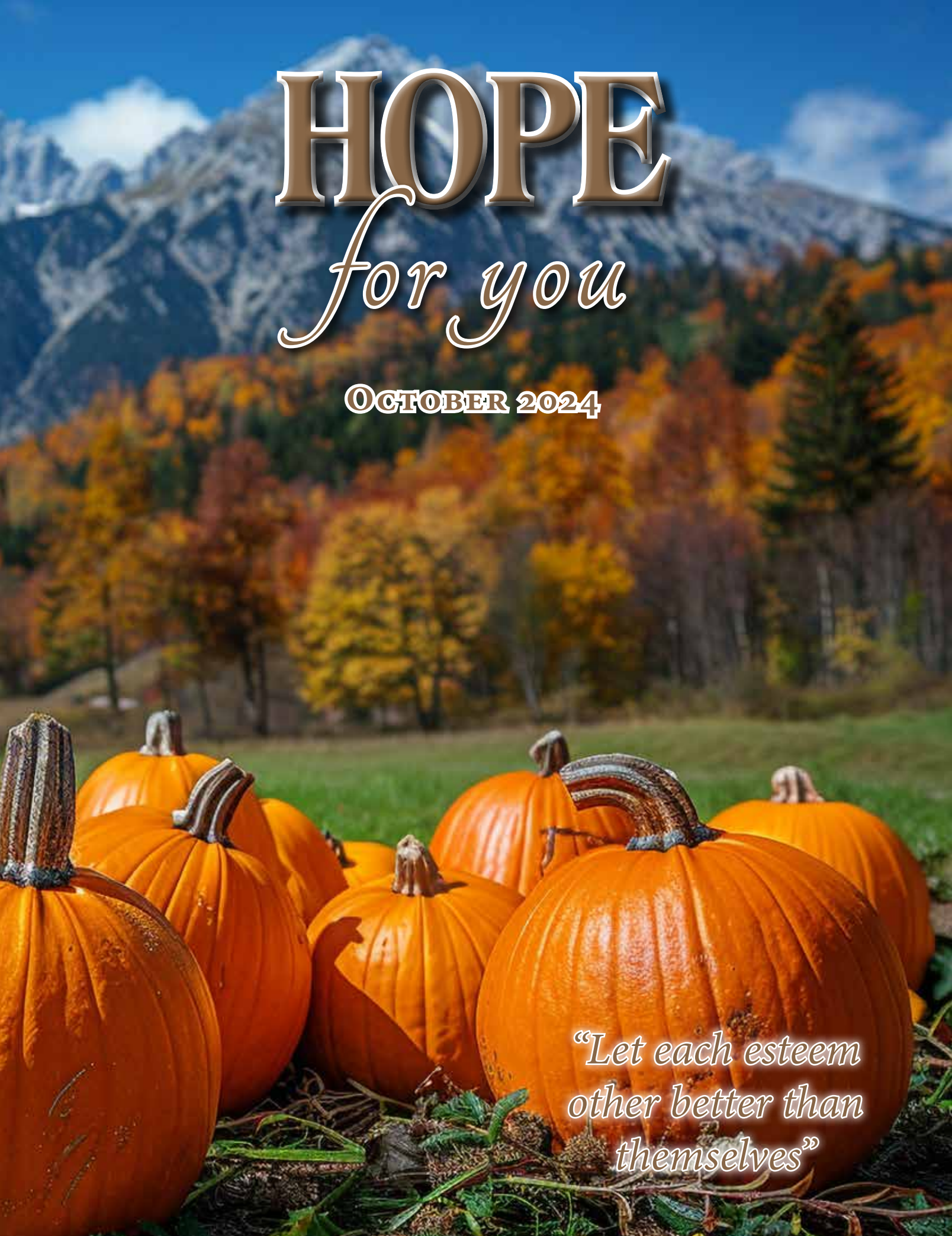
HOPE
for you
October 2024
"Let each esteem other better than themselves"

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!

Family. The word encompasses so much emotion—our deepest love, our most ardent affections. For some, the deepest pain and the most challenging opportunities for healing.

God promises to put us in His family. Regardless of our past, He has a family for us. "God setteth the solitary in families" (Psalm 68:6). His will is for love to reign—love flowing from His heart to ours, and from our heart to our family.

A precious quote tells us, "Blessed is the family where father and mother have surrendered themselves to God to do His will! One well-ordered, well-disciplined family tells more in behalf of Christianity than all the sermons that can be preached. Such a family gives evidence that the parents have been successful in following God's directions, and that their children will serve Him in the church. Their influence grows; for as they impart, they receive to impart again" (*Review and Herald*, June 6, 1899).

In this issue of HOPE *for you*, we are focusing on the family. We are looking at God's plan for children and their parents, as well as the larger family—the Church Family. As you read, may you be blessed and inspired with the amazing calling God has offered to each of us, to be part of His family, not only here, but also throughout eternity.

Consider this inspiring picture: "And the years of eternity, as they roll, will bring richer and still more glorious revelations of God and of Christ. ... The great controversy is ended. Sin and sinners are no more. The entire universe is clean. One pulse of harmony and gladness beats through the vast creation. From Him who created all, flow life and light and gladness, throughout the realms of illimitable space. From the minutest atom to the greatest world, all things, animate and inanimate, in their unshadowed beauty and perfect joy, declare that God is love" (Great Controversy, 678). Let us all accept the beautiful gift God has given us by choosing to be part of His family through all eternity.

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.

HOPE *for you* is free of charge for all who donate or order products.

We would be delighted to send your friends or family a complimentary three-issue trial subscription. Just email or send us their names and addresses.

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Andrea Olson, CH, 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.

"The sweetest type of heaven is a home where the Spirit of the Lord presides. ... If Christ indeed is formed within, the hope of glory, there will be union and love in the home."

—*E. G. White* (Signs of the Times, November 14, 1892)

Families for God

by Ellen G. White

"That our sons may be as plants grown up in their youth; that our daughters may be as corner-stones, polished after the similitude of a palace."

It should be the object of every parent to secure to his children a well-balanced, symmetrical character. This is a work of no small magnitude and importance. It requires earnest thought and prayer, no less than patient, persevering effort. A right foundation must be laid, a framework, strong and firm, erected, and then day by day the work of building, polishing, perfecting, must go forward.

The early training of children is a subject that all should carefully study. We need to make the education of our children a business; for their salvation depends largely upon the education given them in childhood. Parents and guardians must themselves maintain purity of heart and life, if they desire their children to be pure. As fathers and mothers, we should train and discipline ourselves. Then as teachers in the home, we can train our children, preparing them for the immortal inheritance.

At an early age the minds of children are very susceptible to impressions of good or of evil. Even in infancy a child is affected by a sorrowful expression on the mother's face. In a home where harsh, fretful, scolding words are spoken, a child cries much, and upon its tender sensibilities are impressed the marks of unhappiness and discord. Then, mothers, let your countenance be full of sunshine. Smile, if you can, and the infant's mind and heart will reflect the light of your countenance, as the polished plate of an artist portrays the human features. Be sure, mothers, to have an indwelling Christ, so that on your child's plastic mind may be impressed the divine likeness.

Mothers, have you neglected your God-given responsibility of multiplying agencies for the service of Christ? Children are the younger members of the Lord's family. Parents should not allow them to be hindrances. They should be led to consecrate themselves wholly to God, whose they are by creation and by redemption. With their parents, children are to share spiritual as well as temporal burdens. They should be trained to be helpful. Thus they will be taught to serve the Saviour.

Opportunities of inestimable worth, interests infinitely precious, are committed to every mother. During the first three years of the life of Samuel the prophet, his mother carefully taught him to distinguish between good and evil. By every familiar object surrounding him, she sought to lead his thoughts up to the Creator. In fulfillment of her vow to give her son to the Lord, with great self-denial she placed him under the care of Eli the high priest, to be trained for service in the house of God. Though Samuel's youth was passed at the tabernacle devoted to the worship of God, he was not free from evil influences or sinful example. The sons of Eli feared not God, nor honored their father; but Samuel did not seek their company nor follow their evil ways. His early training led him to choose to maintain his Christian integrity. What a reward was Hannah's! and what an encouragement to faithfulness is her example!

The father should be the faithful high priest of the home, the house band of the family. He should not be so absorbed in business life or in the study of books that he can not take time to study the nature and the necessities of his children. He should devise ways by which they may be kept

busy in useful labor agreeable to their individual dispositions. It is a great mistake to allow young men to grow up without learning some trade. To the parents of ancient Israel God gave a positive command that every child should learn a trade. The carelessness of parents in neglecting to furnish employment to their children has resulted in untold evil, imperiling the lives of many youth, and sadly crippling their usefulness.

God desires both parents and teachers to train children in the practical duties of every-day life. Encourage industry. Girls—and even boys who do not have outdoor work—should learn how to help the mother. From childhood, boys and girls should be taught to bear heavier and still heavier burdens, intelligently helping in the work of the family firm. Mothers, patiently show your children how to use their hands. Let them understand that their hands are to be used as skillfully as are yours in the household work. Often a fretful infant or a sick child keeps the mother awake night after night. At such times how much better it is for the children to draw upon their strength than to allow the already overtaxed mother to be burdened with work that they should do. Too often the mother succumbs to disease, sometimes lying upon her death-bed before her children realize that by sharing the home burdens, they could have lessened her cares, and spared her much suffering and affliction.

Prayerfully, unitedly, the father and the mother should bear the grave responsibility of guiding their children aright. Whatever else they neglect, they should never leave their children free to wander in paths of sin. Many parents allow children to go and do as they please, amusing themselves, and choosing evil associates. In the judgment such parents will learn that their children have lost heaven because they have not been kept under home restraint. Parents should awake to their solemn responsibility, realizing that they are to teach their children to walk in the narrow way, that at last, a united family, they may enter the heavenly kingdom.

Children left in the hands of Satan are gladly taken by him and used in his service. Fathers and mothers, Satan is seeking to seize every one of your children. Come up to the help of the Lord, to the help of the Lord against the mighty powers of darkness. Consecrate your household to God.

Evening and morning join with your children in God's worship, reading His Word and singing His praise. Teach them to repeat God's law. Concerning the commandments the Israelites were instructed: "Thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." Accordingly, Moses directed the Israelites to set the words of the law to music. While the older children played on instruments, the younger ones marched, singing in concert the song of God's commandments. In later years they retained in their minds the words of the law which they learned during childhood.

If it was essential for Moses to embody the commandments in sacred song, so that as they marched in the wilderness, the children could learn to sing the law verse by verse, how essential it is at this time to teach our children God's Word! Let us come up to the help of the Lord, instructing our children to keep the commandments to the letter. Let us do everything in our power to make music in our homes, that God may come in. Banish the discord of scolding and fretting. Never exhibit passion. Christian parents will put away every objectionable trait of character, daily learning from the Great Teacher to train their children wisely, bringing them up in the fear and admonition of the Lord.

Parents, your own home is the first field in which you are called to labor. The precious plants in the home garden demand your first care. To you it is appointed to watch for souls as they that must give an account. Carefully consider your work, its nature, its bearing, and its results. Line upon line, precept upon precept, here a little and there a little, you must instruct, warn, and counsel, ever remembering that your looks, words, and actions have a direct bearing upon the future of your dear ones. Your work is not to form beauty upon canvas, nor to chisel it from marble, but to impress upon a human soul the image of the Divine.

For Christ's sake, for the sake of your children, seek to conform your own life to the divine standard. Let nothing come between you and your God. Be earnest,

patient, and persevering; be instant in season and out of season. Give your children intellectual culture and moral training. Fortify their young hearts with firm, pure principles. While you have opportunity, lay the foundation for a noble manhood and womanhood. Your labor will be rewarded a thousandfold.

We are approaching the day of final reckoning. Christ told His disciples that prior to His second coming the world would be as it was in the days of Noah, when "they were eating and drinking, marrying and giving in marriage, . . . and knew not until the flood came, and took them all away." Those who believed when Noah began to build the ark, lost their faith through association with unbelievers who aroused all the old passion for amusement and display. For one hundred and twenty years the antediluvians were on probation, free to choose to obey the voice of God and find refuge in the ark, or to refuse to hear His voice, and be destroyed. They chose to disobey, and were destroyed.

In those days "the earth was filled with violence." Is not violence now in the land? How much is human life worth, if man's way is crossed, man's passion excited? If the picture of the present state of the world is not sufficiently startling to arouse parents to do their duty in bringing up their children in the nurture and admonition of the Lord, what will bring them to a right understanding?

Satan is marshaling his hosts. Are you prepared for the conflict just before us? Are you preparing your children for the crisis? Are your children forming habits of decision, that they may be firm to principle? Parental duty has been sadly neglected. Will you not now repent, and take up your God-given lifework? There is no time to lose. Redeem the time, because the days are evil. Pray that your spiritual perceptions may be quickened. Strive to realize the importance of living in obedience to The Holy Spirit. When you do this, the heavenly angels will minister to you as teachers in the home, training you for the work of teaching your children.

When you stand before the great white throne, then your work will appear as it is. The books are opened, the record of every life is made known. Many in that vast company are unprepared for the revelations made. Upon the ears of some, the words will fall with startling distinctness, "Weighed in the balance, and found wanting." To many parents the Judge will say in that day, "You had My Word, plainly setting forth your duty. Why have you not obeyed its teachings? Knew you not that it was the voice of God? Did I not bid you search the Scriptures, that you might not go astray? Not only have you ruined your own souls, but by your pretensions to godliness, you have misled many others. You have no part with me. Depart, Depart?"

Another class stand pale and trembling, trusting in Christ, and yet oppressed with a sense of their own unworthiness. They hear with tears of joy and gratitude the Master's commendation. The days of incessant toil, of burden-bearing, of fear and anguish, are forgotten as that voice, sweeter than the music of angel harps, pronounces the words, "Well done, good and faithful servant, enter ye into the joy of your Lord." There stand the host of the redeemed, the palm branch of victory in their hand, the crown upon their head. These are the ones who by faithful, earnest labor have obtained a fitness for heaven. The life-work performed on earth is acknowledged in the heavenly courts as a work well done.

With joy unutterable parents see the crown, the robe, the harp, given to their children. The days of hope and fear are ended. The seed sown in tears and prayers may have seemed to be sown in vain, but their harvest is reaped with joy at last. Their children have been redeemed.

Fathers, mothers, shall the voices of your children swell the song of gladness in that day?

—Taken from *Review & Herald,* September 8 & 15, 1904

Eye Health • Heart Health • Brain Boost • Immune Support

ZINC CHELATED

*You may already be familiar with **Zinc** as a support for your immune system, however, did you know that **Zinc** is an essential trace mineral and is one of the most abundant found in the body? Discover the wide variety of ways that **Zinc** may improve all aspects of your family's health!*

Suggested Adult Usage:
Take 1-2 tablets daily with food.

100 Tablets **$9.99**

Zinc May Improve:

- **Eye Health** - It plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer lying under the retina.
- **Skin Health** - Zinc is like a 24-hour, on-call skin mechanic! It helps repair damaged tissues and is essential for wounds. Without zinc, your body's inside and outside repair time and possible health costs may go up!
- **Respiratory Support** - Zinc is found in the mucous secretions of the respiratory system and on the surfaces of lungs and throat. It has an antimicrobial effect, so it helps to kill inhaled bacteria and viruses before they get a chance to take hold! Zinc is also secreted in the saliva and the mucous membranes of the digestive system to kill any ingested invaders.
- **Athletic Performance** - Adequate zinc directly affects athletic performance and strength development from training because it plays a primary role in anabolic hormone production.
- **Male Reproductive Health** - Zinc is a critical mineral for robust testosterone levels, and the cells of the male prostate require a very high concentration of zinc to work optimally.
- **Female Reproductive Health** - In women, zinc is involved in the growth process of the oocyte or egg. If women are zinc deficient, the egg won't mature properly and ovulation will be impeded, causing infertility. Adequate zinc allows women to use estrogen and progesterone efficiently, supporting reproductive health and ensuring that estrogen does what it's supposed to do in the body.
- **Healthy Cell Growth and Immune System** - Ananda Prasad, a leading researcher in the field of zinc and health, notes that simply ensuring our zinc levels are adequate can help a number of the most severe health problems, especially unhealthy cell growth and poor immune function.
- **Cardiovascular Health** - Zinc is vital to maintain the health of cardiovascular cells and the endothelium. The endothelium is the thin layer of cells that lines the blood vessels and plays a major role in circulation.
- **Pancreas Support** - Zinc is needed for the healthy function of most hormones, including insulin.
- **Antioxidant Effects** - Zinc is an excellent antioxidant. The purpose of an antioxidant is to get rid of free radicals that cause damage to cells in the body by bonding with them and neutralizing them.
- **Detoxifying the Body of Heavy Metals** - The super antioxidant effects of zinc allow it to efficiently remove toxins from the body and keep them from building up in tissue and causing damage.
- **Boost Brain Function** - Zinc plays an essential role in neurotransmitter function and helps maintain brain structure and health. It is necessary in the metabolism of melatonin, which regulates dopamine. Also, zinc is part of an enzyme that is necessary for the anabolism of fatty acids in the brain membrane. This is very important because a key part of supporting brain health and function is to ensure the membrane gets the nutrients it needs.
- **Mood** - Dopamine production, which is partly regulated by zinc, is a chemical that boosts energy, mood, and reward-driven learning.

SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings Per Container: 100

Amount Per Serving		% DV*
Zinc Chelated	50 mg	333%

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

Other Ingredients: Dicalcium Phosphate, Stearic Acid, Croscarmellose Sodium,Vegetable Magnesium Stearate and Silicon Dioxide.

Zinc For Children:

Zinc is a commonly ignored mineral in children who need help concentrating. Studies have shown an improvement in social behavior and children were less hyperactive and impulsive. Research conducted at the University of Toronto and published in the journal Neuron, revealed that zinc has a crucial role in regulating how neurons communicate with one another and could affect how memories are formed and how we learn.

Why Chelated?

Chelated zinc means that an amino acid is attached to the mineral to enhance its absorption into cells. Chelated zinc shows much improved levels of efficiency and effectiveness when compared to other types of zinc supplement.

Random Facts:

- 35% - 45% of adults age 60 and over are believed to not get enough zinc. 30% - 50% of alcoholics are deficient.
- Zinc is an essential mineral found in every tissue of the body – 60% of the body's zinc is found in the muscles that support your skeleton and 30% is in the bones. So, zinc plays an important part in keeping you upright. The remaining 10% is found in the teeth, hair, nails, skin, liver, leukocytes (white blood cells), prostate, sperm and testes.
- Consuming refined sugar requires zinc to metabolize, in turn, reducing zinc stores.
- Have you or someone you know been struggling with hearing loss? Zinc may be the answer to your prayers! Melvyn Werbach, M.D. found that zinc deficiency is associated with some types of hearing loss. Try Zinc today and hear what you've been missing!
- Scientists say animals suffering from a zinc deficiency must eat about 50% more food to gain the same weight as an animal supplied with sufficient zinc.

Men's Health

by Dr. Kaye Olson, ND

The spotlight this month is on men's health concerns, particularly prostate issues. The women who love you may also want to take notice as they usually have an active role in the health of everyone in the family.

Before we begin looking at prostate issues, we were surprised while researching this presentation to discover a risk factor for men's health we had not considered. Did you know that men are more than twice as likely to die in a car crash as women? In fact, studies have shown that as many as 73% of all people killed in car accidents are male. Since record-keeping began, male fatalities significantly outweigh female fatalities. Men and women do not drive the same number of miles under the same conditions; men do about 60-65% more driving than women. Studies show that women take shorter trips, and female drivers have a greater number of minor crashes than do men. However, men are still 70% more likely to be in a serious crash! Wow! Please drive carefully! Wear your seat-belt and don't drive when you are tired!

Now back to the prostate info!

The prostate gland is about the size of a walnut and performs many duties. Its primary responsibility is to enhance the functioning and viability of sperm. It also plays a very important role as the first line of defense against illness and infection for the reproductive organs and urinary system. A central part of the proper functioning of the prostate seems to rest with zinc.

Zinc is a mineral that is found in higher concentration in the prostate than in any other part of the body. If your body does not receive enough zinc, it may lead to adverse health issues. In particular, it may lead to prostate issues (and other bodily functions like glucose control or stopping progressive hearing loss, for example).

Zinc, in and of itself, is a well-known antioxidant and antimicrobial that likely gives the prostate the ability to ward off infection and stabilize inflammation. Zinc is a critical mineral for robust testosterone levels, and the cells of the prostate require a very high concentration of zinc to

work optimally. To be sure that your body has an adequate supply of zinc, Hope for Health offers **Zinc Chelated.**

Why Chelated? Chelated zinc means that an amino acid is attached to the mineral to enhance its absorption into cells. Chelated zinc shows much improved levels of efficiency and effectiveness when compared to other types of zinc supplements. Research has found that 35% - 45% of adults, age 60 and over, are believed to have a zinc deficiency. Zinc can be your first line of defense – order some today to improve your health tomorrow!

If you have already developed prostate problems and are experiencing symptoms related to these issues, Hope for Health's **Small Flowered Willow** Herb may be the help you need. It has been shown to be a safe and effective way to maintain a healthy and normal prostate (often being effective when nothing else seems to work) and can even help with associated problems such as incontinence, sexual function, and urinary urgency.

If that isn't enough, Small Flowered Willow also:

- Is renowned for its ability to support a healthy prostate without decreasing the libido or causing harmful side effects.
- Is beneficial to the entire urinary system, including the kidneys and the bladder.
- Has the added benefit of being a natural analgesic, or pain reliever, that can help with a variety of urinary tract pains.
- Contains natural anti-microbial and anti-bacterial properties that help strengthen the immune system and protect the urinary tract and prostate from unhealthy would-be invaders!
- Has been used for centuries to help relieve discomforts such as pain when urinating, difficulty urinating, and inability to fully empty the bladder.

Saw Palmetto, another Hope for Health product, has been used for centuries to ease urinary problems in men, which may be rooted in bladder and prostate disorders.

Saw Palmetto Benefits Include:

- Supporting prostate health • Gaining "healthy" weight
- Improving digestion • Increasing strength/stamina
- Promoting hair growth/regrowth (both men & women)
- Supporting normal hormone levels (both men & women)
- Improving fertility • Reducing sexual dysfunction

Unlike some products for prostate problems, Saw Palmetto has been proven effective, yet side effects are minor and rare. Another benefit of Hope for Health's **Saw Palmetto** is that it may strengthen the urinary organs and has been recommended for kidney stones.

And even more prostate help...

After a certain age, prostate issues or other health problems can lead to sexual issues and lack of energy and stamina. Hope for Health has a wonderful natural remedy, **Maca**, that has been proven to help with all manner of hormone-related problems. Maca works on both the male and female body in accordance with their individual needs.

Maca is a member of the brassica family, which includes broccoli, cauliflower, and the radish. Maca has been safely used for thousands of years as a food and health-aid to promote endurance and improve energy, vitality, sexual virility, and fertility! Maca root grows in the intense sun, wind, and cold of the barren highlands of the mountains of Peru at altitudes as high as 7,000 to 11,000 feet, making it the highest altitude growing plant in the world!

As we noted, Maca is not just for men. It may help ease anxiety and emotional instability in postmenopausal women, according to a 2008 study from the journal, Menopause. For the study, 14 postmenopausal women took 3.5 grams of powdered Maca for six weeks and then took a matching placebo for another six weeks. Study results showed that Maca helped reduce both anxiety and mood problems, as well as improve sexual function.

Some studies have actually shown that Maca can increase sperm production in men by up to 40%! A four-month study of healthy men aged 24-44 was done to study the effect of Maca on sperm production and motility. Subjects received either 1,500 or 3,000 mg of Maca per day. After four months, semen volume, total sperm count, motile sperm count and sperm motility were significantly increased.

Unlike other chemical products designed to aid libido, Maca does not alter circulation. Its amazing libido-boosting ability is a result of completely natural hormonal balancing. It is a safe and natural product that will boost your libido, increase endurance, and produce a general sense of well-being!

So, if you are looking for a healthy and nutritional product to boost your energy and improve endurance, Maca is definitely for you!

Change your lifestyle, change your health!

We have covered some of the health issues unique to men in this presentation; however, men also need to be aware of other health concerns. Your heart health is extremely important; keeping your blood pressure balanced and your cholesterol levels in a healthy range is essential. You will also want to be sure that your blood sugar levels are not too high or too low. Unbalanced blood sugar levels can lead to several serious health problems.

At Hope for Health, we are concerned about your total health: physical, mental, and spiritual. Remember, any effort made toward better health – even the smallest – is a step in the right direction. We are here to cheer you on! You can do it! If you are still breathing, there is always hope! God bless you and yours!

Prostate Health • Urinary System Aid • Pain Relief • Anti-Microbial

SMALL FLOWERED WILLOW

Do you want to make sure your prostate stays healthy and functioning properly? Prostate difficulties can cause bothersome and potentially dangerous health conditions! If you want to protect your prostate and give it the nutrients it needs to stay healthy and strong, try ***Small Flowered Willow****! Centuries of use tell us it's one of the best herbs known for toning and revitalizing the prostate!*

Suggested Adult Usage: **Capsules:** Take 1-3 capsules in the morning and evening on an empty stomach.
Tea: Use 1 heaping teaspoon of tea per 16 oz. of boiling water, infused for a short time. 1 cup in the morning and evening on an empty stomach.
Extract: Take 2 dropperfuls in the morning and evening on an empty stomach. *CONTAINS ALCOHOL

90 Capsules	$10.99
180 Capsules	$16.99
3.5 oz. Tea	$20.99
2 oz. Extract*	$20.99

What is **Small Flowered Willow** Herb?

Epilobium parviflorum, better known as Small Flowered Willow, belongs to the Onagraceae (Willowherb or Evening Primrose) family and is found in Central and Eastern Europe and some areas of North America. As its name suggests, Small Flowered Willow is a small but very powerful baby pink-colored flower which has been used for centuries, particularly in Central Europe, as a folk remedy to promote a healthy prostate and improve the health of the kidneys, bladder, and entire urinary tract.

Until recently there had been no official studies to back the tall claims of these folk uses, but as science is shedding more light on the subject, this pretty little plant is becoming known throughout the natural health world as God's "manna" for the prostate! It has been shown to be a safe and effective way to maintain a healthy and normal prostate (often being effective when nothing else seems to work), and can even help with associated problems such as: incontinence, sexual function, and urinary urgency.

Small Flowered Willow Scientific Studies:

- A German 3-year study found that taking 160 mg. of Small Flowered Willow extract twice daily reduced nighttime urination in 73% of patients and improved urinary flow rate.
- In 1991, an article in the journal, Plant Medicine, confirmed Small Flowered Willow's anti-inflammatory effects, and noted that it was "ten times more effective" than another common commercially-available pain reliever.
- In a double blind trial, 160 mg. of Small Flowered Willow extract taken twice daily was shown to often help maintain a healthy prostate.
- A 2009 article from the journal, Phytotherapy Research, showed that Small Flowered Willow extract showed a protective effect against oxidative damage and possessed powerful anti-inflammatory properties.

Small Flowered Willow: It's Not Just For Men!

While Small Flowered Willow is of great benefit to the prostate in men, it is also an invaluable tool for women who suffer from kidney, bladder, or urinary problems! Many women are affected by recurrent or persistent bladder and urinary issues, yet are unable to find relief. That is, until now!

Small Flowered Willow has recently shown to be a potent anti-microbial and anti-inflammatory agent that tones and protects the entire urogenital system (which includes all of the reproductive organs such as the prostate, along with the kidneys, ureters, bladder, and urethra). The active ingredients present in the Small Flowered Willow plant are not only good for the urogenital system, but also have a significant role to play in blood purification, lymphatic drainage, and boosting the body's immune response!

Small Flowered Willow:

- Has been shown to support a healthy prostate without decreasing the libido.
- Is beneficial to the entire urinary system, including the kidneys and bladder.
- Has the added benefit of being a natural analgesic, or pain reliever, which can help with a variety of urinary tract pains.
- Has been used for centuries in the form of a tea and tincture to help relieve discomforts such as pain when urinating, difficulty urinating, and inability to fully empty the bladder.

"I was getting up to use the bathroom about 10-15 times a night, consequently I never felt rested. It was affecting all aspects of my life. I was very discouraged! A friend told me about Hope for Health's **Small Flowered Willow Herb** – I was so desperate at that point that I was willing to try anything! Within days my trips to the bathroom at night went down to about 5 times, and then after a few weeks of taking this amazing product I only had to get up one time a night! My last visit to the doctor revealed much better test scores as well. I cannot say enough about how this herb improved my life!" ~ J.D.

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving		% DV*
Small Flowered Willow Herb	700 mg	†

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

Love at Home

There is beauty all around,
when there's love at home;
There is joy in every sound,
when there's love at home.

Peace and plenty here abide,
smiling fair on ev'ry side;
Time doth softly, sweetly glide,
when there's love at home.

In the cottage there is joy,
when there's love at home;
Hate and envy ne'er annoy,
when there's love at home.

Roses blossom 'neath our feet,
all the earth's a garden sweet,
Making life a bliss complete,
when there's love at home.

Kindly heaven smiles above,
when there's love at home;
All the earth is filled with love,
when there's love at home.

Sweeter sings the brooklet by,
brighter beams the azure sky;
O, there's One who smiles on high,
when there's love at home.

—John N. Quinn

Unity and the Latter Rain

by Tim Saxton

The story is told that during World War II, the people of Burma were divided, some siding with the Allies and some with the Japanese. One indigenous group, the Karen people, along with certain other minorities, sided with the Allies, while the Burmese sided with Japan.

After the war was over, Burma obtained its independence from Britain, leaving the Burmese in charge of their own government. However, the Burmese did not like the Karens and wanted to rid the country of them. The Burmese outnumbered the Karens and started making war on them.

Now, the Karens are a very intelligent people, and one of their army generals, who was also a Christian, led many of the Karen soldiers and people up into the mountains, far away from the Burmese Army. Here seemed to be a safe place to live.

In time, the Burmese Army became determined to wipe out the Karens, so they marched their soldiers up those mountains. Strangely enough, that small group of Karens, led by their Christian general, defeated the Burmese and wiped out their army. For decades after that, the Karens lived in comparative peace in the mountains.

But the Burmese would not give up, so they hired a witch doctor to call up the spirits and tell them what they could do to defeat the Karens. What do you think they were told?

They were given a plan, which they followed: They hired a Karen Buddhist monk and sent him to live up in the mountains with the other Karen people. As this monk would travel from village to village, he would say to the people, "Oh look, you are so poor over here, why, I just came from the village nearby, and they have many new supplies. I guess they don't want to share them with you. They must not like you."

Then he would go to the next village and say, "I just came from the last village, and they have so many new things, but I see they didn't share them with you." Thus, he sowed seeds of distrust among the people, and soon, one by one, the villagers stopped trusting each other. Their unanimity gave way and soon their defense was gone. The Burmese Army came and slaughtered them.

What can we learn from this story? As long as the people pressed together, they were virtually invincible, but when they became suspicious and accusatory toward one another, when they stopped trusting one another and became divided, the enemy easily overcame them.

As God's people at the end of time, have we been counseled to "press together"? Is there an enemy, perhaps even evil spirits, who are actively working to divide and destroy us? How can God's people resist this type of subversive division?

In the Bible, the subject of unity is linked inseparably to the body of Christ. If we wish to be made completely into the image of Christ, that image is one of unity. The Bible says in 1 Corinthians 12:27:

> *"Now ye are the body of Christ, and members in particular."*

We also find in 1 Corinthians 12:12:

> *"For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ."*

As the human body has many working parts, yet all parts work together as a united whole to form the body; this then illustrates the case of the church. We are many members, each with an assigned duty or responsibility for the united whole of the body of Christ.

In this article, we will briefly consider five important aspects of Christian unity.

First: Christian unity is exemplified in its members as they consider the needs of the body greater than their own.

When such unity is manifested, it represents the very character of God, for it is the result of true love. This is why in I Corinthians 13 (known as the "love chapter"), we read that "love seeks not her own."

Yet, there are many counterfeits to Christian unity. The forces of evil may appear unified, but their unity is not based on the foundation of self-sacrificing love. If the forces of evil could be left to themselves, they would eventually fight and destroy each other. No, apart from the love of God, one can never find true unity in its purest form.

As unity represents the character of God, then its foundational love will always seek what is best for others over what is best for self. A good example of this is found during the time of the outpouring of the Spirit or "early rain" in the Book of Acts. Reading from Acts 4:32, we find:

> *"And the multitude of them that believed were of one heart and of one soul: neither said any of them that ought of the things which he possessed was his own; but they had all things common."*

What were the results of this incredible unity of the Spirit? The Bible says in the next verse:

> *"And with great power gave the apostles witness of the resurrection of the Lord Jesus: and great grace was upon them all." —Acts 4:33*

In the early church, through the power of the Spirit, the body of Christ worked much like our human body. That is, every member looking after the needs of another. As the power of Christ rested upon them and as the church presented a truly united front, great was the work they could accomplish.

Here, we see an important principle in true unity, in that each part of the body works to strengthen weaker members. This is true not only of individuals in the church but with church institutions working in harmony as well.

Consider this interesting quote:

"When one of God's instrumentalities, which is engaged in doing His work, shall through some lack of judgment fall into decay, let those institutions which are in a more prosperous condition do to the uttermost of their ability to lift the crippled institution to its feet, that the name of God be not dishonored." *—Ms 65a 1900*

Thus, as the individuals are in unity with Christ and each other, so likewise are the institutions of the church to represent that same unity.

Second: Christian unity never compromises with sin.

You see, unity always starts with our individual unity in Christ, first. As we are one with God, so we are to be one with others, but never at the sacrifice of principle, which would involve sin against God and thus separation from God. The Bible explains the hierarchy of our relationships in Mark 12:29-31:

"And Jesus answered him, The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord:

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

"And the second is like, namely this, Thou shalt love thy neighbour as thyself."

Here we see unity with God, which means putting God first in all relationships, and always excludes compromising with sin. When God is truly put first, then all other human relationships take their proper place.

Third: Unity is what God desires for His people, for it reflects the oneness of Heaven.

"And the glory which thou gavest Me I have given them; that they may be one, even as We are one." —John 17:22

Notice this incredible testimony from Christ Himself, that the unity of God's people on earth is to represent the same unity that Christ has with His Father. That is powerful!

We also see the oneness of Heaven reflected in the family unit, when God created Adam and Eve and stated they should be "one flesh". This was more than a reference to the physical intimacy found in marriage, but a referral to unity of heart and soul between husband and wife and by extension, the family unit as a whole.

Fourth: The power of unity expands with organization.

Consider what happened in the days of the disciples:

"And in those days, when the number of the disciples was multiplied, there arose a murmuring of the Grecians against the Hebrews, because their widows were neglected in the daily ministration." —Acts 6:1

Here in the early Christian church, a problem arose that could have threatened the unity of the body. Notice in Acts 6:2-4 how it was dealt with:

"Then the twelve called the multitude of the disciples unto them, and said, It is not reason that we should leave the word of God, and serve tables.

"Wherefore, brethren, look ye out among you seven men of honest report, full of the Holy Ghost and wisdom, whom we may appoint over this business.

"But we will give ourselves continually to prayer, and to the ministry of the word."

How did they approach their problem? With organization, transparency, prayer, and a refusal to be diverted from their mission.

What were the results?

"And the saying pleased the whole multitude." — Acts 6:5

The Bible goes on to say that seven men were then selected, one of whom was Stephen, and the apostles laid their hands on them and commissioned them to handle this work.

"And the word of God increased; and the number of the disciples multiplied in Jerusalem greatly; and a great company of the priests were obedient to the faith." Acts 6:7

When organization was combined with prayer, faith, and unity of purpose, great were the results as the Spirit blessed the efforts of God's people, who chose not to be diverted from their mission, but to solve their problems, marching forward unitedly.

Fifth: Unity will be one of the last-day signs that we are God's people.

John 17:21 tells us: *"That they all may be one; as Thou, Father, art in Me, and I in Thee, that they also may be one in Us: that the world may believe that thou hast sent Me."*

When will this perfect unity of God's people be most evident? At the time of the Latter Rain, its fullest extent will be known. For a closer look at the importance of this time and subject, let's go to an Old Testament passage in the Book of Psalms, chapter 133 and starting with verse 1:

"Behold, how good and how pleasant it is for brethren to dwell together in unity!" (Verse 1)

"It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments." (Verse 2)

Who was Aaron? Aaron was the high priest of Israel. The story referenced here was his anointing. At the anointing, the oil was poured upon his head and ran down the full length of his garments.

Now in the Bible, what does oil represent? The Holy Spirit. Who does the high priest represent? Christ. For Christ is our High Priest.

Notice that the anointing oil was poured upon the head of the high priest first, and then it ran down the length of his body. Who is the body of Christ? The church.

So, the outpouring of the Spirit starts with Christ (Acts 10:38) and extends to His entire church, and this the Bible likens to the unity of the brethren or the unity of the church.

Let's continue …

> *"As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore." —Psalm 133:3*

Here we find a reference to Mount Hermon, the grand and loftiest peak in the area surrounding the promised land. Mount Hermon was located due north of Israel; we might say it lay to the sides of the north. It was also that mountain which Moses specifically asked the Lord that he could stand upon.

Mount Hermon was a type of that great mount of the Lord in Heaven. The word dew refers to a water covering … similar to rain and at times, used almost synonymously with it.

Remember our context is the unity of God's people being like the anointing oil upon the head and body of Christ, and it is now likened to the dew or rain upon the mountain of God that then descends to the lesser mountains surrounding it. The lesser mountains being referred to are the mountains of Zion.

When will the body of Christ be seen perfectly as one, that is, in this life? It will be during the time of the outpouring of the Holy Spirit or the anointing, also known as the Latter Rain.

Notice, the next verse goes on to say, "for there the Lord commanded the blessing." What blessing is that? The blessing of life … even forevermore.

Is there a special blessing that the Lord bestows upon the righteous at the time of the Latter Rain?

In Zechariah chapter 3, we find the story of Joshua and the angel. Joshua, as we have seen in a previous study, represents God's people at the end of time, still clothed with filthy garments. Satan is standing there accusing him, when the command goes forth …

> *"Take away the filthy garments from him. And unto him he said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment." —Zechariah 3:4*

Here at the time of the anointing of the Latter Rain, the spotless robe of Christ's righteousness is placed upon the tried and tested people of God. That robe of righteousness is evidence of the final sealing of God's people, and the results of that sealing are that they will have life forevermore. Now they go forth with great power to make Him known, and the world sees as never before the love and unity of God's people — who are as one with their Lord.

Notice this beautiful description referring to the unity and work of the church:

"Those who are truly the followers of Christ love as brethren, and are the salt of the earth, the light of the world. Every true believer catches the beams from the Morning Star, and transmits the light to those who sit in darkness. Not only do they shine amid the darkness in their own neighborhoods, but as a church they go forth to regions beyond. Every one who unites with the church is to be one with Christ, diffusing the beams of the Morning Star, and becoming the light of the world. Christ and his people are to be copartners in the great work of saving the world." —*Home Missionary,* August 1, 1896

The 133rd Psalm is the story of God's church at the end of time and the glorious high calling the Lord is giving to them. Yet, we do not have to wait until the time of the Latter Rain for the outpouring of God's Spirit. We can desire it from Him now, that we might reflect His image more fully to our brethren and to the world.

In Micah 5:7, we read:

> *"And the remnant of Jacob shall be in the midst of many people as a dew from the LORD, as the showers upon the grass."*

There is nothing so refreshing to nature as the soft, gentle rain upon the green grass.

God is waiting to make His people *(individuals, families and the church)* a refreshing blessing to the world, to see the character of God reflected in their perfect love and unity for each other. Is it your desire to experience that love and unity today?

John 13:35 tells us:

> *"By this shall all men know that ye are My disciples, if ye have love one to another."*

About the Author: Tim Saxton serves as a pastor in the Iowa-Missouri Conference. This article Is excerpted from "Unity and the Latter Rain," a study guide published by White Horse Media. The full version is available as a free download at www.whitehorsemedia.com.

The Happy Home and How to Make It

1. Where and by whom were the foundations of the home laid?

"And *the Lord God* planted a garden eastward *in Eden*; and *there* He put the man whom He had formed." Genesis 2:8.

2. In making this home, what besides man was needed?

"And the Lord God said, It is not good that the man should be alone; I will make him *an help meet* [one *adapted*, or *suitable*] *FOR HIM*." Genesis 2:18.

3. After creating Adam and Eve, what did God say to them?

"And God blessed them, and God said unto them, *Be fruitful, and multiply, and replenish the earth*." Genesis 1:28.

4. To what are the wife and children of the man who fears the Lord likened?

"Happy shalt thou be, and it shall be well with thee. Thy wife shall be *as a fruitful vine* by the sides of thine house: thy children *like olive-plants* round about thy table." Psalm 128:2, 3.

5. What are children declared to be?

"Lo, children are *an heritage of the Lord*." Psalm 127:3. "Children's children are *the crown of old men;* and the glory of children are their fathers." Proverbs 17:6.

6. How should the wife relate herself to her husband?

"Wives, *submit yourselves unto your own husbands, as unto the Lord.* For the husband is the head of the wife, even as Christ is the head of the church." Ephesians 5:22,23.

7. And how should husbands regard their wives?

"Husbands, *love your wives, even as Christ also loved the church*, and gave Himself for it. . . . So ought men to *love their wives as their own bodies.* He that loveth his wife loveth himself. . . . Let every one of you in particular *so love his wife even as himself;* and the wife see that she reverence her husband." Ephesians 5:25-33.

8. Against what are husbands cautioned?

"Husbands, love your wives, and *be not bitter against them*." Colossians 3:19.

9. Why should wives be in subjection to their husbands?

"Likewise, ye wives, be in subjection to your own husbands; *that, if any obey not the word, they also may without the word be won by the conversation [manner of life] of the wives.*" 1 Peter 3:1.

10. Why should husbands be considerate of their wives?

"Likewise; ye husbands, dwell with them according to knowledge, giving honor unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; *that your prayers be not hindered*." 1 Peter 3:7.

11. Why should children obey their parents?

"Children, obey your parents in the Lord: *for this is right*." Ephesians. 6:1.

12. How should parents bring up their children?

"And, ye fathers, provoke not your children to wrath: but *bring them up in the nurture and admonition of the Lord*." Ephesians 6:4.

13. Why should fathers not provoke their children to anger?

"Fathers, provoke not your children to anger, *lest they be discouraged*." Colossians 3:21.

14. By what means may the mother bind the hearts of the loved ones at home together?

"She openeth her mouth with *wisdom*; and in her tongue is *the law of kindness*." Proverbs 31:26.

Note: "We want to get into the hearts of our children if we hold them, and help them, and bless them, and take them to heaven with us."- *Frances Murphy.*

15. How will such a mother be regarded?

"Her children arise up, and *call her blessed*; her husband also, and *he praiseth her.*" Proverbs 31:28.

Note: "Show me a loving husband, a worthy wife, and good children, and no pair of horses that ever flew along the road could take me in a year where I could see a more pleasing sight. Home is the grandest of all institutions."- *Spurgeon.*

16. How faithfully should parents teach the precepts and commandments of God to their children?

"And thou shalt *teach them diligently* unto thy children, and shalt talk of them *when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up*." Deuteronomy 6:7.

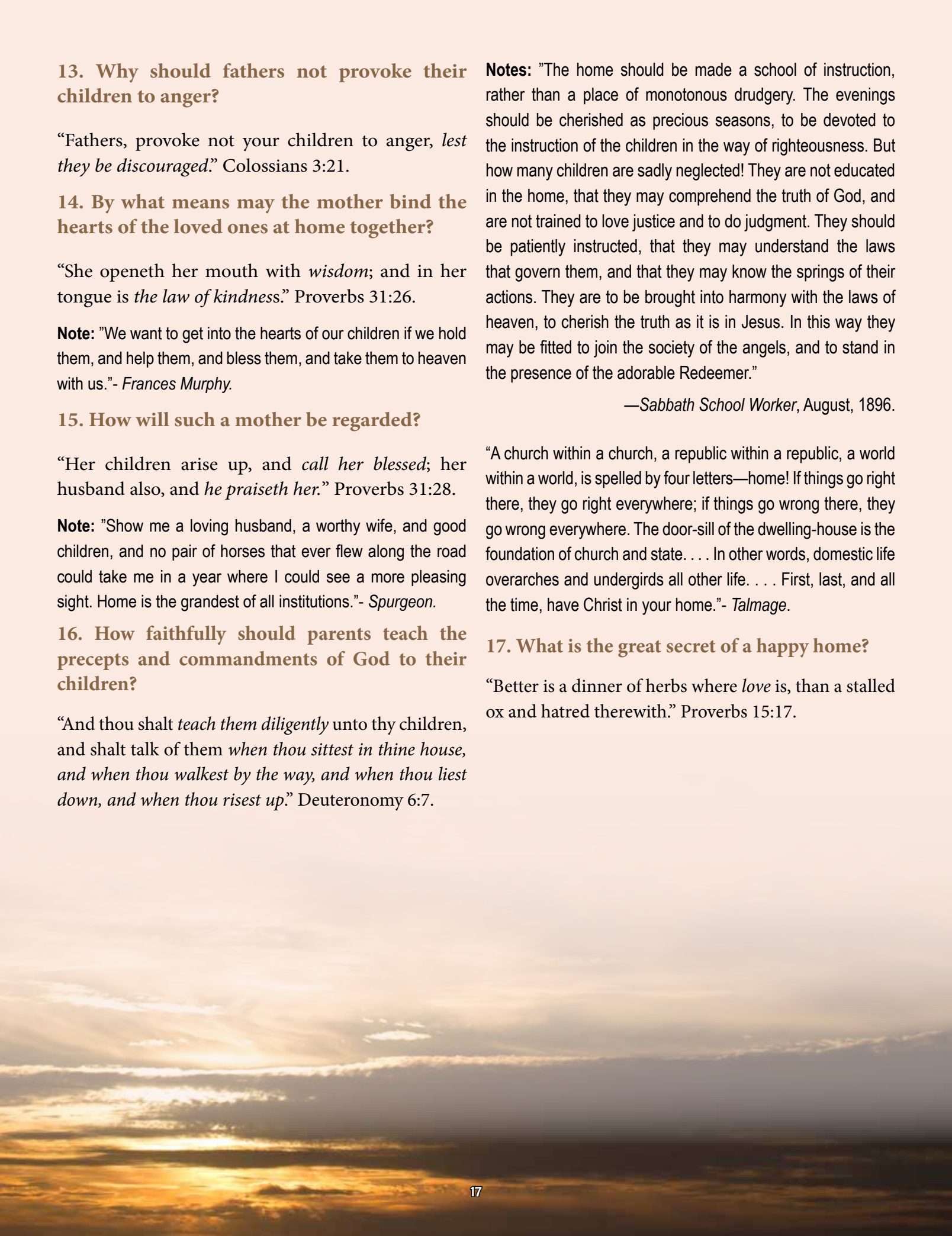
Notes: "The home should be made a school of instruction, rather than a place of monotonous drudgery. The evenings should be cherished as precious seasons, to be devoted to the instruction of the children in the way of righteousness. But how many children are sadly neglected! They are not educated in the home, that they may comprehend the truth of God, and are not trained to love justice and to do judgment. They should be patiently instructed, that they may understand the laws that govern them, and that they may know the springs of their actions. They are to be brought into harmony with the laws of heaven, to cherish the truth as it is in Jesus. In this way they may be fitted to join the society of the angels, and to stand in the presence of the adorable Redeemer."

—*Sabbath School Worker*, August, 1896.

"A church within a church, a republic within a republic, a world within a world, is spelled by four letters—home! If things go right there, they go right everywhere; if things go wrong there, they go wrong everywhere. The door-sill of the dwelling-house is the foundation of church and state. . . . In other words, domestic life overarches and undergirds all other life. . . . First, last, and all the time, have Christ in your home."- *Talmage*.

17. What is the great secret of a happy home?

"Better is a dinner of herbs where *love* is, than a stalled ox and hatred therewith." Proverbs 15:17.



Joseph Bates: Traveling Preacher

by Micah Zummach

It is mid-morning and the mail train has just arrived at the station in the small town of Battle Creek, Michigan, on this spring day in 1852. As the station workers start to open the mail cars, the passengers on board begin to disembark, filing out of their respective cars and onto the platform. Among them is Joseph Bates, and as we look into his face, we see determination. He is here, unsurprisingly, on a mission.

Working his way through the crowd and off the station platform onto the streets of Battle Creek, he probably stops to ask for directions. Having received the information he sought, we see him walking, with his usual determined strides, towards the post office.

He arrives just minutes after the post office opens and walks through the front door, perhaps quickly scans the room, and continues his purposefully to the postman behind the desk.

Reaching the desk, he looks the postman in the eye and asks a very pointed question.

"Can you direct me to the most honest man in this town?"

After the publication of his third Sabbath tract, early in 1848, Joseph Bates continued his never-ending search for more truth. Throughout the years of 1848 and 1849, he attended many of the Sabbath conferences, which were conferences held by Sabbath-keeping Adventists that were meant to bring the scattered believers to a unified understanding of certain Bible issues. Of course, even after these conferences, Bates continued his personal study.

And it was about this time that an incident occurred that reminds us that even these great men of faith were still just as human as you and I, and made mistakes. In 1850, Bates began to say that the blood that was sprinkled on the altar seven times, in the sacrificial system, represented the duration of the judgment in the heavenly sanctuary, being seven years. Since Christ had entered the Most Holy in October of 1844, the seven year duration ended in October of 1851, which he then reasoned would be soon followed by Christ's second coming.

Bates' time setting shook up the Adventist community. Some eagerly accepted the time, while others were more cautious. Among those concerned by Brother Bates was James White. Soon after the Great Disappointment of 1844, White had begun to preach that the judgment would end, and Jesus would come in October of 1845. He had received a letter from Ellen Harmon, his future wife, urging him to stop preaching this immediately, because she had been given a revelation showing that the time would last longer than they expected.

Ever since that incident, James had given up setting a specific date for the Lord's return, and now he was greatly concerned with Elder Bates. For a while, he watched what happened and said nothing about the subject, but eventually he could not hold back anymore. He wrote an article against Bates' proposed time. Around this same time, Ellen White also wrote an article saying that she had been shown that time was not to be a test among God's people after 1844.

With the combined efforts of these two, Bates realized his error, and ceased to proclaim the specific time. Most of his followers took the counsel as well. However, a small group clung to the idea of time-setting, and sadly had to endure another disappointment.

In 1849, Bates had gone on a trip to take the message of the Sabbath to former Millerites across the country. During his trip, he had visited the town of Jackson, Michigan and sought out any Millerites there. He had been directed to Dan Palmer, a local blacksmith. When Bates arrived, he had barely introduced himself before he launched into his exposé of the Sabbath. Palmer continued working, letting his hammer ring against the workpiece and anvil all throughout the lecture. By the time Bates had finished, Palmer was convinced, and invited him to speak to the rest of the Adventists in Jackson that Sunday. The result was that a small congregation of Sabbath-keeping Adventists was established in Jackson.

In 1852, Bates returned to Jackson to see how the body of believers was faring there. While he was there, he agreed to hold some meetings with those who were interested in the message and baptize those who had already accepted the message since his last visit.

Somehow, during the time preceding the meetings, Merritt Cornell heard about Bates' appointment to speak, and determined to be present. Cornell was a Sunday-keeping Adventist minister and belonged to a group of Adventists that was bitterly opposed to the work of Bates and James and Ellen White. This group of Adventists published a paper, the *Advent Harbinger*, which often contained articles that vehemently denounced the "Shut-door Sabbatarians", as they called them, referring to the belief previously held by Bates, James White, and others, that the door of probation had closed to all outside of the Millerite movement after October 1844.

Merritt's purpose in going to the meetings was to prove Bates wrong and "rescue" those that had been brought to believe the Sabbath. On the night of the first meeting, Merritt, and his wife Angie, arrived at the meeting place. As Cornell tied their horse and buggy to a hitching post, he asked if she was planning to come inside, but she replied that she was not, for she did not want to even hear a word of Bates' "nonsense". He then told her that he wouldn't be long, and went inside.

Angie sat patiently outside, but Merritt seemed to take longer than expected. An hour passed. Finally she could stand it no more. She stepped down from the buggy. When she got inside, she sat down and listened as one after another of her husbands arguments were laid to rest through Bates' thorough, Bible-based rebuttals. By the time they left the meeting that night, Merritt had again determined to attend the meetings, but this time, to learn more about the Sabbath, instead of arguing against it. From that day forward, Merritt Cornell was a strong defender of the Sabbath and an invaluable minister.

Soon the time had come for Bates to leave, but on his last night in Jackson, he had a dream. In his dream he was traveling west and a voice told him he must go to Battle Creek. Inquiring the next morning, Bates found that there was indeed a town called Battle Creek in Michigan, and that it was about forty miles from Jackson. Armed with this information, Joseph bid the brothers and sisters in Jackson farewell, and purchased a train ticket to Battle Creek.

On the train ride, Bates probably wondered who he would speak to. As far as he or any of the brethren in Jackson knew, there were no Adventists in Battle Creek. Then the thought hit him. An honest man would see and accept the message whether he was Adventist or not. So, when he got off the train and headed for the post office, that was why he asked his rather peculiar question.

Although his question was definitely out of the ordinary, the postman had an answer for him almost immediately. He gave the name of David Hewitt, who lived on Van Buren Street. Bates got directions to his home, and tromped off toward Van Buren Street.

It was rather early in the morning when Bates knocked on the front door of the Hewitt home. Naturally, the family was a bit surprised to have a guest at such an hour.

When Mr. Hewitt opened the door, Bates explained to him, "I've been told you are the most honest man in this town. If that is so, I have a message for you." Mr. Hewitt invited Bates inside and, as the family was just sitting down to breakfast, invited Bates to join them.

After breakfast, Bates was also asked to lead out in family worship, and when that was concluded, Mr. Hewitt said, "Now, let's hear what you have to say."

So began an all-day Bible study that covered the Advent Movement, the Three Angels Messages, and the Sabbath. By five o'clock that evening, David Hewitt and his wife were convinced that Bates bore tidings of truth to them and determined to keep the next Sabbath.

Soon, there were several others in Battle Creek who had joined them, and a small Sabbath-keeping Adventist congregation was raised where before there had been no Adventists of any kind. Little did anyone know it then, but this little town in the middle of Michigan was soon to become the epicenter of Seventh-day Adventism. It would also be where this rapidly growing group of people was to get their name, Seventh-day Adventist.

Bates work did not stop here, however. Although he was advancing in years, Joseph Bates was just as full of life as ever! And he still had plenty of exciting experiences left before his work would close!

To be continued…

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Shining Christians

by A. K.

Christ's injunction is: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in Heaven." Undoubtedly there is some measure of light in every true child of God.

In every one who is a true believer in Jesus, there is light in proportion to his faith. The spark may be very feeble, just on the point of extinction perhaps; it is hidden under a pile of worldliness, or narrowness, or spiritual indolence; but it still glimmers. Rake open the coals, remove the ashes, and you can find that feeble spark.

But this certainly is not the kind of Christian character that Christ had in view in uttering this injunction. Men will not take pains to see whether you are a Christian or not. They will not search for the feeble spark to see whether it burns, or has gone out. And, in a measure, they are right. Christ says to His followers, "Let your light so shine that men may see your good works." You must fan the flame of your faith, love, and devotion, till it blazes up so brightly that men cannot fail to see that your religion is worth something; "that men may see your good works, and glorify your Father which is in Heaven."

There are several ways in which this light, while it does exist, may be so obscure that men cannot see it.

1. **A lack of Christian courtesy** sometimes obscures the light. In dealing with men, our manners are by no means unimportant. Indeed, they have a very great effect oftentimes. Religion ought to sweeten and soften the whole man. A Christian ought to be a polite man; not necessarily with the airs and graces of mere fashionable society, but certainly with genuine heart politeness. And yet it is to be feared that sometimes the light of Christian love is hidden under the bushel of a stern, forbidding, harsh exterior; and so men are not attracted to religion, but rather repelled from it.

2. **Worldliness** hides very completely this Christian light. So many of those who profess themselves Christ's, seem so absorbed in the things of this earth, in its "buying, and selling, and getting gain," that men in general cannot always tell the difference between a Christian and one who makes no claims to the name. So many who profess to have this light shining within them, seem to be just as much occupied with earthly concernments, earth's ambitions, cares, jealousies, joys, sorrows, achievements, as is any one else; and so their light does not shine out for men to see their good works. Only by careful scrutiny can it be determined that the light does shine.

3. **Parsimony** obscures the light. I have reference here to this failing as it concerns Christian beneficence. Men reason in this way: "Here is one who professes to be a child of God, bought with a price; a servant of God; a steward administering those things with which he has been put in trust; and yet see how slow he is to recognize the claims of a perishing world upon him; see how little he gives to the support and diffusion of the gospel." This is a right method of reasoning; this is sound logic. There are far too many who call it forth. And they are most certainly obscuring the light.

4. **Indolence** is another way in which Christian light is obscured. And it is far too common. Many a man is known as a Christian, simply because his name is on the church-roll, and he is seen from time to time at the communion-table. He is not known as a Christian because of any work that he does. He is not seen in the prayer-meeting, or the Sabbath-school. His principle seems to be to get all he can, but to do correspondingly little in the line of religious activity. He woefully obscures the light of Christian example. Men certainly see no "good works" of his performing, and hence are not led to glorify the Father in Heaven.

5. Another thing that obscures Christian light —and it is a fundamental thing—is a **low tone of piety**. You may have a strong, bright flame, but so shut in that it cannot beam forth. Remove the obstructions, and the light shines. But when you have only a feeble flame you cannot have much radiance. Just here is the trouble in the case of most Christians, the flame of piety is not strong enough, and so of course there is not much shining.

We look at such a life as that of Henry Martyn, and see that it was its devotion, its deep spirituality, that made it so effective. The light burned with such intensity that the candle soon sunk into the socket, entirely consumed. But what a glorious radiance beamed from it! Its shining is not done yet.

Just in the proportion that a high tone of piety makes the light shine, just in that proportion does a low tone obscure it. Hence the need of complete consecration, of entire devotion, that the light may shine brilliantly, and men "may see our good works, and glorify our Father which is in Heaven."

Would that there were more, not simply of Christians such as shall be saved "yet so as by fire," but of shining Christians. Oh, that you and I may let our light shine!

The True Ring

"WANTED—A clerk, at 650 Washington Street."

This was an advertisement that appeared in one of the morning papers of a large city.

Many a young fellow who had been seeking employment for weeks, felt his hopes rise as he read it. Fred Barker heard it at the breakfast table the day after it appeared. His sister Louise said: "O Fred, I forgot to tell you what I saw in yesterday's paper—that Mitchell & Tyler want a clerk. That will be the place above all others for you; it's a splendid store. Of course you can get the place if you're not too late. You can take a letter from Uncle Horace; his influence and your appearance will settle the matter. I heard Mr. Mitchell was real fussy about his clerks, but I'm sure he can find nothing to object to in my handsome, well-dressed brother," and the elder sister looked admiringly at Fred's face, smooth locks, and well fitting suit.

"Perhaps I'll call around there after awhile," Fred said carelessly.

"Please hurry and go now, won't you?" his sister said; "I'm afraid somebody has snatched up the place before this time."

Fred finished his breakfast in a leisurely way, put a few extra touches to his already careful outfit, lighted a cigar, and sauntered forth.

"Better throw away your cigar before you go in. Mr. Mitchell may object to that," said Louise, who stood in the front door as he passed out.

"He'll have to take me just as I am," Fred said with a lofty air; "all gentlemen smoke. I do not propose to be a slave to any man."

He called at his uncle's office on his way and procured a letter of recommendation. Thus equipped, he felt confident of success. Just behind him there walked with a brisk step a boy of fifteen, a year or two younger than himself. This was David Gregg. He, too, had seen the advertisement, and was on his way that very minute to 650 Washington Street. He was the eldest of a family of children whose father had died at the beginning of the winter. David had risen very early that morning, made the fire, and while his mother was preparing breakfast, put himself in the neatest possible order to go to Mitchell & Tyler's.

When he appeared at the breakfast table looking so bright and neat, his mother thought he was a son to be proud of, the handsomest boy in the whole city; yet his face was actually homely as far as beauty of features was concerned; his clothes were coarse, and he had no fancy necktie, no flashing pin, or gold cuff buttons, like the elegant young gentleman who now walked before him.

What was the reason that among the large number of boys who filed in and out of Mitchell & Tyler's private office, not one of them had yet been selected to fill the vacant clerkship? Mr. Mitchell, the senior partner of the firm, had asked some plain, straight-forward questions of them,—

"Where do you spend your evenings?"

"Do you play cards, go to the theater?"

Mr. Mitchell had declared to his partner, "If there is a boy in the world who has good habits and right principles, I'm going to hunt him up if it takes all winter."

So it turned out that many of the boys could not give satisfactory answers to the searching questions, and others, when Mr. Mitchell sounded their knowledge of figures, were not ready reckoners.

They came and went one whole day, and as soon as the door was opened the next morning, candidates came flocking in like birds.

It was now Fred Barker's turn. He stood before Mr. Mitchell, his hat on his head, his cigar removed from his mouth, it is true, but the smoke thereof curling upward into the merchant's face. He presented his letter of introduction. Mr. Mitchell read it, then asked a few questions. Meanwhile, his practical eye was taking it all in—the cigar, the imitation diamond, the large seal ring, the flashing neck-tie. He knew in a twinkling where Fred Barker usually spent his evenings, and that it would take more money to indulge his tastes than he could honestly earn.

To Fred's astonishment he presently heard, "I do not think, young man, that you are just the one we have in mind for this place." Then, before he knew it, he was bowed out.

The next boy who was admitted did not advance with such an over-confident air. He held his hat in his hand, and spoke in a modest, respectful manner.

"Have you any recommendation?"

"No, sir, I have none," David answered, a little dejectedly. "We have not been long in the city."

"Well, you need none, if I can trust my eyes," Mr. Mitchell remarked to himself. The bright frank face and manly air of the boy impressed him most favorably; he was still more pleased when he drew him into conversation and learned what books he was fond of, and how he was going on with his studies in the evenings, although he had been obliged to leave the high school to earn his living.

Mr. Mitchell had very sharp eyes; he took note of the well brushed garments, the shining boots, the snowy collar and cuffs, the delicately clean finger-nails—even by such small things as these is character read—and above all, the look of sincerity and honesty shining from the blue eyes.

"Well, David," Mr. Mitchell said, as he got up and walked back and forth, "what if I were to tell you that you can have the situation providing you will work a part of every Sabbath?"

It was a most cruel test. The boy hesitated—just a moment—then he said, while his color rose and his voice choked, "I should say, sir, that I cannot accept it."

"Not even when your mother needs money so badly?"

"No, sir; my mother would not use money so earned. She has always taught me to obey God and trust Him, come what will."

"That has the true ring,—pure gold," said Mr. Mitchell, bringing his hand down on David's shoulder. "My dear boy, I want you, and I do not want you to do any work for me on the Sabbath. I will pay you ten dollars more a month than the last clerk received, because I am glad to find one boy out of a hundred who remembers his mother's teachings, and fears to disobey his Lord."

—*Youth's Instructor*, August 16, 1882

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The Value of Good Habits

On the 15th of February, about five o'clock, Horace B. Claflin, a prominent New York merchant, was sitting alone in his private office, when a young man, pale and careworn, timidly knocked and entered.

"Mr. Claflin," said he, "I am in need of help. I have been unable to meet certain payments, because certain parties have not done as they agreed by me, and I would like to have $10,000. I come to you because you were a friend to my father, and might be a friend to me."

"Come in," said Claflin; "come in and have a glass of wine."

"No;" said the young man, "I don't drink."

"Have a cigar then?"

"No, I never smoke."

"Well," said the merchant, "I would like to accommodate you, but I don't think I can."

"Very well," said the young man, as he was about to leave the room, "I thought perhaps you might. Good day, sir."

"Hold on," said Mr. Claflin; "you don't drink?"

"No."

"Nor smoke?"

"No."

"Nor gamble, nor anything of the kind?"

"No, sir; I am superintendent of the Sabbath-school."

"Well," said Claflin, with tears in his eyes, "you shall have it; and three times the amount if you wish. Your father let me have $5,000 once, and asked me the same questions. He trusted me, and I will trust you. No thanks is needed. I owe you for your father's trust."

—*American Christian Review*, 1882

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Fellowship and Tender Ties

by J. H. Durland

Fellowship is partaking, sharing, participation, communion, partnership. We all know what partnership means. We put in what we have with others and have a right to our share of all the income. If there should be losses in the business, we are pledged to share in them also. How often men go into partnership, thinking of nothing but profits. Then when adverses come, they become discouraged. They are glad to enjoy all the good things that are connected with the business, but wish to retire when there are hardships to bear. So it is with many Christians. They are willing to enter into partnership with Christ if they shall have nothing but pleasure and joy. When they are brought to the place where they have to partake of His sufferings many are ready to go back and say, "I do not belong to Him." . . .

How many tender ties of this earth the Lord uses in His word, to show his love for us. "Whosoever doeth the will of My Father, the same is My brother, and mM sister." Go into a well-ordered family where there are two brothers, and what do you see? They are constantly together, talking over their mutual interests. They enjoy each other's society. They love to be together. Then, again, "I will be a Father to you, and ye shall be My sons and daughters." 2 Corinthians 6:18.

Fathers, is it not a joy for you to be with your children? Children, is there any place so dear as in the home-circle, where father and mother are present? Fathers, do you think it a task to do for your children? No. You esteem it a privilege to provide them with clothing and food. So your Heavenly Father esteems it a privilege to provide for you. Yes, He is more willing to give good gifts to you than you are to your children. Should you not be more willing to render service to Him than to a kind earthly parent? But, again; He shows His love for us, when He said, "Will a mother forget her child?" She may forget, but I will not. God does not forget us. He is watching over us. We may have our eyes turned from Him, but he knows where we are.

In Ephesians 5, we have the tender tie of the marriage relation used to illustrate the union that should exist between Christ and His followers. The love between brothers and sisters is sacred, and binds them close together. The love of children to their parents is still stronger. But the love between man and wife is stronger than all these. The wife forsakes father, mother, brothers, and sisters, and cleaves to the one to whom she has given her life. The husband returns this affection by his tender care for his wife. So Jesus asks us to trust Him and He will care for us.

HOW TO COME INTO FELLOWSHIP

"If we say that we have fellowship with Him, and walk in darkness, we lie, and do not the truth; But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanseth us from all sin." 1 John 1:6, 7.

Our text tells us, if we say we have fellowship, we may be mistaken. That there are untold joys in this communion, we have already seen; but the question for us now to consider is, Have we this fellowship? If while we are telling the world that we have fellowship, we at the same time tell them we are in darkness, we are telling a falsehood. The two will not go together. Darkness hath no fellowship with light. We have already found that this fellowship brings God and Christ to dwell in our hearts. John 14:23.

Now, let us read 1 John 1: 5: "This then is the message which we have heard of Him, and declare unto you, that God is light, and in Him is no darkness at all." If God and Christ are dwelling in our hearts can there be any darkness there? No, for we have read, "If we walk in the light," i.e. walk with Christ, "as He is in the light, we have fellowship one with another, and the blood of Jesus Christ, His Son, cleanseth us from all sin." 1 John 1:7. "I am the light of the world; he that followeth Me shall not walk in darkness." John 8:12. Brethren, when you are talking about your darkness, you are bearing testimony to the world that you have not fellowship with Christ. Let us believe Him and stop exalting Satan.

Let us now turn to 1 Peter 2:9, "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people." What kind of a people? What does peculiar mean? Many reading this article may fear to be considered peculiar. You may have religion enough to be called odd, but I think I say the truth when I say it warreth against your flesh to be so called. It is easy to sit among the hundreds who believe the message and say Amen to the truths proclaimed; but how is it when you are alone with a scoffing world around you, pointing the finger of scorn at you, and calling you a cult, or saying that you are one who expects to go up soon? Have not some of you under such circumstances wished that you could live in closer to other believers, where there is a large church where you would not have to meet these things? If you did you were denying Christ. Selfishness rules such hearts. You were still in darkness, while telling the world you had fellowship with Christ.

But let us read further. He says, "Ye are a peculiar people." Why? "That ye should show forth the praises of Him." Brethren, we want to show praises. Stop talking discouragement and send forth praises. "Who hath called you out of darkness into His marvelous light." Out of what has He called us? *Darkness.* To what has he called us? *Light.* What kind of light? *Marvelous.* What does marvelous mean? It is something astonishing. So God has called us into light that is wonderful, astonishing, marvelous. Where were we when He called us? Let us read Eph.2:2: "Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience." Were you like the world before you were called out? How did you live? Was it not like the world? Then when you were called out, did you continue to walk in the same way? Did you walk in the light for a time and then go back into darkness?

In verse 12, we read that those who were in darkness were without Christ, and without hope in the world. No fellowship, no communion. All darkness. Do you remember when you were there? Do you remember how you felt when you desired something better and did not know how to get it? You were like the blind men, who sat by the wayside near Jericho, when Jesus was passing. They had longed to see light, but without avail. Now they hear a crowd passing by and ask about the excitement. When told that Jesus was passing by, they cried out, "Thou Son of David." When told to cease their crying they still cried louder, "Thou Son of David, have mercy on us." When asked what they wanted, they said, "That our eyes may be opened." So it was with us. We wanted to see. It is recorded of these blind men, that when their eyes were opened they followed Him. How is it with us? Since our eyes were opened, have we followed Him? If we have we have been in the light, for He says, "He that followeth Me shall not walk in darkness, but shall have the light of life."

IN THE LIGHT

We are told, "If we confess our sins, He is faithful and just to forgive us our sins." His forgiveness is not like our forgiveness. We forgive and when the offender offends again we discourage him by telling him how we forgave him in the past, and that we have but little confidence that he will do as he says. But God does not do this way. He forgives and receives us just as freely as though we had never transgressed. He removes our sins from us as far as the east is from the west. He casts them behind His back. He and His

throne of glory are between us and our sins, and He Himself is light. If we keep our eyes upon Him we need not see darkness.

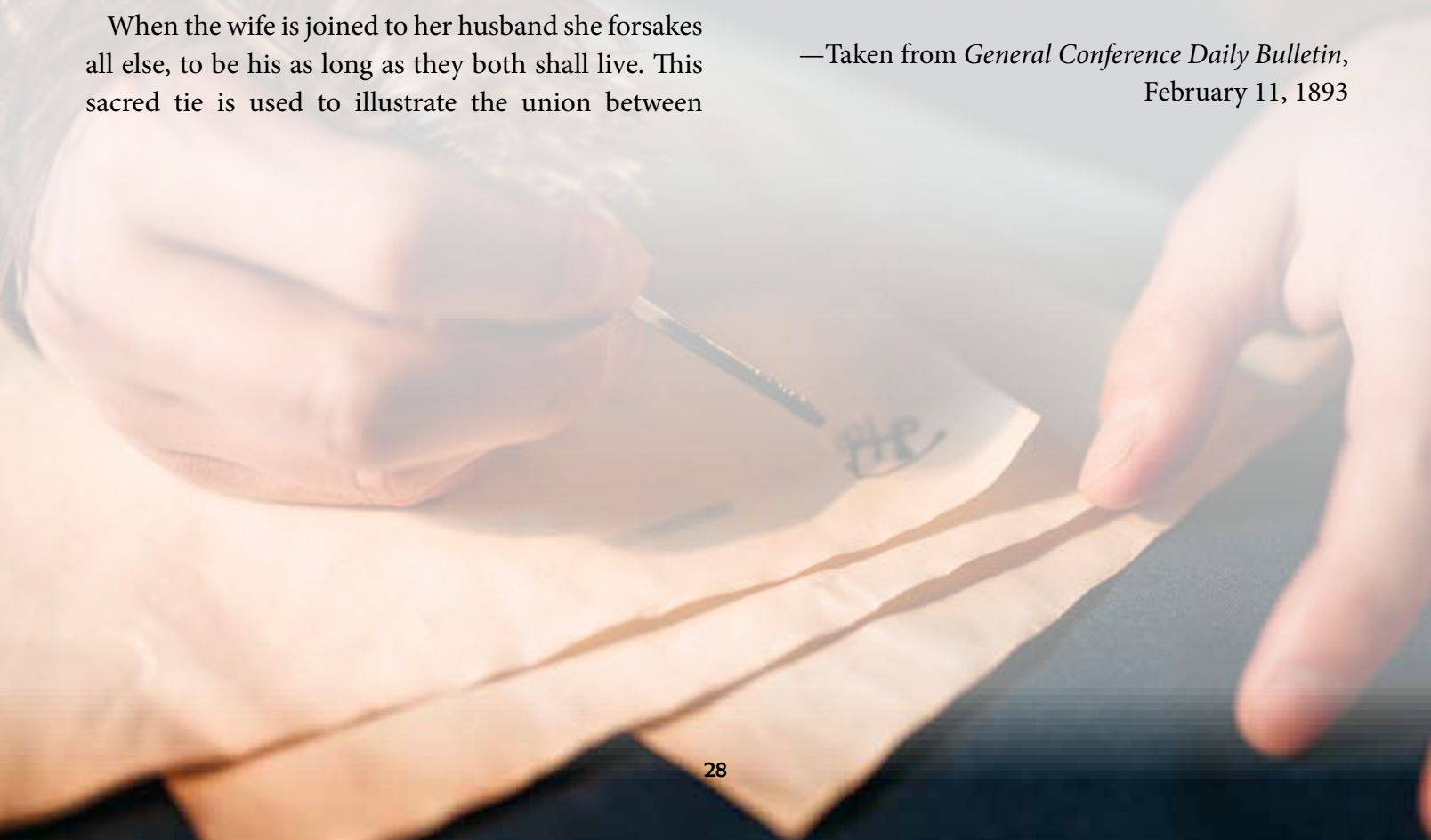
I was reading the other day of the experience of a prisoner who was kept some two years in one of the Southern prisons, during the Civil War. When he was exchanged, he was taken aboard a steamer, from which floated the stars and stripes. Weak, ragged, filthy, and sick, he was ordered to strip off his rags and bathe in pure water. His filthy rags were cast into the water, and he was clothed with Uncle Sam's suit of blue. This is just what Jesus wants us to do, to come into fellowship with Him. Cast off our filthy rags of self-righteousness, wash in the blood of the Lamb, and be clothed with the garments of his righteousness. Are we willing to let our garments of self-righteousness be cast into the sea? If not, we cannot come into communion with Him. Here is where some fail. We are holding on to something that we cannot leave behind. We are afraid to ask God to help us give it up for fear He will. Let us cut loose from these bonds and be free.

A NEW UNION

When the wife is joined to her husband she forsakes all else, to be his as long as they both shall live. This sacred tie is used to illustrate the union between Christ and the believer. Before we were united to Christ, we were united to Satan. As it is impossible for the woman to be joined to another man as long as she has a husband, so it is impossible for us to be joined to Christ as long as the union between us and Satan exists. If the wife who has a bad husband desires to be united to another, she cannot have this liberty until there be a death. If he dies, she is free. If she dies she is free. If she could live again, she would be free to be united to another. Our old husband, Satan, will not die, so we must die.

In Romans 6 we have this death spoken of, from which we rise to walk in newness of life. All is given to Christ, and we are to withhold nothing. As the wife yields her name and all she has to her husband, and takes a new name, so we are to give up our old name and take His name. Then there will be sweet communion, and praises for the sweet fellowship we enjoy. Then can we say with the Psalmist, "My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips; when I remember Thee upon my bed, and meditate on Thee in the night watches." Psalm 63:6.

—Taken from *General Conference Daily Bulletin*, February 11, 1893



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In a 2008 study from CNS Neuroscience & Therapeutics, researchers found that 1.5 - 3 grams of Maca daily significantly improved libido, enhanced the feeling of sexual well being, and even alleviated medication-induced sexual dysfunction. The study involved 20 people, all of whom were experiencing drug-induced sexual dysfunction. This is particularly interesting, considering the number of drugs today that can cause this problem!

Maca & Fertility - Maca has long been valued for its ability to enhance fertility in both humans and animals. While it is a member of the brassica family, or crucifers, it contains far greater amounts of glucosinolates than other members. The fertility-enhancing properties of Maca are thought to be related to these glucosinolates. Some studies have actually shown that Maca can increase sperm production in men by up to 40%!

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Maca & Menopause - Maca may help ease anxiety and emotional instability in postmenopausal women, according to a 2008 study from the journal Menopause. For the study, 14 postmenopausal women took 3.5 grams of powdered Maca for six weeks and then took a matching placebo for another six weeks. Study results showed that Maca helped reduce both anxiety and mood problems, as well as improve sexual function.

Facts About **Maca:**

- A member of the brassica family, which includes broccoli, cauliflower, and radish, Maca has been safely used for thousands of years as a food and health-aid to promote endurance and improve energy, vitality, sexual virility and fertility!
- Maca root grows in the intense sun, wind, and cold of the barren highlands of the mountains of Peru at altitudes as high as 7,000 to 11,000 feet, making it the highest altitude growing plant in the world!
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