



Be of Good Cheer

A fascinating study on the principle of the Golden Rule was conducted by Bernard Rimland, director of the Institute for Child Behavior Research. Rimland found that *"The happiest people are those who help others."* Each person involved in the study was asked to list ten people he knew best and to label them as happy or not happy. Then they were to go through the list again and label each one as selfish or unselfish, using the following definition of selfishness: *a stable tendency to devote one's time and resources to one's own interests and welfare--an unwillingness to inconvenience one's self for others."*

(Rimland, 'The Altruism Paradox,' Psychological Reports 51 [1982]: p. 521, 522).

In categorizing the results, Rimland found that all of the people labeled happy were also labeled unselfish. He wrote that those *"whose activities are devoted to bringing themselves happiness...are far less likely to be happy than those whose efforts are devoted to making others happy"* Rimland concluded: *"Do unto others as you would have them do unto you."* Or as the Bible puts it, *"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."* Matthew 7:12

Carob Marble Cereal

(Almond flour, the "magic" ingredient, gives these carob marbles a nice, crisp, crumbling crunch despite the absence of any leavening.)

1 cup oat flour (I just blend oatmeal) 1 ½ cups whole wheat or spelt flour
1 cup almond flour 1/3 cup roasted carob powder
1 ½ tsp Pero (cereal coffee-replacement powder) ½ tsp salt

Mix all these ingredients together. Then in a small saucepan melt together:

2 Tbsp coconut oil ¼ cup coconut sugar (this creates a "richer" brown color)
Cool slightly, and then add: 2 Tbsp honey

Add this mixture along with 1 cup of water to the flour mixture. Knead together, adding a little flour if necessary, until you have a somewhat dry cookie dough consistency. (It shouldn't stick to your hands). You may form the balls any way you wish, but here is the fastest method I have found. Split mixture into two logs approximately this diameter

|-----|. With a large knife slice each log into sections this wide |-----|. Roll each of these sections into a fat pencil-sized log and then slice into little "pillows." Each of these "pillows" may then be rolled between your palms into a carob marble. (This is reminiscent of playing with playdough and good place to get little ones and the whole family involved.) Bake at 350°F (175°C) for 10-15+ minutes or until lightly browned and quite dry. (The exact time will depend on the size of the balls.) Stir half way through. I usually further dehydrate these in the cooling oven to make sure they are very dry. After they are cooled they may be stored in an airtight container. These are shelf stable for at least two weeks (that is the longest they've lasted without being eaten at our house.)



Quotable Quotes

"We live charmed lives if we are living in the center of God's will. All the attacks that Satan can hurl against us are not only powerless to harm us, but are turned into blessing on the way."

Charles Spurgeon

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PROFITABLE TRADITIONS

Cultivate encouragement—Find a creative way to use your talents to cheer others. For example, an elderly widow, restricted in her activities, was eager to serve Christ. After praying about this, she realized that she could bring blessing to others by playing the piano. The next day she placed this small ad in the Oakland Tribune: *"Pianist will play hymns by phone daily for those who are sick and despondent--the service is free."* The notice included the number to dial. When people called, she would ask, *"What hymn would you like to hear?"* Within a few months her playing had brought cheer to several hundred people. Many of them freely poured out their hearts to her, and she was able to help and encourage them. *"We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbour for his good to edification."* Romans 15:1, 2



Editor's Note and Study to Show Thyself Approved Why Trouble Can Be Good News

It was almost too much to believe, in the period of about two months it seemed like almost all our household appliances and more had broken. It started with the tractor/snow blower transmission which meant hand shoveling 72 tons of snow in order to drive in and out.

This was necessary each time it snowed 12 inches (1/3 meter). Upon trying to remove the key from the tractor, it broke off in the ignition. Then we had water pipes freeze up at the spring. Literally, we couldn't get one thing fixed before the next broke. One day, while fixing something else that was broken, Dallas got called into the house to fix the washing machine that said it wasn't getting water. Then a pipe in the freezer got clogged yielding a thick iceberg in the bottom. In the middle of all of this the generator (our power source, especially since there has been very little sun for the solar panels) broke three times and we developed five different leaks in various water pipes. To top it all off, two pileated woodpeckers decided they needed to peck for bugs in our house wall (which is not helpful unless you want a wall full of holes). And the list could go on, but I'm sure you know the feeling. Others I have spoken to around



the world are in similar, yet different, predicaments. Some are fighting health issues, others worn out from trying to help too many people. Indeed, the cry goes up, "Lord, save us or we perish." Many feel like they are only treading water, struggling to stay afloat under "the cares of this life." No wonder Jesus warned, "And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares." Luke 21:34 If you think about it, God's true followers won't be having gluttonous parties and getting drunk, so the devil's trap for them would, almost by default, be "*the cares of this life.*"

Satan knows that "*he hath but a short time*" and so he comes to you with "*great wrath*" (Rev. 12:12) actively trying to distract God's people with the cares of this life. He is trying to make them lose faith and give up. Apparently, "cares" has proven to be a very effective technique, because Jesus spoke of it in interpretation of the parable of the sower. He stated, "*And that which fell among thorns are*

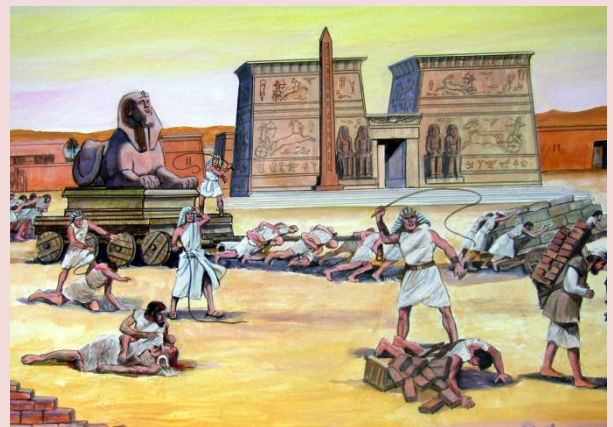
they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection." Luke 8:14 In order to avoid being "choked," the Christian must always remember that Jesus is bigger than our problems.

He has already conquered the problems of this world for He said, "*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.*" John 16:33

When things get to heavy for us to carry, we must remember Christ's yoke is easy, and His burden is light. (Matthew 11:28-30) When we are weighted down, we are forgetting to allow Christ to carry our burdens for us. Instead, we must remember simply to pray, "*Jesus, this is too heavy for me, can you please carry it?*" Like a gentlemanly husband, father, and elder brother, He always does, as long as we don't snatch it back out of His hands.

Also, it helps to remember His yoke is day by day, not month by month, or year by year. Jesus said, "*Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*" Matt. 6:34 When I feel overburdened, inevitably, I find that I am "borrowing" trouble from tomorrow. It helps to step back and ask oneself, "*If I knew Jesus was coming to rescue me tomorrow, by His grace could I handle what I need to do today?*" Indeed, one day soon Jesus will come for He promised, "*Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.*" John 14:1-3

But moving on to why trouble can actually be good news, we must recognize that "the darkest hour is just before dawn." It was when God was getting ready to rescue the children of Israel from the bondage in Egypt that things got worse before they got better. Although many of the plagues did not fall on God's people, Pharaoh, nevertheless, made their work twice as hard, effectively multiplying "the cares of this life." Instead of just making bricks, they now had to go find the straw for the bricks in the same amount of time. "*And Pharaoh commanded the same day the taskmasters of the people, and their officers, saying, Ye shall no more give the people straw to make brick, as heretofore: let them go and gather straw for themselves. And the tale of the bricks, which they did make heretofore, ye shall lay upon them; ye shall not diminish ought thereof: for they be idle; therefore they cry, saying, Let us go and sacrifice to our God.*" Exodus 5:6-8 This made their days' tasks virtually impossible, and they were beaten regularly. Even Moses didn't understand why God had called him to bring the children of Israel out when it seemed to only be making



matters worse. *"And Moses returned unto the LORD, and said, Lord, wherefore hast thou so evil entreated this people? why is it that thou hast sent me? For since I came to Pharaoh to speak in thy name, he hath done evil to this people; neither hast thou delivered thy people at all."* Exodus 5:22, 23 And God said, *"Now shalt thou see what I will do..."* Exodus 6:1 In other words, just wait, and you will see. From the biblical record, we know it took the time period of 10 plagues before the Israelites were freed from their bondage.

And indeed, *"God went through the proud land of Egypt just as He will go through the earth in the last days."* (Review & Herald, July 10, 1900)

Likewise, today, we must learn to trust that God knows what He is doing. He has a plan, and it will be accomplished in His time.

So typologically, what can we see God's plan was and will be? *"For I will pass through the land of Egypt... and against all the gods of Egypt I will execute judgment: I am the LORD."* Exodus 12:12 *"The Lord God of Israel is to execute judgment upon the gods of this world as upon the gods of Egypt."* (Last Day Events, pg 240)



It is fascinating to see how God exposed the uselessness of the various Egyptian gods with the different miracles and plagues. *"The first miracle, ['For they cast down every man his rod, and they became serpents: but Aaron's rod swallowed up their rods.' Exodus 7:12] while it authenticated the mission of Moses, destroyed the serpents, which among the Egyptians were objects of worship. Thus evincing, in the outset, that their gods could neither help the people nor save themselves.*

"The second miracle was directed against the River Nile, another object which they regarded with religious reverence... They drank the water with reverence and delight; and supposed that a divine efficacy dwelt in its waves to heal diseases of the body.

The water of this their cherished object of idolatrous homage was transmuted to blood; and its... idols became a mass of putridity.

"The third miracle was directed to the accomplishment of the same end -- the destruction of faith in the river as an object of worship. The waters of the Nile were caused to send forth legions of frogs, which infested the whole land and became a nuisance and a torment to the people. Thus their idol, by the power of the true God, was polluted and turned into a source of pollution to its worshippers.

"By the fourth miracle of a series constantly increasing in power and severity, lice came upon man and beast throughout the land. 'Now if it be remembered,' says Gliog, 'that no one could approach the altars of Egypt upon whom so impure an insect harbored; and that the priests, to guard against the slightest risk of contamination, wore only linen garments, and shaved their heads and bodies every day; the severity of this miracle, as a judgment upon Egyptian idolatry, may be imagined. While it lasted, no act of worship could be performed: and so keenly was this felt that the very magicians exclaimed, 'This is the finger of God!' [Exodus 8:19]

"The fifth miracle was designed to destroy the trust of the people in Beelzebub, or the Fly-god, who was revered as their protector from visitations of swarms of ravenous flies which infested the land... and removed only, as they supposed, at the will of this idol. The miracle now wrought by Moses, evinced the impotence of Beelzebub and caused the people to look elsewhere for relief from the fearful visitation under which they were suffering." (The Empires of the Bible..., Jones, pg. 147)

The other plagues also removed all confidence in Isis and Osiris, the sun and moon gods, and Serapis, who was supposed to protect from locusts, etc. Lesson by lesson, God showed them that Jehovah alone was God. It was a trying process, but still it *"is an evidence of God's compassion and His unwillingness to destroy. He would give the people time for reflection and repentance before bringing upon them the last and most terrible of the plagues."* (Patriarchs and Prophets, pg. 272)

Today, I believe the same thing is taking place in our world today. For example, instead of going to the Great Physician for healing, people have gone to doctors, the Medical System, and Pharmakeia, utilizing methods and remedies not condoned by God's word. (Interestingly, this system is represented by a rod and a serpent.) In order that mankind may learn that God alone can heal, modern medicine with its pharmaceuticals is now rising up as a curse to mankind. But it is not alone. Whether it be politics (trust in man), or money, or electronics/technology, or fashion, sports, traditions of men, love of self, or whatever man trusts in and gives his time and money to instead of God, like the golden calf ground to powder, the gods of this world must be exposed as worthless. *"And he [Moses] took the calf which they had made, and burnt it in the fire, and ground it to powder, and strawed it upon the water, and made the children of Israel drink of it."* Exodus 32:20 In order to wean His people off of the world, God must allow the evils of these things to mature and culminate in ruin. Mankind will "drink" the cup that it has chosen. It is for this reason that we are warned, *"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."* 1 John 2:15,16

The Christian will find that the good news amidst all the busyness and trouble is, thanks to God's word, we can know it gets worse just before it gets better. Because of this, trouble is in actuality good news for the Christian. And indeed, we are encouraged, *"And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."* Luke 21:28



A Little Picture

A poor old widow, living in the Scottish Highlands, was called upon one day by a gentleman who had heard that she was in need. The old lady complained of her condition, and remarked that her son was in Australia and doing well.

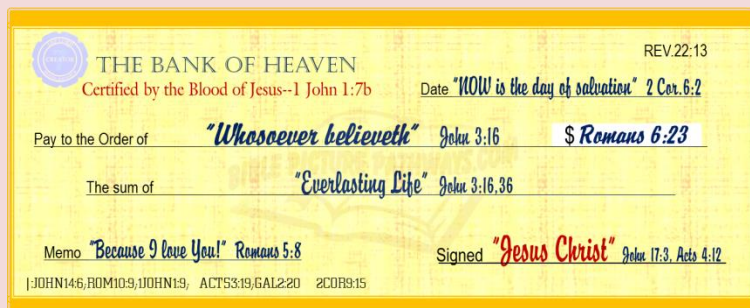
"But does he do nothing to help you?" inquired the visitor.

"No, nothing," was the reply. "He writes me regularly once a month, but only sends me a little picture with his letter."

The gentleman asked to see one of the pictures that she had received, and found each one of them to be a draft for ten pounds. The widow was suffering while help, unrecognized, was within her reach.

This is the condition of many of God's children, today. Many complain that God is not helping, that He only sends us "pretty pictures." However, God has given us many *"exceeding great and precious promises"* (2 Peter 1:4) to cheer us on life's journey, but many either are ignorant of these promises or

fail to appropriate them as practical helps in daily life. Search the word for a promise for your situation today, and you will find that God is faithful if we will but claim His promises. Join those *"Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions..."* Hebrews 11:33



Prophetic News Notes — Teaching Children to Murder?

"And because iniquity shall abound, the love of many shall wax cold." Matthew 24:12 We are seeing this happen right before our eyes.

Indeed, we have been told *"...yea, the time cometh, that whosoever killeth you will think that he doeth God service."* John 16:2 Although the context of this verse suggests a somewhat different meaning, it is also a fitting description of what is labeled "mercy killing" or euthanasia. BioEdge reports, *"Here's an interesting development in the normalization of euthanasia. A website supported by Health Canada, Canadian Virtual Hospice, has produced an activity book to explain euthanasia and assisted suicide to children."*¹

BioEdge
BIOETHICS NEWS FROM
AROUND THE WORLD

EUTHANASIA Normalising MAiD with colouring books for Canadian children

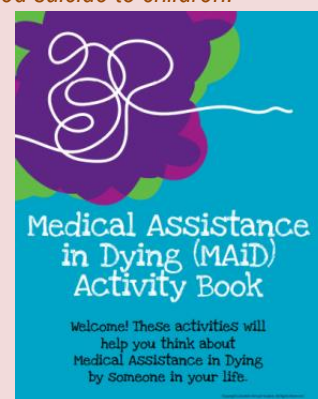
Michael Cook
August 2, 2022

Here's an interesting development in the normalization of euthanasia. A website supported by Health Canada, [Canadian Virtual Hospice](#), has produced an activity book to explain euthanasia and assisted suicide to children.

for? This activity book has been designed for young people who have someone in their life who may have MAiD. It is best suited to children aged 6–12, but it may also be helpful for younger or older children."²

The book's meaning cannot be mistaken, since page 1 states, *"The word 'medical' means the science of medicine, and 'assistance' means help. So MAiD means that medicine is used to help someone with their death. A doctor or nurse practitioner (a nurse with special training) uses medicines to stop the person's body from working. When their body stops working, the person dies."*²

However, the reasons given for MAiD are even more disturbing since the terms are broad enough even to allow for a *"disability...that hurts the mind."* Pages 2 and 5 state, *"A person can only have MAiD if they are at least 18 years old, and if: They have a serious illness, disease, or disability that hurts their body or their mind so much that it feels too hard to keep living...Other people might ask for MAiD if their illness or disability will not cause their body to die, but it causes too much pain or suffering for them to keep living with it, and there is no way to make the illness or disability get better or go away."*²



While on the surface, some may find this to appear “kind.” God’s thought are not like our thoughts. Euthanasia and assisted suicide go against a direct command of the law that God took the time to write in stone with His own finger. *“Thou shalt not kill.” Exodus 20:13*

Again, when Jesus listed many of the commandments in the New Testament, He also reiterated that this directive was given specifically referring to NOT killing people, by saying, *“Thou shalt do no murder...” Matthew 19:18* There is no exception given in the Bible for “mercy killing.” Instead, God is to be the one who is in charge of who lives and who dies. He says, *“Fear not; I am the first and the last: I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.” Revelation 1:17,18* Therefore, it is wise for us to heed the counsel, *“Be not over much wicked, neither be thou foolish: why shouldst thou die before thy time?” Ecclesiastes 7:17*

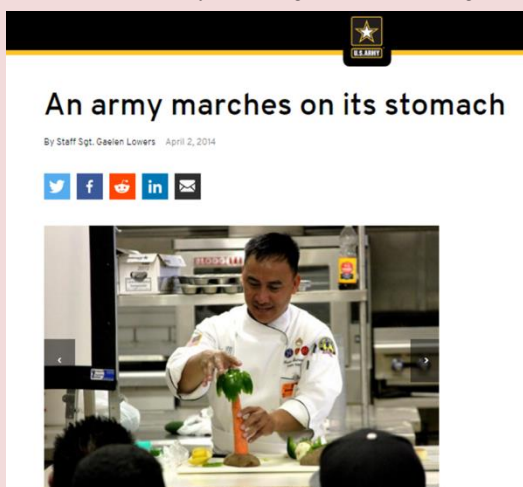
1-- screenshot <https://bioedge.org/end-of-life-issues/euthanasia/normalising-maid-with-colouring-books-for-canadian-children/>

2--<https://www.virtualhospice.ca/maid/media/3bdlkrve/maid-activity-book.pdf> linked from here <https://www.virtualhospice.ca/maid/>



Swift Runner Health – A Case for “Vitamin H”

Napoleon is credited with saying, *“An army marches on it’s stomach.”*¹ And several years ago, I ran across an article detailing how cooks in the military are taught the value of good food to keep up the morale of the soldiers. I even found an article entitled, *“Meals Win Wars”* whose author contrasted the mundane Meals Ready to Eat (MREs) that soldiers often get with the value of fresh cooked meals with homemade chili and such. He states, *“Take away that [pleasurable] meal, and it’s unquestionable that morale, already scraping the floor, will erode further.”*²



Indeed, after changing to a nutritarian vegan diet several years ago, I also came to appreciate the value of “vitamin H.” I’m not talking about biotin, which is sometimes called vitamin H, I am referring to vitamin Happy. Proverbs 17:22 states, *“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”*

According to a quotation I came across several years ago, a merry heart, even when eating, is important. *“It is important that we relish the food we eat. If we cannot do this, but eat mechanically, we fail to be nourished and built up as we would be if we could enjoy the food we take into the stomach.”*³

Nutritionists are now seconding this concept, *“If you don’t have the pleasure, the use you get from your food is reduced,”* said Walter Mertz, director of the United States Agriculture Department’s Human Nutrition Research Center in Beltsville, Md.⁴

But still, I really had no idea how powerful this could be until I read *“According to a relatively overlooked study conducted in 1977, people absorb more nutrients from food they savored than from food they didn’t enjoy.”*⁵ The nutrient absorption difference between those who enjoyed their food and those who did not was greater than I had ever imagined.

One nutritionist expounded, *“In October of 2000, Tufts University Health and Nutrition Letter discussed a study that measured how one’s enjoyment of a meal affected one’s nutrient absorption. In the study, researchers from Thailand and Sweden teamed up to see if cultural preferences for a food would affect the absorption of iron from a meal.”*

*“In the first phase of the study, two groups of women, one from Thailand and the other from Sweden, were fed a typical Thai meal. Needless to say the Thai women preferred the taste of the meal more than the Swedish women did. Interestingly, even though all of the meals contained the exact same amount of iron, the Thai women absorbed twice as much iron from the meal than the Swedish women did.”*⁶ This means those who liked the meal absorbed 50% more iron! *“In the second phase of the study, the two groups were served a typical Swedish meal with the exact same iron content. In this case, the Swedish women absorbed significantly more iron from the meal than the Thai women did.”*



Determined to discern whether enjoyment (and not a difference in biology) was the culprit behind this nutritional change, the researchers remade some of the same meals in an unappealing form — they took the same food and puréed it into a mushy paste. *“The Thai group and Swedish group were split up into two subgroups. The two Thai subgroups were given an identical Thai meal, but one of the subgroup’s meals was puréed into a mush. Even though both of the meals had the exact same iron content, the women who ate the mushy meal absorbed 70% less iron than the other group. The study was repeated in the Swedish group and the results were similar. So what does this tell us? Taste and enjoyment matters to nutrient absorption!”*⁶

No wonder, a 19th century health reformer wrote, *"I prize my seamstress, I value my copyist; but my cook, who knows well how to prepare the food to sustain life and nourish brain, bone, and muscle, fills the most important place among the helpers in my family."*⁷

It should be the goal of every cook to try to prepare healthy food in a way that people will enjoy it. There are many ways to do this. One key, I have found is **replacement**. If someone likes pizza, make a healthier pizza they can enjoy. If they like dessert, make healthier desserts they can enjoy. If they don't like avocado, disguise it with some coconut milk, honey, and carob. If they don't like canned asparagus, feed it to them fresh sautéed with a little garlic. To provide happiness, **social foods connected to special occasions**, like hot dogs for roasting over a campfire, **must be replaced with something better, not simply eliminated**.

Also **variety is the spice of life**—and *"the first rule of nutrition"*⁸ too. Don't eat the same things over and over. *"Meals are more satisfying if they contain a variety of colors, flavors, and consistencies... Use vegetables generously, fruits freely, grains moderately, and nuts sparingly... More satisfying meals will be presented if each of the four primary flavors are included with each meal: sweet, sour, salt, and bland (used to supply the place of bitter which is a strong and unpleasant sensation to many.)"*⁸ If you have limited varieties of food "spice" them up with fun shapes and a different presentation like a radish or potato "flower", or like the carrot-pepper palm tree in the picture above, etc. Children are easily enticed with creative "toy foods" like broccoli trees or cucumber wheels on a vegetable car.



Even **the name can make a big difference**. One school cook I know accidentally scorched the rice on the bottom, but since it was time to eat, they put it out and labeled it "smoked rice." Several people liked it. A certain "Dr. Turnwald recently co-authored a study with Dr. Gardner and several others that looked into the idea of taste-focused versus health-focused versus basic labels in college dining halls. (For example: are people more likely to choose and eat more carrots if they're labeled 'Twisted Citrus Glazed Carrots,' 'Nutritious Vitamin-Rich Carrots,' or just 'Carrots?') According to the study, across five school sites and 137,842 diner decisions, **'taste-focused labels increased vegetable selection by 29 percent compared with health-focused labels and by 14 percent compared with basic labels.** Vegetable consumption also increased by 39 percent."⁹

A little extra effort can make a scrupulously simple "Happy Meal" with a generous portion of "Vitamin H" to your health.

1.. screen shot --An army marches on its stomach https://www.army.mil/article/123220/an_army_marches_on_its_stomach 2-- <https://www.theatlantic.com/national/archive/2013/06/how-meals-win-wars/276448/> 3-- Healthful Living, pg 162
4-- <https://www.nytimes.com/1992/12/30/garden/discovering-something-new-in-food-pleasure.html> 5-- <https://www.thedailymeal.com/healthy-eating/science-says-healthiest-food-food-you-actually-want-eat>
6-- <https://soolmannutrition.com/2013/10/meal-enjoyment-and-nutrient-absorption/> 7-- Counsels on Diets and Foods , pg. 251 8Eat for Strength Cookbook, Dr. Agatha Thrash, pg. 184
9-- <https://www.wellandgood.com/eating-for-pleasure-benefits/>

Kids' Corner

God's Amazing Creatures

The axolotl, sometimes called a Mexican walking fish, is a kind of salamander that lives in the water. Its gills, which are used for breathing, are on the outside. But one really neat thing that Jesus made the axolotls able to do is regrow many of their body parts. If they lose a leg, in a few months they will grow a new one. Sometimes they even regrow a tail, which includes part of their spinal cord. Some even regrow parts of the the eye and heart or brain. When we get to heaven Jesus will have fixed all the people who are broken and made us all brand new just like He does now in the axolotl.



Can you figure out
some of the other things
the Bible says
about heaven and the
new earth in the rebus
to the right?

