



July 2020

The Bible Banner

Echoes from the Past



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"That which hath been is now; and that which is to be hath already been; and God requireth [seeks again] that which is past. Ecclesiastes 3:15

During the tenure of a famed orator Henry Ward Beecher (who we recognize embraced several false doctrines), a visiting minister once substituted for the popular pastor. A large audience had already assembled to hear Beecher, and when the substitute pastor stepped into the pulpit, several disappointed listeners began to move toward the exits. That's when the minister stood and said loudly, "All who have come here today to worship Henry Ward Beecher may now withdraw from the church. All who have come to worship God keep your seats!"

Sadly, today many "worship" their favorite pastors and speakers more than God and truth too. Yet the Bible warns, "Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?" Isaiah 2:22

Whoever thought of
milking chickens -- or
at least CHICK-peas?



Homesteader's Delight--Garbanzo Silken Tofu

1 heaping cup, chick-peas, soaked in water overnight
Drain garbanzos. Blend with 2 cups of water until smooth.
Pour into milk bag using an additional 1/3 cup of water to rinse blender and add to the mix.
Strain and squeeze through milk bag into a saucepan. Cook the milk on the stovetop until thickened, stirring constantly. Pour into a mold. (I just used a small stainless steel bowl.) Cool and then refrigerate.
Note: I have used this in sour cream, dip, salad dressing, and even key lime pie. It works better in the savory recipes than the sweet ones, where it left a very slight garbanzo flavor.

Easy Garbanzo Sour Cream

1/2 batch garbanzo silken tofu
Blend until creamy.

3 Tbsp olive oil 3 Tbsp lemon juice salt, to taste (1/2 tsp)

PROFITABLE TRADITIONS

Cultivate Faith

As a family or church group, go around the circle in order and have each one briefly recite a miracle story of "how God has led you in the past." See how many times you can go around the circle before somebody can't think of another one.

Quotable Quotes

"Atheists, infidels, and apostates oppose and denounce God's law; but the results of their influence prove that the well-being of man is bound up with his obedience of the divine statutes.

Those who will not read the lesson from the book of God are bidden to read it in the history of nations. "

{Great Controversy, pg. 285}

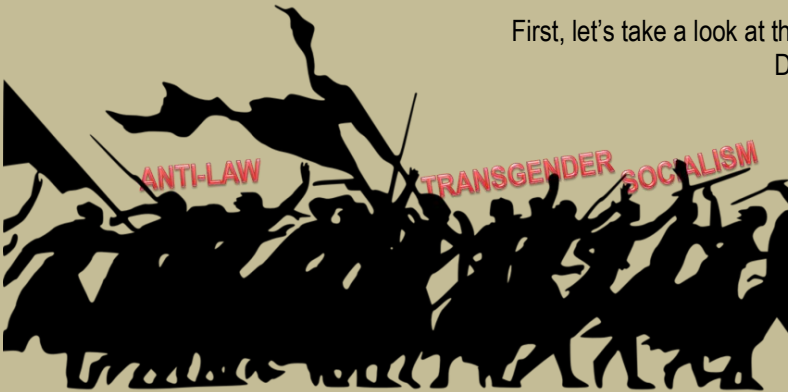


Prophetic News Notes– “Black Lives Matter” Hidden Agenda?

It seems every day in the news we see there is more racial tension building in the world with “Black Lives Matter” at the forefront. Being white and born in Rwanda, Africa, where my parents were missionaries, it is perhaps interesting that the first man I remember being afraid of was white, while my favorite doll was black. As a child, in the southern USA, over 50% of my classmates and some of my best friends, my favorite drill instructor, and my much-loved Pathfinder counselor were black. George Washington Carver, who God showed the wonders of the lowly peanut is one of my favorite historic figures. In addition, for years, I have taught in children’s Sabbath School that *“Jesus loves the little children of the world...Red, and yellow, black and white, all are precious in His sight”* and continued to minister especially to those of color, so it is with great sadness that I witness the building of racial tensions in the world.

The fact that the gospel of Jesus Christ does not allow for racial prejudice against any nationality is evident in Acts 10:34, 35. *“Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him.”* True Christians abhor oppression of any of their fellow men and will labor to reach all for whom Christ died no matter the color of their skin. For this reason, many perhaps well-meaning Christians may have marched in the Black Lives Matter protests, but they need to be awakened to the true nature of what they are actually representing in this, for we are to *“have no fellowship with the unfruitful works of darkness, but rather reprove them.” Eph.5:11*

Some who have gone to protests have found that Black Lives Matter protestors are often rude, disrespectful, destructive and violent even to those of their own race who get in their way, are police officers, or do not agree with them. There has also been widespread destruction of property. No wonder the Bible says, *“He that is a companion of riotous men shameth his father.”* Prov.28:7 But is there a deeper agenda? If you do a little research, you will find that the Black Lives Matter Movement is actually anti God’s marriage and family structure, anti-law and order, of Marxist/socialist/communistic mindset, and part of the homosexual agenda—not really something with which Christians should be associated.



First, let’s take a look at the Black Lives Matter website itself under “What we believe”.

Down at the very bottom of the page, they state this. *“We are guided by the fact that all Black lives matter, regardless of actual or perceived sexual identity, gender identity, gender expression, economic status, ability, disability, religious beliefs or disbeliefs, immigration status, or location.*

“We make space for transgender brothers and sisters to participate and lead.

“We are self-reflexive and do the work required to dismantle cisgender privilege and uplift

Black trans folk, especially Black trans women who continue to be disproportionately impacted by trans-antagonistic violence...

“We make our spaces family-friendly and enable parents to fully participate with their children. We dismantle the patriarchal practice that requires mothers to work ‘double shifts’ so that they can mother in private even as they participate in public justice work.

“We disrupt the Western-prescribed nuclear family structure requirement by supporting each other as extended families and ‘villages’ that collectively care for one another, especially our children, to the degree that mothers, parents, and children are comfortable.

“We foster a queer-affirming network. When we gather, we do so with the intention of freeing ourselves from the tight grip of heteronormative thinking, or rather, the belief that all in the world are heterosexual (unless s/he or they disclose otherwise).

“We cultivate an intergenerational and communal network free from ageism. We believe that all people, regardless of age, show up with the capacity to lead and learn.”¹

Many people don’t realize that there are many key words (like “villages”) in this description hinting of a communistic/socialistic agenda. One of the things communism/socialism did was to tear down the traditional family structure. Children became “occupational orphans” when both parents had to work outside the home. In addition, communal living was encouraged/required, destroying the privacy of the home. But let’s not just guess at the agenda of Black Lives Matter, but rather hear it straight from them.

In an interview, posted on YouTube as “A Short History of Black Lives Matter”, Patrisse Cullors, Co-founder of Black Lives Matter, stated, *“We actually do have an ideological framework, um, myself, and Alicia in particular, are trained organizers. Um, we are trained Marxists...”²* The terms Marxism and socialism are pretty much interchangeable, while communism is an extreme form of socialism.

In simple English, socialism is *“a system of society... in which there is no private property...”* and *“in which the means of production are owned and controlled by the state.”* It is *“distinguished by unequal distribution of goods and pay according to work done.”*³ So under socialism, there are no privately run businesses (no Paul, the tentmaker, no Jesus, the carpenter, no Peter, the fisherman), the government owns and controls everything, and lazy people who do shoddy work are given the same benefits as hardworking people who do exceptional work. Most socialistic/communitistic countries are also atheistic and do not believe in God. Perhaps this is because their policies do not agree with God’s word, for God said through Paul, *“For even when we were with you, this we commanded you, that if any would not work, neither should he eat.”* **2 Thess. 3:10** Under God’s theocracy, even the poor were required to labor for their food by gleaning in the fields. Although God did not allow for the mistreatment of the poor by the rich, He ordained that *“he that gathereth by labour shall increase.”* Prov. 13:11 and that *“It is good and comely for one to eat and to drink, and to enjoy the good of all his labour ... which God giveth him: for it is his portion.”* Eccl. 5:18

According to Webster’s Unabridged Dictionary *“opportunists or conservative socialists believe in a slow evolutionary transformation of capitalist into socialist society, while radical or revolutionary socialists believe in class war and the overthrow of capitalism by political uprising or a general strike.”*⁴ This revolutionary class war with the “free food” of socialism and the atheistic breakdown of God’s plan for families is what we are seeing in the Black Lives Matter movement today.

Oh, that all might realize that the love of Jesus as exemplified in true Christianity is **the ONLY real remedy** for society. *“Righteousness exalteth a nation: but sin is a reproach to any people.”* Prov. 14:34 All lives matter to God who *“so loved the world , that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”* (John 3:16)

“Jesus knows the circumstances of every soul. The greater the sinner’s guilt, the more he needs the Saviour. His [Jesus’] heart of divine love and sympathy is drawn out most of all for the one who is the most hopelessly entangled in the snares of the enemy. With His own blood He [Jesus] has signed the emancipation papers of the race.” {MH 89.3} Why not follow Him today?

1-- <https://blacklivesmatter.com/what-we-believe/> Accessed 6-18-2020

2-- Patrisse Cullors, Co-founder of Black Lives Matter (Interview for The Real News.com “A Short History of Black Lives Matter” at approx. 7 min.)

3-- Merriam Webster’s Collegiate Dictionary, 10th Ed., 1994, “Socialism” 4-- Webster’s New International Dictionary, 2nd Edition, Unabridged, 1945, “Socialism”



Lessons from Earth’s First Propaganda Campaign

Editor’s Note and Study to Shew Thyself Approved

Despite the mind-numbing brutality of the dictator Joseph Stalin and his regime in the Soviet Union, his propaganda machine did its job well. Though Stalin ruled by terror and with a totalitarian grip in order to eliminate anyone who might oppose him, though he expanded the powers of the secret police, encouraged citizens to spy on one another, and had millions of people killed or sent to forced labor camps -- yet, many Russians hailed him as a hero and a deliverer, including a young school girl who was chosen to greet Stalin on one occasion.

Years later, this woman recalled Stalin taking her onto his lap, smiling like a loving father. She was starry-eyed, and she cherished the moment for many years. Only later did she learn that during this period, Stalin had ordered the arrest of her parents and sent them to the labor camps, never to be seen again. Obviously, propaganda had warped her picture of reality.

Propaganda is the dissemination of information—facts, arguments, rumors, half-truths, or lies—to influence public opinion.

Today, as I observe the propaganda race in the news on every side, I think it would be well to consider and learn some lessons from Earth’s first propaganda campaign as launched by the serpent in Eden. We find the story and its exposé of propaganda techniques in Genesis chapter 3.



Propaganda Technique #1 - “Third party technique”—using a seemingly independent source of information instead of that from someone with a stake in the outcome. Jesus called this a wolf in sheep’s clothing. (Matt. 7:15) Example-- *“Now the serpent ...”* **Genesis 3:1a** . If Eve had seen an evil angel and not a talking serpent, she would have fled immediately. - *“In Eden Satan used the serpent as his instrument. Today he makes use of the members of the human family, striving by means of every species of deception to hedge up the path of righteousness cast up for the ransomed of the Lord to walk in.”* {ST, May 29, 1901 par. 3}

Propaganda Technique #2 - "Covert Persuasion" Well-designed propaganda is hidden; recipients perceive it and think of it as the simple truth. -- *Genesis 3:1a "Now the serpent was more subtil..." Gen 3:13b And the woman said, The serpent beguiled me, and I did eat.* The Bible describes the serpent as **subtil**—(Sly; artful; cunning; crafty) and **beguiling** (To delude; to deceive; to impose on by artifice or craft) This was no clumsy attempt, but instead a well-thought-out propaganda campaign by a wise serpent. (Matt. 10:16b)

Propaganda Technique #3 - "Foot-in-the-door technique" The serpent simply asks a question—after all, who can ignore a simple question. *Genesis 3:1b "Now the serpent ... said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?"*

Propaganda Technique #4 - "Fear, uncertainty, and doubt" -- designed to undermine the credibility of their beliefs. This question places doubt in the woman's mind *"Yea hath God said?"* Is God really holding something back from you? Satan and his agents still pursue this method with great success, tempting people to distrust God's love and to doubt the wisdom of His Word under the guise of questions. Why? Joseph Goebbels, the Nazi minister of propaganda under Adolf Hitler wrote *"Propaganda works best when those who are manipulated are confident they are acting on their own free will."*

Propaganda Technique #5 - "Building a Rapport" -- The serpent allows the woman time to answer since conversation builds a rapport. Because he has listened to her, to be polite, she must listen to him. *Genesis 3:2,3 "And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die."*

Propaganda Technique #6 - "Gaslighting" --Using persistent denial, misdirection, contradiction, and lying to sow seeds of doubt in a target individual or group, hoping to make them question their own memory, perception, sanity, and norms.

Genesis 3:4 "And the serpent said unto the woman, Ye shall not surely die:" Here the serpent directly contradicts what God has told the woman. Likewise, at the end of time, we will find the same lie propagated "Ye shall not surely die". The error of the immortality of the soul is the foundation of spiritualism and Satan will use it to bring the people under his deceptions. The Scriptures declare that *"the dead know not anything."* Ecclesiastes 9:5. *"In that very day his thoughts perish."* Psalm 146:4 Their thoughts, their love, their hatred,

have perished. *"neither have they any more a portion for ever in any thing that is done under the sun...for there is no work, nor device, nor knowledge, nor wisdom, in the grave...."* (Eccl. 9:6,10) The dead do not hold communion with the living.

However, the powers represented by the dragon, the beast, and the false prophet all agree on the error of the immortality of the soul (that the dead aren't really dead) and the spirits of devils will counterfeit relatives and friends that are dead in order to deceive. *"And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. For **they are the spirits of devils, working miracles**, which go forth unto the kings of the*

earth and of the whole world, to gather them to the battle of that great day of God Almighty." Rev. 16:13,14

True to his early cunning, Satan will employ this device in order to gain control of minds. This is why we are warned in Isa 8:19,20 not to believe Satan's propaganda. *"And when they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."*



Propaganda Technique #7 - "Half-truth"—A half-truth is a deceptive statement that includes some element of truth. It comes in several forms: the statement might be partly true, the statement may be totally true but only part of the whole truth, or it may utilize some deceptive element, such as improper punctuation, or double meaning, especially if the intent is to deceive, evade, blame, or misrepresent the truth. *Genesis 3:4,5 "And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil."* What were the words Satan spoke to Eve?—"Ye shall not surely die; for God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." The "evil" was disobedience to God's commands. And Adam did indeed go thru the experience of knowing evil, with all its fearful consequences. Thus evil that was actually bad was actually made to look good.

Nazi Propagandist Adolf Hitler once said, *“By the skillful and sustained use of propaganda, one can make a people see even heaven as hell or an extremely wretched life as paradise.”* God does not approve for Isa. 5:20 says, *“Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!”*

Propaganda Technique #8 - “Flattery” **Genesis 3:5** *“ye shall be as gods”*

Today, a foundational doctrine for the New Age movement, as well as many pagan religions, is the belief that humanity is evolving, and that we will attain a higher level of consciousness and emerge as a new species (homo noeticus or homo universalis). *“The flattery is the same as that employed by the serpent to Eve—‘Thou shalt be as gods’...The New Agers claim that they are a new species. They have ‘evolved’ into homo noeticus.”* (The Hidden Dangers of the Rainbow, Cumbey, Pg. 64)

Propaganda Technique #9, 10 - “Testimonial” and “Appeal to the Senses” **Genesis 3:6** *“And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.”* I think it is fair to assume that the woman “saw that the tree was good for food” because the serpent ate some of the fruit and gave his faulty testimonial—after all, he hadn’t died—in fact, now he was “smarter.” There was also an appeal to her senses, but if Eve had adhered to the word of God, she needn’t have been deceived.

All of these propaganda techniques of Satan and more will again be used to try to deceive Christians in the last days. *“Only those who have been diligent students of the Scriptures and who have received the love of the truth will be shielded from the powerful delusion that takes the world captive. By the Bible testimony these will detect the deceiver in his disguise. To all the testing time will come. By the sifting of temptation the genuine Christian will be revealed. Are the people of God now so firmly established upon His word that they would not yield to the evidence of their senses? Would they, in such a crisis, cling to the Bible and the Bible only?”* {GC 625.3}



UNMASKED

Councilman Guy Phillips created a public outcry when he uttered the words, “I can’t breathe” in reference to wearing a mask at an anti-mask rally in Scottsdale, Arizona. *“Insanity!” he said of the mask mandate.*¹

While the politics of what Councilman Phillips said is outside the scope of this article, considering the truth of his statement from a health perspective is not—Does the wearing of masks actually affect people’s ability to breathe?

“The breath of life” is one of the first gifts God gave man when he was first created. (Gen. 2:15, Job 33:4) Hence, in the Bible, breath is always equated to life, while lack of breath or corrupt breath is equated to death. Job says, *“My breath is corrupt, my days are extinct, the graves are ready for me.”* Job 17:1 (see also Ps. 104:29)



Physiology, as portrayed in real life, is seconding this fact of life. Since mask-wearing began, several teens in China have died. The New York Post reports, *“Two Chinese boys dropped dead within a week of one another while wearing face masks during gym class, according to a report.”*

*The students ... were each running laps for a physical examination test when they suddenly collapsed on the track, Australian outlet 7News reported...”*²

The English version of Mainichi, a Japanese news source, adds, *“The deaths of the teens have prompted experts to point out the dangers of wearing high-grade masks during intense exercise, with a movement promoting the non-necessity of wearing protective masks in gym class now gaining traction.”*

*The two students in Hunan and Henan provinces aged 14 and 15 were participating in events such as 1,500-meter runs when they died days apart in mid- to late April, according to the reports. Both were reportedly wearing N95 masks worn by health professionals treating coronavirus patients.”*³

The question is—is it actually as safe to wear masks as we are being told -- all day long and even when exercising in some cases? I believe, we have come a long way from the foundations of nursing as proven by statistical analysis in the work of Florence Nightingale. Consider this counsel from Notes on Nursing, *“The very first canon of nursing, ... the first essential to the patient, without which all the rest you can do for him is as nothing, with which I had almost said you may leave all the rest alone, is this: TO KEEP THE AIR HE BREATHEAS PURE AS THE EXTERNAL AIR WITHOUT CHILLING HIM [her emphasis].”*⁴

The most obvious two problems that might potentially come with extended mask wearing: #1 is too much carbon dioxide intake and #2 is depleted oxygen levels.

We breathe oxygen from the air into our lungs, and we breathe out carbon dioxide, which is formed in our body as a waste gas. Let's look at how harmful it can be to breathe too much carbon dioxide. *"In rare cases, it can actually be pretty dangerous, according to the National Institutes of Health (NIH). They say that inhaling high levels of carbon dioxide (CO₂) may be life-threatening. Hypercapnia (carbon dioxide toxicity) can also cause headache, vertigo, double vision, inability to concentrate, tinnitus (hearing a noise, like a ringing or buzzing, that's not caused by an outside source), seizures, or suffocation due to displacement of air.*

But the emphasis here should be on high levels. 'It has to be a pretty high concentration to be capable of causing harm,' Bill Carroll, PhD, an adjunct professor of chemistry at Indiana University, Bloomington, tells Health. 'CO₂ is present in the atmosphere at a level of about 0.04%. It is dangerous in an atmosphere when it is greater than about 10%...

*Dr. Carroll says. 'If you hold your breath, you wind up with too much CO₂. The core issue is that CO₂ regulates the pH of the blood—too much CO₂ and the blood becomes too acidic; too little and it becomes too basic (alkaline). In either case, your body detects the change in acidity and you pass out, which is the body's way of saying, 'please stop fooling with me and breathe normally.'"*⁵

But what about the theory that masks lower oxygen levels? It is evident that all masks are not created equal (thickness and material vary), since not everybody wearing a mask has dropped over dead, but the principle of reduced oxygen is still there.

Recently, in our area, a nurse friend of ours told of a patient whose blood oxygen saturation level was in the low 70s. The nurses prepared to

Health Rating	Blood Oxygen Saturation	Health Care Intervention
Healthy Normal	More than or = to 95%	No intervention needed
COPD Normal (with lung disease)	88%-92%	Continue with respiratory assessment and monitoring
Hypoxic (Oxygen too low)	85%-94%	Assess for underlying respiratory diseases and initiate oxygen therapy, especially in COPD patients
Severely Hypoxic	Less than 85%	Administer supplemental oxygen immediately

Trigger: Any drop of 3% or more indicates cause for concern

Chart compiled by Swift Runner Ministries

administer emergency oxygen, when someone suggested they take the patient's mask off and retake the oxygen level. After the mask was removed the blood oxygen saturation returned to 96%—a normal healthy reading.

In the beginning of the coronavirus pandemic we were told that it was patients with reduced lung function, COPD, asthma, etc., that were getting the worst cases of coronavirus, so it would be well for us to consider what will be the results of lowering the oxygen levels of healthy people down to the levels of unhealthy people. (It only takes about a 4% drop to put you in the same category as a COPD patient.) Historically, fresh air or lack thereof has made a drastic difference in pandemics. For example, during the 1919 flu pandemic, the hospital in Eureka, CA discovered that the mortality rate dropped to zero in those who were placed outside in the fresh air.

Thailand Medical News warns of the N95 mask, which is what both Chinese boys that died were wearing, ***"N95 mask or respirators can be harmful to certain individuals with breathing problems and heart issues and also long term usage of these mask[s]***

can also lead to serious medical conditions.... Though these mask[s] were designed to prevent inhalation of dangerous pathogens etc., they were not designed for long term usage...

The screenshot shows the Thailand Medical News website. The header includes the logo and navigation links: ABOUT, CONTRIBUTE, SPONSOR. Below the header is a menu bar with categories: News, Trending Topics, Meds, Medical Devices, Local Medical Scene, Resources, Events, Medical. A red banner below the menu reads: BREAKING NEWS Orders Emergency Testing Of All 14 Million Wuhan Residents Within 10 Days Due To Fears Of Second Wave. The main headline in red text reads: COVID-19 Protection: Warnings That N95 Mask Or Respirators Can Be Harmful For Some And Also If Used Over Extended Periods Of Time. Below the headline is a source note: Source: COVID-19 Protection Apr 19, 2020 2 months ago.

"N95 masks, which are easy to wear while providing substantial protection, can reduce the amount of oxygen reaching the lungs by up to 20%. This causes fatigue, may lower blood-oxygen saturation, and lead staff to work shorter hours or even force

them to pull their masks off the face frequently to get breathers which can lead to contamination...."

N95 respirator can make it more difficult for the non-medical wearer to breathe due to carbon dioxide buildup, which reduces the intake of oxygen, increased breathing rates and heart rates."⁶

*"Someone wearing an N95 mask for a prolonged period of time may have alterations in their blood chemistry that could lead to changes in level of consciousness if severe,' infectious disease expert Amesh A. Adalja, MD, senior scholar at the Johns Hopkins Center for Health Security in Maryland, tells Health. But it's most likely to happen to those who are already predisposed to breathing difficulties, such as smoker[s], obese people, or individuals with COPD or emphysema."*⁵



Every function of the body is dependent upon oxygen. It even soothes the nerves. Oxygen must pass from our lungs into our blood for our tissues and organs to work properly. Lowering our oxygen level can negatively affect us in so many different ways. It reduces digestion, metabolism, learning capacity and happy hormones causing insomnia, increased pain, and irritability. Diseases like cancer⁷ and fungus (consider athlete's foot) thrive in low oxygen environments. You can see that besides our physical health, lowered oxygen levels can also affect our mental/emotional health and even our spiritual health. *"Symptoms of cerebral hypoxia [deprivation of adequate oxygen in the brain] include inattentiveness, poor judgment, memory loss, and a decrease in motor coordination. Brain cells are extremely sensitive to oxygen deprivation and can begin to die within five minutes after oxygen supply has been cut off."*⁸

Words from a 19th century health reformer sum it up well. *"The harmful effects of living in close, ill-ventilated rooms [or masks] are these: The system becomes weak and unhealthy; the circulation is depressed; the blood moves sluggishly through the system, because it is not purified and vitalized by the pure, invigorating air of heaven; the mind becomes depressed and gloomy, while the whole system is enervated, and fevers and other acute diseases are liable to be generated."* {Healthful Living, pg 72, #317}

With this information, I leave you to make an educated decision of when and whether or not to wear a mask.

Remember:

- While a quick masked run into the store may not affect your overall health, long-term wearing of the wrong mask surely will.
- If you must wear a mask, please take precautions to make it of a breathable natural fiber cloth like cotton (not polyester, etc.)
- If you feel light-headed, have a headache, nausea, fatigue or any of the above symptoms, you may need to remove your mask
 - *"The strength of the system is, in a great degree, dependent upon the amount of pure, fresh air breathed..."*{HL 171.5}

1-- <https://www.washingtonpost.com/nation/2020/06/25/quy-phillips-mask-floyd/> 2-- <https://nypost.com/2020/05/06/two-boys-drop-dead-in-china-while-wearing-masks-during-gym-class/>
 3-- <https://mainichi.jp/english/articles/20200511/p2q/00m/0fe/015000c> 4-Notes on Nursing, Florence Nightingale, pg. 8
 5- <https://www.health.com/condition/infectious-diseases/coronavirus/does-wearing-face-mask-increase-co2-levels> 6- <https://www.thailandmedical.news/news/covid-19-protection-warnings-that-n95-mask-or-respirators-can-be-harmful-for-some-and-also-if-used-over-extended-periods-of-time> 7-- <https://www.sciencedaily.com/releases/2012/05/120503194219.htm>
 8-- <https://oxfordrecoverycenter.com/conditions/cerebral-hypoxia/>



The Difference

A Dutch diamond collector was seeking for a very rare diamond. A dealer in New York by the name of Mr. Winston heard of this inquiry and contacted him letting him know that he believed he possessed the diamond he was looking for.

The diamond collector arrived, and Mr. Winston had his salesman present the diamond. The salesman described all the technical aspects of the diamond, however within minutes, the diamond collector raised his hand and said that this was not what he was looking for.



Watching from a distance, Mr. Winston hurriedly intercepted him as he was walking out and he asked him if he could present the diamond again. The collector agreed.

Mr. Winston pulled out the same diamond and started describing his admiration for this particular diamond.

Within minutes they were signing papers, and he purchased the diamond. As the gentleman was walking out, he asked, "What just happened? Why was it so easy for me to say no to your salesman a little while ago, while with you I purchased the diamond?"

Mr. Winston answered, "That salesman is the best in the business. He knows more about diamonds than anyone, including myself, and I pay him a large salary for his knowledge and expertise. But I would gladly pay him twice as much if I could put into him something I have which he lacks. You see, he knows diamonds, but I love them."

The same is true in soul winning. Many Christians have much Bible knowledge, but do not share Christ with the lost.

While others who may not have as much knowledge of the Bible, love Jesus so much that they are compelled to tell others about Him and urge them to accept Him as their Saviour.

Kids' Corner

GOD'S AMAZING CREATURES



Mr. Brown Thrasher was taking a bath. It felt so good! Down he went again. He splashed and splashed.



Mr. Bluebird saw him and flew over to the birdbath. He thought it looked like fun. But Mr. Brown Thrasher didn't want to share. He saw Mr. Bluebird and immediately yelled at him in bird language. "Go away from here, this is my bath time." Poor Mr. Bluebird flew away. He was sad because Mr. Brown Thrasher was selfish.



Sometimes boys and girls are selfish and don't want to share their toys either. But boys and girls who love Jesus will think about how sad it makes others when they don't share.

Pictures and story by Evelyn Nicholaides—Adapted

If you would like to begin receiving our monthly newsletter via e-mail, Please contact us at biblepathways@hotmail.com



Or visit us at: www.biblepicturepathways.com or www.swiftrunnerministries.com

