

going the wrong way. This is one of the big benefits of being married I believe. You always have someone to put on the brakes for you if you are headed in the wrong direction.

**AFTER ALMOST A YEAR & A HALF IN THE EAST**, thru a succession of miracles we were able to adopt a son from a 3rd World country that we were working in. Immediately after this we went to Europe where we spent a year & a half before returning to the East. This was the time right before & after the RNR, & like almost everyone else we went thru it. I won't go into all the details, but it was a rough time for our marriage.

**BUT WE STAYED TOGETHER BECAUSE WE KNEW THE LORD PUT US TOGETHER IN THE 1ST PLACE** & because we had a son to take care of. Finally we decided that even though we weren't getting along too well, we should go back to the East by faith & just trust the Lord to work out our personal problems. As soon as we did this God really blessed us, & a brother gave us a truck to come overland. Soon afterward we had the funds & off we went. The trip was great & we got along better than we had in a long time, & the Lord blessed us in so many ways.

**WHEN WE FINALLY REACHED OUR DESTINATION** & faced a whole new set of problems, things sort of went bad in our relationship again. I know that a lot of it was my fault, as I had a rather unrealistic view of the way things should be. With all the freedoms of the RNR came so much more responsibility, & I'm afraid sometimes I grabbed the freedoms & left the responsibility, especially when it came to being extra loving to Fay. We really had a breakdown in communications, & for awhile, although we were all in the

same house, she lived with a fish & I lived by myself, sharing occasionally with another sister & Fay. **THEN THE FISH LEFT & WE MOVED TO A NEW HOUSE**, & things just started to get better. One day I went over & put my arms around Fay & told her I loved her, & she just broke down & cried & told me it was the first time I'd ever really said that. I couldn't believe it! I was sure I'd told her I loved her before! She said that I had, but it was usually when I was upset &

went something like, "I really love you, but how could you have forgotten to mail that important letter, blah, blah, blah." **RIGHT ABOUT THAT TIME FAY GOT PREGNANT** with our little daughter, & something happened in the spirit & I fell deeply in love with Fay like I never have before, & since that time we've had some real days of Heaven which we've cherished & enjoyed, & we both are really glad we stuck it out so that the Lord could give them to us. (PTL! GBY! It pays to Love! TYJI)

## On The Road Together!

SINGLE BROTHER WINS 2 HELMETS!



A happy threesome: (l-r) Pascale, Francois & Claire.

(Hearts big enough for two!)

From Francois; Europe: **HELLO! MY NAME IS FRANCOIS & I'VE BEEN IN THE FAMILY FOR 5 YEARS.** I'm writing this testimony for the single brothers who are alone on the road.

**I BEGAN TO GET MOBILE IN FEBRUARY 1980**, & after camping for 3 months, the Lord gave me a vision of going to another place 800 km. away. So, I moved there, but the first week was so hard that I thought I had made a mistake in going. Then, I met Pascale & Claire who were both visiting Zac & Lamb and Dan & Chanson.

**AFTER GETTING SAVED**, Pascale decided to join the Family & camp with me. Then we both returned to the city where I was previously.

**CLAIRE ALSO WANTED TO JOIN**, but became a catacomb due to

problems with her mother. She won many of her friends to the Lord at school, & decided to have a party for her 20th birthday. Well, Dan & Chanson wrote to us about the party, & we hitch-hiked 800 km. to come. That was a real surprise for her. After spending the weekend together, we asked her to come home with us. Two hours later she had made her decision, & the next day we were on the road together. PTL!

**THE MORAL OF THIS IS TO NEVER WORRY!** If you are alone, & even if you don't have a driver's license (like me), you can hit the road & the Lord will bless you. We now have a heavenly home of three, almost four (Pascale is 8 months pregnant). TYL!



Claire, completely free after forsaking all.

## For Women Only!

Natural Nutritional Remedies for Menstrual Problems!

Compiled by Sara Davidito from "The Best of Linda Clark": **ACCORDING TO INVESTIGATORS OF WOMEN'S AILMENTS**, one cause of problems in menopause, menstrual cramps, emotional problems, nervousness etc. is: Lack of calcium. About a week or 10 days prior to menstruation the blood calcium begins to drop. This drop in what we might call the "nerve mineral" can produce all sorts of nervous complaints: insomnia, irritability, tension, quick anger, quarrelsomeness, depression, anxiety, headaches—the works!

**ADOLESCENTS AS WELL AS OLDER WOMEN** may burst into tears at the slightest provocation. Then when menstruation actually begins, the calcium in the blood drops still further. This can cause cramps & if the calcium deficiency is severe, even convulsions may occur. Apparently there is also a relationship between calcium & the production of hormones.

**ADELLE DAVIS STATES THAT BOTH PRE-MENSTRUAL TENSION AS WELL AS CRAMPS CAN BE PREVENTED** if calcium is begun about 10 days prior to menstruation & continued thru the 2nd or 3rd day. In case of cramps she suggests taking 1 or 2 calcium tablets per hour. Nutritionalists consider calcium a natural tranquilizer & far safer than drugs. (For efficient absorption of calcium, be sure you're taking sufficient vitamin D, in the form of summer sunshine or cod liver oil capsules.)

**FOR WOMEN WHO STORE WATER** during pregnancy, premenstrual periods or menopause, scientists have found that as long as they took Vitamin B6 daily they were no longer bothered with these problems. But when B6 was stopped, symptoms returned. Apparently B6 sets up

a balance between two minerals—sodium & potassium—which in turn regulate the body fluids. Women were given 500 mg. of B6 daily in most cases & after 3 years of this daily dosage there were no side effects. However those who work in nutrition believe that it is always wise to take the entire B complex along with large amounts of a single B vitamin. Otherwise too much of one has been known to create a deficiency of another. Anyway, since vitamin B also helps nerves in addition to the calcium, this is all to the good.

**AVOID SUGAR & OTHER CARBOHYDRATES & CUT DOWN ON COFFEE**, all of which cause a temporary rise of blood sugar & energy followed by a nose dive of both. Substitute fresh fruit to satisfy a craving for sweets, & use protein instead of carbohydrates. Nuts or cheese or stirring some brewer's yeast into juice or water & drink it together with taking a vitamin & calcium tablet has been known to change irritable teenagers or wives into veritable angels temporarily & quickly. The energy appears within about 10 minutes & can last several hours.

**THERE IS ANOTHER VITAMIN, SOMETIMES LOOSELY TERMED THE "SEX VITAMIN"**, which appears to act as a natural hormone regulator. It is Vitamin E. It is much easier for a woman to live thru pre-menstrual tension or even menopause if she has Vitamin E to help her. It is said safe for people to take 500 units of Vitamin E, unless allergy exists. Remember that Vitamin E should not be given at the same time as inorganic iron, which is derived from chemical & not natural food sources, or with the female hormone estrogen, since both of these substances cancel out Vitamin E. They

should be taken 12 hours apart—one in the morning & the other in the evening.

**VITAMIN E IS KNOWN TO HELP CONTROL MENSTRUAL "FLOODING"**. If it doesn't & you enquire from a physician, he may resort to giving you the hormone estrogen to avoid the pooped-out feeling as a result of excessive bleeding; most doctors prescribe iron &/or Vitamin B12. **SO HERE IS A KIT OF TOOLS TO COMBAT THE AILMENTS OF ANY WOMAN:** Calcium, Vitamin B6 (plus the whole B-complex), protein, Vitamin E & of course a nutritionally rich diet. Nature did not intend women should suffer these ailments which are a part of the life process. As proof, primitive women, living on a whole natural diet, did not have them. They returned to work in the fields almost immediately after giving birth to a child. Perhaps it is time to get closer to "Nature".

At any rate, many women who have used these natural nutritional substances will testify that their ailments have definitely improved. (Amen. These tips helped me for cramps, flooding & fatigue. Love, Sara D.)

### MENSTRUAL SPONGES

From Leah; WIM: **WHEN I WROTE TO THE ADDRESS IN MAG 34** for info on menstrual sponges, the reply I received was: "Currently in this country the sponges must first be tested (by the Food & Drug Administration). Unfortunately, we have no choice in the matter. I have used sponges for three years & have had no problems. My own sponge lasted about a year. Obviously, sponges are not meant to make money & I resent the corporations making millions off my menstrual blood. I will keep you informed of any changes. I know it will be a long process." (Ed.: In Mag 38 a sister suggests using small artists' sponges available at hobby shops.)

## Open Letter From A Visiting Mother!

The need for counselling together about the children!

From Claire; Visiting Mother in Portugal:

**IT HAS BEEN SUCH A BLESSING TO VISIT** most of the Homes here in Portugal. We have such precious hard-working families going for the Lord on this field, & such beautiful children! Next time I've got to take a camera! I'm learning so much just by seeing the different situations & how everyone handles each one in a different way.

**I'VE BEEN ENCOURAGED BY HOW MOST HOMES WANT & APPRECIATE THE VISITS.** There is the practical side—coordinating for sale all clothes, flannelgraphs & the lending library of recommended books, which has been working well. With each book I put a short list of appropriate Dito Letters & Mo Letters to be read on the particular subject of that book (preferably before & after reading the book to ensure a good balance).

**IN A WAY IT SEEMS THAT BY NOW SO MUCH HAS ALREADY BEEN WRITTEN & PUBLISHED** for and about the children—practical tips, teaching suggestions & spiritual principles & guidelines—that now it is mostly a matter of studying & doing it, putting these ideas into practice as much as possible with our own children in our own situations.

**ONE THING I'VE COME ACROSS A FEW TIMES IS A DIFFERENCE OF OPINION** in the Home between different couples or personnel about how the children should be or are being handled. In the Home Checklist there is a question:

"ARE THE PARENTS & HELPERS MEETING THE DIS-

**CIPLINARY NEEDS OF THE CHILDREN UNIFIEDLY...** reading thru the FC & Dito Letters? ...praying together frequently about the children?" (No. 660: VI,BCD). I think this is something which, if carried out faithfully in each Home, not only in this country but worldwide, would help so much to bring more unity & inspiration, especially where the children are concerned.

**I THINK IT IS SO IMPORTANT** that everyone in the Home, especially the mothers & those fully involved in the children's care, agree together as much as possible on what they do & do not want to allow the children to do in the house, what kind of discipline they ought to receive & respond to best & how they should be handled in different situations.

**IT IS GOOD FOR THE MOTHERS OR ANYONE INVOLVED TO PRAY TOGETHER**, if not daily, at least weekly, for & about the children, discussing & counselling together about any little thing that comes up, as this creates a much better atmosphere in the Home & also brings to light new ideas or where we might be failing the children & what more we can do for them.

**IN VARIOUS HOMES WHERE I WORKED WITH SEVERAL CHILDREN** & where a few parents & other helpers were involved, it made such a difference when we had these weekly meetings specifically designated to childcare. We would read a Letter together, usually a Dito Letter, & make plans for the week for the children. So many new ideas would be brought out—places to

go, new ways to witness, ideas to encourage reading, special projects for the children in the Home, perhaps a "finessing brother" would like to take a child out for a change, or mother needs help to go door-to-door.

**THE PRAYER MEETINGS WOULD OFTEN INSPIRE US** to have more inspirations with the children, get on the attack more with their verses, involve them more in the housework, or determine to get them out more. They always brought fresh inspiration!

**SO I WOULD LIKE TO ENCOURAGE OUR FAMILIES** (even if only one family in a trailer!) no matter how few or young are your children, not to neglect to take this special time frequently—even if only as part of your weekly business meetings—to pray together for them, discuss & counsel together about them & pump each other for new ideas.

**"SO COUNSEL TOGETHER**, agree together, decide together, love together, care together, grow together, work together, & enjoy the fruits of your labour together!" (Your children!) (No. 263:81.) GBY! ILYI! —Claire.

**P.S. HERE'S A TIP I LEARNED** in visiting the Homes. Plastic tie pants for babies are expensive here so several mothers have bought plastic by the metre (plain, coloured, flowered or patterned) & cut out pretty tie pants—stronger & cheaper than the ready-made ones—Just be sure you find a nice soft plastic.

**BURNT A SAUCEPAN OR POT** lately? Spread salt & vinegar lavishly over the black burn & leave it soaking overnight. It should come off fairly easily in the morning!

## Food Preservation Tips

### The Dangers of Home Canning!

From Sharon; now in S.A.: **I RECENTLY READ A BOOK CALLED "PUTTING FOOD BY"**, by Hertzberg, Vaughan & Greene. It is about all the safe ways to preserve food, including both modern & "old-time" methods.

**IT SAID THAT BOTULISM HAD GREATLY INCREASED** during the last few years & that 94% of the cases were traced to improperly home-canned foods. The book stressed the need to use the proper equipment, cleanliness & a pressure canner. Many of the old-fashioned ways are simply not safe when it comes to canning & can be a matter of life or death.

**SOME SIGNS OF SPOILAGE IN CANNED FOODS:** 1. Seeping seams, bulging ends. 2. Seepage around the seal, even tho' it seems tight. 3. Mold around the seal. 4. Gassiness (small bubbles) in the contents. 5. Cloudy or yeasty liquid. 6. Shriveled or spongy-looking food. 7. Food an unnatural colour (often very dark). 8. Spurring liquid, pressure from inside as the can is opened. 9. Fermentation (gassiness). 10. Food slimy or with too soft a texture. 11. Musty or disagreeable odor. 12. Mold—even a fleck on the underside of the lid or in the contents.

**WHAT TO DO:** "If any such signs are evident in unopened or opened containers, destroy the contents so they cannot be eaten by people or animals. Don't taste it!" They stress this several times. If it doesn't seem bad but you're not sure for some reason, they give the following advice: **"NEVER TASTE ANY SUSPECT CANNED FOOD:** Boil it

hard for 15 minutes to destroy any hidden toxins, adding liquid if necessary. (Corn, greens, meat, poultry & seafood require 20 minutes boiling.) If it looks spoiled or foams or has an off-odor during boiling, destroy it completely so it can't be eaten by people or animals."

**ALL IN ALL, I FOUND HOME CANNING TO BE RATHER COMPLICATED** & time-consuming (especially considering how precious our time is!), not to mention expensive & needing special equipment. It seems that grains, beans & dried products seem to be the best for survival, as they keep better & longer & are more portable. It is not very difficult to dry vegetables & fruits yourself. Then just add water.

### Dry Your Own Meat!

From Abel & Ruth; Australia:

**YOU CAN DO IT IN THE OVEN OR OUTDOORS.** Choose a good quality lean meat, as fat turns rancid. Carefully trim any fat & of course bones & cut the meat into thin strips about the thickness of your little finger. Cut with the grain of the meat

to keep in the nutrition. If cut across the grain, the short fibres are quickly "bled" of natural juices while drying. Next flavour or spice the meat strips to taste with salt, pepper, soy sauce, curry, garlic powder or whatever you like. You can try marinating it overnight.

**DRYING OUTDOORS:** This works well in warm weather. The meat may be hung from a string or wire & protected from insects. They should be thoroughly dried within 2 days. Be careful not to let it get damp from fog or dew during the night, as it can cause souring. It's best to dry it in the shade with good warm air circulation. Direct sunlight tends to draw out oils & cook the meat instead of drying.

**IN THE HOME OVEN:** Hang the meat or lay it on a grill to allow air to circulate around it. Set the temperature control as low as possible—about 100°C. It should take only about 10-12 hours to dry. Leave the door slightly ajar to allow moisture to escape. An electric oven can take up to 24 hours to give completely dry meat. The meat loses about 1/3 of its original weight. **STORE THE DRIED MEAT IN AIR-TIGHT CONTAINERS.** If kept dry it should keep indefinitely. It may be eaten dry or reconstituted in water. (It's nice to add a little red wine to the water for flavour.)

**"JUST A LITTLE QUESTION DAD,"**—I'm not sure where to draw the line on home support. Should we go up with the bomb if we don't get home support? We put an ad in the paper asking for support & have already had one successful reaction to it. Plus we are making a prayer/letter up to send to churches so we can go singing with the children & raise support. All the writings on India have really changed our hearts to go as we are responding to the need. 'When War' was shocking enough to make me want to get out straight away but we need home support." (Stephen & Barbara; British Isles) (M.A.T. 9:29.)