

# HOPE *for you*

NOVEMBER 2019

*“In the beginning,  
God created...”*



# Thoughts from Hope...

THE IMMUTABLE LAW OF GOD • CHRIST OUR RIGHTEOUSNESS • THE SEVENTH-DAY SABBATH  
THE THREE ANGELS' MESSAGES • THE NON-IMMORTALITY OF THE SOUL • THE SANCTUARY

Greetings, Friends!

As we look forward to celebrating a season of gratitude and family togetherness, we want to express our thankfulness for each of you, our faithful readers. Your words of encouragement, your prayers, and cards have often warmed our hearts and lent courage and strength to continue in the Master's vineyard.

The theme of this month's issue of *HOPE for you*, "Creation," is one that is near to my heart. Belief in God and His Divine plan in our creation gives hope and purpose to life. While God will never remove every possibility of doubt, there is abundant evidence for a literal, 7-day creation week in which God spoke and "it was so." To think of the pointlessness of a life where we believe that we are merely one more level of the evolutionary chain, where there is no God who is above all and who will rescue us from the sin and death of this planet, is truly a cause for sorrow and depression. I am so very thankful for the hope God has given us—through both the amazing miracles of creation, and through the promise of creating a new heart in us. Just as surely as God placed the planets in their orbit, and spoke each day's creation into being, He has a plan for our lives and is willing to save us for eternity. Just as God, through Jesus, created our world in the beginning, so God, through Jesus, redeemed our world so that we have the promise of eternal life.

I hope that the articles in this issue will bring you joy, and fill you with thankfulness for the great creation and redemption that God has ordained for each of us.

As we approach the end of the year, take some time to go out in God's creation, and to appreciate the intricacy with which He has imbued each plant, each animal. Consider how thankful we should be for all His gifts. He loves us each very much. I am so glad that He has made our creation and redemption possible!

Blessings, *The Hope International Team*

## About Hope for You...

*HOPE for you* is a monthly publication of Hope International. We are a non-profit ministry, seeking to share the love of God through active ministry in our community and beyond.

We believe that God has a plan and purpose for His people in these tumultuous times, and we seek to spread an encouraging word to uplift Christ and His truth. We have an extensive health ministry, and believe that God's will is for all His children to "Prosper and be in health," (3 John 2) even as our souls prosper in following His will and guidance.

We joyfully accept tax-deductible donations to advance the cause of Christ.

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Nature and revelation alike testify of God’s love.

Our Father in heaven is the source of life, of wisdom, and of joy.

Look at the wonderful and beautiful things of nature.

Think of their marvelous adaptation to the needs and happiness,  
not only of man, but of all living creatures.

The sunshine and the rain, that gladden and refresh the earth,  
the hills and seas and plains, all speak to us of the Creator’s love.

It is God who supplies the daily needs of all His creatures.

—E. G. White



## *The Literal Week*

by E. G. White

Like the Sabbath, the week originated at creation, and it has been preserved and brought down to us through Bible history. God Himself measured off the first week as a sample for successive weeks to the close of time. Like every other, it consisted of seven literal days. Six days were employed in the work of creation; upon the seventh, God rested, and He then blessed this day and set it apart as a day of rest for man.

In the law given from Sinai, God recognized the week, and the facts upon which it is based. After giving the command, "Remember the Sabbath day, to keep it holy," and specifying what shall be done on the six days, and what shall not be done on the seventh, He states the reason for thus observing the week, by pointing back to His own example: "For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it." Exodus 20:8-11. This reason appears beautiful and forcible when we understand the days of creation to be literal. The first six days of each week are given to man for labor, because God employed the same period of the first week in the work of creation. On the seventh day man is to refrain from labor, in commemoration of the Creator's rest.

But the assumption that the events of the first week required thousands upon thousands of years, strikes directly at the foundation of the fourth commandment. It represents the Creator as commanding men to observe the week of literal days in commemoration of vast, indefinite periods. This is unlike His method of dealing with His creatures. It makes indefinite and obscure that which He has made very plain. It is infidelity in its most insidious and hence most dangerous form; its real character is so disguised that it is held and taught by many who profess to believe the Bible.

"By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth." "For He spake, and it was done; He commanded, and it stood fast." Psalm 33:6, 9. The Bible recognizes no

long ages in which the earth was slowly evolved from chaos. Of each successive day of creation, the sacred record declares that it consisted of the evening and the morning, like all other days that have followed. At the close of each day is given the result of the Creator's work. The statement is made at the close of the first week's record, "These are the generations of the heavens and of the earth when they were created." Genesis 2:4. But this does not convey the idea that the days of creation were other than literal days. Each day was called a generation, because that in it God generated, or produced, some new portion of His work.

Geologists claim to find evidence from the earth itself that it is very much older than the Mosaic record teaches. Bones of men and animals, as well as instruments of warfare, petrified trees, et cetera, much larger than any that now exist, or that have existed for thousands of years, have been discovered, and from this it is inferred that the earth was populated long before the time brought to view in the record of creation, and by a race of beings vastly superior in size to any men now living. Such reasoning has led many professed Bible believers to adopt the position that the days of creation were vast, indefinite periods.

But apart from Bible history, geology can prove nothing. Those who reason so confidently upon its discoveries have no adequate conception of the size of men, animals, and trees before the Flood, or of the great changes which then took place. Relics found in the earth do give evidence of conditions differing in many respects from the present, but the time when these conditions existed can be learned only from the Inspired Record. In the history of the Flood, inspiration has explained that which geology alone could never fathom. In the days of Noah, men, animals, and trees, many times larger than now exist, were buried, and thus preserved as an evidence to later generations that the antediluvians perished by a flood. God designed that the discovery of these things should establish faith in



inspired history; but men, with their vain reasoning, fall into the same error as did the people before the Flood--the things which God gave them as a benefit, they turn into a curse by making a wrong use of them.

It is one of Satan's devices to lead the people to accept the fables of infidelity; for he can thus obscure the law of God, in itself very plain, and embolden men to rebel against the divine government. His efforts are especially directed against the fourth commandment, because it so clearly points to the living God, the Maker of the heavens and the earth.

There is a constant effort made to explain the work of creation as the result of natural causes; and human reasoning is accepted even by professed Christians, in opposition to plain Scripture facts. There are many who oppose the investigation of the prophecies, especially those of Daniel and the Revelation, declaring them to be so obscure that we cannot understand them; yet these very persons eagerly receive the suppositions of geologists, in contradiction of the Mosaic record. But if that which God has revealed is so difficult to understand, how inconsistent it is to accept mere suppositions in regard to that which He has not revealed!

"The secret things belong unto the Lord our God: but those things which are revealed belong unto us and to our children forever." Deuteronomy 29:29. Just how God accomplished the work of creation He has never revealed to men; human science cannot search out the secrets of the Most High. His creative power is as incomprehensible as His existence.

God has permitted a flood of light to be poured upon the world in both science and art; but when professedly scientific men treat upon these subjects from a merely human point of view, they will assuredly come to wrong conclusions. It may be innocent to speculate beyond what God's word has revealed, if our theories do not contradict facts found in the Scriptures; but those who leave the word of God, and seek to account for His created works upon scientific principles, are drifting without chart or compass upon an unknown ocean. The greatest minds, if not guided by the word of God in their research, become bewildered in their attempts to trace the relations of science and revelation. Because the Creator and His works are so far beyond their comprehension that they are unable to explain them by natural laws, they regard Bible history as unreliable. Those who doubt the reliability of the records of the Old and New Testaments, will be led to go a step further,

and doubt the existence of God; and then, having lost their anchor, they are left to beat about upon the rocks of infidelity.

These persons have lost the simplicity of faith. There should be a settled belief in the divine authority of God's Holy Word. The Bible is not to be tested by men's ideas of science. Human knowledge is an unreliable guide. Skeptics who read the Bible for the sake of caviling, may, through an imperfect comprehension of either science or revelation, claim to find contradictions between them; but rightly understood, they are in perfect harmony. Moses wrote under the guidance of the Spirit of God, and a correct theory of geology will never claim discoveries that cannot be reconciled with his statements. All truth, whether in nature or in revelation, is consistent with itself in all its manifestations.

In the word of God many queries are raised that the most profound scholars can never answer. Attention is called to these subjects to show us how much there is, even among the common things of everyday life, that finite minds, with all their boasted wisdom, can never fully understand.

Yet men of science think that they can comprehend the wisdom of God, that which He has done or can do. The idea largely prevails that He is restricted by His own laws. Men either deny or ignore His existence, or think to explain everything, even the operation of His Spirit upon the human heart; and they no longer reverence His name or fear His power. They do not believe in the supernatural, not understanding God's laws or His infinite power to work His will through them. As commonly used, the term "laws of nature" comprises what men have been able to discover with regard to the laws that govern the physical world; but how limited is their knowledge, and how vast the field in which the Creator can work in harmony with His own laws and yet wholly beyond the comprehension of finite beings!

Many teach that matter possesses vital power--that certain properties are imparted to matter, and it is then left to act through its own inherent energy; and that the operations of nature are conducted in harmony with fixed laws, with which God Himself cannot interfere. This is false science, and is not sustained by the word of God. Nature is the servant of her Creator. God does not annul His laws or work contrary to them, but He is continually using them as His instruments. Nature testifies of an intelligence, a presence, an active energy, that works in and through her laws. There is in nature the continual



working of the Father and the Son. Christ says, “My Father worketh hitherto, and I work.” John 5:17.

The Levites, in their hymn recorded by Nehemiah, sang, “Thou, even Thou, art Lord alone; Thou hast made heaven, the heaven of heavens, with all their host, the earth, and all things therein, . . . and Thou preservest them all.” Nehemiah 9:6. As regards this world, God’s work of creation is completed. For “the works were finished from the foundation of the world.” Hebrews 4:3. But His energy is still exerted in upholding the objects of His creation. It is not because the mechanism that has once been set in motion continues to act by its own inherent energy that the pulse beats and breath follows breath; but every breath, every pulsation of the heart, is an evidence of the all-pervading care of Him in whom “we live, and move, and have our being.” Acts 17:28. It is not because of inherent power that year by year the earth produces her bounties and continues her motion around the sun. The hand of God guides the planets and keeps them in position in their orderly march through the heavens. He “bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth.” Isaiah 40:26. It is through His power that vegetation flourishes, that the leaves appear and the flowers bloom. He “maketh grass to grow upon the mountains” (Psalm 147:8), and by Him the valleys are made fruitful. “All the beasts of the forest . . . seek their meat from God,” and every living creature, from the smallest insect up to man, is daily dependent upon His providential care. In the beautiful words of the psalmist, “These wait all upon Thee. . . . That Thou givest them they gather: Thou openest Thine hand, they are filled with good.” Psalm 104:20, 21, 27, 28. His word controls the elements; He covers the heavens with clouds and prepares rain for the earth. “He giveth snow like wool: He scattereth the

hoarfrost like ashes.” Psalm 147:16. “When He uttereth His voice, there is a multitude of waters in the heavens, and He causeth the vapors to ascend from the ends of the earth; He maketh lightnings with rain, and bringeth forth the wind out of His treasuries.” Jeremiah 10:13.

God is the foundation of everything. All true science is in harmony with His works; all true education leads to obedience to His government. Science opens new wonders to our view; she soars high, and explores new depths; but she brings nothing from her research that conflicts with divine revelation. Ignorance may seek to support false views of God by appeals to science, but the book of nature and the written word shed light upon each other. We are thus led to adore the Creator and to have an intelligent trust in His word.

No finite mind can fully comprehend the existence, the power, the wisdom, or the works of the Infinite One. Says the sacred writer: “Canst thou by searching find out God? canst thou find out the Almighty unto perfection? It is as high as heaven; what canst thou do? deeper than hell; what canst thou know? The measure thereof is longer than the earth, and broader than the sea.” Job 11:7-9. The mightiest intellects of earth cannot comprehend God. Men may be ever searching, ever learning, and still there is an infinity beyond.

Yet the works of creation testify of God’s power and greatness. “The heavens declare the glory of God; and the firmament sheweth His handiwork.” Psalm 19:1. Those who take the written word as their counselor will find in science an aid to understand God. “The invisible things of Him from the creation of the world are clearly seen, being understood by the things that are made, even His eternal power and Godhead.” Romans 1:20.

—*Patriarchs and Prophets*, pp. 111-116



## *“New Every Morning”*

As shines the sun in the morning bright,  
So hope springs anew each day.  
As we look afar from the mountain height,  
So faith sees the onward way.

The Lord has pledged to us day and night,  
Has given the shining sun.  
That we may trust His infinite might,  
Make ours the victory won.

Oh, what could even the Infinite do,  
To give us a refuge sure,  
That He has not done in His love so true?  
Then rest in that love secure.

As the sun comes up in the morning bright,  
And nightly the stars shine out,  
We will lovingly trust in His wondrous might  
And cast to the winds all doubt.

—C. P. Bollman

Originally published in *The Youth's Instructor*, July, 1925.

~~~~~  
*It is of the Lord's mercies that we are not consumed,  
because His compassions fail not.  
They are new every morning: great is Thy faithfulness.  
The Lord is my portion, saith my soul;  
therefore will I hope in Him.  
The Lord is good unto them that wait for Him,  
to the soul that seeketh Him.  
It is good that a man should both hope and  
quietly wait for the salvation of the Lord.*

—Lamentation 3:22-26



# Fem

**Do you find yourself  
dreading that time of the  
month (or that time of life)  
when nothing "feels" right?  
For the all-over bloated,  
achy, and uncomfortable  
feelings, try Fem today!**

CAPLETS  
90

PRICE  
\$15.99

## **Suggested Adult Usage:**

For mild menstrual or menopausal conditions: Take 1 caplet with food, three times a day.  
For severe conditions: Take 2-3 caplets with food, three times a day.

**WARNING:** Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.



## **Ingredients:**

### **Shepherd's Purse**

Shepherd's purse has strong astringents, which are compounds that constrict blood vessels and slow bleeding. From the time of Hippocrates until World War I, shepherd's purse was used to help stop bleeding. For a woman of menstruating age, this herb helps to prevent or relieve excessive bleeding, reduce and shorten the length of menstrual flow, and regulate menstrual cycles. Shepherd's purse is a pituitary regulator with one of its primary attributes being its ability to normalize progesterone levels. For this reason it can also help women moving into menopause who have been experiencing excessive, irregular bleeding or spotting. For them, it can help to regulate and increase the length of the menstrual cycle until the natural cessation of menses.

### **Cat's Claw**

Has very powerful anti-inflammatory properties that help reduce pain and swelling - this is particularly beneficial to help ease pain during menstruation. Naturally regulates hormonal imbalances and helps promote healthy, regular blood flow. Cat's claw also contains diuretic properties that help to relieve fluid retention and the bloated feelings that often accompany PMS and menstruation.

### **Echinacea**

- As a natural infection-fighter, during menopause it helps ward off recurrent vaginal and bladder infections.
- Has been used historically to help control the growth of unhealthy tissues on the uterus and ovaries.
- Many professional herbalists suggest this herb to help balance hormonal issues that cause many PMS and menopausal symptoms.
- According to a new study, echinacea can also significantly increase your endurance capacity, helping to fight the fatigue and weakness that can result from these conditions.

### **Goldenseal**

A common herb used for gynecological problems, goldenseal helps relieve heavy bleeding that is common during menopause and soothes painful menstruation. As a natural infection-fighter, it also helps ward off recurrent vaginal and bladder infections.

### **Pau D'Arco**

Contains very powerful anti-inflammatory properties that help reduce pain and swelling. Helps dissolve tissue overgrowth and promote healthy uterine tissue growth. Helps balance hormonal levels, but is most famous for its use against yeast infections, as it inhibits candida enzymes from reproducing. It is an invaluable herb for women's health!

### **Dong Quai**

Dong quai has been used for over a thousand years for various women's ailments. Nicknamed "female ginseng," it is seen as one of the foremost herbs for easing symptoms of both menopause and PMS. Dong quai contains phytoestrogens that bind to the estrogen receptors, thereby helping regulate the levels of estrogen and progesterone in the body (menopausal and PMS symptoms are often caused by fluctuating progesterone and estrogen levels). It also helps dilate the blood vessels, which increases blood flow and contains mild sedative properties that help reduce stress and mood swings. These effects help to reduce a variety of menopausal and menstrual symptoms, in particular, it helps to relieve hot flashes, vaginal dryness, irregular bleeding, stress, and mood swings during menopause and cramping, water retention, heavy bleeding, moodiness, and breast tenderness during PMS. Clinical studies have shown up to a 25% decrease in the severity of PMS and menopausal symptoms when taking dong quai.

## **Anamù**

A very powerful immune-strengthening herb, anamù helps fight off unwanted infections that occur more frequently in women during certain times of their lives. It also contains potent anti-inflammatory properties that help reduce pain and swelling associated with menstruation.

## **Astragalus Root**

Astragalus has significant effects on various hormonal systems. It is said to protect the adrenal cortex, the gland that produces hormones related to stress. This herb helps: improve circulation, stop hot flashes, reduce night sweats, restore energy levels, relieve excess sweating, and eliminate fluid retention.

## **Fem May Help:**

- Bloating
- Cramps
- Backaches
- Headaches
- Fatigue
- Irritability
- Unexplained sadness
- Mood swings
- Irregular periods
- Heavy bleeding
- Constipation
- Diarrhea
- Unhealthy ovary or uterine tissue
- Hot flashes
- Sleep disturbances
- Vaginal dryness
- Reduced sex drive
- Other symptoms that accompany either menses or menopause

## **SUPPLEMENT FACTS**

| Serving Size: 2 caplets    |        |       |
|----------------------------|--------|-------|
| Servings Per Container: 45 |        |       |
| Amount Per Serving         |        | % DV* |
| Cat's Claw                 | 400 mg | †     |
| Pau D'Arco                 | 400 mg | †     |
| Shepherd's Purse           | 400 mg | †     |
| Anamù                      | 100 mg | †     |
| Astragalus Root            | 100 mg | †     |
| Dong Quai                  | 100 mg | †     |
| Echinacea                  | 100 mg | †     |
| Golden Seal                | 25 mg  | †     |

\*Percent Daily Value based on a 2,000 calorie diet.  
†Percent Daily Value not established.

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# Her Health

by Dr. Kaye Olson, ND

This month I want to concentrate on women's unique health concerns. Often, women put their needs last—I am putting your needs first! I want to remind you that by taking care of yourself, you essentially help everyone in your life. You will be healthier, happier, and have even more love and energy to give to those around you!

If you have ever watched an episode of *Little House on the Prairie*, and thought that would have been a swell time to live, you may want to thank God that you are alive in this century! Historically, life was particularly difficult for women. Aside from the numerous dangers and illnesses, women often became wives and mothers when they were just emerging from their own childhood.

In the past, childbirth itself was risky and not infrequently led to the death of the mother. Most women did not live long enough to be concerned about menopause or old age! In 1900, a woman's average life span was about 50 years. Now, in this new millennium, average life expectancy for American women is 82 years of age and is continuing to rise.

At Hope for Health, we are dedicated to educating you and to providing the best possible supplements so that you will not only have a long life, but also a healthy life! Nutritionists have found that women need at least these 7 nutrients daily: vitamin D3, calcium, magnesium, zinc, iron, folate, and vitamin B-12. If you are uncertain whether your diet is providing these necessary nutrients, please call Hope for Health and we will be happy to help you out!

One of the dominating health factors for women from their teens to their fifties is menstruation and menopausal issues. While a number of factors can help minimize these symptoms, no factor is more important than what you eat. Changes in your diet can decrease the amount of free-flowing estrogen in your body—the culprit behind all those unpleasant changes you experience a week to two before your period.

Consuming the right kinds of food can minimize hormonal fluctuations, while eating the wrong kinds of food can throw your body's hormonal balance out of whack. At Hope for Health we do recommend a vegan diet (*no meat or dairy*) not only to limit PMS symptoms, but for the benefit of your overall health.





**If you want to make your PMS symptoms more tolerable, try avoiding these foods:**

1. **Meat** – Red meat contains high levels of saturated fat, which can increase estrogen levels. Some meat also contains added hormones, which can enter your bloodstream and mess with your hormone levels.
2. **Dairy** – Although calcium improves PMS symptoms, dairy products will make them worse. Like red meat, dairy contains high levels of saturated fat. Hope for Health offers Coral Calcium as an excellent source of calcium. Green leafy veggies are also an excellent source of calcium.
3. **Sugar** – Sugar causes blood-sugar levels to rise dramatically, increasing the likelihood of mood swings and worsening fatigue, headaches and the ability to focus. Highly refined sugars can also deplete the body of its natural stores of essential vitamins and minerals such as magnesium, zinc, and the B vitamins, which the body needs to function properly. Limiting your sugar intake throughout the month, and cutting back during the two weeks before your period can keep PMS in check.
4. **Salt** – If bloating is a common PMS symptom for you, avoid salt, as it will cause you to retain water. Watch your diet carefully to avoid excess sodium intake.
5. **Caffeine** – Mood swings and stress will make you want to reach for sugary foods, many of which are high in caffeine. Although chocolate may be your go-to comfort food during this week, caffeine will actually worsen your PMS symptoms, negatively affecting your mood and increasing breast tenderness.

Dr. Kaye Olson and the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding any diet or lifestyle changes. Please call 828-649-0278.

If you wish to order or would like a free copy of our informative catalog, please call, visit our website or fill out the order sheet at the back of this publication.

Even with diet changes, many women suffer terribly once a month. If this is you, consider Hope for Health's supplement, **Fem**. Formulated for women during the times when it's needed most, it may be very helpful for you!

Consider adding it to your health regimen if you suffer from symptoms such as:

- Bloating
- Cramps
- Backaches
- Headaches
- Fatigue
- Irritability
- Unexplained sadness
- Mood swings
- Irregular periods
- Heavy bleeding
- Constipation
- Diarrhea
- Unhealthy ovary or uterine tissue
- Hot flashes

**Fem** may be the answer you've been looking for! See further details on page 8 of this issue.

Another important thing to remember, women, is just how critical the right amount of sleep is to maintaining optimum health. While the amount of sleep is crucial, the quality of sleep is equally important. For women, menstruation, pregnancy, and menopause can all dramatically influence the quality of sleep. Melatonin is produced during sleep. This hormone prevents viral infections, stimulates your immune system, increases antibodies in your saliva, has antioxidant properties, and enhances the quality of sleep. Much of the body's healing occurs during the nighttime hours. It is very important that you get plenty of rest at night (*especially between 9pm-midnight*).

Never forget how important you are to the Lord, He loves you! "Favor is deceitful, and beauty is vain; but a woman that feareth the Lord, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates."

— Proverbs 31:30-31



# Damiana



CAPSULES | PRICE  
100 | \$10.99

## Suggested Adult Usage:

Take 2-4 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well). To obtain desired results Damiana needs to be taken regularly.

**WARNINGS:** Individuals with diabetes and hypoglycemia, or those on blood sugar-lowering medication should use this herb with caution, and monitor blood sugar levels regularly.

**Our 100% Damiana is highly-potent, safe and natural alternative to aid sexual health and energy! In fact, Damiana even appears on the FDA's list of GRAS (generally recognized as safe) foods and is widely used as a food flavoring!**

## Damiana & Sexual Function

**Damiana** has long been claimed to have a stimulating effect on libido, and its use as an aphrodisiac has continued into modern times, with recent scientific research validating this use. Several studies have shown evidence of increased sexual activity in both sexes. It has been shown to increase the sperm count and help with erectile dysfunction in males and strengthen the eggs and help with the inability to achieve orgasm in females. While it has been shown to help increase blood flow and stimulation in the sexual organs, it also increases energy levels which also helps to restore libido and desire.

**Damiana's** ability to improve female sexual health has been thoroughly examined. In one study, scientists from the University of Hawaii, School of Medicine studied 77 women over the age of 21 who wanted to improve their sexual function. 34 of these women took a preparation containing **Damiana** (which improves blood circulation to the sexual organs), and 43 received a placebo (sugar pill) each day. After only four weeks, over 73 percent of the women who took the **Damiana** preparation reported an overall improvement in their sex lives, compared with only 37.2 percent of those in the placebo group. Improvements were experienced in several areas including: sexual desire, reduction of vaginal dryness, frequency of sexual intercourse and orgasm, and increased sensation.

In 1999, a group of researchers in Italy administered **Damiana** to both sexually potent and sexually sluggish (or impotent) rats. The extract had no effect on sexually potent rats but, in the others, it increased the percentage of rats achieving ejaculation and made them more sexually active. **Damiana** has been shown to be particularly stimulating for sexually exhausted or impotent male rats as well as generally increased sexual activity in rats of both sexes. Results of a few laboratory studies suggest that **Damiana** may have a slight ability to widen blood vessels - an effect that may help play a part in helping relieve impotence.

## Weight Loss

**Damiana** has an additional promising benefit: it can aid weight loss! Research shows that the plant slows down the emptying of food from the stomach. This means you feel full even after eating a small meal, which prevents over-eating and promotes good digestion! The extract also stimulates blood circulation in the body and can cause an increase in energy level that aids in weight loss. **Damiana** is used frequently in combination with other plants for its thermogenic activity (meaning it produces heat in the body by stimulating the metabolism).

## Menopause

**Damiana** has hormonal-balancing properties, without containing hormones! It has been shown to help with the hormonal imbalances common with menopause in women. However, scientists have reassuringly confirmed that **Damiana** does not have any effect on the female hormone estrogen. This means that there is no risk attached to its use that it might produce estrogen-related health problems like unhealthy breast cells or other side effects typically associated with hormonal therapy.

## Nervousness/Anxiety

**Damiana** extract is thought to calm the nervous system. This helps to soothe nervousness, anxiety, and mood disorders. **Damiana** encourages an overall feeling of well being and helps level hormonal responses and boost mood. These effects have been verified by scientific research, and it has recently been shown that a chemical essential to the plant's structure, damianin, causes a calming of the central nervous system which may cause some of its relaxation effects.

## Damiana May Help:

- Enhance sexual stimulation & fight sexual disorders
- Increase energy & stamina
- Improve the mood and fight anxiety
- Fight menstrual or menopausal issues
- Aid in weight loss
- Fight digestive problems including heartburn & constipation
- Suppress coughs and reduce inflammation in the lungs
- Prevent or alleviate headaches (including migraines)



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# Creation and Redemption

by E. J. Waggoner

“In the beginning God created the heaven and the earth.” (Gen. 1:1) In this brief sentence we have the whole of the truth of the Gospel summed up. He who reads aright may derive a world of comfort from it.

In the first place, let us consider who it was that created the heaven and the earth. “God created.” But Christ is God, the brightness of the Father’s glory, and the express image of His person (Heb. 1:3). He Himself said, “I and My Father are one.” (John 10:30) He it was who, representing the Father, created the heaven and the earth. “In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not anything made that was made.” (John 1:1-3) And again we read of Christ, that “by Him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by Him and for Him: and He is before all things, and by Him all things consist.” (Col. 1:17)

The Father Himself addresses the Son as God and as Creator. The first chapter of Hebrews says that God has not at any time said to any of the angels, “Thou art My Son, this day have I begotten Thee.” “But unto the Son He saith, Thy throne, O God, is for ever and ever: a sceptre of righteousness is the sceptre of Thy kingdom.” And He has also said to the Son, “Thou, Lord, in the beginning hast laid the foundation of the earth, and the heavens are the works of Thine hands.” (Heb. 1:5,8,10) So we are well assured that when we read in the first chapter of Genesis, “In the beginning God created the heaven and the earth,” it refers to God in Christ.

Creative power is the distinguishing mark of Divinity. The Spirit of the Lord, through the prophet Jeremiah, describes the vanity of idols, and then continues, “But the Lord is the true God, He is the living God, and an everlasting King: at His wrath the earth shall tremble, and the nations shall not be able to abide His indignation. Thus shall ye say unto them, The gods that have not made the heavens and the earth, even they shall perish from the earth, and from under



these heavens. He hath made the earth by His power, He hath established the world by His wisdom, and hath stretched out the heavens by His discretion." (Jer. 10:10-12) The earth was made by His power, and established by His Wisdom. But Christ is "the power of God, and the wisdom of God." So here again we find Christ inseparably connected with creation as the Creator. Only as we acknowledge and worship Christ as the Creator do we acknowledge His Divinity.

Christ is Redeemer by virtue of His power as Creator. We read that "we have redemption through His blood, even the forgiveness of sins," because that "by Him were all things created." (Col. 1:14,16) If He were not Creator, He could not be Redeemer.

This means simply that redemptive power and creative power are the same. To redeem is to create. This is shown in the statement of the apostle that the Gospel is the power of God unto salvation; which statement is immediately followed by another to the effect that the power of God is seen by means of the things that have been made (Rom 1:16,20). When we consider the works of creation, and think of the power manifested in them, we are contemplating the power of redemption.

There has been a great deal of idle speculation as to which is the greater, redemption or creation. Many have thought that redemption is a greater work than creation. Such speculation is idle, because only infinite power could

perform either work, and infinite power cannot be measured by human minds. But while we cannot measure the power, we can easily settle the question of which is the greater, because the Scriptures give us the information. Neither is greater than the other, for both are the same. Redemption is creation. Redemption is the same power that was put forth in the beginning to create the world and all that is in it, now put forth to save men and the earth from the curse of sin.

The Scriptures are very clear on this point. The Psalmist prayed, "Create in me a clean heart, and renew a right spirit within me." (Ps. 51:10) The apostle says, that "if any man be in Christ, he is a new creature," (2 Cor. 5:17) or a new creation. And again we read, "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast. For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained, that we should walk in them." (Eph. 2:8-10)

Compared with God, man is "less than nothing, and vanity." (Isa. 40:17) In him "dwelleth no good thing." (Rom. 7:18) Now the same power that in the beginning made the earth from nothing, takes man, if he is willing, and makes of him that which is "to the praise of the glory of His grace." (Eph. 1:6)

Having seen that Christ, the Word, is the Creator of all things, and that He redeems by His creative power, let us now



learn what the Bible says as to how He created. Here is the answer: "By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth. He gathereth the waters of the sea together as an heap: He layeth up the depth in storehouses. Let all the earth fear the Lord: let all the inhabitants of the world stand in awe of Him. For He spake, and it was; He commanded, and it stood fast." (Ps. 33:6-9) It is very simple, and most wonderful because of its very simplicity. Well may we all exclaim, "What a word is this!"

"Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear." (Heb. 11:3) How do we know how the worlds were made? By faith. Faith gives knowledge. That is its special work. Knowledge gained by faith is not vague and uncertain, but is the most absolutely certain of any knowledge. In fact, there is no real knowledge that does not spring from faith. Knowledge that comes in any other way is speculation. The unbelieving soul regards faith as folly, but the faithful soul knows that faith makes for it a solid foundation. Whoever will believe may know. ...

Now, just as the child learns the alphabet, so we learn the truths of God. Whoever receives the kingdom of heaven must receive it as a little child. By faith we learn to know Jesus Christ, who is the Alpha and the Omega—the entire alphabet of God. He who believes the simple statement of the Bible, concerning creation, may know for a certainty that God did create the heaven and the earth by the power of His Word. The fact that some unbeliever doubts this, and thinks it is foolish, does not shake his knowledge, nor prove that he does not know it, any more than our knowledge of the alphabet is shaken or disproved by some other person's ignorance of it.

"By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth." ... When He speaks, the word which names the thing contains the very thing itself. Whatever the word describes exists in living form in that word.

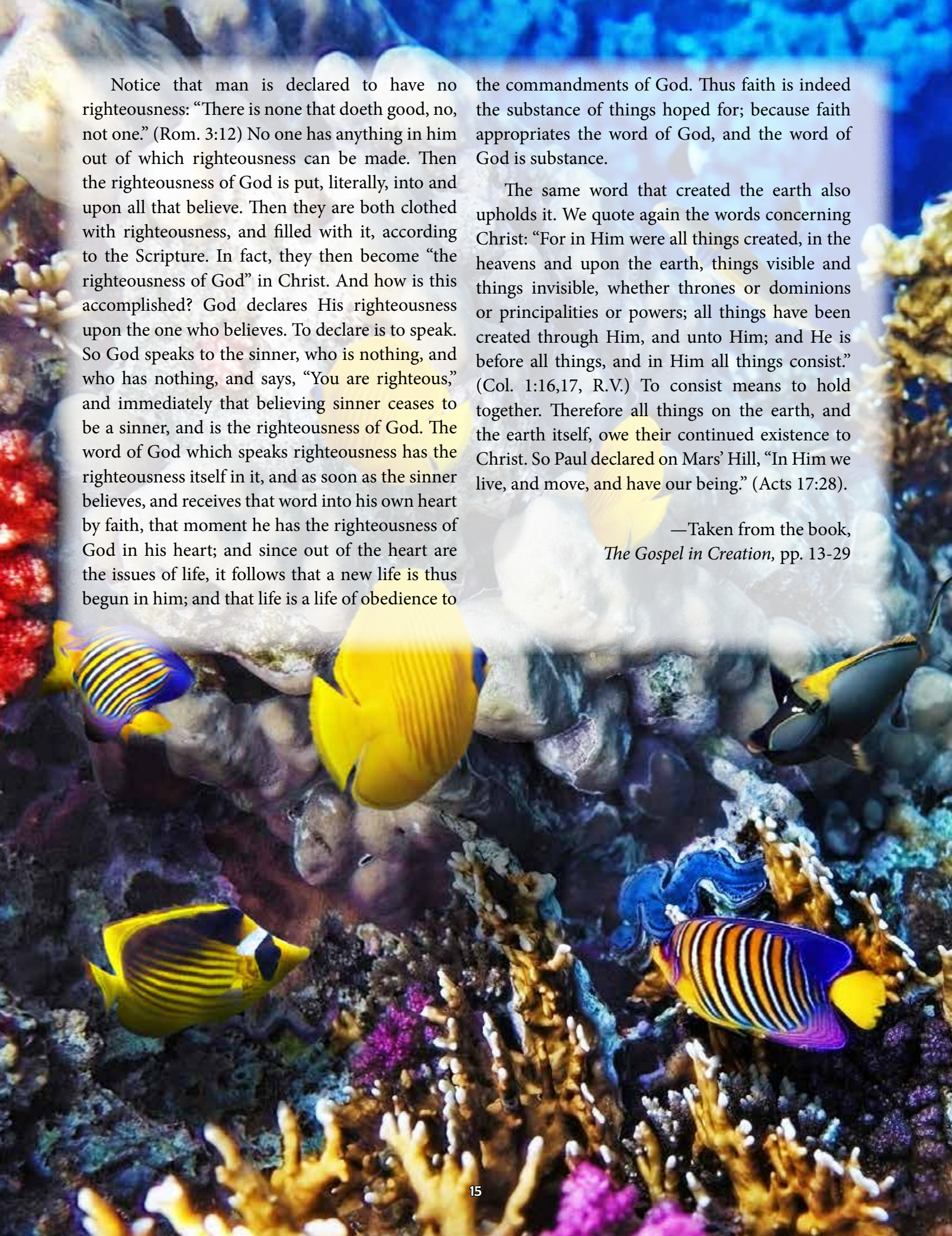
This is indicated by the words of the Apostle Paul concerning God, that He "callesh those things which be not as though they were." This is an attribute of Divinity

alone. If a man calls a thing that is not, as though it were, it is a lie. But God does so, and He cannot lie. How is this? Simply because that when He calls a thing by name, or says that a thing will be, it already exists, even though it cannot be seen. The thing is in His word. When He names a thing that previously had no existence, that instant the thing exists, for His word forms it as it names it. When He says that a thing will be, then it is as sure as though it had already appeared, because it does really exist in the word that has been spoken. It is for this reason that so much of prophecy is in the perfect tense, as though already accomplished. So when the worlds were to be brought into existence, God spoke, and there they were. They were formed by the breath of His mouth.

Now see how firm a foundation is given the believing one who knows that all things were created by the word of God, and that when God speaks the thing named exists, full of life. The Psalmist says, "I will hear what God the Lord will speak: for He will speak peace unto His people, and to His saints." (Ps. 85:8) He speaks peace through the Divine Word, "for He is our peace." (Eph. 2:14) But peace means righteousness, for we read, "Great peace have they which love Thy law: and nothing shall offend them," (Ps. 119:165) or cause them to stumble. And again, "O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea." (Isa. 48:18) Then it must be that God speaks righteousness when He speaks peace. And so it is, for again we read:

"But now the righteousness of God without the law is manifested, being witnessed by the law and the prophets; even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference: for all have sinned, and come short of the glory of God; being justified (made righteous, or doers of the law) freely by His grace through the redemption that is in Christ Jesus: whom God hath set forth to be a propitiation through faith in His blood, to declare His righteousness for the remission of sins that are past, through the forbearance of God; to declare, I say, at this time His righteousness: that He might be just, and the Justifier of Him which believeth in Jesus." (Rom. 3:21-26)





Notice that man is declared to have no righteousness: "There is none that doeth good, no, not one." (Rom. 3:12) No one has anything in him out of which righteousness can be made. Then the righteousness of God is put, literally, into and upon all that believe. Then they are both clothed with righteousness, and filled with it, according to the Scripture. In fact, they then become "the righteousness of God" in Christ. And how is this accomplished? God declares His righteousness upon the one who believes. To declare is to speak. So God speaks to the sinner, who is nothing, and who has nothing, and says, "You are righteous," and immediately that believing sinner ceases to be a sinner, and is the righteousness of God. The word of God which speaks righteousness has the righteousness itself in it, and as soon as the sinner believes, and receives that word into his own heart by faith, that moment he has the righteousness of God in his heart; and since out of the heart are the issues of life, it follows that a new life is thus begun in him; and that life is a life of obedience to

the commandments of God. Thus faith is indeed the substance of things hoped for; because faith appropriates the word of God, and the word of God is substance.

The same word that created the earth also upholds it. We quote again the words concerning Christ: "For in Him were all things created, in the heavens and upon the earth, things visible and things invisible, whether thrones or dominions or principalities or powers; all things have been created through Him, and unto Him; and He is before all things, and in Him all things consist." (Col. 1:16,17, R.V.) To consist means to hold together. Therefore all things on the earth, and the earth itself, owe their continued existence to Christ. So Paul declared on Mars' Hill, "In Him we live, and move, and have our being." (Acts 17:28).

—Taken from the book,  
*The Gospel in Creation*, pp. 13-29



## Creation and the Creator

### 1. By whom were the heavens and the earth created?

“In the beginning *God* created the heavens and the earth.”  
Gen. 1:1.

### 2. Through whom did God create all things?

“For *by Him* [the Son] were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: *all things were created by Him*, and for Him.” Col. 1:16. “All things were made *by Him* [through Him, R. V., margin]; and without Him was not anything made that was made.” John 1:3. “ See also Heb. 1:1,2.

### 3. What do the heavens declare?

“The heavens declare *the glory of God*; and the firmament sheweth His handiwork.” Ps. 19:1.

### 4. What was God’s object in making the earth?

“For thus saith the Lord that created the heavens; God Himself that formed the earth and made it; He hath established it, He created it not in vain, *He formed it to be inhabited.*” Isa. 45:18.

### 5. In whose image was man created?

“So God created man *in His own image*, in the image of God created He him; male and female created He them.”  
Gen. 1:27.

### 6. What home did God make for man in the beginning?

“And the Lord God *planted a garden* eastward in Eden; and there He put the man whom He had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food. . . . And the Lord God took the man, and put him into *the garden of Eden* to dress it and to keep it.” Gen. 2:8-15.

### 7. What may be perceived through the things that are made?

“For *the invisible things of Him* from the creation of the world are clearly seen, being understood by the things that are made, even *His eternal power and Godhead*; so that they are without excuse.” Rom. 1:20.

### 8. Whose workmanship is the Christian?

“For we are *His workmanship*, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” Eph. 2:10.



**9. What assurance is given concerning the unfailing power of the Creator?**

“Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, *fainteth not, neither is weary*? there is no searching of His understanding.” Isa. 40:28.

**10. What encouraging statement follows concerning the supply of power to the faint?**

“*He giveth power to the faint*; and to them that have no might *He increaseth strength*.” Verse 29.

**11. To whom are those who suffer exhorted to commit their souls?**

“Wherefore let them also that suffer according to the will of God commit their souls in well-doing *unto a faithful Creator*.” 1 Peter 4: 19, R. V.

**12. What gave special force to the oath of an angel?**

“And the angel which I saw stand upon the sea and upon the earth lifted up his hand to heaven, and sware by Him that liveth forever and ever, *who created heaven, and the things that therein are, and the earth, and the things that therein are, and the sea, and the things which are therein*, that there should be time no longer.” Rev. 10:5,6.

**13. What contrast is drawn in the Scriptures between the Creator and false gods?**

“Thus shall ye say unto them, *The gods that have not made the heavens and the earth*, even they shall perish from the earth, and from under these heavens. . . . The portion of Jacob is not like them: for *He is the former of all things*; and Israel is the rod of His inheritance: The Lord of hosts is His name.” Jer. 10:11-16.

**14. To whom is our worship justly due?**

“O come, let us worship and bow down: let us kneel before *the Lord our Maker*.” Ps. 95:6.

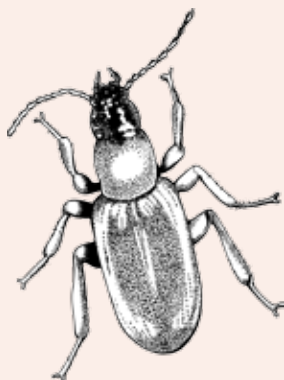
**15. In view of the curse upon this creation, what has God promised?**

“For, behold, *I create new heavens and a new earth*: and the former shall not be remembered, nor come into mind.” Isa. 65:17. See Rev. 21:1.

**16. What is the true basis of the brotherhood of man?**

“*Have we not all one Father? hath not one God created us?* why do we deal treacherously every man against his brother, by profaning the covenant of our fathers?” Mal. 2:10.

**Creation  
FACT**



**The Bombardier Beetle**

This fascinating little creature has a built-in weapon system that not only can destroy its enemies, but the idea of evolution as well. The beetle has two chambers of gases that when mixed together become highly explosive and extremely hot. He simply takes aim at his enemy and lets this caustic solution fly. There is no way that this process could have evolved, for one mistake in the handling of these gases would have resulted in the destruction of the beetle. The whole process had to be designed and put in place all at once and not over a succession of generations.



## *The Miracle of Childbirth*

by Patti Barnes

No candid person can study the amazing process of pro-creation without being overwhelmed by the divine design involved. From conception to delivery, the processes that take place defy the concept of evolution. Here is just one example of the handiwork of God, without which there could be no viable birth.

Right at birth a miraculous change must take place in the baby's circulatory system. Throughout the pregnancy, the placenta has been supplying the functions of the liver, the lungs, the kidneys, and carrying away waste and carbon dioxide while supplying the oxygen and necessary nutrition. In other

words, the placenta has been the life support system for the baby. Now that is about to come to an end, and because it will end, there must be a rearranging of the baby's circulatory system.

Up until now the blood has been by-passing the liver and the lungs, detouring around these major organs, while the placenta was temporarily performing their functions. These detours are called shunts. Another way of looking at this is to think of the path of least resistance. The resistance into the liver and lungs has been high, therefore restricting the flow through them. The blood was flowing freely through the shunts





and to and from the placenta, because the resistance was quite low. At birth, the blood is able to continue straight through the liver and the lungs where the resistance has now fallen, due to the amniotic fluid being displaced and the blood vessels expanding.

Another marvel of creation is the restriction of blood flow in the umbilical cord. A strong muscle-like tissue that surrounds the cord begins contracting, clamping down on it. There is an amazing substance called Wharton's Jelly that has been serving a very important role while the baby was in the womb. This jelly-like material has helped prevent the cord from kinking and pinching off the blood flow, so necessary for the baby's survival. Now this jelly serves a different and opposite purpose. After being exposed to the cold air, it begins to condense and harden. The result is a restriction of the blood flow to and from the baby. This prevents excessive blood loss for both the baby and the mother.

When the cord gets clamped and severed, the blood flow is completely channeled back into the arteries. Gradually, the shunts, or bypasses, begin to shrink and disappear. Now all the plumbing is re-organized so that the baby's organs can do all that the placenta was doing. All this takes place in a matter of minutes.

As you can see, this is just not possible with evolution. Charles Darwin admitted in his book, *On the Origin of Species*, "If it could be demonstrated that any complex organ existed, which could not possibly have been formed by numerous, successive, slight modifications, my theory would absolutely break down. But I can find out no such case." Darwin, living in the mid 1800's, obviously knew nothing of this miracle of childbirth. Here his theory does indeed "absolutely break down," not just once or twice, but countless times. One little glitch in this process and there is no baby and no second chance to get it right!

Adapted from the Divine Design video series,  
by Patti Barnes & Hartland College





# *Finding Rest in Father God*

by Kathleen Vess

*“Casting all your care upon Him; for He careth for you.” —1 Peter 5:7*

As parents, we carry a special burden and a special mission in life. Our task in life is to raise our children in the way that they should go. Sometimes that burden gets heavy. Thankfully, we do not carry it alone. Our heavenly Father, who is our ultimate Father, bears it with us and sends us ministering spirits to help us in leading our little ones to Jesus.

Sometimes, it feels like the task is so overwhelming because we see things in the biggest view: the eternal. We need to take heart: God is with us. He promised to never leave us or forsake us. Jesus said that the Angels who watch over our little ones always see His Face.

One of the times I especially felt this burden was when my son started asking me questions about angels. Some of his questions were so profound that they baffled me. As I cried in prayer, feeling the enormity of the task given

to me, I remembered 1 Peter 5:7, and I knew I didn't have to bear this burden alone. As I said my “amen”, I felt the peace that passes understanding sweep over my heart.

Later that day, my son and I were coloring and he was drawing all of our family. He drew me crying. I asked him why I was crying.

He said, “Mama needs to go pray.”

Then he erased the frown, put a smile on “me”, and he told me that Mama had prayed and was happy.

I felt in my heart that my son was beginning to understand the peace that Christ can give when we go to Him in prayer, and my soul was encouraged. Parents, we are not alone in our task to raise our children! We have a never-failing ever-present Friend who will stick closer than a brother, and will send His angels that excel in strength to guide us in our task of sharing the love of God with our children!





### *Big Bang or Bust?*

"The fool hath said in his heart, There is no God." Psalm 14:1. "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction." The world today, especially the scientific world, is a breeding ground for fools, for those who enter the sciences are taught that there is no God. Fortunately, there are a growing number in the realm of science who are willing to fight against the current and maintain a faith in the Creator. Their colleagues, who have been trained to accept evolution as a fact, even though it is one of the greatest fictions known to man, often shun them.

Let's consider some of the foolishness that students encounter from grade school all the way through college. It is a terribly sad fact that educators today, in the public schools (and many private ones), are so heavily pressured to teach evolution, that children are being raised in an anti-God environment. We need to pray that our private schools and church schools remain at liberty to teach the truth of creation.

The origin of the universe has remained a wonder since very early times for those who were not familiar with the creation story. For the evolutionists, the vast amount of matter in the universe posed a real dilemma. Where did it come from? How did it originate? Some sort of explanation had to be devised to explain how planets, stars, moons, galaxies and gases appeared. The most popular theory today is known as the "Big Bang."

The theory goes like this: Somewhere back in the vast reaches of time and space, a huge amount of nothingness decided to press together so tightly that it resulted in an explosion. The energy (heat) from the explosion of this nothingness somehow sent protons, neutrons, and electrons (who knows where they came

from) flying off at incredible speeds. These protons, neutrons, and electrons somehow organized, amidst all this confusion and chaos, into atoms. As enough of these atoms formed, they organized themselves into gases made up of helium and hydrogen, the two simplest elements. Then, just as the nothingness had packed together, these gases began to pack together as well. Lo and behold, stars were formed! These were simple stars, of course, having only helium and hydrogen in their structure.

Well, if a big bang of nothingness could result in the formation of atoms, then a series of bangs from these stars could certainly result in the formation of the heavier elements. Given enough time and enough explosions, planets and other celestial bodies would form until we had a vast and complex universe. This "big bang" is, in reality, nothing more than a "big bust," and a lot of noise.

In the first place, nothingness cannot pack together. There is no density in nothingness, therefore pressure would not be possible. Even if nothingness could somehow press together, what would exert the force required to pack nothingness so tightly together? Another unanswerable question: Where did the heat come from if there was nothing existing except this nothingness? Heat requires some sort of matter, but in the void and vacuum of nothingness there would only be extreme cold!

As we consider these beliefs, we realize the amount of faith it requires to believe in the "big bang" theory. I would much rather place my faith in a God who cares for His creation, a God who has made a difference in my life and my heart. I'm so thankful for His love and care!



## *The Schoolmaster's Secret*

Rodney Triscoe came in, placed two well-thumbed schoolbooks on the rickety pine table, hung up his hat, exchanging it for another older and uglier one always worn at home, and turned a troubled face to the old lady who sat calmly knitting a gray stocking before the one window of the little room.

"There's a new teacher in school today. It's just a week, but we've another teacher. This one is a lady."

Grandma Triscoe knit off all the stitches on the needle. There was much surprise in the faded blue eyes which she lifted to her grandson's face.

"Mr. Pembroke's been took with fever," the boy said, answering his grandmother's look. "The doctor says it'll be more'n two months 'fore he's able to do anything. So they went and hired another teacher."

"Too bad!" said the old lady, beginning to knit off another needle. "And he out here without any o' his folks, either."

Rodney looked very slowly around the little room which served as kitchen, dining-room, and living-room. Beyond was the still smaller one where grandma and tiny Beulah slept each night. Rodney himself crept up a nearly perpendicular ladder to the loft above.

He went over to the door and surveyed the old lady's sleeping nest, then returned and stood silent before his grandmother's chair.

She looked up from her work long enough to smile into his round, healthy, young face. Its troubled look was not lost upon her.

"What is it, dear?" she inquired, very gently.

"Say, gramma, we're dreadful poor, ain't we?"

His grandmother nodded.

"But Mr. Pembroke—he is awful poor, too. An' he has no money to pay his board, an' no folks, neither, an' Mis' Coming says he has to leave right away. She says that she







can't board him fer nothing, an' he told her he'd pay her when he got well, too. An' she just says she won't keep him."

The boy's tone expressed considerable indignation.

Mrs. Triscoe was a very thin, tall old lady, as erect as when she was twenty. She stood up now, carefully placing her knitting work on the shelf above her head, and laid a firm hand on the boy's shoulder.

"Well, I guess we are not so poor that any sick man need go without a home," she said. "You go watch at the door, and when you see Farmer Bond go by, ask him to step inside. It's just about time for him to be a-takin' in his butter and eggs."

She then applied herself to making some changes in the small sleeping-room, removing the little girl's bed to the outer room, and putting fresh, snowy linen on the bed which she was surrendering cheerfully to one in greater need than herself.

"Well, now here I be, Mis' Triscoe." The loud, hearty bass of Farmer Bond's voice rolled in from the doorway, and his cheery old face was good to see.

Grandmother Triscoe made her little, prim, old-fashioned bow.

"Thank ye for coming, Mr. Bond. I just wanted to ask if you'd be good enough to stop at Miss Coming's on the way back, and bring out a sick young man in your wagon? Rodney'll go with ye and help, and here's two comforters to make his ride easy."

The farmer opened his eyes.

"Who is the young man?" he inquired.

"It's the new school-teacher," answered Mrs. Triscoe.

"Where's his folks?"

"Well, I hear he has no folks. I'm going to be folks to him as well as I can for a spell," she told him.

Two hours later, the sick young man, hot with fever and wrapped in one of Mrs. Triscoe's warmest comforters, staggered into the house, supported by the stalwart farmer and Rodney, who soon had him resting in grandma's high, old-fashioned bed.

Before leaving, Mr. Bond made a trip to his wagon, returning with a sack of flour, a small jar of butter, and a basket of fresh eggs which he had not tried to dispose of in the town.

"I reckon if you can give up the only bed you got to sleep in for a stranger, I can afford to help this much," he said, placing the butter and eggs on the pine table beside Rodney's schoolbooks.



Now this donation was a new thing, and the farmer ordinarily would not have dared to make it, for Mrs. Triscoe's pride was a thing to be respected; but "circumstances alter cases," and the old lady thanked him with real graciousness.

That evening, little Beulah groped noiselessly to the bed, and laid a cool hand on the young man's hot forehead.

"I know your head hurts," she said, "'cause it's so hot. Once I had fever, too, an' I was awful, terrible sick, an' gramma she just cured me. An' you needn't be one bit scared, not the littlest, *teeniest* bit, for gramma'll cure you. Gramma just knows lots. An' she'll get the doctor for you, too."

Thus the child prattled, passing her active fingers, meanwhile, over the sick man's features, for poor Beulah lived in a world of perpetual night. No ray of light had penetrated that darkness since her second year, when a spell of illness had left her sightless.

This, and not poverty, was the sorrow of grandma's life. But Mrs. Triscoe was a brave woman. No one ever heard a complaint from her lips, and she tried in all ways to make her old eyes do duty for the eager, bright-minded child. Grandma never could forget the happiness of the hour, years ago, when the life of her little granddaughter was spared. Beulah was a dear, joyous creature, not, as yet, realizing the full extent of her very great loss.

During the weeks that followed the day on which Mr. Pembroke was brought to the little cottage, Grandma Triscoe devoted her energies to the care of her patient, being relieved from her almost constant attendance at the bedside by Rodney after his return from school each afternoon. There were dark hours when the sick man's life hung by a mere thread, days

when hope died in the heart of the boy who grew to love the stranger more and more during those long weeks of suffering; but grandma never lost hope. "He is in God's hands," she would say daily, and little Beulah never failed to add: "An' in yours, too, gramma."

But there came a day when the wasting fever left Mr. Pembroke, and the light of reason struggled slowly back to the eyes that looked unnaturally large now in the thin, colorless face. And three glad hearts rejoiced and gave thanks in the little cottage that night.

Strength returned but slowly to the sick man at first, but after a time he was able to sit out in the yard under grandma's one big apple-tree, and drink in the soft-breathed summer wind that whispered of nearby meadows where the newly mown hay lay green and fragrant, and brooksides where the waving flowers nodded to one another across the rippling waters. Then it was that new life seemed to infuse itself into his veins.

He began thinking with something akin to alarm of the deep inroads his rapidly increasing appetite must be making upon poor Mrs. Triscoe's scantily provisioned larder. But never was he allowed to feel for an instant, what was in reality the case, that his benefactress was practicing the most rigid self-denial in order that he, the stranger, should not want. And his eyes never tired of looking upon the sweet, serene face that wore habitually

the calm restfulness that ideal old age always wears.

And while Mr. Pembroke talked to little Beulah, and told her wonderful stories, he tried to think of a way in which he could repay in some small measure the great kindness that had been lavished upon him.

"Rodney," he said, quite suddenly, one evening when he was testing his newly recovered strength by walking a short distance with his young friend, "I wonder if you could keep a secret. I mean keep it from everybody, even your grandmother. Of course, ordinarily I would not ask this; but there are reasons why she must not be told."

Rodney gave the promise very readily.





Mr. Pembroke flung himself down on a grassy hillock by the roadside, and his companion followed his example. The man's eyes were fixed intently on the eyes of the boy.

"You are young yet, Rodney," he said at length, "and I do not suppose you know just how it feels to want some one thing with all the strength of which your soul is capable. I am thinking of little Beulah. I have looked and looked at those lovely sightless eyes of hers until the desire that she shall some time see is above every other wish. I want to have all done for her that is in the power of man to do. In that way alone shall I feel that I am trying to repay yourself and your grandmother for your great kindness to me. Of course, I do not mean the money debt to your grandmother. I hope to pay that as soon as I am able to work. It shall be the first work I take in hand—and I shall do it gladly. But money of itself could never pay her one tenth of her tender care of me.

"Now I wrote several days ago to a college mate of mine who is one of the physicians in the most celebrated institute for the treatment of diseases of the eye and ear in the United States. He has promised to have Beulah's eyes examined by a great specialist. From what I have been able to tell him, he holds out hope that an operation may restore her sight. I shall soon leave with a surveying party for the rest of the summer, and I hope to earn enough to come back and take your little sister to the institute, and your grandmother, too, of course. But Beulah's eyes must be examined before your grandmother is told there is hope of her seeing. At her age, to raise her hopes only to disappoint would be too cruel. Science is doing things more truly wonderful every day."

Grandma Triscoe scarcely knew the strong, active young man with the red-brown hue of health upon his face who walked into her little cottage one morning in November. The surveying expedition had proved even more profitable than he had hoped.

A few days after, Mrs. Triscoe and little Beulah took their first trip to the great city near, in care of the young schoolmaster. This he had brought about by his pleading that as they had cared for him, it was but right they should let him care for them to the measure of a little outing before he settled down to his fall work. But not even then, save to Rodney, was the school-teacher's secret known.

"I will get the verdict of the physician first, before I tell her, but we will hope for the best, Rod," he had said to the boy the night before the trip was entered upon.

It was a week later, just as Grandma Triscoe was packing her little trunk for the return trip, that Mr. Pembroke came into her room, leading Beulah. A soft, tender light was on the child's face, and the gentleman's voice was husky as he told where they had been, and also that it was the belief of the physician that Beulah's sight could be restored. But Mrs. Triscoe was too old a woman to build securely on so slight a thread. Fervently she thanked the young man for his interest, but quietly shaking her head, said, brokenly: "It is kind of you to think of it, but I must not let my old heart dwell on it for long."

Grandma Triscoe returned to her home alone, and little Beulah was left in the hands of the physician, while her kind tutor remained as her guardian.

It was a glorious December morning, clear and crisp. The sun was shining through the window of the little cottage, resting lovingly on the old gray cat curled by grandma's knitting ball. The door opened quickly, and, with a glad cry, Beulah ran into her grandmother's arms.

"Oh, gramma, I can see! I see you now! And that is Buddy. And I can see Mr. Pembroke and everyone. But I have wanted to see you most of all. You, gramma, you!"

Mrs. Triscoe turned with streaming eyes to Mr. Pembroke, whose own eyes were wet. But no words came to her quivering lips. He understood her thought, but shook his head very gently. Then he took one of the brown, toil-worn old hands in both of his own and bent over it as if she were a queen, saying, in low, clear tones: "*I was a stranger, and ye took me in.*"





# *Creation or Evolution: Which?*

*by A. T. Jones*

By the Scriptures we have found that God is Creator; that all His works are accomplished by creation; and that creation is “immediate,” “sudden,” “now.” And we have found that Christianity is creation; that Christian experience is an experience of creation.

Yet in spite of the fact that the Word of God says explicitly and only that the world with all that is of it was created, and that this creation was accomplished by six separate and distinct creative words, in six days; and in spite of the fact that one of the three chief originators of modern evolution says plainly that “evolution is antagonistic to creation,” there are many professed believers of the Bible and professed Christians who hold that the world and all that is of it came by evolution; that is, by an almost interminably long and slow-moving series of ages.

Now, why is this?—It is simply because these persons have not faith. For it is written, “Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.” (Heb. 11:3.) Creation—the fact of creation—is understood by faith. Then when any one does not understand it, but instead adopts that which is “antagonistic to creation,” it is certain that such a person has not faith. And since faith cometh by hearing the word of God (Rom. 10:17), by which alone creation is accomplished, then when any one does not understand creation, but accepts instead that which is “antagonistic to creation,” it is plain that this is simply because he does not accept the word of God as the word of God, but looks upon it only as the word of men having in it no more power to create than has the word of man. And looking upon the word of God only as the word of men, having in it no possibility of creation, then in the very nature of the case all that can remain is that he accept the notion that all things could have come only of themselves, and of course only through an interminably long succession of ages, and thus only by evolution.

Therefore, this whole matter as between evolution and creation turns upon the one single question: Is the word of God really the word of God?

Is then the word of God really the word of God, or is it only as the word of men? And this question simply means, Is God really God, or is He no more than a man would be in His place; so that His word means no more than a man's word would mean spoken on the same subject?

That the word of God is really the word of God, can be known by every soul. And this can be known simply by faith; that is, simply by accepting it as the word of God, expecting that word itself to do what the word says. (Matt. 8:8, 10.) And so it is written, “For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.” 1 Thess. 2:13.

When the word of God is received as the word of God that it is, and not as the word of men; that is, when it is received by faith, then it is found to be the word of God that it is in truth. And when it is found to be the word of God in truth, it is found and known to be the creative word that it is in truth, accomplishing itself the thing which the word says. And so, again, it is written: “As the rain cometh down and the snow from heaven and watereth the earth and maketh it bring forth and bud that it may give seed to the sower and bread to the eater; so shall My word be that goeth forth out of My mouth; it shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.” Isa. 55:9-11.

It is not we who accomplish what the word of God says; but “it shall accomplish” in us what the word says. And thus “it is God that worketh in you that which is well pleasing in His sight.” Therefore “Let the word of Christ dwell in you richly.” Thus Christianity is creation.



And this is just what every professed Christian needs to learn; that Christianity is creation, not evolution; that Christian experience at the beginning and always is by creation, not by evolution; that it is “immediate,” “sudden,” “now,” and not a long, tedious struggle, and even then still unaccomplished.

Every soul who has had the glorious experience of the divine forgiveness and conversion, knows full well that it was accomplished immediately, suddenly, “now.” And that is creation; for we are His workmanship created in Christ Jesus; and the clean heart is the result of creation—”Create in me a clean heart, O God.” And this beginning of Christian experience, being, as everyone knows, “immediate,” “sudden,” “now,” is evidence enough that Christian experience at every stage is accomplished in the same way—by creation. Is it not even so written that “*now* is the accepted time, *now* is the day of salvation?” That is simply the assurance to every soul of the divine—the Christian—experience of the creative word and power that accomplishes things “now.”

For it must not be forgotten that though from the beginning to the finishing of the creation of the world there were six days and six successive stages, yet each of these was a distinct creation by the word of God spoken specifically to the accomplishment of that particular stage toward the completed creation. At each stage, God “said” the creative word, “and it was so.”

And that is written to make plain to all the people forever that, since Christian experience is by creation equally with the formation of the world, and equally by the same Person speaking the word, however many steps or

stages there may be from the beginning to the finishing in perfection of Christian experience, yet each successive step or stage in that experience is a distinct creation by the word of God, spoken by the Holy Spirit to the mind and heart and spirit of the believer specifically to the accomplishment of that particular stage.

Therefore, the life of faith, which is life by creation and not by evolution, is to read the word of God constantly, receiving it as the word of God in truth, expecting it to accomplish the thing that it says. And when by the light of the word and the Spirit there is seen any lack in the life, find the word of God that speaks the thing that will supply the need, then thank God in the Spirit for that word, accept it in the Spirit as the word of God to you, expect it to accomplish that which it says, depend upon the word itself to accomplish this in supply of your need creatively, that is “immediately,” “suddenly,” “now,” and in the Spirit of God and in the faith of the word of God thank God that “it is so;” that the thing is done, and that the victory is yours. And thus “this is the victory that overcometh the world, even our faith;” faith in God through Christ by the Spirit as Creator; faith in His word as the creative word; faith in His doing things by His word creatively, which is “immediately,” “suddenly,” “now.”

Now, dear soul, are you a creationist, or are you an evolutionist? And if you see that you have been an evolutionist, will you not drop it “immediately,” “suddenly,” just “now” by faith in the Creator and the creative word, and henceforth be a true creationist only?

—*The Medical Missionary*, Vol. 17, “*Through the Bible—VII. Creation or Evolution: Which?*” pp. 388-390.





# Creation FACTS

## The Eye of the Trilobite

According to the Darwinists (those who believe in Charles Darwin's evolutionary theory), the first life forms were very simple. From these simple beginnings, succeeding generations would usher in the more complex forms as life would better adapt to its surroundings. The various rock strata are dated supposedly by the complexity of the life forms found as fossils in the different strata. The Cambrian strata is supposed to be one of the oldest and has been dated around 600 million years old or more.

What scientists have discovered, however, is a very perplexing problem for the evolutionists. Tiny little creatures called trilobites have often left their fossils imbedded in these strata. Once thought to be a very simple marine life form, researchers have discovered that they possessed an extremely complex eye. Here is how one expert describes it:

"An eye that is simply incredible. It is made up of dozens of little tubes which are all at slightly different angles so that it covers the entire field of vision, with a different tube pointing at each spot on the horizon. But these tubes are all more complicated than that, by far. They have a lens on them that is optically arranged in a very complicated way, and it is bound into another layer that has to be just exactly right for them to see anything. . . But the more complicated that it is, the less likely it is simply to have grown up out of nothing."

Not only is this discovery of the complex eye a dilemma for the evolutionist, but the fact that there is absolutely no evidence of anything leading up to it is more remarkable. This life form just suddenly appears at the beginning of the fossil record. Given the fact that Charles Darwin himself was mystified by the complexity of the human eye, one can only imagine how he might have reacted to this discovery, had it been made in his lifetime.

## The Cambrian Explosion

The Cambrian level reveals some remarkable facts, including the discovery that every phylum is represented in that strata. Literally thousands of species of plant and animal life are to be found at the Cambrian level, but absolutely nothing in the preceding level, known as the Pre-Cambrian. All these life forms just suddenly appear with nothing leading up to them. This sudden explosion of life has never been adequately explained by the evolutionist.

Another nail in the coffin of evolution is that there is absolutely no trace of transitional forms to be found in the Cambrian strata. If life evolved, surely there would be ample evidence of transitions from one life form to another in all that profusion of life, but there is no trace to be found. Not only has there not been a transitional form found in the Cambrian strata, but in no other strata either. Scientists are still looking for what they call "the missing link," but in reality, there should be multiplied millions of links present in the fossil record if evolution was true. The fact that none have been found should be enough to convince every evolutionist that their theory is hopeless.

## Information in DNA

Evolution requires a continuous gain of new information in the DNA of all living things. The amount of information in a DNA chain is staggering and only testifies to an infinitely wise Creator. Darwin's concept of the simplest life forms evolving into more complex forms flies right into the face of modern research into genetics. Where does the information come from that would allow something simple to reproduce something more complex?

This is no problem for creationists, however. The Bible tells us that God created all living things (in a single week) with the ability to recreate after their own kinds. All the information was present in every kind that would allow for the diversity we see. In other words, the first dogs had within their DNA the information necessary to bring about the wide variety of canines we see today. In addition, the ability to adapt to various environments was also included in the original information God placed within the DNA.



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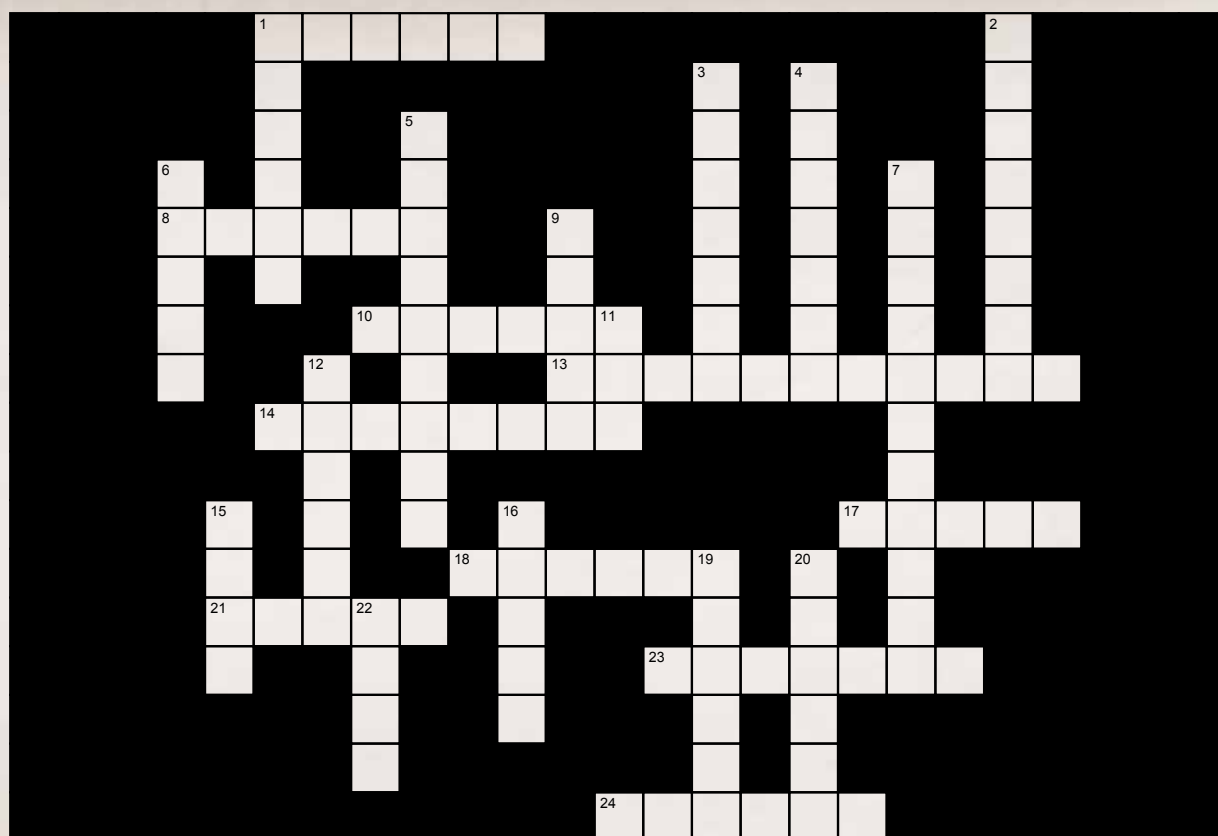
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# A Puzzle for You...

## The Book of Genesis



You will find answers to the questions below in the book of Genesis.

### Across

1. Where did Lot choose to live?
8. What kind of wood was used to build the ark?
10. Where did Joseph want to bury Jacob?
13. The thoughts of men were evil \_\_\_\_\_.
14. "It \_\_\_\_\_ the Lord that he had made man on the earth."
17. Who received a blessing by deception?
18. Who is Noah's father?
21. "In the \_\_\_\_\_ of thy face shalt thou eat bread."
23. In what land is there gold?
24. How old was Abraham when he was circumcised?

### Down

1. Who received a coat of many colors?
2. What is the name of the third river in Eden?
3. Who was more subtil than any beast of the field?
4. How many cubits upward did the waters prevail?
5. "Let there be a \_\_\_\_\_ in the midst of the waters."
6. Where did Abram go when there was a famine?
7. Where did Sarah die?
9. "Noah found \_\_\_\_\_ in the eyes of the Lord."
11. In what land did Cain settle?
12. God took the evil of Joseph's brothers to save much \_\_\_\_\_ alive.
15. Who begat Nimrod?
16. Who was the son of Mahalaleel?
19. "God called the firmament \_\_\_\_\_."
20. "The \_\_\_\_\_ of God moved upon the face of the waters."
22. Who brought the offering that the Lord had respect unto?



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