

to make his election sure and deprive himself of eternal life.

As Christ entered upon His earthly ministry, He began where Adam fell. The first temptation in the wilderness was on the point of appetite. Here the Saviour bridged the gulf which sin had made. He redeemed the whole family of Adam and wrought out a victory for the benefit of all who are thus tempted. In the last days, God will prove His people as He proved Daniel. Voluntary self-control of appetite lies at the foundation of every reform.

On this matter, Paul writes; "Every man that striveth for the mastery is temperate in all things." (1 Cor. 9:25). It means much to be true to God. It embraces health reform. It means that the diet must be simple; it calls for the exercise of temperance in all things. Too great a variety of food taken at the same meal is highly injurious; and yet, how often this is forgotten. Mind and body are to be preserved in the best condition of health. Only those who have been trained in the fear and knowledge of God, and who are true to principle, will be fitted to enter New Jerusalem, the city of gold.

FITTED FOR A REWARD

At the end of three years, King Nebuchadnezzar tested the ability and acquirements of the royal princes whom he had been educating from other nations, none were found equal to the Hebrew youth, Daniel, Hananiah, Mishael, and Azariah. They surpassed their associates tenfold in their keen apprehension, their choice and correct language, and their extensive and varied knowledge. The vigor and strength of their mental powers were unimpaired. Hence they stood before the king.

"And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm." (Dan. 1:19, 20).

Among all the most promising youth gathered from the lands subdued by Nebuchadnezzar, the Hebrew captives stood unrivaled. It was not by chance that they attained their marvelous wisdom. "The fear of the Lord is the beginning of wisdom." The foundation of the highest education is religious principles. Faith had been developed in

childhood; and when these youth had to act for themselves, they depended upon God for strength and efficiency in their labors, and they were richly rewarded.

Where are God-fearing parents who today are teaching their children to control appetite, and to look to God as the Source of all wisdom? Our youth are daily meeting allurements to gratify appetite. Every form of indulgence is made easy and inviting, especially in our large cities. Those who steadfastly refuse to defile themselves will be rewarded as was Daniel. These principles, cherished, would fit young men who are rooted and grounded in the Scriptures, to enter worldly universities, and while taking a course of study, disseminate the truths of the gospel, and at the end of their course, come forth unsullied.

There were consecrated youth among the Waldenses who entered worldly universities, and, while gaining their education, scattered the seeds of the Reformation. The papal authorities could not, by the most careful inquiries, find out who had introduced the so-called heresy; and yet the work had been accomplished, bearing fruit in the conversion of many who became leaders in the cause of Protestantism. Were these principles practiced, more young persons could be trusted as missionaries in responsible positions and institutions of learning. Many will yet be called to stand before judges and kings. Mothers, how are your children being educated? is a question to every mother.

This is a 'must read' tract

Diet & Food *its relation to salvation*

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Daniel and his friends and their dealings in the heathen courts of Babylon offer a lesson on how God prepares men for weightier responsibilities in this life and for the reward of eternal life to be given to them at the second coming of Jesus Christ. These prophecies must be studied for in them is the key that unlocks history to the end of time.

LESSON TO MOTHERS

The book of Daniel should be studied, it reveals the secret of God, and its prophecies, if well understood, it unlocks his-tory to the end of time. In the third year of the reign of Jehoiakim, king of Judah, 607 B.C., Nebuchadnezzar, the king of Babylon, besieged Jerusalem. Daniel had a godly mother, who carefully taught her son to read the prophecy of Israel. He studied the history of Israel including that of Nadab and Abihu. The effect of strong drink was impressed upon his mind. He studied the laws of his be-ing and understood that excess in eating and drinking would dull the mind that the voice of God could not be heard.

This education was not gained in the schools of the time, for they had departed from the plan of God; but holy mothers, living close to the everlasting Father, led their children by precept and example, by word and song, to form characters that would stand the test. David writes; "The fear of the Lord is the beginning of wisdom" (Ps. 111:10) and the beginning of knowledge (Prov. 1:7).

LESSON TO THE YOUTH

At the time when all young men of Judah were wild and reckless, Daniel and his three friends chose the way of right-ousness and because they loved their maker, God entrusted them with responsibilities in a foreign land. Daniel and his three companions were snatched from the shelter of their homes, taken captive, and were placed under the charge of Ashpenaz, master of the eunuchs in Babylon.

A TEST FOR EVERY YOUTH

The crucial moment came when "the king appointed them a daily provision of the king's meat and of the wine which

he drank." Daniel had unbounded confidence in the principles of temperance and that they were God-given, and, in his case, had been put into practice. Although they were faced with a life and death question, Daniel and his friends chose to obey God and leave the consequences with their Maker.

FIRM TO PRINCIPLE

"Daniel purposed (resolved) in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." (Dan. 1:8). There were other Hebrew youths who did not take the same stance as that of Daniel and his friends as we read "why should he [the king] see your fac-es worse liking than the children which are of your sort?" (Dan. 1:10). Daniel and his friends decided to be true to principle. Much was involved in their decision and partaking in such meat would be accepting heathenism.

The King's meat was consecrated (dedicated) to idols, and the Hebrew children would thus dishonor God. Instead, they were determined not to implicate themselves with hea-thenism as such an act would dishonor their national religion and their God. With true courage and Christian courtesy, Daniel request-ed the officer in charge, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenance be looked upon before thee, and the countenances of the children that eat the portion of the king's meat; and as thou seest, deal with thy servants." (Dan. 1:12, 13). The three had obtained ffour with God and men and their request was granted.

A LESSON OF TEMPERANCE

Apostle Matthew was shown the pathway to heaven that is narrow and few people walk this road (Matt. 7:13, 14). The same pathway was shown to Peter and in particular what it takes to walk in this pathway and writes: "And beside this, giving all diligence, add to your faith virtue; and to virtue

knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brother-ly kindness; and to brotherly kindness

charity." (2 Peter 1:5-7). There are eight steps to be taken for one to make his call-ing and election sure (2 Peter 1:10).

The first step is faith, the second is virtue, the third is knowledge, the fourth is temperance, the fifth is patience and sixth is godliness and seventh is brotherly kindness, and eight and last step is charity. Peter concludes by saying; "For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ." (2 Peter 1: 8).

Christ was tested on the principle of temperance and over-came on behalf of men, Daniel and his friend were tested on the same principle and overcame. Everyone who will receive the reward of eternal life will have to first over-come the prin-ciple of temperance.

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit." (Gal. 5:22-25). God approved the course of Daniel and his friends and so will He for the youths of today. At the end of ten days, their counte-nances appeared fairer and fatter in flesh than all the children who did eat the portion of the king's meat. This record is a lesson for the youth of today to abstain from flesh flood, wine, and food which tempt the appetite.

It means much to be true to God. The character of Daniel and his friends represents those who will live just before the second coming of Christ. They will pass through experiences that would require them to exercise the strictest adherence to the principles of health reform. This was the avenue through which Satan was permitted to tempt Adam and which led to the fall. Had Adam proved true in the garden of Eden, and not eaten of the forbidden fruit, sin and suffering would never have been known.

Appetite was the open door through which came all the results of sin, which, for six thousand years, have been so manifest in the human family. And intemperance remains an open door through which Satan has held men captive and should man not free himself from it, he will surely fail