

CAN CAUSE WET BEDS, or better put, the inclusion of magnesium in the diet can help the child not to wet his bed. Magnesium improves the nerves & strengthens muscles. Kidney stones can develop from a magnesium deficiency. Alcohol flushes magnesium out of the system, so a bedwetter should not be given alcoholic drinks, at least not in quantity.

84. EPSOM SALTS, OR MAGNESIUM SULFATE, CAN BE GIVEN TO INCREASE THE MAGNESIUM INTAKE. Other good sources are nuts, whole grains, sprouts, soy products, particularly soy flour, & dark green leafy vegetables which are prepared properly: washed quickly & very lightly cooked, or better, eaten raw. One book even recommends sunflower seeds as a bedtime snack as they are rich in magnesium & other minerals: I've found success with them. Kelp, (dried or powdered seaweed preparation) includes all the natural sources of minerals. Care should be taken that not too much magnesium is given, especially in the way of Epsom salts, as too much magnesium can prevent calcium from being properly absorbed. About 1 teaspoon daily of Epsom salts is sufficient.

85. B. VITAMIN B6: THIS VITAMIN ACTS AS A DIURETIC; also in aiding muscle control; it is recommended for bladder control during the day, & bedwetting at night. You may want to ask: Why give a diuretic -- or urine-inducer-- to someone whose problem is urinating at the wrong time? --Wouldn't it be better to give something to retain urine? Well, not really. You see, the diuretic will help the child to pass off more urine during the day, so it won't come out at night when his muscles are in a relaxed state. The fact that B6 helps the bladder muscles to control themselves during the day helps the child to do it at the right time in the right place rather than in his pants. Some families seem to have a hereditarily high requirement for B6; hence the theory that bedwetting can be inherited, or that it runs in the family. A daily intake of 10-25 milligrams of this vitamin daily is recommended for bedwetters, or those who have a high requirement of it. Besides the regular B-complex sources of liver, wheat germ, etc., a vitamin supplement may be beneficial.

86. C. PLANTAIN (PLANTAGO MAJOR) & ST. JOHN'S WORT (HYPERICUM PERFORATUM): Both of these plants are diuretics; Wort is good for the nervous system & purifying

the blood. They are recommended to be mixed together & made as a tea. Use one teaspoon added to a cup of boiling water & allow to steep. The child should take one or two cups daily in doses of 1/2 cup, sweetened with honey to make palatable. The plantain is also supposed to kill worms in the stomach or intestines. Other recommended herbs: Buchu, corn silk, cubeb berries, fennel seed, milkweed & wood betony. Most likely these are likewise used in the infusions; ask where they are sold for instructions.

87. (HE HAD READ TOO, THAT ONE TABLE-SPOON OF HONEY TAKEN BEFORE BED WOULD SUPPLY THE NEED FOR MINERALS, ETC. TO HELP STOP BEDWETTING, & has helped even almost infallibly even the "incurable" to overcome wetting. This remedy didn't appeal much to me, however, since it'd most likely become a dependant & dental problem in itself. It seemed for sure more a spiritual solution we were seeking in our particular case.--Sara)

88. IT SEEMS THAT THERE ARE SO MANY POSSIBLE CAUSES & CURES that the parents need to look to find which is most pertinent to their child. Most people in the Family tend to be rather complacent about this: They ignore the problem & neglect looking for practical solutions. Or, they may call it rebelliousness & a disciplinary problem & try to solve it by spankings or punishments. Some people call it a spiritual problem & attribute it to the child or parents being weak spiritually.

89. I THINK AN IMPORTANT POINT IS THAT THE CHILD IS NOT HUMILIATED BY OTHERS, as it is already a pretty humbling experience to wake up in a puddle without having to be embarrassed by his parents or brothers. Some doctors & most childcare books also say that it is quite ordinary for a boy of four years or a girl of three, to not have gained full control of their bladder muscles at night although they are day-trained; so maybe sometimes we expect too much too early. Causes for returning to bedwetting after having been dry at night for long periods of time are usually attributed to emotional stress over-loss of a parent, insecurity, jealousy of a new baby expected, fears, etc., which all need the proper attention 'til overcome--mainly by faith and prayer! GBV:

(Back to Eden by J. Kloss, Woodbridge Press, & Let's Eat Right to Keep Fit by Adelle Davis were my two main reference materials.)



Prayer with Daddy after an exciting Grandpa Story!

1. OUR STORY BEGINS IN OUR NICE NEW HOME ON THE SIDE OF A CLIFF, OVERLOOKING MANY MANY NOVELISTS & WRITERS HAVE NAMED THE MOST BEAUTIFUL BAY IN THE WORLD. Just as Dad says, "It takes a lot of living to make a house a home!" So our staff, who had arrived on this location in staggered teams travelling throughout the Christmas & New Year's seasons, were now busy at setting up a new comfy home for Dad & Maria, & arranging an efficient work schedule so that they could continue their important work as soon as possible after their arrival at our new home. Alfred & Path had travelled with David to the train to this new living location & I followed up later with Sue.

2. DADDY COMMENTED ONE NIGHT AT THE TABLE, "DAVID SURE WON'T GO ANYWHERE OR DO ANYTHING WITHOUT HIS ALFRED OR SARA." He always wants his Alfred or Sara before he goes anywhere", & noticing that Dito was pulling a few misbehaviour tricks, being out of his normal routine & not with the both of us, he said to Alfred, "I'm glad Sara's firm on discipline. You're almost too soft-hearted. Son."

3. SWEET MOMMY MARIA PUT DADDY DOWN TO BED THE FIRST NIGHT IN HIS NEW HOME & CHECKED TO MAKE SURE THAT ALFRED HAD LEFT A LITTLE NIGHT-LIGHT ON in his room so he wouldn't have reason to be scared of the dark. Mommy sat on his bed & sang him some songs & patted his hair until he fell peacefully to sleep. Almost every

time Maria walks into the room she notices some little area of need & makes some kind of helpful suggestion or gives some kind of tip to always improve matters in her loving concern for her children & for all of us.

4. ALTHOUGH MARIA DOESN'T THINK OF HERSELF AS MUCH OF A MOTHER, SHE TRULY IS THE QUEEN & MOTHER OF US ALL, as the Lord pointed out in the inspired poem, "All Hail to the Queen" (No.77). Maria talked to me this month about how she was wondering why she must be bearing children. She said she was asking the Lord why she should be the one to bear the children when she doesn't feel she's a natural-born mother. "I guess the Lord chooses me to have the children for attention's sake, sort of like a matter of position. People put more of an emphasis on the way we train our children as a sample, even though you & Alfred are the ones who parent the children, so it must be for the sake of all our Little Ones around the World!" Amen.--The GC Revolution.

5. LITTLE BABY TECH WAS ONLY "TWO MONTHS AWAY" AT THIS TIME, & although Maria seemed to have more & more to do & take care of daily, including nursing Dado to health a few times these past months, she still took any spare time she had at all to spend with David. When reading the Word together one particular night, Dito & Mommy played a hide-'n'-seek Scripture game together just by glancing through the Psalms & Proverbs in a giant-print Bible & choosing out the Scriptures about "hiding the Word in your heart", making a good Scripture activity game! She wrote down all the references for us so we could look them up again later on in school-time & even memorize some of them. Lots of fun.

6. THE GREATEST VICTORY & INSPIRATION OF THIS TIME WAS DAD'S SPECIAL EFFORT TO INVITE DITO TO THEIR BEDROOM AT NIGHT FOR A "GRANDPA STORY," most of which we've shared with you on tapes available through Wild Wind. Mommy & Daddy preferred, of course, having David visit their room all by himself so as to enjoy their undivided attention, sometimes giving him a little gift they'd saved for him, discussing how his day went, what he was learning about, etc. The first Story, "Grandpa's Stories about the Ranch", drew out a great interest David had in hunting & cowboys & ranch, life, guns, boots, rattlesnakes, etc., etc.