Some time ago I mentioned the true story of Harry Orchard. Harry lived back in the early 1900’s and was involved in assassinations of certain people that had taken part against the labor unions attempting to break the strikes of miners seeking higher wages and better working conditions. At one point, Harry had set a bomb made of dynamite in one of the railway stations where several strike breakers were waiting for an outgoing train. Many of the men so waiting were killed by the blast that followed. Another time Harry attached a bomb made of dynamite to the gate of the former governor of Idaho because of the part he played in fighting the striking miners. The former governor was instantly killed. Both of these crimes were horrible offenses.

Harry was eventually caught and charged with the murder of the former governor of Idaho. He was found guilty and sentenced to be hung by the neck until dead. I know as I thought about this situation, my thoughts were along the line of “good riddance.” Many other atrocities and murders that I have read about come to mind and again in my thinking I have not really thought about seeking the salvation of the perpetrator of the horrible crime committed. I have thought of the victim and the victim’s family and friends.

But in the case of Harry Orchard, as I read further, I began to realize that maybe my prayers should also be for the perpetrator of the crime. The wife of the former governor was a Seventh-day Adventist. She and other well-known SDAs began praying for Harry as well as visiting him. Over a period of time Harry accepted Jesus Christ into his life. A definite change could be seen in Harry—even in his features. His sentence was commuted to life in prison where he became a real witness for the Lord among the other prisoners. Have I been wrong in not praying for the perpetrator as well as the victim of a crime?

I looked for a Biblical example to compare Harry’s case with and found that example in the life of David. David was not only an adulterer with Bathsheba, but he also arranged for her husband to be placed in the front lines of battle to be killed. God did not automatically cut David’s life off. He sent Nathan the prophet to David with a story: “There were two men in one city; the one rich, and the other poor. The rich man had exceeding many flocks and herds: But the poor man had nothing save one little ewe lamb, which he had bought and nourished up: and it grew up together with him, and with his children; it did eat of his own meat and drank of his own cup, and lay in his bosom, and was unto him as a daughter. And there came a traveler unto the rich man, and he spared to take of his own flock and of his own herd, to dress for the wayfaring man that was come unto him; but took the poor man’s lamb, and dressed it for the man that was come to him.”

“And David’s anger was greatly kindled against the man; and he said to Nathan, As the Lord liveth, the man that hath done this thing shall surely die.… “And Nathan said to David, Thou art the man.”

We have all sinned and come short of the glory of God. Are we “the man”?

Should we assume the position of judges, or should we be praying for all people, and leave the judgment to our Heavenly Father?

David was changed and saved even after his crimes of adultery and murder. Harry Orchard was changed and converted after the terrible murders he committed. What is our responsibility?

Remember, we have our own trial to face. Most of you who read this editorial have never committed murder, adultery, or other serious crimes, but are still sinners under the condemnation—“the wages of sin is death”.

The investigative judgment that began in 1844, will continue until just before Jesus comes back. What will your sentence be? Will there be people in heaven because you have prayed for them, no matter who they are or what they did?

I am so thankful that Jesus is our representative in that action. I just pray that I as well as each of you will hear the words—“Well done good and faithful servant.” May we each be safe to be saved!
Our Mission:
It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God’s Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

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We have now come to the last angel’s message. After this message, the Lord thrusts in His sickle, and the earth is reaped. This is an obvious indication that the separation has been complete. The grain, or the true Christians, have been gathered up and harvested. The wicked have been gathered into bundles to be burned. The wheat and tares are now obvious for who they are. This third message then, is the culmination of the Lord’s efforts to warn the world before He returns. This last message, along with the first two, will be the dividing line between those who love God and those who don’t. This will separate the true from the dross, or the material that looks real, but is not. This is the final test, the microscope that peers into the heart to see what is really there. After this warning, there is no more. God will have used everything in His arsenal to bring this world to a knowledge of the truth.

God’s final warning to His people

Let’s delve in and see what God’s last message is to us... “And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.” Rev. 14:9-11.

Those who will experience hellfire

Let’s look at the end of the message first. The message here is that those who do what the first part of this angel’s message said, will be tormented
with fire and brimstone. In other words, these people will experience hellfire. This is the end of this world and the end of any opportunity to go to heaven. There are no second chances. There is no millennium coming. There is no other message to be given to the people after this one. When this one is done, Jesus comes back... period. Then it behooves us to really focus on what this message says. And whatever we do, we must be certain we are on the right side of this proclamation.

**This message is delivered in a loud voice**

Then let’s read the beginning of this message again... “And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand,...” Rev. 14:9. Again, we read that the angel speaks in a loud voice. This is it, so everyone needs to hear it. God will not condemn anyone to hell without fully understanding these issues. The, “loud voice” means that the Holy Spirit will use all of those who are true to God to send this message all around the world. Are you one of God’s faithful? Then you are to be involved in helping spread this message.

**All Protestant reformers knew who the beast was**

Those who are condemned to the torments of hell are those who “worship the beast...” So, anyone wanting to avoid hell will want to avoid worshipping the beast. Then it is imperative to us to know who the beast is, to make sure we do not worship it. And what is really interesting is that every denomination in the land used to know who and what the beast was. One of the reasons that these denominations are fallen is because they have turned away from the truth that they once knew. The Protestant reformers like Luther, Calvin, Knox, Wesley, Zwingli, and a myriad of others all knew who the beast was.

**His deadly wound was healed**

This beast is identified in Revelation chapter 13. “And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy.

And the beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority. And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast. And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him? And there was given unto him a mouth speaking great things and blasphemies; and power was given unto him to continue forty and two months. And he opened his mouth in blasphemy against God, to blaspheme his name, and his tabernacle, and them that dwell in heaven. And it was given unto him to make war with the saints, and to overcome them: and power was given him over all kindreds, and tongues, and nations. And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world. If any man have an ear, let him hear.” Rev. 13:1-9.

**God alone can forgive sins**

There is only one power on this earth that has ever satisfied all of the conditions of this beast power. Only one power has ever fulfilled having the name of blasphemy on its head. According to the Bible, in order to blaspheme, one must act as God. One of God’s prerogatives is to exercise the power to forgive sins. Jesus was forgiving sins. “When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven.
“42 months” or 1,260 years. Only the Catholic Church has made war with the saints and overcame them, during what we used to call the Inquisition, or the Dark Ages. There is no question who the Bible identifies as this beast power. And there is no question who the reformers knew to be this beast power as well.

But the devil has done a fantastic job of covering up what the Bible makes so clear. And it is very important to clarify that the Bible says this institution is the beast power; not the individual people who worship in it. The Bible says that all the world wonders after the beast. Yet, Christians are to go into all the world to seek to save the lost. There are people in the Catholic Church who are very sincere and truly love the Lord. And those are the ones, along with whoever else worships the beast, who must be called out.

It has always been about worship

Revelation 14:9-11, “And the third angel followed them, saying with a loud voice, If any man worship the beast…” This beast power must not be worshipped. God alone is to be worshipped. Remember the first angel’s message? “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.” Rev. 14:6-7. It is, and always has been, about worship. Then the third angel goes on to warn against worshipping the beast’s “image”. “And the third angel followed them, saying with a loud voice, If any man worship the beast and his image…” Rev. 14:9. Well, what is the image to the beast? To be an “image” it would have to be just like the beast. What will be created that will be for and act just like the beast itself, without being the beast? That will be all of these fallen Protestant churches, that have become Babylon, that will unite with civil authorities, just like the Catholic Church has done so many centuries before, and enforce religious observance. That is the image to the beast – an organization of the Protestant churches that unite with civil power (or government), to force people to worship as they want them to. We are not to worship the beast, or Catholicism, and we are not to worship the Catholic Church’s image, or this Protestant and government
united organization to make us worship as they want.

**What is this “mark” we are not to receive?**

Then the Bible says there is a “mark” that we are not to receive as well... “And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark...” Rev. 14:9.

What is the “mark” of the beast? The Greek word for “mark” is “khar-ag-mah” and means to scratch or etch a mark or a stamp. This mark, or stamp or etching, is what identifies the power of this beast and its image. And we are not to receive it! We are to avoid this mark at all costs. We are to have nothing to do with this mark. Receiving this mark will cause us to receive the wine of the wrath of God.

So, what is this mark we are to avoid receiving?

Let’s let the beast power itself tell us... “Sunday is a Catholic Institution, and its claim to observance can be defended only on Catholic principles... From beginning to end of scripture, there is not a single passage that warrants the transfer of weekly public worship from the last day of the week to the first.” –Catholic Press.

“Sunday is a Catholic institution...” It is not God’s institution, nor is it a Protestant institution. The only way one can defend keeping Sunday as the day of worship is from Catholic principles. There is no warrant in the scripture at all.

Here’s another...“Protestantism, in discarding the authority of the (Roman Catholic) Church, has no good reason for its Sunday theory, and ought logically to keep Saturday as the Sabbath.” –John Gilmary Shea, in the American Catholic Quarterly Review. Shea here is saying that Protestants, if they are going to discard the authority of the Catholic Church, should then be keeping the Bible Sabbath, which is Saturday. And he is right, of course.

**Sunday worship is a Catholic commandment, not a Bible commandment**

God’s law commands the keeping of the seventh day of the week, not the first. The Catholic Church decided to make Sunday the day of worship. The Bible nowhere commands it. If one follows the Bible, you keep the seventh day of the week, not the first day.

“It is well to remind the Presbyterians, Baptists, Methodists and all other Christians that the Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic Church, and those who observe the day observe a commandment of the Catholic Church.” –Priest Brady.

They do not understand why anyone would keep Sunday if they are not Catholic. The commandment to keep Sunday is a Catholic commandment and not a Biblical one.

“They (Protestants) deem it their duty to keep the Sunday holy. Why? – Because the Catholic Church tells them to do so. They have no other reason.” –The Ecclesiastical Review (Roman Catholic). And again, they are absolutely correct. Protestants literally have no other reason to keep the Sunday.

**The change of the Bible Sabbath was a mark of Catholicism**

And speaking of the change of God’s holy Sabbath to the Sunday, listen to what Cardinal Gibbons had to say... “Of course the Catholic Church claims that the change was her act... And the act is a MARK of her ecclesiastical power and authority in religious matters.” –Cardinal Gibbons.

Those were his very words! The change of the Bible Sabbath to another day of worship was the
MARK of the Catholic Church… the MARK of the beast. Remember, it is always about worship. The Bible says to worship God on His holy day… the seventh day of the week. The Catholic Church says, “No, we will decide what day is to be worshipped upon. We… not You… have the authority to do that.”

Why do they think they can do that? How do they get in their minds that they can change God’s law? Very, very simple, but very, very blasphemous… This is a quote from Pope Leo the 13 – “We hold upon this earth the place of God Almighty.” What do you even say to that? And if that is true, which of course it’s not, then they can do whatever they want. Then all Protestants should be worshipping this beast power. Doesn’t that sound blasphemous to you?

The Catholic Church claims that the pope is God

And speaking of blasphemous, listen to this one… “Not the Creator of the Universe, in Genesis 2:1-3 – but the Catholic Church can claim the honor of granting man a pause to his work every seven days.” –S.C. Mosna – Storia della Domencia. God did not create the day of rest… the Holy Sabbath. The Catholic Church is the one who provided rest every seven days. The Catholic Church has taken the place of God Almighty. I could go on for hours with the comments that Catholics themselves have made.

Here is just one more to make it crystal clear what this entity thinks of itself… “The pope is not only the representative of Jesus Christ, but he is Jesus Christ, hidden under veil of flesh.” –The Catholic National. They flat out say that the pope is God! What do you even say to things like this? “And there was given unto him a mouth speaking great things and blasphemies;…” Rev. 13:5.

God winks at our ignorance… for a time

Again, we need to understand that the Bible refers to this beast as a power. It is not referring to the individual people. There are so many of God’s children in the Catholic Church, but as they understand what they are involved with, they need to decide what they will do. “And the times of this ignorance God winked at; but now commandeth all men every where to repent;” Acts 17:30. When we know what to do, and then refuse to do it, then we are guilty. When we are ignorant, God “winks” at it, but, when we become aware there is no excuse; then we are choosing which side we are on.

Do you see now why God said not to receive the beast’s mark? Can you now imagine keeping the day that this beast set up, instead of God’s holy day? And this mark is not to be received… in either his forehead or his hand – “…If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, …” Rev. 14:9. To receive Sunday as the day of worship in the forehead is to understand, recognize and agree with the papacy’s change. It means that you accept that the Catholic Church indeed had the power to change God’s law. You do think the pope is God. But to receive it in the hand simply means that you go along with it. There are many people who go along with things just to get along. They don’t necessarily agree with it or believe it, but for the sake of not having any trouble, they acquiesce to it. These are the people who don’t like to rock the boat. These are the people who don’t like controversy. And they will do almost anything to avoid confrontation. These are the people who receive the Catholic Church’s mark,
or Sunday worship, in their hands. They don’t agree, but they won’t argue about it. They will just… go along.

**To deny God’s commandments is to deny God Himself**

But there is a major problem with this. Jesus said to His disciples and followers… “But whosoever shall deny me before men, him will I also deny before my Father which is in heaven.” Matt. 10:33. God said keep the seventh day; the pope said to keep the first day. To deny God’s law is to deny Him. Jesus said … “If ye love me, keep my commandments.” Let’s read that again… “If ye love me, keep MY commandments.” John 14:15.

Not any commandments – not some commandments – not the Catholic Church’s commandments… “MY commandments”. And Jesus said that if you don’t, then you don’t love Me.

The whole issue, from the beginning of Satan’s rebellion in heaven to the end of time has been about whom you will follow; whom you will choose to worship. The devil wants to be like the Most High. He wants to be God.

And he has set up his own Church to receive that worship. He has had his own representatives say that they are God. Pope Innocent the 3rd said, “… the Pope holdeth place on earth, not simply of a man but of the true God.” And all the world wonders after the beast. It seems they can say whatever they want, and all the world accepts it.

The Roman Catholic catechism states: “The Pope takes the place of Jesus Christ on earth… by divine right the Pope has supreme and full power in faith, in morals over each and every pastor and his flock. He is the true vicar, the head of the entire church, the father and teacher of all Christians. He is the infallible ruler, the founder of dogmas, the author of and the judge of all councils; the universal ruler of truth, the arbiter of the world, the supreme judge of heaven and earth, the judge of all, being judged by no one, God Himself on earth.”

The Bible says that this beast would speak blasphemous things. Do you know any other power that has spoken like this? Pope Pious the 5th said, “The Pope and God are the same…” Satan said, “I will be like the Most High…” Isa. 14:14.

**Which power will we worship?**

How did the Catholic Church get this power? From God, as they presume? No, from another being altogether. Remember the beast power being identified in the Bible in the 13th chapter of Revelation? The Bible tells us where Catholicism received its power and great authority – “…the dragon gave him his power, and his seat, and great authority.” Rev. 13:2. And who is the dragon? “And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.” Rev. 13:9.

The devil has deceived the whole world. He has convinced all but a very few that this entity he has created and given his power and authority to… is God’s Church. He wants to be like God. He wants to be worshipped. He wants us to follow his laws. And now we know the truth. What choice will we make? Will we worship the great deceiver and keep his laws? Or will we worship the God of heaven who loved us so much He gave His only Son to die for us? Will we honor the father of lies? Or will we honor “the Way, the Truth, and the Life”?

Jesus awaits our decision.

Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.
Triumph Through Christ

Prepare me, Lord, my foes to meet,
I tarry at thy mercy-seat;
Thy presence there I wait.
I wait, and seek with earnest prayer
A rescue from temptations snare,
Before it is too late.

When in temptation’s trying hour,
Wilt thou not give thy servant power
To triumph in thy name?
Yea, Lord, I verily believe
My soul shall ever help receive,
Since thou endurest the same.

Then let me always trust in thee;
When tempted, O, deliver me!
When want and hunger press,
And pomp’s ambition haunts me sore,
O may I trust in thee the more,
And love vain world the less!

The gift of help, dear Lord, I need;
I therefore come, and anxious plead;
Withhold it not from me.
I know ’tis mine, since thou hast died
In triumph on the cross and cried,
“Tis finished;” all for thee.

—Joseph Griffithe
Vitamin E
Hundreds of studies show the amazing benefits of vitamin E on the heart! A powerful antioxidant, vitamin E strengthens the heart muscle and helps prevent damage from oxidation. It has been shown to keep your heart healthy and operating at peak capacity!

Calcium EDTA
An amino acid, it works as a chelator, meaning it helps remove toxic heavy-metal ions from the blood. It aids the heart and circulatory system by removing calcium buildup and dissolving plaques.

Ginkgo Biloba Leaf Extract
Maintains the normal function and tone of blood vessels. As a powerful circulation enhancer, it was traditionally used to help restore sufficient blood flow to the limbs and brain - improving overall health.

Gotu Kola
Gotu Kola contains molecules called triterpenes that go to work on our veins, improving their tone and making them less susceptible to bulging and collapsing. These molecules stimulate collagen synthesis which protects the cells lining the inside of the veins.

Horse Chestnut
Horse Chestnut provides important plant compounds that work to support healthy circulation throughout the body (including the heart) as well as promote healthy blood vessels, including veins, arteries and capillaries, which can drastically improve overall vascular health!

Butcher’s Broom
This herb contains chemicals that strengthen collagen, tighten blood vessels, and help improve the flexibility of blood vessel walls.

Diosmin
A natural flavonoid extracted from plants, diosmin improves blood circulation and strengthens vein walls by improving their elasticity. It also helps by inhibiting certain pro-inflammatory lipids. Diosmin helps your blood to flow against gravity and return from your legs to your heart. This has the effect of reducing or eliminating unsightly bulging and discolored veins and preventing their recurrence!

Grape Seed Extract
Contains very high concentrations of active polyphenols, which have a very high affinity for collagen structures, particularly the arteries and heart! They are known to enhance the structural integrity of any tissue they attach to, specifically helping to offset damage from physical wear and tear! This is a major help for keeping the heart in shape!

Bromelain
Bromelain contains natural anti-coagulant properties that promote healthy circulation by helping break up blood clots and reducing the abnormal formation of clots and plaque in your arteries!

Quercetin
Quercetin is a plant pigment found in many foods such as onions, apples, berries, and grapes. Studies suggest that it improves cardiovascular endurance in as little as seven days!! It also protects the heart and vascular cells from inflammation and oxidation.

Witch Hazel
Protects and strengthens the heart and improves circulation. Through good blood circulation, all the organs get a regular supply of oxygen-rich blood and remain in good functioning order. Witch hazel is often used in bruise lotions or tonics because it stimulates blood circulation and is a good venous constrictor.

Odorless Garlic
Known for its wonderful effects on the cardiovascular system, garlic promotes heart and cardiovascular health and helps maintain healthy cholesterol levels. Bursting with nutrients, garlic contains: allicin, essential oils, iron, magnesium, potassium, sulphur, zinc, and vitamins A, B1, B2 and C!

Cayenne Pepper
One of the most powerful herbs for the cardiovascular system, cayenne is widely known as “heart food” as it contains so many nutrients known to nourish and improve overall heart health! Cayenne helps stimulate blood flow, dissolves clots and improves blood circulation, eases the pain of swollen, congested veins, and strengthens the heart, arteries, and nerves! Being a very rich source of vitamin C, bioflavonoids, and other nutrients, it strengthens the vein walls, and has been proven to clean the veins out and help them regain their elasticity!

Citrus Flavonoids
Many studies show that citrus flavonoids have a protective effect on the cardiovascular system, keeping it in optimum working condition. They aid overall heart health by improving coronary vasodilation, decreasing the ability of platelets in the blood to clot, and encouraging the liver to remove LDL (bad) cholesterol from the blood stream.

Niacin
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Combining nature, faith, and love to bring healing to the world.
Sin is a hateful thing. It marred the moral beauty of a large number of the angels. It entered our world, and well-nigh obliterated the moral image of God in man. But in his great love God provided a way whereby man might regain the position from which he fell in yielding to the tempter. Christ came to stand at the head of humanity, to work out in our behalf a perfect character. Those who receive him are born again. “As many as received him, to them gave he power to become the sons of God.”

The Lord requires sanctification of the whole being

Christ saw humanity, through the working of the mighty growth of sin, demoniacally possessed by the prince of the power of the air, and putting forth gigantic strength in exploits of evil. But he saw also that a mightier power was to meet and conquer Satan. “Now is the judgment of this world,” he said; “Now shall the prince of this world be cast out.” He saw that if human beings believed in him, they would be given power against the host of fallen angels, whose name is legion. Christ strengthened his own soul by the thought that by the wonderful sacrifice which he was about to make, the prince of this world was to be cast out, and men and women placed where, through the grace of God, they would regain what they had lost.

What does the Lord require of his blood-bought heritage?–The sanctification of the whole being,–purity like the purity of Christ, perfect conformity to the will of God. My brethren and sisters, God requires this of us. Into the holy city there can enter nothing that defileth, or maketh a lie. God’s word to us is, “I am the Almighty God; walk before me, and be thou perfect.” “Ye shall be holy unto me: for I the Lord am holy, and have severed you from other people, that ye should be mine.” “Ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” “In him dwelleth all the fulness of the Godhead bodily. And ye are complete in him, which is the head of all principality and
power.” He “gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.”

Few are making an effort to reach Christ-like perfection

We can, we can, reveal the likeness of our divine Lord. We can know the science of spiritual life. We can honor our Maker. But do we do it? O, what an illustrious example we have in the life that Christ lived on this earth! He has shown us what we can accomplish through co-operation with divinity. We are to seek for the union of which he speaks when he says, “Abide in me, and I in you.” This union is deeper, stronger, truer, than any other union, and is productive of all good. Those who are thus united to the Saviour are controlled by his will, and are moved by his love to suffer with those who suffer, to rejoice with those who rejoice, to feel a deep sympathy for every one in weakness, sorrow, or distress.

Higher than the highest human thought can reach is God’s ideal for his children. He wants our minds to be clear, our tempers sweet, our love abounding. Then the peace that passeth knowledge will flow from us to bless all with whom we come in contact. The atmosphere surrounding our souls will be refreshing.

But how few there are who are making determined efforts to reach this ideal. Satan is trying to keep the people of God dwarfed, feeble, un-Christlike. And too often he is successful. In our churches there are many who have not the spirit of the Master, many who act as if they were in the world merely to please themselves. They forget that the enemy is assailing all who profess to be children of God, trying to overcome them, so that they will disappoint and dishonor the Saviour. They forget that the purity and unselfishness that characterized the life of Christ must characterize their lives, else in the day of God they will be found wanting, and will hear from his lips the irrevocable sentence, “Cast ye the unprofitable servant into outer darkness; there shall be weeping and gnashing of teeth.”

A deep, thorough work needs to be done in the hearts of those who profess to be children of God

I have been especially instructed in regard to the danger of drawing apart, and of evil speaking and contention. We need to bow before God in repentance because of our lack of love for one another, and for him who died for us. The gold of love and faith is not abundant among us. Many are holding on to the truth with but the tips of their fingers. The precious time that should be spent in speaking of the Saviour’s power to save, is being spent by many in carrying evil reports. Unless they make a decided change, they will be found wanting. Unless they have an entire transformation of character, they will never enter heaven. A deep, thorough work needs to be done in the hearts of those who profess to be children of God. Until they reveal the faith that works by love and purifies the soul, very little genuine work for God will be done in the world.

Let our people take up their appointed work,—the work of soul-saving. Let them not think that upon them has been laid the burden of watching and criticizing the work of others. Those who put their whole souls into the work that God gives them will have no time to criticize the efforts of their fellow workers, no time to weaken the hands of those who are straining every nerve and muscle to advance the work.

Our time is to be spent building up, not tearing down

Let not any man or woman feel that he or she has been appointed to carry evil reports from church to church, and from conference to conference. I have been grieved beyond measure to see how easy it is for persons to spend precious time in this cruel work. The proclamation of the first, second, and third angels’ messages is now to be our burden. Those who spend their time in thinking and speaking evil are bringing to the foundation, material represented by hay, wood, and stubble, which will be consumed by the fires of the last days. They will one day see that their time
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has been spent in weakening churches, institutions, and conferences.

God hates all such work. He will call to account all who engage in it. Let those who fear God and believe his word put a guard on their lips. Let them be determined not to speak words that will injure the cause of God, or give a wrong representation of the work being done in any of his institutions. Let them be careful not to speak words that will be a temptation to some one else to withhold the confidence and the words of courage that ought to be given to those who are severely tried, and who, perhaps, work early and late to fulfill the many calls of duty, until it seems as if mind and body would give way under the strain.

Valuable time is lost when we indulge in evil-speaking

Words of suspicion and distrust, like the thistle-down carried by the wind, are scattered far and wide, and can never be recalled. Un-Christlike speech lies at the foundation of nine tenths of all the difficulties that exist in the church. Satan’s agents are industriously trying to get professed Christians to speak unadvisedly. When they succeed, Satan exults, because God’s followers have hurt their influence. We have no time, in these solemn moments, to contend with one another. Those who give way to evil-thinking and evil-speaking do not realize how much time they cause others to lose. God’s servants have been called upon to settle difficulties between brother and brother, and time has been spent in this way that belonged to souls ready to perish,—time that ought to have been devoted to the fulfilling of the gospel commission.

My brother, my sister, be afraid to find fault, afraid to talk against your fellow workers. You have enlisted to fight against Satan’s forces, and you have no time to fight against your fellow soldiers. The truly converted man has no inclination to think or talk of the faults of others. His lips are sanctified, and as God’s witness he testifies that the grace of Christ has transformed his heart. He realizes that he can not afford to talk discouragement or unbelief. He can not afford to be harsh or faultfinding. He has not received orders to punish the erring and sinful by heaping abuse upon them.

We are required to live as Christ lived, and reflect this to the world

Speak words of kindness, words of uplifting; for this is the fruit borne upon the Christian tree. Overcome all harshness. Eternity alone will reveal the harm that harsh words do to those who utter them, and to those who hear. Hold firmly to the One who has all power in heaven and earth, and although you often fail to reveal patience and calmness under provocation, by no means give up the struggle. Resolve again, this time more firmly, that you will be an example of Christian patience. Remember that those only will enter heaven who have overcome the temptation to think and speak evil.

“The work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever.” Christ will be to his people all that these words express if they will heed the invitation to come to him. He will be to them life and power, strength and efficiency, wisdom and holiness. God calls upon us to live the Christ-life, to reveal this life to the world. When we do this, prejudice will vanish, and difficulties will adjust themselves. We shall gather about the great Missionary, our hearts filled with gratitude and love.

How much work have you done for God in the past year?

My brethren and sisters, instead of spending your time looking for and talking of the shortcomings of others, give yourselves to the work that Christ did when in this world. How untiringly he labored! In the temple and the synagogues, in the streets of the cities, in the market-place
and the workshop, by the seaside and among the hills, he preached the gospel and healed the sick. His life was one of unselfish service, and it is to be our lesson book. The work that he began we are to carry forward.

Brethren and sisters, how much work have you done for God during the past year? Do you think that it is those men only who have been ordained as gospel ministers that are to work for the uplifting of humanity - No, no! Every one who names the name of Christ is expected by God to engage in this work. The hands of ordination may not have been laid upon you, but you are none the less God's messengers. If you have tasted that the Lord is gracious, if you know his saving power, you can no more keep from telling this to some one else than you can keep the wind from blowing. You will have a word in season for him that is weary. You will guide the feet of the straying back to the fold. Your efforts to help others will be untiring, because God's Spirit is working in you.

Do not allow trifling things to absorb your time and attention

Have you told those with whom you have come in contact what banner you are serving under? Have they been able to see, by the Christlikeness of your words and acts, that you are a true follower of Jesus? O that our hearts may be deeply impressed with the importance of living holy lives, that the world may take knowledge of us that we have been with Jesus, and have learned of him. Christian worth does not depend upon brilliant talents, lofty birth, wonderful powers, but on a clean heart,—a heart which, purified and refined, reflects the image of divinity. It is the presence of him who gave his life for us that makes the soul beautiful. It is not eloquent speakers that are needed so much as humble, earnest workers,—men and women who have a childlike trust in God. It is the men of prayer that are men of power. They will be enabled to lead sinners to the marriage supper of the Lamb.

My brethren and sisters, do not allow trifling things to absorb your time and attention. Keep your mind on the glorious themes of the Word of God. A study of these themes will give you a strength that will carry you through the trials and difficulties of the last days, and bring you to where you will walk with Christ in white, because you
are worthy. In the Word of God, studied and obeyed, we possess a spiritual guide and instructor by which the worst forms of evil in ourselves may be brought under the discipline of his law. If the teachings of this Word were made the controlling influence in our lives, if mind and heart were brought under its restraining power, the evils that now exist in churches and in families would find no place. Upon converted households the purest blessings would descend, and from these households an influence would go forth that would make God's people a power on the side of truth.

**Now is the time to watch and pray**

But there are many in our churches who know little of the meaning of the truth for this time. They have not searched for the truth with humble, contrite hearts. I appeal to the members of our churches not to disregard the fulfilling of the signs of the times, which say so plainly that the end is near. O, how many who have not cared for the salvation of their souls will soon make the bitter lamentation, “The harvest is past, the summer is ended, and we are not saved!”

O, that we would remember that it is court week with us, and that our cases are pending! Now is the time to watch and pray, to put away all self-indulgence, all pride, all selfishness. The precious moments that are now by many worse than wasted should be spent in meditation and prayer. Many of those who profess to be keeping the commandments of God are following inclination instead of duty. As they are now, they are unworthy of eternal life. To these careless, indifferent ones, I would say, Your vain thoughts, your unkind words, your selfish acts, are recorded in the book of heaven. The angels that were present at Belshazzar’s idolatrous revelry stand beside you as you dishonor your Redeemer. Sadly they turn away, grieved that you should thus crucify him afresh, and put him to open shame.

**Our characters must not have spot or wrinkle or any such thing**

“Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings? He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hand from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; he shall dwell on high: his place of defense shall be the munitions of rocks. . . . Thine eyes shall see the King in his beauty: they shall behold the land that is very far off.”

On Christ’s coronation day he will not acknowledge as his any who bear spot or wrinkle or any such thing. But to his faithful ones he will give crowns of immortal glory. Those who would not that he should reign over them will see him surrounded by the army of the redeemed, each of whom bears the sign, The Lord Our Righteousness. They will see the head once crowned with thorns crowned with a diadem of glory.

In that day the redeemed will shine forth in the glory of the Father and his Son. The angels of heaven, touching their golden harps, will welcome the King, and those who are the trophies of his victory - those who have been washed and made white in the blood of the Lamb. A song of triumph will peal forth, filling all heaven. Christ has conquered. He enters the heavenly courts accompanied by his redeemed ones, the witnesses that his mission of suffering and self-sacrifice has not been in vain.

RH, November 24, 1904

Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.
God’s promise that through Samson He would “begin to deliver Israel out of the hand of the Philistines” was fulfilled; but how dark and terrible the record of that life which might have been a praise to God and a glory to the nation! Had Samson been true to his divine calling, the purpose of God could have been accomplished in his honor and exaltation. But he yielded to temptation and proved untrue to his trust, and his mission was fulfilled in defeat, bondage, and death. (Judges 16:1-31).

He who is mastered by his passions is a weak man. Physically, Samson was the strongest man upon the earth; but in self-control, integrity, and firmness, he was one of the weakest of men. Many mistake strong passions for a strong character, but the truth is that he who is mastered by his passions is a weak man. The real greatness of the man is measured by the power of the feelings that he controls, not by those that control him.

God’s providential care had been over Samson, that he might be prepared to accomplish the work which he was called to do. At the very outset of life he was surrounded with favorable conditions for physical strength,
intellectual vigor, and moral purity. But under the influence of wicked associates he let go that hold upon God which is man's only safeguard, and he was swept away by the tide of evil. Those who in the way of duty are brought into trial may be sure that God will preserve them; but if men willfully place themselves under the power of temptation, they will fall, sooner or later.

**None need be overcome by Satan**

The very ones whom God purposes to use as His instruments for a special work, Satan employs his utmost power to lead astray. He attacks us at our weak points, working through defects in the character to gain control of the whole man; and he knows that if these defects are cherished, he will succeed. But none need be overcome. Man is not left alone to conquer the power of evil by his own feeble efforts. Help is at hand and will be given to every soul who really desires it.

The Israelites made Samson judge, and he ruled Israel for twenty years. But one wrong step prepares the way for another. . . . He continued to seek those sensuous pleasures that were luring him to ruin. "He loved a woman in the valley of Sorek", not far from his own birthplace. Her name was Delilah, “the consumer”.

. . . The Philistines kept a vigilant watch over the movements of their enemy, and when he degraded himself by this new attachment, they determined, through Delilah, to accomplish his ruin.

A deputation consisting of one leading man from each of the Philistine provinces was sent to the vale of Sorek. They dared not attempt to seize him while in possession of his great strength, but it was their purpose to learn, if possible, the secret of his power. They therefore bribed Delilah to discover and reveal it.

**A story of basic human nature**

There are certain stories in the Bible that almost everyone knows. These narratives reveal something so basic about human nature that people who never go to church and never read the Bible know them anyway. A handful of Bible stories fall into this category: David and Goliath, Cain and Abel, Abraham and Isaac, Samson and Delilah. Pause for a moment over the last one. It is a story that is altogether true, and yet has become legendary. It has been told and retold and told again throughout the course of a hundred generations. There is in the story of Samson and Delilah the stuff of real human drama. It is one of the great classic tragedies of all literature—sacred or secular. It is a story that fathers tell their sons, and mothers tell their daughters, and Sabbath School children learn soon after they start coming to church. It’s one of those stories which having heard it, you realize you are coming to the essence of the man and the essence of the woman. Just to know the story is to know what the people are all about.

**Blinding passion took control of Samson’s reasoning**

As the betrayer plied Samson with her questions, he deceived her by declaring that the weakness of other men would come upon him if certain processes were tried. When she put the matter to the test, the cheat was
discovered. Then she accused him of falsehood, saying, “How canst thou say, I love thee, when thine heart is not with me?” . . . Three times Samson had the clearest evidence that the Philistines had leagued with his charmer to destroy him; but when her purpose failed, she treated the matter as a jest, and he blindly banished fear.

In the society of this enchantress, the judge of Israel squandered precious hours that should have been sacredly devoted to the welfare of his people. But the blinding passions which make even the strongest weak, had gained control of reason and of conscience.

**Samson’s infatuation seems almost incredible**

At first he was not so wholly enthralled as to reveal the secret; but he had deliberately walked into the net of the betrayer of souls, and its meshes were drawing close about him at every step. Day by day Delilah urged him, until “his soul was vexed unto death”, yet a subtle power kept him by her side. Overcome at last, Samson made known the secret: “There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother’s womb: If I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.” A messenger was immediately dispatched to the lords of the Philistines, urging them to come to her without delay. While the warrior slept, the heavy masses of his hair were severed from his head. Then, as she had done three times before, she called, “The Philistines be upon thee, Samson!” Suddenly awaking, he thought to exert his strength as before, and destroy them; but his powerless arms refused to do his bidding, and he knew that “Jehovah was departed from him.”

When he had been shaven, Delilah began to annoy him and cause him pain, thus making a trial of his strength; for the Philistines dared not approach him till fully convinced that his power was gone. Then they seized him and, having put out both his eyes, they took him to Gaza. Here he was bound with fetters in their prison house and confined to hard labor.

**Little by little Samson had violated the conditions of his sacred calling**

What a change to him who had been the judge and champion of Israel!–now weak, blind, imprisoned, degraded to the most menial service! Little by little he had violated the conditions of his sacred calling. God had borne long with him; but when he had so yielded himself to the power of sin as to betray his secret, the Lord departed from him. There was no virtue in his long hair merely, but it was a token of his loyalty to God; and when the symbol was sacrificed in the indulgence of passion, the blessings of which it was a token were also forfeited.

Had Samson’s head been shaven without fault on his part, his strength would have remained. But his course had shown contempt for the favor and authority of God as much as if he had in disdain himself severed his locks from his head. Therefore God left him to endure the results of his own folly. (CC132.2- 134.4)
Lessons from this cautionary tale

You may wonder why I bring up this story; it's a story of reckless behavior by someone who should have known better. Certainly the story of Samson and Delilah, the prostitute of Gaza, stands as a cautionary tale to all of us. Here are some of the obvious lessons:

1. When we associate ourselves with the ungodly, thoughts are entertained and words are spoken, that tend to break down the strongholds of principle, and to weaken the citadel of the soul.

2. The price of long-term spiritual victory is continued vigilance coupled with self-discipline and regular accountability.

3. God sometimes lets us suffer the consequences of our sin as a means of grace so that when we are humbled, we will return to him with a truly broken heart.

4. A healthy sense of our own sinfulness and an honest admission of our weakness can protect us from foolish mistakes and stupid choices.

5. A lifetime of obedience can be ruined in a moment of sinful passion.

6. If we think that we are somehow immune to certain temptations—and that what others have done we would never do—we are arrogant, self-righteous fools. We may be in greater danger than the people we criticize.

7. God lets some people fall so that others will learn not to sin.

8. Judgment and forgiveness are not mutually exclusive. We may be judged and forgiven at the same time.

9. If men willfully place themselves under the power of temptation, they will fall, sooner or later.

10. The real greatness of the man is measured by the power of the feelings that he controls, not by those that control him.

11. If we are true to the divine calling, the purpose of God can be accomplished in our honor and exaltation.

12. He who is mastered by his passions is a weak man.

13. If we let go our hold on God who is our only safeguard, we can surely be swept away by the tide of evil.

14. To all who seek first to honor Him, God has promised wisdom; but there is no promise to those who are bent upon self-pleasing.

15. Man is not left alone to conquer the power of evil by his own feeble efforts. Help is at hand and will be given to every soul who really desires it.

Thank you Father for warning us through the story of Samson, renew within us the spirit of self-discipline. Show us anew the danger of dabbling with temptation. Lead us to the place where we will yield our desires to you. Amen.

Emmanuel Machakaire is a(n) SDA writer who is based in So. Africa. He enjoys studying, writing, and sharing Bible truths.
“Alone with God!” the keynote this of every holy life,
The secret power of fragrant growth,
And victory over strife.

“Alone with God!” in private prayer
And quietness we feel
That he draws near our waiting souls,
And doth himself reveal.

“Alone with God!” earth’s laurels fade,
Ambition tempts not there;
The world and self are judged aright,
And no false colors wear.

“Alone with God!” true knowledge gained,
While sitting at his feet;
We learn life’s greatest lessons there,
Which make for service meet.

—E. M. Exton
The Days of Noah

By James Edson White

“But as the days of Noe were, so shall also the coming of the Son of Man be.”
Matthew 24:37

The people living before the flood were a long-lived, clear headed race; but they had departed from God, and their ability to work iniquity was very great. They had refused to obey God’s law, and turned from the true God to the worship of idols.

So far did they go in iniquity that “God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually…. The earth also was corrupt before God, and the earth was filled with violence.” Genesis 6: 5, 11, 7.

In spite of all their evil, God gave the first inhabitants opportunity to repent.

The world was yet young, but man had so departed from God that iniquity and violence prevailed on every side. Finally the Lord declared, “My Spirit shall not always strive with man,” and the fiat went forth, “I will destroy man whom I have created from the face of the earth.” Genesis 6: 3, 7.

Still He gave them an opportunity to repent. God sent a message to the people by Noah. For one hundred and twenty years this faithful servant of God gave the warning to the world. Not only did he preach, but he showed his faith by building the ark. All that Noah possessed he willingly used in its construction; and every blow struck on it was a sermon to the people, a witness to the importance of his message.

God’s mercy was finally withdrawn from the scoffers.

Without doubt many at first believed the teachings of Noah; but as the years rolled on, and no change came, they joined those who were scoffing at his big boat on dry land. They could see no change in the earth to indicate that its destruction was impending, and so put the matter out of their minds entirely.

But when the world had been fully warned, and the ark was finished, when the great procession of beasts and birds, led by the angels of God, had taken their proper places in the ark, the angel shut the door, and mercy departed from the unbelieving wicked ones.

Noah and his family were all that were safe because they were shut into the ark of mercy by the power of God. The rain fell, something which had never occurred on the earth before. The lightnings flashed, and the thunders rolled. The fountains of the great deep were broken up. All outside perished; but the ark rode the stormy billows in safety, protected by powerful angels of God.

The wickedness in our day will be as it was in the days of Noah.

In our text the Saviour declares that the scenes of wickedness and the condition of the earth will be the same just prior to the second coming of Christ as they were before the flood.

“For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be.” Matthew 24:38, 39.

As the hopes, cares, and busy activities of life filled all the heart and claimed all the attention of the world before the flood, so will it be when the end is near. As
wickedness, strife, and violence filled the earth then, so also, will they increase as we near the time for the coming of the Lord.

We have only to look abroad in the land to see these specifications fulfilling everywhere. The eager chase for wealth, and the mad hurry and rush of worldly and business enterprises were never before seen as now, while the increase of wickedness and crime on all hands is appalling.

**Warnings from God are spreading throughout the land**

God sent Noah to warn the world of its impending doom. He is now sending His servants throughout all the world with warnings of the last great calamity in store for it.

But as in the days of Noah they “knew not” that the flood was coming, so those who refuse the light of the present time will “know not” of the great destruction by fire which is near.

Speaking of this time, the Apostle Peter says: “Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, and saying, Where is the promise of His coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation.” 2 Peter 3:3, 4.

The people before the flood walked in their own way and scoffed at Noah. In the last days they will be pursuing the same course, and scoffing at the message of the final overthrow. “Where is there anything in nature to show that these terrible things are coming?” “Day and night, summer and winter, seed-time and harvest, come and go just as they always have since creation.”

**Willing ignorance will cause many to be lost**

No; they have not. “For this they willingly are ignorant of, that by the word of God the heavens were of old, and the earth standing out of the water and in the water: whereby the world that then was, being overflowed with water, perished: but the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men.” 2 Peter 3: 5-7.

A few more days, and the cup of iniquity of the world will be filled to the brim, and the angel of mercy will again leave the earth. Finally the fires of the great day of God will break forth, and destroy the earth by fire, as it was destroyed by water nearly four thousand years ago.
THE HEART

What is the central point of the circulation?
The heart is the grand central engine of the human body, which propels the blood to all parts of the system. It is situated in the chest, resting by its lower surface on the diaphragm, and somewhat to the left of the middle line of the body. It is suspended to the spinal column in the upper part of the chest by the blood vessels and ligaments connected with its upper portion. It extends downward, forward, and slightly to the left, behind the breast-bone. The place where it is felt beating being against its extreme left and lower point.

What is the heart?
The human heart is a strong, hollow, heart-shaped organ, composed of muscular fibers, disposed in several layers, so as to form fibrous rings and bands, which afford it the greatest possible amount of strength for its bulk. It has several compartments and valves. The fibers of which the heart is composed cross themselves in at least three directions, and many of these fibers join with each other in many places. The heart is lined with a continuation of the lining of the veins, and covered with a similar coat. It is encased in an enclosing membrane called pericardium. This contains a small quantity of a fluid like water, so that the heart actually floats in a liquid, and does not rest firmly upon any hard surface.

Is the heart a single or double organ?
The heart is a double organ; externally it appears to be a single organ, but internally it is double. It is externally about five inches in length, by three and a half in diameter, and weighs about ten ounces. Internally, it contains four compartments; two right, and two left. These compartments are called Auricles and Ventricle. These pairs of Auricles and Ventricle have not any communication with each other, therefore they are considered as two distinct hearts. The right is called the venous and the left the arterial side of the heart. The whole heart will hold nearly a pint.

What can you say of the auricles of the heart?
The right auricle is larger than the left; its interior has five openings, and two valves. The auricles are very similar. They are the upper-most cavities of the heart, and are smaller than the ventricles, or lower ones. The auricles have thinner walls than the ventricles, but their walls are thicker than those of the veins. They are capable of considerable dilation, so that the receptacle of the blood may be enlarged in case of a sudden effort of the body when the blood is sent in great quantities to the heart. Were it otherwise the veins would be in danger of rupture. These auricles are constructed of a continuation of the veins that terminate in them. Their name is derived from an appendage or extension; that in the right auricle appears a little like a dog’s ear.

What of the ventricles of the heart?
The ventricles are the lower cavities of the heart. Their walls being thicker than those of the auricles, they have more power of contraction, which is necessary, as they drive the blood from
the heart. The right ventricle propels the blood only to the lungs, while the left ventricle sends it to all parts of the body except the lungs. The ventricles are similar, the right being a little more capacious, and its walls thinner, than the left. The inner surface of the ventricles is smooth, at the same time it is uneven, many bundles of fibers extending across the cavity, which gives them a spongy appearance.

What further arrangement is connected with the auricles and ventricles of the heart?
The auricles have several openings on their sides toward the veins, at which there are no valves, and one opening toward the ventricles, with valves, through which, in case of the right auricle, blood can flow back if much force is exerted; but in case of the left auricle none can flow backward, or the lungs might be endangered. There are only two openings to each ventricle, one into, and the other out of it; these are both situated at the upper part of the ventricle, and are both furnished with valves.

What are these valves?
The valves are muscular fibers arranged in such a form that the blood can pass through them; but the contracting of the ventricle presses the blood back against the valve and closes it so that the blood cannot pass back again. The same contraction of the muscles of the ventricle forces the valves open out into the arteries, and the pressure of the blood in the artery closes the valve again. Thus the ventricles by their alternate contraction and expansion, act very much on the principle of a force pump; sucking the blood into the heart from the veins and forcing it out again through the arteries.

What is the course of the blood into and out of the heart?
The venous, or impure, blood is received into the right auricle, and then passes into the right ventricle, which contracts and forces the blood into the lungs, where it is purified, and passes back into the left auricle. From the left auricle it passes into the left ventricle, which contracts and throws the blood through the arteries into all parts of the system except the lungs. This blood imparts nourishment to the bones, cartilages, ligaments, tendons, membranes, muscles, and nerves, and supplies the various secretory organs with the blood from which they separate their lubricating, solvent, and other fluids; and having served its purpose it returns again to the heart to be forced into the lungs, purified and again forced out into the system as above described.

What then appears to be the necessity of two sets of auricles and ventricles, or two hearts?
The necessity for two hearts arises from the fact that all the blood, as soon as it has made its circuit through the body, needs to be acted upon by the air, and must therefore be forced through the lungs; but the delicate structure of the lungs would not tolerate the force necessary to drive the blood through them and then out again into all parts of the body, or, if they would, such a force would drive the blood through them too rapidly; therefore, after the blood has been passed through the lungs, it is received by another heart, whose contraction throws the blood into all parts of the body.

What causes the alternate contraction and dilation of the heart?
It is the direct action of the nerves of organic life connected with the heart. When the blood passes into the right auricle of the heart, the nerves of the heart are immediately stimulated to action; force is communicated to the muscles, which contract, closing the upper valve of the auricle, forcing open the valve into the ventricle, where the presence of blood excites through the nerves the muscles of the ventricles, which contract, closing the valves into the auricles, and throwing the blood out of the heart. This is the constant action of each auricle and ventricle.

Is the action of the heart continual?
It is. The blood is the life of man, so it must be kept constantly flowing. If the heart should cease its work the blood would cease to circulate and we should immediately faint, or die. Both
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auricles of the heart contract at the same time, and this is closely followed by the contracting of the ventricles, which occasions the double beating which may be observed by listening carefully with the ear over the heart. It is similar to the beat and return in the ticking of a clock.

**If the heart is continually in action when does it get any rest?**

The contraction of the auricles occupies only one-fourth the whole time of a beat, so that the auricle rests the other three-fourths of the time. The contraction of the ventricle occupies one-half the time of the whole beat, so it rests the other half of the beat.

**How many times does the heart contract or beat in a minute?**

In health, at maturity, the heart beats from sixty to eighty times; more frequently in woman than in man. Early in life it beats oftener. In advanced years less frequently. The health, state of mind, and amount of exercise taken, also affect the pulse.

**How much power is exercised by the human heart in its pulsations?**

It is supposed that the left ventricle of the heart acts with a force equal to sixty pounds at every beat; or, at eighty beats per minute, the muscles of the human heart exert a force in one hour equal to two hundred and eighty-eight thousand pounds.

**How much blood passes through the heart in an hour?**

The capacity of each ventricle is between one and two ounces. At eighty beats per minute, if only one ounce is received and thrown out at each beat, it will equal five pounds per minute, or more than a barrel per hour.

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**ARTERIES**

How is the blood carried from the heart to the different parts of the body?

Through the arteries.

**What are the arteries?**

They are the set of tubes that commence from each heart as a single trunk, from which they extend, in one case to the lungs, in the other they divide and subdivide till they reach all parts of the system. They are dense, tough, cylindrical tubes, which form they retain when emptied of blood, and even after death. From this circumstance the ancients regarded the arteries as air vessels.

**How many coats or layers of membranes compose the arteries?**

Three: the outer coat is of sinewy fibers; the middle is muscular, being made up of contractile fibers; the inner is like the lining of the heart and veins. It is nervous; or, in other words it is a membrane through whose substance are interspersed the nerves of organic life. The outer coat is firm and strong; the middle is thick and soft; and the internal thin and polished. The arteries maintain a cylindrical form unless forcibly compressed.

**What is the particular benefit of the muscular or elastic structure of the arteries?**

It allows the arteries to distend when the heart forces the blood into them, and, when its action intermits, the arteries return to their former size, which propels the blood forward, and thus the action of the arteries themselves is like that of compressed air in fire engines; so that arteries not only lead the blood to the different parts of the system, but they force it along.

**What is the number of the arteries, and what is their capacity?**

They number about one-third as many as the veins in the system generally, and their capacity is about one-half that of the blood vessels in the lungs; but as the arteries receive the blood directly from the heart, it is forced rapidly through them.

**Where are the arteries placed?**

The arteries are buried deep in the flesh, and this serves two purposes: first, its warm current is less exposed
to loss of heat; and secondly, they are less likely to be tapped by superficial injuries.

**How can it be known in case of a wound that an artery has been severed?**

When an artery is cut, and not closed by the effect of the injury, the blood flows in jets, corresponding with the pulsations of the heart. It will flow in such a case with serious rapidity, and life will be lost, unless the flow is speedily stopped by forcible compression. In case an artery is severed, if possible, a bandage, handkerchief, or cord, should be drawn tightly over the artery, between the wound and the heart. This bandage should be twisted tightly by the aid of a stick inserted beneath it while loosely tied. A knot may be made in the bandage and placed over the artery, or a smooth stone, a chip, or a few pennies may be placed under the bandage to produce pressure directly on the artery. An elastic suspender, or something of that kind, makes the best bandage, as it does not wholly check the flow of the blood. Blood is essential to the vitality of the parts immediately around the wounded part, and it would be better to lose a little blood than to have none received below the wounded part. There are cases when the flow of blood can only be stopped by taking up and tying the artery. If you find your efforts to check the blood failing, immediately secure a good surgeon to assist you.

**How do the arteries of the system arise?**

They arise from the left ventricle of the heart by a single trunk called aorta, or air-keeper, that turns down with a beautiful arch, from which branches sweep out into the arms and lead directly up to the head. The main subdivisions above and below are few and large. Throughout their entire length, however, they give off numerous small branches and twigs.

**How many classes of arteries are there in the greater or systemic circulation?**

There are twenty-three classes, and these are all used to convey the pure or arterial blood through the body. Arteries which start immediately from the aorta, or main artery, are at right angles with it, which moderates the impetus of the blood; but those branches toward the extremities of the arteries leave the main branch at an acute angle, which will aid the blood to a more rapid flow there.

**Is there more surface covered by the branches of the arteries combined, than in the main artery, and why?**

The combined area of the ultimate terminus of the arteries is vastly greater than that of the main trunk of the arteries. This arrangement allows a more quiet motion of the vital current in the extreme vessels, where decomposition and reforming of structure is effected.

**Is there any connection between the arterial tubes in the various parts of the body?**

Yes; in all parts of the body the arterial tubes communicate with each other by branches passing between them, called inosculations, and these connections increase in frequency as the vessels diminish in size, so that their final distribution is a complete circle of inosculations. This arrangement provides against obstructions, which are liable to occur in the smaller branches of the arterial tubes. When one of these branches is obliterated another branch above enlarges and makes up the loss in the circulation.

**What are the pulmonary arteries?**

They are the arteries which carry the impure blood into the lungs. The right pulmonary has three branches, which carry the blood to the three lobes of the right lung. The left pulmonary is the largest division; it passes to the root of the left lung. The pulmonary arteries divide and subdivide in the substance of the lungs, and finally terminate in a net-work of capillary vessels around the air cells and passages of the lungs.
Diane, a(n) SDA since the late 70s, writes from Melbourne. In addition to writing, she enjoys art, literature, nature, and all animals—especially cats.

**Time Magazine—December 16, 2013—Weekly Briefing—page 7**

“Maybe in the end, a modern family is just a more honest family.” Actress Maria Bello in a recent article in the New York Times about telling her son that she was in a relationship with another woman.

**End Time Perspective:**

“Likewise as it was in the days of Lot: They ate, they drank, they bought, they sold, they planted, they built: but on the day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even so will it be in the day when the Son of Man is revealed.”

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**Time Magazine—December 16, 2013—Light Box, page 8**

“Oh Dec. 1, a Metro-North train traveling at 82 m.p.h. on a curved section of track in the Bronx—over 50 m.p.h. faster than the maximum speed allowed—derailed, killing four passengers and injuring dozens more.”

**Editor’s extra note from Ellen White:** “The world is not without a ruler. The program of coming events is in the hands of the Lord. The Majesty of heaven has the destiny of nations as well as the concerns of His church in His own charge.” 5T753

**End Time Perspective:**

“...in calamities by sea and by land the warning is given that God’s Spirit will not always strive with men.” 3MR315 (1897).
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The Lord has shown me repeatedly that it is contrary to the Bible to make any provision for our temporal wants in the time of trouble. I saw that if the saints had food laid up by them or in the field in the time of trouble, when sword, famine, and pestilence are in the land, it would be taken from them by violent hands and strangers would reap their fields. Then will be the time for us to trust wholly in God, and He will sustain us. I saw that our bread and water will be sure at that time, and that we shall not lack or suffer hunger; for God is able to spread a table for us in the wilderness. If necessary He would send ravens to feed us, as He did to feed Elijah, or rain manna from heaven, as He did for the Israelites.

Cut loose from every encumbrance before the time of trouble

Houses and lands will be of no use to the saints in the time of trouble, for they will then have to flee before infuriated mobs, and at that time their possessions cannot be disposed of to advance the cause of present truth. I was shown that it is the will of God that the saints should cut loose from every encumbrance before the time of trouble comes, and make a covenant with God through sacrifice. If they have their property on the altar and earnestly inquire of God for duty, He will teach them when to dispose of these things. Then they will be free in the time of trouble and have no clogs to weigh them down.

Inquire of the Lord and He will advise when to sell property

I saw that if any held on to their property and did not inquire of the Lord as to their duty, He would not make duty known, and they would be permitted to keep their property, and in the time of trouble it would come up before them like a mountain to crush them, and they would try to dispose of it, but would not be able. I heard some mourn like this: “The cause was languishing, God’s people were starving for the truth, and we made no effort to supply the lack; now our property is useless. Oh, that we had let it go, and laid up treasure in heaven!” I saw that a sacrifice did not increase, but it decreased and was consumed. I also saw that God had not required all of His people to dispose of their property at the same time; but if they desired to be taught, He would teach them, in a time of need, when to sell and how much to sell. Some have been required to dispose of their property in times past to sustain the Advent cause, while others have been permitted to keep theirs until a time of need. Then, as the cause needs it, their duty is to sell.

The purpose of selling is to provide means to spread the truth

I saw that the message, “Sell that ye have, and give alms”, has not been given, by some, in its clear light, and the object of the words of our Saviour has not been clearly presented. The object of selling...
is not to give to those who are able to labor and support themselves, but to spread the truth. It is a sin to support and indulge in idleness those who are able to labor. Some have been zealous to attend all the meetings, not to glorify God, but for the “leaves and fishes”. Such would much better have been at home laboring with their hands, “the thing that is good”, to supply the wants of their families and to have something to give to sustain the precious cause of present truth. Now is the time to lay up treasure in heaven and to set our hearts in order, ready for the time of trouble. Those only who have clean hands and pure hearts will stand in that trying time. Now is the time for the law of God to be in our minds, foreheads, and written in our hearts.

If the mind is filled with worldly things, present truth is shut out

The Lord has shown me the danger of letting our minds be filled with worldly thoughts and cares. I saw that some minds are led away from present truth and a love of the Holy Bible by reading other exciting books; others are filled with perplexity and care for what they shall eat, drink, and wear. Some are looking too far off for the coming of the Lord. Time has continued a few years longer than they expected; therefore they think it may continue a few years more, and in this way their minds are being led from present truth, out after the world. In these things I saw great danger; for if the mind is filled with other things, present truth is shut out, and there is no place in our foreheads for the seal of the living God. I saw that the time for Jesus to be in the most holy place was nearly finished and that time can last but a very little longer. What leisure time we have should be spent in searching the Bible, which is to judge us in the last day.

The sealing time is very short and will soon be over

My dear brethren and sisters, let the commandments of God and the testimony of Jesus Christ be in your minds continually and let them crowd out worldly thoughts and cares. When you lie down and when you rise up, let them be your meditation. Live and act wholly in reference to the coming of the Son of man. The sealing time is very short, and will soon be over. Now is the time, while the four angels are holding the four winds, to make our calling and election sure.

Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.

Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe.

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ACROSS
2. The he goat with mighty horn represented which country
4. Noah’s father
7. David’s fourth son
11. The kingdom from which the papacy arose
12. The second son of Jacob by Leah
13. He picked a group of bright young Jewish men for Babylon
15. He came out of the pit into slavery
17. Sole surviving son of King Saul after Saul’s defeat and death
21. The 7th king of Israel, Omri’s son
22. The 1260 year prophecy is first found in which book?
23. Abraham’s father
24. Sarah’s Egyptian servant girl
25. Came to the throne of Judah when his father, Joash, was assassinated
26. The sister of Moses

DOWN
1. The father of James and John
3. Title for the rulers of Egypt in Bible times
5. Noah’s grandson and Japheth’s son
6. Mother of Moses
8. Father of Joshua
9. Killed by the priest, Phinehas
10. Son of the devout Jewish woman Eunice
11. A prostitute in the line of Christ
14. The king of the handwriting on the wall
15. The first given name of Israel
16. Father of Gideon
18. A surviving brother of Abihu and Nadab
19. Abraham’s youngest brother
20. The third son of Adam and Eve

Answers from Christian Crossword published in the December 2013 issue of Our Firm Foundation

ACROSS
2. Absalom
4. Japheth
7. Leah
11. Egypt
12. Omri
13. Joseph
15. Josiah
16. Leviticus
17. Jonathan
18. Buchanan
21. Elah
22. Revelation
23. Abraham
24. Hagar
25. Joash
26. Anne

DOWN
1. James
2. John
3. Cleopatra
5. Haman
6. Miriam
8. Gideon
9. Phinehas
10. Eunice
11. Mary
14. Belshazzar
15. Israel
16. Gideon
17. Japheth
18. Haman
19. Abrahan
20. Seth

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