

ENCLOSED IS A POEM THE LORD GAVE
me to send to a woman I know-I was
away for awhile and she seemed to
have put up walls. After I sent her
the poem with a rose she was much
more open and receptive. TJJ!

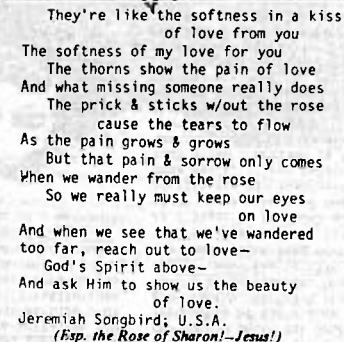
This rose for you today
Seems like such an insufficient way
To say- I love you
But I do, I really do!

Why do people send a rose?
I wonder if anyone really knows?
Maybe it's the nice fresh scent
To symbolize the time they've spent
I asked the Lord to show me what
it really meant

And this meaning was Heaven-sent
The fragrance is symbolic of you
And is really what draws the butterfly
to you

To refresh your dreams anew
He flies there to share God's love
with you

The petals are like the softness
of God's love for you
To the touch they're softer than the
morning dew



From a pamphlet published by Bausch & Lomb, makers of Ray-Ban Sun Glasses, Rochester, N.Y. 14602

UNLESS THE SUNGLASSES ARE TOP QUALITY, they may be more of a hindrance than a help. The lenses may not provide adequate glare protection, or they may have wavy surfaces that distort & disturb vision. A poorly made frame will be a nuisance, slipping & twisting about on your face. They also might well break at an inopportune time.

ULTRAVIOLET & INFRARED-COMPONENTS TO GLARE: They are part of the sun's radiant energy & are potentially troublesome. They can be irritating, tiring & even harmful in extreme cases. Ultraviolet rays, for instance, are a primary

cause of snowblindness. Infrared rays (the heat rays) contribute to the physical discomfort you may feel with glare. If you are exposed to intense sunlight for a lengthy period—a day on the beach, for example—without infrared protection, you may experience a burning or stinging sensation in your eyes. Infrared also contributes to the fatigue you may feel. Under no circumstances should anyone try to observe the sun or a solar eclipse directly, even when wearing dark sunglasses. Enough infrared energy may reach the retina to cause permanent & serious damage.

SELECTING A SUNGLASS: Optical experts agree that the best light transmission range for sunglasses is from 15-35%.
 —L. FASSERIN

OF ANY DEFECTS, whether internal or surface, such as wavy surfaces. And of course the 2 lenses should be carefully matched for color & density. When trying on a pair of sunglasses, look in a mirror. If you can easily see your eyes, the lenses are probably too light for proper glare protection. Many sunglasses, particularly those with plastic lenses, provide little control of infrared radiation. Fortunately, almost every sun lens blocks ultraviolet rays.

LENS COLOR: Because gray & green lenses do not shift the color balance in transmitting light, there is no interference with the eye's focusing system. The result? Vision stays sharp; thru' lenses of these colours.

I/Dad's preference for amber

EASY & EFFECTIVE WAY TO CHECK LENS SURFACES: When buying, turn the glasses to catch the reflection of an overhead fluorescent fixture on the inside of a lens. Move the glasses slightly so the reflection travels across the lens. Any wiggles & waves in the lens will be easily noticeable in the reflection. Check the areas away from the lens center & especially the corners.

FRAMES: Fit & comfort should never be sacrificed to achieve a styling feature. Always be a little leery of extreme design treatments of the bridge area. Often they mean a poor fit on the nose. One indicator of

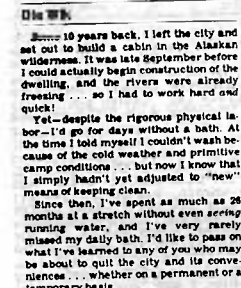
quality in a plastic frame is metal cores in the temples. Metal adds stability & strength. Look at the small parts too—the hinges, screws & nose pads. In a good sunglass frame, these parts will be of the same quality as those used in fine prescription eyewear.

PHOTOCHROMIC LENSES
(that change from light to dark & back again): They are available in light & dark shades. The light shades are not effective substitutes for sunglasses since at their darkest they still transmit 45% of the light. While the dark shades can make satisfactory sun lenses, there are some drawbacks to these lenses. First, they do not absorb much infrared radia-

NIGHT DRIVING: Wearing sunglasses during the day can help your night driving. Just 2 or 3 hours of exposure to strong sunlight (without adequate protection) may slow the process of dark adaptation so that normal night vision is not reached for several hours. Sunglasses should be worn only when you actually need them. Regularly wearing sunglasses on cloudy days or indoors can make your eyes unnaturally sensitive to light.

BRETHREN IN MIAMI ANXIOUS TO HELP OTHERS MOVE SOUTH; DAF DONATES TO MCV!
 From Senaah & Donato;
 Miami, U.S.A. DAFs:
JUST BEFORE WE VISITED
PUEBLO, we Don & I were
 elected DAFs for the Miami
 area, which consists of 2
 LAfs.
THERE ARE MANY HOMES IN
MIAMI, several of which
 are making definite plans
 to leave Miami in the next
 2 weeks. There are constant-
 ly new people arriving to
 work up their landing funds
 for the field or stopping
 over on their way there.
 It's an exciting place to
 be to meet many brethren,
 if you have to be in the
 U.S.
THE BRETHREN IN MIAMI
WANT TO SERVE AS A BORDER
BASE. In face, we all read
 that letter together two
 DAFs ago. at Faithy's and
 Juan's suggestion. We've
 been taking love offerings
 on MCV every two weeks
 (so far about \$220) for a
 start & hope to attack on
 provisioning this coming
 month.
THIS WEEK, A COUPLE &
THEIR BABY COMING FROM
CANADA was about \$80 or so
 on their on-going tickets,
 so the brethren who could
 afford it pledged it &
 of days. Then they got go-
 ing to their field where
 they are expecting Home
 Support; otherwise they
 might have gotten hung up
 here in the States. PTU!
 We felt really happy to
 be used as a Border Base
 in that respect too.
WE DO FEEL THAT IT'S OUR
RESPONSIBILITY THOUGH TO
WARN PEOPLE TO HAVE SUFFI-
CIENT LANDING FUNDS, no
 matter where they're head-
 ing, as we've gotten sev-
 eral letters & testimonies
 concerning problems of this
 sort. Dad has already warned
 everyone, but sometimes some
 get hasty to get out of the
 U.S. & leave without being
 completely ready; and then
 there are those who are
 constantly coming up with
 more needs before they
 shove off etc.
WE ARE HOPING TO SOMEHOW
SET UP A DAF FUND, as Dad
 mentioned, if everyone con-
 tributes something toward
 just such emergencies as
 mentioned above. Thanks so
 much to Dad & Maria for the
 Fellowship Revolution which
 is making this possible!
WE SINCERELY FEEL THAT
THE "FELLOWSHIP REV." HAS
BEEN A BLESSING TO ALL
 has shown more concern to-
 ward their brethren. The
 united prayer together has
 been answered powerfully
 several times, once being
 a situation with Haystar's
 wife who decided she
 wouldn't deliver the baby
 at home; & the united prayer
 all together she changed
 her mind & said that the
 Lord had really dealt with
 her about it. PTU! We feel
 so good about the vision
 given thru the Loveville
 logs in the FN about their
 fellowship meetings, & we
 are trying to follow their
 sample as well as the sam-
 ple we personally experienc-
 ed in Puerto Rico with
 Faithy leading the meeting.
WE DEFINITELY FEEL THAT
ALL ARE PULLING TOGETHER
MORE, & the participation
 of each Home has made it so
 much more inspiring & fun
 for all! Miami has had a
 problem in the past of much
 division & contention be-
 tween the Homes, & it's
 almost all melted away. TY!!
 (PTU! *God! The Lord*
reminds us of His
Love! Map, I'm loving!
Not Migration alone
But Fellowship
Revolution)

KEEP CLEAN WITHOUT RUNNING WATER



seven cups of water, which is just under a gallon!

A complete bush-country bathing outfit consists of a 15-inch metal basin, washcloth, towel, soap, baking soda, and fingernail brush. It's best to stay away from enamel basins because they are made from enamel backed with steel. The enamel can chip under your fingernail (sorry, or later), and the steel tubs will rust. . . . In spite of the fact that the steel tubs are made of galvanized steel, on the other hand, has never failed me. Whatever type of basin you use, however, keep it clean and free of rust. A good thing to do is to dump the dirt film after you bathe.

The real secret of this water-conserving soap is the elimination of soap from most of the bath. If you really lather up, you face the problem of getting rid of the soap. If you use a small tub, you can dump the soap down the drain from a small tub—this can be such a chore that you may start to skip this altogether.

You can meet it if you take a bath—without soap—every single day. Simply rub down well with a hot, wet washcloth, and then use a fingernail brush. If you want to use soap on the hairy parts of the body, but this small amount of suds can be used on the hairy parts of the body.

I once doubted the word of a friend who told me that he'd been taught to take a complete bath with an army helmet full of water. Now I know he was telling the truth, because I've done it myself . . . using a hard hat while fighting forest fires. The fact is, it's possible to clean every part of your body but your hair—using an antique metal wash basin—with only

A SOAPLESS SHAMPOO

to rinse off the suds. **Lather soap** or shampoo to sound to make your scalp itch, but you can get your "crowning glory" clean—and avoid the "itches"—by using **baking soda**. All soaps are made by combining a fat and an alkali (usually lye). And baking soda—itselt a mild alkali—seems to neutralize the lye in oils to produce the natural, mild washing product. Under the proper conditions, soda will even create a copious lather.

To wash your hair, add two or three cups of soft water into the basin. Add two cups the soap; the liquid is as hot as your scalp can stand.) Add two or three tablespoons of baking soda (NOT baking powder), then begin to lather the hair with your hands. **Form the soda solution** through your hair backward, forward, upward, and sideways. Any dirt will immediately begin to wash out of the hair. So after you've combed the solution through your hair several times, throw out the first batch of "soda water" and prepare for the final wash. In the combing process, then, pile your wet hair on top of your head to let the "bicarb shampoo" work while you take your bath, and brush it out.

When you "draw" your bath water add a heaping teaspoon of soda to the liquid, too. Baking soda is a good conditioner and deodorizing agent. And it has a beneficial effect on any itchy skin. (Pregnant women sometimes use it to relieve the itching sensation caused by their "belly itches.") Baking soda also helps the mild alkali combines with oil—just as it does with hair oils—to form a natural soap. One thing's for sure: soda wash leaves you feeling clean and warm.

After your bath, put a new supply of water in the basin, dunk your hair again, massage your scalp with your fingers, and wash the hair with the soda solution along with the remaining dirt. You have a sweet-smelling, clean head of hair, and there'll be no leftover soap mess to clean up.

The key to a successful baking-soda shampoo is soft water, and I've found that I get the best results with mountain snow. (I don't know if that's true or not, but I think it may be affected by the containers—galvanized metal, especially—that you catch it in.) However, if I want to be sure, I use distilled water.

So, just try mixing up a baking-soda solution using the softest water you're able to obtain. I can practically guarantee that you'll be pleased with the results!

NICE, BUT UNNECESSARY

There was a time when I felt that "spoging" was the only way to get the scalp when you were too sick to make it to the shower. Now that I've bathed out of a basin for 10 years, I realize that the "spog" is not only unnecessary—but more very nice—but also very unnecessary—luxuries.

EDITOR'S NOTE: Whenever you use a new substance on your skin or hair, it's possible that you may have a severe allergic reaction. ©

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