

WAND
Church of God (7th Day)
Stanberry, Missouri 64489



Third Class

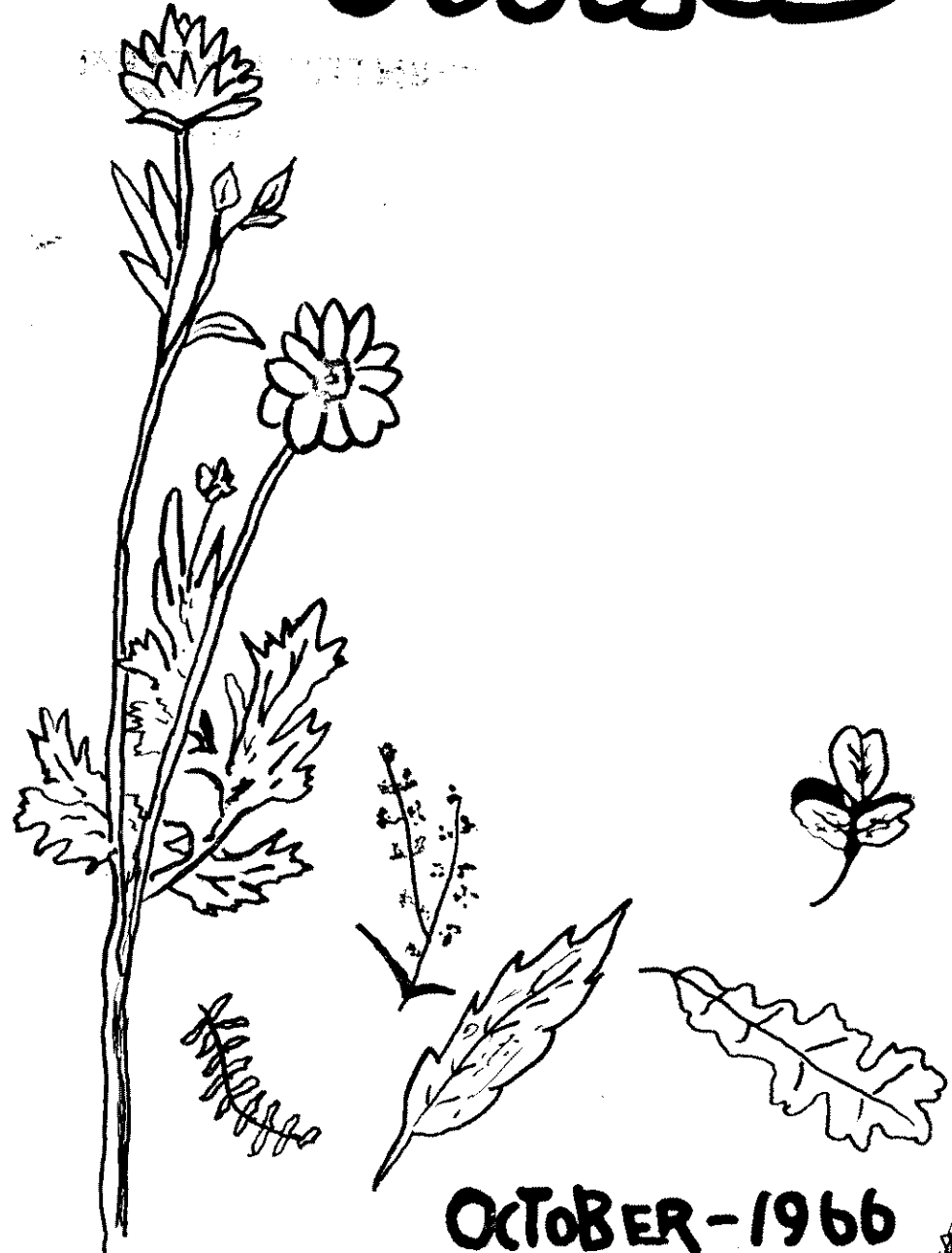
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OCTOBER-1966

Dr. Genevieve Carter, the U. S. Welfare Administration's Research Director, reported on a Federal survey of 231 unwed mothers who keep their first-born rather than place the child for adoption.

1. Half the women had known the father two or three years before the baby was born.
2. Twenty-five percent married the father of the child eventually while an additional 25 percent chose to marry another man who was willing to establish a family.
3. Half the mothers were teenage, and most received financial support from their own families.
4. At the end of 18 months, 40 percent of the original group were pregnant again. One-fourth of the group were still unmarried when the second child arrived.—*Encounter*.

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1350 Steele Street
Denver, Colorado 80206

Wilma Ling
Route 3
New Auburn, Wisconsin 54757

Darlene Kiesz
6448 Randy Street
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Vivian Schutz
25237—68th Avenue, S.
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A Lesson from a Tree

The huge redwood tree stretched its mighty trunk high into the blue heavens. I craned my neck but yet couldn't see the top of the forest giant. The brochure in my hand stated that this tree was already old when Christ walked the earth. Can you imagine? Perhaps to those of us who live in close proximity to California's redwood groves these trees have ceased to be a marvel. Yet in them we can find a lesson for Christian living.

As I read further in the brochure I discovered that redwoods like the one under which I was standing started from tiny seeds dropped by parent trees some 2,000 years ago. I noticed a tiny redwood sapling at my feet. It was perhaps nine inches in height. It seemed impossible that such a tiny tree could survive the rigours of a Sierra snowstorm. And if it did it must surely be crowded out by the vigorous trees which were hundreds of times its size. But yet—these forest giants must have been the same as the saplings one or two hundred years ago. And now they stand in all their splendor for puny man to gaze upon with awe.

Many saplings are killed by the heavy snows that lay on them all winter. Many are crowded out by lack of sunshine or proper nourishment in the soil. The roots of other more vigorous trees, quickly invade the soil around the tiny tree and deprive it of enough water and nutrients necessary for life. But under the proper conditions a tiny sapling will quickly take root and maintain its tenacious hold on life—but it is a struggle.

Lightning will perhaps strike this tree many times during its life span, but the tree develops a bark so strong (often over a foot thick) that it withstands the many fires kindled by lightning. This same bark is also impervious to attack by tree-boring insects. During the last century a particular redwood tree was stripped of its bark. The bark was transported in sections to England where it was reassembled for the curious to gaze upon and gain some idea of the size and girth of the California trees. The stripped parent tree was left standing in the forest. The tree was struck by lightning and

without its bark quickly caught fire and died. All that remains is a charred skeleton that will some day be toppled by a strong wind.



The faith of a Christian can be likened to a redwood tree. As a small seed the word of God is planted in the heart of man. As pictured in the parable of the sower, the seed often lies buried and dormant, unable to sprout because of the rocky soil of a hardened heart, or failure to receive the nourishment of the Word and Spirit of God. Often the seed springs forth only to be crowded out by the more vigorous growth and worldly activities. As a tiny sapling the new Christian's faith often lacks the hard protective bark of experience and trust and is burned by the fires of discouragement and disillusionment. Sometimes, praise God, the seed sprouts and is endowed with healthy living conditions.

Like the redwood, the Christian grows and through the years becomes stronger and more resistant to sorrows and trials. As in nature, our faith is often buffeted by strong winds, but our roots of trust keep us firmly implanted in the love of God. These harsh storms often encourage our roots to grow even stronger and deeper in faith in Christ. If God were to take away these adverse conditions we might grow weak and have less need to rely on the "everlasting arms." The redwood tree has grown strong only because it was able to withstand onslaughts from drought, storm, fire, and disease. A redwood rarely grows in a warm, temperate climate where the soil is deep and rich and where other trees may thrive. It exists where severe winter storms rage and where the soil is often rocky and barren. The redwood must fight for survival, but it is well equipped for battle.

Let us take a lesson from a red-

wood tree. In this season of Thanksgiving, as we praise our heavenly Father for His goodness to us in providing material blessings, think back on your life as a Christian. God has given you the thick bark of faith to keep strong when the lightnings of trials come. Be grateful for the temptations you have weathered in order that you might be strong and provide a refuge and example for those weaker ones who are still struggling to grow. Looking back, the Christian remembers but dimly the sorrows and trials that often beset him. At the time of these temptations and discouragements he perhaps wondered why God sometimes made it so hard for him. Perhaps prayers and petitions went seemingly unanswered... illness was endured... hardship was overcome. Yet these experiences only served to make the "bark" of faith stronger and more resistant. When later trials come the Christian is able to withstand due to the strength he gained from earlier struggles.

In offering our thanksgiving to God, remember these past struggles of faith. Rejoice with Paul as he wrote in 2 Corinthians 12:10: "I will take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."

* * *

If wind and sky were always fair
The sailor would not watch the star,
And David's Psalms had ne'er been
sung
If grief his heart had never wrung.
—Steele

* * *

Why keep other's faults before our
eyes and ours behind our backs?

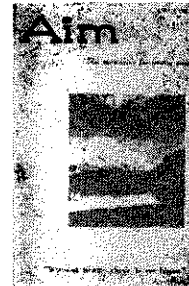
Women at Work

FOURTH QUARTER 1966

October

"Christian Readership Month"

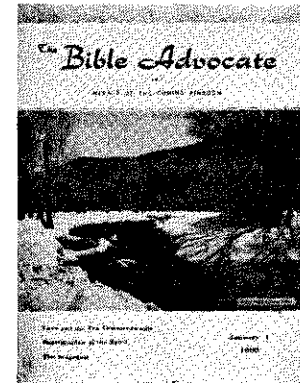
In these busy times the average American is assailed by tons of reading matter—books, magazines, newspapers, business data, advertisements—the list is endless. Some of this material is valuable, some is interesting, some is trash. With so many sources of reading to choose from, the Christian must be discriminatory in selecting reading matter that will enlighten and allow him to grow as a servant of Christ.



Sabbath School Missionary contains stories and lessons especially for children.

Do you have a selection of these magazines in your home? If not, you are missing an opportunity to keep abreast of church news, enrich your spiritual knowledge, and enjoy insights into better and additional ways of service.

During the latter part of each year the Publishing House sponsors a subscription drive and urges each church family to subscribe to at least one publication. The National Women's Association desires to cooperate in this respect; and therefore, as our October project we are encouraging individual members of the Women's Association and local groups to encourage all members of your church to subscribe to the appropriate church magazines. A subscription committee might be appointed to contact all church homes and make sure that at least one (or better yet, ALL) of the church magazines are received in each home. The committee may wish to purchase subscriptions of the **Bible Advocate** or **Aim** for the community library; friends and acquaintances might welcome a gift subscription from your group.



During October let us all make a real effort to see that each church family receives the church papers. A goal of 100 percent (where every family receives one or more papers) is not too high a score for which to strive. Will your group be among those that **go over the top**? For further subscription information you may wish to contact the Church of God Publishing House.

October Devotional

SUGGESTED SONGS: "Open My Eyes That I May See"; "Break Thou the Bread of Life."

SCRIPTURE LESSON: Isaiah 55:1-11.

THIS IS YOUR CHURCH

Someone has said that a church is like its members. If this be true, then let us begin this very day to make our church better and a greater power for good by being better members.

A good many problems and difficulties in the church would readily be solved if every member of the church would remember that the church is his church. Each member ought to feel that the responsibilities of the church are his responsibilities, even as he feels that the privileges of the church are his privileges.

Some people are strangers to their own church. They look upon the problems of the church as they would upon the problems of a stranger. They make no effort to learn what the church is doing. If they are to become familiar with the work of the church, a special effort must be made to give them information which they seek. When conditions are such the work and the growth of the church are greatly handicapped.

A church member who has the right view of the church and its work is constantly looking to the best interests of the church. He realizes that if his church is to increase in spirit, and in number, he must do his full part. He is not worrying at all what the other fellow might do.

His concern is what he can do for the growth and upbuilding of the church. He is not always thinking of what he can get out of the church, but what he can put into the church.

The work of the church and its related activities are published in the church periodicals. How long has it been since you have read your church papers, its bulletins, its letters or information concerning the work of the church? Do you subscribe to the papers, do you buy and read the books carried by the Publishing House? Do you encourage other members of the family to join you in reading the church literature and religious books that will train and inspire the mind to greater Christian zeal and enthusiasm? If you have not received the latest catalog listing the books and supplies carried by the Publishing House, by all means drop a line to LeRoy Dais, Stanberry, Mo., and request your copy. He will also send information concerning the church papers. Get into the habit of reading a good spiritual article, or book each night before retiring and each morning upon arising. If you want to train your mind toward spiritual thoughts and godly works just remember that it is done through reading, prayer and meditation.

While you are reading, do not forget the greatest of all books—called

the Bible. Read it every day, read it through every year. Take time to choose chapters or verses that inspire you and lift you to a higher consciousness. Go "into your closet and close the door" and be alone with God at least once each day. Go oftener if you want to be more like Jesus in every way.

For discussion: Ask for someone to review a book they have read recently or take a book with you to club meeting and discuss the various headings or chapters if you have not read a good book lately. Discuss how to get the most out of Bible reading.

November

Group Bible Study

Several of you have asked that the Women's Association develop a series of Bible studies designed especially for women—studies that can be used at group meetings or in small prayer circles. As an experiment we have developed the following study on Martha.

Before your group meeting, please read the references listed as "Scripture Background." The study can then be given at either your regular women's meeting, or at a special time set aside for the study only. The meeting might be opened with a song, prayer, and scripture reading. The leader then should read the "Bible Story" and "Character Analysis." Others may have thoughts to add from time to time. Then ALL should participate in the "Group Discussion."

We hope that you will enjoy this study and that it will be of more blessing to you, as you realize that your sisters throughout the United States will be conducting this very same study during November. If you like the thoughts expressed, please let us know, and we will continue with other studies in future issues of the WAND.

"MARTHA, A MISUNDERSTOOD WOMAN"

SCRIPTURE BACKGROUND: Luke 10:38-42; John 11:1-46; 12:1-9.

SONG SELECTION: "What a Friend We Have in Jesus"

PRAYER

SCRIPTURE READING: Luke 10:38-42.

THE BIBLE STORY

A human weakness is that we often tend to forget all that is good about a person and remember only the bad. Martha, who tenderly ministered to the physical needs of Jesus on numerous occasions, is remembered by most of us only as a woman who was once rebuked by the Lord. Because her sense of values became a little confused, she has become one of the most misunderstood women of the Bible.

Martha, Mary, and Lazarus lived in the little village of Bethany about

two miles from Jerusalem. Jesus often retired to this quiet and peaceful home for sustenance and rest from toil and travel. If He may be said to have had a home, it was with these three who were devoted to Him.

During one visit the scriptures tell us of the sweet and gentle submission Mary felt for Him as she sat at His feet to hear the words of life. Martha's sense of responsibility and awareness of His physical needs constrained her to make haste in the preparation of a great feast, which she felt was necessary. In her anxiety to be a perfect hostess, she forgot the importance of feeding the hunger of the human heart, and asked for Mary's help.

The Lord's answer was gentle, but effective (read Luke 10:41-42). On the strength of this one rebuke, many have censured Martha as being irritable, worldly, and socially ambitious. It is true that Mary's spiritual sight was keener and her heart more in tune with the words of life from the Master, yet there is no indication that Jesus meant to condemn Martha for spiritual coldness. Rather, it seems that He reminded her that the fretting she exhibited over a meal, which would be forgotten tomorrow, was robbing her of an opportunity to partake of an infinitely greater repast. This feast, when partaken of, would satisfy the hunger of her very soul. There are few women today who do not need constant reminders of this great truth.

The second incident regarding this family concerns the raising of Lazarus. When Lazarus became ill, the sisters sent for Jesus, but Lazarus died and had been in the grave four days before the Lord arrived. When she heard that He was coming, Martha went some distance from the town to meet Him. She affirmed her belief that God would do whatever Jesus asked. Jesus' answer (read John 11:25, 26) has comforted millions through the centuries and are among the most cherished words of Jesus. Martha's reply (read John 11:27) is a magnificent confession of faith!

While this was taking place Mary remained within the house. When Jesus arrived, Mary uttered almost the very same words as Martha (John 11:32).

One of the most touching scenes in the life of Jesus followed. When He saw the sorrow of the people over Lazarus' death, His fountain of tears overflowed. The record... "Jesus wept" (John 11:35)... is the shortest, yet one of the most expressive passages in the Bible.

The scene that followed is well known by all of us. Christ commanded that the stone guarding the tomb be rolled away. When Martha protested that Lazarus had been long dead, Jesus said, "Said I not unto thee, that if thou wouldest believe, thou shouldest see the glory of God?" (John 11:40).

Christ then commanded that Lazarus should come forth. Martha did indeed see the glory of God, for Lazarus, dressed still in his burial robes, stepped from the grave. What a moment of rejoicing this was! Though Mary and Martha were poles apart in temperament, they were one in spirit as they received their brother back into the family.

The final scene in which Martha and Mary have a part took place six days before the Last Supper. The pattern is somewhat the same as the first visit. Martha served a meal, while Mary took spikenard, very costly, and anointed the feet of Jesus and wiped His feet with her hair (John 12:3).

The pouring of ointments upon the feet of honored guests was customary, but Mary had a deeper motive than simply complying with the social pattern. Here was an act of love. Again she was commended by Jesus for her devotion (John 12:7).

What do you suppose Martha was thinking while this touching scene was taking place? Was she still so "cumbered about much serving" (Luke 10:40) that she was unaware of Mary's act? Probably not. More than likely she stood close by, sanctioning Mary's act. This time she did not complain, for she had come to accept her sister's seeming indifference to household tasks. She knew that Mary's indifference was apparent only because of her preoccupation with spiritual affairs. Jesus had said that was the "good part" which should not be taken away from her.

Although Mary and Martha were opposite types in every way, they each had a special way of serving Jesus and He loved them both. Martha had a blessed privilege in receiving Jesus into her own home and should be remembered because of her many acts of love and devotion to Him.

CHARACTER ANALYSIS

1. *She was an attentive hostess.* She took care that the Lord's every physical need was taken care of in a gracious and generous manner.
2. *She was an industrious housekeeper.* Solomon said of the virtuous woman "She looketh well to the ways of her household and eateth not the bread of idleness" (Proverbs 31:27).
3. *She was practical-minded.* Had this not been so, there might have been a fast for her guests instead of a feast. On the death of Lazarus she could not wait for Jesus to reach the home, but hurried to meet Him. Her grief was very real and she had to do *something* about it. By contrast, Mary's grief left her like a wounded thing, immobile and defenseless.
4. *She maintained strong family ties.* The family was in full sympathy with the mission of Jesus. To Martha goes much of the credit for setting family standards. Her strong personality and practicality were the balance wheel which regulated family relationships.
5. *She had great spiritual discernment.* Despite Mary's anointing and choice of the "better part" in her devotion of Jesus, it was with Martha that He discussed the profound subject of life after death. It was Martha who made the confession, "Thou art the Christ" (John 11:27). It was Martha who stated that God would do whatever Jesus asked.
6. *She was responsive to the teaching of Jesus.* Much of Jesus' teaching fell upon deaf ears. Not so of Martha! She not only listened eagerly but was quick to understand. How quickly she grasped that Lazarus would "rise again in the resurrection at the last day" (John 11:24)!

Martha was teachable. After she was rebuked by Jesus for confusing her sense of values, we do not hear of her making that same mistake again. It would be wonderful indeed if everyone responded to Jesus' teaching in this manner.

QUESTIONS FOR GROUP DISCUSSION

1. Do most modern-day women have a greater feeling of kinship with Mary or with Martha?
2. Why are people inclined to hold one fault against a person when there are many virtues to remember?
3. Have you ever wondered why Lazarus had nothing to say of his experience in the resurrection from the dead?

CLOSING SONG: "All the Way My Saviour Leads Me"

CLOSING PRAYER.

November Devotionals

SUGGESTED SONGS: "Come, Ye Thankful People, Come"; "We Gather Together."

SCRIPTURE LESSON: Psa. 65:9-13; 103:1, 13, 22.



LET US BE THANKFUL

"Thanksgiving" is not a day; it is a habit. We cannot be thankful on Thanksgiving Day unless we have learned how to be thankful every other day in the year. There are some simple rules: Walk on the sunny side of the street; live as much as possible in the best room in the house; think about your friends, not about your enemies; talk about your good luck, and not about your bad. These are some of the ways of acquiring the spirit of cheerfulness which is the only soil in which the flower of "Thanksgiving" will grow.

Let us be thankful for our forefathers who established the good day of Thanksgiving, and for the nation which now shelters us in peace and plenty.

For the commonly overlooked wayside mercies; for the music of the dawn and the fires of sunset; for the light of the stars and the shifting beauty of the seasons; for the days of health and the nights of quiet sleep; for the laughter of the little children and the counsels of the aged; for the poetry of the hearth and the converse with congenial friends; for all those countless gifts which join hands to make our hearts content.

For the discipline of sorrow, the trial of failure and the encouragement of success.

For the pressure of work and the responsibility which saves us from the allurements of a selfish ease, and for the stern retributions which strike us when we walk in the ways of impurity and dishonor.

For the sweetness of love, the inspiration of duty and the joys of self-sacrifice.

For the lives of our sacred dead, for the happy days we spent in their companionship, for the example of their faith and patience, and for our faith which sees them sleeping peacefully until the resurrection when we shall meet them again in a land where there will be no more parting or sorrow.

For ideals which chime and beckon from heights; for the dignity and mystery of our humanity; for the magnificent imperatives of the gospel: for the hunger of the soul, and its satisfying bread in the unspeakable gift of Jesus Christ.

For all these and all things else which bring us nearer to our true selves, nearer to our brothers, and nearer to our Father, to whom be our thanksgiving now and forever.

For discussion: "What shall I render unto the Lord for all His benefits toward me?" Psa. 116:13. What great spiritual lesson can we learn from the words of Job in chapter 3, vs. 25—"For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me"? How could prayer and praises to God have helped or even forestalled this situation?

December

Last summer the women of the Church of God acted upon various matters of business concerning the growth of the National Women's Association. We all agreed that in the coming months a vigorous program of growth and service to the Church should be implemented. Various resolutions were subsequently enacted to provide for this activity. Among them was a resolution that called for the Women's Association to encourage local groups to participate to a greater extent in the national program through their enthusiastic financial support of the work. It was agreed that this support could be evidenced by a yearly pledge of funds by each group. The resolution suggested that each local group evaluate its yearly income and then, if possible, submit a tithe or percentage of this income to the national group.

At the close of 1966 it is appropriate to urge your group to take stock of its income during the past months, and as God lays it upon your hearts, share this income with the National Women's Association. Your group may decide that a tithe of your annual income is fitting—whatever the amount, you may be assured that your pledges will assist in the continued progress of the programs outlined in the 1966-67 budget. With your whole-hearted response we envision greater participation in the growth of the church and additional assistance to local groups (similar to the handbook project now under way).

Remember, the National Women's Association is **your** group and represents the programs **you** would like to see advanced by the women of the church.

May we count on your group's support? May God richly bless you for your response in this regard.

December Devotional

SUGGESTED SONGS: "Take My Life and Let It Be"; "Take Time To Be Holy."

SCRIPTURE LESSON: Romans 12:1-21.

YEAR END STOCKTAKING

Periodic stocktaking enables a store to do two things—to unload by a sale the items that have piled up that the public does not seem to want; and secondly, to discover what goods are selling well and to order a greater supply of these goods.

The end of the year performs the same function. It enables us to examine our lives a little more closely that we may try to eliminate that which weakens character and to concentrate on those things that make for spiritual growth.

Beware lest the devil puts his word into our mouth, "But I haven't got the time." Nonsense! We have all the time there is—one hundred sixty eight hours a week. We are stewards of that time and have to justify our use of it. The man in the parable who built the bigger barns thought he did not have time until he heard those words, "Thou fool, this night thy soul shall be re-

quired of thee." And for the first time he was right. There was no time.

It is up to each of us to make some sort of year-end rule. If we leave it to chance decision of the moment we will be at the mercy of our moods. Any rule we set should involve the head—increase our religious knowledge through reading the Bible and other religious books; the heart—regular daily devotions every day of the week not forgetting a time of devotion each Sabbath, although we may have attended Sabbath school; the hand—some act of Christian service, and obligation for others.

Let us do a good job of stocktaking, not measured by petty self-denials, but by positive living, by new attitudes developed, new habits formed, new power acquired.

Discuss the thought—*Not what we gain but what we give, measures the life we live.* Compare this thought to the scripture in Jer. 18:2-6 and discuss the importance of being a vessel fashioned according to the will of God and what use such a vessel can be to the church and to mankind.

TEEN ADDICTS URGE COURSE ON NARCOTICS IN JUNIOR HIGH

Recently, five teenagers volunteered to describe their experiences to about 600 persons attending the Long Island Convention on Narcotics. "I was about thirteen when I started to drink cough medicine," an 18-year-old youth said. "It was the thing to do. If you didn't drink with the other kids, you were a dead body." A 19-year-old youth said, "At 14, I started on cough medicine, then I went on to barbiturates. I remember I was introduced to drugs by a friend of mine in school."

As each youth spoke, sometimes in reply to questions by a moderator or from the audience, a number of similarities emerged: Each of the youths, who lived at home with parents and brothers and sisters, came from middle-income families; all started on the road to addiction in junior high.

"I was never treated like an individual," a 17-year-old youth said. "Kids should be treated like individuals, not like a herd. My father always put me down. I felt like nobody. When I started shooting dope,

I felt like somebody." "My father never talked to me," another teenager said.

The five youths who are undergoing psychiatric treatment and feel reasonably assured that they will not return to narcotics, have arrest records ranging from disorderly conduct to grand larceny. They told the audience of judges, police, and governmental and education officials that courses were needed in junior high school to warn youngsters about the dangers of narcotics.

N. Y. Times Service

* * *

The spirit of Christ makes the difference between judgment and mercy.

* * *

Let us with caution indulge the supposition that morality can be obtained without religion. Whatever may be conceded to the influence of refined education on minds of peculiar structure, reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle—*George Washington*

Editorially Speaking



BERTIE B. FREEMAN

These are days when the world is in turmoil and the boundaries of life are enlarged by rapid communications, and action is the rule of the hour, that the duty of sober consideration and meditation is all too often overlooked. If we desire to have someone help with a church project, write a report, or help in a general way, more than likely we will hear the words, "I'm too busy." We excuse ourselves too many times by saying the same thing when we should be "about our Father's business." We are too busy to read the word of God although we profess to be Christians and church members. How often we hear the words "I was too busy this week for reading" when the teacher asks how many chapters have been read during the week.

We are too busy for sober consideration and meditation of our spiritual welfare. We banish communion and meditation from our practical life, and divorce religion from business and our daily life. On the contrary, religious life and feelings must go hand in hand with everyday life. Religion is not a creation of the pulpit; it is not locked up in the church on Sabbath. We go to church on Sabbath to obtain religious inspiration, to feel in song and worship the uplifting of our well-being and to deepen all good impressions as well as to gain them.

When this is over we are not done with religion for the week; we have been inspired, and now we are to go home and practice what we have gained; but this we cannot do if we never think of religion and holiness until we go to church the next Sabbath. Let us all meditate and not be too busy to consider these things—"not made with hands, but eternal in the heavens."

Meditation and communion are the wells from which we draw spiritual life, and the degree of their possession is the measure of any man's advantage over the routine of everyday life.

Their Health

in Your Hands



OPAL
COULSON

"She looketh well to the ways of her household" (Proverbs 31:27).

The virtuous woman is praised highly because she accepts her responsibility for the general welfare of her family.

Have you ever thought that perhaps you are responsible for your husband's ill health, obesity, sudden heart attack, or alcoholism? Pretty bold question, or you think!

With libraries and book stores in almost all towns, it is inexcusable for woman to be ignorant of good nutrition. To plan and serve healthful as well as delicious meals to her family is part of the responsibility of every homemaker. You may say they will not eat nutritious food when served. You can cleverly add health building ingredients such as Brewer's yeast, wheat germ, yogurt, and dry milk to dishes you prepare and gradually substitute homemade whole grain bread for purchased white bread, etc. It may take time, but begin today. It is your responsibility to educate your husband and children so they will select nutritious food when away from home. You want your children to practice good eating habits and to

pass them on to their children.

Begin each day with a breakfast containing complete proteins. Your selection of food at breakfast can prevent or produce fatigue throughout the day. A breakfast of doughnuts and coffee with cream and sugar results in a rapid rise of blood sugar but within an hour it begins to fall resulting in lissitude, irritability, nervousness, hunger, fatigue, exhaustion, and headaches. This same pattern of rapid rise in blood sugar follows the typical breakfast of orange juice, cereal, toast, jam, and coffee. When you add milk and eggs to orange juice, cereal, and buttered toast, you have enough proteins and fat to slow digestion so the sugar will be released slowly enough to the body cells throughout the morning to maintain a high level of efficiency and feeling of well being.

Hunger is experienced when the blood sugar drops to about 70 milligrams. If sweets are eaten, the blood sugar rises rapidly which sends a message to the pancreas to produce more insulin. The insulin causes the liver and muscles to withdraw the sugar and store it as starch (glycogen) or change it into fat to prevent its loss in the urine. A vicious cycle is set up. The over-stimulated pancreas

produces more insulin than necessary which results in low blood sugar and fatigue. If the feeling of hunger is again satisfied with sweets, the pancreas produces too much insulin, the blood sugar drops, and the vicious cycle continues.

This cycle can be broken by eating a good breakfast of generous helpings of complete proteins, some fat, and some carbohydrates, a high protein lunch, and a small dinner. Over-eating at night usually results in a lack of hunger in the morning and thus a skimpy inadequate breakfast which begins another day of inefficiency. If a midmeal is taken, it should contain milk and fresh fruit to keep the efficiency high. The craving for sweets disappears in three weeks after one begins practicing good eating habits eliminating between meal sweets and soft drinks, 98% of Americans have tooth decay caused by eating too much sugar.

One-third of our population is overweight. A high protein breakfast and sensible eating throughout the day could correct this problem. We have a responsibility to our ministers to provide nutritious meals when they visit rather than sugar-laden desserts. How many of our ministers are overweight because every homemaker he visits wants to feed him sweet desserts and urges him to take second helpings?

As we have noted in previous articles, the state of our minds can affect our physical health. So the state of our nutrition can affect our minds and emotions as well as our bodies. Dr. Roger J. Williams at the University of Texas and other scientists have shown that the desire to drink alcoholic beverages can be caused by nutritional deficiencies. Nutritional

needs are different for different individuals. It is possible to inherit a greater need for certain nutrients than considered normal. When these excessively high nutritional requirements are not met, the person becomes susceptible to certain abnormalities called by Dr. Williams "genetotrophic diseases." Alcoholism is such a disease. An undersupply of the B vitamins is a major cause of alcoholism. Other important factors are the blood sugar level, protein, fat, and factor N in the diet.

It would be impossible to give all the helpful facts listed in a book in one article, but here are a few from *Let's Eat Right To Keep Fit* by Adelle Davis.

Strong well-nourished muscles automatically hold the body erect. Proteins are essential for nourishing muscles.

Money spent on cosmetics could more profitably be spent for health-building food. A healthy, happy woman needs little to make her radiant.

Eating too little fat (salad oil) is probably a major cause of overweight.

If you wish to cut down on your sugar intake, visualize all refined starchy foods as servings of sugar.

Fish liver oils are the richest commercial sources of vitamin A.

Liver, Brewer's yeast, wheat germ, and rice polish are the best sources of the B vitamins. Antibiotics destroy the valuable bacteria in the intestines which manufacture vitamin B. Yogurt is a good source of valuable bacteria. The heart may be the first to show the effects of a vitamin B deficiency. A biotin deficiency can cause panic and attempted suicide. Vitamin B6 helps epileptics.

Heavy coffee drinkers almost invari-

ably show symptoms of B vitamin deficiency even when their diets are excellent.

The tendency to bruise easily and bleeding gums are danger signals of vitamin C deficiency. Vitamin C is essential to prevent harm from any foreign substance reaching the blood. Vitamin C is destroyed in the process so massive doses are needed in times of illness, when drugs are taken, or when subject to allergens or stress.

Vitamin D and calcium are necessary companions in the diet.

Vitamin E is not so plentiful in the diet since we have refined so many foods. It can pass into the blood only when taken with fat and when bile is present in the intestine.

Calcium is a sedative, pain killer, and is helpful for pre-menstrual tension and menopausal depression.

Only iodized salt should be used. Other trace minerals are needed also.

Losses of 60-100% of certain vitamins and minerals can occur during food preparation. When possible foods should be eaten in the natural state.

Begin to improve your family's health by reading good books such as those listed below. Improve your own nutrition; then your family's. Offer your home-made bread and cookies to friends. Let your influence be felt in your community. You can do much to help build a healthier America.

Suggested Reading

Adelle Davis, **Let's Cook It Right**, Harcourt, Brace & Co., N. Y.

Adelle Davis, **Let's Eat Right To Keep Fit**, Harcourt, Brace & Co., N. Y.

Adelle Davis, **Let's Have Healthy Children**, Harcourt, Brace & Co., N. Y.

G. T. Wrench, **The Wheel of Health**

(Milwaukee, Wisconsin: Lee Foundation of Nutritional Research, 1945).

N. Philip Norman and James Rorty, **Tomorrow's Food** (Prentice-Hall, Inc., 1947).

E. M. Abrahamson and A. W. Pezet, **Body, Mind and Sugar** (Henry Holt & Co., 1951).

Weston A. Price, **Nutrition and Physical Degeneration** (Los Angeles 48, Calif.: American Academy of Nutrition, 1950).

D. T. Quigley, **Our National Malnutrition**, Milwaukee, Wisconsin: Lee Foundation of Nutritional Research, 1948).

B. O. Sandler, **Diet Prevents Polio** (Milwaukee, Wisconsin: Lee Foundation of Nutritional Research, 1951).

Modern Nutrition, The Journal of Applied Nutrition, and information concerning the American Nutrition Society and the American Academy of Nutrition can be obtained from 6238 Wilshire Boulevard, Los Angeles 48, California.

Health & Nutrition News. This is a periodical which you can subscribe to by writing to Carlton Frederick's Health & Nutrition News, P. O. Box 95, Bronx, New York 10471.

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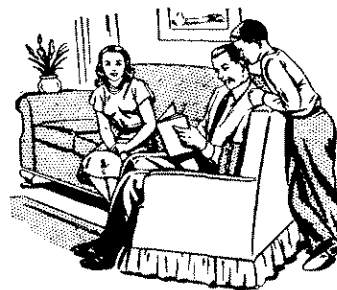
It is no use to grumble and complain; It's just as cheap and easy to rejoice; When God sorts out the weather and sends rain—why, rain's my choice.—*James W. Riley.*

* * *

Jesus, the calm that fills my breast, No other heart than thine can give; This peace unstirred, this joy of rest, None but thy loved ones can receive.

—*F. W. North*

What You Owe Your Child



Our children are a priceless possession. Their training and proper development is the greatest challenge beneath the stars. In husband and wife are vested the God-given rights, and privileges of parenthood. When one takes upon himself the right of parenthood, he binds himself before the God of heaven to bring up his child in the way that he should go. The blackest page of history is the rejected laws, vows and obligations of parenthood. This sin is the most often committed by fathers and mothers of good intention. Our children do not grow into God-fearing citizens simply because we want them to. There are certain irrevocable laws that must be followed. You owe your child more than food, clothing, and a comfortable home to live in.

You owe them, first of all, a Christian father and mother. This will be his most priceless heritage. Unless both father and mother are faithful Christians, it is not likely that the child will be a Christian.

Secondly, you owe your child a knowledge of God's Word; God's Word was intended for him, and you are the intended teacher. "And these words which I teach you this day shall be upon your heart, and thou shalt teach them *diligently* to your children." Less time for television, comic books, and the like and more time for Bible reading and pre-

paration of the Sabbath school lesson is a brand of parental oversight we need to inculcate. Bring up the child in the nurture and admonition of the Lord.

Thirdly, you owe your child the right example. The old axiom, "like father, like son," is an everlasting truth. If the father drinks whiskey or beer, smokes cigarettes, or uses profane language, it is likely the son will do the same thing. If the mother is unchaste, immodest, or indiscreet, it is no strange thing if the daughter is the same. The right example must inspire the right conduct. Fathers and mothers, what patterns are you making for your child? Can you hear your child say, "Here I come in your steps"?

Fourthly, you owe your child love and affection—not a love expressed by lollipops and unrestrained activities, but a love that instills a feeling of being desired, a sense of security in the home—a love that touches the soul, drawing out its values and recognizing its glorious potentialities.

Fifthly you owe your child discipline. Let the child go unrestrained and you sin against him. Give way to his whim and fancy and you curse him into a life of rebellion, misery, and shame. "Spare the rod and spoil the child" is too much a philosophy and not enough rule.

Sixthly, you owe your child companionship. A copy of the Reader's Digest reported that according to an accurate record kept by 300 seventh and eighth grade boys, the average time father and son had alone together for an entire week was seven and one-half minutes. Is there any wonder that children point out that they have "lousy fathers"? Parents, take time for your children! The Lord says, "Teach and nurture." Teaching is like planting seed; nurture is like cultivating plants. This requires time, companionship, and guidance. —The Weekly Reminder

Columbia, S. C.

Reports From Local Groups

ONTARIO, CALIFORNIA



"MOTHERS EXCHANGE PARENTAL OPINIONS"

We, here in Ontario, Calif., call our women's group the "Lois and Eunice Circle" (2 Tim. 1:5; 3:15) since most of us are mothers of young children. We are striving to live up to the admonition given in Deut. 6:5-9, to teach our children diligently each day of their lives—at every opportunity—"redeeming the time because the days are evil" (Eph. 5:16).

We begin each meeting with prayer and devotion, which is followed by a discussion of how we can better teach our children the Scriptures. We all share our methods and ideas. For instance, we have found that it takes only a few moments now and then for a child to learn a Scripture, a song, or a moral lesson. We quote Scriptures, sing songs, and talk about the Lord while they are being bathed, while their hair is being combed, while we are working together, or while we are riding in our cars. We have mentioned the importance of using every opportunity available to

talk about the Lord and His dealings with us—using natural things to teach spiritual lessons and to make the child constantly aware of God in his daily life. We all feel that a living lesson—one applied, even though short—is better than only reading a chapter without any comment or discussion to give them understanding. We realize that a true Christian example before them will instill more faith than any amount of diligent teaching.

When we mothers have special problems concerning our children we pray together and discuss them, thus trying to work out a solution. Many times we find that our problems are very similar and we can learn from each other how to better cope with them. These little discussions bring us closer together in unity.

We have talked about ways to prevent and to overcome jealousy in young children; how we can help them to be peacemakers, by not en-

couraging them to tattle; how we can teach them to respect our word better when we do not allow them to talk us into anything when we feel that "No" should be the answer; how that a severe punishment now and then keeps a child better in line than continual scolding; that love and affection are important at all ages; that we should make them constantly conscious of "what Jesus would do"; to avoid criticism—which is especially discouraging to a teen-ager; that in dealing with teen-agers we must be good listeners and try to understand their point of view; that we must treat them with courtesy and respect; and that many problems with teens can be avoided by strict discipline and by firm teaching in the earlier years.

Some in our group have observed that many children who attend church all their lives do not serve the Lord when they are grown. We feel that the reason could be that the world has exerted a greater influence upon them, since perhaps teaching in the home may have been neglected. We have mentioned that we cannot expect a child to "turn out right" if his only religious training is for the one hour of Sabbath school alone.

Many teen-agers today become frustrated at the adult world because of the exterior roles that they see their parents playing. Young people can see when adults are not living up to the expected roles—that they themselves have been taught. They know when there are no inward values (no real conversion). After a young person sees the hypocritical lives of his parents, it is natural for him to seek other companions and to identify himself with their customs and activities.

We all find that when we put God first—starting the day with prayer in which our children are included, and imparting some knowledge of the

Scriptures and consciousness of God to them—that our day runs much more smoothly. Our housework does not suffer and our children even seem to quarrel less. Most important we keep the joy of the Lord in our hearts knowing that God is pleased with our efforts.

We realize that our children are our most precious possession and that by daily teaching, we are "laying up treasures" for eternity. The little seeds that we take time to sow now and continue to water and to cultivate will grow to be fruitful branches in the vineyard of the Lord.

This, we feel, is our greatest calling here on earth—to bring up children—*godly children* (2 Tim. 5:10). If we fail in this we will reap much heartache. Our organization may do many charitable things but the thing that will best establish any church is to have faithful children.

Orabelle Youngs

SAN FERNANDO, CALIF.

The Light Bearers Women's Association is praising God for His goodness and blessings received during its first year.

Our meetings are held the fourth Saturday night of each month. We started meeting in homes but because we are so scattered we thought it would be better to meet in a centrally located place. We deeply appreciate Brother and Sister Watkins for offering us the use of their garage. The garage has been finished and fixed purposely to be used by the Church for weekly Bible studies as we do not have a church building.

Although we did not accomplish anything spectacular, we feel rewarded for our efforts, and know God will continue to bless us. During the past year we have purchased a piano to be used at the Bible studies, and sent \$45 to Spring Vale for student

aid. One tenth of our total income was sent to the N.W.A.

One source of income which paid off very well was making and selling peanut brittle. We also sold Kathryn Beich candy. Smaller sources of income have been a bakeless bake sale, rummage, traveling basket, the daily-pay-off, white elephants, dues, birthday and anniversary offerings.

Part of each meeting is used for devotions with each lady taking her turn as leader. They are varied and interesting as each lady may prepare what is on her heart.

At the end of the year we had a party for the purpose of revealing ourselves to our secret sisters and names were drawn for the next year. Our husbands were special guests and all of us enjoyed the social time together.

God bless you all as you labor for Him.

Melba St. Clair, Sec'y.

CLARKSFIELD, OHIO

One of our members was asked to give a talk about the Sabbath to the Lutheran Ladies' Circle in her city. She reported that it was a very interesting experience for her and she was able to instruct many who knew almost nothing about the Sabbath.

We are memorizing the Scriptures listed in *Aim* in the Minuteman Program. One of our members, Verna McCoy, is writing the Minuteman articles this year.

Even though we are unable to meet each month, we continue to turn in our monthly dues of \$1.50.

Giving personal accounts of our witnessing will continue to be a feature of each circle meeting as an encouragement to each other, but we will discontinue keeping a record of detailed missionary work such as cards sent, etc.

Our circle has purchased an AM-

FM table model radio to be used for loaning to shut-ins. A station in Cleveland owned by the Moody Bible Institute has religious programs from 7 a.m. to 11 p.m. This opportunity to listen to such programs will be a real comfort to those we loan it to.

Our circle sponsored two girls and one boy to go to Youth Camp in Michigan this summer. Opal Coulson was the camp nurse, assisted by Ruth Williams of Cleveland.

Our members are loaning their devotional and inspirational books to each other to read. Everyone benefits.

Opal Coulson, Secy-Trea.

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ARE YOU WONDERING . . . why more local reports aren't appearing in the WAND? we are too. Perhaps your group doesn't realize that reports should be sent automatically to Bertie Freeman, editor of the WAND, at least twice a year. Frankly, now, we are interested in reading of your group's activities, and trust that this will serve as a reminder to group secretaries to send their reports in promptly and regularly. Sister Freeman's address is Friendly, West Virginia 26146. Write her soon, won't you—and by the way . . . why not include one or two pictures of your group, its officers, or activities. These make a report more appealing and eye catching. We'll be looking for your report in the next issue of the WAND.

* * *

It seems incredible—thirty-five million laws, and no improvement on the Ten Commandments.

The Question Box

This is a day and age when it seems to be fashionable to have some sort of nervous condition. Why is it when members are asked to help in church functions and church projects they seem pleased to decline and lay the blame on a case of "nerves"?

Nerves have been properly defined as a bad mental habit of letting the emotions overpower reason.

Nervousness is wasted energy; calmness is the rarest quality in human nature. Emerson speaks of "the energy of repose." You have seen people who look powerful even when relaxed.

Some of the causes of increased irritability are: the egotism and superiority complex; inability to adjust to changing conditions; the worry habit; the hurry habit.

If one is subject to "nerves" some suggestions may be of assistance:

Be sure the body is in proper condition. There is usually physical basis for "nerves." Have your doctor look you over and give you advice.

Have a hobby. A hobby if properly pursued will give you hours of profit and keep your mind off yourself.

Remember that anger, grouches and strains on the patience cause changes in the body secretion and produce deleterious results.

Life is a series of radiations. If you radiate calmness and courtesy, most people will reflect them back to you: if you talk savagely, such a procedure will be met in kind.

Most of our lives are spent in trying to influence others in some way. Can one expect to control others if he cannot control himself?

Get into the habit of taking a quiet time each day even if it is for just a little while. Read a chapter in the

Bible or read a poem or hymn. Listen to a good piece of music as you work. Sing an inspiring hymn as you work. Even if you are not a very good singer, it will work wonders with the thought process.

Always try to remember that "we are what we think." Think constructively, think health, think calmness, think purity, think spiritually. Think on the life of Jesus and His ability to calm the storm on the waters of Galilee. Memorize passages of scripture pertaining to peace, health and calmness and use these to affirm your faith and belief that as a child of God you are able to live at peace in a stormy world.

What can I do to help the Church?

This is a good question and most of us would do well to ask ourselves the same question when we are reminded to do something for the church.

You can do personal work by inviting someone to Bible class or church service.

You can use your phone to remind others of church services if they have missed services for some time.

You can pray for yourself, your



pastor, for the individual members of the church.

You can call on some of the members who are ill and thus bring them a little cheer.

You can support the church in a financial way as the Lord has prospered you.

You can become a member of the National Women's Association and work toward the goals as outlined by the committees.

You can spend an hour reading to the older members or the blind and be a blessing to them and they in turn will inspire you to greater works.

YOU can become a better, more spiritual member by attending each church service.

* * *

The Faithful Servant Memorial Fund board of trustees for 1965-67 are as follows: Chairman, Elder Ray L. Straub; Secretary-Treasurer, Barbara Fischer; Members, Lois Caswell, and Elders Robert Coulter, S. J. Kauer, and W. J. Kuryluk.

The funds in the Memorial Fund currently amount to \$1,019.18.

* * *

The National Women's Association handbook is now being prepared for publication. We are most enthused about the manuscript which will be composed of approximately 100 pages of wonderful ideas for conducting business meetings, devotionals, poems, project ideas, missionary suggestions, lists of good Christian books, and even a recipe section.

Many women have already requested copies—won't you

join them? It is estimated that these books will sell for between \$1.00 and \$2.00 (based on publications costs) which you will agree is quite inexpensive for such a treasury of good ideas. You may reserve a copy by writing to Barbara Fischer, 3907 Horton Lane, Carmichael, California 95608. Do it now!!!

* * *



CREED FOR CHILDREN

The California State Department of Education has the following creed: (as reprinted in the Methodist Bulletin of the First Methodist Church of Palo Alto.)

We Believe

That Every Child Has a Right To:

Acceptance as he is.

Equal opportunity to achieve his fullest development regardless of ability, race, or socio-economic status.

Group membership which recognizes individual and group contributions in an interdependent society.

Development of the basic skills of citizenship.

Experiences which develop an acceptance of responsibilities of democratic citizenship.

Opportunities to develop moral and ethical values.

Healthful living and surroundings.

Cooperation between parents and teachers to promote his highest development.

Let God Have His Way

"As for God, his way is perfect: the word of the Lord is tried: he is a buckler to all those that trust in him" (Psa. 18:30). We all know that God made the world, and is the ruler of the universe. All nature looks to God and obeys His will. Is there anything more beautiful than nature? Can any life be more beautiful than the life patterned after Christ? His was a life of hardship, heartache, the complete sacrifice of His life on the cross to perform His Father's will. His was a perfect life, lived according to God's perfect will.

God is glorified through the tiniest star: through the highest peak on the mountain; through the smallest twig on the smallest bush. All have been placed there for a purpose. We, too, have been put here for a purpose. That purpose is to do God's work in His way, according to His will. His way is perfect; His way is beauty; His way is peace and love. We, like Christ, will find the way lonely, rough, full of sharp stones of misery and heartache, but there are blessings, too, if we will but look for them. Sometimes it is through trials that we really find God. He tests us to know our strength, proves us to know our worth. God cannot use us if we cannot stand the test of adversity. We must go step by step, trial by

trial, ever advancing upward and onward into greater service for Him.

Did you ever stop to think that by not letting God have His way in our lives, by not following in His footsteps and conforming our lives to His teachings, that we are actually fighting God, because we uphold the wrong and cover up the right? He is the supreme ruler. His way is always right, regardless of our will.

"Blessed are they that do His commandments, that they may have a right to the tree of life, and may enter in through the gates into the city" (Rev. 22:14).

—Melba St. Clair

* * *

As by the light of opening day
The stars are all concealed,
So earthly pleasures fade away
When Jesus is revealed.
Creatures no more divide my choice:
I bid them all depart;
His name, his love, his gracious voice,
Have fixed my roving heart.

—John Newton

* * *

It was only a glad "Good morning,"
As she passed along the way;
But it spread the mornings glory
Over the livelong day.

IT TAKES COURAGE

To refrain from gossip when others about you delight in it.

To stand up for an absent person who is being abused.

To refuse to do a thing which is wrong though others do it.

To live according to your convictions.