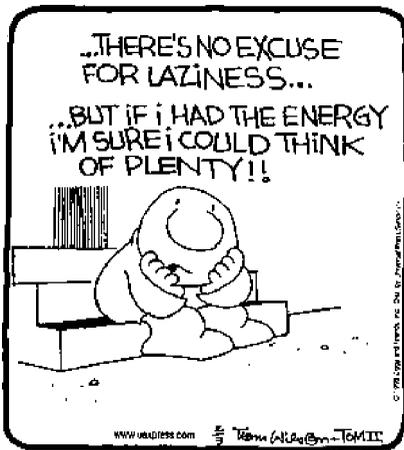


Calling All Marriage Veterans!

Attention, husbands and wives: Has your marriage stood the test of time? Then please, read on!

For those who have successfully nurtured their marriage through 10, 15, 20 or more years of fruitfulness, we want to hear from YOU!—How did you do it? What are your secrets, your tried-and-proven tips and tricks? Were there ever times when you felt like completely throwing in the towel—if so, what made you hold on? What would you say is the greatest lesson you've learned about relating to your mate? What things has your mate done to or for you that makes your life wonderful?

Don't be shy—the little jewels that you earned through hard experience might just be a lifesaver to someone else. We love you and look forward to hearing from you!



"I can change a pumpkin into a carriage, but if you want to turn fat into muscle, you'll have to exercise two hours a day."

Swiss Mocha

(Continued from page 25.)

1/2 cup instant coffee (or decaf)

1/2 cup sugar

1 cup powdered milk

2 tablespoons cocoa powder

Mix together in a blender.

Store in an airtight container.

Use 1 tablespoon to 6 oz. hot water.



"I only lost one pound before I quit my diet. But if I can do that 50 times, I could lose 50 pounds!"

Cover photo: Pearl (of Steven), mother of 11, Thailand. Happy Birthday!

Suggested reading for ages 16 and up.

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