

A woman with long, wavy brown hair is smiling warmly at the camera. She is wearing a light blue lace-trimmed top and a pearl necklace. The background is a lush tropical setting with a prominent palm tree trunk and green foliage.

FIVE

Issue 37

Dashing Dressings 9

Follow-up: Varicose Veins 10

Banishing Blisters 18

Name Gallery 25

Platform

Tell us about one of the most memorable experiences in your life.

Q

A: I can tell so many stories of memorable experiences in my life! One time the Lord had me write them all in a notebook, to show me how much He had manifested His love in my life. I came to a total of 77 outstanding events (not counting His normal daily care and supply). Here are a few of them:

When I was 11 or 12, I used to write in my diary a lot. I believe the Lord spoke to me a lot, and I told Him all the deep things in my heart. One time I got the idea that I would have 12 children.—A crazy idea at that time! I wrote down the name and sex of each child. When I showed it to

my parents, my father said that times weren't good to have so many children, and that I'd better go and think about it more. After another hour thinking about it, I went down to eight.—But now I have had 14 so far, ha! I think the Lord was preparing me for motherhood and many children.

One day I will never forget was the day I got saved. It is a long story, but when this boy with long curly hair told me that Jesus loved me and wanted to live in my heart, I knew right away that this was the answer. I bowed my head and prayed, and I immediately felt so loved and happy. I knew He wanted me to follow Him on the spot, like the disciples had.—And I did. I fell in love with Him right there, and I didn't have a

doubt about what I was supposed to do.

There is one more experience I wanted to share: I was pregnant with my fourth child during a difficult time in my life. I had three children (ages four, two and one) and was separating from my first husband; at the same time I was very much in love with someone else who was in a different country. I was pretty "blinded" for a whole year, thinking this man was the person the Lord had for me, since I was so in love.

At the same time Paul (who later became my mate) was in my Home and was in love with me, but he wasn't my type so I didn't consider marrying him. I needed to learn that it's better to let God choose, because He knows what's best.

By the time I realized God's will for me, I had lost a whole year. God bless Paul, who was in love with me and had to wait all that time. He knew from the beginning that our being together was the Lord's will. It was a real spiritual experience for me, yielding my own will for the Lord's highest.

Name: Ruthie Volunteer

Age: 49

Nationality: Chilean

Where do you live: Pacific

Status: Married to Paul Volunteer (age 50)

How many children do you have? 14 (the eldest is 28; the youngest 2 years and 9 months)

How long have you been in the Family? 30 years

My lesson: Yield your all to Him, and He will give you the best. He knows best, and He never takes away something good from you without giving you something better.

How do you manage to get time with the Lord, both to read and hear from Him?

Q A: I try to take my time with the Lord as early as possible (and without looking around too much, as I can easily get distracted with physical work). Paul and I wake up between 5 and 6 a.m. almost every day. Of course there are times I can't get up that early, if I was up in the night with a sick child or something. But I know if I don't fight to get up earlier than the kids, I miss my best time with the Lord.

If I don't get up early, I try to fit it in later. But with a house as active as ours, it can be difficult to get uninterrupted quiet time later in the day—although if I ask desperately for some time alone, my husband and older children are always willing to support me in my more needy times.

I get other times to read the *Heaven's Library*

when I take my little siesta; when I go to the bathroom I take *To Jesus with Love* and have a little praise time, or read my personal prophecy book. We also have another little apartment that we use for our W&R. Paul and I go there when we need to have some time alone together, and that is a real blessing. If you really value your time with the Lord, He will make a way!

What three tips would you give to a mother pregnant with her first child?

Q A: 1. When I was pregnant with my first, nobody was around to tell me how things would be in my pregnancy and birth, so it was a completely new experience. Now we have so many resources—so many experienced moms around, and all the publications, videos and everything the Family has. So my first tip would be: Use it!

2. Eat well and rest a lot. My first husband fed me so well when I was pregnant with my first three (God bless him!) that I think that gave my body a good foundation for my future pregnancies. Take nice walks to relax,

and seek the help of others when you feel overtired.

One thing I love is preparing things for my baby, like gathering the clothes and toiletries. I wash the clothes with a nice softener for the smell, and organize them in new plastic bags by sets and type. I also sew some blankets and shirts, etc. This helps to prepare me for receiving a new baby, and I also find it relaxing to do those things. Don't overdo in the physical and get overtired.

3. Make sure to be specific on your prayer list for a good birth, and then put your trust in the Lord. He knows what is best for you.

What were the best and worst things about your pregnancies or childbirths?

Q A: The best part of my pregnancies is that I have not thrown up. I only feel slightly nauseous for the first months, but it is not severe. In all my pregnancies I was able to work normally until the end—of course, resting when needed. With the last four, we were moving from field to field (these children were born in Mexico, the U.S., Russia and China—and all in

a period of 5½ years!). Where did my strength come from?—Only the Lord and His grace. PTL!

The worst aspect of my pregnancies has been mostly with my last ones, feeling very tired and achy all over.

As far as my births, I had many good experiences. With my second child I enjoyed the fact that I knew more of what was going on. The third birth was so fast! My fourth child was the first one over four kilos. The fifth was my first girl, and an easy birth. My sixth and seventh were twins. My eighth was a beautiful delivery. The ninth was the first of five girls in a row. Number ten was an amazingly easy delivery after a difficult one. The eleventh was our first child born at home. Number twelve weighed 5.5 kg! Number thirteen was our girl born in Russia, and fourteen was a boy after five girls, born in China.

When your body gives birth so many times, it gets tired and your muscles don't respond as well. My babies grow to more than four kilos, and some even over five. But the Lord has never failed me! With each one I have to get more desperate

and depend on the Lord to do everything for me. My fourteenth was a very difficult birth in a country that only delivers first babies—so it's just the Lord Who did it. Whether it's your first or ninth or fourteenth, He will always be with you, and each birth will be a miracle.

If you could live your life over again, what one thing would you do differently?

Q

A: I did many wrong things in my life, but I think the Lord pretty much used everything to teach me something new, and I can't say that I regret anything.

How do you fight discouragement or depression?

Q

A: Now that I feel the symptoms of menopause, my depression can override my capacity of control, though the Lord is helping me recognize the symptoms better so I can ask for prayer when I feel my mood changing. It's amazing how much this is helping me. I also noticed there are times when I just want to be alone. Most of the time I feel very happy and thankful to the Lord, though, and prayer always helps soothe my nerves.

My husband also supports me faithfully with prayer, GBH.

Have you ever had a supernatural experience, encounter with a ghost, spirit or angel? Please describe.

Q

A: One I had was in 1981. I was going through a very difficult time in my life and was very discouraged. I wanted to be alone, so I left the house and took a bus to the closest park. I sat on a bench, crying and trying to read my Bible in an attempt to get out from under the Enemy's cloud. Finally I cried out to the Lord to do something.

Suddenly I saw a very old man with a hat and a cane, walking towards my chair, who then sat next to me. My eyes were swollen and I felt embarrassed to even look at him. He started to talk to me and ask me some questions about what I was reading, etc. When I finally decided to look at him, he gazed at me so deeply that I was afraid to look in his eyes again. His eyes were transparent blue.

He kept talking to me about love and giving love to others, and then he asked me if I would be

willing to go spend some time with him. He was trying to make me think about others and forget about myself. He was very old, like eighty or ninety.

He said I could think about it while he went to the shoe repair store, and then he'd come back.

When I was left alone, the Lord asked me if I would be willing to go with him, so I said, "Yes, Lord, whatever You ask I will do." I waited for a long time, but the old man never came back. I felt so free after that, though; there was no more inner battle. As I went home and thought on the whole experience, I realized that the old man was probably an angel, whose job was to point me to the needs of others and help me forget about myself.

What is the biggest thing you have learned in taking care of your children?

Q

A: I have learned through the years to trust the Lord more for them, and not to worry so much. Lately, the Lord told me that my main job was to be there for them, to show them a lot of love and to pray for them often, to be available and supporting.

It's not that I am always like that, but the idea is to keep trying my best to help them. If I don't get anything else done in a day but to love them, that's good enough. I am kind of a "Martha," so for me it is very important to learn to play the role of "Mary," for myself and for others.

Q

What do you most look forward to about Heaven?

A: To meet my Husband and spend personal time with Him. I sometimes dream about that promise of our first encounter with the Lord when we get to Heaven, and the time we will spend together. I'm looking forward to seeing my heavenly mansion and meeting my loved ones, enjoying the beauty of Heaven, learning, bathing in the lake.

Have you ever been in a really tough situation, or had times when you felt like completely giving up? Tell about the experience, and what helped pull you through.

Q

A: There were times when our marriage passed through a very difficult period. Once I felt like

giving up and throwing in the towel. Then I prayed and asked the Lord to help me be a better wife, instead of trying to change my husband; if He had put us together, we needed His help to make it. He answered me in such a wonderful way! Our marriage turned around completely, and we fell in love again.

Do you have a natural beauty, fitness or nutrition tip you'd like to share with all?

Q

A: The beauty of loving the Lord and the happiness He brings is the best natural beauty; people can see it in you. You are still you, but the Lord's light shines through you. People always tell me I look so young. I know this is just one of those gifts from the Lord, but I can easily lose my beauty when I am not so close to the Lord. So I try in my daily life to cultivate this beauty more and more.

Have you ever been healed from a nagging affliction or a serious disease?

Q

A: I used to fight liver disease and gallstones. From the time I was

a young teen, I was often sick and had to be careful what I ate. While pregnant with my first child, I started to have serious problems. On one occasion I was feeling very sick, and my husband started to read the Word to me. After prayer I noticed that if I concentrated on the Word, the pain would go away, but if I started complaining about the pain, I felt horrible. That night everything passed, but I had learned something important.

A few months after I had the baby, I had a real bad attack. We prayed, and I also took medicine, but nothing worked. I then had a very heavy spiritual experience, which resulted in my complete healing. It hasn't bothered me again since then.—The last attack happened when I was 31, nearly 20 years ago.

How has menopause affected your life? Have you noticed differences in your body? Has the transition been easy or difficult?

Q A: It hasn't been so bad for me, and I thank the Lord for that. My

husband also gives me a lot of support, and he is learning more and more to recognize when I don't feel well or if I need to be alone. It helps to have people around who understand what you are going through; otherwise you tend to worry, and that alone can make you feel more sick or emotional than is necessary.

At what age did you begin experiencing the symptoms of menopause?

Q A: Around age 47. Now I am 49, and am still going through it.

Do you have any tips that have helped you through menopause that you'd like to share for the benefit of others?

Q A: Stop everything and ask for prayer. Take it easy and let others know how you feel. Sometimes it is just this feeling of suffocation or "don't touch me," or feeling very emotional to the point of crying for no reason. For me, one of the best cures is just taking some time to cry, whether a bit or a lot. After that I feel a lot better.

What Letter has had the biggest impact in your life, and why?

Q A: There are so many, but I keep in my little notebook quotes from some of them. I especially love those that explain about our relationship with the Lord as our Husband. I remember when I first read "The Kingdom," when just a few months in the Family, and I had my first spirit trip.

Do you have anything special that you would like to say to your fellow Family mothers?

Q A: Love the Lord with all your heart, mind, and soul, and submit your life to Him.

How do sexual sharing and the Law of Love work for you? Do you have any tips, lessons or experiences that might be a help to others?

Q A: For me it is an everyday process. I used to be a very jealous person, but the Lord delivered me from that when I realized that my relationship with Him

came first. Even when you are married and have a strong marriage, it is never enough without putting the Lord first in your life. Just knowing that I could never lose the Lord's love, and that I love Him so much, has made it easy for me to live the Law of Love.

Q **What is the most important thing you've learned in your relationship with your mate?**

A: To accept him as he is. To not try to change him as I would like him to be, but to pray for the Lord to work in his life. I learned that not long ago. The counsel I read was: "Pray for him, for what you can't change, that the Lord will do it with His power and authority." I have also learned to listen to his dreams in life, and to enjoy them. Be more

communicative, and admire him.

Have you ever fallen in love with someone else while you were married?

A: Yes, I have fallen in love a few times. I didn't plan for it to happen, but it happened. When I found myself unable to handle it, I cried out desperately to the Lord to help me focus on reality. It was difficult, but the Lord helped me. I didn't tell my husband about my feelings until everything was over.

Sometimes these things hit you without warning, and if you are not aware of them, it can be a sidetrack in your life that can destroy what the Lord is trying to build in your marriage. I remember daydreaming for a while, but when I saw myself unable to control my feelings, and knowing

these things would never come about anyway, I asked the Lord for His help and for freedom from that.

It is not that you need to stop loving that person, but with the Lord's help and your will on His side, you can learn to put things in the right perspective. It all has to be the Lord and His help

For mothers who have a lot of children, or a number of young ones close together: Do you have any lessons, tips, experiences, battles and victories along these lines that might help and encourage others?

A: In different occasions we had two, three or four children close together. I can't say I passed the test with golden medals, but I guess I did pass it, with His help. He was there all the time and my husband really helped me a lot. So many times I argued with the Lord about the wisdom of putting me in such a position, but now that I am coming out of those heavy times I can just say, "It's only Jesus." We are just little people, with a great God.

Index Spotlight

Athlete's foot—KL #1, pg.24; KL #7, pg.23; Eve #18, pg.4; Eve #19, pg.2

Windows, cleaning—KL #8, pg.19; Eve #28, pgs.8,10

Check out the online *Parenting and Childcare Index* on the MO site for more references just like these!

Don't Forget to Eat Your Reds, Too!

By Daisy Price, *The Independent*

Nutritionists now believe that “eating your reds” could be equally beneficial to your health as “eating your greens.” Red fruit and vegetables, and even red wine, could reduce the risk of chronic illness such as cancer and heart disease, and help slow down the aging process.

Foods such as strawberries, raspberries, beetroot, red peppers, red apples, rhubarb, cherries and tomatoes contain high levels of antioxidants. These antioxidants protect us from free radicals, the harmful chemicals produced by our bodies when we burn up oxygen.

Free-radical damage

can accelerate the aging process by weakening the body's cells and making the skin sag and wrinkle. This natural chemical reaction is intensified by outside factors such as smoking, pollution, excessive sunlight, radiation, and poor diet.

“The pigment in red foods has high antioxidant potential,” says Dr Sarah Schenker from the British Nutrition Foundation.

“They contain nutrients that are not essential—you won't suffer nutritionally if you don't eat them—but they are important for optimum health and can help prevent cancer and heart disease. The body's natural defense system can be boosted by nutrients commonly found in red

food, such as selenium, vitamin A and vitamin E.”

Although eating red food isn't necessarily the key to eternal youth, it could keep you looking better for longer.

“You can't physically stop yourself from getting older, but you can reduce the damage,” says Schenker. “Keeping good inward health will reflect in your outward appearance.” Red food may also increase energy levels good for fighting lethargy and boosting sex drive.

Red fruit and vegetables are high in vitamin C, essential for maintaining the body's natural immune system. Red peppers, for example, contain more than double the amount of vitamin C found in oranges. There are only 54 mg of vitamin C per 100 g of oranges, while the same weight of red peppers contains 140 mg of vitamin C. Red peppers are also a good source of vitamin B6, iron and potassium.

Red onions are a good source of fiber, vitamin C, folic acid, calcium and iron. Like bananas, red onions contain lots of potassium, helpful in reducing blood pressure.

(Dad speaking:) Not only is variety the spice of life, but the Lord created a wide variety in foods for a reason. Eating only greens isn't ideal, and neither is eating only red vegetables. It's important to have a balanced diet, to include some of each of these food groups in your food plan. That's the best, the healthiest, and the way the Lord intended it to be.

There are some vitamins, minerals and health benefits you receive from green veggies that you don't get from red veggies, and vice versa. The more variety you can have in your vegetable and fruit intake, the better. So if you're lacking in variety, claim it in prayer, and the Lord will supply all of your needs as He has promised. *(End of message.)*

Scientific studies have shown that the lycopene found in tomatoes can help prevent heart disease and the onset of prostate, breast and cervical cancer. Lycopene is a powerful antioxidant, which fights the toxins that trigger cancer.

Lycopene appears to be even more potent once the tomatoes have been cooked. Lycopene is also found in watermelon and pink grapefruit.

Cranberry juice is well known for helping to alleviate the symptoms of cystitis (inflammation of the urinary tract and bladder). Schenker says:

“Cranberries contain citric acids that pass through the kidneys and urinary tract unchanged, providing a hostile environment where bacteria cannot grow.”

According to Schenker, the health benefits of red wine can be seen when comparing the differences between the French and British lifestyles. She says: “The UK has one of the highest rates of heart disease in the world. In France, the rates are much lower, even though their diet is often higher in saturated fats like cheese, cream and meat, and they tend to smoke more. The

French drink a lot more red wine—not to excess, but it’s common to have a glass of wine with both lunch and dinner.”

While it is clearly important to increase our consumption of red food, it is even better to achieve the full spectrum of colors in your diet—what nutritionists call “the rainbow.”

Health experts recommend we eat at least five portions of fruit and vegetables every day, but this doesn’t mean sticking to the same old combination of foods. The more colorful and varied your diet, the better.

Dashing Dressings

All the members of our Home enjoy adding these salad dressings to their vegetables. They are much better than the commercial ones, which are full of additives, preservatives and sugar. Enjoy!

Both dressings will last a long time if not used right away. Store in a well-covered container in the refrigerator. The longer it is stored, the better the taste.

(See “Homemade Italian Dressing” on page 28.)

From Rejoice (of Gabe Iowa), USA

Dill Salad Dressing

- ½ cup mayonnaise
- ½ cup yogurt (or sour cream)
- 2 tsp grated Parmesan
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp ground pepper
- 1½ tsp dill
- Mix well.

This is good for dips to accompany carrot and celery sticks, as well as chips. If you want it a bit more liquid, add 2 tbsps milk (in which case the dressing will not keep as long).

Varicose Vein Treatment Choices

Q: I have had a difficult time with my varicose veins. I try to be faithful with doing the things I should, but nothing has helped them. Recently I have had so much pain that I limp when I walk. My veins started coming out on my left foot. I have prayed a lot about having an operation, and the Lord gave me a green light to go ahead. But I am still hesitant. So I wanted to ask if you have any articles on this subject, to help me figure out if I need to do something now before it gets much worse.—*Vida, Brazil*

A: (*Eve:*) There are a number of different treatments that are available for the relief of advanced and extremely painful varicose veins, including surgery in some extreme cases. We have received testimonies from a couple of Family women who received confirmation from the Lord to go ahead with treatment of their advanced cases of varicose veins. We hope these testimonies will be a blessing for you and give you an idea of what you may expect, if the Lord leads you to take this route.

In general, mild varicose veins are more of a cosmetic problem or

a nuisance than anything else. If, however, you find that they are getting progressively worse, that they are causing you substantial and increased pain and discomfort, and that they are hindering your job and ministry for the Lord, please do be sure to take the condition to the Lord and ask for His healing help, as well as any personalized advice He may have regarding your lifestyle, habits, or other factors which can bring relief. In these serious cases, He may lead you to counsel with reputable doctors and specialists, to get their advice on a treatment and course of

action that would work well for you.

We are the Lord's children, and with the power of the keys He has given us, all power is given to us in Heaven and on Earth. So don't hesitate to claim the Lord's solution for you—whether He wants to bring about your healing through miraculous means, whether He wants to use a doctor and hospital as a part of His plan, or whether He wants to give you the grace for the affliction He has allowed in your life.

We love you and pray the following articles and advice will be a blessing to you.

The following interactive Web site gives a good visual illustration of how and why varicose veins are formed, and some general tips on care and treatments available for them. <http://www.nlm.nih.gov/medlineplus/tutorials/varicoseveins.html>

S Step by Step to Healing

From Bonnie, USA

I had a large varicose vein in my left leg, which started when I was in my mid-twenties. It ran from the top of my thigh, down the entire length of my leg till my ankle. It ached daily, to varying degrees (especially during period time) for the next twenty years, until I had it removed surgically last year.

Over the years I had tried various things to help alleviate it.—I took vitamin E daily; I wore support hose; I elevated my legs at night before going to sleep, and sometimes even slept with my legs up on a piece of foam or pillow; I sprayed them with cold water after my shower daily. These things all helped momentarily relieve some of the discomfort, but did not improve or make the varicose vein go away.

A couple years ago, the aching and discomfort increased considerably, so I began thinking and praying about having it removed. I did some research on methods and prices. I found the conventional

method of surgery, called “stripping,” was too costly for me, as it had to be done in a hospital by a doctor; not only did the doctor need to be paid, but the hospital and an anesthesiologist as well. So I continued to pray and research every method available.

Then one day I came across the Web site of an Israeli doctor here in southern California, who is one of the pioneers of a new method for removing varicose veins, a modification on the conventional stripping method. I read all the material on his Web site about the condition as well as the procedure, and about him and his facility. I then did some research to check out his credentials and make sure he was properly licensed, etc.—which is very important to do if you are having any type of procedure done that is not in a hospital. Plus, seeing as I had found him on the Internet, I wanted to make sure he was bona fide and qualified for what he was doing.

I then contacted him by e-mail, then phone, for further information about himself and the procedure. I received prompt positive replies from him and his wife. The first thing the doctor requested was a clear photo of my leg and the problem vein, which I sent him.

The next step was to have a test done using a machine that is an ultrasound for blood flow through the veins. This shows the amount of flow in different portions of your vein and the location of any problem areas. This test helps the doctor determine where the problem is and whether the condition of your vein is appropriate for this kind of surgery. This initial assessment costs over \$300 for the test and \$95 for the doctor’s fee. This was a substantial amount of money just for a test, so I took the entire matter to the Lord to hear from Him in prophecy.

I asked Him about the doctor, about going this route, and about taking this test. I also asked someone else to hear from

the Lord about it at the same time, to confirm the Lord's will in the matter. In both prophecies the Lord gave the okay to go ahead with this test, then to come back to Him before taking any further steps. So I had the test, and the doctor confirmed that my problem vein was a good candidate for this type of surgery.

The next step was to hear from the Lord about whether to go ahead with this surgery to have the vein removed. After the test, I told the doctor I would like to think about it, and he said there was no pressure; if I decided to go ahead with it, I could just call him back. Even though this type of surgery is minor, having *any* kind of surgery done was a major decision, as I had

never done anything like that before! So I prayed desperately and sought the Lord for His counsel, guidance and direction on this next step. And again asked the help of someone else to do the same. I wanted to be sure of the Lord's will before going ahead.

In the prophecies, the Lord gave the go-ahead, promising He would be with me and protect me in every way. It was such a blessing to have the Lord's confirmation, as well as specific promises for the operation that another dear friend of mine received in prophecy. I took these with me, and read and claimed them.

The day of the surgery I had lots of brethren praying for me. It took place in the doctor's office

in a separate room set up with an operating table and equipment. The doctor and a sweet Filipino nurse were present, and there was soft, relaxing music playing. The operation took three hours and I was awake the entire time. The doctor gave me injections of local anesthesia around the section of the leg he was working on; he worked his way from my thigh to my ankle.

The process he used was to make an incision at the top of the vein to sever and tie it off, stopping the flow of blood into that vein. The initial incision was about two inches. After severing and tying off the vein, he then proceeded to make tiny, two- to three-millimeter incisions every couple of inches along the vein, two at a time. Once

Natural Beauty

The beauty of a woman is not in the clothes she wears,
The figure that she carries, or the way she combs her hair.
The beauty of a woman must be seen from in her eyes,
Because that is the doorway to her heart,
The place where her love resides.
The beauty of a woman is not in a facial mole,
But true beauty in a woman is reflected in her soul.
It is the caring that she lovingly gives,
The passion that she shows,
And the beauty of a woman
With passing years only grows!

—Sent in by Elise, Chile

he made two of these tiny incisions, he inserted a wire with a small metal ball-like head in the top of that section of the vein, forcing it through and out the tiny incision below, pulling it out the other end with a tiny hook. It is tedious and strenuous work for the doctor. There is a lot of bleeding and bruising as it is basically tearing the vein away from the flesh and pulling it out, section by section; he only does a section of a couple of inches at a time. That is why it took three hours to go from my thigh to my ankle.

I was actually very relaxed, and I felt no pain during the entire operation—except for a few moments at one point in the operation when the doctor got a little ahead of the anesthesia. I let him know right away (rather loudly and clearly, ha), and he stopped right away and apologized and injected some more anesthesia, waiting until it took effect before proceeding. I had to lie very still for three hours, but I was very comfortable and spent most of the time having prayer vigil for everyone and everything I could think of. I could have watched everything he was doing, but preferred

not to as there was a lot of bleeding and it was a little gory. So I turned my face towards the opposite wall and concentrated on relaxing and praying.

The larger incision at the top of my leg required stitches, but the tiny incisions did not. These he taped shut with surgical tape. At the end, they cleansed and disinfected my leg, then wrapped it with surgical tape, and on top of that put a very strong elastic stocking, before allowing me to stand up. They had me walk around a bit, after I dressed, to make sure I was okay and not having any kind of reaction to anything.

The days following the operation were a little uncomfortable, but not that bad. I was told to be as active as normal, and do everything I normally did, except certain things like swimming or playing sports. Since I was used to walking an hour a day up and down hills in the rural area we lived, I continued doing that with my bandaged leg. It was a bit stiff and more difficult to walk, and the bandages slowed me down a bit, but it got easier as the days went by.

I had to leave the surgical tape on for a number of days, but could take the strong elastic

stocking off at nighttime after the first 24 hours, then put it back on each morning. After a week, I no longer had to wear the elastic stocking, and from then on it was a matter of the healing of the incisions and the extensive bruising from the procedure. It took a couple months for the bruising to go away, and longer for the scars to fade.

Now, a year after I had it done there are no visible scars, except for the two-inch one, which is done in a place that is not noticeable at all, TTL.

The operation cost about \$1,900 (not including the initial test, and \$50 for the elastic stocking for after the surgery). It has been a tremendous blessing for me to have this vein removed after so many years of aching and pain, and I am very thankful to the Lord for providing me with the opportunity and the funds (via a gift from a relative) to have it done.

For anyone interested in more information on this, please see the Web site: www.veincenter.com/goren.html, or if anyone would like to e-mail me, I would be happy to answer any questions and help in whatever way I can. My e-mail is: heybonnie@hotmail.com

F^ollowing His Path for Healing

From Maria Swiss, Middle East

I have had quite a bit of experience through the years with varicose veins. Pregnancy first brought them on, especially during my second pregnancy, as it was summer and I made the mistake of not wearing support stockings.

My ministry has always been some type of witnessing, which means sometimes having to stand still for a while when people want to talk. Now I have learned to just be honest, and let people know that I cannot stand still for long periods but have to either walk or sit down!

One particular vein on one of my legs had been worsening, forming little green bumps along the leg starting above the knee, behind the knee and midway down. When I moved to the tropics, the heat plus having to stand for hours in buses in bad traffic caused these bumps on my leg to enlarge, and to itch and burn so badly that I would get up in the

middle of the night just to sit by the swimming pool and soak them in the cool water!

I became quite desperate about this. I also couldn't always afford nor stand the heavy perspiration caused by wearing the necessary support stockings, which also caused me other skin afflictions. It had been 16 years since I had first gotten these varicose veins, and I made it my New Year's prayer to find a lasting solution to the problem.

After moving fields again and still having to do a lot of standing, I consulted two specialists to evaluate my condition, and studied up thoroughly on the subject. One specialist told me I would have to change my lifestyle, and that even an operation wouldn't guarantee that the problem wouldn't recur. The second specialist confirmed this, but when I asked them both to frankly tell me what they would do in my place, they both said

they would choose to go ahead with "stripping" the vein.

I want to say something at this point, and that is that I'm not a person who's very inclined to go to doctors; I have been healed through prayer and faith from many ailments, and have put myself on the healing limb many times. So by this testimony I am not advocating hospitals and operations, but just trying to explain how important it is to take care of your legs, and to make sure you don't get yourself into that condition in the first place, by doing all the things such as elevating your legs at every opportunity, not overdoing, and if necessary trying not standing still for any length of time!

I took this matter to the Lord time and again, and after two years the Lord gave me the peace and trust to go ahead and remove this "offending" vein by an operation. He also supplied the funds

for it, and the doctor offered his service free of charge because of the nature of our work. He had to first make sure there weren't any clots in the veins, as this could have been dangerous, by doing a chemical test called a phlebogram, which I found quite painful.

After the 1½-hour operation under complete anesthesia, my leg was black and blue, and had to stay bandaged for a month. I was told to either lie down, or walk, but not to sit or stand at all. The doctor said that usually they inject the leg with a liquid that firms up the

flesh around the affected area, but I opted not to do this.

I was very thankful for our Home members, who were very supportive, and—as I was single then—a sister stayed with me through the operation until I was able to regain full consciousness and get into a vehicle and go home. Everything came slowly back to normal, though it was hard to believe it at first, as peeking under the bandage was a bit scary! But it did, thank the Lord.

Three years later, things are 90% better

and I am glad for this deliverance, but I still have to watch out. I get throbbing legs in summer especially, and it's just a hereditary weakness. I still go out almost every day on outreach, wearing support stocking when I can get them! The spot where the vein used to be is still slightly greenish, and you can tell where the bumps used to be, with a little itch where the worst affected spot was.—But it's nothing like before.

When I was asking the Lord about writing up this testimony, here is what my mate received in prophecy:

Jesus speaking:

You feel constrained out of love for My precious women to tell your story of how I used the doctors and that operation to deliver you from years of affliction and hindrance in the physical. I say to you, you may do so if you keep in mind as you write that you do not wish to promote doctors and going the medical route, but that that was how I led you at that particular time.

One thing I would ask is that you tell the full story of how you were very hesitant to use the doctors, how seldom you have used them, and that you sought Me every step of the way until complete faith was born in you to take this route. Clarify that this is one alternative that worked for you, as you were an outreach person who spent hours on your feet daily witnessing and nightly singing. Other methods could work for other ladies who have more sedentary jobs and duties that keep them at home where they can get off of and elevate their legs.

Also, explain how long you waited before taking this route to clarify that you didn't rush into this, but you pondered long and hard with much prayer and things turned out all right. And above all, give Me the glory for delivering you from this hindrance to your ministry and your health. (*End of message excerpts.*)



Cautions in Determining Treatment

From the American Venous Forum

Treatments for varicose veins are available, but be cautious. Advertisements touting “unique,” “permanent,” “painless,” or “absolutely safe” methods and “money-back guarantees” may be appealing, but they don’t always live up to their claims. Before you agree to any, talk to a properly trained physician about cosmetic side effects, health risks and the cost of each kind of treatment.

It is wise to consult with several physicians before you decide on a doctor and treatment protocol. Ask the doctors about their experience performing the procedure you’re considering, its

safety and possible side effects. In addition, ask to review informed consent forms, which explain the risks of the procedure.

Most complications following treatment for varicose veins are minor. The side effects of surgery under anesthesia may include nausea, vomiting and a slight risk of infection in the incision. While all incisions leave scars, the scars resulting from the vein-hook crochet technique usually are minimal. Surgery may cause bruises and areas of hardening near the scars in the operated leg.

The side effects of sclerotherapy (another varicose vein treatment involving the injection

of a solution into the problem vein) depend on the type and strength of the solution used, the size and location of the veins treated, and the doctor’s experience. Some sclerosing agents have been associated with allergic reactions that could be severe. If you have any allergies, be cautious. Occasionally, sclerotherapy can cause small blood clots in the injected veins.

Are the results permanent?

No treatment method has been scientifically proven to prevent varicose and spider veins from recurring. Results of surgery on varicose veins and injection of spider veins rarely

Oil and brush helper

I have inherited the tendency towards varicose veins; some things that have helped me are taking vitamin E oil internally, and brushing my legs with a soft brush or loofah sponge. It’s best when you brush in the direction of your heart, preferably before a shower or bath, and/or during it. By doing this, my varicose veins disappeared. Try it!

—From Daniella and Emanuel, France

are permanent due to hereditary and hormonal and gravitational factors, which affect the walls and valves of the veins. How quickly the problem veins return depend on what caused the

problem, the treatment used, its suitability for the particular condition, and the physician's skill. Sometimes the body forms a new vein in place of the removed vein. An injected vein that was not

completely eliminated by sclerotherapy may reopen, or a new vein may appear near the last one. Varicose veins are more likely to recur following sclerotherapy than surgery.

Skipping the Stairs?

Q: I've had varicose veins since my children were very small and now I'm living in a house with lots of stairs. Someone told me that using the stairs a lot could cause more varicose veins to appear. Is that true?—*Woman in Brazil*

A: (Eve:) On the contrary, from what we could tell when researching the answer to this question, it is *recommended* that you walk up and down the stairs as much as possible! Regular and consistent exercise is one key to keeping varicose veins from worsening, and stair climbing is one excellent in-house way of doing just that.

Long periods of standing or sitting can cause problems if you are prone to varicose veins, whereas one of the key benefits is more movement: going for walks, climbing stairs, cycling, swimming and all sports in which the leg muscles are kept moving. If you need to sit or stand for a long period of time—such

as long journeys by car, train or plane—try to leave your seat from time to time and walk around a little. If that is not possible, move your feet up and down with a rapid pumping movement. Keep that blood flowing—and don't worry a bit about those stairs. God bless and keep you healthy in the power of the keys and His wonderful Spirit.



BANISHING BLISTERS

Blister Treatment and Prevention

From the About Sports Medicine Web site

Blisters are quite common for anyone who regularly participates in sports. Most people accept them as the price you pay to play, but there are measures to avoid them, or decrease the pain and risk of infection if you find you have one.

■ Causes of blisters:

Blisters form when

the skin rubs against another surface, causing friction. First, a tear occurs within the upper layers of the skin forming a space between the layers while leaving the surface intact. Then fluid seeps into the space. Soles and palms are most commonly affected for several reasons. The hands and feet often rub against shoes, skates, rackets, or other equipment. Blister formation usually requires thick and rather immobile epidermis, as is found in these areas. In addition, blisters form

more easily on damp skin than on dry or soaked skin, and warm conditions assist blister formation.

■ Treating blisters:

If you get a blister, the goal is to relieve pain, keep the blister from enlarging, and avoid infection. Signs of infection include pus draining from the blister, very red or warm skin around the blister, and red streaks leading away from the blister.

Small, intact blisters that don't cause discomfort usually need no treatment. The best protection against infection is a blister's own skin. Larger or painful blisters that are intact should be drained without removing the skin. First clean the blister with rubbing alcohol or antibiotic soap and water. Then heat a straight pin or safety pin over a flame until the pin glows red, and allow it to cool before puncturing a small hole at the edge of the blister. Drain

Treatment for Skin Blister Relief

Web reprint

- 1 tbsp salt
- 2 black tea bags
- 3 cups water

Bring 2 cups water to boil and remove from heat. Steep tea bags for 30 minutes, then remove tea bags and let cool. Add salt and 1 cup water. Soak a cloth in the mixture and lay the cloth flat onto the blistered area and let sit for twenty minutes. Repeat as needed. Makes 3 cups. Discard after use.

the fluid with gentle pressure, and then apply an antibiotic ointment. Finally, if you are going to be wearing shoes that will be in contact with the blister, or if you are going outdoors where it could get dirty, cover the blister with a bandage. (If conducive, air drying may speed the healing process.) Change the bandage daily, or as needed.

Blisters: Treatment

*By Karen Berger,
Backpacker's Everyday
Wisdom*

Stop immediately. The second you feel something pinching, rubbing, or otherwise bothering your foot, stop! Right that exact, very minute. Most serious blisters—the one that make your feet look like raw hamburger—are due to violating this simple principle.

Most often, the problem is something minor that can be fixed, say, a speck of dirt digging into sweaty skin or a bunched-up sock. If the problem is your shoe, rub the inside of it with the round part of a

closed pocketknife, or a small round stone. This simple, quick fix can give you that extra millimeter of room.

A small red spot caused by a grain of sand that you've found and removed might just need a Band-Aid. A more angry-looking spot might require additional padding, say, a layer of adhesive bandage. It's best to put the bandage over the Band-Aid so that the adhesive doesn't stick to the tender area. You don't want to compound the problem when you remove the dressing.

Prevention of Friction Blisters

*Harvard Pilgrim Health
Care Web site*

The best way to prevent friction blisters is to wear shoes that fit your feet well, so that the shoe is not tight anywhere and does not slide up and down your heel when you walk. Wear socks with shoes to protect your feet and prevent irritation, and try to keep your feet dry. If an activity is causing blisters—for example, if learning to play golf

is causing blisters on your hands—ask an instructor to point out other ways to perform the same activity in a nonirritating way, and take advantage of protective devices, such as gloves.

When to Call a Professional:

Widespread blistering, itchy blisters or blistering in a place that has not been exposed to rubbing or pressure should be evaluated by a physician. These are signs of an illness, not friction blisters.

For typical blisters, medical care is needed only if an infection develops. If you think you have an infection, see significant redness, notice drainage that is not clear fluid or develop a fever, see your doctor. Also, if the blister is so large or painful that walking or other activities become difficult, seek professional help.

People with diabetes who experience blisters frequently or have blisters that don't seem to heal should see a health care professional.

QUICKTIPS

LIFELESS LOCKS

My daughter and I both have had really dull, lifeless hair, and I always wondered why. A lady fresh out of beauty school noticed it too and kindly offered to show us why and what we can do to improve it:

She scraped her scissors' blade upwards along several of our hairs that she held taut. A soapy residue scraped right off, like scaly white stuff! She explained how shampoo and conditioners can leave that heavy residue on the hair which builds up, leaving the hair heavy, dry and lacking in shine or luster. She said to use a "clarifying" shampoo every few times to rid of that residue—which rinsing in vinegar can also do! We tried this, and it made a marked difference in the appearance of both our hair.—*Sara D., USA*

FLYCATCHER

To catch flies which have invaded your caravan or tent, put a squirt of dishwashing liquid into a container and add a quarter of an inch of water. If you hold the container

near the flies, they appear to become intoxicated and will then happily jump into the mixture.—*The Times*

USES FOR SOCKS

1. Store off-season shoes inside so they don't get scuffed.
2. Pull onto your hands to dust in crevices such as pleated lampshades and louvered shades.
3. Stuff with a ball and use as a dog toy—you pull on the cuff while the dog pulls on the ball.
4. Fill with soap slivers and use as a washcloth for kid's baths. (This would depend on the sock, of course.)
5. Cut off the toes and slide over your arms to protect them from scrapes while gardening.
6. Slip onto furniture legs to make it easy to move without scratching the floor.—*Woman's Day magazine, sent in by Stephen, Canada*

A SCREW LOOSE

Pour white vinegar over the head of a rusty screw to loosen it.—*Woman's Day magazine, sent in by Stephen, Canada*

SOOTHING STEAM

For sinus congestion:
Boil a pot of water. Remove from heat and add one teaspoon of dried thyme and one teaspoon of dried chamomile (one teabag will do—be sure it is pure chamomile and not a mixture of herbs). Set the pan on a table, ease your head over the steam, and put a towel over your head like a tent to catch the steam. Breathe gently for a few minutes, taking a break as needed to cool down.—*Nancy G., Web reprint*

MOUTHWASH

Steep 4 tbsps of chopped fresh mint leaves in 1 qt (4 cups) of boiling water. Let cool, and then refrigerate. Once chilled, strain the mixture and keep in a bottle in the refrigerator.—*Nancy G., Web reprint*

MINT CHOCOLATE

To give a mint flavor to chocolate, simmer chopped mint with cream, strain and use when preparing puddings.—*Laurel Morris, Web reprint*

SPICE UP TUNA

Chop spearmint and mix with olive oil, and use as a marinade for fresh tuna. Marinate 30 minutes; grill.—*Laurel Morris, Web reprint*

DANDELION COFFEE

Caffeine-free: Believe it or not, dandelion “coffee” is almost indistinguishable from the real thing. Dig up the dandelion roots in the fall (autumn) when they are fattest. Scrub clean but do not peel. Dry thoroughly, preferably in the sun. Roast in the oven, until brittle. Break up and grind. Use just like coffee.—*Trisha, Web reprint*

More on Dandelion

From the New Zealand Health Information Network

Dandelion is an extremely common plant, which grows almost everywhere. Although it has been labeled a weed, the dandelion is a nutritious plant, which contains vitamins A, B, C and D, as well as calcium, potassium, sodium and manganese. During the war years in Europe, it was used extensively as a vegetable; even today the cut young leaves add

flavor to salads and the older leaves can be cooked like spinach.

Healing uses: Dried dandelion leaves can be used in place of regular tea in a teapot. This creates a pleasant-tasting drink which will cleanse the liver, eliminate poisons and wastes from the body, ease constipation and aid in the treatment of rheumatism. There is also some evidence to suggest that regular consumption of dandelion tea will help to suppress the hepatitis virus.

The milky juice from the flower stems of the dandelion can eliminate warts. Just dab a few drops onto the wart daily for several weeks and it will blacken and disappear.

Medical research has shown that dandelion can successfully treat inflammation of the colon (colonitis).

Cautions: Do not use dandelions if pregnant or breastfeeding. Diabetics should be aware that dandelion can cause a drop in blood-sugar levels.

Other uses: The leaves of the dandelion plant make a healthy and delicious addition to any salad. The thick, stalk-like middles of the leaves are bitter, however, and

should be removed before eating.

Dandelion roots can be used as a more wholesome substitute for coffee. To make this drink, thoroughly wash the taproot of the plant, removing the hair-like rootlets. If the roots are to be stored, dry in a cool oven until brittle. When ready to use, roast the roots in a medium oven until brown, then grind and brew in place of standard coffee. Dandelion “coffee” has a lovely taste and is caffeine-free, so it does not have the stimulating effect of regular coffee.

Growing dandelions: Dandelions can be found growing almost anywhere—amongst the grass in lawns, through gravel in driveways, even on roadsides. As it will grow rather prolifically, it is probably best not to cultivate dandelion, but instead to gather it where it grows wild. However, do not gather this herb from roadsides or near fields with herbicide potential. Dandelions give out ethylene gas which is detrimental to the health of other plants, so if you do wish to cultivate it (perhaps in a pot where it cannot spread), keep it isolated.

▶ **Warning About Ear Care**

From Catherine, Brazil

One day my teen daughter woke me up at about 3:00 a.m. and said, “Mom, my earring fell into my ear!” It was a diamond post-pierced earring and the back had come off, probably earlier in the day. During the night, the diamond part slipped out of her earlobe and fell into her ear.

I looked inside and there it was, way down deep in her ear. I could see it shining but I couldn’t get it out

manually, and it wouldn’t fall out by her jumping up and down with her ear pointed downward.

I knew it would be dangerous to stick anything in her ear, so we went to a nearby hospital. There the doctor had to use a special cone-like instrument with a hole in it to shine a light into her ear. He then used a very long, thin, tweezer-like instrument to work *through* the cone-like instrument.

It was not simple for

him to get it out, and it hurt my daughter a lot because it was scratching the eardrum. Thank the Lord, he got it out (of course, we were praying desperately).

I just wanted to share this to show how important it is to not tamper with things in the ear, as it is very difficult to get things out and we can cause lots of damage by poking around. I’m glad the Lord warned me not to try anything before I took her to the clinic!

▶ **20 Turns 50 ... Skin Care**

By a 27-year-old, WS

I know an FGA woman in her fifties who looks very youthful. She doesn’t have any noticeable wrinkles around her eyes. When I asked her about this and she told me her secret: Since she was in her early twenties, she has put a good quality moisturizing cream around her eyes. She explained that even as a young woman, the skin

around your eyes tends to get dry, which makes the wrinkles set in more deeply. In time, you can get more pronounced wrinkles just because the skin around your eyes was too dry.

Needless to say, I’ve begun putting cream around my eyes before bed every night. And it’s made a difference. I had been noticing faint lines around my eyes, but now with my new 10-second cream

routine, my skin is softer, more supple, and the lines have faded.

Just a precautionary tip to my fellow twenty-something-year-olds who aren’t worried yet about wrinkles, lines, and creases: They’re on their way—and we can do some preventative work!

P.S.: The skin around your eyes has far fewer skin layers than the skin on other parts of your body. So don’t rub hard

or tug at your eyes, because the skin around your eyes is very thin and fragile. Handle it with care!

(Dad speaking:) It sure doesn't hurt to do what you can, as the Lord shows you, to take good care of your body and the temple the Lord has given you. You women are each

wonderful and incredibly gorgeous, and none of you should ever feel ashamed of even one of your wrinkles. They are signs of life—the happy, wonderful and heavenly life you've lived in loving service to others. So I hope this little article doesn't minimize the beauty of those caressing marks of the Lord's love.

But at the same time, if you take good care of your skin and keep it moist and supple and healthy, then that's part of being a good steward over the Lord's property too. So do what you can, and then let the Lord do the rest. I love you!—You're all gorgeous to me! (End of message from Dad.)

► Secrets of Long-Term Beauty

From *Shine* (SGA, of Tim), USA

There have been many pictures of FGA women in the pubs lately, especially in *Eve*, *The Grapevine*, and *FSMs*. In our Home the reactions to these pictures has been notable. "She is so pretty!" "This lady is beautiful!" "These women are incredible!"

It is quite astonishing to see picture after picture of such gorgeous, glowing older women! One day, while riding in the car and looking at the cover of an *Eve*, I commented to my husband, "These women are so beautiful. They look even prettier than the pictures of the young girls! If I look like that

in 20 years, I'd sure be happy."

His answer to my remark was just as casual, but it left me with quite something to think on: "Look into their eyes," he said. "Can you see that there is no bitterness there? If you don't grow resentful or bitter towards the many things you go through in life, you will only grow more beautiful, and the Lord can really shine through."

I realized that Jesus was trying to make a point to me, to follow the sample of all of these beautiful women who have clung tightly to Him through the many good and bad times they've had. It

is very convicting for me, because I know that the choice is up to each of us to either let things bother us, to grow resentful towards others or about things that happen that seem to be unfair, or to go along trusting the Lord, not thinking about ourselves but just loving others and making things easy for them. Lord help me!

I definitely want to follow the sample that the Lord gives us in the many Letters on the subject, and the sample that many of you women have given us, in the warm light glowing from your faces. Thank you for being so faithful and so incredibly beautiful!

The Will and the Way Toward Love

By Mark Goulston, M.D.

Remember when life and love was so much simpler? When you could take what your partner said at face value without looking for hidden agendas and innuendos? What would you give to turn the clock back to the blissful, carefree stage of your relationship? Try following these steps.

1. Even when you're upset with your partner, you can choose how you react. You can choose to take the high road or slide quickly into the low road. For example, every time either of you is tempted to be petty, you can choose to be gracious; every time you are about to jump

to conclusions about the other, you can choose to find out why your partner did what he or she did; every time you are tempted to begrudge your partner, you can choose to forgive him or her.

2. Establish a loving routine—even when you don't feel loving. Say "Good morning" when you wake up and "Good night" when you go to sleep. Give each other a hug when you leave the house each morning and a hug when you come home at the end of the day.

3. When you've done something wrong, own up to it quickly and say you're sorry without any excuses.

4. When the other owns up to having done something wrong and

apologizes to you, accept the apology and thank him or her.

5. You can hold onto a grudge and be bitter, or let go of it and feel better. The choice is up to you.

6. Every morning think of three things you're grateful for and three things that could be worse. You'll be starting your day on the right foot.

7. Don't try to change others. Accept them as they are and hope they change rather than not accepting them at all until they change.

8. Remember someone who did something very caring toward you. Let yourself fill up with the gratitude you feel.

My simplest advice for a marriage is this:

Never be ...

... too rushed to say,
"Thank you"

... too proud to say,
"I'm sorry"

... too angry to say,
"Good night"

Sometimes all it takes to break a love logjam is for one person to speak up and say, "I want to like you and be liked by you again." Someone has to go first. Why not you?

Ever felt like picking a fight with your spouse?

You're grouchy, you're ready to unload and you let the words fly. You take out your frustration on your mate, hoping they'll take the bait. Well, there's a better way to vent. When you see them, just say, "I am cranky." They'll ask why, and that's when you get to let it all out—but more like a report instead of an attack. Your mate can be the comforter and the one who cheers you up. You'll still get to vent, but without the damaging consequences of a full-blown fight.

—Mark Merrill, *The Family Minute*

NAMEGALLERY

Alina: A drop of refreshing; like rain that falls upon the parched earth, she is one who possesses an inborn soothing spirit that brings calm and love to her surroundings. (*female*)

Anisha/Anisa: Lovely, fairy-like, full of grace and elegance. A creature of delight, both in spirit and in body. (*female*)

Carver: A traveler; one with a restless spirit; a pioneer, who loves to move and travel and journey. A man on a mission! (*male*)

Chloe: Gentle, meek and mild. A helpmeet and one who lives to serve others in humility. (*female*)

Dawn: Created anew; born by the touch of My hand and in the power of My Spirit. A new soul, a new being, created for My pleasure. (*female*)

Justin / Justyn / Justine: Righteous and worthy; called and chosen; one to whom is

given the mantle of anointing, the mark of My crest upon his/her brow. (*male/female*)

Lucy / Lucille / Lucia / Lucian: Aglow; filled with light and fire and warmth—a glowing candle in the darkness of the world, spreading sparks of My love and cheer to all around. (*female/male*)

Michele / Michelle / Michael: A messenger; one born with a purpose that must be fulfilled; a bearer of tidings and a doer of deeds; one who hears My call and spares no cost to follow. (*female/male*)

Monica / Monika / Monique: A spinner of fine heavenly threads; a maker of tapestries, turning threads into masterpieces and troubles into works of art. (*female*)

Nadia / Nadine: A determined and strong woman. A Brunhild, a fighter, and defender of the faith. (*female*)

Nicole / Nichole: Always a child at heart; accepting, believing, receiving, imbibing. (*female*)

Robert / Roberta: One with a vacuum for miracles. Filled with the spirit of prayer, and a channel for My answers. (*male/female*)

Robin / Robyn: Joyful, praiseful, a heart filled with song and bursting joy that is manifested in a cheerful countenance and praising spirit. (*male/female*)

Todd / Tod: Wholehearted, given over completely to Me; willing to give all, at any price and any cost; filled with an impassioned zeal and willing to make any sacrifices in My service. (*male*)

Wheeler: Of an astute mind; clever, a thinker; anointed with the gift of understanding and reasoning, capable and judicious in aspects of business. (*male*)

■ **QUICK CHECK:** For past issues including “Name Gallery,” please see *Eve* #1, 2, 3, 4, 7, 8, 12, 14.

(*Jesus speaking:*) I give these meanings for your inspiration, edification, and interest. But I am a moving God, a changing God, and I also give new meanings to names. I am not bound nor boxed in. I may have given your name a different or varied meaning, and that’s because each individual is a unique creation. Though two may share the same name, both are different, both are special to Me. It is possible that both names, though identical, may have slightly or vastly different meanings. (*End of message from Jesus.*)

(*Thanks to Jenny in Zambia, Angela in Romania, and Faith and Chellie in Brazil for requesting the meanings for some of these names.*)

A Legend of Love

"If love does not know how to give and take without restrictions, it is not love, but a transaction."

Edward Wellman bade good-bye to his family in the old country, and headed for a better life in America. Papa handed him the family's savings hidden in a leather satchel.

"Times are desperate here," he said, hugging his son goodbye. "You are our hope."

Edward boarded the Atlantic freighter offering free transport to young men willing to shovel coal in return for the month-long journey. If Edward struck gold in the Colorado Rockies, the rest of the family could eventually join him.

For months, Edward worked his claim tirelessly, and the small vein of gold provided a moderate but steady income. At the end of each day, as he walked through the door of his two-room cabin, he yearned for the woman he loved to greet him. Leaving Ingrid behind before he could officially court her had been his only regret in accepting this American adventure.

Their families had been friends for years, and for as long as he could remember he had secretly hoped to

make Ingrid his wife. Her long, flowing hair and radiant smile made her the most beautiful of the Henderson sisters. He had begun sitting by her at church picnics and making up silly reasons to stop by her house, just so he could see her.

As he went to sleep in his cabin each night, Edward longed to stroke her auburn hair and hold her in his arms. Finally, he wrote to Papa, asking him to help make this dream come true.

After nearly a year, a telegraph came with a plan to make his life complete. Mr. Henderson had agreed to send his daughter to Edward in America. Because she was a hardworking young woman with a good mind for business, she would work alongside Edward for a year to help the mining business grow. By then both families could afford to come to America for their wedding.

Edward's heart soared with joy as he spent the next month trying to make the cabin into a home. He bought a cot

for him to sleep on in the living area and tried to make his former bedroom suitable for a woman. Floral cloth from flour sacks replaced the burlap-bag curtains covering the grimy window. He arranged dried sage from the meadow into a tin-can vase on the nightstand.

At last, the day he had been waiting for his whole life arrived. With a bouquet of fresh-picked daisies in hand, he left for the train depot. Steam billowed and wheels screeched as the train crawled to a stop. Edward scanned every window looking for Ingrid's glowing hair and smile.

His heart beat with eager anticipation, then stopped with a sinking thud. Not Ingrid, but her older sister Marta stepped down from the train. She stood shyly before him, her eyes cast down.

Edward only stared—dumbfounded. Then, with shaking hands, he offered Marta the bouquet. "Welcome," he whispered, his eyes burning.

A smile etched across her plain face. "I was

pleased when Papa said you sent for me," Marta said, looking into his eyes briefly, before dropping her head again.

"I'll get your bags," Edward said with a fake smile.

Together they headed for the buggy.

Mr. Henderson and Papa were right. Marta did have a great grasp of business. While Edward worked the mine, she worked the office. From her makeshift desk in one corner of the living area, she kept detailed records of all claim activity.

Within six months, their assets doubled. Her delicious meals and quiet smile graced the cabin with a wonderful woman's touch. *But the wrong woman*, Edward mourned as he collapsed onto his cot each night. Why did they send Marta? Would he ever see Ingrid again? Was his lifelong dream to have her as his wife forsaken?

For a year, Marta and Edward worked and played and laughed, but never loved. Once, Marta had kissed Edward on the cheek before retiring to her room. He only smiled awkwardly.

From then on, she seemed content with their exhilarating hikes in the mountains and long talks on the porch after suppers.

One spring afternoon, torrential rains washed down the hillside, eroding the entrance to their mine. Furiously, Edward filled sand bags and stacked them in the water's path. Soaked and exhausted, his frantic efforts seemed futile. Suddenly there was Marta at his side holding the next burlap bag open. Edward shoveled sand inside, then with the strength of any man, Marta hurled it onto the pile and opened another bag. For hours they worked, knee deep in mud, until the rains diminished. Hand in hand, they walked back to the cabin. Over warm soup Edward sighed, "I never could have saved the mine without you. Thank you, Marta."

"You're welcome," she answered with her usual smile, then went quietly to her room.

A few days later, a telegraph came announcing the arrival of the Henderson and Wellman families the following week. As much as he tried to stifle it, the thought of seeing Ingrid again started Edward's heart beating in the old familiar way.

Together, he and Marta went to the train station. They watched as their families exited the train at the far end of the platform.

When Ingrid appeared, Marta turned to Edward. "Go to her," she said.

Astonished, Edward stammered, "What do you mean?"

"Edward, I have always known I was not the Henderson girl you intended to send for. I had watched you flirt with Ingrid at the church picnics." She nodded toward her sister descending the train steps. "I know it is her, not me, you desire for your wife."

"But..."

Marta placed her fingers over his lips. "Shhh," she said, hushing him. "I do love you, Edward. I always have. And because of that, all I really want is your happiness. Go to her."

He took her hand from his face and held it. As she gazed up at him, he saw for the first time how very beautiful she was. He recalled their walks in the meadows, their quiet evenings before the fire, her working beside him with the sandbags. It was then he realized what had been building inside of him for months.

"No, Marta. It is you I want." Sweeping her into his arms, he kissed her with all the love bursting inside him. Their families gathered around them, chorusing, "We are here for the wedding!"

Feedback

The *Eve* mag inspires me so much! It's so down to earth and easy to apply. A few weeks ago a friend and I started jogging; it's such fun! I get out early in the morning with the dogs—which, by the way, also enjoy this. We followed the guidelines about starting slow—walk a bit, run a bit, etc.—and now by the 4th week we run 2.5 km, and come back sweaty and red cheeked. Making this move has made it easier to press in with other areas of my life. My weight loss hasn't been so remarkable, but it's going down slowly and surely—which is the best anyhow.

—*Maria, Norway*

Homemade Italian Dressing

½ cup red wine vinegar
½ cup olive oil
½ tsp salt
½ tsp garlic powder
¼ tsp ground pepper
2 tsp grated Parmesan cheese
½ tsp mustard
½ tsp Italian spice
½ tsp ground oregano
Blend well.

The counsel about food in *Eve* is very appreciated. I've had a lot of problems with my joints and back, also tinnitus in my ears. But I've found that many problems seem to relate to food or the eating habits of modern society. Of course, we can't save ourselves just by doing everything right, otherwise we wouldn't need the Lord so much.

—*Stephen and Joy,
France*

Can *Eve* publish something about low blood pressure? I can't seem to get entirely off coffee and/or tea even when I have a good diet of brewer's yeast, soy, wheat germ, etc. What can I take for this condition that is not coffee or tea? (*Eve: Please see Eve #31, pg.28 for some information, tips and guidelines on this subject. WLY!*)

—*FGA woman, Spain*

I was thinking the other day how breathing techniques for relaxing muscles during childbirth can also be practical for other things. It is helpful to know that when

you inhale, the oxygen makes muscles contract, or tighten up; when you exhale, the muscles relax. So when you stretch your muscles, or even when you need to relax your muscles on the inside—like if you have a muscle cramp, or even when it is painful to move your bowels—it makes it easier if you fill up your chest with air through the nose and slowly exhale when you want your muscles to “let go” and loosen up. It works pretty well.

—*Aissatou, West Africa*

The health tips in *Eve* #29 are really helpful, as well as interesting. I hope we can continue to publish such articles that show that it is penny wise and pound foolish to buy junk food snacks for kids—instead of fruit, for instance, because the junk food is a little cheaper. Some people may still be in the habit of buying white rice or white bread instead of those that have more of the germ still intact, again due to it seeming to be more saving to buy the one that is a bit cheaper.

—*James, Japan*

Cover photo: Angelique (of Ike), mother of 12, La Reunion Island, Africa.

Suggested reading for ages 16 and up.

Copyright © 2003 by The Family. CM/FM. For nonprofit purposes only. Not for resale. April Issue.