

Faith on the line

A Journal for Those Who Dare



Summer

2001

Volume 6 Issue 3

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Be Ye Also Ready

It was in the early spring of 1945, the war was still on and people got killed by the thousands every day. My sister and I had to leave our parents and other sister behind us. We were fleeing from the invading Russians.

One evening we were arriving in a little town by train to stay with some distant relative. The sirens were very loud; that meant full alarm; the enemy was about to attack. I told my sister to run into the fields, because they were not going to bomb there. But I was very wrong. I did not know that we were in the middle of an oilfield and that was the night when they were going to destroy it. All at once the night war turned into day. It was bright daylight and I started to say to my sister, "They are going...." That was all I could say for the bombs started to fall around us. We were thrown to the ground by the explosions. We did not move until it was all over. Finally we were able to move and get up and go to our destiny with not even a scratch or dirt on us. We believe that our precious Angels held their hands over us. Someday very soon, when we are on the other shore I can thank my angel and my Heavenly Father again.

Why did I tell you this story of the past? You see, if that would have been our last night then the next thing we would have seen is Jesus coming in the clouds. My question to all of us is - where are we in our walk with Jesus? Are we growing daily into the likeness of Christ, just as the plants in the garden? "By constantly relying

upon Christ as our personal Saviour, we shall grow up into Him in all things who is our Head." COL 67-69

Christ is seeking to reproduce Himself in the hearts of men; and He does this through those who believe in Him. The object of the Christian life is fruit bearing - the reproduction of Christ's character in the believer, that it may be reproduced in others. As you receive the Spirit of Christ - the Spirit of unselfish love for others - you will grow and bring forth fruit. The graces of the

Spirit will ripen in your character. The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance. *Galatians 5:22-23*. This fruit can never perish but will produce after its kind a harvest unto eternal life.... "Christ is waiting with longing desire for the manifestation of Himself in His church (us). When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own. It is the privilege of every Christian not only to look for, but to hasten the coming of our Lord Jesus Christ!" COL 69

What a challenge to each one of us! My prayer for all of us is "Let us be about our Father's business." There are two sins in particular that keep us from being like Christ. If you would like to know what they are, write to the Editor and I will respond.

-Ruth Milchenko



**Dr. Willard D. Regester,
M.D.**

**coming to
the Westminster SDA
Church,
British Columbia**

**Friday, November 2
&
Sabbath, November 3,
2001**

**for a special weekend
on lay evangelism**

Topics include:

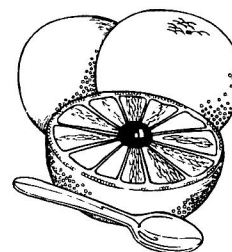
0° to 212°F (My Testimony)

What Time Is It?

Why Do Evangelism?

*How To Live a Successful
Christian Life*

Plan to Be There!



A High Live Food Diet For Excellent Health!

We are living in a time when only one and one-half percent of the American population is healthy! The U.S. Public Health Service has acknowledged that only an infinitesimal amount of people have good health. Unfortunately, many Christians are part of the unhealthy group.

Nearly 50 percent of Americans die of heart disease or cardiovascular problems. And over 1,000,000,000 visits are made to physicians annually in America. Four out of every ten Americans will have cancer. Eighty percent of these people will die and their death will be attributed to cancer.

Over 85,000,000 Americans are overweight. Yet nearly all Americans are malnourished in one way or another despite gross overeating. Over 50,000,000 Americans will spend some time in a hospital each year.

Disease is expensive. Billions of dollars are spent each year just on health care. And with socialized medicine looming on the horizon taxpayers will have to carry an even larger burden.

**Food, wrongfully used, is
a cause of most of today's
degenerative diseases.**

There are over 215,000,000 sugar addicts in America. This is about 95 percent of our populace. While we naturally have a sweet tooth, refined sugar is a

very pernicious product. Americans eat an average of 125 pounds each year. Sugar has been indicted as one of the chief culprits in heart disease, indigestion, bad teeth and a host of other serious complaints.

Hardly an American alive has not at some time been subjected to narcotic drugs by their physicians or commonly sold nostrums they've bought themselves, notably the analgesics, opium based drugs (cough medicines), amphetamines, barbiturates, tranquilizers, aspirins, etc.

About 90,000,000 aspirins are taken daily in the USA. This amounts to about 72,000,000 pounds (36,000 tons) of aspirin yearly.

Most Americans suffer from a pathologically high heart beat. A condition that is largely the result of a diet of mostly cooked, processed, preserved and improper foods, drug habits and lack of healthful practices.

Does the above describe a healthy, happy nation? Far from it! The National Center for Health Statistics of the U.S. Public Health Service publishes volumes that reflect the widespread pathology of Americans. Almost daily we see such statistics published in newspapers, magazines and periodicals. Thousands upon thousands, yes, even millions of people today are asleep to the condition of their physical health. They are far from the better way of life and do not sense their peril.

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A Reform Needed

If Seventh-day Adventists practised what they profess to believe, if they were sincere health reformers, they would indeed be a spectacle to the world, to angels, and to men. And they would show a far greater zeal for the salvation of those who are ignorant of the truth.

Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people, to walk no more with them.

In all our work we must obey the laws which God has given, that the physical and spiritual energies may work in harmony. Men may have a form of godliness, they may even preach the gospel, and yet be unpurified and unsanctified. Ministers should be strictly temperate in their eating and drinking, lest they make crooked paths for their feet, turning the lame - those weak in the faith - out of the way. If while proclaiming the most solemn and important message God has ever given, men war against the truth by indulging wrong habits of eating and drinking, they take all the force from the message they bear.

Those who indulge in meat eating, tea drinking, and gluttony are sowing seeds for a harvest of pain and death. **The unhealthful food placed in the stomach strength-**

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A LIVE-FOOD DIET

...Continued From Page 3

GOOD HEALTH DOES NOT COME BY ACCIDENT

The choices we make in diet and lifestyle have everything to do with how we feel and function. There are habits and foods, which produce life, and habits and foods that produce sickness and even death. Learning what these are can make all the difference in good health or disease.

Life comes from life—always. If you want a cedar tree in your yard you must start with a cedar seed or seedling. If you want carrots, you must start with carrot seeds.

Similarly, if you want life for your body, you must start with life in the foods you put into your mouth. Fresh, live foods have the life of the plant still completely intact in them.

Live foods, do indeed, build live bodies. Plants extract minerals from the soil and synthesize them into highly organized and complex materials useful to animal life. These living chemicals are passed from natural foods into the bodies of those who eat them.

By the same token, there are many articles of food in our diets that actually inhibit the improvement of health. Refined oils, sugar, dairy products, processed foods, etc., clog up the delicate machinery of the body.

Food, wrongfully used, is a cause of most of today's degenerative diseases. Far too many people are prematurely old, tired, or ill. They suffer from fatigue, or with arthritis, catarrh (too much mucous), allergies, asthma, colds, flu's and dozens of other ailments or discomforts.

Knowledge of nutrition is the first step off the endless roller coaster promoted by the false-food industry's erroneous propaganda.

If we want the best of health, we would be wise to choose a higher proportion of our diet from those foods which produce it.

So, where do we start? And what are the factors in this greatly-to-be-desired lifestyle? Here is a simple and easy starting point: Add more fresh, raw foods to your diet.

CONSIDER LESS COOKING!

Heating alters the natural balance of life-producing chemicals in fresh fruits and vegetables. There is a loss of vitamins, a destruction of fiber and an alteration of the chemical composition in the foods. Some of these changes

are not of consequence, but many are best avoided.

The step from eating fresh to eating cooked foods is a step that we should carefully consider. It involves several sacrifices of your health and time. Carefully weigh the choices!

SOME IMPORTANT REASONS FOR EATING MORE UNCOOKED FOODS!

1. Adequate nutrition: Fresh uncooked fruits and vegetables, when combined with properly prepared grains, contain all the nutrients necessary for good health, growth, and proper maintenance of our bodies. Cooking alters the nutritional properties of food. Nutrients altered or destroyed in cooking foods include:

- a. Some vitamins (including vitamin C)
- b. Some minerals (some are rendered inorganic)
- c. Proteins (several are coagulated and become toxic)
- d. Sugars (refined sugars become caramelized and disorganized and these changes become toxic)
- e. Fats (heat alters many refined fats into carcinogenic free fatty acids)
- f. Enzymes (all are destroyed; see item #3 below).

2. Fiber loss: Much of the natural fiber is broken down during cooking. This increases the transit time of food through the gastro-intestinal tract. Increased transit time means greater potential for fermentation or putrefaction.

3. Retains enzymes: Uncooked foods have all their enzymes. Temperatures above 118 degrees F. destroy enzymes in natural foods.

4. Less total energy required: Uncooked fruits and vegetables are easily digested (24-36 hours for total transit time as compared to 40-100 hours for various cooked foods). This means less wear on the body and consequently less energy needed for repair or restoration. Cooked foods require little chewing and this poor mastication results in decreased saliva and enzyme mixture with the food. This improperly chewed food is not prepared for further digestion and often requires increased energy expenditure for digestion. This pattern can eventually lead to enervation and toxemia.

5. Energy freed for other uses: With less energy involved in the digestion of uncooked food, there is more energy for other activities of the mind and body. You can enjoy vitality rather than tiredness.

6. No after-meal dullness: Many people have a tendency to feel sleepy after consuming a cooked meal. With more uncooked foods there is seldom an after-meal tiredness—even when you have eaten too much.

7. Less sleep needed: With uncooked fruits and vegetables, you require less sleep and get a more restful sleep.

8. Less food-preparation time: Uncooked foods require much less time to prepare. You have more time to spend with your family, and in productive practical work and social encounters.

9. Easier kitchen cleanup: With uncooked foods, cleanup is easy—no sticky, greasy pans, or messy stoves.

10. No degenerative diseases: Uncooked foods neither cause or support degenerative diseases. Leucocytosis (increased white blood cell count) increases in proportion to the increase of cooked foods in the diet. Thus the immune system is weakened.

11. Less mucous: With uncooked foods, you will rarely have a mucous laden throat or head. Public speakers and singers will especially appreciate not having to frequently clear phlegm from their throats.

12. Lower heart rate: With uncooked foods the pulse rate will drop up to 10 beats a minute or more saving the heart over 14,000 beats a day!

13. Less body odor: With uncooked foods you will rarely experience body odor and halitosis (bad breath). (Garlic and onions, excepted, of course!)

14. Less thirst: With uncooked foods, you require less drinking of water because you have not cooked out the natural distilled water present in fresh fruits and vegetables.

15. Cleaner teeth: With uncooked foods, you will have cleaner teeth. The collection of tartar on your teeth, commonly accumulated with cooked foods will not form.

16. Less tooth damage: With uncooked foods hot substances cannot damage the teeth or stomach and mouth linings. In fact, the total dental health improves with the increase of uncooked foods in the diet.

17. Eliminates overeating: With uncooked foods, overeating becomes much less of a problem. Cooked foods are concentrated (one would usually eat three cooked carrots for every raw carrot he would consume). Uncooked foods provide greater nourishment in smaller quantities.

18. Natural weight control: Greater quantities of uncooked foods in the diet permit the body to achieve normal weight and maintain it consistently.

19. Clearer mind: With uncooked foods, the mind's capacity for memory, power of concentration and spiritual awareness will be greater.

GOOD HEALTH DOES NOT COME BY ACCIDENT

Health and disease in mankind are dependent largely on diet along with the other seven natural laws of life and health.

Food, wrongfully used, is a cause of most of today's degenerative diseases.

Through the correct use of natural foods, the chemistry of the body can be changed for the better.

With a proper and balanced diet, and a healthful total lifestyle, one can live a disease-free, symptom-free energetic life. You do have a choice!

by Katy Chamberlin

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For more excellent health tips,
check out her website:
www.freedomofhealth.com





CAFFEINE

The Beverage Break That May Break You

by Katy Chamberlin

Tea, coffee, and many soft beverages are brain and nerve excitants or stimulants. They do not contain an atom of food or nourishment. They cannot build up, they only 'stir up.' They are like a whip to a tired horse, there is a false show of energy, but the weary animal, under the lash may fall exhausted. Caffeine stimulation forces the system to borrow from tomorrow's reserves for present use. This is like borrowing money to pay a debt. One may feel a sense of present relief but one day the principal must be returned with interest.

Today millions of people are drinking what they think are harmless beverages, but in reality they are shortening their lives by the use of these poisonous drinks. Caffeine and theobromine are responsible for many degenerative diseases. Caffeine is found in coffee, tea and many soft drinks. Just reading the label, one will know whether or not the beverage contains caffeine. The other item, theobromine, is found in cocoa and chocolate. Caffeine and theobromine are often referred to as being related or twin sisters. Chemically speaking there is very little difference in the chemistry between the two.

Americans consume billions of cups of coffee per year. A cup of coffee contains 2-4 grains of caffeine, a cup of tea contains 1-1/2 to 2 grains of caffeine. Coffee is America's largest food dollar import. The United States purchases 62% of the world's supply of coffee. Latin America supplies 76% of coffee to the world's coffee markets. Coffee is over a billion dollar annual industry and affects the economies of 26 nations.

The United States is the second largest importer of tea in the world. Great Britain

remains first. Last year over one million pounds of tea were brewed up by Americans.

Coffee was first discovered in Arabia. Then it spread to Turkey. Following Turkey, the beverage was adopted by the Ethiopians and North Africans. Then it spread over the continent of Europe; finally, to North and South America. Medical authorities warned that coffee was an intoxicating brew and therefore dangerous to health, but irrespective of all these warnings, coffee became a popular beverage.

The tea leaves came to us from China. It seems that people have always been looking for a beverage to keep them awake. The cola nut or bean came from West Africa and the cocoa bean came to us from Mexico.

RAW ALMOND-PUMPKIN SEED PATÉ

2 cups pumpkin seeds soaked 4-6 hrs
2 cups almonds soaked 8-12 hrs
1 small yam or sweet potato peeled & cut in chunks
2 carrots, cut into chunks
1 cup chopped parsley
1 onion, cut into chunks
2 stalks celery, cut into pieces
1 tsp favorite herb or to taste
lemon juice, to taste
fresh garlic, to taste
your choice meatless seasoning, to taste

Into a large bowl, take pumpkin seeds, almonds, yam or sweet potato, onion, celery, parsley, carrot and run them through the Champion Juicer using blank. Add lemon juice, garlic, and seasoning. Form a loaf shape on a serving plate and garnish with left over almonds and greens. May add 1 cup chopped seasoned vegetables. Mix well and serve. Excellent as a spread for sandwiches or crackers.

Caffeinated beverages contain many other substances in addition to caffeine. For instance, coffee also provides nonvolatile acids (caffeic, quinic), volatile acids (acetic, propionic, butyric and valeric), ketones, acetoin and furfural. Trigonelline, chlorogenic acid and tannin are also present.

Of the many of dozens of brands of coffee and cola beverages nearly every bottle is spiked with the toxic drug caffeine. Over 75 million cokes are consumed in one day at home, at work, while at play. The unfortunate part of it is that children and youth partake freely of cola beverages, wholly oblivious to the health hazards hidden within these innocent looking bottles, which are most dangerous to one's health.

Caffeine is the 'bracer,' the stimulant, the 'get a lift,' toxic alkaloid in coffee, tea and cola beverages. What are some of the detrimental effects of the narcotic drug caffeine upon the brain, the nervous system, the heart, the stomach, and other organs of the body? "The chief problem... is the possible chronic effect on the central nervous system (brain and spinal nerves)... increased irritability, loss of sleep, palpitation of the heart and even muscular tremors. Such effects are due to chronic, mild intoxication with caffeine-certain widely used soft drinks also contain as much caffeine as ordinary coffee."¹

"Caffeine is an alkaloid, a real vegetable poison, and its action is not less dangerous because it works slowly, and undermines the health unnoticed. Caffeine is like alcohol and nicotine which-frequently undermines the nervous system and predisposes to premature arteriosclerosis (hardening of the arteries) and gout."²

"That cup of coffee that gets you started in the morning may be ending your life - and sooner than you realize," states the American Heart Association.

Tea, contrary to common belief, has just about as much caffeine as coffee and so has the same stimulating effect on the brain and kidneys.

The chemical purine, which is found in all dead flesh, is almost identical to that of the purine which is found in coffee, tea, chocolate and cocoa.

PURINE BODIES IN BEVERAGES

Tea.... 1.2 grains per pint
Chocolate.... .7 grains per pint
Coffee.... 1.7 grains per pint
Cocoa.... 1.0 grains per pint

All dead flesh contains uric acid and purine bodies. See how closely caffeine and theobromine are related to

uric acid and purine. Uric acid (C₃H₄N₄O₃) and the purine bodies as xanthin and hypoxanthine etc., are very closely related both chemically and physiologically to each other and to the caffeine (C₈H₁₀N₄O₂) of tea and coffee and the theobromine (C₇H₈H₄O₂) of cocoa. Anyone wishing to eliminate purine bodies from his diet should eliminate all meats, tea, coffee, cocoa, chocolate, colas and any soft drinks containing caffeine.

"The stimulatory effects of caffeine are well known. Caffeine is a potent central nervous system (CNS) stimulant. Increased alertness, decreased drowsiness and fatigue can result from ingestion of 50-200 mg. caffeine (1/2 to 2 cups of coffee), but 200-500 mg. may lead to headache, tremors, nervousness and irritability."³

"Coffee can also aggravate the eye disease, glaucoma. When an ophthalmologist wants to test a borderline case, he may ask the patient to drink a couple of cups of coffee and return for another eye pressure test shortly thereafter. In glaucoma cases, the pressure will be raised by the coffee, tea and alcohol and should be forbidden to glaucoma patients and if those beverages are bad for them, we say that they are bad for the well people too."⁴

CHOCOLATE AND COCOA

Many who would not think of touching coffee use chocolate and cocoa, little realizing that cocoa is not an altogether harmless beverage. Depending upon the brand, the caffeine ranges between 0.09 to 0.45 grains per cup and in all cases the tannin content is quite high, sometimes, exceeding that of tea. Cocoa and chocolate also contain theobromine.

All cocoa contains theobromine, which is a nerve poison. The cacao bean (cocoa) contains a poison closely resembling the caffeine of tea and coffee. Its effects in the body are essentially the same. Caffeine stimulates the heart, raises the blood pressure, lowers the blood sugar, and creates a false sense of security in that it appears to relax and rest tired nerves. But if freely indulged it may easily induce conditions, which may be attributed to some nerve disorder.

From the book *Chocolate To Morphine*, author Andrew Well, M.D., and Winifred Rosen, stated: "How about chocolate? Most people think of it as a food or flavor, but it contains a chemical related to caffeine, is a stimulant, and can also be addicting."

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VOICES of a DYING PLANET

A Workshop Seminar with
Brian S. Neumann

**Coming To
A City Near You**

September 7-10, 2001

Burnaby, BC

WESTMINSTER SDA CHURCH
7925 - 10th Avenue, Burnaby, BC

Friday, September 7, 2001 at 7:15 pm
A Personal Testimony

Saturday, September 8, 2001 at 2:30 pm
The Language of Music

An in-depth study of music as a language.

Words to the Wise at 4:00pm

A study into the Bible and music. Taking a look at some hard to understand texts in the Bible.

Sunday, September 9, 2001 at 1:00pm
The Primitive Heart

An intriguing and revealing journey into the ancient history of music from its earliest times until our present day. Practical demonstrations and amazing inside evidence.

The Mind of the Machine at 2:30pm

Live footage, personal interviews and latest information concerning the popular music scene. All major contemporary styles of music will be discussed and analyzed.

Moving the Masses at 4:00pm

A rare trip into the heart and philosophy of the contemporary Christian Music scene. Incredible footage and music examples.

Monday, September 10, 2001 at 7:15pm
A Change of Mind

The most critical seminar in the series giving the tools with which to choose good music. Gives an academic and spiritual methodology for determining acceptable and not acceptable music for Christian consumption.

September 14-16, 2001

Loma Linda, CA

September 21-23, 2001

Santa Cruz, CA

September 28-30, 2001

St. Helena Church, CA

October 5-7, 2001

Kelowna, BC

**For more information
on exact times in
each location,
please call
Amazing Discoveries
at 604-572-9457**

AMAZING DISCOVERIES UPDATE

FAITHFUL UNTO DEATH

with
Dr. Samuel Koranteng-Pipim

On May 11, 12, 2001, Dr. Pipim presented his powerful seminar "Faithful Unto Death" at the Surrey SDA Church. Friday evening and throughout Sabbath afternoon, Dr. Pipim revived and challenged the full audience to live consistent lives of faithfulness to God's Word in even the small things.

To begin with, Dr. Pipim presented 20 moral dilemmas that people have had to face around the world forcing them to make some tough ethical decisions. Some of the dilemmas presented for our consideration were:

1. In a country where practising and spreading Christianity is illegal, punishment is severe. Christians must be extremely careful and discreet in how they live and share their faith. One day a pastor was driving a group of new converts to a lake for baptism. He was stopped and questioned about what he was planning to do with the people at the lake. What would you do? Would you lie in order to save your life and the lives of your converts?

2. You are an SDA, part of a group of starving refugees escaping on foot from a war situation. After several days without food, you meet someone who offers you food. Yet, the food contains traces of ham and lard. What would you do? Would you take the food in order to get much-needed strength for your journey?

3. You are an SDA; you are single; and you live in a very small town where there are no eligible Adventists for marriage. What would you do? Would you marry a Christian of another faith?

4. Your 9-year old Christian son has been abducted from his village by a band of guerilla fighters and is being forced against his will to join the organization. As initiation into the group all new recruits are compelled by their captors to shoot and kill wounded and timid captives. Refusal to join the armed organization would cost your son his own life. Under this trying situation, would you encourage your 9-year old Christian son to be part of the guerilla organization so as to save his life? What would you do?

5. While living in a communist country you are required to send your 3-year old son to school every Sabbath or have him taken away from you and adopted out into an atheistic family. What would you do? Would you send him to school on Sabbath in order to keep him in your Christian family?

6. You are converted into the Christian faith in an Islamic state. The law of the land does not allow citizens to be converted to another religion. Any conversion should be immediately reported to the police or risk of severe punishment. Your parents don't agree with your conversion, yet they still plan to protect you. They instruct you deny that they knew about your conversion if you are ever questioned. What would you do? Would you lie in order to "honor" your parents and also save them from severe punishment?

7. On October 13, 1972, a plane carrying 45 members of a rugby team crashed in the snowcapped Andes mountains. Sixteen survivors were finally rescued after 72 dreadful days of freezing and starvation. They later told the world that during the gruesome ordeal, they had to eat the corpses of their dead companions in order to stay alive. What would you do?

8. Your 11-year-old daughter has been raped by an adult relative and she becomes pregnant. According to psychologists, your daughter is not in a stable mental and emotional health to carry the pregnancy to full term. Your family doctor also indicates that even if she survives the trauma of the

AMAZING DISCOVERIES MISSION STATEMENT

Our Mission is:

1. To share the gospel in the context of the Three Angel's Messages.
2. To show the harmony between science and the Bible with special reference to our Creator God.
3. To share the Health Message (the right arm of the Third Angel's Message).
4. To place the message in the context of our day with special emphasis on the deceptions which would detract from these messages.
5. To reach out to intellectuals, atheists, and the secular world as well as strengthening and confirming the church in the pillars of our faith and certainty of the prophetic Word.
6. To introduce people to the remnant church of God who keep the commandments of God and who hold to the testimony of Jesus Christ.

FAITHFUL UNTO DEATH

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pregnancy, the baby that will be born will most-likely be severely deformed. Is it right under these circumstances, for your 11-year-old victim of incestuous-rape to have an abortion? What would you do?

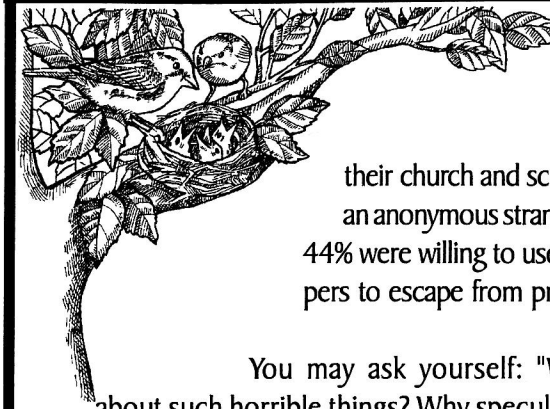
9. A terrorist holds your only child hostage at the point of a loaded gun, demanding to have sex with you before your child is freed. What would you do?

Some of these examples might sound pretty severe, but each one of them actually happened to someone. And the answers of those present were surprising to everybody! For example:

- 56% were willing to execute war criminals
- 33% were willing to work as a cashier selling alcohol and tobacco
- 22% were willing to lie to patrols to save the life of new converts
- 45% were willing to fight in defensive war
- 45% were willing to eat unclean meat (pork) to gather greatly needed strength for a journey
- 25% were willing to eat dead human bodies to stay alive
- 21% were willing to work for a defence company building bombs

- 56% were willing to abort the unborn child of an 11-year-old victim of incestuous rape
- 27% were willing to marry someone of another faith if no SDA could be found available
- 32% were willing to use tithe money for an emergency situation involving greatly needed medical attention for their child
- 13% were willing to allow their 9 year old son to join a guerilla group and be forced to kill in order to save his life
- 30% were willing to have sex with a terrorist to save their child's life
- 24% were willing to sacrifice their child to keep a vow (Jephtha)
- 57% were willing to bribe customs officers to smuggle Bibles
- 43% were willing to advocate safe sex and use of condoms for unmarried singles
- 36% were willing to baptize a practising polygamist and his wives
- 40% were willing to send their son to school on the Sabbath if required by the state in order to keep him in their Christian family
- 37% were willing to lie to officials to protect the lives of their parents (thereby seeking to "honour" them)
- 70% were willing to accept lottery money for the building of

...Continued on Page 11



their church and school from an anonymous stranger, 44% were willing to use false papers to escape from prison.

You may ask yourself: "Why talk about such horrible things? Why speculate? Why not wait until you're faced with the problem, and then make up your mind? The problem with that reasoning, we learned, is that usually when faced with such difficult dilemmas, it is much harder to make the "right" choice. We tend to choose answers that will get us out of the trials as quickly as possible, even if it means compromising principle. The only way to ensure a godly decision at the that time is if we have decided TODAY to live according to principle in the small things. If we commit TODAY to complete obedience to God's law, the right choice will be more obvious when under fire. As Pipim pointed out, when Joseph was faced with the seduction of Potiphar's wife (the terrorist), he knew the right answer: "How can I do this great wickedness and sin against God". He knew the answer because he had committed himself ahead of time to obedience to God no matter the cost - the battle had already been won on his knees.

As is obvious by the percentages, we are facing an ethical crisis. Unlike in previous times when people knew what was right and wrong but chose to practice the wrong, in our time, people are not sure of whether there are universal moral absolutes to define what is right and wrong to guide them in ethical decision-making.

Do moral choices sometimes come in 99 shades of gray instead of black or white? Are there completely right or completely wrong answers to any of the above situations? Do Christians sometimes have to choose the "lesser of two moral evils"? What does the Bible have to say about moral dilemmas? These were the questions Dr. Pipim addressed in this motivational Mother's Day weekend.

In addition, Dr. Pipim addressed the question of presumed consequences and whether or not Christians should preserve life at all cost or prevent harm at all cost. On Sabbath afternoon, answers to these thought-provoking questions and situations were explored based on the Bible and Spirit of Prophecy. We found that many of the

situations were "dilemmas" mostly because of our own presumed consequences and assumptions rather than necessarily the circumstances themselves. And we found that there is ample evidence in the Scripture and the Spirit of Prophecy to give direction in every situation, even if the decision is a difficult one so long as we are willing to follow God's Word.

The weekend will remain a highlight in the memories of those who attended. Many received a great spiritual blessing and revival! The six audio or video tapes of the full series are available by calling Amazing Discoveries at 604-572-9457. 🐾

MUST WE BE SILENT? Issues Dividing the Church

By Dr. Samuel Koranteng-Pipim

This book is not an autopsy report on the body of Christ, for the church of Christ cannot die. Jesus Himself has assured us that "the gates of hell" shall not prevail against it. (Matt 16:18)... al-

though this work is not a postmortem, it is a much-needed pathology on the church. For, like many other Christian denominations, ours also has been infected by some malignant ideological tumors.

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A Reform Needed ...Continued From Page 3

ens the appetites that war against the soul, developing the lower propensities. A diet of flesh meat tends to develop animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding truth.

The food eaten should be that which will make the best blood.

The Word of God plainly warns us that unless we abstain from fleshly lusts, the physical nature will be brought into conflict with the spiritual nature. Lustful eating wars against health and peace. Thus a warfare is instituted between the higher and the lower attributes of the man. The lower propensities, strong and active, oppress the soul. The highest interests of the being are imperiled by the indulgence of appetites unsanctioned by Heaven.

Great care should be taken to form right habits of eating and drinking. **The food eaten should be that which will make the best blood.** The delicate organs of digestion should be respected. God requires us, by being temperate in all things, to act our part toward keeping ourselves in health. He cannot enlighten the mind of a man who makes a cesspool of his stomach. He does not hear the prayers of those who are walking in the light of the sparks of their own kindling.

Common Errors in Diet

Overeating

Intemperance is seen in the quantity as well as in the quality of food eaten. The Lord has instructed me that as a general rule we place too much food in the stomach. Many make themselves uncomfortable by overeating, and sickness is often the result. The Lord did not bring this punishment on them. They brought it on themselves, and God desires them to realize that pain is the result of transgression.

Daily abused, the digestive organs cannot do their work well. A poor quality of blood is made, and

thus, through improper eating, the whole machinery is crippled. Give the stomach less to do. It will recover if proper care is shown in regard to the quality and quantity of food eaten.

Eating Too Quickly

Many eat too rapidly. Others eat at one meal varieties of food that do not agree. If men and women would only remember how greatly they afflict the soul when they afflict the stomach, and how deeply Christ is dishonored when the stomach is abused, they would deny the appetite, and thus give the stomach opportunity to recover its healthy action. While sitting at the table, we may do medical missionary work by eating and drinking to the glory of God.

Eating Lightly on the Sabbath

To eat on the Sabbath the same amount of food eaten on a working day is entirely out of place. The Sabbath is the day set apart for the worship of God, and on it we are to be specially careful in regard to our diet. A clogged stomach means a clogged brain. Too often so large an amount of food is eaten on the Sabbath that the mind is rendered dull and stupid, incapable of appreciating spiritual things. The habits of eating have much to do with the many dull religious exercises of the Sabbath. The diet for the Sabbath should be selected with reference to the duties of the day on which the purest, holiest service is to be offered to God.

Too often so large an amount of food is eaten on the Sabbath that the mind is rendered dull and stupid, incapable of appreciating spiritual things.

Eating Has Much to Do With Religion

The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote virtuous actions. But if the stomach is abused by habits that have no foundation in nature, Satan takes advantage of the wrong that has been done, and uses the stomach as an enemy of righteousness, creating a disturbance which affects the entire being. **Sacred things are**

not appreciated. Spiritual zeal diminishes. Peace of mind is lost. There is dissension, strife, and discord. Impatient words are spoken, and unkind deeds are done; dishonest practices are followed, and anger is manifested,—and all because the nerves of the brain are disturbed by the abuse heaped on the stomach.

Shall we who have had such great opportunities allow the people of the world to go in advance of us in health reform?... Far better give up the name of Christian than make a profession and at the same time indulge appetites which strengthen unholy passions.

What a pity it is that often, when the greatest self-denial should be exercised, the stomach is crowded with a mass of unhealthful food, which lies there to decompose. The affliction of the stomach afflicts the brain. **The imprudent eater does not realize that he is disqualifying himself for giving wise counsel, disqualifying himself for laying plans for the best advancement of the work of God. But this is so. He cannot discern spiritual things, and in council meetings, when he should say Yea, he says Nay. He makes propositions that are wide off the mark, because the food he has eaten has benumbed his brain power.**

Relation of Health Principles to Spirituality

The failure to follow sound principles has marred the history of God's people. There has been a continual backsliding in health reform, and as a result God is dishonored by a great lack of spirituality. Barriers have been erected which would never have been seen had God's people walked in the light.

Shall we who have had such great opportunities allow the people of the world to go in advance of us in health reform? Shall we cheapen our minds and abuse our talents by wrong eating? Shall we transgress God's holy law by following selfish practices? Shall our inconsistency become a byword? Shall we live such unchristianlike lives that the Saviour will be ashamed to call us brethren?

Shall we not rather do that medical missionary work which is the gospel in practice, living in such a way that the peace of God can rule in our hearts? Shall we not remove every stumbling block from the feet of unbelievers, ever remembering what is due to a profession of Christianity? Far better give up the name of Christian than make a profession and at the same time indulge appetites which strengthen unholy passions.

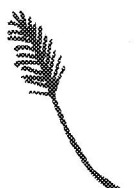
God calls upon every church member to dedicate his life unreservedly to the Lord's service. He calls for decided reformation. All creation is groaning under the curse. God's people should place themselves where they will grow in grace, being sanctified, body, soul, and spirit, by the truth.

When they break away from all health-destroying indulgences, they will have a clearer perception of what constitutes true godliness. A wonderful change will be seen in the religious experience.

The apostle plainly states that those who reach a high standard of righteousness must be temperate in all things. The Lord sends this message to his people: "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every many that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly: so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." *1 Corinthians 9:24-27*

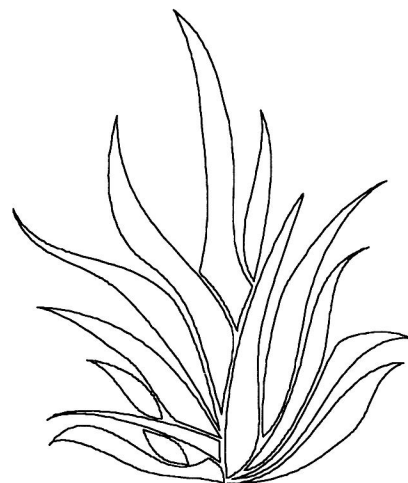
"It is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." *Romans 13:11-14*

- Ellen G. White
Review and Herald May 27, 1902



"Many are saying by their course of action, that the line of demarkation between Christians and the world must not be too distinct. They conform to the customs and unite in the pursuits of the lovers of pleasure, in order to retain their friendship, and exert an influence to win them to the truth. The plea is not new. The same work has been often attempted since the opposing forces of good and evil first existed in the world. The result has ever been the same. Conformity to worldly customs converts the church to the world. It never converts the world to Christ. "The friendship of the world is enmity with God. Whosoever therefore will be a friend of the world is the enemy of God." James 4:4 How can the loyal subjects of the great King be in harmony with his bitterest foe? When the professed people of God choose the fellowship of the world, what marvel that the presence and blessing of Christ is shut out from the church?"

Review and Herald
June 20, 1882
"Workers for God"



CAFFEINE

...Continued From Page 8

SUGAR, CHOCOLATE AND TYRAMINE

Sugar is often combined with chocolate, which contains a chemical called tyramine, and is absorbed by the nerves. Tyramine can act as a stimulant or a depressant, which can cause competing reactions with the serotonin in sugar. This head-on collision, researchers say, adds to the addictive quality of chocolate. The five chemicals in chocolate also cause the body to burn sugar faster, urging the chocolate lover to eat more chocolates to satisfy this sugar need. As with any addiction, the chocolate habit can take on a life of its own.



Chocolate can also cause depression. We live in a time of more addictions than ever in history. We are witnessing more and more people with mental problems to one degree or another. Psychological illness now hospitalizes as many people as physical ailments do.

Individuals who regularly consume chocolate or go on chocolate-eating binges may not realize that they are involved with consuming a mild form of drug. Their consumption usually follows the same sort of pattern as with coffee, tea, and cola drinkers. Chocolate, which comes from the coca plant contains fourteen drugs. Cocaine come from the cocoa plant and is the most important part to drug users.



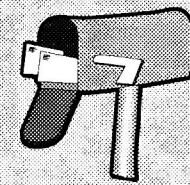
SOFT DRINKS AND CAFFEINE

The popular cola drink is a strange mixture of phosphoric acid, sugar, caffeine, coloring, and flavoring matter. The amount of phosphoric acid is 55%, giving cola drinks an acidity of pH 2.6, or about the same as vinegar. Why doesn't a cola drink then taste like vinegar? Because of the sugar added. Why so much phosphoric acid? Evidently to keep the water sterile, as no bacteria can live in such acid solutions. The solution of phosphoric acid in cola drinks is so strong as to cause human teeth to become very soft within 2 days. In fact, it is strong enough to dissolve nails and limestone, and the caffeine in the cola drinks, without doubt, has a direct bearing on the prevalence of gastric ulcers.

According to the *Council of Foods and Nutri-*

...Continued On Page 16

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 V & I: (customers of AD)

I cannot thank you enough for lending us the creation vs. evolution tapes!! God must have tapped you on the shoulder this time.

The young people have been eating them up - watching them more than once and even sharing them with their non-SDA friends.

M. is a student at UCSC and absolutely inundated with evolutionary theories. This has really validated and encouraged her in her faith.

Our son has been turning sincerely & adamantly agnostic since his academy days. A number of things have converged for him, but one of the biggest pieces is the information in these tapes. He is being transformed!! He has been going to Bible studies several times a week and

coming to church most of the time and is talking faith. He has many layers to go (don't we all) but what a change. It's an absolute miracle! I am so grateful to God!!! Thank you so very much for your part in this!! God bless you. Thanks again for your sharing of this 'gold'. Satan isn't happy about this so pray for these young people.

L.S.
Santa Cruz

Dear Dr. Veith,

Earlier this year I bought the video series A and C. I was able to show the video on 'Origin of Variety' to my first year undergraduate sociology tutorial classes when they were studying race and ethnicity! And I plan to show them to the youth classes at church who are mixed up about the evolutionism they are taught at school. I have also been particularly impressed by the information in the C series to pay more attention to my diet even though I am pure vegan (no meat or dairy products). God Bless you in this work.

E.A.

Dear Dr. Veith,

I have heard much about this man, who some are saying is Jesus returned. I have heard much more from some Christian sites saying he is the antichrist. I definitely know he isn't my Lord returned, and I do not believe he is the antichrist, he is one of the many false christs/prophets that Jesus warned us about so many years ago. What are your views on maitreya?

T.T.

Dear Dr. Veith,

I have viewed 34 of your lectures you have done in California and I was spiritually blessed. The information

on masonry, the pope, evolution theory, and your personal testimony were powerful. Not to mention the health series which was also excellent. All the information was current and up to date as I have seen them. I also enjoyed the music presentation by Brian Neuman. I plan on sharing this truth with many perishing souls. I look forward to getting your books when the Lord provides. God bless you and your ministry, and keep preaching the real three angels' messages. You and your team/family are in my prayers.

D.T.
CA

Dear Dr. Veith,

I just wanted to let you know that I have really gained a blessing from your video series. I am a physician and certainly a skeptic but your video series along with several other resources have been a tremendous help for me and my faith. I thought I would write to let you know that your work is certainly bearing fruit. God bless.

M.W.

Dear Wendy,

Our health seminar using your health videos went great. We had about 25-30 people attend each session. We have 2 sessions left. Every Sabbath during potluck we have a little corner where we feature vegan food like rice ice creams, tofu lasagna and soy cheese. People are really enjoying it. Not everyone is open, of course, but I think we are making a difference. ...We thank you again for your ministry. It is touching many lives! We are also sharing your prophecy videos with other people from the church and from outside the church as well. Best Wishes.

D.E.
Tulsa, OK

CAFFEINE*...Continued From Page 14*

tion, cola drinks contain about two-thirds of a grain of caffeine per six ounces of beverage, or about one-third the amount in a cup of coffee. Caffeine is a stimulant, and even the cola advertisers stress that the "life" comes from a "Coke." This "life" which you always get from coffee, also comes from the caffeine. The cola manufacturers argue that since the caffeine content in their drink is only a fraction of that in coffee, it is harmless. But they do not add that children innocently drink bottle after bottle, day after day, thereby far exceeding the caffeine content in a cup or two of coffee.

Caffeine has been found to produce ulcers in animals and in some human beings and that severe vertigo may also result. This is to say nothing of its common effects of heart and nerve stimulation.


Soft drinks are not "soft" - they are HARD on you and your health.

COFFEE ADDICTION MUST BE BROKEN TO HAVE GOOD HEALTH

The coffee-addict, who has two, three, or more cups a day has his blood sugar level zigging and zagging all day.

The caffeine in coffee and the theobromine of tea destroys nerve cells, and in later years it can play havoc with memory. Coffee is anything but "good to the last drop."

Giving up the coffee habit is relatively easy to do-once a commitment has been made. For the ma-

jority of coffee drinkers, the habit can be given up without the sort of difficulties that both alcoholics and drug addicts experience. As a matter of fact, many coffee addicts are pleasantly surprised that they could do it so easily. We should eat and drink nothing that does not contribute in some way to good health. Any food or drink that contains neither vitamins, minerals, or enzymes should automatically be crossed off the beverage list. While breaking "the coffee habit" drink plenty of fresh squeezed juices and water. 

FOOT NOTES

¹ Dr. William T. Salter, Textbook of Pharmacology, p. 879.

² Dr. Fessler, British Journal of Physical Medicine.

³ Gerald, M.C. Pharmacology An Introduction to Drugs., pp. 277-280

⁴ Lloyd Rosenfold, M.D., Nutrition for Life, pp. 107-109.

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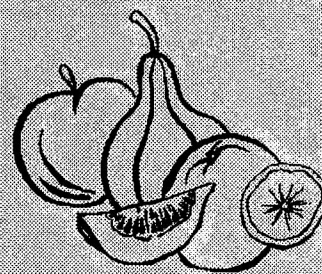
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