



EVE

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JOGGING

(Eve:) Please remember, before beginning any new exercise program, to hear clearly from the Lord to know that it's best for you. Even though these articles, tips and guidelines on jogging are being pubbed for everyone's information, it doesn't mean we are advocating jogging as the "latest and best" thing to do. We're just presenting the information, as well as Dad's and Dr. Koger's counsel on it, as possibilities for everyone to pray about if you are so led to consider jogging as a personal get-out routine.

WHAT IS JOGGING?

From the Health A to Z web site

Like walking, jogging can be done anytime, anywhere, and involves only one person: you. Jogging has all the health benefits of walking—it conditions the heart, improves muscle tone and strength, relieves stress, and can help with a variety of health problems, such as osteoporosis, heart disease and arthritis. While walking may conjure up all the pleasures of a casual stroll, jogging requires more of a commitment to training

and results. It takes discipline to run, but the rewards are measurable improvements in time, distance, endurance and strength.

How many calories does jogging burn? The number of calories you burn when jogging will vary with the intensity and duration of your workout. According to the American Council on Exercise, a 160-pound person will burn around 12.5 calories for each minute of activity. Heavier individuals will burn more calories for the same amount of exercise while a lighter individual will burn less.

Advantages of jogging: The big advantage of jogging over walking is that it takes less time, is the most efficient way to achieve cardiovascular fitness, and depending on your distance will burn more calories. The disadvantage is that it can result in more injuries, as the strain placed on both muscles and joints is greater. But with proper shoes and preparation through stretching, you can greatly reduce your risk of injury.

Starting your jogging program: As a beginner, you

will naturally run out of breath when you begin jogging, but you should not be gasping. Don't strain too much. If you are able to hold a conversation while jogging, it is a good sign that you are not overdoing it.

Exercise guidelines

✓ Warm up first with either a fast walk or a slow run, followed by some light stretching. Gradually build up to a pace that's comfortable for you.

✓ Most experts suggest that you land on the ball of your heel, and let the rest of the foot follow. You want to push off from your toes as you begin your next step.

✓ Don't hunch up. Keep your back reasonably straight, your shoulders back. When you come to a hill, it is only natural to lean forward a bit, which is perfectly fine.

✓ Let your arms swing naturally; don't hold them to your sides.

✓ Don't worry so much about how far you are jogging. Rather than set a distance goal, set a time goal. Increase your time gradually; experts usually recommend an increase of only 10% a week to avoid injury from over-exertion.

- ✓ Bring some cool water along to keep your body from becoming dehydrated from your workout.

- ✓ To avoid injury, only increase distances gradually, and by small amounts.

Jogging safely: Safety for joggers is a big issue, as news accounts of ambushed joggers become more and more frequent. Even if you live in a “safe” neighborhood, the following advice can help protect you from mishap:

- ✓ Jog with a known companion.

- ✓ Jog in a familiar area.
- ✓ Do not jog in a secluded area.

- ✓ Do not jog after dark.
- ✓ Jog facing the traffic.
- ✓ If followed, go to the nearest house and call the police.

- ✓ Wear bright-colored clothing to improve your visibility.

- ✓ Carry a whistle or shrill alarm to summon help, if needed.

- ✓ Vary your route and pattern of jogging.

- ✓ Always be aware of your surroundings. Keep alert!

- ✓ Jog away from bushes where someone could hide.

(Eve:) Most of all pray and hear from the Lord before each jogging trip. Asking our Protector for any precautions or warnings He may want to give is the best assurance of safety.

RUNNING FOR BEGINNERS: GETTING STARTED

By Paige Waehner, About Exercise web site

Running is a great way to exercise. However, it takes time to build up the endurance to run for even a short period of time, and then you have to deal with the side effects, like side stitches and shin splints (aching, throbbing or tenderness along the inside of the shin). But don't give up! There's a way to become a runner without killing yourself, if you're patient and follow these easy steps. Before you get started, visit your doctor (*Eve: Hear from the Lord!*) and get the okay to start a running program.

Set Your Goals: First, figure out where you'll run. If you're going outside, try

to find roads made of asphalt or dirt rather than concrete, which is hard on the body. Be sure that where you run is safe and well lit.

Second, realize you'll spend more time walking than running your first time out. Start with a brisk 10-minute walk and then alternate 30 seconds of running with one minute of walking. Each week, increase the amount of time you run and decrease the amount of time you walk. Your pace should be comfortable so that you can hold a conversation. If you can't breathe, slow down! If you're following your program consistently (i.e., at least three days a week), you should be running con-

tinuously for 20 to 30 minutes by the fourth week.

Dealing With...

- ✓ Side stitches are fairly common when you start running. No one knows why they occur, but there are some things you can do to minimize them. One cause is running before you've completely digested a meal, which may bring on stomach cramps. Wait three to four hours after a large meal before running. (*Eve: Also, avoid drinking a lot before setting out on a run, which can bring on a stitch.*) Weak stomach muscles can also cause side stitches. Your abs do a lot of work to keep your body in position while you're running. Doing consistent ab



and lower back exercises will help strengthen your torso and reduce those nasty stitches.

✓ Shin splints are another distressing side effect of running, particularly if you're a newbie or if you've increased your mileage or intensity. One way to avoid shin splints is to cross-train with another activity like biking or swimming. If shin splints are a recurring problem, make sure that your shoes are still providing support and that you stretch both before and after your run. Follow the RICE (rest, ice, compression, elevation) method of treatment immediately after your run and reduce your mileage and/or change your running surface if it's a chronic problem.

Running is a great way to get in shape, burn lots of calories, make your heart healthy and increase bone density.

READY TO RUN?

American Council on Exercise

While running (or jogging, a slower form of running) is one of the most effective, time-efficient workouts around, if you, well, get off on the wrong foot, it's hard to stay motivated and easy to get discouraged. But starting—

and sticking with—a running program doesn't have to be difficult. It's simply a matter of doing the right things at the right time.

Step by Step. First things first: make sure that running is the right activity for you. Individuals who should probably bypass running in favor of walking include those with orthopedic or heart problems, or those who are more than 20% overweight.

Nothing can derail a running program faster than sore feet. Good-fitting running shoes can help prevent shin splints, blisters and sore muscles. Aside from comfortable clothing, little else is required. Once you're suited up, simply head out your front door or make for a nearby park.

Jog Your Memory. As a child, you probably didn't think about how you ran. You just did it. Your muscles took over while your brain concentrated on more important things, like hopscotch or baseball cards. But as you've grown older, your muscles may have forgotten how to run effortlessly. To help jog both your and your muscles' memories, here are a few tips:

- ✓ Keep your head level, avoid bouncing and lean forward slightly from the ankles, not the waist.
- ✓ Keep your shoulders down and relaxed.
- ✓ Strike the ground first

with your heel, then roll to the ball of the foot, pushing off from the toes.

F.I.T. Tip. Frequency, Intensity and Time (FIT) are the elements you need to put together an effective beginning running program. The accompanying table offers a program for those who are less fit, but may be adapted for those who have been exercising aerobically for some time. The best way to halt a running program in its tracks is to do too much too soon. A minimum of 20-30 minutes, three days per week (with days off in between) at an intensity of 50-85% of maximum heart rate is the standard recommendation, but may be manipulated to suit individual speed or endurance goals. Here are a few more things to keep in mind:

✓ Take time to warm up before, and cool down after, a run.

✓ Never increase mileage more than 10% per week.

✓ If anything hurts, take time off until it feels better.

✓ Follow a strength-training program on alternate days to help reduce upper-body fatigue.

Like any activity, running isn't for everybody: If you don't enjoy it, don't do it. But if you do, take your time, progress slowly and allow your muscles to adapt to the rigors of running.

TRAINING BASICS*

Week	Time	Intensity
1	20	Walk
2	22	Walk
3	22	30-60 sec jog / 5 min walk
4	24	Same as #3
5	24	30-60 sec jog / 4 min walk
6	26	Same as #5
7	26	30-60 sec jog / 3 min walk
8	28	Same as #7
9	28	30-60 sec jog / 2 min walk
10	30	Same as #8
11	30	Jog 2 min / walk 1 minute
12+	30	Gradually progress to continuous jogging.

(*Individuals who are in good shape may progress at a faster rate by increasing time and intensity simultaneously, while those who are less fit may opt to progress more gradually.)

(Eve:) You will note the "time goals" vary substantially between the "Running for Beginners" section and what this F.I.T tip suggests, which gives a much slower rate of progress. Though the F.I.T tip suggests that individuals who are in good shape may progress at a faster rate—again, we want to emphasize the importance of prayer and consistently checking in with the Lord each day or week, asking Him for the pace that is right for your particular needs, how He wants you to go about increasing your stamina and so on. It's important to stay sensitive to your heart rate and own body feelings. While jogging, as with other aerobic exercises, it's also a good idea to keep track of your heart rate and make sure you're not overdoing.

Please note that this table is meant simply as a suggested guideline for how you could progress in your jogging workout. There are any number of other progressions, including the example given in the previous article, which could work just as well. The key is to take it slow, and alternate between walking and jogging until your body is comfortable with the effort being placed upon it.

(Eve:) The following exercises may not be suitable for those of certain ages or fitness levels. Please pray about whether they are best for you, and when in doubt, don't!

Bend your knees as much as you need to and immediately jump as high as you can 5 to 15 times, taking a short break between jumps.

Bend one leg as much as possible, then jump as high as you can off that leg. Land on both feet. Do this 5 to 10 times on each side, taking a short break after each jump.

Jump in a spring-like fashion about 6 to 8 inches off the ground 15 to 30 times without taking a break between jumps. If your legs feel a little sore at first, don't worry. It means the exercises are working.

RUN EASIER BY JUMPING

Runner's World newsletter

Jumping up and down before or after a workout can help improve running economy. That means you'll use less oxygen to run the same speed, which makes running easier. And even a small improvement in

running economy translates into big improvements for performance. Here are three exercises for you to try. (Just be sure to warm up first by jumping lightly up and down 10 times with your feet close to the ground.)



BREASTS ON THE RUN?

Q: I've been running for years but only recently began experiencing discomfort in my breasts. Should I wear a sports bra when I run? Will running for 15 years without a special bra contribute to sagging breasts as I get older?

—S.B., Michigan

A: Wearing a sports bra is a good idea. Why? Because sports bras are designed specifically to minimize breast discomfort and stretching that may occur during exercise. But just because you've been running without one doesn't mean your breasts will automatically sag as you age. Four factors contribute to sagging breasts: breast size, body weight, history of pregnancy and genetic makeup. In combination, they determine whether your breasts will sag or not.

Many women experience breast discomfort on a monthly basis, often just before their periods. Most discomfort occurs as the breast moves upward and then bounces back down. So a sports bra, which is designed to reduce breast motion, may alleviate some pain.

But one type of bra won't work for every woman. You have to let your body be your guide. Keep in mind that bras are made either to "bind and compress" or "divide and conquer." Women with small breasts and no unusual

tenderness often favor the compression style. But if you wear a size C cup or larger or experience cyclical changes in your breasts, you may do better with a bra that encapsulates each breast.

I recommend wearing a style with seamless cups to prevent nipple burn and a wide non-elastic band under the breasts to help prevent the bra from riding up as you run. The straps and cup support should be non-elastic as well, and the bra should have covered metal attachments that hook in the back. Styles that connect in the front allow more breast motion.

As for sagging, most of it results from pregnancy and lactation, not running. Breasts are composed primarily of glandular tissue and fat. If your breast size increases while you are nursing or as a consequence of a gain in weight, no ligaments exist to support the extra tissue. Stretching and sagging can then sometimes result.

—Carol Otis, M.D., team physician at the University of California at Los Angeles

BLADDER CONTROL

A: Your running partner has stress incontinence, a problem most women experience in some form or another after labor. In fact, about 22% of all adult women are incontinent. Many report their first episodes after childbirth or pelvic surgery, which sometimes displaces pelvic organs and weakens muscles along the pelvic floor.

In your friend's case, the tube connecting the bladder and urethra (the bladder neck) is out of normal position. So whenever she does anything that creates intra-abdominal pressure or "stress," such as coughing, sneezing, laughing or running, leakage occurs.

Stress incontinence after childbirth usually doesn't last for more than three months. In the meantime, your friend should dispense with her diaphragm (it will not help, although a tampon may) and continue her Kegel exercises.

There's no way to predict whether you, too, will experience stress incontinence after childbirth. Your best defense, however, is a regular "training program" of correctly-executed Kegels. The first step is to identify the muscles involved in the exercise. While you're on the toilet, tighten your muscles

Q: My running partner is just starting to train again after the birth of her daughter, and she's having a difficult time. She must perform Kegel exercises to strengthen her pelvic muscles, wear a diaphragm to help stop urinary leakage and use a pad to absorb the leaks she does have while running. Is the same fate in store for me when I get pregnant? And what about my bladder? Can it actually "drop" as a result of running too much?

— M.P., Washington

to stop the flow of urine. These are the muscles you need to contract during a Kegel. Many women mistakenly isolate abdominal, thigh or buttock muscles.

To begin, do three sets of Kegels a day. Include five contractions in each set, holding each contraction for 3 seconds. Gradually increase the time to 5 and then 10 seconds. Work up to 10 contractions of 10

seconds each, and do them three to five times a day. Be sure to schedule a few sets while you're running.

By the way, running may jiggle your pelvic organs a bit, but will not cause your bladder to drop.

— Kristene Whitmore,
M.D., chief of urology and
director of the Incontinence
Center at Graduate Hospital
in Philadelphia

IS IT SAFE?

Q: Some time ago I read that running for long distances and a long time is not very good for women, that it can cause internal problems and weaken the pelvic floor muscles. Now there is big hype in the media about jogging; they are really trying to promote it. So my question is: Is it safe to jog?

— Matthew and Mary,
Hungary

A: (Dr. Koger speaking:) Jogging can be an enjoyable and effective

workout for women as well as men. If not done properly, and if a woman overextends herself, naturally there could be risk of complications and internal problems, as with anything you overdo on, but if you'll approach it prayerfully and follow the guidelines for safe jogging, many women can enjoy this sport.

When faced with the decision: "To jog or not to jog" — it is important to note that there are both advantages and disadvantages to this form of exercise. The advantages are

that it's very good exercise, it burns calories, strengthens the heart and lungs, helps with muscle tone, improves your stamina, helps to strengthen your bones, and some even find it relaxing. However, there are disadvantages too. If not done correctly, there's room for injury. Some of the most common are ankle, knee and back injuries. If the Lord's confirmed that jogging is for you, if you'll warm up before jogging, and you're sure to work up slowly to a reasonable pace, if you're careful and prayerful and claim the Lord's protection, you can avoid

these and other problems.

If you'll remember the "moderation in all things" rule of thumb, with prayerfulness and taking care to follow these guidelines, for many women, a little moderate jogging should not weaken your pelvic floor muscles—again, pending the Lord has given you the go ahead to jog according to your personal state of health, physical stamina, and so on.

Generally, if a woman has the energy and the desire to jog, it can be both beneficial and refreshing. Walking is great too, and is good for you, but

there are always those who feel they need something a little more vigorous—something that really gets their heart pumping. So jogging is a healthy option, both for men and women, when done sensibly.

You can jog with a partner and fellowship together or have prayer vigil. Or you can take along a walkman, or CD or MP3 player and listen to Word or music. There's a lot you can do to redeem the time while jogging or walking—spending time with others, loving the Lord, or hearing His faith-building Words.

DAD ON JOGGING

(Dad speaking:) As far as across the board, you know how I feel about jogging. It's not my favorite type of sport. I was a good sprinter, and you are too, but jogging was not my cup of tea. It takes a rare breed that makes up joggers, because it requires perseverance, stamina, endurance, patience, and you've got to absolutely find some enjoyment in it, especially to give impetus to get out of bed early in the morning, ha! But I understand the beauty of it with the golden sunshine, the freshness of the day. It's beautiful and you're out there alone with the Lord,

(Eve:) Following are excerpts from counsel Dad gave one of our women in WS, when she sought the Lord for personal counsel regarding her jogging. It has good pointers for all.

the beautiful trees and sky. But you have to count the cost, as it's not always safe if you are out in the country, or in a busy city with crazy morning traffic.

So anyone considering jogging should take a few things into account and ask yourselves: Is it safe? Can I go alone? Do I have the proper clothing on to keep by body the right temperature? Is my body in good enough shape to do this? What kind of program should I institute for myself? (Such as alternating walking/jogging, for

example.) Where can I research and find accurate material and advice that will help me do this right and not cause injury or strain? You've got to ask yourself all these questions, and seek the Lord and get His direction on the matter.

After all, get-out is for health and enjoyment—that's your main goal. Some people have bad knees and they have to pray and see if they should even jog at all, or if they need any special equipment such as a brace or proper shoes to meet their needs. You have

to wear the right clothing for keeping your body the right temperature and also to provide visibility to drivers if you are running in a busy area.

YOU'VE GOT TO REALLY PRAY. PRAYING IS THE SECRET TO SUCCESSFUL JOGGING.

Jogging is like any other sport: you need to know what you're doing. Some people think jogging is running down the road, full-speed ahead, when it's not. Look up the meaning of the word "jog." You might want to do more long distance running, but you've got to work your way up to it. You should never attempt to do too much too fast, like go five miles on your first day out, or you might wear yourself out or pull a muscle or have a heart attack. Like anything, you have to work up to it.

Nowadays, you see some people jogging with weights. Why on earth would you want to do that? Unless you're really in shape and unless you're training for a marathon, why would you want to carry weights? It's not natural for your body, your ankles or knees or back.

You've got to really pray. Praying is the secret to successful jogging. You've got to pray through every step, confirming with the Lord if jogging is the right exercise for you, and then seeking His

guidance every step of the way to see how you should go about it, for your particular health and body needs.

And don't forget, if you do jog, you need to keep your eyes ahead on the road and keep your ears open for cars whose drivers might not be expecting or watching carefully for someone running alongside the road. You have to pray for safety against any untoward incidents or mishaps. Any time any of you are out on the road it's a danger—whether driving or jogging or biking or walking. So prayer for safekeeping before and during your jog is a must. That also puts you in a nice frame of mind to be quiet and let the Lord speak to you. Pray and let the Lord clear your mind and refresh your heart and give you a new perspective.

As far as women jogging—again, it depends on the woman. There has been a lot of concern about "woman problems" as a result of jogging; some of them are founded, some not. A lot depends on her overall health and physical makeup and strength, diet and so on. Some people just overdo no matter what it is they try and tackle. So like anything, use moderation. And remember, get-out is for your health, for your enjoyment. If it's your period time and you're tired, follow the signals of your body. Walk that day, or offer to

take the kids for awhile so the childcare worker can have some personal time. Or walk with that pregnant girl to help encourage her to get out. Offer to go for a walk with someone who you don't really know and turn it into an opportunity for fellowship and encourage another.

Jogging is a healthful sport. Yes, I've changed my stance on quite a few things, as you can see. I never really thought too highly of jogging before, as when it first came out it turned into a fad of sorts. And you know me, I'm not a fad-oriented person; never have been and never will be. But jogging has had its benefits. It got people thinking more about doing something and has got some off their bottoms and out of their cars. And it got women feeling better about themselves. But there is a balance. As long as people realize that, it's fine. Like anything else, just don't overdo.

Have get-out and enjoy it. Actually, jogging is a lot safer than basketball or some other contact sports, as long as you are prayerful and educated as to where you go and what to do when things come up.—And as long as you're faithful to eat right and take good care of the other aspects of your health, and most of all pray and seek the Lord on what's best for your own personal needs. Praise the Lord? I love you! —Dad.

Feeling

Good

Naked

By Emily Jenkins, UnderWire

In eleventh grade my friend Madeleine told me that she and her boyfriend ran naked through his house on a regular basis. Impossible. How could she do it? I couldn't imagine being naked with a boy, much less running up and down stairs with him in pursuit. I would worry too much about my rear end jiggling or my breasts bouncing.

Less than a year later, I had been naked with several boys (and liked it)—but the running up and down part still eluded me. Unlike Madeleine, I wanted to maintain as much control as possible over how other people saw my body.

I developed a set of rules for maintaining attractiveness in sexual situations. I didn't like how it looked to fool around in a bra but no panties, so I made sure that my top always came off

first. I wouldn't be naked with socks on, no matter how cold my feet were. And I tried not to lie on my side, because my breasts flopped over in a way I didn't like. As soon as the main event was over, I always slipped into a flattering nightgown, sure that my boyfriend would find me more attractive draped in pink rayon than utterly nude.

I must have been a rotten lover. I wanted to deliver perfection—to make sure he never came into contact with any part that might be dumpy, awkward or anything other than magazine-sleek. And in the process, I delivered something far worse than an imperfect body. The poor kid had to have sex with someone who never really looked at him because she was worried about being looked at; who never thought about her own urges; who never

fully participated because part of her brain was always thinking about whether this hot new position made her butt look weird.

College changed everything. One April, the students on my quiet campus caught spring fever. Suddenly, nude bodies overran the school. Girls flashed breasts at each other in the bar; people went skinny dipping and streaked across the golf course; they executed humorous stripteases at parties. Freed from the restraints of a long winter, all we wanted to do was get naked.

Around that same time, I also had a boyfriend who slept in the nude. He assumed everybody did. Nude was just the unspoken law of his bedroom. No flattering nightgown after sex. No nightgown ever, at all. Why bother? His relaxed attitude, combined with the spring fever all around us, made me realize that I needed to get in touch with my inner "Madeleine."

Could I simply be naked without that nasty internal

Jesus speaking:

What a drag it is to always be wishing you were different, to be so concerned about what others think of you or how you appear in the eyes of others. But what freedom there is in being able to be yourself and enjoy what I have given you!—Like the freedom this girl found. Beauty in My eyes is a far cry from those magazine cover shots of worldly women who are plastered with coverings, fixed up in graphics programs, and made to conform to the beauty standards of the world. Nobody is "perfect," and everyone has some things about themselves that they wish they could change, but the key to happiness is found in the acceptance of the way I have made you. Everyone is beautiful in their own special and unique way, and life is more than looks and so-called perfect bodies. Don't let the Enemy's false standards steal your joy and freedom. Happiness is being content with the way I have made you and enjoying the pleasures of life that I have blessed you with.

Sexy Is As Sexy Does

I liked the article by Carmel in the GV on “Pretend you are and you will be.” It goes along with a tried-and-proven theory of mine: sexy is as sexy does! I’m an FGA woman, with short hair and pleasingly plump!—Not your stereotypical sexual fantasy! But guess what? Guys like sharing with me, ask me for dates and say I’m sexy. Whoa! Why? Because in my heart and spirit, I *am* sexy! I like sex, men, fun, flirting, etc., and I show it. So they go for it, even though I’m not super good-looking, because *real* men don’t care so much about physical perfection—especially in the Family where we do look for deeper values. So *be* sexy in your spirit, and the opposite sex will automatically go for it!

—Anonymous (*don’t want to be overwhelmed with proposals! Ha!*)

monitor reminding me to hide my worst features and arrange my limbs in attractive poses? Could I possibly forget what my sexual partner was looking at—and just enjoy the experience?

The answer, eventually, was yes—but the internal monitor didn’t disappear in a day. Try eight years. Throughout my 20s, I still retained many self-conscious sexual quirks. I remember not wanting to make love on a camping trip because I had forgotten to bring a razor to shave my legs. Or sucking my stomach in as I tried to fall asleep

in bed with a new man. I had gained some sexual freedom, yes, and felt comfortable on a nude beach and in the locker room—but when my lovers looked me over, I still worried about what they were seeing.

My body insecurities existed only in the bedroom. I was afraid that if I didn’t live up to an extremely high standard of sexual attractiveness, my boyfriends wouldn’t love me. But wasn’t that a problem with those relationships—not a problem with the shape of my breasts or the size of my stomach?

I spent some time being single. And then, believe it or not, I solved the problem at the age of 28 by shaving my head. I looked horrible. All the time. In the bedroom and out of it. And I met my husband. *And he didn’t care.* At first, I felt extremely hesitant about my body with him—my proportions were

all funny, because my head looked so tiny—but in the safety of his affection, I relaxed pretty quickly.

These days, thanks in part to a happy marriage and a job I love, my internal monitor is mercifully silent. When it does raise its nagging voice—say, when I’ve gained a few pounds or work stress frays my nerves—I concentrate on what feels good rather than what looks good. I’ve even resorted to doing silly naked dances in front of my husband. (We don’t have stairs, or I’d run up and down them.) I look like a fool, and he still wants to have sex with me. What better way to banish insecurity?

I make love with my socks on in cold weather. I lie on my side on a regular basis. More important, as I have stopped thinking about what my lover is seeing all the time, I have started, myself, to see. And feel.

Hot

Health

Tips

From the Netfit web site

- If you get tired reading this, go back to bed; on average we need 8.1 hours of sleep to re-energize our bodies. People who have less than 6 hours sleep a night have a 70% higher mortality

rate, according to Californian studies.

- Make sure the mattress is firm enough to support your body weight. Sufficient material within the mattress will act as a cushion to allow for the contours of the body to be supported.

- Have a glass of water by your bed, and try to drink at least eight 8 oz glasses of water a day.

- At breakfast mix fruit juices with 50% water to aid absorption, prevent rapid sugar level increases in the blood, and to save money.

- Make sure you don't skip breakfast—unless you get out of bed after 12 o'clock, then go straight for lunch.

- If available, consider taking a good quality multi vitamin/mineral supplement each morning.

- Remember every gram of alcohol has 7 calories, so if your aim is to lose weight, cut back on your alcohol intake.

- Most zipper-inflicted injuries occur on the down stroke. If this happens to you, try pulling the zip in the direction it came from, in one swift motion. Check the damage, and apply antiseptic cream and a bandage to stop the bleeding.

- Don't squeeze those pimples! It might be fun, however you can push the acne plug deeper into the skin and cause the follicle wall to rupture, leaving a small shotgun wound. Try tea tree oil or aloe vera to prevent this look.

- Garlic-rich diets may be bad for your breath, but garlic causes your body to release nitric

oxide, which keeps your arteries more pliable, resulting in increased circulation.

- If you work at a computer, avoid eyestrain by looking away from the screen and focusing on something in the distance from time to time, then focus again on something close to you.

- A glass or two of wine contains antioxidants which can give protection against heart disease.

- Men's testosterone levels fall by about 25% in the late evening. Aim to put the morning erection to good use, as this is apparently when many men are most horny.

- When out in the dark, shutting one eye when a car's headlights are on you will help prevent sudden night blindness. (Remember to open the eye after the car has passed!)

- Pressing a wet black tea bag against a cold sore acts as an antiseptic. The tannin from the tea will help reduce the condition.

- Improve your posture by answering the phone whilst standing. If standing against a wall, push your shoulders and buttocks into the wall, then aim to eliminate any gaps, by pushing the lower back into the wall. Hold for 20 seconds, and carry on a normal conversation. (Avoid breathing

heavily during the exercise!)

- Some 25% of adults have bad breath. Avoid this by brushing your teeth twice a day, and brushing your tongue as well, as a significant amount of odor bacteria live on the tongue.

Flossing between your teeth to remove food debris, and seeing a dental hygienist every six months is also advised.

- When showering, treat yourself to a head massage, to help relax you. It's also said to be good for stimulating hair growth. At the same time, improve your body circulation by washing the body in the direction of blood flow, i.e. towards the heart.

- When flying, drink plenty of water and fruit juice. The high altitude and dry, pressurized air sucks the moisture from your body, causing your mucous membranes to dry out, making you more prone to viruses.

- Remember to stand prior to flushing the toilet. Contaminated water droplets can give you intestinal bugs and other health problems.

- Eat right with mood-enhancing foods such as milk, yogurt, tuna and chicken, which contain high levels of the brain food tryptophan.

more on malaria
learning about &
handling malaria

➤ *From Linda, Madagascar*

Dear Eve,

Thank you for the well-researched information on malaria (*See Eve #10*). We've been in this malaria-infested country for four years, so I'll share my experience with this disease.

We arrived unprepared with information (and everything else), having chosen this field unexpectedly due to visa problems in our proposed field. Some missionaries who had been here a long time and who I figured would know told us that malaria is only caught on the coast, not in our high-altitude city. However, three months after our arrival, four of my children came down with it. I was alone at the time, my husband being on a business trip.

Not being in the habit of rushing to the doctor at the first sign of sickness and not knowing a good doctor anyway, I prayed for them over the weekend. By Monday, however, they were obviously sick. I started to call different doctors but couldn't get ahold of any.

At this point our Mal-

agasy live-out offered to bring her doctor over. (The kids were too sick to go anywhere.) TTL, this man quickly diagnosed malaria and administered shots to the most serious cases. He came every day to treat them, and was a real God-send.

After this experience I didn't take any chances. I used anti-malaria tablets, nets, mosquito pellets, mosquito repellent and garlic! After a while, though, one missionary shared that she prefers not to use prophylactics, as it can cause tunnel vision. Because her children had gotten malaria and it looked like another sickness, she gives them the treatment dose of malaria tablets at the onset of any suspicious fever. This is what I've done for a few years, but now, in agreement with the article, I think it's good to get a blood test first.

A friend of ours has a small child who has malaria. His only symptom was a slight fever; yet the blood test revealed malaria, and it was treated. A week later he again had a small fever but was still active. The doctor didn't believe

he could still have malaria, but he again tested positive. It was a resistant strain, requiring stronger medicine. It goes against our grain to go to the doctor so quickly, but it seems in a malaria-prevalent area, that's often what is needed.

While finishing this, my daughter and I have malaria. I wouldn't have known or had the test done but we did it by faith because of your counsel, as we had a fever. Because we got it diagnosed so early, it's not a serious case.

Here is some other info that we heard from some missionaries in Indonesia and Zimbabwe, who report that they use papaya leaf tea to prevent malaria.

does papaya leaf tea
prevent
malaria?

Two missionaries in Indonesia wrote to ECHO inquiring whether papaya leaves contained quinine. They wondered because tea from the leaves is widely used there in the belief that it prevents malaria. Dr. Rolf Myhrman at Judson

College graciously analyzed the bitter leaves for quinine, but found none. That does not, of course, rule out the possibility that some other chemical in the leaves may be effective.

Recently Dr. David Drake wrote of some informal observations he made when he was head of a mission hospital in Zimbabwe: "We [missionaries at the station] started using papaya tea in 1990. I left the next year, but they have continued. It started out with only a few getting involved, and gradually more have caught on to its use as the years progressed. There are about 20 in the missionary family and about the same number of African staff involved.

"Some continued to take their regular commercial malaria prophylactic drug, but gradually none of the above took anything else but the papaya [leaf] tea. Those that are still at the hospital observed that even though that area of Zimbabwe had some of the worst malaria seasons ever, those regularly taking the papaya [leaf] tea (twice a week) did not come down with malaria. Short-term workers who came from the US usually continued with their malaria medication. Under the same living conditions they often did come down with malaria. They did not drink the tea."

when young children must take chloroquine

➤ *From Cori,
Haiti (Reprint)*

Here is a recipe that can be very helpful for small children or anyone unable to swallow the extremely bitter chloroquine (a synthetic drug that is taken orally and is used to treat malaria and amebiasis) pills or syrup. Now our two-and-a-half year old can enjoy drinking his weekly dose of malaria preventative in one sitting. We used to dilute chloroquine in sweet drinks, but it required over 24 oz. of

drink to dilute the bitterness enough. (Chloroquine is used as the "standard" for bitterness!) We have learned that somehow the bitter component of cocoa flavor masks the chloroquine bitterness. We shared this with another missionary family and they also had good results.

Simply dissolve the dose of chloroquine in chocolate milk. We dissolve the chloroquine in about a cup of water, add at least a half a cup of whole milk powder, a heaping teaspoon of cocoa and enough sugar to make it sweet. The cocoa powder dissolves better if first blended with the powdered milk.

p. falciparum clarification



Could more information be given about the statement in the article in Eve #10: "In the case of P. Falciparum, self diagnosis and self treatment can be fatal." How and why?

-Linda, Madagascar



This strain is the most virulent and deadly of the four malaria strains, and it's important to ascertain if you have this strain, and to get it treated promptly. If P. Falciparum is not treated in a timely manner, it can result in seizures or death. For this reason it is recommended to get medical attention, confirming your choice of doctor and medical counsel with the Lord.

complete
healing from
malaria

➤ *From Marie Doorkeeper, China*

When my son Rick was six years old, in the 1980s, he caught malaria. We were living in Macau at the time, and malaria was not prevalent in that area, so none of us were familiar with the symptoms and didn't know what sickness Rick had. His fever would recur every other day, about every 47 hours, which was followed by the typical chill. His fever got higher and the chill worsened as the week wore on, and all this time we were trying to find out what was wrong with him.

After a day of praying and fasting for him, someone in our Home was sent a medical guide to tropical diseases. We pored over the list until we matched the symptoms with the illness—malaria! It was such an answer to prayer to know what it was, but then we still didn't know what type of malaria it was.

A local doctor did some tests, and meanwhile I was looking it up in the encyclopedia (as none of our western medical books had anything about it), and praying desperately that it wasn't fatal. At one point

his fever soared above 106 F! I had to come to grips with the fact that he could go to be with the Lord, so it was a very big lesson-learning time for me, with lots of desperate prayer and Word study on faith, healing, trust, etc.

Finally the doctor diagnosed it as the most common type of malaria, which is not fatal but which remains dormant in the body and tends to recur when the person is rundown. The medicine was sent for, Rick was treated, the fevers stopped, and he gradually regained his strength and some of the weight he had lost, in answer to our desperate prayers, and those of many others too.

Once we became more aware of malaria, we found various references to it in the Letters—Dad's brother had this type that recurs—as well as in other testimonies and life stories, such as that of Adoniram Judson, David Livingstone, and other famous men of God. We also discovered that several of our friends who had lived in Africa had had it too, and gave us tips about eating lots of oranges and fruit, and other things that had helped them. We also went to

dad speaking:

Thank the Lord for such a wonderful testimony of the Lord's healing of what many consider the "impossible"! As I always said, "Expect miracles, and in Jesus' name you'll get them!"

work putting mosquito nets over the children's beds, and being more diligent in keeping mosquitoes out of the house, wearing repellent on our skin when outdoors (you can rub the skin of citrus fruits on your arms and legs, or eat lots of garlic to deter the mosquitoes), and of course praying for the Lord's protection.

Rick's was such an unusual and isolated case where we lived that the local health department came out to our house and checked the surrounding area for the Anopheles mosquito (which they didn't find!) and took some steps to cut down the mosquito population there. (Rick had been to China with his dad the previous month, so he must have picked it up there.)

After six months, Rick came down with a fever again which lasted about an hour, and then he shook with a chill—the same symptoms again; his first recurrence of malaria! This time, TTL, we knew what we were facing,

and took him immediately to a hospital to have it diagnosed and give him the medicine. Because we caught it earlier he had a much lighter case this time. The Home gathered together to pray desperately for Rick; we laid hands on him and claimed promises, asking the Lord to take the disease completely away, out of his body, never to recur again.

Rick is now in his 20s, serving the Lord faithfully, and has never had a recurrence since that day. We can only thank the Lord for a complete miracle of His healing touch, and all glory goes to Him!

facts on fainting

➤ Compiled by EURCRO FED

People faint for a variety of reasons. If you understand why it happens and know what to do, you will be better prepared to help others and avoid fainting yourself.

Fainting, known medically as “syncope,” is a sudden loss of consciousness, usually preceded by a feeling of weakness and dizziness, and possibly nausea as

well. You can usually tell when someone is about to faint, because their skin looks ashy white and feels clammy to the touch, and their breathing becomes quick and shallow. As the sufferer faints, he or she falls to the ground and, having done so, usually recovers full consciousness within a couple of minutes.

Causes:

The most usual cause of fainting is reduction in the blood supply to the brain; without this blood, which brings essential oxygen, the brain cannot work properly. Normally, the strength and regularity of the heartbeat, and the action of the blood act together to create enough pressure in the circulation to push the blood up to the brain against the force of gravity. But if this system fails for some reason and the blood pressure falls too low, the body reacts by fainting. This makes the person fall flat and so places the body in a position in which the blood can easily travel to the brain, restoring things to normal.

The exact sequence of events within the body varies with the reason for

mosquito nets help protect children from malaria

➤ Reuters Health

Faced with growing numbers of treatment-resistant malaria, healthcare workers in Africa are turning to a low-tech approach to malaria prevention: mosquito netting. New research shows that net-covered beds can prevent malaria and its long-term effects in young children.

In a study in 18 villages in Tanzania, researchers found that insecticide-treated nets cut rates of both malaria and anemia among children age 2 and younger. Anemia is a disorder that lowers the blood’s oxygen-carrying capacity. It is a common consequence of malaria in children. Netting fortified with insecticides has “revitalized” hopes for controlling malaria and anemia in countries where the infection is endemic, according to the *British Medical Journal*.

So Dr. Salim Abdulla and colleagues at Ifakara Health Research and Development Centre followed the impact of a two-year campaign to increase the use of mosquito netting in Tanzania. The investigators found that as net use climbed, rates of malaria and anemia dipped. After two years, the nets had proved more than 60% effective in preventing malaria and anemia.

fainting. For example, you could faint from the shock of seeing an unpleasant sight, on receiving bad news, or if you experienced intense pain. When such things happen the brain sends messages to the vagus nerve that supplies branches to the heart, lungs and stomach. These acts slow the heart and reduce the vigor of its beat, and at the same time widen the blood vessels in the center of the body. As a result, blood becomes dammed up in the abdomen and too little reaches the brain, producing a faint.

When fainting is likely:

You could faint as a result of standing still for too long; blood gradually accumulates in your legs, and has the effect of making the heart and blood vessels work too hard to push blood upwards. If you must stand for an extended period, the best way to avoid fainting is to make small movements of your legs and feet which help to squeeze the blood upwards—in other words, against the pull of gravity.

Fainting often occurs when you stand up suddenly after lying or sitting down. In this case it is caused by a failure of the blood vessels to adjust quickly enough to the rise of blood pressure as the body changes position. Blood is trapped in the limbs and abdomen and

cannot get to the brain sufficiently quickly to prevent a faint. This adjustment of blood pressure relative to alternations in the posture of the body is monitored by a small group, or plexus, of nerves in the neck known as the carotid sinus.

Lack of oxygen in the blood—due to anemia, being in a hot stuffy room or from being at high altitude where the air is thin and low in this vital gas—can also cause fainting. This is not because the brain is getting insufficient blood, but because the blood is not bringing enough oxygen with it.

Many people feel faint, even if they do not actually collapse, if they leave home in a rush first thing in the morning without having breakfast. In this case, fainting may be due to a combination of stress, which lowers the blood pressure, and the lack of nutrients in the blood. So it is sensible to eat at least a light breakfast.

Heart disease is rarely a cause of fainting but, in the elderly, fainting can be a sign that the blood vessels have become narrow due to arteriosclerosis and are not allowing enough blood to get to the brain.

Fainting in pregnancy:

Fainting is not uncommon in the early months of pregnancy. This is because the hormones concerned,

particularly progesterone, tend to make the muscles in the blood vessel walls more flabby. This dilates the vessels and lowers the blood pressure, which causes the blood to accumulate in the lower parts of the body.

Another cause for fainting in early pregnancy is the sudden diversion of blood to the uterus, where it is needed to provide food and oxygen for the developing fetus, leaving less available to be carried to the brain. But as pregnancy progresses, the volume of blood in the circulation increases, providing a natural solution to the problem.

People prone to fainting:

Those who have a very sensitive connection between the vagus nerve and the blood vessels are particularly apt to faint. Such people should try to avoid any situation that they know from past experience will tend to cause them to faint.

Many mothers worry about fainting episodes in their teenage daughters. Such attacks are common at this age and are usually due to the emotional effects of growing up, combined with mild anemia due to the onset of menstruation, plus a phase of rapid growth. Any mother concerned about this problem should make sure that her daughter eats a good diet containing plenty of protein

and iron-rich foods, such as liver and spinach.

Tall people often faint more easily than short people when they stand for a long time simply because their blood has further to travel through the body from the legs to the brain. Fainting in young children is unusual but can occur in one rare hereditary condition called dysautonomia.

Coping with fainting:

- If you feel faint, lie down or sit with your head between your knees, so that the blood can flow to the brain quickly.

- If someone else has fallen into a faint, put them in the recovery position (see instructions) and do not allow them to get up for at least five minutes,

which you should time.

Often someone will insist they are “all right” then promptly faint again, possibly injuring themselves.

- Loosen any tight clothing around the victim’s neck or waist.

- Put a handkerchief or sponge soaked in cold water and wrung out, on the forehead.

- When patient recovers consciousness, give a few sips of cold water to drink.

- If you suspect that a bone has been broken, or if the fainting was brought on by severe pain, burns or bleeding, get medical help as soon as possible.

- If fainting is accompanied by vomiting and/or diarrhea, it is probably due to an intestinal infection.

The victim should go to bed

and have fluids only.

- When people feel faint, the quickest way to put this right is to get them to lie down for five minutes, or to put their head between their knees. Going outside for air is never a good idea—a sudden faint could cause a nasty injury.

Although causes of fainting are relatively minor, it may be a symptom of an underlying illness. If the victim has not regained consciousness within a few minutes and completely recovered within 15 minutes, summon medical help and treat for unconsciousness.

If a faint lasts longer than 10 minutes, its cause may be an underlying illness. The victim should seek medical advice on recovery.

the recovery position

➤ *From Health at Home by Don R. Powell, and the Harvard Medical School Family Health Guide*

The recovery position may need to be used in many conditions that need first aid, such as unconsciousness. It should not be used when a person:

- Is not breathing
- Has a head, neck, or spinal injury
- Has a serious injury

To put a person in the recovery position:

1. Kneel next to the person. Place the arm closest to you straight out from the body. Position the far arm with the back of the hand against the near cheek.

2. Grab and bend the person’s far knee.

3. Protecting the head with one hand, gently roll the person toward you by pulling the far knee over and to the ground.

4. Tilt the head up slightly so that the airway is open. Make sure that the hand is under the cheek. Place a blanket or coat over the person (unless he or she has a heat illness or fever) and stay close until help arrives.

Growing into Romance

By Jim and Judith Sniezchowski

A key feature of romantic love is that lovers see in each other what is not immediately apparent to others. What they see can't be objectively evaluated. For him, she is the most beautiful woman alive. While that may not be what others think, that matters little. It's what he thinks and feels. For her, he is so much more thoughtful than anyone she's ever known. Again, thoughtfulness is in the eye of the beholder. But here's the point: Lovers really do see perfection in one another, because love has opened their gaze into one another's soul.

Jim:

After we were together for a while, I began to notice what I called "the many faces of Judith." Her capacity to show what she's feeling was a miracle to me. Subtle emotional shifts would cause her face to change, in an instant, and every expression was crystal clear. Her feelings are not always apparent to others, but I see them. I still marvel at the subtlety of her inner life.

Judith:

Jim and I share a wide range of humor and playfulness. But that wasn't always the case; in the beginning, I was so uptight I could only see Jim's humor as corny or boyish. Subtly, against my conscious will, love opened me to new realms of my own kidlike playfulness and even goofball humor that just has the best time making love with Jim's playfulness. Now I think he's one of the funniest people I've ever met, and I feel so blessed to get to laugh and play with him so much!

It's true that, in the beginning, romantic moments are flooded with wonder, with the awe of just being alive. But it's not possible to sustain such high intensity over time. So things progressively become subtler. We can't get caught in the trap of wanting it to be like it was in the beginning. That sentences love to a prison in which it cannot grow, and then we lose sight of the perfection.

So part of keeping

Jesus speaking:

Life and love is all a growing and learning experience, with Me as your Guide. These are helpful tips not just for the one you love, but for the ones you love in the wonderful marriage of our Family. See each other through eyes of love, as I do, and your marriage will be a happier and more joyful one every day!



romance alive is looking for the perfection whenever you experience it. It's around all the time, waiting to be seen. And you must give voice to it. Speak it. Share it. Don't let it slip by unacknowledged. Give it life by giving it to the one you love.

And when it is being given to you, don't shy away. Open to it. Receive it. Acknowledge the moment. Otherwise romance will fade, because it doesn't have your heart in which it can continue to grow.

Games Lovers Play

Compiled from assorted Web articles and ideas from others

Loser's Love Slave:

Sometimes my wife and I will play a game—tennis, cards, whatever—and the loser has to do what the other one says for the night. For example, make dinner. Or serve it. Provide massages. Loofah the other one in the bath. And you know what? We don't care who wins. Because we always end up in the same place at the finish: in bed.

Deck of Love:

Take a deck of 52 cards, and assign each card a thing to do. For example, Aces mean a kiss, Queens mean give a backrub, etc. Shuffle the deck and spread the cards out, upside down. You and your loved one take turns drawing cards, and do whatever the card says. Be creative with your ideas!

(Eve: You could incorporate some loving Jesus time too, by assigning the King card to saying some praise and/or love words to Jesus!)

The Alphabet Game:

One person starts with the letter "A" and has to kiss a body part on the other person beginning with that letter. The other person starts with "B" and so on and so on. Some of those letters get awfully tricky, but you will be amused by what your partner will think of for a letter. It's very fun, and by the time you get to "Z" (if you do) you just might want to play again.

Kissing Card:

Decorate a plain index card and write ... "Membership for [your loved one's name] entitles card owner to as many kisses as they wish."

The Balloon Game:

First pick a color scheme. For example: Red. Put on something red and sexy. Blow up some red balloons with little notes inside. (You could include love words to the Lord, things that you appreciate about your loved one, or fun things you could do together.) Place the balloons around your room, then light some candles (red, if you have them). As something optional, you could also have some wine or fruit to go along with it. Call your loved one, and your game begins; the object of the game is to pop the balloons without using your hands, then let the fun begin as you discover the hidden papers and their instructions.

Jesus speaking:

I know you need times of relaxation and fun, My dear ones, and I'm the God of love and laughter and variety in your times of fellowship too. So enjoy!—Just make sure you bring Me into it if you really want to have a good time, as I'll add the excitement and spirit, the love and acceptance of each other which even the most original and fun games won't supply without Me.—And those are the things which really make them worthwhile, and which will leave you with a glow of satisfaction afterwards, for I have been a part. *(End of message from Jesus.)*

Two Truths and a Lie:

You can play this game with one other person or with many. You simply state three things about yourself. Two have to be true and one has to be a lie. The others have to guess which one is the lie. For example: "I am an ordained minister. I was Senior Class President of my High School and I've been to over 30 countries." Which one is false? With this game you can learn some very interesting facts that wouldn't come up in your typical conversations. You might learn that someone used to teach ballet or won a gold medal in a state-wide swim meet. I have discovered friends who play unique instruments and have learned about my wife's most interesting childhood experiences. The more we know about each other, the deeper our friendships and relationships can be. *(By Michael Webb, Romantic newsletter)*

Strip Cards:

Play a card game. Here are the rules: When one person wins a game, the other one has to take off one article of clothing, until you are both naked.

The Benefit of Doubting

—Another's Intentions!

By Michael Webb

Several years ago, a minister from the United States went to visit one of his denomination's congregations in Africa. When he got up to the pulpit to preach, he noticed by the style of clothing that members of one of the local tribes sat in the front of the room while those from a different tribe seemed to be forced to sit in the back.

Knowing that there was much tribal animosity in the country, the minister scrapped his notes and began preaching about unity, how we are all one in Christ and how we are to love our spiritual brothers. After the condemning sermon, the visiting minister sat down and the local pastor leaned over to him and stated, "Our members sit in different sections out of love and respect for one another. In our culture, it is our way of showing honor to the visiting tribe

by giving them the best seats in the church."

Had the preacher not jumped to conclusions, he would have saved himself from humiliation and from offending the church members. While he might not have had the opportunity to ask why they sat apart before his sermon, he could have certainly done so afterwards.

How often do we make the same mistake in our relationships? How do you think your relationship is affected when you allow yourself to get bent out of shape over what appears to be a rude waiter, a slothful co-worker, an insensitive pastor or an uncaring mate?

Consider the following scenario.

You call your wife at home during your lunch break to ask her what she's making for dinner. She snaps back: "I don't know. Gotta run. Talk to you later." Then she hangs up.

Instead of going the "Jumping to Conclusions" route, let's play the "Benefit of the Doubt" game.

Could it be that:

1. She is planning a surprise dinner for you and didn't want you to know about it. She got flustered at your call, thinking you might be onto her.

2. Little Johnny is throwing up on the Persian rug, lunch is burning on the stove and someone is knocking at the front door.

3. She has awful cramps, a blistering headache, and you woke her up from a much-needed nap.

4. She is on the other line with a relative calling from Sri Lanka at \$3 a minute.

When you arrive home you lovingly ask your lovely wife why she hung up on you so quickly. If her answer matches one of your

“Benefit of the Doubt” possibilities, you win. If it doesn't match, you still win because you didn't sit in judgment of her all afternoon, brewing over the fact that she was a little curt. And best of all, you open a dialogue of communication so hopefully any misunderstanding doesn't happen again.

My wife Athena and I like to play this game when we are out around town. We come up with some great explanations why the Toyota Landcruiser just cut us off in traffic, why the cashier practically ignored us and why our friends didn't return our calls. Most importantly, we try to do the same when we are confronted with potential “Jumping to Conclusion” situations in our relationship.

Sure, we still fall back into our condemning and judgmental ways from time to time. But we are working at it.

If you find yourself reg-

ularly getting frustrated, angry or even furious at others, it is possibly because you haven't considered the benefits of doubting.— Another's intentions!

Jesus speaking:

Familiarity can often get in the way of giving each other the benefit of the doubt, but it's truly an act of love to be able to look through into the heart and assume the best, rather than look at the actions and assume the worst or jump to conclusions. So try it, and don't forget that “love covers a multitude of sins” even when mistakes are made! (*End of message from Jesus.*)



To All Young Mothers and Mothers-To-Be...

The Joys of Going for the Gold

From Pearl (of Steven), Thailand

I wanted to send in a recent photo of my 11 children.—I am truly so blessed! This is a pro-“go for the gold” testimony from someone who has tried it and is a satisfied customer of following the Lord’s Words through Dad, Mama, and Peter, to trust Him and go for the gold!

The last almost 20 years of childbearing and child rearing are an experience that I would not want to have missed! Of course, I’m not quite finished yet, since I’m still bearing children and most of my children are still small. I’m 40

years old and I don’t know how many more the Lord is planning on giving me, but I’ll take whatever He sends because they are the best thing that’s ever happened to me. And even though there were times throughout the years that I felt I couldn’t continue bearing more children, I’m so glad I said yes and trusted Him for His will in my life. I can’t tell you what it’s done for me. I almost feel like I’d be a completely different person if I hadn’t yielded to the Lord in this.

I can’t tell you the countless lessons, the

degree of desperation brought from my pregnancies, labors, the babyhood and childhood sicknesses, behavioral and spiritual battles, the victories, the progress, the lessons I’ve learned on the importance of prayer and depending on Him, the lessons of shepherding others, the lessons of desperation and even a fear of the Lord. All this and more He’s taught me through experiences with my children—lessons of being a fighter; humility in needing the help of others, bringing out my weaknesses and making me more dependent on Him, knowing I couldn’t possibly do it myself, the lessons on giving and sacrifice, the lessons I’m still learning on patience and asking Him everything, the trial and error in my people-handling skills. I could go on and on with all the things the Lord has tried to instill in my character through having me bear 11 children. And the main reason I’m writing this is because the Lord told me to, in order to encourage all of you young mothers on how satisfying it can be!



Celine (#11, at 3 months)

Pregnancy and Childbirth

On my last birthday I was sick in bed with extreme morning sickness, and my sweet family had a photo taken with all the kids and enlarged it and gave it to me for my birthday. It was such an encouragement at such a difficult time in my life. And as I lay there, looking at that beautiful photo, I couldn't help but cry and thank the Lord that He's given me the grace to bear all those children, and I realized that it really was worth it to be having yet another one.

So this is just to testify what a wonderful, fulfilling and rewarding experience it can be to go for the gold. Now, don't get me wrong, I'm human just like you. If I had known when I first joined the Family that the Lord was going to ask me

to bear 11 children, I probably would have run the other way. Ha! And over the years I have felt weary and had battles.

Many of you who have children know what those battles are, and they're very real. The Enemy can really do a job on us to make us resist the Lord's will or the Lord's hand in our lives. He can tempt us to think it's too hard, to think of all the reasons why we can't, to highlight what it's going to cost and what we stand to lose if we dare to leave that decision fully in the Lord's hands.

But if we truly want the Lord's full blessing in our lives and His highest will, we have to rebuke all of that and obey Him anyway! If anybody asked me how I've made it this far, I think

the best and easiest answer I could give would be that I just had to obey and yield to the Lord one day at a time. Don't worry about all the years ahead and what it's going to mean; just obey the Lord each time He asks it of you. Just yield now, today.

I just took it one step at a time. When I just had 2 or 3, or even 4, 5 or 6, if I had known the Lord was going to ask me to bear 11 children, it would have seemed like too much. But as I look at it now, I see the wonder and glory of it, the beauty and blessedness of it! It's amazing how He has supplied material for them, as well as the extra help we've needed. He's bountifully supplied in all the areas that they've needed training, and He's taken care of everything. Somehow He did it! He has proven to me over and over again that if I obey and trust Him for this matter, He will more than fulfill His end of the bargain!

Now I certainly don't want to make it all sound like it's nothing but a dream. Any woman who has borne children knows it isn't. There are a lot of difficulties you face in the weakness and sickness of pregnancy, the hardship of labor, babyhood, the sleepless nights, sicknesses, behavior bat-



Back row L-R: Jonathan (18), Davida (9), Faithy (16), Mary (11), Peter (14)

Front row L-R: David (5), Angelina (6), Daniel (2), Carolina (4), Nina (8)

ties through the years, the spiritual battles, the physical strain, the non-stop demand and needs that can sometimes seem overwhelming. But after having 11 children, and with probably more coming, I can't say anything except that it's a wonderful life, and I'm so glad God gave it to me. With my limited vision and faith, had I had my own way I wouldn't have expected or required as much of myself, and I would have missed all the precious experiences He's so blessed me with by giving me so many children in the time that He has.

On top of that, I've seen the Lord use the children throughout the years to reach people that I could have never reached on my own.—And I still see it happening regularly. For example, on one Family Day before I had my last baby, we went for a simple stroll around the park, and with our big team we got out 270 posters and won a

few souls. In this receptive field, almost everyone in the park was sitting there reading a poster, taking in the Lord's Word, receiving the opportunity to be saved. To me, that's the pay-off! Since I was big and pregnant, I couldn't do so much and just sort of waddled around, doing what little I could—but they did it for me! They're doing the Lord's work for me and there is nothing more fulfilling or rewarding than that.

Sometimes I look around at the young couples in our area who are just starting their families—with 2, 3, or even 4 children—and I think of those young mothers and I pray that the Lord will give them the grace to keep going, and that they'll carry on with the flame of God's truth, that they won't be weary or faint along the way, that they'll uphold the standard of the Words of David and do whatever God might ask

of them. Because although there *are* sacrifices and although it does cost, I can testify that what you gain is of much more value than anything it could ever cost. Dad gave us his life, as do Mama and Peter, to give us God's truth and to live it, and I believe that the Lord will hold us responsible not only for the Words that they've so faithfully given us, but for the sample they've been to us in following all the way all these years. Personally, I don't want to miss the adventure of following Him *all the way*—not only in the area of going for the gold, but in as many areas of my life that I can muster up the grace of God to do so.

So this is just to encourage all of you young mothers and mothers-to-be—because it's a little harder on you than it is on the fathers—to be open to whatever God's will is for you. Of course, it's not God's will for *everyone* to have large families. Maybe you'll have a smaller family with only 5, 6 or 7 kids (ha!), but no matter how many the Lord wants to give you, I want to encourage you not to fight or resist it, but to do whatever He asks. You just can't go wrong in that, as Dad, Mama and Peter have so faithfully taught us and been a sample of over the years!

[PS:]

Just a little word to the fathers... one thing that made bearing children easier for me was my sweet mate's positive encouragement about it. He always wanted more children, and still does! Knowing that he was happy that I was pregnant *again* made all the difference in the world! So try to do the same, you guys—you never know what kind of a special, wonderful child He might send you. Don't miss out!

From Heaven's Doors

┌ Last-minute C-section

*From Julia (of Simon),
Poland*

I'm 30 years old and have had four natural deliveries, all very easy and almost painless. My last child, however, came by C-section. I was preparing for a natural delivery and the hospital staff was reassuring me that it would be quick and easy, since it was my fifth. But after my water bag broke, the doctor told me that the umbilical cord was falling through the birth canal, blocking it completely and making it impossible for the baby to come out naturally! They said if we didn't move fast we could lose the baby. (The Lord gave us beautiful prophecies, which were for us a needed encouragement. TTL for the ability to hear His Words for our personal situation. It's definitely a great strength-giving blessing.)

Five minutes later I was on the operating table, with all the doctors and helpers



around me. I remember calling to Jesus aloud just before they put me to sleep, asking Him to help my baby and me.

When I woke up I needed to rest for six hours, but after two hours I was conscious enough to hold our sweet, 4-kilo baby boy. I was so thankful that he was healthy and *alive!* He is our miracle baby boy. The Lord's ways are

not our ways, but He sure knows best what we need. Even though I didn't expect it to happen this way, I'm very thankful. The healing process after a C-section was a little different, and took longer, but after a week or two I was able to start doing some different jobs at home, as well as caring for my baby. I just needed to be careful to go slow and not overdo. Sweet

Jesus is in control, always caring and helping.

I want to thank all of you sweethearts who prayed for my delivery.— Prayer is powerful and you never know how your prayers can help others, as it did for me!

Prophecy Predictor

From Peter and Crystal, China

We had prayed that our baby would arrive earlier than the due date the doctor had calculated. When we asked the Lord exactly when our little one would come, He gave us a date: September 27. Lord help us, we weren't too sure whether that would be the exact date. We told our friends that the baby would come somewhere between the 24th and the 27th, but more towards the 27th.

All our friends were quite amazed when our son was born on the 27th—exactly on the date the Lord had told us! One of our friends commented that it was amazing how we knew when the baby would be born—but of course, the glory goes to Jesus! We told her it was only because the Lord had told us so.

From the beginning of the pregnancy the Lord had

told us that the baby would be a boy, which we also started telling everybody. (We didn't have a scan to determine the sex of the baby.) Again, everyone was amazed at the accuracy of prophecy!

Every Prayer Answered

From Agneszka (20, of Abner), Ukraine

With the birth of my daughter Veronika, the Lord answered every request I put on my prayer list.

At first we were not sure which hospital to go to. Shortly before the due date, a friend introduced us to a sweet doctor. After praying, I decided to go to the hospital around the expected time of birth. This turned out to be the Lord's plan, because in the next few days some of our Home got sick, and so the Lord kept me from getting sick as well.

My first contractions started at 9 AM; by 5:30 AM the next day, I was taken to the delivery room. The doctor had to break my water bag, but because I had a lot of water the umbilical cord came out. I found out about it later, but at that time I just felt that something was wrong, so I asked the doctor: "May I pray?"

"Please do," she said, "and pray out loud!" Upon my request, the doctor and midwives started to tell me specifically what I should pray for, and I did.

The doctor managed to put the umbilical cord back in. Normally they would have had to do a C-section because of this complication, but knowing my wish for a natural childbirth and seeing my fighting attitude, they waited. When the baby's head was coming out there was one more problem: the cord was in a knot. But thank God nothing happened. I also didn't tear! Praise the Lord for all His miracles.

It was my first baby, so I didn't really know what to expect, but I was trying to trust the Lord. Afterwards the doctor said that my faith and trusting spirit had helped her. After the birth I was telling everybody about the Lord's miracle-working power, and how He had answered my prayers.

My husband Abner was with me during the labor.— That was another miracle, because here in Ukraine that's not a common practice at all. It was a big blessing to have him praying, encouraging and just being there for me. I think that this experience has brought us closer in a very special way.

Feedback

- ○ My husband sweetly downloaded *Eve* #17 from the MO site, which contains two prophecies for PG mothers. At the time I was going through some battles, and these two prophecies really helped pull me through. Though I am not pregnant, Jesus' solutions of hanging on to Him were His sweet voice just for me at that moment.
— Love, Taiwan
- ○ There are so many helpful and encouraging subjects in each *Eve*! The article on evaporated milk came just after I started using it for different things. I was storing it in the fridge for much longer than what it suggested, so I'm thankful that came out to prevent anyone getting sick! (See *Eve* #16, pg.10.)
— Rachael Love, USA
- ○ I really liked the section in *Eve* #16 with info about sex positions, ha! It's fun to try new things and a lot of times our own minds can't think them up for ourselves and we need a little help. Keep them coming!
— Gaby Rivers, Nicaragua
- ○ A student of mine is PG and has back problems. I was praying about where I could find info for her, and just then we got an *Eve* on that subject. Thank you for all that goes into it. It's appreciated!
— Renee, Panama
- ○ This tip was pubbed a while ago, but I have used the garlic cure for hair loss (see *Eve* #1) a few times over the past year or so, and it has worked every time. My hair has stopped falling out each time, and new hair has grown in too. Also Mama Maria's cold defense remedy has been tried and proven. Thanks, Mama, for this potent and successful recipe! (See *Eve* #7, pg.5.)
— Sapphire Shine, Belgium



Cover photo: Clara (of Filipe), mother of two, Brasil.

Suggested reading for ages 16 and up.

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