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# *faith* on the line

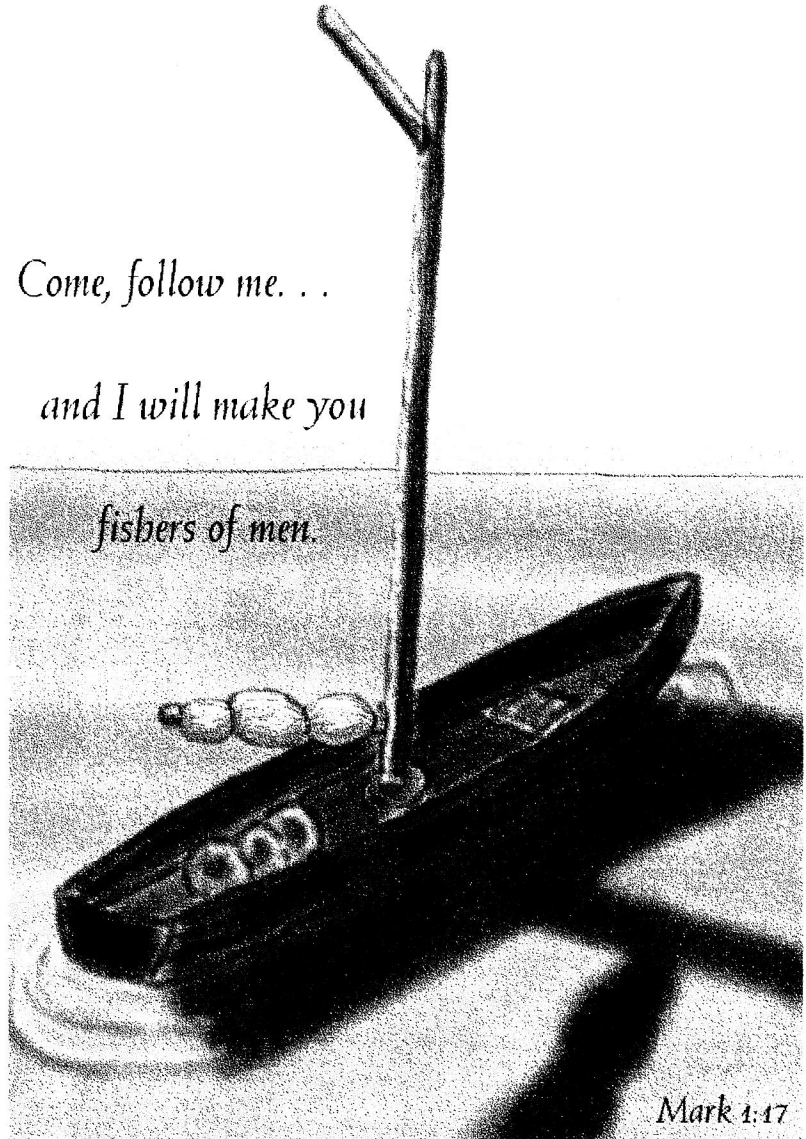
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*A Journal for Those Who Dare*

*Come, follow me. . .*

*and I will make you*

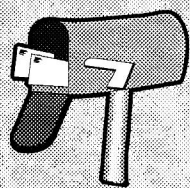
*fishers of men.*



*Mark 1:17*



## From the Mailbox...



*We welcome your comments and opinions. If something in our newsletter or material has impacted you, we'd like to hear from you. We can be contacted by fax, mail or email. Please see the last page for this information.*

Dear AD:

I've just listened to some of Prof. Veith's video clips over the net and have been so inspired by the profound truth he uncovers about the reality of God being the Creator, the source, provider and sustainer of life.

Z.M.  
RSA

Dear Walter:

I enjoyed the opportunity to listen to your story today (on 93.7 KPDQ Christian and TrueTalk 800 AM with Jere Patzer), and thought I would try to drop you a line. Your story was particularly relevant to me because of our similar backgrounds. I am a South African Physician with SDA mission experience in Malawi and Zambia, a 20 year academic teaching career at our Loma Linda University Medical school etc., I grew up

in a Pentecostal home in South Africa where I struggled with glossolalia, "manifestations of baptism of the holy spirit", and the "whole nine yards" of that experience, so similar to your encounter with spiritualism. I had many struggles with the racial and political problem of RSA, (you see I happened to have been conceived on the wrong side of the color line) and therefore I had to make decisions to leave my motherland.... The Lord worked in miraculous ways to get me into medical school in Cape Town,... In my first year of my medical training I too was galvanised into making a decision between atheism and evolution vs Christianity and creationism, while studying Zoology and Botany. This culminated in my becoming a Seventh Day Adventist and my subsequent career course. I have had the opportunity to see part of a copy ...of one of your lectures on the Creation-Evolution question and have yearned for an opportunity to contact you and get more information - until I got the website address from the radio program today.

R.H.  
Idaho

Dear AD:

Great website with great info!!! I know my family and I will benefit from this information as we make our way back to our 'healthy' lifestyle. Thank-you and may Yahshua continue to bless you all.

Joyfully, W.T.

Dear AD:

First I would like to thank you for your presentations. We are viewing your tapes on prophecy in our church at present and have been greatly blessed and motivated to study. The ones we viewed on "healing of wound" both spiritual and political really brought our present situation into focus!!

Dear AD:

I greet you in the name of Jesus. I hope you are all strong spiritually and physically. I am a Seventh-day Adventist youth Christian. I live in Zimbabwe in Africa. In Zimbabwe, I live in Dete in the Hwange district known for its biggest National Park. I like going to church, reading the spirit of prophecy books and other church books. In church, I teach the Sabbath School lesson, I preach and sing.

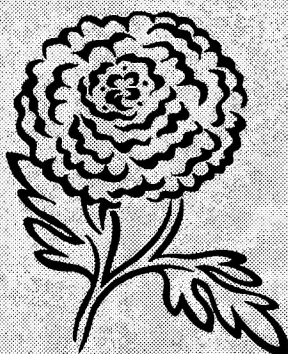
I would like to have pen pals from abroad from the Seventh-day Adventist Church. Those interested can write to: Lungani Sibanda  
256 Soweto Tship  
PO Box 64  
Dete  
Zimbabwe.

We can write to each other and encourage each other. If we don't meet here on earth, we can meet in heaven. It's going to be a wonderful encounter!

I encourage you brethren to stand firm in Christ. We are now living in the last days, so let us endure unto the end (Matt 24:13) that we may be saved. Very soon Christ will be descending (1 Thess 4:16).

Sincerely,

Lungani Sibanda



## From the Editor...



### THOU SHALT NOT KILL

Throughout the psalms and proverbs, it is obvious that King David had a special love for the law of God. The psalms are full of references to the beauty and depth of the law. Nowhere is this so true as in Psalm 119:

"Blessed are they that keep his testimonies, and that seek him with the whole heart... O that my ways were directed to keep thy statutes! ... I will delight myself in thy statutes: I will not forget thy word.... Thy testimonies also are my delight and my counsellors... Teach me, O Lord, the way of thy statutes; and I shall keep it unto the end. Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart... Through thy precepts I get understanding: therefore I hate every false

way.... Therefore I love thy commandments above gold; yea, above fine gold.... Great peace have they which love thy law: and nothing shall offend them... Thy word have I hid in mine heart, that I might not sin against thee." Ps 119: 2,5,16,24,33,34,104,127,165

How different are the sentiments expressed in our current age from those expressed by David. The lawlessness of our society is evident on almost every page of the daily newspaper and on television. As crime and vice increase, we can agree with David when he states: "It is time for thee, Lord to work: for they have made void thy law." (Psalm 119:126) Could this be true even among Christians, and Adventists? A superficial look at the ten commandments, may make it seem like not such a big problem. "After all, we don't steal or kill, we try not to lie, most of us don't have a problem with adultery, and after all, we do keep the seventh-day Sabbath and we don't worship idols. Sometimes we may get a little jealous of others, but in general we are not that bad. There are a lot worse people around." But what would we find if we looked a little deeper?

In coming issues, we want to take a close look at each of the ten commandments and their relation to our daily life and habits. I believe that as we study each commandment individually, we may discover some important truths about ourselves. In fact, we may find that perhaps we have been guilty of the same mistake committed by the Jews of long ago - of keeping the letter of the law but missing the spirit of the law entirely.

The sixth commandment will be the focus of our study in this issue. On the surface, it seems rather simplistic: "Thou shalt not kill." Jesus repeats that commandment in Matthew 19:8: "Thou shalt do no murder." But although it may seem simple enough, there are many more layers to this commandment.

**Where does killing or murder come from?** Jesus Himself gives us that answer: Satan "was a murderer from the beginning..." John 8:44 The first sin recorded in the Bible after the fall was the murder of Abel by Cain. (Genesis 4:1-10) Indeed, it is interesting that sin could progress so quickly from the disobedient act of eating the forbidden fruit to the blatant attack and cold-blooded premeditated murder of Abel. But killing was always a part of Satan's plan. Ellen White states, "as soon as he [Satan] had obtained power over the human race, he not only prompted them to hate and slay one another, but, the more boldly to defy the authority of God, he made the violation of the sixth commandment a part of their religion." PP 337 This is in fact true, as paganism had at its core the sacrifice of human beings to appease the wrath of "god". Archaeological discoveries in the rock-hewn town of Petra and Inca and Mayan ruins testify that pagan worship centered around the human sacrifice. When Israel of old departed from the worship of the true God and turned to idolatry and Baal worship, they also participated in the despicable practice of human sacrifices. (eg. King Manassah in 2 Kings 21:6,9; Leviticus 20:2).

#### Killing for a Cause

However, killing did not just take place through premeditated cold-blooded murder or human sacrifices. Throughout history, killing has often been excused because it appeared to serve a purpose. For example, the early Christians were often slain as martyrs, not only by pagan Rome, but also by the Israelite nation itself as in the stoning of Stephen and Saul's persecution of the early Christians. The Israelite leaders thought to be doing a good service by exterminating the hated Christ followers just as during the Dark Ages, it was thought to be offering God a serv-



## THOU SHALT NOT KILL

...Continued From Page 3

ice by killing "heretics" that opposed the "Mother Church". Today, that same attitude manifests itself in ethnic cleansing, as seen in Rwanda, Congo, and Yugoslavia in the past years. We are told that at the end of time, such an attitude will again be manifested when the judgments of God through the plagues fall on the earth and those holding to the seventh-day Sabbath will be blamed as the cause of the disasters and suffering. At that time, it will be said that God would be served if the troublemakers are exterminated. "These things have I spoken unto you, that ye should not be offended. They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service..." John 16:1,2

Another example of "sanctioned killing" is the execution of criminals. For many people, including many Christians, killing should be permitted when the one to be killed has committed a brutal act of murder. This act is often justified by the frequent direct commands by God to the Israelite nation to exterminate a particular group (ie. Amalekites, etc.) or to stone to death those caught breaking God's law (ie. Achan was stoned for stealing, Joshua 7; command to stone an adulterer, John 8:5; Leviticus 20:10; command to stone a murderer, Genesis 9:6; Numbers 35:31,33; Exodus 21:14; stoning of a Sabbath-breaker, Numbers 15:32-36). To be consistent, however, one would have to apply the death penalty then to all the above mentioned sins. It is important to note, however, that this was done when Israel was a theocracy under the direct government of God. After Israel asked to have a king rule over them (1 Samuel 8:5,7), rather than have God as their head, they began the move away from a theocratic nation. Today, we are no longer under direct theocratic rule. The principle "An eye for an eye..." has also been reversed by Jesus Himself when He gave the principle "Do unto others as you would have them do unto you." (Matthew 5:38-42) So perhaps the death penalty is after all a violation of the sixth commandment.

### Hatred

Another aspect of the sixth commandment is found in Matthew 5:21,22: "Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That who-

soever is angry with his brother *without a cause* [Note: these words are not in the original text] shall be in danger of the judgment: and whosoever shall say to his brother, 'Raca', shall be in danger of the council: but whosoever shall say, 'Thou fool', shall be in danger of hell fire."

"Here Jesus describes murder as first existing in the mind. That malice and revenge which would delight in deeds of violence is of itself murder... Among the listeners are those who congratulate themselves upon their righteousness because they have committed no outward crime, while they are cherishing in their hearts feelings of the same nature as that which prompts the assassin to do his fearful deed. Yet these men make professions of piety, and conform to the outward requirements of religion." 2SP 219

"Jesus...instead of removing one jot of their force [the commandments], ...shows how far-reaching their principles are, and exposes the fatal mistake of the Jews in their outward show of obedience. He declares that by the evil thought or the lustful look the law of God is transgressed. One who becomes a party to the least injustice is breaking the law and degrading his own moral nature. Murder first exists in the mind. He who gives hatred a place in his heart is setting his feet in the path of the murderer, and his offerings are abhorrent to God." DA 310 (See also Matthew 5:23,24)

Anger and impatience is a large part of our society and is perhaps one of the most prolific sins found among men and women of today. But "it is a sin to cherish anger against any one. Christ looks upon anger as murder... God has a controversy with ...man. A man may think he has occasion for feeling angry, but his passionate words are a savour of death unto death. He who utters them is under the control of Satan. In heaven, his wicked railing is placed in the same list as swearing." SW 1903 It is interesting to see how the ten commandments are intertwined. Here we see that angry passionate words are also a transgression of the third commandment ("Thou shalt not take the name of the Lord thy God in vain"). As Christians and Seventh-day Adventists, our attitude towards those we disagree with or who have hurt or offended us is to be different than that of the world. If we are to be a savour of life unto life, then victory in this area, although difficult for many of us, must be gained before we can have any lasting and profound effect on those we come in contact with.

When the love of God is born within our hearts, forgiveness even to those who "don't deserve it" is possible.

**"All acts of injustice that tend to shorten life; the spirit of hatred and revenge, or the indulgence of any passion that leads to injurious acts toward others, or causes us even to wish them harm; a selfish neglect of caring for the needy or suffering; all self-indulgence or unnecessary deprivation or excessive labor that tends to injure health - all these are, to a greater or less degree, violations of the sixth commandment." PP 308**

## THOU SHALT NOT KILL

### Self-murder

Self-murder is also a transgression of the sixth commandment. Besides the obvious acts of suicide, how we eat has a lot to do with self-murder! When we put into our stomach food that shortens our life span or destroys the quality of life, we are committing self-murder. It doesn't even necessarily need to be "bad" food, as gluttony or food between meals can have the same effect! "The stomach must have its regular periods for labour and rest... Efforts should be made to preserve carefully the remaining strength of the vital forces, by lifting off every overtaking burden. The stomach may never fully recover health, but a proper course of diet will save further debility, and many will recover more or less, unless they have gone too far in **gluttonous self-murder**. A second meal should never be eaten until the stomach has had time to rest from the labour of digesting the preceding meal. The stomach becomes weary by being kept constantly at work; the remedy such require is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day. The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet rest." H to L, p. 57 By constant eating, or eating between meals, our bodies become weakened and sickly. To many this type of counsel may seem too exaggerated, but just because something is common practice in the world doesn't make it right. Our bodies are so well-designed that the effects of our bad habits are not immediately realized, but that doesn't give us any excuse either.

The **use of drugs** can also be a breaking of the sixth commandment. "There is a terrible account to be rendered to God by men who have so little regard for human life as to treat the body ruthlessly, in dealing out drugs... We are not excusable if, through ignorance, we destroy God's building by taking into the stomach poisonous drugs under a variety of names we do not understand. It is our duty to refuse all such prescriptions. We want sanitariums where maladies may be cured by nature's own provisions, and where the people may be taught how to treat themselves when sick; where they will learn to eat temperately of wholesome food, and to be educated to discard all narcotics, **tea, coffee**, fermented wines, and **stimulants of all kinds**, and the **flesh of dead animals**." HL 246 God has provided the eight natural laws of health to keep His children healthy. As well, He has created plants with many healing properties. As a matter of fact, many of our medicines today originated from a plant, although they are now created synthetically. Although there are many instances where the use of drugs is

necessary and even supported by Mrs. White (as in the use of quinine for malaria), there is much that can be done to relieve mankind's suffering, simply by adhering to the laws of health: nutrition, trust in God, exercise, water, sunshine, temperance, rest, and fresh air. As we can see, in light of the sixth commandment, the importance of guarding our bodies from dangerous chemicals cannot be underestimated.

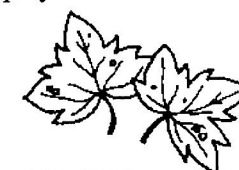
### Mothers as Killers

Mothers can also be guilty of breaking the sixth commandment simply by how they feed their families or by how they have or have not taught their daughters to cook. "Young ladies should be thoroughly instructed in cooking.... *It is a branch of education which has the most direct influence upon human life, especially the lives of those held most dear*. Many a wife and mother who has not had the right education and lacks skill in the cooking department is daily presenting her family with ill-prepared food which is steadily and surely destroying the digestive organs, making a poor quality of blood, and frequently bringing on acute attacks of inflammatory disease and *causing premature death*." 1T 683

### Any Act That Tends to Shorten Life

"All acts of injustice that tend to shorten life; the spirit of hatred and revenge, or the indulgence of any passion that leads to injurious acts toward others, or causes us even to *wish* them harm; a selfish neglect of caring for the needy or suffering; all self-indulgence or unnecessary deprivation or excessive labour that tends to injure health - all these are, to a greater or less degree, violations of the sixth commandment." PP 308

As we can see, the sixth commandment encompasses a large array of injurious actions, many of which may seem relatively harmless or insignificant on the surface, but which cause the transgression of God's law. Among these are included prejudice and discrimination, stress and overwork, abortion, the intake of anything that disturbs our disposition, and even the simple act of ignoring someone else's need. As God reveals to us the depth and breadth of His character as revealed in His law, we realize how neglectful we have been of seeking God's will in our lives. As we meditate on His law, may we find delight in it, as did David. May we seek to conform ourselves to His moulding hand so that our characters may become fashioned according to the divine similitude. May our prayer be: "Order my steps in thy word: and let not any iniquity have dominion over me." Ps 119:133



-- Siegfried Penner



## HEALTH NUGGETS

### Coke:



**Coke - how good is it? It's excellent! - Use it for the following:**

- ✓ In many states, the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
- ✓ You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- ✓ To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- ✓ To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminium foil dipped in Coke.
- ✓ To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- ✓ To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- ✓ To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coke will help loosen grease stains. It will also clean road haze from your windshield.

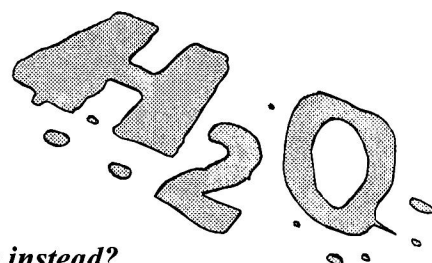
The active ingredient in Coke is phosphoric acid. It's pH is 2.8. It will dissolve a nail in about 4 days. To carry Coca-Cola syrup concentrate, the commercial truck must use the Hazardous Material place cards reserved for highly corrosive materials. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

### POTATO CAKES

- 1 cup rice or nut milk
- ½ cup quick-cooking rolled oats
- 1 cup instant potato flakes
- 2 medium carrots, scraped and shredded
- 1 stalk celery, finely minced
- 1 small onion, grated
- 1 tsp vegetable seasoning or salt to taste

Put the rice milk in a medium saucepan and bring to a boil. Remove from the heat and stir in the oats. Cover and let stand for 5 minutes. Stir in the remaining ingredients, mixing very well. Form into 8 small patties using moistened hands, and place them on a sheet of waxed paper. Heat a non-stick or oiled skillet and slowly brown the patties on both sides.

### Water:



#### Why not drink Water instead?

- ✓ 75% of Americans are chronically dehydrated. In 37%, the thirst mechanism is so weak that it is often mistaken for hunger.
- ✓ Even mild dehydration will slow down one's metabolism as much as 3%. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- ✓ Lack of water is the #1 trigger of daytime fatigue.
- ✓ Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficult focusing on the computer screen or on a printed page.
- ✓ Drinking five glasses of water daily decreases the risk of colon cancer by 45% plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

**Are you drinking the amount of water you should every day? Try starting and you will feel much better: not so hungry, not so tired, cleaner,....**



(Consolidated Press - July 2001)

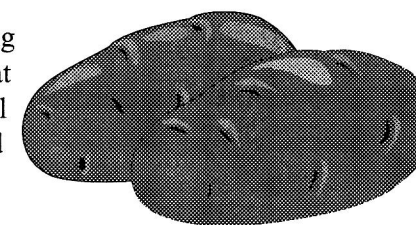
### POTATO CARROT SOUP

- 4 medium-sized potatoes
- 3 medium-sized carrots
- 2 medium-sized onions
- 3 cups of vegetable broth
- 2 tbsp vegetable seasoning
- 1½ cups of water
- 1-2/3 cups soy milk

Dice potatoes, carrots, and onions. Add to boiling vegetable broth, with vegetable seasoning until tender, about 15 minutes. Drain, saving broth, then rice or mash the vegetables thoroughly. There should be 1-¼ cups of cooking broth; if not, add fresh water. Combine with soy milk, scald and slowly stir into mashed vegetables. Add desired parsley and more vegetable seasoning to taste, reheat and serve.

## POTATO POWER

Every potato is a power pack brimming with God's goodness. In theory, we could eat only potatoes, supplemented with the occasional leafy greens for chlorophyll, and the body would suffer no dietary deficiency.



#### Potatoes are Packed with Vitamins

Potatoes contain Vitamins C, B<sub>1</sub> (thiamine), B<sub>2</sub> (riboflavin), B<sub>3</sub>, and B<sub>6</sub> (pyridoxine). The most important is Vitamin C. The entire recommended daily amount can be found in 14 ounces of potatoes. The vitamin content is at its peak at harvest time, and decreases during storage. More vitamins disappear during cooking. Potatoes boiled in their skins and large baked potatoes lose about 20-40% of their Vitamin C alone, while french fries and roast potatoes lose about 30-40% and peeled, boiled potatoes lose as much as 30-50%.

#### Potatoes Contain High-grade Protein

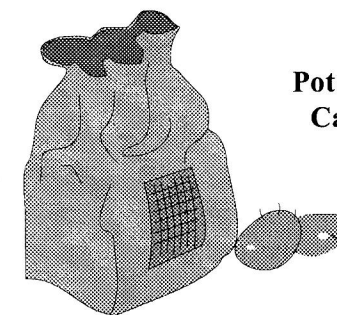
The quality of protein we consume matters more than the quantity. Potato protein is an ideal blend of essential amino acids. Since the body functions most efficiently on a vegetable protein this is some of the best nature can offer.

#### Potatoes are Rich in Minerals

Its high potassium content means it is an ideal way to offset the surplus acid found in such foods as meat and dairy products. Many people, women more than men, suffer from iron and magnesium deficiencies, particularly those who are pregnant or very active in sports. Those who eat potatoes regularly have no need to take iron or magnesium supplements.

#### Potatoes are Low in Calories

Many people would be surprised to learn that 3.5 ounces of boiled potatoes contain only about 80 calories.



#### Potatoes Contain Complex Carbohydrates

It used to be believed that carbohydrates led to excess weight. It is now known that they are the body's most important

course of energy. Among the complex carbohydrates are starch and fibre. During digestion, starch is converted to energy and stored in the liver and muscles. Fibre is a vital aid to digestion. It absorbs a great deal of body waste and expands enormously. This increased bulk encourages more efficient bowel function.

Fibre-rich foods stay in the system only half as long as those with little fibre.

#### Potatoes are Very Low in Fat

The fat content of potatoes is only about less than one percent. This tiny quantity

includes "good" essential fatty acids. As an aid in losing excess pounds without feeling that you are starving yourself, potatoes are highly recommended. They can be made in so many ways so that while you have them often, they do not need to look the same. But be careful not to add too much fat from other sources when preparing and serving them.

#### Diabetes

Many diabetics are overweight. Their bodies must have a steady supply of complex carbohydrates, but not in excessive quantities to avoid creating much sugar in the blood. On a potato diet, diabetics can lose weight without any harmful side-effects.

#### Gout

Gout, the so called "rich man's disease", is caused mainly by consuming too much meat and animal fat. One of the symptoms is the overproduction of uric acid. The most important part of treatment is a diet low in this acid. Potatoes contain very little uric acid and therefore can be the main ingredient in an anti-gout diet.

#### Kidney Problems

To avoid having to resort to dialysis, people whose kidneys fail to excrete waste products must eat little protein, which must also be of high quality. Because of its biological efficiency, the potato is good for kidney patients. It is excellent for urinary tract infection as well, alkalizing the mucus membranes and causing bacteria to be passed out in the urine.

#### High Blood Pressure

When certain bodily functions are disturbed, the kidneys excrete insufficient sodium, which leads to raised blood pressure or hypertension. Sufferers are prescribed an extremely low-

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## The Cat and the Hat

by Sean Pitman M.D.

© Sept. 2001

A man walks into a store and tells the clerk, "I'm looking to buy a hat." The clerk says, "We are all out of hats, but I do have a cat that I will sell to you at a good price." The man tells the clerk, "Close enough. I'll take it."

This is just silly... right? A cat is nothing like a hat despite the fact that the words look and sound similar. The point is, words are just arbitrary symbolic representations of ideas. The letters or symbols in a word mean nothing unless they are assigned a meaning by an outside source... like a dictionary or a codebook. Because of the arbitrary nature of language any symbol or group of symbols can be assigned any definition, as long as it is agreed upon or understood by those who wish to use symbols to communicate ideas. In this way, some very similar ideas can be represented by very different looking words or some very different ideas can be represented by some very similar looking and sounding words. For example, the words "Admire" and "Esteem" have very similar meanings, but look nothing like each other. The words "Vacation" and "Vocation" look and sound very similar, but have very different meanings. Why? Because of the arbitrary nature of language. All languages are arbitrary in that written or spoken symbols (or other symbols such as are used in sign language) are given their meaning and this meaning is independent of and greater than the symbols themselves.

Symbolic languages are not just limited to human communication. Every living thing uses symbolic language to communicate information. How? In the form of genetic words written in the

languages of DNA and protein. If you are interested in the details, just look in any basic biology textbook, and you will find that the language of DNA is made up of words. Each of these words is given an arbitrary meaning by a codebook called the "Genetic Code." Proteins are also "written" using letters in a chemical alphabet called amino acids. There are 20 different amino acids just as there are 26 different letters in the English alphabet. Different arrangements of these letters in proteins spell out protein words... which are given an arbitrary meaning or function by the cell that makes them. Just as in any other symbolic language, there is no inherent meaning for a



given protein outside of the how the cell defines it. For example, the protein called "insulin" is a signal to some cells in the human body to uptake sugar (glucose) from the blood stream. The insulin protein (Bovine Insulin) is made up of two protein words that are linked together. One of these words is 21 letters (amino acids) in length. The other word is 30 letters in length.<sup>1</sup> There is nothing special about these words in and of themselves that tells a cell that it needs to uptake sugar. So, how does the cell "know" what to do when it comes in contact with insulin? The cell recognizes insulin. But how does the cell recognize insulin? The cell has a specific receptor protein that

senses insulin like a lock recognizes a key. Then, just like when a key turns a lock, this insulin receptor sends a signal to the cell that tells it to uptake sugar. In other words, this lock is linked to an underlying system of function. The key that it recognizes is the insulin key, but this recognition is arbitrary. The same function could

in fact be set up to recognize any other protein "word" or "words." The fact that it recognizes insulin is strictly arbitrary, just as in any other symbolic language. The insulin molecule is simply a symbolic representation of an idea or a function that the cell recognizes. The cell recognizes insulin because it is programmed to recognize the language of the body or "system" that it is a part of. Specialized cells make the insulin protein as a symbolic

message to other cells in the body that tell them when and how they need to use the blood sugar that is available to the body. They could

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## THE CAT AND THE HAT

...Continued From Page 8

just as easily have been programmed to use some other protein molecule or "word(s)" for the same purpose. The fact that living creatures use symbols to send messages and to perform functions is undeniable. The fact that these messages are arbitrary and dependent upon a pre-established code of definition also seems intuitive.

The question now is, how did these arbitrary languages and words of living things come about? For the English language, and all other known languages, the ideas come first, and then the symbolic expressions of the ideas... since the symbols themselves have no inherent meaning. The letters, "c.a.t." mean nothing aside from the attached idea that is arbitrarily given them by the English dictionary. Likewise, the letters in the insulin molecule mean nothing outside of the attached meaning given to them by a living cell or system. Do words change their meaning through an evolution of random letter changes, or through an evolution of ideas... which then seeks out some symbolic representation? If I change the letters "cat" to read "hat", does this change necessitate an evolution of recognition or function in and of itself? Obviously not because if the change read "cct" this change would have no meaning. Why? Because "cct" is not defined in the English dictionary. Remember, the symbols or letters themselves have no inherent meaning whatsoever. Definition and recognition must always come before a symbolic representation. So, if I change the letters in the insulin words around, would these changes necessitate a change in cell recognition and function? No, of course not. In fact, if the letters in the insulin words change too much, the cell would not recognize the new molecule at all. Why? Because this new protein may not be defined in the cell's dictionary of protein words.

However, is it possible to change a letter of a word randomly and have it mean something in the English dictionary? Of course it is, but this change would need to have had a pre-existent definition waiting for it in the dictionary. Changing the "c" in the word "cat" to an "h" in the word "hat" does in fact change the understood definition at the same time... but why? Because, both of the words, "cat" and "hat" were pre-defined by the English dictionary. Similarly, it would be possible to change insulin into another protein that did in fact have function... if the cell or organism had a pre-established system that recognized this "new" protein. Of course, this change, even if it were to occur, would not create a new function, but would simply interact with a previously existing functional system.

Now, let me pose a scenario. Regis Philbin is the host of a game show called "Millionaire or Not" and you are the next con-

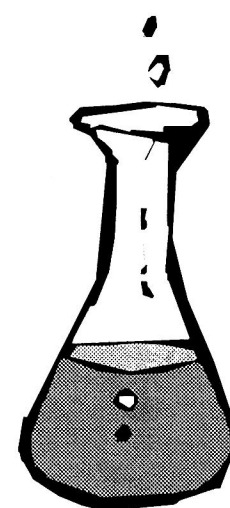
testant. In front of you is a safety deposit box with a million dollars in it. On the front of the box is an apparatus that looks like a slot machine. It has 15 rotating wheels, each with the 26 letters of the alphabet on it. Regis tells you that there are one million different winning combinations of fifteen letters that will open the safety deposit box. You can rotate each wheel at will and then press a button to see if the combination that you chose is one of the one million winning combinations. You can keep doing this until you give up. You think that this

game is a synch. With one million winning combinations possible, you are practically guaranteed to win. However, if you never choose the same combination twice and if you test a new combination every second, how long will it take you on average to find any one of the one million correct combinations? It would take you a bit over 53 million years on average.

It is definitely not as easy as it looks anymore is it? It sure would help if you could figure out which combination that you chose was "closer" to any of the winning combinations now wouldn't it? However, there is no function except the winning "function" to any combination that you try. There is no "close" function. No lights go off when you are getting "warmer"... or "colder." You see, without some indication, without some intelligible function or signal attached to the losing combinations, you are completely in the dark as far as your ability to know if you are even getting close to a winning combination. Likewise, in living cells, there are far less usable or recognized proteins than there are possible proteins. Getting from one recognized protein to another recognized protein by random mutation is next to impossible because of the loss of all function along the way. There is a gulf of non-function between each protein that is huge. There is no way for nature to detect when a non-functional protein is getting closer to a functional sequence... because nature is blind without an ability to detect function just as a player of "Millionaire or Not" would be blind without an ability to detect function in non-functional sequences.

### Me Thinks It Is Like a Weasel

The Theory of Evolution is in serious crisis because of this very problem although many have tried to explain away this problem. One valiant attempt was made by the famous British evolutionary biologist Richard Dawkins. In his 1986 book called "The Blind Watchmaker" Dawkins described an experiment of his that showed how evolution is supposed to work. He programmed a computer to generate random sequences of letters



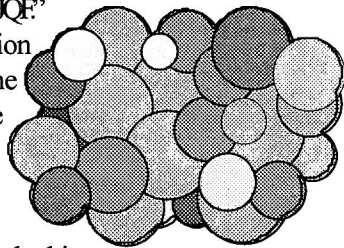


## THE CAT AND THE HAT

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to see if the computer would, over time, generate the line from Hamlet, "METHINKS IT IS LIKE A WEASEL." This line has 28 characters (including spaces), so the computer was programmed to make 28 selections using the 26 letters of the alphabet plus a space to make 27 possible characters to pick from. A typical output was "MWR SWINUZMLDCLEUBXTQHNVJQF."

With this information, a calculation of the probability of picking the "correct" sequence can be made, as well as how long it would take, on average, to find this correct sequence.



Dawkins figured that it would take his computer a million million million million million years (or a trillion trillion trillion years...  $1 \times 10^{36}$  years), on average. Well, this is clearly way too long for the current theory. So, how could evolution possibly take place? Dawkins now put some "natural selection" into the computer program to simulate "real life" more closely. The computer made multiple copies of "MWR SWTNUZMLDCLEUBXTQHNVJQF" (Offspring) while introducing random "errors" (mutations) into the copies. The computer then examined all the mutated "offspring" and selected the one that had the closest match to, "METHINKS IT IS LIKE A WEASEL." This selection by the computer (nature) was now used to make new copies and random mutations (in a "new generation"), from which the best copy was selected again... and so on. By ten "generations" the sequence had "evolved" to read, "MDLDMNLS ITJISWHRQEZ MECS P." By the thirtieth generation it read, "METHINGS IT ISWLIKE B WECSEL." Instead of taking many trillions and zillions of years this time, the computer came up with the "fittest" phrase in only forty-three generations.<sup>2</sup>

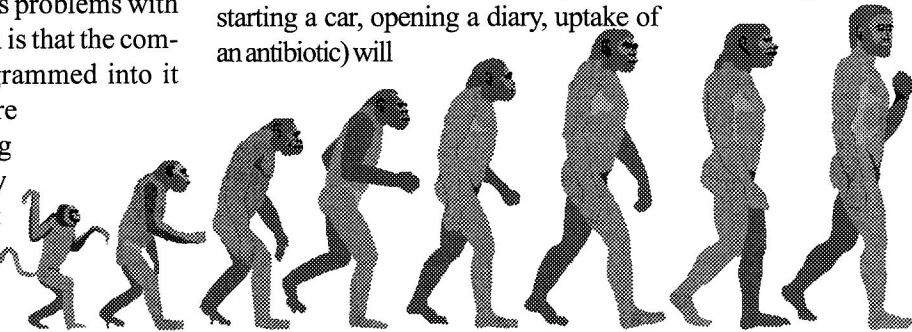
I am sure you that recognize the obvious problems with this "experiment." The most obvious problem is that the computer already had the "correct" phrase programmed into it ahead of time, which it could use to compare any future phrases to see if they were getting closer. Evolving something that is already there is not the evolution of anything new at all. If nature already has what it wants or needs, then it does not need to "evolve it." I mean really, if computers could be so easily creative in the way Dawkins describes, then we would not need Shakespeare now would we? If somehow all of Shakespeare's works were destroyed Dawkins would say, "Do not worry! I have a computer program that can evolve them back again in no time!"

Another problem with Dawkins's illustration is that na-

ture cannot select for what is not functioning. Nature does not "see" the actual letters of words (in DNA or Protein). All that nature can see is what function results. Since function is arbitrarily attached to words by an outside source of information as previously described, a gradual change in the letters of the words themselves is not going to result in a gradual evolution of their meaning or function. A gradual change in a recognized word will most likely destroy its original meaning well before any new word is recognized as having meaning. And, even if a new word with a new meaning does happen to evolve by chance, the definition itself (the function) had to have already existed. Without function the entire way, natural selection is blind and even Dawkins will admit that without natural selection to guide evolution, evolution is statistically impossible.

There in fact is no direct experimental evidence in literature detailing the evolution of any biological system or gene... with a unique function. Michael Behe, a professor of biochemistry at Lehigh University, says that, "Molecular evolution is not based on scientific authority. There is no publication in the scientific literature in prestigious journals, specialty journals, or books that describe how molecular evolution of any real, complex, biochemical system either did occur or even might have occurred. There are assertions that such evolution occurred, but absolutely none are supported by pertinent experiments or calculations."<sup>3</sup>

The changes and mutations that are observed that result in changes in function, such as in sickle cell anemia, hemophilia, bacterial antibiotic resistance, cave fish without eyes, changes in finch beaks etc... do not result in any change in type of protein function. All of these changes are changes in the *amount* of protein function, but there is no example showing a change in *type* of protein function. For example, let's say that I have a key that fits into a particular lock. If the key gets mutated so that it fits the lock better, it might turn the lock easier. However, the same function happens after the lock is turned. If the key is mutated so that it no longer fits the lock, then the lock will not turn and the previous function that resulted from turning the lock (ie: launching a missile, starting a car, opening a diary, uptake of an antibiotic) will



be lost. In each case, the same function occurred or did not occur. In none of these cases did a new type of function result from mutating the key. A loss of a gene or a change in the amount of its expression might make a creature look different (maybe even sur-

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To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord

when champions are few - this will be our test. At this time, we must

AMAZING DISCOVERIES  
UPDATEVOICES of a  
DYING PLANET

with Brian S. Neumann



I find it absolutely astounding how times have changed; and I am not thinking in terms of decades or even years - as one might have done in some bygone era. In just the past few weeks, the course of world events have been irrevocably altered.

I recall - just over one month ago - as I was visiting with Wenzel and Dagmar Goubaj of Amazing Discoveries in Vancouver BC, Canada, how I was abruptly awakened to the reality of a new global era - and if my understanding of end-time prophecy is correct, perhaps the final one. A time where world history will soon become just that - history.

I awoke to the sound of someone banging on the bedroom door - it was Wenzel - and there was a note of urgency in his voice as he called me to come upstairs and watch the news. As I sat down in front of the TV, I was faced with a picture of the tall concrete structure of the North World Trade Center in flames. Minutes later, we all sat transfixed - like movie-goers in some surreal, far-fetched disaster film - as the second airplane smashed into the other tower. Instinctively I knew, as did many others watching around the world, that things would never be the same again.

I had just finished presenting my seven-part series of seminars, 'Voices of a Dying Planet', at the Westminster Church in Vancouver over the weekend and was preparing to leave that very day on a journey down to Loma Linda, California. Loma Linda would be the first stop in my US

'Voices of a Dying Planet' tour. In light of what was unfolding before us, it seemed as if there was no way that this would now work out. Borders were being closed, planes were grounded, and it seemed, quite literally, that the world was coming to a sudden standstill. The Lord had other plans though. A few hours later, on the 11<sup>th</sup>, borders gradually started getting back into 'high alert' operation and Wenzel and I were able to cross the border into the USA.

The drive down to LA was a long and grueling one and when we finally arrived there late Thursday night we just collapsed and went to sleep. I needed all the strength I could muster - spiritually, mentally and physically; this tour was going to be a very eventful one.

It is no secret to any Seventh-day Adventist, who is even half on the ball, that the worship and music issue is one of the most controversial topics of this time. Everywhere I went, from South California to the North, I could sense a division in church congregations along these lines. But, what was really amazing - I believe that this was as a result of the events that took place on the 11<sup>th</sup> and were continuing to unfold - that people seemed to be in a heightened, spiritually receptive state. Thus, in spite of those that were vehemently and vocally opposed to the message that I was delivering, I can say that there was an overwhelmingly positive response, among old and young alike, to the urgent call that I was presenting to God's remnant people - a call to come back to true worship of the one and only God. Indeed, it is more essential now than ever, that we rediscover God's eternal, unchangeable standard for worshipping Him. After all, the crisis that lies ahead of God's people is bound up in this very

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gather warmth from the coldness of others, courage from their cowardice, & loyalty from their treason." 5T 136



## VOICES OF A DYING PLANET

...Continued From Page 11

issue. We will either bow down, worship the beast and his image or we will worship the one true God, the creator of heaven and earth, according to His definition of worship and not our own man-made, culturally relevant, worldly custom oriented concepts.

I believe that this is how the majority of people saw the issue as it unfolded before them during the time I spent in the USA and Canada. Let me share some of the highlights of this tour, so you too can be inspired by what the Lord is doing to bring people to a greater awareness of his worship plan for them.

It was at my second stop in the US that I was once again reminded about the fact that it is not just people who are still living in some distant age of traditional Adventist worship—the so-called old timer, conservative section of the church—that are realizing the need to come to grips with questions connected to music and worship. I discovered, to my delight, that it was the youth of that church community that had arranged for me to come down and present the series at their church. I found a group of young people who were deeply concerned with their spirituality and with spreading the gospel to the world around them. Nearly every day they were involved in some form of Bible study and prayer. Their major aim in life was not to buy the latest CD or get their 'spiritual' rocks off to some Contemporary Christian Super-group or solo-act, but to seek the Lord in soul-searching and communion with one another.

Christ clearly stated in Matthew 7, that you will know them by their fruits. These young folk were not gathering their figs from thorn-bushes or their grapes from thistles, but were picking from the vine, which is Jesus Christ. Their positive response to the meetings was unpretentious and immediate. They could see that there had to be a difference between that which was associated with the secular and the profane and that which we brought before a Holy God as a gift of praise and service to Him. I thank the Lord for that kind of response and commitment. I can see that the final work that is to be done in this world will be taken forward by youth and young adults that are dedicated to their Lord and Saviour, Jesus Christ.

I next found myself in one of our bigger SDA Church communities, ministering to a large gathering of people. Some were from the local church, but others had travelled far and wide to attend the series over the weekend. Many young people from one of our nearby Adventist institutions came along to hear the message, and while the university radio station was blaring out the latest Contemporary Christian hits, these young folk came down to the meetings and quietly and expectantly listened to the message I delivered.

We journeyed together, from the opening seminar, 'The Language of Music', through the contemporary and Christian music industry, the Bible, worship and music, till our closing seminar on what God requires of us in our praise and worship to Him—the response was overwhelming. When the pastor and I did the final call for people to commit themselves to worship that would reflect our respect and love for a Holy God, and challenged them to share this message with others as well, the whole church came to its feet. It was not the old folk that first came walking down the aisle to the front of the church, but the young. Every child, youth and young adult stood up, without hesitation, and came forward to show the Lord and their fellow brothers and sisters that they were going to stand for true worship and total commitment to their Saviour. Then, after them, followed the rest of the congregation, until the whole church had gathered around the front of the stage and bowed their heads in reverend prayers of repentance and dedication to God.

What a sight that was—what a moment. I will never forget the thrill of seeing those young people with faces lighted up in holy commitment. I was forcibly reminded that God has a people in Zion. There are people out there that are seeking to do God's will, and when the Holy Spirit impresses and convicts them with the truth, they are ready to respond and follow the way that leads to eternal life. They are sensitive enough to notice that this world is not our home, that we are strangers passing through to a clearer, brighter day that is lying just beyond the horizon. These are young people that now can see that while some are trying to use the music culture of the world to, as so many progenitors of this cause put it, 'convert the world', they are being converted themselves and have made themselves at home in a place where the heart should not be.

The Lord will have a people, a people that will stand for all that is spiritually and Biblically sound, though the heav-

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Go  
and Sin No More

As we look at how Jesus treated the sick and the sinner, we receive a glimpse of the matchless love of God. While on earth, Jesus sought to reveal the true character of God and in each of His encounters with the stricken, the lowly, the captives of Satan, we receive a little more understanding of the great miracle that God desires to produce in each of us. In John 8, we find one such well-known example of God's power to change lives. As Jesus was teaching on the mount of Olives, the scribes and pharisees brought unto him a woman for judgment whom they had caught in the very act of adultery. They thought that "through this they might have ought to accuse him." (vs 6) "Master," they ask, "...Moses in the law commanded us that such should be stoned: but what sayest thou?"

We all know the story of Jesus' reply. "He that is without sin among you, let him first cast the stone at her." (vs. 7), then stooping down, Jesus wrote on the ground, revealing a private sin of each of the accusers. "Being convicted by their own conscience, they went out one by one, beginning at the eldest, even unto the last," (vs. 9) leaving Jesus alone with the woman. Seeing that they had all gone, Jesus gives her the assurance, "Neither do I condemn thee", and then the command, "Go, and sin no more" (vs. 11)

What could Jesus have possibly meant by this statement? Could He have possibly meant exactly what it says - to "sin no more"? Is this something that any mortal living in a world hurting from sin's consequences could possibly hope for?

There are many voices among us that say it is not possible. Yet, God has told us His dream: "Husbands, love your wives, even as Christ also loved the church, and gave Himself for it; that He might sanctify and cleanse it, with the washing of water by the word, that He might present it to Himself a glorious church, **not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.**" (Ephesians 5:27) Is it possible that God will have a pure and spotless church ready to meet the Lord when He comes? Will He settle for anything less?

The belief that we are born in iniquity and can never stop sinning is a tradition held up by the Roman Catholic Church.

**Is it possible that God will have a pure and spotless church ready to meet the Lord when He comes?**

Of late, this idea has also been found among the Seventh-day Adventist Church. But if the Word of God is true, Jesus Christ is able to keep us from sinning. "He who has not sufficient faith in Christ to believe that he can keep him from sinning, has not the faith that will give him an entrance into the kingdom of God." (RH 3-10-1904) And Ellen White is adamant: "There are many who think that it is impossible to escape from the power of sin, but the promise is that we may be filled with all the fullness of God. We aim too low. The mark is much higher. Our minds need expansion, that we may comprehend the significance of the provision of God. We are to reflect the highest attributes of the character of God. We should be thankful that we are not to be left to ourselves. The law of God is the exalted standard to which we are to attain... We are not to walk according to our own ideas..., but we are to follow in the footsteps of Christ. The work of overcoming is in our hands, **but we are not to overcome in our own name or strength, for of ourselves we cannot keep the commandments of God. The spirit of God must help our infirmities.**" (That I May Know Him, p. 302)

The idea that it is possible to escape the power of sin is not a far-fetched one. Rather it is found repeatedly in the Bible itself. "Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him. Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous. He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil. Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God. In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God, neither he that loveth not his brother." (1 John 3:6-10)

## Lying Against the Truth

"Who is a wise man, and endued with knowledge among you? Let him show out of a good conversation his works with meekness of wisdom. But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth." (James 3:13,14) What is lying against the truth? It is claiming to believe the truth while the spirit, the words, the deportment, are representing the attributes of Satan and denying Christ. To surmise evil, to be impatient and unforgiving, is lying against the truth. Truth is ever pure in its operations,

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## GO AND SIN NO MORE

...Continued From Page 13

ever kind, breathing a heavenly fragrance unmingled with selfishness." (*Manuscript Releases Volume Fifteen*, p. 177)

"Go, and sin no more." (John 8:11) But "How God, how are you going to do this? How can I follow those instructions in this sin-ridden world, where temptation lies around every corner, with the devil breathing down my back - not only through Hollywood, television, and radio, but even in the little things that happen in my home and church. How can I have the victory?"

"The sin of evil speaking begins with the cherishing of evil thoughts. Guile includes impurity in all its forms. An impure thought tolerated, an unholy desire cherished, and the soul is contaminated, its integrity compromised. "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death." (James 1:15) If we would not commit sin, we must shun its very beginnings. Every emotion and desire must be held in subjection to reason and conscience. Every unholy thought must be instantly repelled. To your closet, followers of Christ. Pray in faith and with all the heart. Satan is watching to ensnare your feet. You must have help from above if you would escape his devices.

By faith and prayer all may meet the requirements of the gospel. **No man can be forced to transgress. His own consent must be first gained; the soul must purpose the sinful act before passion can dominate over reason or iniquity triumph over conscience. Temptation, however strong, is never an excuse for sin.** "The eyes of the Lord are over the righteous, and His ears are open unto their prayers." (Psalm 34:15) Cry unto the Lord, tempted soul. Cast yourself, helpless, unworthy, upon Jesus, and claim His very promise. The Lord will hear. He knows how strong are the inclinations of the natural heart, and He will help in every time of temptation. Have you ever fallen into sin? Then without delay seek God for mercy and pardon." (*5 Testimonies*, p.177)

"Let the light of truth shine forth in your life. Do you say, How shall I let it shine? If before you accepted the truth, you were impatient and fretful, let your life now show to those around you that the truth has had a sanctifying influence upon

**What is lying against the truth? It is claiming to believe the truth while the spirit, the words, the deportment, are representing the attributes of Satan and denying Christ.**

your heart and character, that instead of being fretful and impatient, you are now cheerful and uncomplaining. Thus you reveal Christ to the world...." (*Our High Calling*, p 326)

"Those who desire to control others must first control themselves. To deal passionately with a child or youth will only arouse his resentment. When a parent or teacher becomes impatient and is in danger of speaking unwisely, let him remain silent. There is wonderful power in silence." (*Education*, p. 292)

"The Potter cannot mold and fashion unto honor that which has never been placed in His hands. The Christian life is one of daily surrender, submission and continual overcoming. Every day fresh victories will be gained. Self must be lost sight of, and the love of God must be constantly cultivated. Thus we grow up into Christ. Thus the life is fashioned according to the divine mode. (*MS 55*, 1900) (*SDA Bible Commentary Vol. 4*, p 1154)

"He who has not sufficient faith in Christ to believe that he can keep him from sinning, has not the faith that will give him an entrance into the kingdom of God." (*RH 3-10-1904*) "Go, and sin no more."

## A Lesson for Spiritual Israel

In Jeremiah chapter 3, we read of Israel's backsliding. "But thou hast played the harlot with many lovers; yet return again to me, saith the Lord. ... Thou hast polluted the land with thy whoredoms and with thy wickedness. Therefore the showers have been withholden, and there hath been no latter rain... thou refusedst to be ashamed. ... Return thou backsliding Israel, saith the Lord; and I will not cause mine anger to fall upon you: for I am merciful, saith the Lord, and I will not keep anger for ever. Only acknowledge thine iniquity, that thou hast transgressed against the Lord thy God, ... Turn, O backsliding children, saith the Lord; for I am married unto you;... Surely as a wife treacherously departeth from her husband, so have ye dealt treacherously with me, O house of Israel, saith the Lord. ... Return, ye backsliding children, and I will heal your backslidings. Behold we come unto thee; for thou art the Lord our God... truly in the Lord our God is the salvation of Israel."

This chapter is a lesson for modern Israel. Will God overlook the sins of those who claim to be children of God any more than He did the sins of ancient Israel? The dream of a pure and spotless church is essential to the plan of salvation. Without a pure and spotless church, the devil's arguments win and Calvary is proved powerless to deliver the human race from the hands of a tyrant. "Shall the prey be taken from the mighty, or the lawful captive delivered? But thus saith the LORD, Even the captives of the mighty shall

be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children." (Is 49:24,25) The Lord is **able** to deliver the captive from the hands of the tyrant.

But how will this become a reality? Only when you and I become dependent on the authority of the Bible for our own lives. The True Witness comes as a counsellor: "I counsel thee to buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten; be zealous therefore, and repent." (Revelation 3:18,19)

## What should we do when we receive reproofs or chastening from God?

"Those who are reproved by the Spirit of God should not rise up against the humble instrument. It is God, and not an erring mortal, who has spoken to save them from ruin. Those who despise the warning will be left in blindness to become self-deceived. But those who heed it, and zealously go about the work of separating their sins from them in order to have the needed graces, will be opening the door of their hearts that the dear Saviour may come in and dwell with them. This class you will ever find in perfect harmony with the testimony of the Spirit of God.

Ministers who are preaching present truth should not neglect the solemn message to the Laodiceans. The testimony of the True Witness is not a smooth message. The Lord does not say to them, You are about right; you have borne chastisement and reproof that you never deserved; you have been unnecessarily discouraged by severity; you are not guilty of the wrongs and sins for which you have been reproved. The True Witness declares that when you suppose you are really in a good condition of prosperity you are in need of everything. It is not enough for ministers to present theoretical subjects; they should also present those subjects which are practical. They need to study the practical lessons that Christ gave His disciples and make a close application of the same to their own souls and to the people. Because Christ bears this rebuking testimony, shall we suppose that He is destitute of tender love to His people? Oh, no! He who died to redeem man from death, loves with a divine love, and those whom He loves He rebukes. "As many as I love, I rebuke and chasten." (Hebrews 12:6) But many will not receive the message that Heaven in mercy sends them. They cannot endure to be told of their neglect of duty and of their wrongs, their selfishness, their pride and love of the world." (*3 Testimonies*, p. 257)

"Words spoken in our homes which are impatient

and unkind, angels hear; and do you want to find in the books of heaven a record of the impatient and passionate words you have uttered in your family? Impatience brings the enemy of God and man into your family and drives out the angels of God. Fathers and mothers, I beseech you for Christ's sake, to be kind, tender, and patient in your homes. Then light and sunshine will enter your homes, and you will feel that bright beams from the Sun of Righteousness are indeed shining into your hearts." (*In Heavenly Places*, p. 99) In the absence of the graces of God's Spirit the home is left in a dark, unhappy condition. Your home should be a blessed sanctuary where God can come in, and where His holy angels can minister unto you. If impatience and unkindness are manifested one to another, angels cannot be attracted to your home; but where love and peace abide, these heavenly ones love to come and bring still more of the holy influence of the home above.

**The dream of a pure and spotless church is essential to the plan of salvation. Without a pure and spotless church, the devil's arguments win and Calvary is proved powerless to deliver the human race from the hands of a tyrant.**

Brothers and sisters, God

will have a spotless church ready and waiting when He appears. He will have that church with or without you and me. But we can be a part of it, if we want to be what God wants us to be. Today let us be faithful to the Scripture and the Spirit of Prophecy and in little things, so that when big things are expected of us, we will not flinch. Let us allow God to accomplish within us all that He is willing and ready to do.

"Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me. To him that overcometh will I grant to sit with Me in My throne, even as I also overcame and am set down with My Father in His throne." (Revelation 3:20,21)

"He who has not sufficient faith in Christ to believe that He can keep him from sinning, has not the faith that will give him an entrance into the kingdom of God" (*RH 3-10-1904*) "Go, and sin no more."

"Now unto Him that is **able** to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen" (Jude 24)

-- Nica Bogdan





**POTATO POWER***...Continued From Page 7*

sodium diet. This means eating foods naturally low in sodium and avoiding or restricting the use of salt in their preparation. Potatoes are the perfect low-sodium food, so patients with blood pressure are urged to include frequent "potato days" in their diet. Just remember not to cover them in salt!

**Celiac Disease**

While doctors say there is no cure for this intolerance of any type of grain, sufferers find potatoes easy to take, and make them a dietary mainstay.

**Potatoes as a Home Remedy**

Not everyone wants to carry a potato in their pocket or purse, but maybe we should. Potatoes can be used in dozens of cases of sickness or injury. Here are a few proven easy-to-follow home remedies:

<b>Diarrhea</b>	Eat unsalted potatoes mashed with water
<b>Indigestion</b>	Eat potatoes raw, about ½ cup
<b>Heartburn &amp; Gas</b>	Drink freshly squeezed potato juice first thing in the morning.
<b>Ulcers</b>	One quart of potato juice throughout the day, after meals
<b>Sore Throat</b>	Make a compress by placing hot, mashed, unpeeled, boiled potatoes in a linen or cotton cloth, then apply to affected area.
<b>Burns</b>	Apply cold, crushed, raw potato to the area. If not cold, mix with ice.
<b>Boils</b>	Make a poultice of raw potatoes; apply and change every eight hours.
<b>Constipation</b>	Eat unpeeled boiled potatoes or drink the juice to soothe inflamed tissue and provide bulk to the stool
<b>Colds and Flue</b>	Fast from all processed foods. Eat boiled potatoes with carrots, onions, celery, and parsley

(Healing Edibles & Other Home Remedies, Mara Ministries)

**BAKED STUFFED POTATOES**

Scrub 5 medium potatoes. Bake at 375-400°F for 1 hour or until tender. Cut a thin slice from top of each potato lengthwise. Gently scoop out insides without breaking shells. Mash potatoes with nut milk, soy milk, or a little water.

Grind ½ cup cashew pieces dry in blender, add 1 cup water. Mix well in blender until smooth. Add 1 bunch of steamed cut up broccoli, 1 med. cut-up zucchini, steamed, 1 tbsp parsley, 2 tbsp chives, veggie seasoning to taste. Lightly spoon mixture back into potato shells. Sprinkle top with veggie seasoning and warm up in oven for about 15 minutes at 350°F.

## WEBSITE UPDATE



Have you checked out the amazing discoveries website recently? Our health site: [www.amazingdiet.org](http://www.amazingdiet.org) is expanding and changing weekly with great recipes and many articles by Katy Chamberlin from her old site: Freedom of Health. Our new web store will be our next new addition, along with more feature articles by Professor Veith and clips from Brian Neumann's recent seminar tour in North America. And traffic is still increasing!

All this thanks to our new webmaster, Milan Srbecky. Milan and his wife Elise and their two children emigrated from Czechoslovakia in 1985. Milan has his own design company: Srbecky CAD & Design and has worked for several companies in graphic computer-aided designing including computer visualization and animation, and 3-D modeling. His images are displayed around the globe.

Coming from an atheistic communist background, Milan and Elise never thought about God or what His existence might mean to them. But after being introduced to the vegan lifestyle, chose to change their eating habits to follow a more healthy eating plan. Within a few weeks, they had switched to a vegan vegetarian diet and even shared their new lifestyle with their parents who also became vegan. Elise's mother who had pancreas trouble and needed medication for digestion, was able to go off her medication completely within two weeks on a vegan vegetarian diet.

All this awakened a new interest in their hearts to know more about the Bible and the God of the Bible. For several months now, Milan and Elise have been studying their Bibles searching for truth. Please pray for them as they continue to become better acquainted with Jesus as their personal Friend, Saviour, and Lord of their lives.

**VOICES OF A DYING PLANET***...Continued From Page 12*

ens may fall. And while it appears that the world is coming apart at the seams and as we see the final, rapid movements playing out before our very eyes, it is time that we make a decision about which image we are going to bow down to and worship. This is the question that faces every Seventh-day Adventist and every seeking individual today.

A few thousand years ago, on the plain of Dura, God's three worthies, Shadrach, Meshach, and Abednego, faced the same struggle that you and I are facing today. Nebuchadnezzar had defied what God had revealed to Him in vision. He refused to accept that his kingdom of gold would last for only a time.

In a spirit of rebellion against the Almighty, he constructed an image of his own design, an image of total gold, that would represent his idea of an eternal kingdom. All the subjects of his domain were to gather there at Dura and, at the sound of music, were to bow down to this figment of his egotistical imagination.

Three men, from among God's chosen people—and there were thousands of Israelites gathered on the plain that day, refused to obey the king's command. As a result of their brave stand they were cast into the furnace where they had the privilege of meeting Jesus face to face. Their Lord and Saviour was there with them during their most 'fiery' trial, to sustain and reassure them.

Today, the world is setting up another similar image in defiance of that same vision that God had given to Nebuchadnezzar. They refuse to accept that they are the feet of iron and clay and that, in spite of their efforts to unite and establish world peace, they will not cleave one to another. And as the rest of the Christian world accepts a form of music and worship that is aimed at uniting them in one spirit and goal, God's people have to make the same choice that had to be made on the plain of Dura.

Just like God's faithful back then, we have nothing to fear if we do things God's way. In spite of the trials that we may have to face—and there will be many—we have the promise that Jesus Himself will be there to strengthen and sustain us. He is our God—and if God is for us, who can be against us.

-- Brian Neumann

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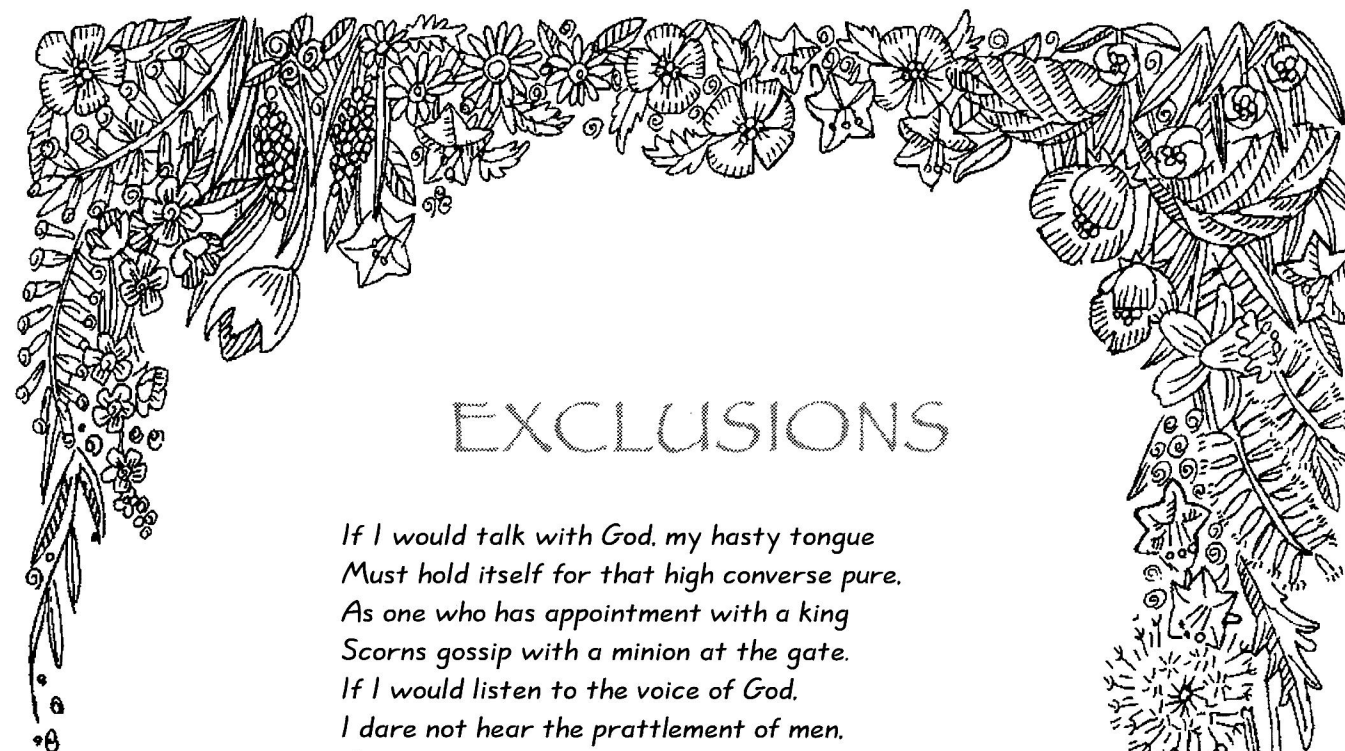
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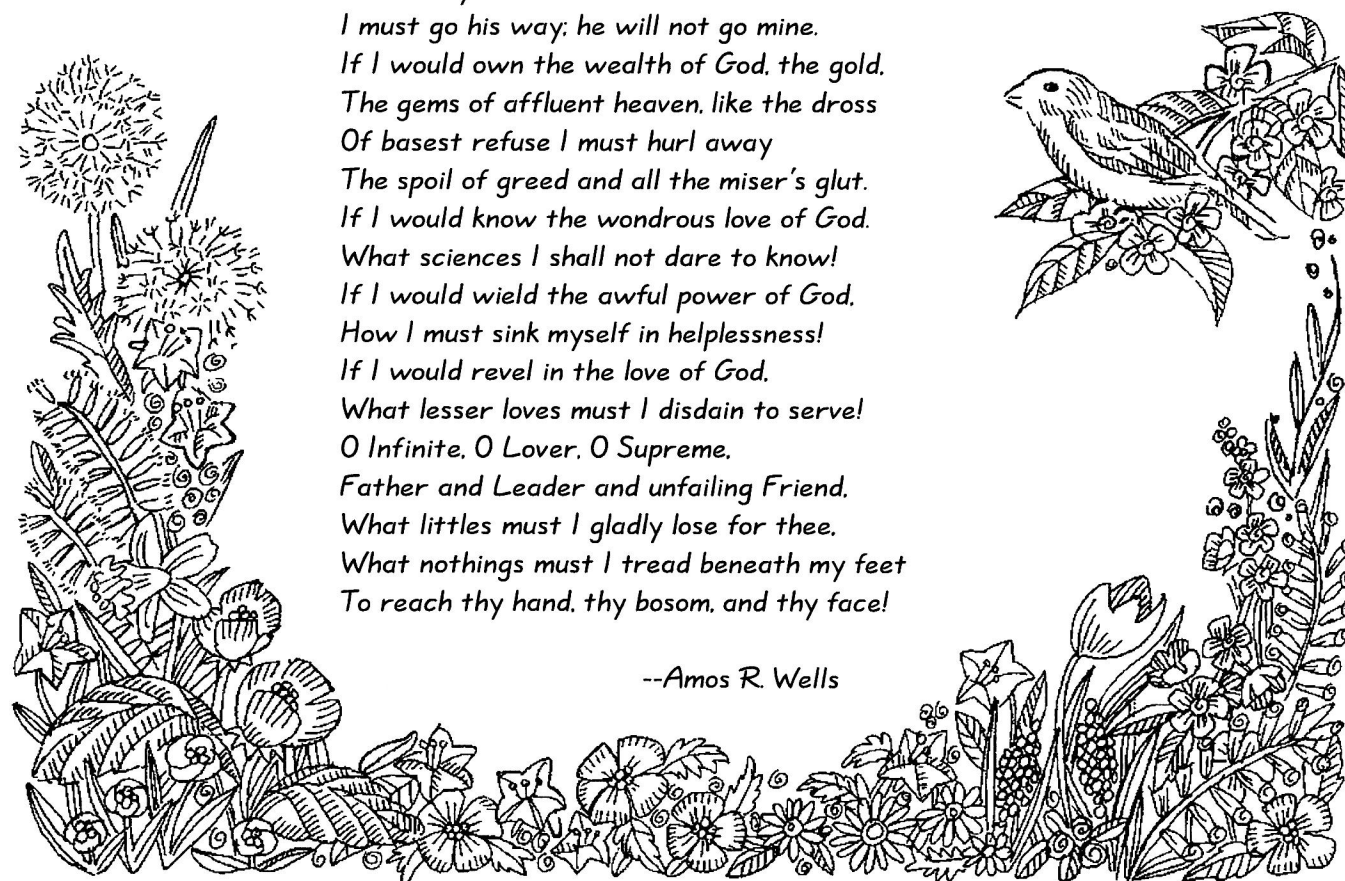
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## EXCLUSIONS

*If I would talk with God, my hasty tongue  
Must hold itself for that high converse pure.  
As one who has appointment with a king  
Scorns gossip with a minion at the gate.  
If I would listen to the voice of God,  
I dare not hear the prattlement of men,  
The bargaining, the vaunting, the untruth,  
The words that crawl and sting; for ears have room  
For somewhat and no more. If I would walk  
Beside my God, his comrade and his friend,  
I must go his way; he will not go mine.  
If I would own the wealth of God, the gold,  
The gems of affluent heaven, like the dross  
Of basest refuse I must hurl away  
The spoil of greed and all the miser's glut.  
If I would know the wondrous love of God,  
What sciences I shall not dare to know!  
If I would wield the awful power of God,  
How I must sink myself in helplessness!  
If I would revel in the love of God,  
What lesser loves must I disdain to serve!  
O Infinite, O Lover, O Supreme,  
Father and Leader and unfailing Friend,  
What littles must I gladly lose for thee,  
What nothings must I tread beneath my feet  
To reach thy hand, thy bosom, and thy face!*

--Amos R. Wells





**THE CAT AND THE HAT***...Continued From Page 10*

vive better in certain environments... such as flightless birds on windy islands or cavefish without eyes), but this is not evolution in that no new genes with new functions evolved.

Should these facts be passed by unacknowledged by the scientific mind? It seems like evolutionary theories have had ample time to prove themselves. "It is good to keep in mind ... that nobody has ever succeeded in producing even one new species by the accumulation of micromutations. Darwin's theory of natural selection [as a *creative* force] has never had any proof, yet it has been universally accepted."<sup>4</sup> If significant evolution could happen in just a few generations as Dawkins indicates, then why is it not being observed in cells like bacteria that have very short generation times? Over the past 50+ years, greater than one million generations of *E. coli* have been observed, radiated, drugged, burned, frozen, dissected, mutated, selected and manipulated in every conceivable manner (talk about selection pressure), and yet not even one functionally unique gene has evolved in *E. coli* in all those generations? This seems especially strange when one considers that humans supposedly evolved from apes in less than 200,000 generations using a much lower mutation rate... on the order of one mutation per gene per 100,000 generations.<sup>8&9</sup> A similar case can be made for the fruit fly... still not even one unique gene or function has evolved in the fruit fly in thousands of generations? Why is this? Dr. Robert Macnab seems to be asking the same question when he states, "...one can only marvel at the intricacy in a simple bacterium, of the total motor and sensory system which has been the subject of this review and remark that our concept of evolution by selective advantage must surely be an oversimplification. What advantage could derive, for example, from a "preflagellum" (meaning a subset of its components), and yet what is the probability of 'simultaneous' development of the organelle at a level where it be-

comes advantageous?"<sup>5</sup> Gordon Taylor also observes, "In all the thousands of fly-breeding experiments carried out all over the world for more than fifty years, a distinct new species has never been seen to emerge ... or even a new enzyme."<sup>6</sup>

"...An intelligible communication via radio signal from some distant galaxy would be widely hailed as evidence of an intelligent source. Why then doesn't the message sequence on the DNA molecule also constitute prima facie evidence for an intelligent source? After all, DNA information is not just analogous to a message sequence such as Morse code, it is such a message sequence."<sup>7</sup> Has Design Theory come full circle? Many, even among the most respected of scientific minds, seem to be giving it more than another look.



<sup>1</sup> Stryer, Lubert. *Biochemistry*, 3<sup>rd</sup> ed., 1988, pp. 153,744

<sup>2</sup> Dawkins, Richard. *The Blind Watchmaker*. 1987.

<sup>3</sup> Behe, Michael J. *Darwin's Black Box*, The Free Press, 1966.

<sup>4</sup> Goldschmidt, R. PhD, DSc Prof. Zoology, University of Calif. in *Material Basis of Evolution*, Yale Univ. Press.

<sup>5</sup> Macnab, Rober. Yale University, *Bacterial Mobility and Chemotaxis: The Molecular Biology of a Behavioral system*, CRC Critical Reviews in Biochemistry, vol. 5, issue 4, Dec 1978, pp. 291-341.

<sup>6</sup> Taylor, Gordon, *The Great Evolution Mystery*, New York: Harper and Row, 1983, pp. 34,38.

<sup>7</sup> Thaxton, Charles B., Bradley, Walter L., Olsen, Robert L. *The Mystery of Life's Origin, Reassessing Current Theories*. New York Philosophical Library. 1984. pp. 211-212.

<sup>8</sup> Dugaiczky, Achilles. *Lecture Notes, Biochemistry 110-A*, University California Riverside, Fall 1999.

<sup>9</sup> Ayala, Francisco J. *Teleological Explanations in Evolutionary Biology*, Philosophy of Science, March 1970. p.3.

*"To this man will I look," he declares, "even to him that is poor and of a contrite spirit, and trembleth at my word." Isaiah 66:2*



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