

SPANISH FOR WITNESSING

Yo - I. Tú - You. Usted - You (polite). El - He or it. Ella - She. Nosotros - We. Ustedes - You (plural). Ellos or Ellas - They (masculine or feminine). Me or Mi - Me. Te or Ti - You. Le - Him. Lo - It. La - Her. Nos - Us. Les - Them. You (plural).

VERB ENDINGS: Present Tense: Yo —O, Tú —S, El —A or E. Nosotros —MOS. Ellos —N. NOTE: Some verbs, the Yo present form ends in OY. YO VOY —I go. **EXAMPLES WITH PRONOUNS AND VERBS:** Yo te amo —I love you. Cristo te ama —Christ loves you. ¿Me amas? —Do (you) love me? Le amamos —We love him. Nos llaman —(They) call us. ¿Todos Uds. la aman? —Do you all love her? El lo escribe —He writes it. Etc. Here are some phrases to use:

Hola —Hello. Me llamo María —My name is Maria. (Como te llamas? —What's your name? ¿De donde eres? —Where are you from? Yo soy de los Estados Unidos —I am from the U.S. ¿Eres estudiante? —Are you a student? Sí —Yes. No —No. ¿Que clase de trabajo haces? —What type of work do you do? ¿Conoces a Jesucristo? —Do you know Jesus? El quiere darte —He wants to give you. Vida eterna —eternal life. Paz —peace. Una vida nueva —a new life. Solo Tienes que pedirle que entre en tu corazón —You only have to ask Him to come into your heart. El está tocando a la puerta de tu corazón —He's knocking on the door of your heart. Cristo dice: —Christ says: Jesús dijo: —Jesus said: (Apoc. 3:20 —He aquí, yo estoy a la puerta y llamo. Si alguno oye mi voz y abre la puerta, entraré a él, y cenaré con él, y él conmigo). ¿Cuántos años tienes? —How old are you? Yo tengo veinte años —I'm 20 years old. ¿Y tú? —and you? Esta es nuestra dirección —This is our address. Vivimos según la Biblia —We live according to the Bible. Juntos —Together. Como los Apóstoles —Like the apostles. Nuestra casa está cerca de —Our house is near... La plaza de las armas —the Plaza de Armas... La universidad —the university... frente de —in front of... al lado de —beside. ¿Tienes una gran familia? —Do you have a big family? Somos siete —There are 7000 of us. Aquí somos (number) —Here there are (number) of us. Por favor —please. Dame tu dirección —Give me your address. Escríbela aquí —Write it here. ¿Quieres oír conmigo? —Do you want to pray with me? ¿Quieres recibir a Cristo en tu corazón? —Do you want to receive Jesus into your heart? Vamos a orar para ti —We're going to pray for you. A las siete —at seven o'clock. A dos y media —at two-thirty. Muchas gracias —Thank you very much. Con gusto —with pleasure. Encantado —enchanted (when you meet someone). Dios os bendiga —God bless you (plural). Por la tarde —in the afternoon. Noche —night. Adios —Good bye. Hasta luego —See you then (or later).

STUDY THE SPANISH BABY TRACT AND VERSES AND LISTEN TO THE PEOPLE AND YOU WILL LEARN IT QUICKLY — PHIL 4:13. THE SPANISH BABY TRACT HAS A LITTLE PRAYER YOU CAN PRAY WITH THE PERSON WHO WANTS TO GET SAVED. PTL: JALELITA!

DIARRHEA from A Handbook of Natural Remedies.

As you already know, diarrhea is the opposite of constipation. With constipation, you can't get started. With diarrhea, you can't stop.

Diarrhea is no joke, as anyone who has had it will testify. It has been grimly nicknamed by tourists—who are particularly susceptible to it, especially while traveling in foreign countries—as *Turista*, or *Montezuma's Revenge* (Mexico), *Delhi Belly* (India), and most recently by the medical name *Giardiasis* (Russia). (More about this last one later.) But diarrhea can hit you in your own country, even in your own home, which is not news to you.

When diarrhea strikes, most people are not only taken by surprise; they are not prepared to deal with it. How often have you said, "Oh, what was the remedy for diarrhea I heard about not long ago?" but in your understandable state of agitation, you can't remember it. So keep this chapter in mind as a handy reference for the future... just in case.

Sometimes you will be able to choose the right remedy on the first try, if you will do a little self-searching of what you have been eating, drinking, or breathing. Otherwise you may have to go down the line of remedies, one by one, by trial and error until you find it. So before you begin, it is a time-saver to know what can cause diarrhea.

Causes of Diarrhea

Diarrhea usually means that there is something taking refuge in your intestinal tract which shouldn't be there. It may be due to "something in the water"—most common in foreign countries—but with the influx of pollution in our own country, not exactly unheard of here. The peculiar thing is that in most foreign countries, the natives do not suffer like the tourists. In India, for example, the natives seem to be immune to whatever may be in the water, whereas non-native newcomers, even those who have lived in India for some time, are felled by one misstep. They can boil their drinking water, or use water purifying tablets

Important Signs

ALTO	STOP
DESPACIO	GO SLOW
DESIVIO	DETOUR
PRECAUCION	CAUTION
PELIGRO	DANGER
SENTIDO UNICO	ONE-WAY STREET
NO HAY PASO	NO THOROUGHFARE
NO HAY SALIDA	DEAD END
CONSERVE SU DERECHA	KEEP TO THE RIGHT
CONSERVE SU IZQUIERDA	KEEP TO THE LEFT
VIRAJE RÁPIDO o CURVA PELIGROSA	DANGEROUS CURVE
FERROCARRIL	RAILROAD
PASO A NIVEL	GRADE CROSSING
PUNTE	BRIDGE
CABLES A ALTA TENSION	HIGH TENSION LINE
SEÑORES o HOMBRES o CABALLEROS	MEN
SEÑORAS o MUJERES o DAMAS	WOMEN
LAVABOS o LAVATORIO	LAVATORY
SE PROHIBE ESCUPIR o PROHIBIDO ESCUPIR	NO SPITTING
SE PROHIBE FUMAR o PROHIBIDO FUMAR	NO SMOKING
SE PROHIBE LA ENTRADA o PROHIBIDO EL PASO	KEEP OUT
ABIERTO	OPEN
CERRADO	CLOSED
ENTRADA	ENTRANCE
SALIDA	EXIT

from pharmacies, all with success. But if they become forgetful and wash their teeth with tap water even once the cure is upon them!

Because the body may have built up its own immunity to tolerate water in its own community, this does not mean one can get away with drinking water anywhere else, even just one hundred miles distant where the condition of the water may be entirely different. This explains why so many football teams have carried their own water with them when they travel to a distant state for a game. Coaches have learned by experience that a bout of diarrhea can lose a game with no other odds against them. This knowledge also explains why Presidents and potentates traveling abroad carry their own water with them.

Other common causes of diarrhea include parasites, germs, a virus, bacteria or micro-organism of some kind, or a poison which has sneaked into the body via food, water or air, and isn't about to leave without an argument. Summertime diarrhea, resulting from gastroenteritis, is common. I have seen it develop in communities almost in epidemic form, leaving doctors helpless with no other diagnosis than "something going around." Due to my suspicious nature about chemicals, I have often wondered if the cause might be due to sprays taking a free ride into the markets on various produce. This is not as impossible as it sounds. One alert doctor once found that a "strange" virus (named virus X) affecting soldiers during the early Vietnam war was caused by spraying the environment with DDT.

Food poisoning, of course, has caused much trouble. Even underripe summer fruit picked and shipped green, as well as the well-known green, underripe apples, can cause diarrhea. I recall hearing a doctor in a small midwestern town where all fruit was shipped in state that he made more money in the summertime from treating his patients for diarrhea resulting from eating underripe fruit than the grower, the shipper or the retailer of the fruit.

Diarrhea can also result from an allergy. Many years ago, one woman noticed that her diarrhea was seasonal, occurring during the Christmas holidays only. She finally

learned that it was due to citron in fruit cake, and after the fruit cake season was over, so was her diarrhea. Another person, learning that her diarrhea was caused by allergy to milk, has used regularly one teaspoon of milk daily as a laxative. In these days of chemicals in and on everything, you really have to be a detective. But the search may pay you valuable dividends.

Dysentery

Dysentery, although somewhat similar to diarrhea, is a different ailment. It is considered an infectious disease, often spread because of poor sanitation and perhaps characterized by ulcerative inflammation of the colon, sometimes causing bloody stools. It can be caused by a certain bacillus, or by a protozoan, as in amoebic dysentery, which is often picked up in foreign countries and may hang on for years. This is a case for the doctor since it may be serious. However, one report states that 500 mg. of Vitamin C in combination with other treatment used daily by the Russians "rapidly eliminated the clinical symptoms of severe dysentery, led to more favorable progress, and shortened the duration of the illness." Irwin Stone, who reports this study, comments that if as little as 500 mg. daily could produce such improvement, megavitamin doses could do still better.

Why Diarrhea Can Be Serious

Those who try to look on the bright side of diarrhea and consider it a good chance to become detoxified or lose weight (which you will gain back anyway) had better pull up short and realize that there are some health dangers at work here. Why?

1. Weakening takes place. Nutrients are lost. Blood sugar drops, producing hypoglycemia symptoms.
2. Food is rushed through the body without giving the nutrients a chance to be absorbed. Vitamins A, D, E, and K are lost.

Mixture of a glassful of water plus one teaspoonful of apple cider vinegar, he gave the man a teaspoonful every five minutes. He mixed a second glassful in the same way and gave him two teaspoons every five minutes. From the third glassful he told the doctor to take one small swallow every fifteen minutes. The doctor recovered and ate his supper. In fact, Dr. Jarvis said that if you would follow this routine if you awaken with diarrhea and vomiting in the morning, you, too, will be ready to eat a small meal of easily digested food by evening. He recommends continuing the vinegar-in-water with meals for two or three days afterward.

The reason Dr. Jarvis gave the apple cider vinegar and water in small doses for this ailment is because he found the stomach would not accept a whole glassful at one time, whereas a teaspoonful or more could be kept down (in case of vomiting).

Dr. E. Hugh Tuckey used a different type of acid to prevent and control "tourista" for those who traveled to Mexico. He advocated hydrochloric acid. (The type and the dosage are explained in my book, *Secrets of Health and Beauty*. Lack of space prevents repeating it here.)

European folk medicine prescribes lemon juice, taken straight (but wash your teeth afterward to prevent enamel erosion); or strong black coffee.

Herbs: Herbal remedies for diarrhea abound, as you will see if you pick up any herb book. One, cayenne pepper, also known as capsicum, can be sprinkled on juice or food or put into an empty capsule. It also acts as a vermifuge if parasites or worms have caused the diarrhea. Cayenne belongs to the paprika family and is rich in Vitamin P, another name for the whole Vitamin C complex, or bioflavonoids. But it has additional values.

Camomile tea has arrested diarrhea in calves.

As stomach soothers, as well as to help allay the diarrhea itself, *comfrey* (which is mucilaginous), slippery elm (*Ulm*) and *arrowroot* dissolved in water have been used. *Honey* is soothing as well as a germ killer, providing it is unrefined.

3. Loss of body fluids leads to dehydration.

4. Most important of all, minerals are washed out of the body:

—Iron loss, if the diarrhea continues, can lead to anemia.

—Too much calcium loss can lead to softer bones and teeth, irritable nerves.

—Magnesium is washed out of the body, causing nervous conditions. Magnesium supplements can help here (See your health food store.)

—Potassium is eliminated, one of the most serious effects of all. Potassium regulates muscle contractions necessary to stop the onrush of the ailment. Its lack creates a condition somewhat similar to a train running downhill without any brakes. Extra potassium is called for immediately. (Ask your health store or druggist.)

—Sodium is lost. One of the first symptoms of the loss of sodium is a weary, "washed-out" feeling. According to John E. Eichenlaub, M.D., this can and should be corrected as fast as possible by taking extra salt (whole sea salt from health stores is best) added to drinking water. Eating salty foods will also help, he says.

In addition to replacing lost minerals, here are some diarrhea remedies which have proved helpful:

Acid: The late D. C. Jarvis of folk medicine fame has stated that germs or bacteria cannot live in an acid medium. He advised his patients to add two teaspoons of apple cider vinegar to a glassful of water whenever there was a question of safety of any food to be eaten. He tells of people who ate the same food at some church suppers and large picnics where food was prepared in advance and kept warm or unrefrigerated for unlimited time. Those whom he had taught to drink apple cider vinegar in water did not contract diarrhea. Others did. Apple cider vinegar can be used as a prevention, but Dr. Jarvis also used it as a remedy, once diarrhea had taken hold. In one case he used it successfully for another doctor who was stricken with diarrhea plus vomiting, at a medical convention. From a

One product found invaluable because it adsorbs (draws out) toxins and poisons from the intestines is a *clay gel*. I know a doctor who travels and lectures extensively. He feels it is not safe to travel without this type of product these days.

The use of *clay water*, taken internally, explained in the previous chapter on constipation, has been found to eliminate parasites, amoebic dysentery, as well as diarrhea. It is a simple, yet powerful remedy. It also adsorbs and eliminates toxins, parasites and poisons from the body.

John E. Eichenlaub, M.D., recommends the well-known products from the pharmacies which contain kaolin and pectin. He warns not to buy those compounded with antispasmodics, which he considers dangerous.

Other remedies which have been proved effective by doctors are *carrot soup*, *bananas*, *turmeric powder*, *carob*, and certain vitamin supplements.

Carrot soup was used by a Swedish doctor, P. Selander, M.D., who also reported excellent results from Germany, France and Belgium. An American doctor, Carl L. Thenebe, M.D., treated diarrhea and enteritis in hospitals and homes of 600 sufferers with good results in every case. He also used it successfully with acute colitis. The explanation for the success of the carrot soup makes sense: it supplies water to combat dehydration, replenishes sodium, potassium, phosphorus, calcium, sulphur, magnesium, supplies pectin and coats the intestines to allay inflammation. It checks the growth of harmful intestinal bacteria and prevents vomiting. It is especially good for children. Here is the recipe:

One pound of carrots cooked in five ounces or more water until soft. Strain the pulp or blend in a blender and add boiled water to make a quart. Add $\frac{1}{4}$ tablespoon salt (very important for providing sodium). Give small amounts every half hour. Improvement is usually noticed in 24 hours.

Bananas have replaced the old home remedy of scraped apple. Studies have shown that children treated with mashed bananas recovered faster than controls who did not take bananas. The explanation is that bananas contain