

Signs OF THE TIMES

Annual Family Issue
Be Easier to Live With!
New Life for Old Marriages



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Abortion

Congress to Quiz Cults?

Editorial

3 Why Not Ask?

Wayne Judd

10

Be Easier to Live With!

Oscar Torkelson

5 New Life for Old Marriages

Norval F. Pease

11

Front-Porch Victory

Mabel Latsha

7 When You Grow Up

Uncle Lawrence

13

Love's Way

Ronald W. Spalding, M.D.

8 The Family

Richard H. Utt

13

Feeding Vacationing Relatives

Marcella Lynch

10 Meadow Morning

Ruth Wheeler

14

The Angels Still Watch

Mark Bullock

16

LETTERS

CATHOLIC BAPTISM

In April (page 5) you say, "Catholics teach that infants should be baptized by sprinkling."

As a Roman Catholic deacon soon to be ordained a priest, I have performed many baptisms and am sensitive that you give the correct information.

From *The Rites of the Catholic Church* as revised by decree of the Second Vatican Council we read: "Either the rite of immersion, which is more suitable as a participation in the death and resurrection of Christ, or the rite of infusion may lawfully be used in the celebration of baptism."

One may be misled to think that Catholics cannot be baptized by immersion. This is incorrect. Immersion, sprinkling and pouring water on the forehead with the appropriate words is acceptable for all ages. The only thing that hinders the popularity of immersion is the lack of facilities needed—a large tub or container, or built-in

immersion pool, which most Catholic churches do not have.

I find your magazine *Signs* a most informative and inspirational magazine.

Rev. Mr. Anthony Nuñez
El Monte, California

Thank you. We appreciate the correction. We understand that Catholics baptized by immersion in the early days. Then the practice fell into disuse. Now, apparently, it has been brought back.—Ed.

RELIGIOUS FREEDOM

I read with great interest your editorial entitled "Religious Freedom's Alarming Course" (May).

I, too, am deeply concerned about intervention into church affairs by the courts, and feel this represents a possible conflict of the separation of church and state.

I would like to add that I have had the good fortune to get to know and represent a very fine group of Seventh-day Adventists.

William H. "Bill" Ivers
California State Assembly

WHO PAYS?

For the past two months I have been receiving *Signs of the Times*. I do not recall submitting a subscription, and if I did, I have not yet been billed.

I have a genuine interest in this type of literature and am pleased to see such a diversified content.

Pamela Woodman
Trinity Bay, Newfoundland

All *Signs* subscriptions are paid for. Yours must have been paid for by a friend.—Ed.

ABORTION DEATHS?

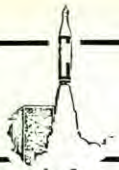
You stated ("In the News," May), "No abortion-related deaths have been reported in Minnesota in six years."

I ask you, weren't there 70,000 abortions performed? If so, then there were 70,000 deaths, not zero.

Otherwise, I find your magazine very interesting and spiritually uplifting. Thanks.

Mrs. Linda Norman

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Prophecy Countdown



Editorial comments on today's events in the light of Bible Prophecy.

ABORTION

Forty million women will have an abortion this year, representing one fourth of all pregnancies worldwide. Approximately 20,000,000 abortions will be illegal.

We can expect more than 40,000,000 abortions next year.

These horrifying figures have just been released by the Population Crisis Committee.

The report also reveals that women who have abortions in the United States, Canada and most Western European countries tend to be in their 20s or younger and are often unmarried. In contrast, women seeking abortion in developing nations tend to be married and in their 30s or older.

Modern medical procedures have reduced abortion-related deaths wherever legal abortion has been made fully available. Countries in which abortions are illegal have reported increases in abortion-related deaths. "In Latin America, the Middle East and other areas where family planning services are scarce, the medical complications of illegal abortions are reaching epidemic dimensions."

We have often been asked what Adventists think about abortion.

The Adventist Church has never, to my knowledge, passed an official resolution for or against abortion or approving or criticizing the 1973 Supreme Court decision legalizing it. The church has, however, taken other strong actions, so much so that this editor feels that as a church the Adventists are rather a long way out in front of other bodies in their response to this very serious problem.

Whatever the shortcomings of the 1973 Supreme Court decision, it has this one redeeming quality that it allows people to handle abortions according to their own convictions. I am alarmed when I hear pro-life and pro-abortion groups demanding laws—even constitutional amendments—that would force their own particular interpretations on everyone, making criminals of all who disagree. This is surely not the American way to deal with the problem, and it would set a very bad example to the rest of the world.

Another mistake many groups make

is to deal with abortion too late. When an unmarried woman learns she is pregnant, it is much too late to tell her then that she must not have an abortion. Obviously, if there had been no pregnancy, there would be no need even to consider abortion. So we should aim to eliminate unwanted pregnancies. But giving free contraceptives to love-struck teenagers is much too late also. This is one reason I like the Adventist approach so much. It starts so early.

Adventists begin their antiabortion program when boys and girls are still snuggled in their mothers' arms. First, we teach parents that Jesus declared: "For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh. . . . What therefore God has joined together, let not man put asunder." Matthew 19:5, 6.

In homes that follow this teaching boys and girls from their earliest years see fathers and mothers who are faithful to each other. From the beginning of their lives they develop attitudes and values that make unmarried pregnancies unlikely and unmarried abortions unnecessary.

Adventists do more. We teach our children that they are the special creation of a loving God. We have them

memorize the Bible text: "God created man in his own image, in the image of God created he him; male and female created he them." Genesis 1:27.

As they grow up, we teach them to respect their physical powers as a trust from God. A favorite Bible text we teach them is, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 3:17.

Psychologists recognize that a person's opinion of himself affects the way he behaves. By teaching our children to see themselves as sons and daughters of God we raise the level of their behavior.

And we tell them that the Ten Commandments are still binding. "Thou shalt not commit adultery" (Exodus 20:14) is a command of God. Sex outside of marriage is not merely socially undesirable with possibly inconvenient results. It is sin. The counsel given our youth regarding premarital affairs is clear, unmistakable, unequivocal. No! Because God said so!

Another phase of our antiabortion program is the example of a married ministry. Youth whose homes may not be all they might be can see in their pastor's family the peace and contentment of a home where God is

Twenty-Three Wives

GLYNN "Scotty" Wolfe posed at a news conference with porcelain statues of three of his 22 former wives.

He told the fascinated reporters that he was flying to Australia to marry number 23. He is 71, she is 17, too young to marry in California.

This is not what we mean by "family living." But when a person abandons the Christian concept of marriage, what is to stop him from taking 23 wives—or 123?



UNITED PRESS INTERNATIONAL

IN THE NEWS

BRITISH BAPTISTS GRUMBLE BUT REMAIN

Britain's Baptists at their annual assembly in London condemned the World Council of Churches for granting \$85,000 to the Rhodesian Patriotic Front guerrillas, but voted to remain in the world ecumenical body.

INDIA CONSIDERS ANTICONVERSION BILL

India's parliament is considering a bill that would make anyone who aided in converting a non-Christian to Christianity subject to prosecution and punishment up to one year in prison or a fine of 3000 rupees, or both.

INDIA MOVES TO PROTECT COWS

Indian Prime Minister Morarji Desai, a devout Hindu, has announced plans to introduce a constitutional amendment prohibiting the slaughter of cows anywhere in India. The cow is a sacred religious symbol to most Hindus, associated with the abundance of nature. An estimated 200,000,000 cows roam the country unhindered, ravaging farms and home gardens but revered for their religious significance.

Abortion, continued

honored and His standard upheld.

Summing up. We give our young people the example of faithful parents. The assurance of God's personal interest. The concept that the physical body is sacred. The unwavering certainty of the high standard expressed in God's commandments. The model of a God-fearing ministry.

Contrast this to what many youth are exposed to. Parents running around. Families breaking up. "Marriage is a social custom reflecting contemporary mores." "Get all the sex you can." "You evolved from an animal ancestry." "The Ten Commandments are no longer binding." And the example of a priesthood that teaches that marriage is good but practices the segregation of the sexes.

The Adventist method does not eliminate unmarried pregnancies altogether, but the frequency among Adventist youth is far below the national average. And when our method fails, there are understanding pastors to speak not only of sin and failure and guilt, but also of forgive-

TAX EXEMPTION FOR NON-PUBLIC PUPIL UNCONSTITUTIONAL

In 1976 New Jersey passed a law permitting a \$1000 deduction from taxable income "for each dependent child attending on a full-time basis an elementary or secondary institution not deriving its primary support from public monies." A federal appeals court has ruled that this law is unconstitutional because "the exemption has a primary effect of advancing religion and therefore violates the First Amendment."

"TV LEADING TO AUTHORITARIAN STATE"

Television is "preparing the way for us to become a kind of collectivist, authoritarian kind of state," warned noted publisher Malcolm Muggeridge in a recent speech in Toronto, Canada.

He described the medium as a more gentle but much more effective method for achieving consensus than the Spanish Inquisition of the Middle Ages.

News items not otherwise credited are from Religious News Service.

ness and compassion and of a chance to begin again in Christ.

As for unwanted pregnancies within marriage, we teach that whereas sex outside of marriage is wrong, sex within marriage is both right and necessary. We quote Hebrews 13:4: "Marriage is honourable. . . and the bed undefiled." (See also 1 Corinthians 7:5).

We take the position that bringing up children is so very important that parents ought to have no more than they have the energy and finances to bring up successfully. To keep these two goals in balance, we do not discourage the use of contraceptives, leaving it up to each couple to select whatever method they prefer.

I admit that the Adventist approach to abortion isn't 100 percent successful, but there is no question that if everyone would adopt it the problem of what to do about unwanted pregnancies would be enormously reduced.

Do you realize that in the United States this year almost half of all pregnancies will end in abortion? In Aus-

tralia, Italy, Japan, Portugal and the U.S.S.R. (according to the Population Crisis Committee) more than half of all pregnancies will end in abortion.

Something needs to be done! We recommend the Adventist approach worldwide. It is close to the traditional Christian approach—and it is only since traditional Christian teachings have been so widely abandoned that unwanted pregnancies have become such a problem. **L. M.**

CONGRESS TO QUIZ CULTS?

A gitation about the Jonestown massacre just won't die down.

If there is reasonable evidence—as House investigator George Berdes told the House Foreign Affairs Committee in May—that there is a Jim Jones "hit squad" at large, he is making a charge of specific criminal conduct, and it ought to be investigated as any other criminal charge should be.

But the larger question, whether the government ought to conduct a full-blown investigation of all religious cults to determine which should exist and which should be suppressed, demands a different answer.

What many have apparently overlooked is that America already has a law authorizing full investigation into religious cults, and it is unquestionably better than any new law could possibly be.

I refer to the First Amendment to the U.S. Constitution. This law (the Constitution is the nation's highest law) guarantees not only freedom of religion but also freedom of the press.

This double guarantee places investigation of cults—and all other religious matters—not in the hands of a small group of Senators or Congressmen, but in the hands of the entire population. Under it, religious leaders are free to preach whatever religious teaching they wish to present, and all of the people are free to discuss, refute, investigate and evaluate.

The amendment works! Consider the Jonestown tragedy. What tremendous exposure that event has received in the press and over television! No congressional committee could possibly have investigated so thoroughly or disseminated its findings so widely for all to learn about. And don't forget that what triggered the suicide-massacre was Congressman Leo Ryan's visit—on a congressional investigation!

Let's stay with the First Amendment—and appreciate it for the very valuable law it is! **L. M.**

Be Easier to Live With!

Oscar Torkelson

B

ill and Lori came together to my counseling office. They were in their early thirties, well educated, with good health, a good job, a home in suburbia, a boy seven and a girl five. They were members of a Christian church. They looked as if they had it made.

It soon came out that Bill had just returned from a city fifteen hundred miles away, where he had tried to "get himself together." Lori was tired of having to "mamma" him. Whenever things went wrong at the office, he expected her to have the environment just right when he got home so he could recharge his batteries. Bill didn't want Lori to work even part time; he needed her to keep the children, the dog, the house and his clothes in apple-pie order so that he would feel she was bolstering his image. Bill wanted me to get it across to Lori that she needed to reevaluate her priorities and recommit herself to him and their marriage relationship. He had made the appointment with me to get her straightened out for his convenience! What an order!

I asked each to fill in the answers to a personality questionnaire. Lori's profile indicated that she saw herself as an objective person; he saw himself as subjective. (I will explain these terms presently.) What was I to do? Lori was

about to leave Bill and let him stew in his own juice.

Subjective People

Subjective people respond to most situations as if they were the primary factor in the whole problem. Let me illustrate.

Twelve-year-old Sally reluctantly asks Mamma whether she may have a birthday party. The answer comes swiftly and forcefully. "No. You kids would leave this house in a mess for me to clean up. You'd want all kinds of refreshments that I can't afford. No, you're not inviting a bunch of girls here so they can go home and tell their mothers I'm not a good hostess."

The subjective mother is defensive, angry, emotionally involved. She is fearful of criticism, and she's teaching her daughter to be the same.

Let's see how the conversation might have gone if the mother had been objective.

The Objective Approach

"Mom, may I have a birthday party next Sunday afternoon?"

"Sounds as if you've been working this out in your mind for some time."

"I have. I had so much fun at Becky's party that I'd like to have one here."

"How many girls are you thinking to ask?"

"Just three—Becky, Jean and Karen."

"That's not many; would you have

Signs' family counselor points out that objective people make much better parents.

time to get things ready and to clean up afterward? I have a busy day coming up Sunday."

"Sure, and I could use my birthday money from Grandma for some of the refreshments."

"I think we can work it out, but before I say Yes for sure, I want to talk to Daddy. Can you wait for the final answer until then?"

"Oh, sure, Mom. I hope it can be worked out. It would be so much fun."

This mother was not jumping to self-centered, emotional conclusions. She was thinking of her daughter's needs and emotions as well as her own. She listened to her daughter, and she stated her own views calmly.

An Unhappy Childhood

How do people become subjective? They are often people with low self-worth. Many, while they were still small children, were given the impression that they didn't have much to offer. She may have been the fourth girl in the family whose parents didn't hesitate to let her know their disappointment. He may have been the youngster who wasn't really beautiful and was told he wasn't.

There are so many ways! Adults who come for counseling tell me that the old tapes still play. "You can't do that, stupid!" "Leave it alone; you'll break it." "You'd better let someone who knows how do that job." "You're not invited. You won't fit in." Hearing these messages long enough, a child may well grow up believing himself to be incapable and worthless. He becomes defensive, directionless, subjective.

The parents (or other meaningful adults) really didn't intend to destroy the child. They were sincerely concerned about whether or not he could handle the cup without breaking it. They were probably treating him as they had been treated—maybe better.

Sometimes an older person can become subjective. He may be pushed into a situation that he is unprepared to handle and suffer a series of failures. He loses confidence. To protect himself he begins to look at the world as his enemy. I saw this happen often in the Army. Since then, I have seen happy, vibrant, small-town boys taken

advantage of by sophisticated college men. The objective adult can become a subjective adult.

The Objective Person

An objective person sees himself as an OK person, acceptably successful. He doesn't need to win every battle. Most people, he figures, give him a fair-enough break. He doesn't expect them all to.

When something fouls up, the objective person tries to assume responsibility to solve the problem. He isn't busy explaining; he's looking for solutions. He's not defensive; he believes that those who have a right to inquire will see him as he sees himself—doing an honest job of keeping progress moving. He doesn't waste his energy protecting his ego.

Objective people—usually—have grown up with adults who encouraged their capabilities. Their parents—probably—were nurturing people. They said to their children, "Try this; I think you can do it. I'll help you if you run into trouble." Parents who believe in themselves pass this attitude on to their children. The youngsters see themselves as winners. Most psychiatrists believe that subjective and objective attitudes are ingrained by the time a child goes to school.

How to Become Objective

What can an adult like Bill do when he realizes he is subjective? How terrible to go through life wanting to take the ball and run, but fearfully holding back!

One of the best ways a friend can help is to convince the Bills of the world that God has accepted them and wants to share heaven with them. The joyous feeling of this love leads a person to reach out to others, forgetting self in the effort. Love begets love, and a subjective person begins to feel that others value him for what he is.

If you have been subjective, get involved with the everyday practical needs of your family and community. Make your good homemade bread for the next bake sale. Help paint the room that some committee has wanted painted for a long time. Address envelopes for a community project. Sharpen the skates for a neighbor's

Most psychiatrists believe that subjective and objective attitudes are ingrained by the time a child goes to school.

child. Do your bit to organize a baby shower. Make yourself acceptable and appreciated doing something for others. These experiences will all become little success stories that will strengthen your own self-worth as well as bless others.

Treat yourself with respect and consideration. Eat good food, get enough rest and exercise. Dress well enough to feel comfortable with your group. An appointment at the barber or beauty shop, a new dress or tie can do a lot to boost a hurting ego.

Read more. Know enough about the world to contribute intelligently to a conversation.

Talk—and listen. Ask your fourteen-year-old son to give his opinion about your plans and worries. Ask your spouse to give his/her honest views of your latest attempts. Practice listening and trying to be objective. Thank people for their insights.

The Happy Results

Life can be fun. It can be meaningful. You can be an authentic person who likes and accepts himself.

Bill practiced being objective. It was hard, often awkward. He still hears the old tapes playing. He is still with Lori, and she is as pleased as punch that he is catching on!

Objectivity—what a good thing it is! ◇

Front-Porch Victory

Mabel Latsha

T

he opposing force confronting me appeared in the form of a four-year-old neighbor boy named Raymond. But, few of us adults called him that. We called him "Meanie," for he seemed to spend his waking hours devising ways to aggravate us all.

He stood at my front door now with defiance radiating from his body like electric sparks from a faulty transformer. He and his companion of corresponding age had approached my porch intent on the demolition of plants, chairs and everything else in their path. I invited them to beat a fast retreat—now!

The second boy scampered off. Not Raymond, however. He set himself squarely in front of me in a manner that plainly said, "You and who else?"

PERSUASIVE PRODUCTIONS



Kindness ended a minor war that bad temper would have escalated!

My first impulse—decidedly on the primitive side, I admit—was to use a battering ram as in ancient warfare. But this idea was quickly followed by the cautionary thought, "Such violence no doubt would involve you in escalated warfare with his parents."

Then to the forefront of my mind, as though a directive from my Commander-in-Chief, sprang the words of 2 Corinthians 10:4: "The weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."

Strongholds? Surely one was presenting itself now!

Instantly revising my strategy, I dropped my idea of a battering ram and decided to commit all my resources to a counterattack of love.

I flashed the little boy a friendly smile. Then I reached down and gently took his hand in mine. "Here," I said, "let's walk down the steps together."

It worked! He moved along with me as if in a trance, while I felt all warm and glowy inside.

Noticing a peculiarity about his shoes, I ventured to prolong this extremely satisfying victory by stating, "Well, what do you know? You have your shoes on the wrong feet this morning! Would you like to sit here while I change them over for you?"

Without a word he sat down, then looked up into my face with the sweetest little expression that seemed to say, "I've lost the battle, but I sure do like this a whole lot better."

"Never underestimate the power of love." I have wondered often since that happy morning how many battles are lost because we fail to use the strategy of love. How many times by our hasty impatience have we failed to help a small child develop his better qualities or gain a deeper sense of security so essential to his moral growth?

How many times have we missed the golden opportunity to help a youth into paths of righteousness?

How many homes would be happier if our lives were fortified with greater love and understanding?

Is it time to check our defenses? Perhaps, like David's as he started forth to meet the giant Goliath, our armor is man-made and ill-fitting and needs to be replaced by that flawless armor, "the whole armor of God." ◇

Love's Way

Ronald W. Spalding, M.D.

How I prepared my five-year-olds for marriage.

"We taught our children that lovers should first create a home before they join with God in the creation of a new life."

H

ave you told your five-year-old the truth about how he arrived on planet Earth? If

he hasn't asked you, tell him anyway. He'll be asking someone soon.

One day I received a telephone call to come to a home where a baby was about to arrive. As I stepped inside the home, the sky let loose with a cloud-burst that thwarted Grandma's plan to take the six children next door. They had to wait in the family room for the storm to pass. But the baby arrived first.

The children were all ears when they heard the hearty cry of their newborn brother. They were eager to see him, and when all was ready, they were ushered into their mother's room. After studying the little boy carefully, one of them looked up at Grandma.

"Where did the baby come from?" It was Angie, the five-year-old sister, who asked what the other five desperately wanted to know.

"Yes, where did the baby come from?" they echoed.

Obviously embarrassed, Grandma answered hesitantly, "Why—er—he must have come in the doctor's bag."

Then the children looked up at me, each face expressing an unspoken question, "Is there another baby in your bag?"

I was on the spot. How could I answer their question truthfully without upsetting Grandma and Mother?

In the simplest words possible I answered, "No, children, I didn't bring the baby in my bag. Mother has a special room in her body below her heart where the baby has grown for the last nine months. When a baby gets big enough, the door opens and it is born."

That was all I told them. They knew I had told them the truth. How do I know? Because whenever they saw me later, even a block away, they would wave and shout, "Hi, Dr. Spalding!" as if I were their very best friend.

Keep Their Confidence!

I want my child to know that it was love that brought him into the world.

As my wife, Helen, and I planned together how we would train our children, we went back into our childhoods to recall our feelings, our thoughts, our conversations and our unspoken questions in those early days.

Helen grew up on a farm, the oldest girl in a family of eight children. As the children grew old enough to help in the barn and field, they observed the care of the newborn animals and pets. Thus she and her siblings learned about beginnings in the animal world. And every two years or so a new baby joined the family.

One day she and two brothers and a sister went to their mother as she polished the big, black kitchen range. The four-year-old sister had been primed to ask, "Mamma, where do babies come from?"

Taken off guard, Mother looked her brood over and answered, "Why, er, the stork brings them—or that's what my mother told me." Then turning

back to the stove, she polished fiercely.

And the children went away disappointed, never to ask her that question again.

A Better Way

I was more fortunate, for my parents sought to prepare me and my brother and older sister for the birth of my youngest sister when I was nine. They taught us that the flowers were like people, having fathers and mothers. They explained to us which part of a flower was the male and which the female. They told us that God planned that even the fishes and the insects had fathers and mothers. They pointed out the mother bird and the father, sometimes wearing coats that looked alike, and sometimes quite different, as with the hen and the rooster. The mother bird was the one to lay the egg, while the father bird watched over the mother and often fed her while she was on the nest. So too with the animals—each had various duties to perform.

One day my father took me to help him as he led our family cow to be bred. A few weeks later he took us children on a walk through the woods, as he often did. But this time, as we rested, he gathered us around as if to tell us another story.

"Today I have a very happy secret to tell you, children. In a few more weeks you're going to have a baby sister. I want you each one to help your mother at home as much as you can. You've always been very good to help, but now Mother has more to do as she prepares for the new baby, and there'll be still more after the new baby arrives. But we'll be happy to have a new baby



D. TANK

in our home, won't we?" All the way home we talked about how wonderful it would be to have a baby to play with and care for.

One evening a few weeks later, Dr. Parker came to our home out in the country. The next morning we awoke to the cry of a baby.

As we hurried downstairs, we called out, "Papa, is that our new baby sister crying?"

"It surely is," he answered. "Come and let me show her to you. This is Elisabeth Katrina Victoria Gertrude Spalding, your new sister!" He pulled the blankets from her face with a flourish as he made the announcement.

During our engagement Helen and I decided we would plan for a family of four children, hopefully two boys and

two girls. Several years after our wedding day, God gave us a son, born on my one brother's birthday. Naturally he inherited his uncle's name, as well as his grandfather's, Arthur.

"Put Your Hand Right Here"

A little over a year later, a sister joined him. They grew up together, real pals. And what could be more natural than that they should splash in a tub of water together? They shared their bath while Mother watched. He shared her bottle when Mother wasn't watching!

Together they were growing up joyfully. Then one evening, two and a half years later, Elaine was sitting on my knee and Arthur was sitting on his mother's when there was a movement at Arthur's side.

As the story ended, Mother whispered, "Arthur, put your hand right here." Then there was another movement.

"What was that?"

"That's our new baby kicking," Mother answered.

At the words "new baby," Elaine jumped off my knee and ran over to her mother.

"Where's a baby?" she asked. "Let me see."

"Yes, Mother has a baby right there. Feel it?"

"O-o-ee! That a baby?"

"Yes, that's a baby," Mother said. "In a few weeks the baby will be born, and then we'll have a new baby in our house."

"Will it be a brother?" Arthur asked. "I want a brother."

"We'll just have to wait to see what Jesus sends us," I answered.

And so it was at that early age that we taught our children that babies grow inside a mother's body. The children didn't have as many questions to ask at that time as they did thirty-three months later, when our final bundle of joy was about to join us. New questions came more frequently with the days and months. We sought to give simple answers, always using the proper names for the organs and functions. Our children knew before they were five years old the answers to the question, "Where do babies come from?"

They were taught that God planned that love should unite two hearts, so that lovers should first create a home before they should join with God in the creation of a new human life. God planned that love should bring them together in a special embrace to create that new life. This is love's way.

Years later, after our children were all married, one of our daughters confided that she had had no adjustment to make after the wedding.

"It was just like I always thought it would be—thrilling, wonderful, beautiful—just as you said it would be, Daddy." ◇

***Be sure to get *Love's Way* to read for your children. It's by Arthur W. Spalding, Dr. Spalding's father. Send \$3.95 plus sales tax. Add 75¢ for postage and handling to ABC Mailing Service, Box 37485, Omaha, NE 68137.**



Feeding Vacationing Relatives

Connie is a student in one of my natural-food-vegetarian cooking classes. She and her husband, Sam, were expecting Sam's parents for a visit. What should she fix for them, now that she and Sam had become natural-food enthusiasts?

You may face the same challenge soon. What should you do?

Connie discussed her problem with me, and I suggested to her that making a meal with two optional dishes—one of which would be more familiar and the other a new whole-grain, natural-food or vegetarian version—would be a gentle way to begin. I reminded her that before they ever tasted the food with their tongues, they would taste it

with their ears (her remarks about it) and with their eyes (the appealing way in which she served it). Such comments as "I made you this delicious recipe that's really great! You'll love it!" or "How would you like to try my new specialty? It's delicious!" should work wonders.

Connie's in-laws came and left, and I anxiously waited to hear what had happened. I was so pleased when she told me!

She had decided not to present a total change all at once, but to ease her relatives along gently. The first thing she served was whole-grain pancakes with a choice of several no-sugar toppings—the healthful version of a familiar breakfast menu. (See *Signs* March 1978 for recipes.)

Later she introduced whole wheat toast for breakfast rather than white; and she made up some scrambled tofu with mushrooms to replace scrambled eggs (tofu having no cholesterol), and she served this with fresh fruits.

(Watch future Kitchen Corner columns for tofu recipes.)

For one dinner she introduced a brown rice dish rather than white rice. (See *Signs* January 1979.) As their visit progressed she introduced what she called "a nice compromise dish"—eggplant parmesan, made with the cheese but without the meat.

For the snacking department she purposely kept no candy or cookies around the house but introduced vegetable and fruit items, Rye Crisp, granola and dried fruits.

Before they left for home, Sam's parents said they were actually looking forward to the next meatless and natural-food meal.

So . . . take a tip from Connie!

Showing genuine love and concern for one another's feelings is more important than getting people to accept what we want them to accept. Win their love and admiration first, and they will willingly listen to your new ideas. ◇

Why Not Ask?



ANGRY MOTHER

There is no peace or love in our home. My parents always quarrel, screaming their heads off at each other. Even when my mom "counsels" us kids, she does it angrily. How can we be a good Christian example to our neighbors? How do we know who's right and who's wrong in these fights my parents have? I love both my father and mother, but I feel like I have to choose one or the other.

Don't choose sides and don't get involved in the battles. Stay as far away from the conflict as you can. It's natural for you to want to be a peacemaker, but it sounds to me as if it's beyond your reach.

Does your family have near relatives or close friends who could intercede? Do you have a competent pastor or counselor in your

community? People whose anger is a generalized response to life need more help than one of their children can give.

For your own good and growth, seek positive involvements in church and school so that you will not have to identify yourself essentially with the failures of home and parents. Be as cheerful as you can at home and in your neighborhood. Perhaps you can prove that Christianity does, in fact, produce peace and love.

WHEN LOVE COOLS

My boyfriend and I have been dating for about eight months. We're both in college. Until recently he treated me really well, but lately he has become very cool. He doesn't take the initiative to see me very often, and when we do get together, it just isn't what it once was. He doesn't explain his change of attitude, and the whole thing is terribly upsetting. Should I demand an explanation? Or maybe break up with him?

College can be extremely demanding, as you know. Before you do anything impulsive, probe the possibility that your boyfriend's schoolwork may be the obstacle in your relationship. Perhaps he feels he needs to place his studies above his love life right now. If this is all that is wrong, he will come back to you soon.

It is also possible that your boyfriend's flame of affection has gone out and he simply does not have the courage to "break your heart." If this is what has happened, don't fight for a relationship that has died. Breaking up is not nearly so painful as a marriage that fails.

WHY NOT ASK? Do you have a youth question? Why not ask Wayne Judd to help you? Write to Wayne Judd, *Signs of the Times*, 1350 Villa Street, Mountain View, California 94042. Please include your name, age, and address. We are sorry we cannot help you with pen pals, school fees, or personal financial aid.

Wayne Judd

New Life for Old Marriages

Norval F. Pease

If your marriage isn't all you hoped it would be, God is willing to help you make it better. He will make you a better person first.

Is there anything about the gospel that can improve the quality of our homes and lives?

Can the beauty of the gospel make our marriages happier and strengthen our relationships with our children?

Can the gospel keep us kind in the competitive jungle of modern life?

Can the gospel make us live in peace and confidence rather than in hostility and fear?

To all of these questions the answer is **Y E S!**

Too many people think of the gospel only in terms of what it has done in the past and will do in the future. They fail to appreciate the effectiveness of the good news in meeting the problems of today. They need to remember that "God, who began this good work in you, will carry it on until it is finished on the Day of Christ Jesus." Philip-
pians 1:6, T.E.V. (italics supplied). Our God is concerned about us now. The apostle Paul tells us what the gospel can do for us:

"We ourselves were once foolish, disobedient, and wrong. We were slaves to passions and pleasures of all kinds. We spent our lives in malice and envy; others hated us and we hated them. But when the kindness and love of God our Savior was revealed, he saved us. It was not because of any good deeds that we ourselves had done, but because of his own mercy that he saved us, through the Holy Spirit, who gives us new birth and new life by washing us." Titus

3:3-6, T.E.V. (italics supplied). Yes, "he saved us." Through Him we were born again, and through Him we live a new life. There is power in God to transform us.

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the ground, dirty water and rusting equipment polluted the landscape. There seemed no future for this environmental catastrophe.

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sider the most beautiful formal gardens in the world—the Butchart Gardens. Millions of people from all over the world have come to see the amazing beauty of this lovely place.

Here is a parable of what God desires to do for each person. With divine skill and patience He endeavors to bring His children to greater and greater spiritual beauty. A well-known Christian motto reads, "Be patient; God isn't through with me yet." He is working on His masterpiece—the redemption and re-creating of persons.

The Butchart Gardens retain their beauty not only because the former quarry was once transformed into a garden, but because of constant care and attention. We must remember that, in the development of the Christian, the effective care and attention is not our effort but the work of God's grace. Our part is choice—allowing God to do for us what He so much wants to do. This choice is part of what we sometimes call faith—trust, surrender, commitment to the One who saved us and who is preparing us for His kingdom.

This understanding of God's work in our behalf should inspire in us trust and assurance. It is hard to imagine that the owners of the Butchart Gardens would abandon the project in which they have invested so much. They will prune, they will spray, they will cultivate, they will fertilize, they will replant—but they will not abandon. The heavenly Husbandman has an even greater investment in us. He gave His life for us on Calvary. He will see us through to the kingdom, if we will let Him.

Much is being said these days about born-again Christians. How can we evaluate the genuineness of our conversion? One Christian writer has expressed it this way: "When the people of God experience the new birth, their honesty, their uprightness, their fidelity, their steadfast principles, will unfailingly reveal it."—Ellen G. White, *Counsels to Teachers*, p. 251. Please note that honesty, uprightness, fidelity and principles will not produce the new birth but will reveal its existence. The Christian life-style is like the gasoline gauge on the automobile—it doesn't put a drop of fuel into the tank, but it tells whether the tank is full or

empty, whether we have reserve power.

The loving God who makes possible the new birth will also make possible a new life. God does not forgive a sinner and then turn him loose in a wicked world without enabling him to live a new life.

The new birth is a transforming act of the Spirit of God—a renewal of life through divine grace. It is not remodeling, recycling, renovating, but re-creating. The reborn individual makes a one-hundred-eighty-degree turn. What was formerly ahead of him is now behind him. What was formerly behind him is now ahead of him. Good and evil change places.

The Spirit through whom a person is reborn is the same Spirit that enables him to live the new life. A change occurs in the character, the habits, the goals, the aspirations. Reborn people are new men and women in Christ.

In his book *How to Be Born Again*, Billy Graham tells of a letter from a man whose marriage was on the verge of collapse: "I believe it was God's will that I turned on the television and listened to your message about spiritual rebirth. As my wife watched with me, we began to search our hearts and felt new life within us. I prayed that God would come into my heart and truly make me a new man and help me begin a new life. Our troubles seem rather slight now."—Page 9.

The new life we have been talking about is truly a desirable experience. It brings us meaning, satisfaction and security. It is built on the three Christian virtues of faith, hope and love. There is only one way to receive the new life, and that is through the new birth. And there is only one way to be born again, and that is to surrender our lives to God.

A person doesn't have to have an ecstatic experience to be born again. Some people can tell exactly when and under what circumstances they were reborn. Others cannot. The test is whether or not our lives have been turned over to the control of God.

God wants us all to be members of His family. This is the greatest, most lasting joy that life holds. May God grant that everyone of us may know from personal experience what it means to be "born of the Spirit" and live the new life. ◇



When You Grow Up



A Story for Children

John chewed the end of his pencil and read the question again. He didn't really need to, because it was very short and he knew it by heart. "What do you plan to be when you grow up?"

He had run into that question before, and it always bothered him.

"But I don't know what I want to be," he muttered. "Mom thinks I ought to be a doctor, and Dad keeps wanting me to be an engineer. You make more money that way, he says. Auntie wants me to be a teacher, but that's because she's one. I think I'd have a lot more fun being a carpenter or a mechanic, and sometimes I think I'd rather go into business."

He was ashamed to leave the space blank; so he suddenly wrote down "Engineer," to please his dad.

If I know anything about it, a lot of you who are reading this page right now feel about the same as John. You don't know what you want to be.

Well, don't feel bad about it. There are millions your age just like you. And most of the people who think they know what they are going to be aren't going to be that at all!

The Bible has a lot to say about King David. When David was a boy, watching his father's sheep, did he know he was going to be king? Of course he didn't. He thought he was going to be a shepherd all his life.

The Bible tells about another man, Paul. When he was young, everyone called him Saul. When he was studying at school under the famous teacher Gamaliel, did he think he was going to become Paul the preacher? Not at all. He planned to grow up and kill Christians.

When, as boys, Peter and James and John went fishing on Galilee, did they have any idea they would grow up to become Christ's disciples? Did they think that someday they would write

parts of the Bible? No, they did not.

None of them knew when they were boys what God had in mind for them. But, one and all, they did the work that was closest at hand; and they did it well, and when God needed someone to do a special job, He knew He could count on them.

When I was a boy, there was a statement I liked in a book called *Christ's Object Lessons*: "Not more surely is the place prepared for us in the heavenly mansions than is the special place designated on earth where we are to work for God."—Page 327.

Don't ever worry about your future. Do well the work that lies closest. God has a job that He wants you to do for Him; and when you are ready to do it, He will give it to you to do.

Your friend,

Uncle Lawrence



The Family



Bible Bulletins

Richard H. Utt



At the beginning of human history, God created the family. He made a

man and a woman and gave them some of His creative power that they might bring children into the world. To have happy families, we would do well to follow His counsels and plans.

THE FIRST FAMILY

1. Who is the Author of the family? God "made them at the beginning . . . male and female, and said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh." Matthew 19:4, 5.

2. What is God's attitude toward marriage, and what should be ours? "Marriage is honourable; let us all keep it so, and the marriage-bond inviolate; for God's judgement will fall on for-

nicators and adulterers." Hebrews 13:4, N.E.B.

3. How long should a marriage last? "The woman which hath an husband is bound by the law to her husband so long as he liveth." Romans 7:2. "What . . . God hath joined together, let not man put asunder." Matthew 19:6.

4. What divine commands were designed to safeguard the home? "Thou shalt not commit adultery." "Thou shalt not covet thy neighbour's wife." Exodus 20:14, 17.

CHILDREN IN THE HOME

5. What did God design to be a blessing in the home? "God blessed them and said to them, 'Be fruitful and increase.'" Genesis 1:28, N.E.B.

6. How are children to be trained and educated? "You fathers . . . must not goad your children to resentment, but give them the instruction, and the correction, which belong to a Christian

upbringing." Ephesians 6:4, N.E.B.

7. How are children to relate to their parents? "Children, obey your parents, for it is right that you should. 'Honour your father and mother' is the first commandment with a promise attached." Ephesians 6:1, 2, N.E.B.

8. Should parents teach their children about God, or should they let them find their own religion? "These words, which I command thee this day, shall be in thine heart: and thou shalt teach them diligently unto thy children." Deuteronomy 6:6, 7.

GOD'S LARGER FAMILY

9. To what family may we all belong? The "family in heaven and earth." Ephesians 3:15.

10. Who are the members of this greater family? Jesus said, "Whoever does the will of my heavenly Father is my brother, my sister, my mother." Matthew 12:50, N.E.B.

Meadow Morning

Ruth Wheeler



he two laughing children raced far ahead of me across the swampy meadow. Children are not much help

in bird study, I thought. Perhaps I should have come alone.

But, on second thought, maybe the children were more important than birds this beautiful spring morning. Maybe they weren't discovering scientific facts, but they were storing up in their minds the joy of sunshine and green grass and blue skies with billowy white clouds. But I did wish they could enjoy walking softly and searching for bird nests. They didn't seem at all interested in this.

Suddenly I heard shouts. The children had stopped and were waving insistently for me to come, to hurry. I ran to them. They were kneeling by but not touching a beautiful nest, a grass-lined hollow in a clump of grass with four olive-green eggs in it, spotted with brown.

"Isn't it pretty? What bird do you think made it?" one child asked, his voice awed.

"I don't know. I've never seen a nest just like it before. Did you see the bird?"

Both were eager to tell me. "We almost stepped on the nest, but this bird flew out fast."

"It flew kind of like this." The other child interrupted eagerly demonstrating with his hands the bird's flight.

"What did the bird look like?"

"Kind of brown with yellow stripes."

"And it had a real long bill, and it spread its tail when it flew." More demonstration with hands spread wide. "It flew fast."

"And it squawked as it flew."

"Let's not touch the nest," I said as I stood up and stepped back. "And let's not mash the grass down around the nest, because that might frighten the bird away."

"Oh, of course not." The children backed away, stepping carefully.

"Let's go over by the willows where the ground isn't so wet, and we can look the bird up in our book." I had the attention I had been wishing for as we paged through the book. When I found the picture of the snipe, the children both agreed that this was their bird. I read the description of the nest and the habitat of a snipe, and it all fit perfectly. Chattering about what they had seen, the children raced off across the meadow.

Words kept ringing in my mind as I walked on alone:

"As the marsh-hen secretly builds on the watery sod,

Behold I will build me a nest on the greatness of God."

I recognized the lines as coming from the beautiful poem "The Marshes of Glynn" by Sidney Lanier. I looked out over the meadow and wondered how many birds were living there with nests hidden in the grass. It was a comforting thought that God knew, and that He also knew me, and He knew my

children running over the marsh.

I sat on a raised place, drier than the swamp, and thought about this. Idly reaching down, I tried to pull up a clump of grass to examine. But by scores of small roots it clung to the sod and resisted my force. More words from "The Marshes of Glynn" ran through my mind:

"By so many roots as the marsh-grass sends in the sod

I will heartily lay me a-hold on the greatness of God."

I looked with new interest at the sod. Every grass stem had a great network of fine roots. Each tiny thread was insignificant and weak, but together they were too strong for me to move. "God," I murmured aloud, "teach me by every habit and thought to bind myself more firmly to You."

I remembered then a sentence I had read that very morning, but to which I had given little thought. "As the plant takes root in the soil, so we are to take deep root in Christ."—Ellen G. White, *Christ's Object Lessons*, p. 67.

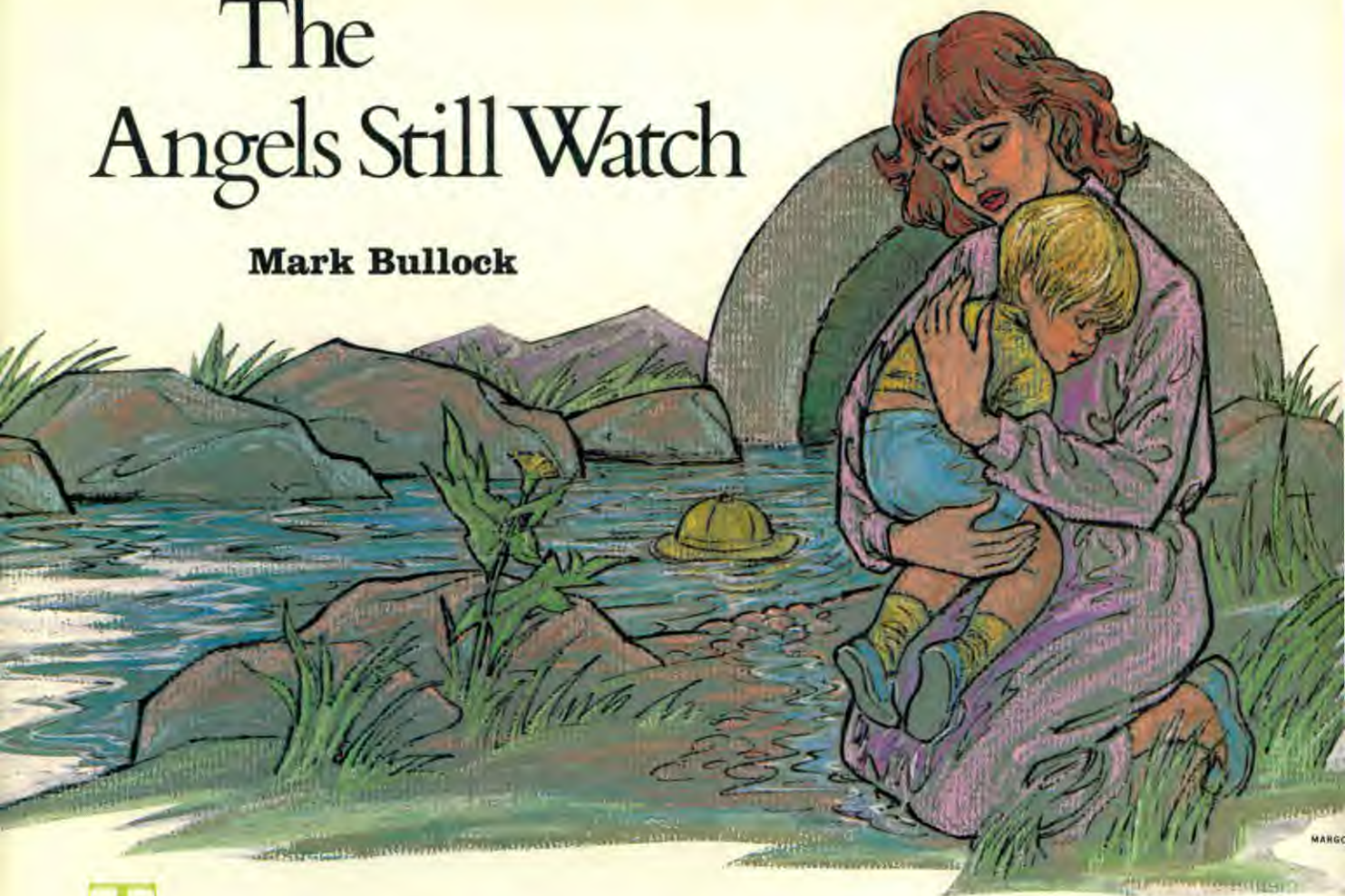
The children were coming back now, running and shouting across the grass, jumping water pools and splashing in the marsh. Perhaps the memory of this bright morning and the bird nest in the grass might be a tiny rootlet binding these children to God, the Creator of all. I was grateful for the privilege that was mine of cultivating these plants, these children given me by God, and of helping their roots to grow deep into Christ, the Son of God. ◇

Help your children grow like the
marsh grass, with their roots taking
hold on the greatness of God.



The Angels Still Watch

Mark Bullock



The little boy was a year and a half old and able to toddle about on his own.

Perhaps it was the sound of the water that attracted him as he wandered toward the irrigation ditch in beautiful Estes Park in the Colorado Rockies. The stream was not deep, but its waters, sparkling in the summer sunshine, were swift and cold.

The child's mother, not far away, prepared a picnic lunch. The father, some distance farther away, studied the trees and flowers. The little explorer, pulled by his childish curiosity, drew closer to the turbulent stream.

I have read that "the angel of the Lord encampeth round about them that fear him, and delivereth them." Psalm 34:7. Another promise shines out from Psalm 91:11: "He shall give his angels charge over thee, to keep thee in all thy ways." Two angels rescued Lot from Sodom. See Genesis 19:

15-17. "Angels of God" met Jacob as he journeyed to meet his brother Esau. Genesis 32:1. An "angel of the Lord" stood at Joshua's side. Zechariah 3:5. An "angel of the Lord" visited Hagar in the wilderness. Genesis 16:7. As Elijah slept under a juniper tree, an angel bade him, "Arise and eat." 1 Kings 19:5. An "angel of the Lord" delivered Peter from prison. Acts 12:7. The Scriptures tell of many visitations by these heavenly beings. We are told in Hebrews 1:14 that they are "all ministering spirits, sent forth to minister for them who shall be heirs of salvation." Though I have never seen an angel, I believe that these heavenly messengers are real.

As the child reached the bank of the irrigation waters, the mother abruptly stopped preparing lunch. She had not heard an audible voice, but just as clearly the words had been impressed on her mind, "Where is your son?"

Suddenly alarmed, she looked fran-

tically about. There was no sign of him! The awful thought dawned on her—the irrigation ditch!

She ran to it, but she couldn't see him there. Then she saw a little head bobbing on the water as the current carried it away. In a glance she saw that not far downstream the water entered a tunnel. There would be no hope for the child there.

She ran—how she ran!—in a desperate death race to the tunnel. Reaching it, she fell on her knees and plunged her hands into the swift water. Grappling desperately, she caught the little bundle that was her son and lifted him up into the safety of her arms.

Yes, I believe that angels still watch over mortal beings. I am sure an angel spoke those silent words that alerted that mother to her son's peril, and that if he had not warned her, I would not be alive today to write about this drama. ◇