

From Jehoshaphat; Nepal:
AFTER BEING IN ASIA FOR SOME YEARS & being plagued occasionally by worms, amoebas, diarrhea etc., a very sweet doctor friend suggested garlic as an alternative to the very strong & sometimes harmful drugs prescribed by most doctors. We've also heard that using garlic in your cooking can help prevent stomach sicknesses & be very beneficial for other health reasons. Perhaps someone with better access to reliable info. could study it further.—Jehoshaphat.

REPLY FROM SARA D.:

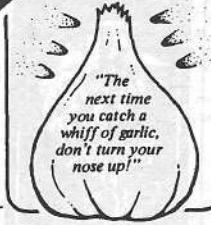
YES!—WE HAVE HEARD FROM SEVERAL RELIABLE SOURCES that garlic is a great cleanser, antibiotic & health food to include in your diet daily. Our dear professional friends, Claire & Monica, (see SD-41) informed us that a peeled clove of garlic inserted in the vagina can help cleanse out impurities & help heal very minor but bothersome vaginal discharges or irritations.

USED IN THE SAME WAY, A PEELED CLOVE OF GARLIC that is scraped to allow the juice to seep out is known to help heal hemorrhoids by inserting it into the rectum as a suppository when retiring at night & allowing it to remain in the body all night. It will be expelled the next day with the normal BM. Repeat as needed.

HERE ARE SOME TIPS ON GARLIC from Lelord Kordel's book "Natural Folk Remedies" published by Manor Books:

"THE ACTIVE FACTOR IN GARLIC IS A CHEMICAL CALLED ALLICIN." Unlike antibiotics, which destroy friendly bacteria along with the virulent ones, alliin wipes out only the dangerous germs, but instead of killing the

Garlic!



germs instantly, garlic uses a suffocating effect on them. In effect, close contact with garlic literally asphyxiates the germs.

"A DANISH DOCTOR is quoted as saying, 'Everyone knows he must use garlic when a cold begins. If one puts a piece of garlic in his mouth at the onset of a cold, on both sides of the cheeks & teeth, the cold will disappear within a few hours or at most, within a day.'

"IT IS ALSO USED EXTERNALLY as a treatment for numerous skin conditions, ranging from infected pimples to pre-cancerous cuts, ulcerations & thickened patches of the skin. Even the worst pimples disappear without leaving a scar if rubbed several times daily with garlic.

"MOSQUITOS, IT'S BEEN PROVEN, HATE GARLIC. Garlic extract tested on 5 different species of mosquitoes resulted in 100% mortality! In Bhutan, mothers sooth their colic infants by placing minute grains of garlic on their tongues.

"IT ALSO CURES INDIGESTION & DISINFECTS the contents of the stomachs of those who lack hydrochloric acid in their gastric juices for this purpose. It kills putrefaction bacteria in the large intestine & neutralizes poisons in the organism itself.

"A WORM REMEDY FROM PAKISTAN for intestinal parasites: 2 to 3 cloves of garlic, 1 glass warm water. Peel & chop garlic cloves very fine, drop into a standard size water glass & add the warm water. The glass should be about 2/3 full. Stir, cover & let stand overnight. Stir mixture again in the morning & let the garlic settle to the bottom, or strain. Drink the water."

THE CHILDREN IN OUR HOUSE CHEW GARLIC CAP-SULES daily along with their vitamins. We pray it helps in preventing infectious diseases. Thanks very much, Jehoshaphat for a very helpful tip—tried & proven tool.—Love, Sara D.

P.S. FROM MARIA

WOW, SARAI!—AFTER THAT I'M GOING TO HAVE TO BE MORE DILIGENT about my daily garlic intake. It's never done such miracles on me yet, but I'm sure it must have some credence, considering its long-standing reputation as such a cure-all. If we continue to trust the Lord for our health, I'm sure He'll be happy for us to give Him a little cooperation & help.

I'VE NEVER BEEN ABLE TO SWALLOW WHOLE CLOVES—I choke on them!—And when I tried it chopped, on bread & eaten raw, it stung my mouth, so I couldn't stand it! But I found that just a slight heating of the garlic, like on toast, seemed to eliminate the bite, or after sauteeing it for 5 minutes I can eat up to 8 large cloves.—

And the odor is neither so long-lasting nor strong as when raw. In any case, Dad says that even garlic breath is better than no breath at all!—Just remember to eat it in the morning & not just before you go out FF'ing at night!

SUE'S FOUND SOME TASTY DISHES USING GARLIC to serve me lately, all low-calorie

but highly nutritious. If you're interested in the recipes, here's Sue to tell you about them:

TASTY WAYS TO EAT YOUR GARLIC, WHEAT GERM & YEAST!

Recipes by Sue

LIVER SOUP

1 egg

1 cup yogurt

6-7 cloves finely chopped garlic
1 Tablespoon wheat germ oil
1/4 cup powdered yeast or 1/2 cup

baked (less if you're not accustomed to eating yeast)

3 Tablespoons minced or chopped spinach—raw or slightly steamed

1 piece liver chopped into small pieces

Some type of liquid bouillon-type flavouring if you like. Blend all this together & heat until just warm. If the yeast mixes easily without having to blend, it would be better to add the yeast after the heating.

TUNA SALAD

1/2 can tuna

6-7 cloves finely chopped garlic
1/2 tsp. powdered kelp, or 4 tablelets crushed

1 carrot, chopped

1 or 2 hardboiled eggs

1-2 Tablespoons wheat germ
1 chopped or sliced pickle
1 tsp. or more of vinegar

Mayonnaise to taste

Lemon & parsley as garnish

FRIED FISH

(Use one w/fins & scales, such as cod.)

1 fish fillet

6-8 cloves finely chopped garlic

Parsley

Lemon

1 Tablespoon wheat germ
Lightly sautee garlic in margarine or oil, then add fish. When fish is almost done, nice & flaky, add chopped parsley & garnish with lemon & sprinkle with wheat germ. Serve with a carrot & celery salad to which you can add more wheat germ.

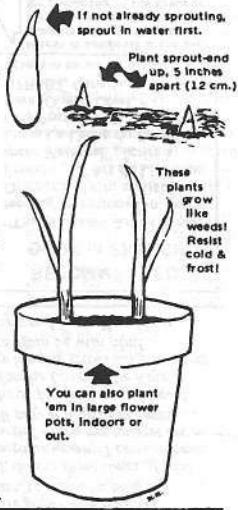
As far as we know that's all they need, & they grow great!

Grow Your Own Garlic

From Maggie Quixote; U.S.A.: IF YOU DON'T HAVE MUCH TIME, SPACE OR EXPERIENCE, growing onions or garlic is an easy project. My 2-year-old & I have 8 healthy garlic & 2 onion plants growing in 5 in. of dirt in an 18-24-inch box that I nailed together from scrap wood.

THESE PLANTS GROW LIKE WEEDS with a little sun & water daily. They are very hardy & resist cold & frost well. We just got some onions & garlic from the supermarket & stuck 'em in plenty of water until sprouts appeared in the onion sections & individual garlic cloves.

THEN WE STUCK THEM IN DIRT—sprout end up, 5 inches apart—in our window box. Be sure your box has drainage holes every 3 or 4 inches to prevent root rot & set the box on bricks or somehow get it off the ground.



Tape Recorder Care

Dad's Tips on cleaning the head for good recording!

Rough notes on a talk by Dad:

DAD WAS TALKING ABOUT A POOR RECORDING of a tape which he said could have been avoided if the head of the recorder had been cleaned first. He says to clean them as often as you are using the machine—every other day if you use it constantly, or weekly etc. It's not difficult to do, but it's a shame & neglect if you don't!

NEVER USE A Q-TIP (cotton swab). Someone mentioned that with some recorders they furnish Q-tips for cleaning purposes, & Dad said, "Oh it's just that they think it would be too primitive to suggest using your finger to clean the head."

HE SAID TO DIP YOUR FINGER IN ALCOHOL OR COLOGNE—not dripping wet—& rub it on the metal head back & forth, about 3 times weekly, until it's squeaky clean. Then you can wipe it off with a clean cloth or tissue if you're sure you don't get any lint on it.

LINT IS VERY BAD FOR THE MACHINE. That's why you should avoid Q-tips, as tiny microscopic hairs can get into the machine & it's very bad for it. Also make sure you don't get a drop of alcohol anywhere else—Not on the tape or it will eat it up, or on the capstand, the rubber part that rotates & pulls the tape thru.

Watch Your Conversation!

"The Tongue" Part 1, by GRANDMOTHER, MO's Mom!



Are your mealtimes HAPPY times?

THIS IS MEDITATION MONTHS & I do pray that He would use something from this little programme to help you solve some of your problems. And I know that nothing can help as much as something from God's Word!

OUR LESSON IS FROM THE 6TH CHAPTER OF PROVERBS. You know, it's the most interesting thing to note that in this passage of the 6 things that it says that God hates that 3 of them are about the tongue!

I SHOULD THINK IT WOULD BE INTENSELY INTERESTING to know what the Bible says about the things the Lord hates, but the thing that interested me was this fact that half of these things mentioned had to do with our tongue!

I READ AN INTERESTING ARTICLE that was called "Watch Your Conversation!—Children Are Listening!" The question was, "What is the most neglected problem in family life today?" & the answer was, "the way parents talk before their children in critical spirits," says Dr. James H. Bussard.

HE WAS PROFESSOR OF SOCIOLOGY at the UNIVERSITY of Pennsylvania when he wrote this article. He said that after 40 years of probing into what he called "Neglected Areas of Family Life" with special emphasis on the problems of children, he made a discovery out of his experiment.

USING TAPE RECORDERS, Dr. Bussard acquired extensive samples of dinner conversations of Philadelphia families. He said, "I had no idea I would discover a real pattern in the conversation of families. I just wanted to learn what families talked a-

bout. But to my amazement, I found that family after family had definite consistent conversational habits—and the critical pattern was the most prevalent."

THESE FAMILIES RARELY HAD A GOOD WORD TO SAY about anyone. They talked continuously about friends, relatives & neighbours, almost every aspect of their lives, from the people in the supermarket to the spirit of their boss. And this constant negative family atmosphere had a disastrous effect on the children because a high percentage of the children were anti-social & unpopular.

IN THIS PATTERN OF FAMILY HOSTILITY many times it turned to quarrelling amongst themselves. Without fail their meals were a round of insults & bickering. The children absorbed

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transcribed from "Meditation Moments", Tape 6, by Sarah Beloved; Australia. Edited by the Zs.)

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IF THE HOLY SPIRIT HAS POSSESSION OF THE SOUL,

The Tongue! Part 2

by GRANDMOTHER (MO's Mom)

OH, SO MUCH IS SAID IN GOD'S WORD ABOUT THE TONGUE that we can't avoid mentioning it. God's Word says, "Whoso keepeth his tongue, keepeth his soul from trouble" (Pr. 21:23) & "Keep thy tongue from speaking guile" (Ps. 34:13).

—That is, from making a statement that conveys a meaning different from the real truth. Many who shrink from telling a lie won't hesitate to give an inaccurate statement.

ONE OF THE 6 THINGS THE BIBLE SAYS THAT GOD HATES is a lying tongue (Pr. 6). Now the 19th verse mentions 2 more things that God hates: "A false witness that speaketh lies" & "he that soweth discord among brethren". Keep your tongue from slandering, talking of others to the hurt of their reputation.

SOMETIMES HARMLESS GOSSIP RUNS DANGEROUSLY NEAR SLANDER. I remember reading a long time ago about a girl named Jesse Pepper, 18 years of age, & she was convicted of manslaughter because in her gossip of a girl by the name of Mary Ellen, Mary Ellen was disgraced & took her life & it was called a "gossip slaying", because Mary Ellen took her life as a result of the gossip. But as a rule the law can do very little about such things, but God can do much about breaking His law regarding the tongue!

IF YOUR SOUL IS LITTLE & SUPERFICIAL, egotistical, mean, all those qualities are going to permeate your words as they flow from your lips. All the sham & sanctimoniousness in the world won't cover it up.

IF THE HOLY SPIRIT HAS POSSESSION OF THE SOUL, the words spoken are clear, simple & filled with divine light just as Christ is light. There'll be no deceit, sham or double meaning. Words flowing from the soul baptized with His Spirit of love will have a magnetic drawing quality & a rare warmth that draws others to them.

AND WHEN THE HEART'S BURNING WITH DIVINE LOVE you don't need to put patience or tenderness in your conversation or your prayers. All your words will have a savor of life & power in them. It comes from an inner depth of a spirit that's already occupying that soul, a Spirit-filled life.

IF YOU WANT TO BE ABLE TO SPEAK WORDS OF HELP-FULNESS to needy ones at just the right moment & just the right way & with lasting effect but without set premeditation & you want to speak words that will be burned into the memory & bear everlasting fruitfulness, then just let the Spirit of the living Christ speak thru' you!

WHEN IT IS REALLY CHRIST IN YOU, Paul said, "It is no longer I that liveth but Christ that liveth in me" (Gal. 2:20) & this Spirit of Love then is in the heart, & this can only be done if He's really abiding in full possession of all of your life, in control of all your faculties.

OH, SUCH POWER FLOWS thru' one from the in-dwelling Christ that this is what we call a surrendered life placed in His hands & living in His presence, abiding in Him & His words abiding in you.

I WONDER IF YOU FAITHFULLY READ HIS WORD?

His words can't abide in you unless you know them, can they?

Do you take time for prayer, waiting in His presence? The

power will not come forth unless you do this. Words will often come forth just as insipid things, lukewarm & powerless because they don't come from an in-dwelling Christ. They don't come from a burning heart. They don't come from a surrendered life, a life baptized with His love.

YOU KNOW, THE LORD JESUS CHRIST LONGS TO FILL YOU with His Spirit until as He Himself said in that day in the temple, "He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water." (John 7:38) Isn't that wonderful? Then really, one baptized with the Holy Spirit is bound to speak with love because God is love! His precious Holy Spirit is love!

NOW ALL THIS THAT WE JUST SAID would be so many words if we didn't impress upon you the fact that the trouble isn't fundamentally with the tongue, tho' we talked & read about the tongue in our first scriptures.

OF COURSE, IT'S IN THE HEART. You can't put on. The tone of the voice can't have love in it or sweetness if there's no sweetness or love in the heart. There's an emptiness & people can discern it. Words are the conveyance with which the quality of the heart & mind go forth to other people.

JESUS TEACHES THAT OUR WORDS REVEAL our heart's character. Whatever the quality of the heart, it will possess & accompany the words exactly. We don't understand it, but there's an invincible stream of soul quality that flows thru' our words. There's no way under the sun to change that quality, except to change the spirit from which the words flow.

THERE HAS TO BE A CHANGE OF HEART. Oh, how many times some man has been mean & cruel & unkind to his