

Dr. George D. Pamplona-Roger

PLANTS THAT HEAL

Dr. George D. Pamplona-Roger

FOODS THAT HEAL

Dr. Julián Melgosa and
Annette D. Melgosa

HAPPY COUPLES

How to have
a stable relationship
in all stages of life


Safeliz
Magabooks

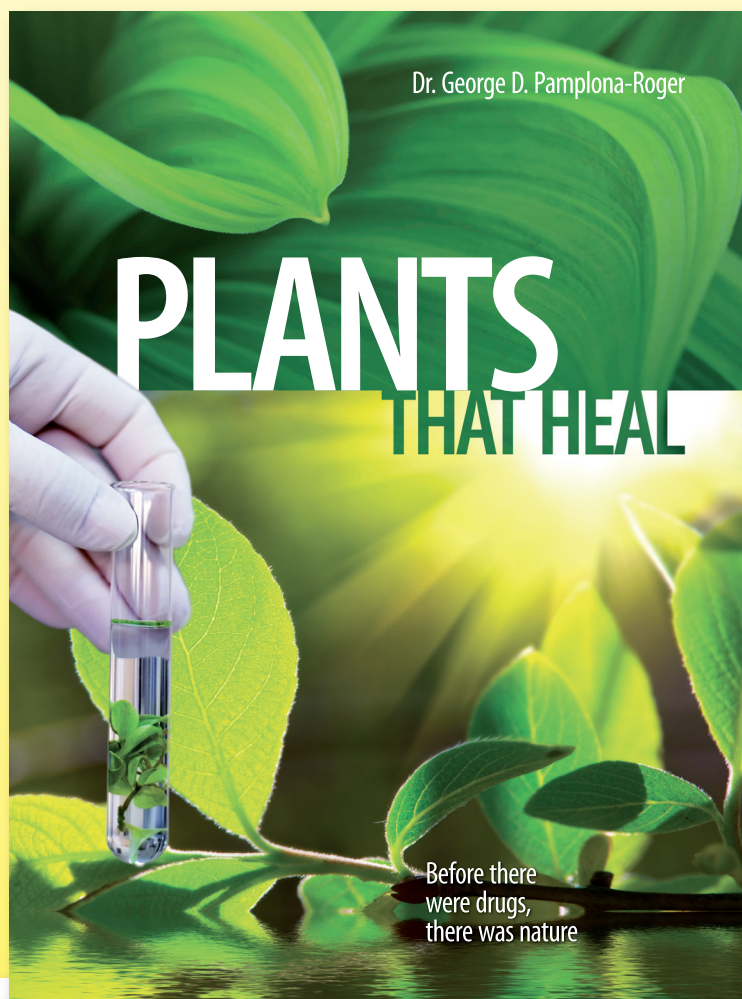
STEPS TO HAPPINESS

How to experience
inner peace

A FUTURE OF HOPE

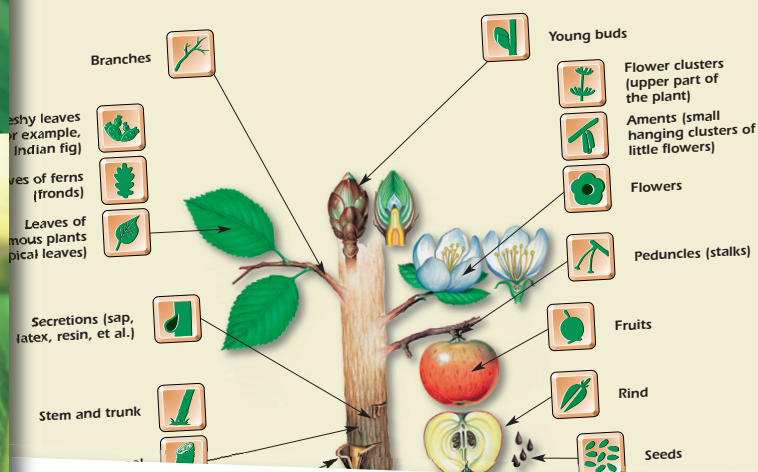
Live with the assurance
that all will end well

The first volume, *Plants that Heal*, written by Dr. George D. Pamplona-Roger, an expert in nutrition and an internationally-known author, uncovers a treasure trove of valuable knowledge about the rich tradition of natural remedies: plants that heal the body and invigorate the mind.



Meaning of the Icons of Botanical Parts Used in This Work

In this magabook there are a number of icons, symbols, and tables which describe plants, body organs, and ailments. We describe these icons on the following pages so the reader can be familiar with them and interpret their meaning more easily.



Types of Inflorescences

Inflorescences are groups of flowers which grow from a common peduncle.

Spiked

It consists of groups of flowers growing directly from the stem.

Flowerheads

Flowerheads are groups of small flowers joined by the same peduncle. Flowerheads appear to be a single flower, however they consist of many.



Aments

A hanging spike, consisting of very small flowers.

Corimbus

It consists of flowers whose peduncles grow from different points, however reaching the same height.

The Art of Preparing Herbal Teas



1. Put the part of plant to be used in a suitable container. The plants may be loose or placed in a tea strainer or a bag. The usual method is to first introduce the plant and then pour water over them, but this can also be done the other way round.

2. Blanch the plant

Plants for the Nervous System

Passiflora incarnata L.

Passion Flower

An American anti-stress plant



Synonyms. Maypops, passion vine.
French. Passiflora, fleur de la passion.
Spanish. Pasiflora, granadilla, maracuyá.

Habitat. Native to the southern United States and Mexico, it is widespread in the tropical regions of Central and South America, mainly in the West Indies and Brazil. It grows on dry, protected areas. Naturalized in southern European and Mediterranean countries.

Description. A woody-stem vine of the Passifloraceae family, with beautiful white or red flowers, divided into three lobes. The fruit is oval, fleshy, orange-colored, and its seeds are black.

Parts used. Flowers, leaves and fruits.

THIS PLANT attracted the attention of European travellers to the New World, who saw in the diverse organs of its beautiful flowers the representation of the instruments used in the Crucifixion: whip, nails and hammer. The plant was introduced in Europe and grown as an ornamental vine, until in the late nineteenth century it was found to have a strong sedative effect on the nervous system.

PROPERTIES AND INDICATIONS. The FLOWERS and LEAVES of maypops (another name for this plant) contain small amounts of indole alkaloids, flavonoids, diverse steroids and pectin. It is not well known to which of these substances the plant owes its sedative, antispasmodic and narcotic (inductive of sleepiness) actions, though it is likely due to the combination of them all. Its main indications are:

- **Anxiety, nervousness, stress (o).** The passion flower acts as a mild anxiolytic, without pendence, those people pressure. Healing Ple comes from the passion most nece tion."

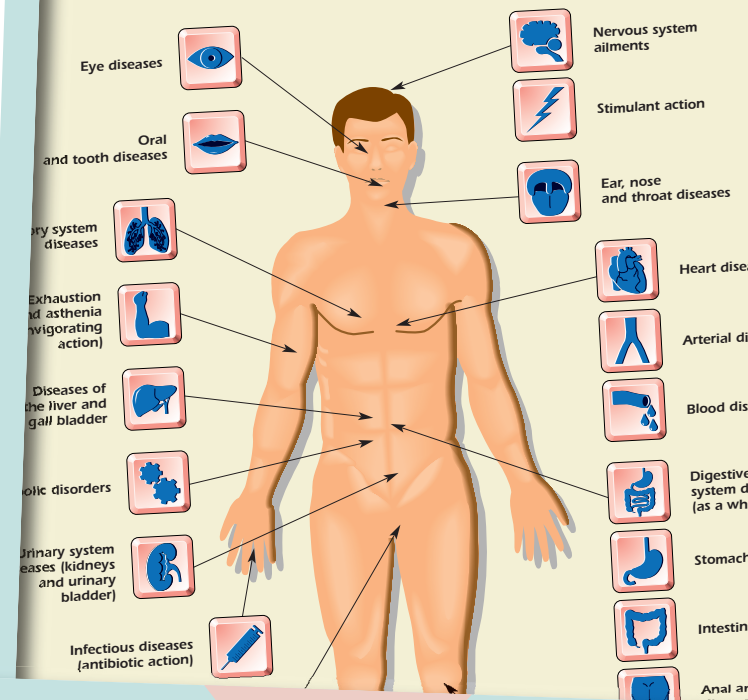
Preparation and Use

INTERNAL USE

1 **Infusion.** The ideal way to take passion flower is with an infusion of flowers and leaves, prepared with 20-30 g per liter of water, left to rest for two hours.



Many women, prior to menstruation, suffer from fluid retention, which causes swollen legs, abdomen, and breasts. Infusions made with leaves and buds of the white birch tree, with diuretic properties but not demineralizing, are an ideal remedy to heal this discomfort.

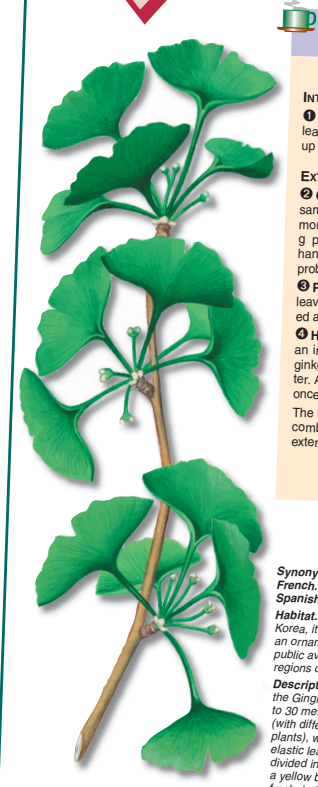


Plants for the Arteries

Ginkgo biloba L.

Ginkgo

Eases circulatory disorders



Preparation and Use

INTERNAL USE

1 **Infusion** with 40-60 g of leaves per liter of water. Drink up to three cups daily.

EXTERNAL USE

2 **Compresses** with the same infusion, though slightly more concentrated (up to 100 g per liter), applied on the hands or feet with circulatory problems.

3 **Poultices** of mashed leaves, applied on the affected area.

4 **Hand and foot baths** with an infusion of up to 100 g of ginkgo leaves per liter of water. Apply warm or lukewarm, once or twice daily.

The best results are obtained combining oral intakes, with external applications.

Synonyms. Maidenhair tree.
French. Ginkgo, noyer du Japon.
Spanish. Ginkgo, árbol de oro.

Habitat. Native to China, Japan and Korea, it is now widely used as an ornamental tree in parks and public avenues in some warm regions of Europe and America.

Description. Tree of the Ginkgoaceae family, growing up to 30 meters high. It is dioic (with different male and female plants), with deciduous, thick, elastic leaves that when young are divided into two lobules. Its fruit is a yellow berry, which is edible when fresh, but nauseating when too ripe.

Parts used. The leaves.

IT IS THE SIXTH of August, 1945. All around lie the burnt ruins of Hiroshima. The Japanese city has just been destroyed by the first atomic bomb. In what was formerly a park, a majestic ginkgo has burnt down into powder.

To the astonishment of the survivors, in the Spring of 1946, after the devastation, when the city is still in ruins, a bud grows from the carbonized trunk of the ginkgo. The old tree is reborn again, and became the beautiful tree we may see today in the center of rebuilt Hiroshima.

The long-lasting life and endurance of this Asian tree seems to harmonize with its virtue of helping humans to confront the disorders of age.

For more than 4000 years, Chinese medicine has used ginkgo poultices to soothe annoying chilblains. Its notable properties have been the focus of scientific research, and at present is contained in several pharmaceutical preparations.

PROPERTIES AND INDICATIONS. The leaves contain flavonoid glycosides, ginkgolides, ginkgolic acids, ginkgolide, luteoline, catechins, and essential oil, lipids, and some traces of the terpenic group are inherent in ginkgo: bilobol, ginkgolides A, B, and C.

It is usual in phytotherapy, the medicinal properties of the plant are attributed to the compound ac

Several Effective Applications of the Eucalyptus

Vapor Baths

These are the best method to take advantage of all properties of the eucalyptus. In a bowl with boiling water, place a handful of eucalyptus leaves, or from four to six drops of its essence per liter of water. The person must sit down, with a bare torso and the head over the bowl so that the vapor reaches the chest and head. The bath should last from five to ten minutes, three or four times a day.

This vapor, as well as the evaporated eucalyptus essence, acts in two ways.

- **Directly on the chest skin**, favoring the elimination of toxins through the skin and alleviating lung congestion.
- **Inhaled into the bronchi.** To the antiseptic, balsamic, and expectorant properties of the essence, the mucous effects of the water vapor are added, then breaking down the bronchi mucus and easing its elimination.



The flower of eucalyptus

Charcoal

Charcoal has many medicinal properties, especially because of its adsorption power. Both taken and applied on the skin, it has a great ability to retain toxins and germs, as well as the liquid which inflammation produces.

Charcoal must be finely ground in order to produce the most effective action.

From five to ten g, dissolved in water, can be drunk from four to six times a day. In an emergency, one can also directly eat a piece of charcoal. It may be found in pharmacies, both charcoal powder and pills or capsules.

Eucalyptus charcoal can be mixed with olive oil until a paste is formed. This is a traditional remedy to clean the digestive tract for indigestion, diarrhea, or intestinal fermentation.

Charcoal has rendered surprising results in the case of persistent halitosis (bad breath) caused by intestinal fermentations. Take from one to three spoonfuls, 15 to 30 minutes before meals.

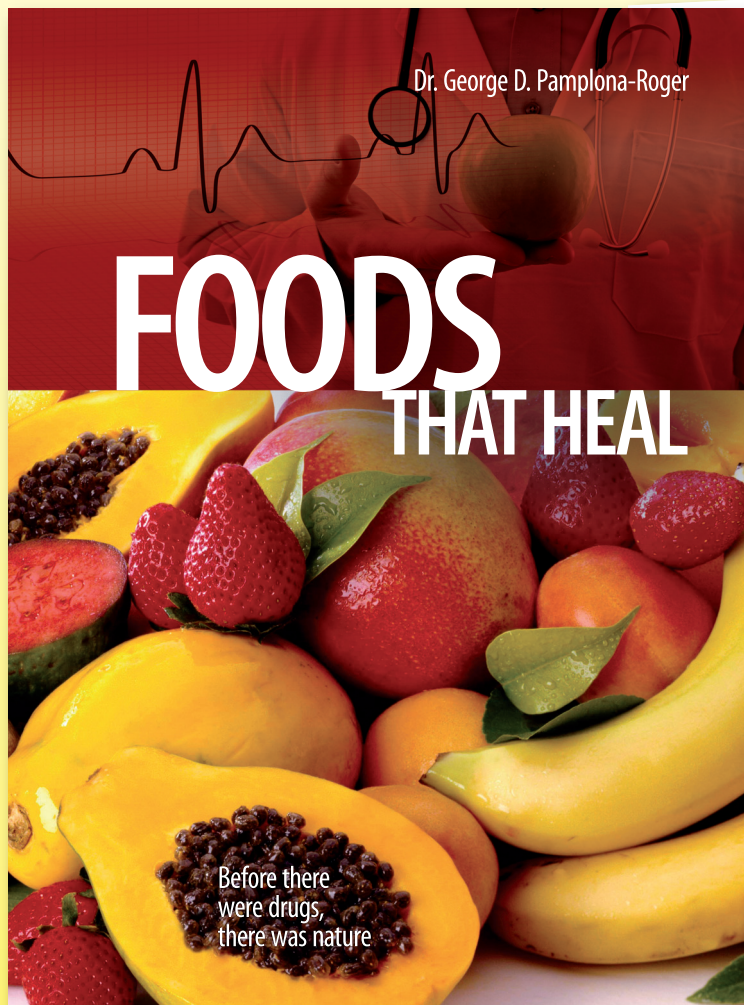
Essence Against Coughs

Dissolve two spoonfuls of honey in half a glass of water, then add two or three drops of eucalyptus essence. Drink in the case of coughs caused by pharyngitis or laryngitis (throat infections), tracheitis, bronchitis, or bronchial catarrh.

Up to five cups daily can be taken, however the recommended dose for children should not exceed two or three cups a day.

He teaches us the benefits of medicinal plants, each classified by the various organs and diseases, explaining all the necessary steps for their preparation.

The second volume, *Foods that Heal*, also written by Dr. Pamplona-Roger, reveals the path toward balanced, healthy eating.



Recommended Daily Allowances (RDAs) According to the National Academy of Sciences

Proteins ¹	Vitamin A	Vitamin D ²	Vitamin E	Vitamin K ³	Vitamin C	Vitamin B ₁	Vitamin B ₂	Niacin	Vitamin B ₆
g m/1 ²	µg RE ³ m/1	µg ⁴ m/1	mg α-TE ⁵ m/1	µg m/1	mg m/1	mg m/1	mg m/1	mg NE ⁶ m/1	mg m/1
13	375	7.5	3	5	30	0.3	0.4	5	0.3
14	375	10	4	10	35	0.4	0.5	6	0.6
16	400	10	6	15	40	0.7	0.8	9	1.0
24	500	10	7	20	45	0.9	1.1	12	1.1
28	700	10	7	30	45	1.0	1.2	13	1.4
45/46	1,000/800	10/10	10/8	45/45	50/50	1.3/1.1	1.5/1.3	17/15	1.7/1.4
59/44	1,000/800	10/10	10/8	65/55	60/60	1.5/1.1	1.8/1.3	20/15	2.0/1.5
58/46	1,000/800	10/10	10/8	70/60	60/60	1.5/1.1	1.7/1.3	19/15	2.0/1.6
63/50	1,000/800	5/5	10/8	80/65	60/60	1.5/1.1	1.7/1.3	19/15	2.0/1.6
63/50	1,000/800	5/5	10/8	80/65	60/60	1.2/1.0	1.4/1.2	15/13	2.0/1.6
60	800	10	10	65	70	1.5	1.6	17	2.2
65	1,300	10	12	65	95	1.6	1.8	20	2.1
62	1,200	10	11	65	90	1.6	1.7	20	2.1

Daily Fiber and Potassium Needs

Adults

ing Foods

Most Valued Sprouts:

ume or grain seed can be sprouted, however, the lued for their tenderness and flavor are those ob-

nes:
ing bean (also known as green gram),
fa.

- wheat
- barley

It is also possible to sprout seeds of watercress, radish, pumpkin, sunflower, flax, sesame, etcetera.



FOODS FOR HUMANS

CHAPTER SUMMARY

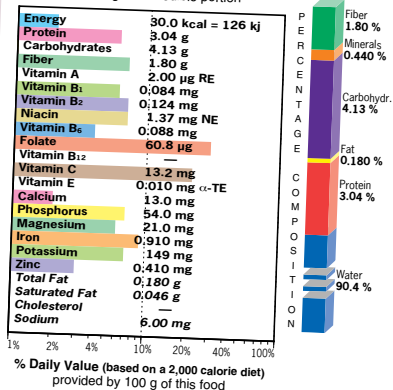
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Possible Drawbacks to Sprouts

- Toxic:** Raw legumes contain toxic *antinutritional factors*, such as hemagglutinin. For this reason they must *always be cooked*. Sprouting with appropriate soaking, as has been described, removes these toxic substances entirely.^{22, 23, 24}
- Alfalfa sprouts** contain a small amount of a non-protein amino acid (l-canavanine), which can produce toxic effects to those suffering of erythematous lupus.
- Phytates:** Raw legumes and grains contain phytates, which have, in spite of being anticarcinogens, the undesirable effect of *interfering* with the *absorption of iron, calcium, and zinc*. However, during sprouting, these *disappear* for the most part.²⁵
- Saponins:** These substances found in seeds, *increase* during the sprouting process. Saponins were found to destroy red blood cells in *in vitro* laboratory experiments. For this reason they were considered toxic. However, today it has been proved that *in vivo*, that is, in the human body, they do not produce hemolysis (the destruction of blood cells). To the contrary, *saponins are beneficial*, since:
 - They *reduce* the level of blood cholesterol,^{26, 27}
 - they are *anticarcinogens*.²⁸
- Bacterial contamination:** There have been cases of alfalfa seeds and sprouts contaminated with the bacteria *Salmonella stanley*.²⁹ Treatment with chlorinated antiseptics can reduce the number of bacteria, but do not eliminate them completely.^{30, 31} It is advisable to use sprouts from a reliable and hygienic source.

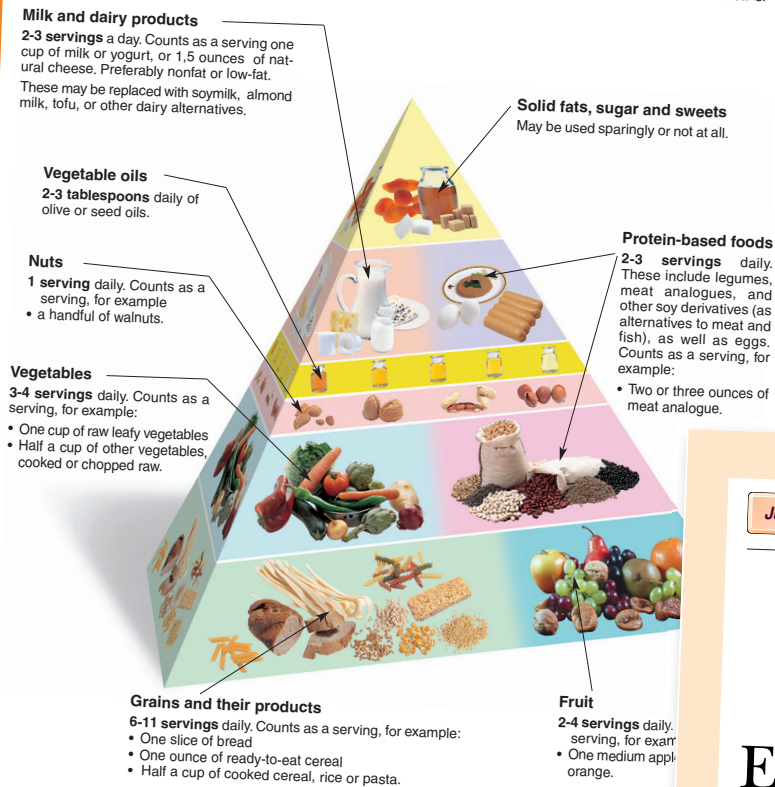
MUNG BEAN, SPROUTED Composition per 100 g of raw edible portion



Healthful Foods Pyramid

The relative amount of each food group that should be consumed daily is represented by the size of each section of the pyramid. The lower (closer to the base) a food group is situated, the more important it is to a healthful diet.

This food pyramid has been adapted from the one provided in 1995 by the US Department of Health and Human Services and the Department of Agriculture, published in the fourth edition of 'Nutrition and your Health: Dietary Guidelines for Americans.'



Here, the author explores the nutritional value of foods, explains their benefits and hazards, as well as the various preparations methods, all to incorporate the most healthy eating habits into our lives.

Juglans regia L.

pH ↓



Foods for the Heart



Walnut

Provides energy to the heart

EVEN THOUGH it is believed that the walnut originated in Central Asia, it has adapted very well to the countries surrounding the Mediterranean. It may be said that for millennia the walnut has formed part of the Mediterranean diet, which is praised for its beneficial effects on general and on the heart in particular.



Synonyms: Persian walnut, Heartnut; **French:** Noix; **Spanish:** Nuez; **German:** Walnuß.

Description: the walnut is the seed of the fruit of the walnut tree (*Juglans regia* L.), a tree of the botanical family Juglandaceae that grows to a height of 20 meters. The fruit is a drupe, whose fleshy portion (pericarp and mesocarp) is greenish; the seed or endocarp is woody and hard, but it contains a very nutritious dicotyledonous seed: the walnut.

Habitat: Walnuts require a temperate, somewhat cool climate. They grow well in valleys and other places protected from freezing in winter. Today their cultivation has extended throughout the temperate regions of the world, particularly Europe, Asia, and North America.

Walnuts are a highly concentrated food containing high levels of essential fatty acids, vitamin B₆ and trace elements such as zinc, copper, and manganese.

WALNUT Composition

per 100 g of raw edible portion	
642 kcal	2,686 kJ
Water	14.3 g
Proteins	13.5 g
Fats	4.80 g
Carbohydr.	12.0 µg RE
As	0.382 mg
B ₆	0.148 mg
B ₉	4.19 mg NE
C	0.558 mg
Ca	66.0 µg
Fe	3.20 mg
Na	2.62 mg
TE	94.0 mg
Phosph.	317 mg
Protein	169 mg
Iron	2.44 mg
Calcium	502 mg
Phosph.	273 mg
Protein	61.9 g
End Fat	5.59 g
Protein	10.0 mg

WALNUT

Fiber	4.80%
Minerals	1.86%
Carbohydr.	13.5%

Preparation and Use

- 1 Raw and whole: Raw walnuts must be chewed very well. If they are indigestible, elimination of the thin yellow skin may help.
- 2 Ground: Ground walnuts are easily assimilated by those with chewing difficulty.
- 3 Cooked: A great variety of delicious vegetarian dishes can be prepared with walnuts.

Alkalizer: They neutralize excess acidic waste produced in the body as a consequence of the consumption of animal-based foods.

Depurant: They facilitate the elimination of waste substances from the bloodstream through either the urine or the skin.

Diuretic: They increase urine output.
Laxative: Given their high water content (96%) and soluble fiber content (0.8%), they facilitate the movement of the feces through the intestine.

These are cucumbers' primary applications:
• **Skin conditions:** Cucumbers hydrate the skin and provide the sulfur needed for healthy skin cells, nails, and hair. At the same time, they "cleanse" the bloodstream of toxic wastes. They are recommended for all who are suffering from eczema, dermatitis, and psoriasis. Applied locally directly on the skin, cucumbers are an effective beauty treatment.

The best results are obtained by combining cucumbers' internal properties and their external effect on the skin. This is done by:

- Rubbing it directly on the skin.
- Preparing thin slices and placing them on affected skin areas.
- Constipation due to intestinal atony.
- Excess uric acid and a diet rich in animal-based foods, since it facilitates the elimination of uric acid and other waste substances.

the elimination of uric acid and other waste substances.

Obesity, because they contain very few calories and produce a certain feeling of satiety.

Diabetes, because of their low carbohydrate content while providing a certain amount of vitamins and minerals.

Caution

Cucumbers are somewhat indigestible and may not be well tolerated by those suffering from dyspepsia or that have a frail stomach. The fact that they are usually eaten green contributes to this problem. To improve tolerance they should be well chewed, and specimens that are too green and bitter should be avoided. They should always be peeled.

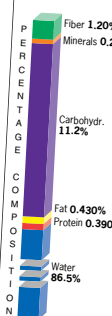


Some foods provide curative and preventive substances in addition to nutrients. Because of these benefits, foods that are well tolerated, foods that are well tolerated, foods that are well tolerated.

Foods for the Stomach

Pineapple

1493 the pineapple is offered in Spain, the tropical fruit was first introduced in the 16th century.



Scientific synonym: *Ananas sativus* Schult.

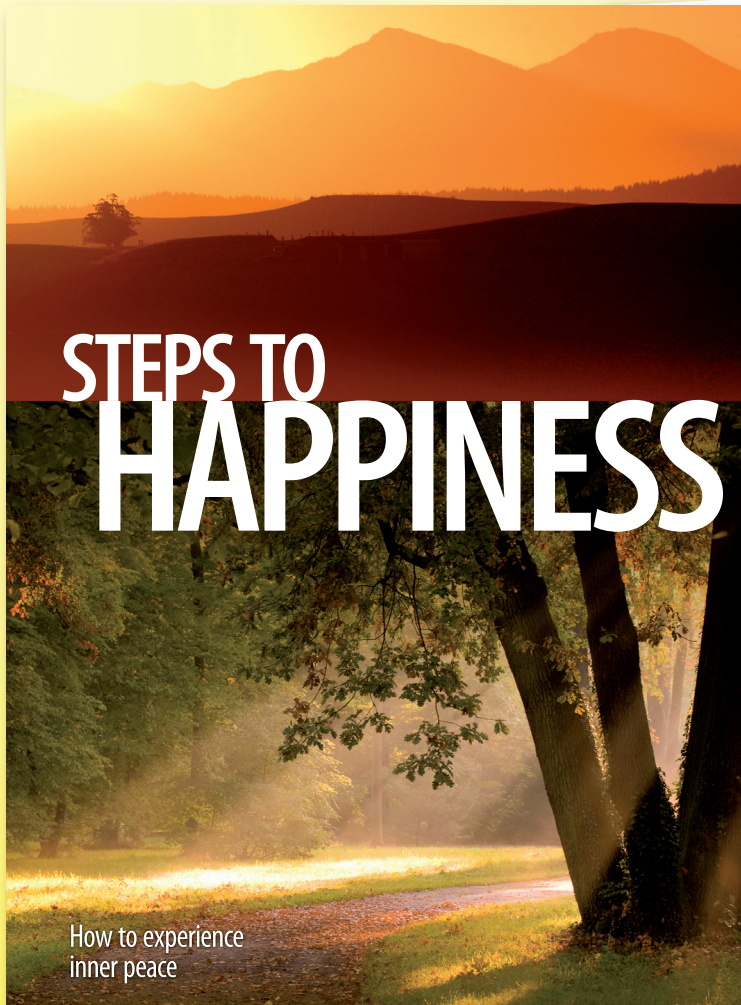
Synonyms: Cayenne pineapple, Nana, Ananás; **French:** Ananas; **Spanish:** Ananas, piña [tropical], piña americana; **German:** Ananas.

Description: Compound fruit (formed by the union of the fruits of various blossoms around a central fleshy core) of the pineapple plant (*Ananas comosus* Merr.), a herbaceous plant of the botanical family Bromeliaceae that reaches a height of 50 cm.





The next two volumes cover fundamental issues of spirituality, and are written by Ellen G. White, an exceptionally talented woman whose written works have caused a revolutionary impact on millions of people all over the world.



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God's love for man



God, felt in His soul the awful separation that sin makes between God and man. This wrung from His lips the anguished cry, "My God, My God, why hast Thou forsaken Me?" Matthew 27:46. It was the burden of sin, the sense of its terrible enormity, of its separation of the soul from God – it was this that broke the heart of the Son of God.

But this great sacrifice was not made in order to create in the Father's heart a love for man, not to make Him willing to save. No, no! "God so loved the world, that He gave His only-begotten Son." John 3:16. The Father loves us, not because of the great propitiation, but He provided the propitiation because He loves us. Christ was the medium through which He could pour out His infinite love upon a fallen world. "God was in Christ, reconciling

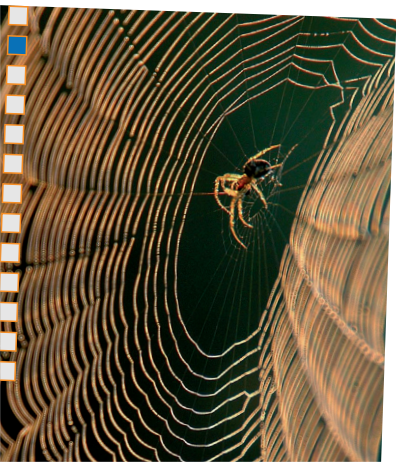
the world unto Himself." 2 Corinthians 5:19. God suffered with His Son. In the agony of Gethsemane, the death of Calvary, the heart of Infinite Love paid the price of our redemption.

Jesus said, "Therefore doth My Father love Me, because I lay down My life, that I might take it again." John 10:17. That is, "My Father has so loved you that He even loves Me more for giving My life to redeem you. In becoming your Substitute and Surety, by surrendering My life, by taking your liabilities, your transgressions, I am endeared to My Father; for by My sacrifice, God can be just, and yet the justifier of him who believeth in Jesus."

None but the Son of God could accomplish our redemption; for only He who was in the bosom of the Father could declare Him.



The Sinner's Need of Christ



Man was originally endowed with noble powers and a well-balanced mind. He was perfect in his being, and in harmony with God. His thoughts were pure, his aims holy. But through disobedience, his powers were perverted, and selfishness took the place of love. His nature became so weakened through transgression that it was impossible for him in his own strength, to resist the power of evil. He was made captive by Satan, and would have remained so forever had not God specially interposed. It was the tempter's purpose to thwart the divine plan in man's creation, and fill the earth with woe and desolation. And he would point to all this as the result of God's work in creating man.

In his sinless state, man held joyful communion with Him "in whom are hid all treasures of wisdom and knowledge." Colossians 2:3. But after his sin, he could no longer find joy in holiness, and he

***In Steps to Happiness*, the author shows us the path for seeking and finding inner peace. This is a uniquely endearing book; brief, yet stimulating; simple, yet captivating. What is most valuable is that it shows us the path toward a Person who understands us like nobody else, and who wishes to, and can embrace us like no other. When you meet this person, you will be able to experience the joy that millions of readers have already come to know.**

Faith and Acceptance

As your conscience has been quickened by the Holy Spirit, you have seen something of the evil of sin, of its power, its guilt, its woe; and you look upon it with abhorrence. You feel that sin has separated you from God, that you are in bondage to the power of evil. The more you struggle to escape, the more you realize your helplessness. Your motives are impure; your heart is unclean. You see that your life has been filled with selfishness and sin. You long to be forgiven, to be cleansed, to be set free. Harmony with God, likeness to Him – what can you do to obtain it?

It is peace that you need – Heaven's forgiveness and peace and love in the soul. Money cannot buy it, intellect cannot procure it, wisdom cannot attain to it; you can never hope, by your own efforts, to secure it. But God offers it to you as a gift, "without money and without price." Isaiah 55:1. It is yours if you will but reach out your hand and grasp it. The Lord says, "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18. "A new heart also will I give you, and a new spirit will I put within you." Ezekiel 36:26.

You have confessed your sins, and in heart put them away. You have resolved to give yourself to God. Now go to Him, and ask that He will wash away your sins and give you a new heart. Then believe that He does this because He has promised. This is the

way to God. "I have also suffered for us, leaving us an example, that ye should follow His steps." 1 Peter 2:21

The condition of eternal life is now just what it always has been, – just what it was in Paradise before the fall of our first parents, – perfect obedience to the law of God, perfect righteousness. If eternal life were granted on any condition short of this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.

It was possible for Adam, before the fall, to form a righteous character by obedience to God's law. But he failed to do this, and

God dealt with one of mercy. He says, "and the unrighteous shall let him return, have mercy on him. He will abide out, as a cloud, as a cloud." "I have that die, and live ye." Ezekiel 18:32. Satan is ready to steal away the blessed assurances of God. He desires to take every glimmer of hope and every ray of light from the soul; but you must not permit him to do this. Do not give ear to the tempter, but say, "Jesus has died that I might live. He loves me, and wills not that I should perish. I have a compassionate heavenly Father; and although I have abused His love, though the blessings He has given me have been squandered, I will arise, and go to my Father, and say, 'I have sinned against heaven, and before Thee, and am no more worthy to be called Thy son: make me as one of Thy hired servants.'" The parable tells you how the wanderer will be received: "When he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him." Luke 15:18-20.

But even this parable, tender and touching as it is, comes short of expressing the infinite compassion of the heavenly Father. The Lord declares by His prophet, "I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee." Jeremiah 31:3.

Precious promises

Promises for those who overcome

I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.
2 Timothy 4:7, 8

To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God.
Revelation 2:7

He who overcomes shall not be hurt by the second death.
Revelation 2:11

To him who overcomes I will give some of the hidden manna to eat. And I will give him a white stone, and on the stone a new name written which no one knows except him who receives it.
Revelation 2:17

And he who overcomes, and keeps His commandments, that he may have the right to the tree of life, and may enter the city.
Revelation 22:14

And he who overcomes, and keeps His commandments, that he may have the right to the tree of life, and may enter the city. We have no righteousness of our own with which to meet the claims of the law of God. But Christ has made a way of escape for us. He lived on earth amid trials and temptations such as we have to meet. He lived a sinless life. He died for us, and now He offers to take our sins and give us His righteousness. If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ's character stands in place of your character, and you are accepted before God just as if you had not sinned. More than this, Christ changes the heart. He abides in your heart by faith. You are to maintain this connection with Christ by faith and the continual surrender of your will to Him; and so long as you do this, He will work

Faith and Acceptance

Steps to happiness

8

is devices. Many who are sell upon their own faults and story. We should not make self is turns the soul away from in Him. Talk and think of

who loved me, and gave Himself for me." Galatians 2:20. Rest in God. He is able to keep that which you have committed to Him. If you will leave yourself in His hands, He will bring you off more than conqueror through Him that has loved you.

When Christ took human nature upon Him, He bound humanity to Himself by a tie of love that can never be broken by any power save the choice of man himself. Satan will constantly present allurements to induce us to break this tie – to choose to separate ourselves from Christ. Here is



In *A Future of Hope*, this universal author motivates an extraordinary campaign for hope, with an aim to present a vision of the future in order to change the present.



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WHY IS THERE SUFFERING?



Many see the work of evil, with its woe and desolation, and question how this

responsible for sin; the withdrawal of divine



But what did Adam find to be the meaning of the words, "In the day that thou eatest thereof thou shalt surely die"? Was he to be ushered into a more exalted existence? Adam did not find this to be the meaning of the divine sentence. God declared that as a penalty for his sin, man should return to the ground: "Dust thou art, and unto dust shalt thou return."

he was cut off from the tree of life and became subject to death. Immortality had been forfeited by transgression. There could have been no hope for the fallen race had not God, by the sacrifice of His Son, brought immortality within their reach. While "death passed upon all men, for that all have sinned," Christ "hath brought life and peace unto all men, who are in Him."

The law of God is unchangeable, a revelation of the character of its Author. God is love, and His law is love. "Love is the fulfilling of the law." Says the psalmist: "Thy law is the truth"; "all thy commandments are righteousness." Paul declares: "The law is holy, and the commandment holy, and just, and good." Romans 13:10; Psalm 119:142, 172; Romans 7:12. Such a law must be as enduring as its Author.

It is the work of conversion and sanctification to reconcile men to God by bringing them into accord with the principles of His law. In the beginning, man was in perfect harmony with the law of God. But sin alienated him from his Maker. His heart was at war with God's law. "The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Romans 8:7. But "God so loved the world, that he gave his only begotten Son," that man might be reconciled to God, restored to harmony with his Maker. This change is the new birth, without which "he cannot see the kingdom of God." John 3:16, 3.

Conviction of Sin

The first step in reconciliation to God is the conviction of sin. "God is love, and His law is love." Says the psalmist: "Thy law is the truth"; "all thy commandments are righteousness." Paul declares: "The law is holy, and the commandment holy, and just, and good." Romans 13:10; Psalm 119:142, 172; Romans 7:12. Such a law must be as enduring as its Author.



By the people of God a voice is heard, saying, "Look up." Like Stephen, the early Christian martyr, they look up and see the glory of God and the Son of man on His throne. See Acts 7:55, 56. They discern the marks of His humiliation, and hear the request, "I will that they also, whom thou hast given me, be with me where I am." John 17:24. A voice

terror on the scene, while the righteous behold the tokens of their deliverance. In the midst of the angry heavens is one clear space of indescribable glory whence comes the voice of God like the sound of many waters, saying, "It is done!" Revelation 16:17.

That voice shakes the heavens and the



judgment, and do justice: for the Son is near to come, and my messiah is to be revealed. Blessed is he that doeth this, and the son of man shall layeth hold on it; that keepeth the law, and keepeth

Gentiles by the gospel, when His servants preach to all nations the glad tidings.

The Lord commands, "Seal the law among my disciples." Isaiah 8:16. The seal of God's law is found in the fourth commandment. This only, of all the ten,



There is the New Jerusalem, the metropolis of the glorified new earth. "Her light was like unto a stone most precious, even like a jasper stone, clear as crystal." "The nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honor into it." "The tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God." Revelation 21:11, 24, 3.

In the City of God "there shall be no night." Revelation 22:5. There will be no weariness. We shall ever feel the freshness of the morning and ever be far from its close. The light of the sun will be superseded by a radiance which is not painfully dazzling, yet which immeasurably surpasses the brightness of our noontide. The redeemed walk in the glory of perpetual day.

"I saw no temple therein: for the Lord God Almighty and the Lamb are the

temple of it." Revelation 21:22. The people of God are privileged to hold open communion with the Father and the Son. Now we behold the image of God as in a mirror, but then we shall see Him face to face, without a dimming veil between.

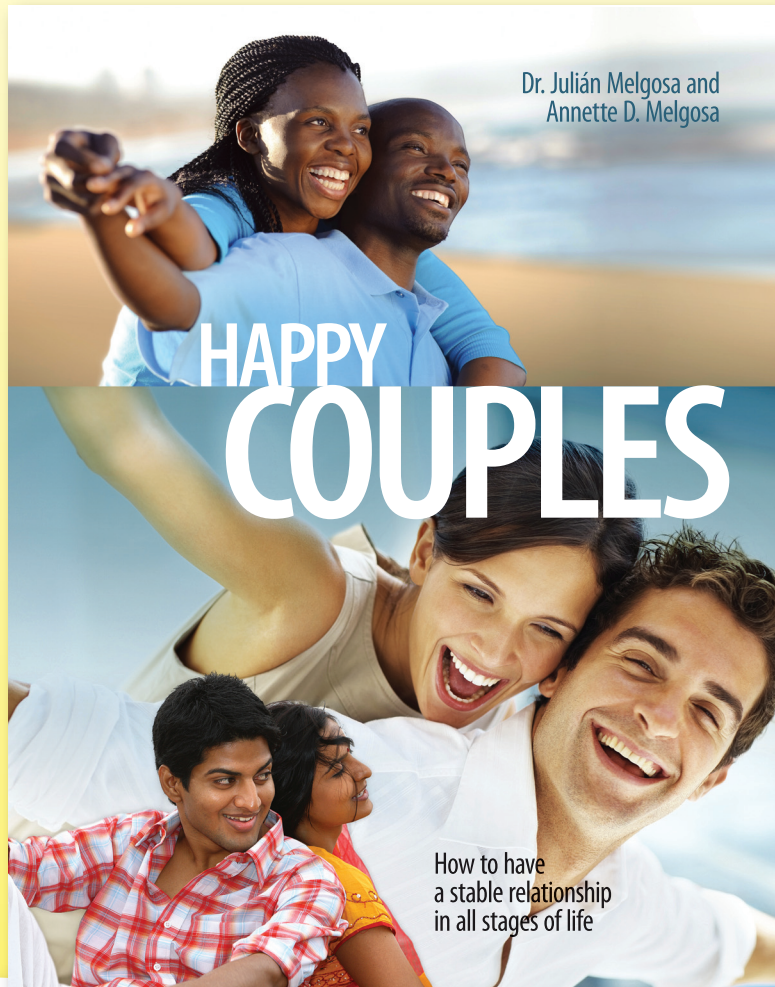
The Triumph of God's Love

There the loves and sympathies which God Himself has planted in the soul shall



This is a brief, simple book that is also thought-provoking, discussing issues such as: why we suffer, true peace, life after death and the ultimate victory of God's love. It is worthwhile to reflect upon the message of this little book with a big purpose: he who has hope has a great future ahead.

The fifth volume of this unique collection is *Happy Couples: A Stable Relationship for Life*. Written by Julian and Annette Melgosa, this book shows us how to attain a stable, happy relationship at the different stages that couples go through, from courting through the later years of life.



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What is love?

Classical Greek has three terms for referring to what modern languages all gather together under the expression 'love'.

- **Eros.** This is the most primary form of love. It refers to an impulse-seeking sensual satisfaction. It is passionate love.
- **Fileo.** This refers to the love provided by a relationship based on emotional satisfaction. It could be used to refer to the love which fosters companionship and friendship as well as the ideal love for nature, knowledge or music.
- **Agape.** This is the highest representation of love. It occurs on principle and not on impulse. It is projected in the other, even when the other person corresponds to a lesser degree. It is the infallible love of a marriage relationship and the one which fosters other types of love. Paul, the Apostle, explained this supreme love to believers in Corinth 2,000 years ago in a letter which now forms part of the Holy Scriptures. The essence of this is outlined below:

Love is ...

- being patient
- being kind
- rejoicing in the truth
- long-suffering
- trusting
- tolerating
- even more important than faith
- even more important than hope
- long-lasting

Love is not ...

- being envious
- being conceited
- being proud
- being rude
- being selfish
- getting angry
- being resentful
- rejoicing in wrong



Continued from page 30

2. **Understand the meaning of being head of the family.**
To exercise leadership implies making decisions which benefit both partners, not those "which suit me". This is the surest way of exercising responsibility in marriage. The leader is the first ..., the first to serve.
3. **Reach strictly private agreements.** When newlyweds reach a consensus, it should be based



on their personal criteria. The couple should establish their agreements in their own way and not necessarily follow what is normal among their families, friends or neighbors.

4. **Maintain a supporting, love-based attitude.**
Any division of jobs will show some deficiencies. Therefore, it is necessary for the couple to have a positive attitude and support for each other. Housework may get out of hand, especially when there are small children at home. Mutual support may become necessary.
5. **Try to be flexible.** Rotating housework and other responsibilities may not only be useful but can also be fun, and furthermore, it will allow us to better understand our partner's perspective. There are men who cannot be left alone because they cannot cook and women who suffer an anxiety attack when faced with a flat tire ...



GETTING READY FOR MARRIAGE

AREA QUESTIONS/ACTIVITIES

1. Expectations

- Make a list of eight specific things that you expect of your partner.
- Describe what you think a typical day will be like, from morning till night, after your honeymoon is over.

2. Communication

- How do you feel when you speak and he or she does not pay you any attention?
- When you are annoyed, how do you communicate with him or her?
- Are you afraid to share intimate thoughts with him or her?

3. Conflicts

- Make a list of four points which you disagree on.
- How do you face conflicts?
- How does your partner face them?
- Which is your favored style for overcoming conflict?

AREA QUESTIONS/ACTIVITIES

will be in complete charge of the housework? How will the other partner collaborate in every thing?

6. Finances

- Who will be responsible for economic matters in your marriage?
- When it comes to an important purchase, will you consult with your partner?
- Were you brought up in a household of plenty or in one where money was scarce? How will this affect your way of spending when married?
- Make up a hypothetical list of monthly expenditures for when you are married. Write down the most necessary items first.

7. Sexuality

- On a scale of 0 - 10 indicate how important you rate sex within marriage.

AREA QUESTIONS/ACTIVITIES

or her leisure was spent with other people?

10. In-laws and family

- How important to you are the relationships with your respective families?
- Which of the two of you do you think is responsible for these relationships?
- Would you give up some of your family holidays to deepen relations with your in-laws?
- When your parents get older, who will be responsible for their care and attention?
- When your partner's parents get older, who will be responsible for their care and attention?

11. Values and beliefs

- Assess from 0 (total disagreement) to 10 (total agreement) the amount of consensus between your partner and yourself in questions of values

The authors offer a host of ideas for handling the main facets of being a couple, the most common conflicts, sexuality at different ages, domestic violence, divorce or the loss of a spouse, and many other topics.

Family planning

Sometimes it is necessary to postpone having a family until a more favorable moment in the future. This is an extremely important topic, even when a couple already has children and does not wish to further increase the family because of the destabilization effect it might have. The box on the following page offers a variety of valid options for planning conception in a responsible way.

In order to decide on a contraception method, the couple's **personal circumstances** must be considered, sufficient **professional guidance** should be received, the **alternatives** should be discussed and a joint decision taken. Family planning is a matter for both spouses and it is inappropriate to lay all the responsibility on only one partner.

When the couple are young, it is unadvisable to opt for **sterilization** of either partner, even though they may already have children. The family circumstances may change in the future and this method is, to all intents and purposes, irreversible. Neither is the IUD recommended for couples who decide not to have children for the time being but wish to at a later date; due to the risk of the woman becoming sterile.

A crucial question that a couple must ask themselves is: How

much of an upset would an **unwanted pregnancy** cause? If a couple, for whatever reason, cannot or should not have children, it is necessary for them to consider methods with a low failure rate, such as contraceptive pills or hormone implants. At the same time, it is necessary to bear in mind that these methods produce significant side effects in certain women, and health complications should be avoided. Before starting a course of oral contraception it is necessary to undergo a medical examination and to follow the advice of a gynecologist.

If the couple does not want to have children for the moment, but if in the event of pregnancy, the upset would be minor, then barrier methods are more recommendable, especially the condom as it is highly reliable without any side effects.

Women with regular periods can take advantage of a combination of natural methods. Taken together they provide a good indication of the moment of ovulation. This method requires that by mutual agreement they decline intercourse on certain days of the month.

However, the procedure, if well managed, is harmless, cheap, with no side effects and relatively effective.



TEST YOUR SELF-ESTEEM

Circle the number which best fits your experience, following the key below

N - Never AN - Almost Never F - Frequently AA - Almost Always A - Always

	Never			Always		
	N	AN	F	AA	A	
1. Although I do not consider myself to be physically perfect, I feel satisfied with my appearance.	0	1	2	3	4	
2. When I contemplate a physically attractive model, actor, actress and so on, I feel inferior.	4	3	2	1	0	
3. Although susceptible to improvement, I am happy with my problem-solving capacity.	0	1	2	3	4	
4. I think that I am slow and clumsy when it comes to providing solutions to difficulties.	4	3	2	1	0	
5. When a job I do is well done, I am able to recognize my personal effort and value.	0	1	2	3	4	
6. If something I do turns out well, I think it is due to help received from others or simply a	4	3	2	1	0	

HOW TO PREVENT DIVORCE

The findings of a study at the University of Harvard (McLanahan, S. and Sandefur, G., 1994) maintain that all the members of a family suffering from a high level of conflict, for example where there is persistent abuse or alcoholism, benefit from divorce. However, those marriages with a low level of conflict gain more by staying together, and the harm to the children is less than that caused by divorce. With this, we are expressing the view that although couples, amidst certain disagreements, see divorce as a viable solution, they should endeavor to find a solution to their problems and thus prevent a divorce.

Below we have outlined a group of strategies aimed at preventing divorce:

- **Resolution of conflicts.** To overcome the array of conflicts which necessarily arise out of living together, it is necessary to be well prepared in conflict resolution skills.
- **Constant verbal**



like this, their disappointment and dissatisfaction will be such that they will want to separate. Both have to think that a happy marriage is only achieved with a good measure of endeavor and sacrifice on both parts. And even with good will on both parts, the relationship will go through

Our health as we age

As the years go by we experience a certain deterioration of our organism. Although there are some people whose faculties remain intact until a very advanced age, a certain loss of faculties is considered normal among elderly people.

- A loss in **vision** is one of the natural processes associated with aging. Part of our visual problems can be corrected using glasses, contact lenses or ophthalmological operations. Others, such as

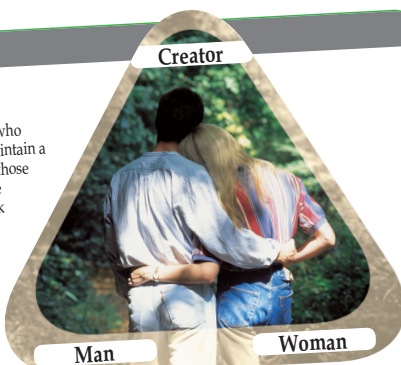
cataracts (which affect 50% of retired people), require surgery. Whichever the case may be, these problems interfere with everyday tasks such as reading, sewing, or shopping. Elderly people, even if they use corrective lenses, should carefully avoid possible accidents. For example, it may be appropriate to avoid driving at night, or night-time activities.

- A loss in **keenness of hearing** is also related to old age. It is estimated that around 50% of all people over 60 experience hearing problems. And, of these, over half have a degree of hearing loss which significantly impedes their leading a normal life. Men suffer a greater loss of hearing than women. Do the

The Creator-Man-Woman

Creator

Experience has irrefutably shown that couples who believe in God, who count on Him and who maintain a living faith, show higher rates of stability than those who lack this transcendental spiritual base. The reason for this is the imbalance caused by a lack of equilibrium between the four dimensions present in man: The physical, the mental, the social and the spiritual dimensions. Neglect of any one of these breaks the balance of life.



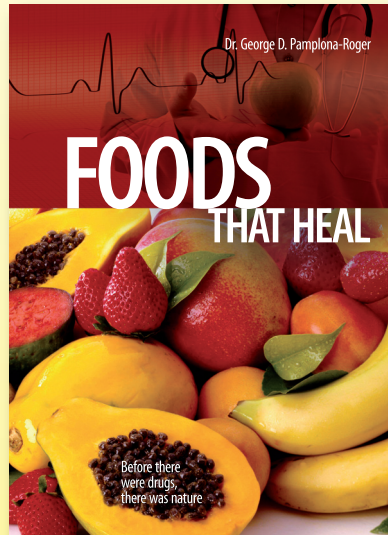
Man

Woman



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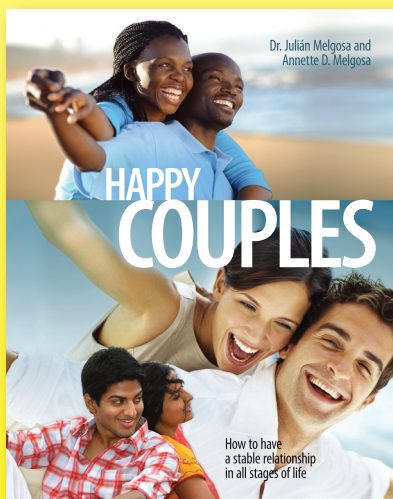
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