

# PSYCHOLOGY FOR LIVING

JANUARY-FEBRUARY 1996

A photograph of a woman and a man skiing down a snowy slope. The woman is in the foreground, wearing a bright green ski suit, a pink headband with white polka dots, and sunglasses. She is smiling and looking towards the camera. The man is behind her, wearing a red ski jacket with yellow and blue accents, sunglasses, and has white hair. They are both holding ski poles and are in a dynamic skiing pose. The background is a clear blue sky and a snowy mountain slope.

**WELCOME  
TO THE  
REAL  
WORLD**

**THE  
DARK  
TUNNEL**

**THINKING  
WITH  
THE  
HEART**

**A NEW GENERATIONAL  
COHORT: MIDDLE ADULTS**

**ANGER  
IS BAD  
FOR  
YOUR  
HEALTH**



# A PERSONAL WORD

by Clyde M. Narramore

## BREAKING THE "SILENT-LOVE" CYCLE

**H**AVE YOU EVER unraveled an old, worn-out baseball to see how it was made? You pull the string, unraveling it until it is only half the size, then unravel even more till you come to the little rubber ball in the very center. There you can clearly see that the nature and quality of the ball depends on what goes into it and how it is constructed.

So also, when couples are having trouble in their marriage, they need to discover the causes. But are people able to do this themselves? Often they aren't. But through various tests, individual histories, and discussions, a Christian psychologist is able to follow the development of a person from early childhood. He considers what has gone into that person's life to make him the way he is; he uncovers the circumstances that have contributed to his personality. As the psychologist unravels this person's past, he usually takes a careful look at the love and affection (or lack of it) that he has experienced in his life.

Have there been people who have shown this person love? Was it genuine and spontaneous? Psychologists delve into such an analysis because it is a way of learning why people feel and act the way they do. It reveals the reasons for their behavior and the motives behind their actions.

If the need for love is *not* met in a child's life, he often develops attitudes which affect his personality in undesirable and negative ways.

Consider, for example, people who are always *suspicious*. Many times this is because their lives have been bereft of love and affection. Had they known genuine, wholesome love, there would be little reason to be suspicious. But as it is, now when people show an interest in them, they suspect that it is fostered by selfish motives. This is an uncomfortable, unpleasant feeling, but there are many people who think and feel that way.

Then there is *jealousy*. This does not just happen. There are reasons why people are jealous. One who has been denied affection often compares himself



with others. They received love—but he was deprived of it. Since he wanted to be loved more than anything, he resents the fact that others were given what he was denied. Is it surprising then, that jealousy creeps in?

Some people find it *difficult to show affection*—even to those whom they hold most dear. This may stem from the fact that they have never been loved themselves. On the other hand, those who have been raised in an environment of warmth and affection find it easy to express their love.

Love is *learned*. The ability to give and receive affection is also something that is *acquired*. It grows and develops as a person is surrounded by people who express their love to him or her as well as to others. A child who is raised in a family where relationships are loving and warm learns to be a warm, cordial person himself. But a youngster who is brought up in a home that is cold and unloving often views affection as something that makes him uncomfortable and ill at ease.

Not long ago a husband talked to me about this very thing. He couldn't see the necessity of expressing love to his wife.

"She's always complaining," he said, "that I don't love her."

"But you *do*?" I asked.

"Of course," he assured me. "but she seems to think that if I don't go into ecstasies about it, I don't love her."

"Maybe," he said, "it's because she was raised in a family where they were all very close. In fact, even now when they see each other they still hug and kiss and make a big fuss over one another."

"I guess that's the reason I don't make a lot over my wife. I don't go for this 'gushy stuff.'"

There are many people like this husband. They don't show affection because it is something they have never learned.

Fortunately, it is never too late to learn. We begin by realizing how very important it is to express our love and affection. After that we need to trace the causes of our negative feelings. This usually requires many discussions with a trained counselor or an understanding friend. Those who know the Lord, can daily turn to God's Word. The excellent guidelines given in I Corinthians, chapter 13, set an ideal for us to follow: it is living our love every day in every way. We can ask God to help us so we will be more demonstrative in our love for others. A good place to start is with the Lord by telling Him each day how much we love Him.

Before long we will have broken the "silent-love" cycle. In time, we will erase the "when love is not there" pattern. God's Word says, "A new commandment I give to you, that you love one another... by this all will know that you are My disciples, if you have love for one another" (John 13:34,35).

Indeed, God loves us and tells us so. We are to follow His example and do the same for others.

Thousands of people who have had a severe problem in this respect have sought help from a qualified Christian psychologist. In nearly every case, God uses this specially trained counselor to bring healing to the non-expressive person. He or she can learn to accept the love of another, as well as to express his or her own feelings of endearment and affection.

*Clyde M. Narramore*



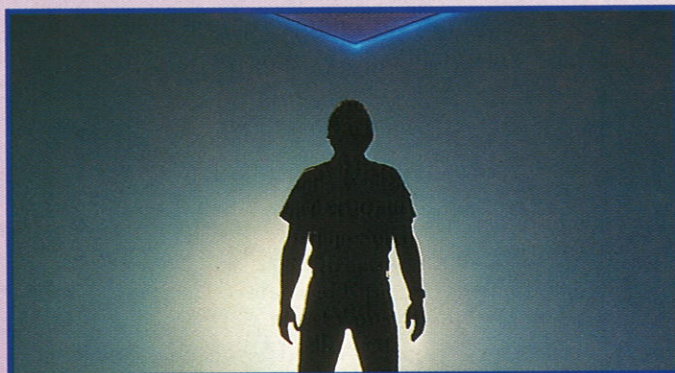
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## STAFF

### Founder and President:

Dr. Clyde M. Narramore

### Editor:

Ruth E. Narramore

### Editorial Assistant:

Priscilla Walton

### Staff Writer:

Eva Hallam Solberg

### Art Director:

Donald Ensign

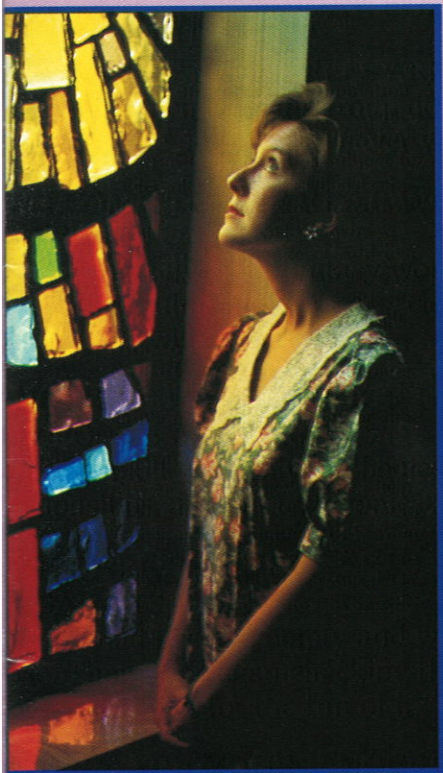
### Senior Art Consultant and Illustrator:

Roy Mathison

### Photographer:

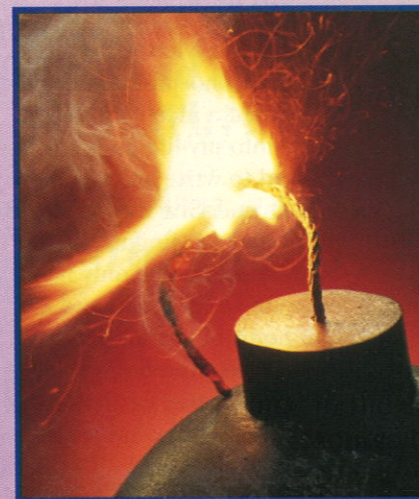
Benjamin Burnweit

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## TO THINK ABOUT by Ruth E. Narramore



ONCE READ ABOUT A MAN whose company had sent him on a temporary assignment to Maine. While living and working in a coastal village, he was invited to go lobstering. On the day of the scheduled excursion, a pea-soup fog had settled in and blanketed the entire area. This made the trip unusually hazardous because of the many treacherous rocks just barely submerged beneath the surface. The boatman, however, appeared unconcerned as he steered the boat in a zig-zag path full speed ahead toward the destination of the lobster pots.

"Do you know where all those rocks are?" the man asked rather nervously.

"Nope!" was the boatman's terse reply.

The passenger waited a few minutes, then queried, "Well then, how do you know where to go?"

"Know where they ain't!" was his simple answer.

This incident provides an excellent analogy to our Christian journey. As we travel through life — and especially now as we embark upon

a new year — we may not see the hidden dangers lurking below the surface. We know we live in a treacherous society where Satan would like to see our lives shipwrecked by jagged, obscured "rocks." None of us knows where all the dangers lurk. Ones that are obvious can usually be avoided. But those concealed beneath the surface pose a formidable threat.

So how do we avoid hidden danger? How do we resist the pull of the Siren's song that would lure us off course and dash us against the killer rocks? Do we need to track all the devices of Satan to be forewarned against them? Do we need to watch X-rated movies in order to know they are a deadly poison to our minds and our souls?

Absolutely not! Were we to spend our time searching for Satan's pitfalls, we would be opening ourselves to the very

real danger of swirling eddies and whirlpools of destruction. At best, we would make slow progress on our Christian journey. How much better to focus on Jesus!

When we follow God's precepts, we can rest assured that we will be safe. In Proverbs 3:5 and 6 we read, "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths" (NKJ). There's no need to be concerned about the dangers and treachery that abound roundabout us as long as God is directing our paths. But His direction involves our full commitment to His ways — which the Bible tells us are "higher than our ways" (Isaiah 55:9).

God is ready, able, and willing to teach us the way to go. It's the only sure way to bypass tragedy. When we

chart our course according to God's directives, we will steer through a safe channel that circumvents disaster.

Psalm 32:8 promises, "I will instruct you and teach you in the way you should go." God then assures us that we are not alone: "I will guide you with My eye." In order to be guided by another's eye, there has to be close proximity.

We are living in very turbulent times. One of the most dangerous places to be in a storm is on a boat surrounded by treacherous rocks. But God promises in Psalm 23:2 that He will "lead us beside still waters."

This is not to say that our way will always be calm and easy to navigate. We need not fear, however, because God promises, "When you pass through the waters, I will be with you" (Isaiah 43:2). When He is our pilot and is on board with us, we can safely navigate through dangerous waters. He knows where the rocks "ain't." When we follow His direction, He will see us through to our destination. Then in His time, we will safely anchor in His heavenly harbor. □

## WHAT PEOPLE ARE SAYING

### I HAVE A SUGGESTION

I never thought I'd be able to send you a letter because I have been hospitalized for years. But a nice young lady came into my life and offered to write and read letters for me. She uses a computer and her fingers just fly over the keys. She only has an hour on Mondays and a half hour on Wednesdays, but because she types so fast, she gets a letter written in a short time. Oh, what joy she has brought to me!

I listen to you on Christian

radio and have been listening for the past 18 years. I just think you are A-1! You have offered so many helpful booklets and I often think how much good you do for young mothers.

I know I wrote you some years ago, because I received your magazine called LIVING. It is a wonderful magazine and I thank you for it. Now I am going to ask if you would send me four copies of "Damaged Emotions" and six copies of "Ten Steps To Shape A Child's Life." Also, I

would appreciate receiving your LIVING magazine because Kate will read it to me. I am enclosing a small donation—not for the material you are sending me, but for the pleasure I have gotten from listening to you.

Now, dear Dr. Narramore, I have a suggestion! You are so careful about giving out your address—but time and again, you forget the zip code! I am bringing it to your attention and hopefully, after this when you give out the address you will continue on

with the zip code.

Hoping you will always have the best of health—also your dear wife, Ruthie.

Dorothy M. Smith  
Castro Valley, California

Editor's note: Our zip code is 91770.

### GOD HAS BLESSED US

Thanks so much for your efforts in working with troubled Christians all these years. God has blessed us all through your wonderful ministry.

Myra McDonald  
East Point, Georgia



# A NEW GENERATIONAL COHORT: MIDDLE ADULTS



The present senior adult group does not attract *middle adults*, and never will. Why?

*By Win Arn and Charles Arn*

A few weeks ago we were met at an airport by a sixty-



two-year old man from the church where we would be conducting a seminar. On the way to the motel he asked what kind of seminar we would lead, and we responded that it was to help the mature-adult ministry of the church to become more effective.

We asked if he was involved in any of the church's activities for older adults and he immediately responded, "Oh, no. I guess my age might qualify me, but I'm too busy. My wife and I just returned from a vacation on the coast. I'm involved in a service club in my community. And any spare time I have I spend doing things around the house, in my garden, or in my shop. Besides, when my friends and I want to go somewhere, we drive, we don't go on a bus trip to get there."

This man is typical of a new generational cohort that has developed in North America. We call them "middle adults." Men and women in this group are approximately fifty to seventy years old—much like our new friend. They are often retired or partially retired, healthy, and happy with their stage in life. And, most importantly, they do not see themselves as "senior citizens."

### Why A New Paradigm Is Needed

Most Christian leaders realize that the present senior adult group does not attract middle adults, and never will. Why?

1. Middle adults do not perceive themselves as "seniors," and anything that remotely resembles an activity for that generation will repel them. ("We drive, we don't take the bus.") Even if the program itself seems to be of interest, if it is seen as a senior adult activity, most middle adults will not attend. To do so would betray their own self-identity.

2. Most present senior adult groups are "saturated." This means that the group cannot add additional new members, only replace members who are no longer there. Like a saturated sponge that can hold no more water, a saturated group can hold no more members. Groups of any age or size will eventually saturate, but senior adult groups are particularly prone to this phenomenon. While there are a number of reasons for a group becoming saturated, the primary one is that after two years together, the history and traditions and relationships are so strong that they inadvertently keep others out. This describes the state of most senior-adult groups in churches across America.

3. When a church has only one senior-adult group (as do most churches that have any older adult ministry), that group tends to attract just one slice of the mosaic in the diversity of mature adults. People who fit the image of that one group find a place, but those who don't feel comfortable, don't attend.

4. Most senior-adult groups, by their own admission, are ineffective in their outreach to prospective members, be they inside the church or outside. In a recent survey of 500 churches, the leaders of the senior-adult groups rated their outreach as being the least effective of all the activities promoted by the church.

### Who Are Middle Adults?

Why the term "middle adults?" Because that's just what they are. Most have 20—30 years of life ahead of them, and really are in the middle years of their adulthood. If adult life covers the span of between twenty years old and eighty years old, the mid-point in adult life for many people is fifty.

Based on the latest U.S. census there are 42,252,650 "middle adults"—16 percent of the population. (In comparison, there are only half as many "senior adults"—21,120,624—over age seventy.)

Despite the fact that middle adults at age fifty qualify for membership in AARP, take senior discounts, and are often receiving retirement income, their self-image is anything but that of a "senior." And now that the first "baby boomers" are turning fifty, the term "senior citizen" is becoming increasingly unpopular. Only as people begin moving into their seventies and beyond do they reach the maturity of mind that allows them to be comfortable with the term, "senior adult."

### Characteristics Of Middle Adults

Middle adults are at their peak of influence and possess great energy. They are natural leaders in civic life and the community, but are often overlooked in our churches.

2. Their children are growing up and leaving home, causing them to face an "empty nest."

3. They are starting to think about retirement.

4. They are spending increasingly more energy in leisure-time activities.

5. Their self-image is beginning to change as they experience a decline in physical capacity.

6. They are adjusting to aging parents and their own responsibility to them.

David Wolfe, a senior adult researcher, believes the thought process actually changes as adults move from young to older. "As people mature, their thinking integrates the subjectivity of childhood with the objectivity of young adulthood. Mature consumers respond to marketing that reflects five key concepts: autonomy and self-sufficiency, social and spiritual connectedness, altruism, personal growth, and revitalization. Case studies show that integrating these messages into advertising attracts older customers."

Wolfe suggests the following changes that occur in the thinking process of adults:

#### YOUNG ADULTS

Heavily influenced by peers  
Highly materialistic values  
More objective  
More extrospective  
Perceptions in black and white  
More rigid  
More subordinated to others  
More predictable behavior  
More price sensitive  
Simple ways of determining values  
Detail oriented

#### MATURE ADULTS

Declining influence by peers  
Declining materialistic values  
More subjective  
More introspective  
Perceptions in shades of gray  
More flexible  
More individualistic attitudes  
More discretionary behavior  
More quality sensitive  
Complex ways of determining values  
Whole-picture oriented

While the primary focus of this article is on the need to define and understand the group called "middle adults," in

(Continued on p. 16)



# WELCOME TO THE REAL WORLD!

**Many people live in a fantasy world where they think houses, cars, clothes, and condos will last forever.**

*by Vernon C. Lyons*

**I**T IS NOT ONLY DRUNKS and drug users who try to avoid the real world. Many people live in a fantasy world.

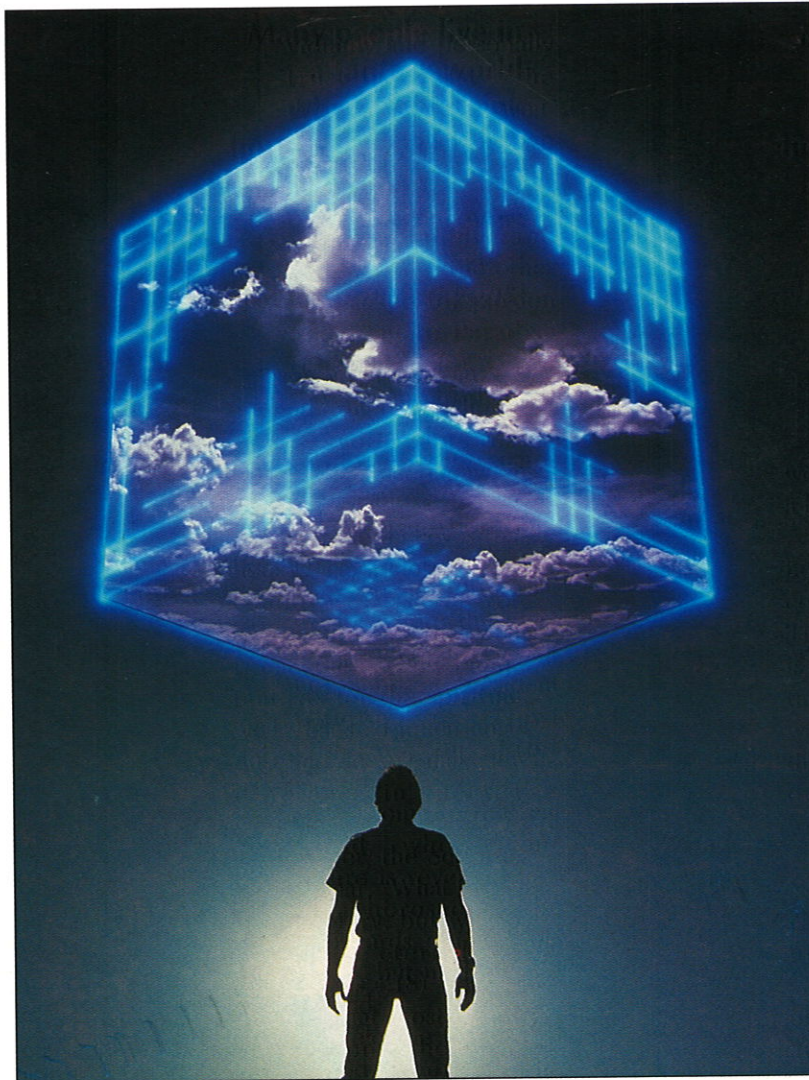
A majority believes that houses, cars, clothes, and condos will last forever. These folk think that what is material is really important. As for the spiritual, well, that's so much angel dust and doesn't make any difference in the real world.

However, the Scripture is very clear, "What is seen is temporary, but what is unseen is eternal" (II Corinthians 4:18). Yet, it is obvious that most people are wrapping their lives around the material which is only temporary.

Let a man have a good job with a comfortable income, a fine home, a new car, lots of adult toys and a good retirement package, and he feels he has pulled life together. In sharp contrast to this, Jesus said, "Do not store up for yourselves treasures on earth," but "seek first God's kingdom and His righteousness and all these things will be given to you as well" (Matthew 6:19, 33).

For many it would be quite a jolt to leave the fantasy world and enter the real world.

In the real world, God does exist. The Bible is true. We are sinners. Judgment is certain. Eternity is exactly that. And only hell waits for unrepentant, unforgiven sinners. What looms big in the real world is not career, condo, clothes or the Caribbean cruise, but the cross of Jesus



Christ on Calvary. Without the cross and all it stands for, there is no real life now, nor in eternity.

What is the meaning of the cross? The cross is the solid evidence that God is love, for He has given His only Son to be our Savior (I John 4:10). The cross means that sin is serious and leads to everlasting separation from God (Romans 3:23), or God would have left us to solve our own guilt problem. The cross indicates that sacrifice is necessary for "without the shedding of blood there is no forgiveness" (Hebrews 9:22).

The cross teaches that salvation is for all, because Christ "is the atoning sacrifice for our sins, and not only for ours, but also for the sins of the whole world" (I John 2:2).

The cross tells us that salvation is not automatic, but that each one must indi-

vidually and personally trust in Christ if he desires to go to heaven. This is shown by two thieves crucified with Christ, the one who failed to believe and was lost, and the other who asked for pardon and went to Paradise (Luke 23:39-43).

Welcome to the real world, where the most important city is not Chicago, New York, London, or Tokyo, but Jerusalem.

Welcome to the real world, where the most important figure is not O.J. Simpson, President Clinton, or Newt Gingrich, but Jesus Christ.

Welcome to the real world, where your future is revealed, not in a horoscope, the tarot cards, or in a Ouija board, but in the Word of God.

Welcome to the real world, where all the

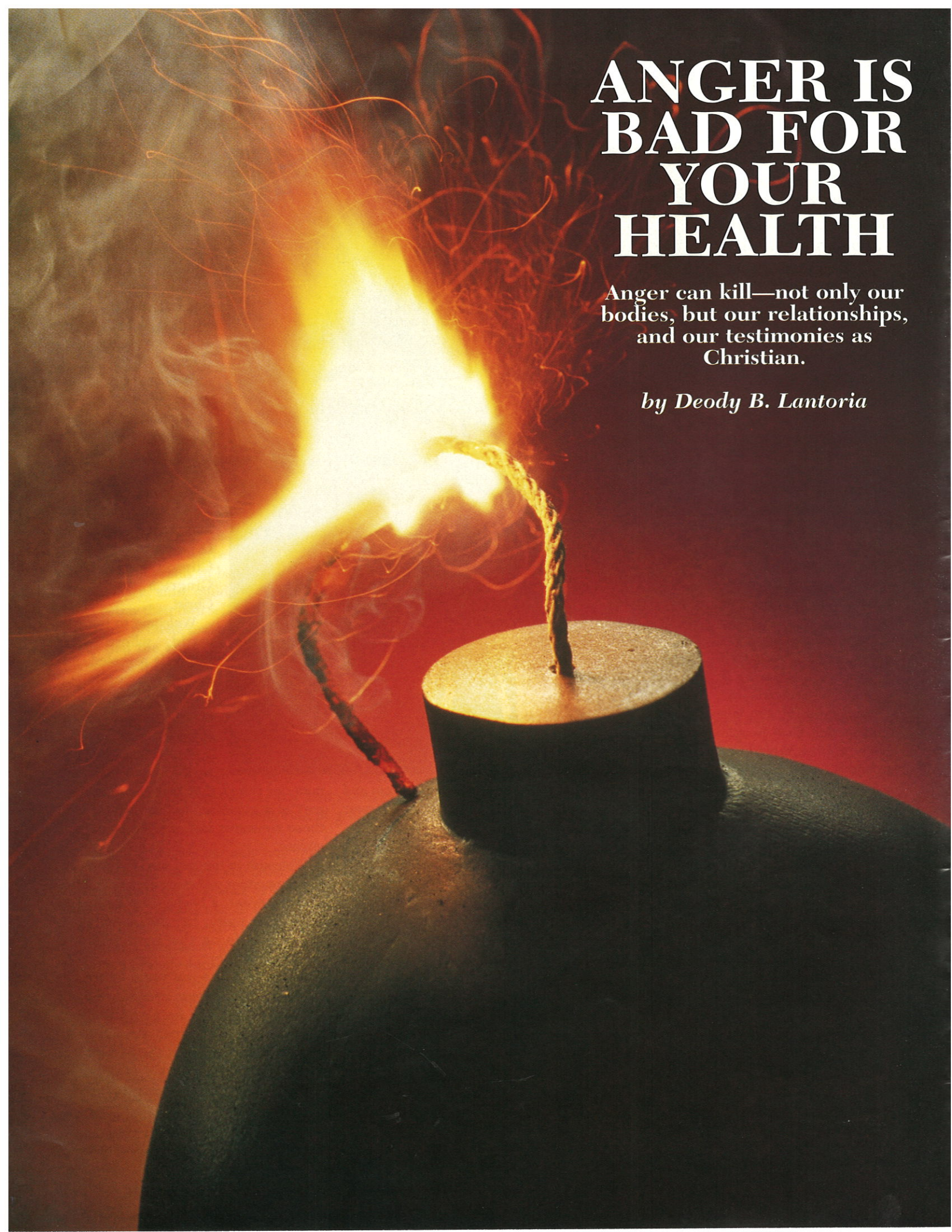
material things that men value will be part of a gigantic meltdown, and only those treasures laid up in heaven will endure.

Welcome to the real world, where the most important gathering of people is not a sports event, a twelve-step group, or some pal's party, but the assembly of God's people on the Lord's Day in Christian worship.

Welcome to the real world where the cross of Christ towers over the world's wreckage, offering help and hope to everyone who turns from sin and trusts in Jesus Christ alone as the perfect and all-sufficient Savior. □

*Rev. Vernon C. Lyons has been senior pastor of the Ashburn Baptist Church in Chicago, Illinois, since 1951. Through the years he has also had a ministry in writing, radio, and telephone.*





# ANGER IS BAD FOR YOUR HEALTH

Anger can kill—not only our  
bodies, but our relationships,  
and our testimonies as  
Christian.

*by Deody B. Lantoria*



SOMETIME AGO when I developed a bleeding ulcer, I learned a lot about anger and what it can do to your body. Although my doctors pointed to aspirin as the culprit, I wasn't convinced. Instead, I tended to blame my last three stressful years of juggling graduate studies, writing, and a high-pressure job.

Like most city dwellers, I battled a familiar set of irritants on a daily basis: long lines at checkout counters, late trains that make me wonder if the transit system has been abolished, or token clerks who count like preschoolers, making me miss the train when it does come.

Once I shocked myself by scolding the token clerk; "Learn how to count!" I barked. Self-control evaporated as I blended with a culture where self-interest has become the guiding principle. But worse than this was my growing tendency to rationalize my anger and justify the hair-trigger reactions that often resulted from it.

How is anger injurious to health? Dr. Redford Williams, with co-author Virginia Williams, Ph. D., compared it with taking a "small dose of some slow-acting poison...arsenic, for example, every day of your life" (*Anger Kills*, Random House, 1993).

Let's examine some newly discovered physical effects of anger:

- According to the *Natural Health Magazine* (January/February, 1993), researchers at Stanford University have found evidence proving that anger physically affects the heart. The magazine cited a study in which cardiac patients were asked to recall "episodes from the past that still made them angry." As they did, their hearts lost five percent of their pumping efficiency.

- Healthy hearts are at risk as well, because although they react to stress by pumping more efficiently, over time the increased blood flow can damage the arteries and bring about coronary heart disease.

- Hostility lowers the body's immune system, opening the door to colds, flu and many serious infections.

Perhaps we should not be surprised that anger has such a devastating effect on our bodies. We all know from common experiences that when we get scared or angry, our eyes can dilate, our neck can get red, we can faint, we can even forget our own name. On and on it goes. We are all "in one piece" and what-

ever happens to us will often show a response in some other area.

Yes, anger can kill—not only our bodies but our relationships and our testimonies as Christians. So if you find yourself increasingly losing to anger day after day, here are some thoughts to consider:

1. *Your relationship with God.* When a Christian's relationship with others deteriorates, it's usually because his relationship with God has broken down first.

On the surface, you may appear upset with your boss or the elevator that never works, but the real problem is your weakening relationship with God. Spiritually, you are too anemic to handle everyday frustrations, anger, and hostility.

Unexpressed rage doesn't just disappear. It often leaks out in passive-aggressive behavior in wide-ranging forms such as sarcasm, a critical attitude, selective amnesia (forgetting a disliked colleague's birthday), chronic tardiness, or something as subtle and "inoffensive" as sitting stonefaced while the person you dislike tells a joke. Don't get your licks in this way. It's no better than exploding.

Whatever triggers it, anger spotlights our inability to control our emotions, as well as the failure to learn from God's Word how to tame them. "He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city" (Proverbs 16:32).

Interestingly enough, Drs. Redford and Virginia Williams recommend joining "some religious group" as a way of controlling anger. Believing that all religions promote consideration and kindness and respect for others, they advise practicing "whatever is preached with all your heart." Apparently, even if it's just the pursuit of goodness for its own sake, there is a calming effect that helps maintain blood pressure.

2. *Your own imperfections.* You're not perfect, why should others be?

Five years ago at Christmastime I took a second job working at the register in a department store in New York City. We were understaffed one evening, and as I hurriedly rang up a sale, the customer pointed out that I had keyed in the wrong price. In correcting the error, I inadvertently overpriced the next item. Perspiration beaded on my forehead as I voided the sale and started over, nervously eyeing the growing line before me.

Later that same week at the post office, the lines were long and service

was slow. As tempers flared, I stayed calm and even felt sorry for the overwrought postal personnel. My own imperfection had taught me a lesson in empathy.

3. *The importance of forgiving others.* Unforgiveness breeds bitterness, and bitterness, hostility. Hostility raises blood pressures. Lest you equate forgiveness with condoning wrongdoings or excusing crimes, remember that forgiveness means neither. It's letting go of your bad feelings and bitterness toward those who have wronged or offended you; it means leaving matters in God's hands.

4. *Your blessings.* Many of us, without much effort, seem to find good enough reasons to be annoyed and angry. But why focus on the negative? Rather, why not enumerate those things for which we should be thankful—our health, our loved ones, and our jobs? Like oil and water, gratitude and chronic anger don't mix.

5. *The promises of Scriptures.* "He that is slow to wrath is of great understanding" (Proverbs 14:29).

Do you erupt like a volcano when angry, reasoning that it will make you feel better afterwards? Nothing is farther from the truth. Exploding never improves your relationship with others or the way you feel.

"But isn't expressing your anger better than holding it in?" you may ask. Every article you've read may encourage you to confront or express your anger. It's the catchphrase of the '90s. However, temper tantrums are not synonymous with expressing your anger. Whatever relief you gain from exploding is usually offset by the flood of guilt, shame, remorse, and stress that follows.

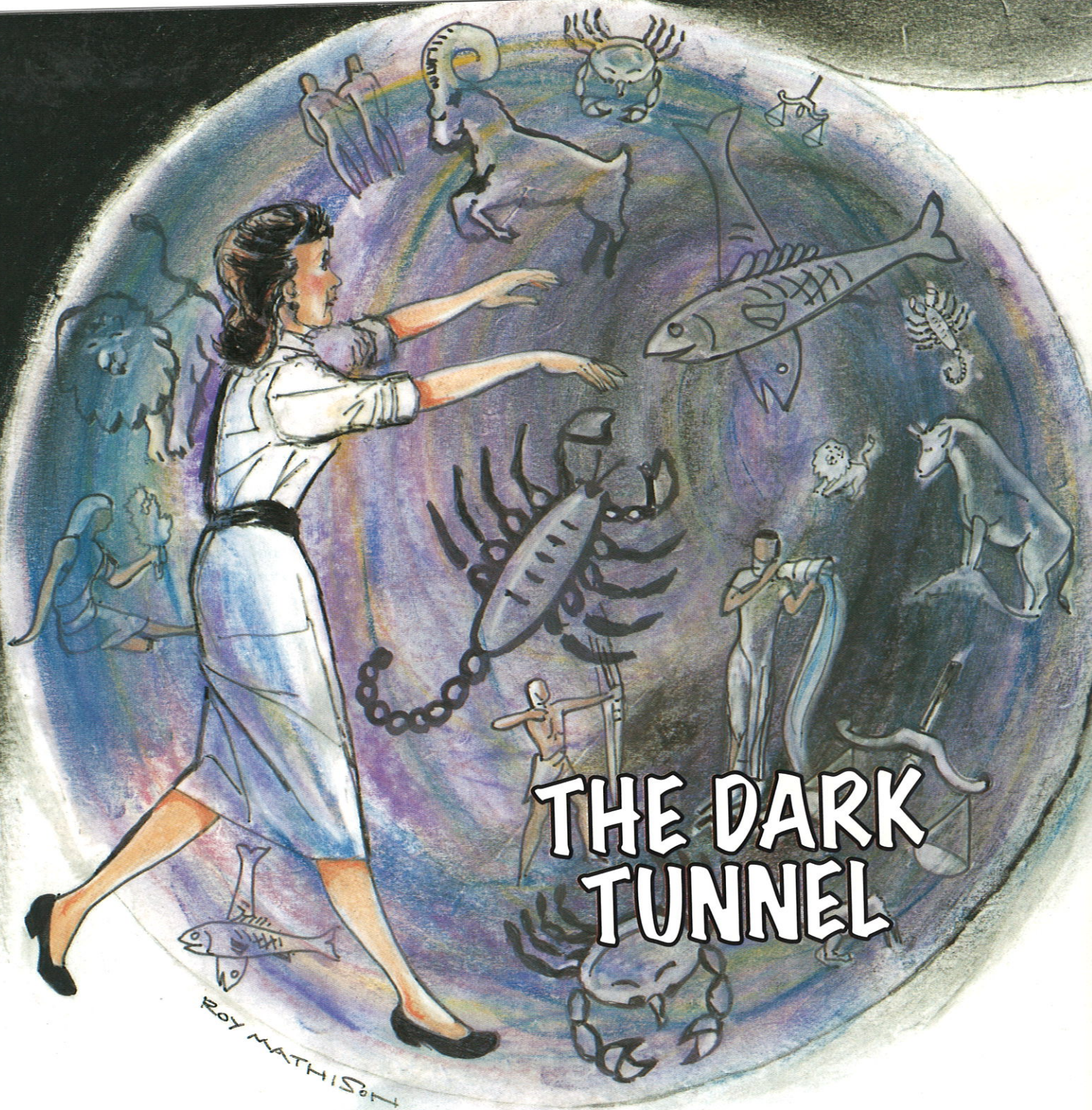
Columnist Dr. Joyce Brothers wrote: "Venting anger by mindless cursing or screaming tends to increase rage rather than diminish it" (What's The Shouting All About? *Daily News*, July 14, 1993). Anger, after all, is a conditioned response over which we *do* have control; nothing can "make us angry" without our consent.

6. *The ill-effects of alcohol, nicotine, caffeine, and sweets.* "Be not drunk with wine, wherein is excess, but be filled with the Spirit" (Ephesians 5:18).

Ironically, angry people are often the very ones who engage in ruinous activities like drinking, smoking, caffeine overuse, and overeating (*Anger Kills*,

(Continued to p.16)



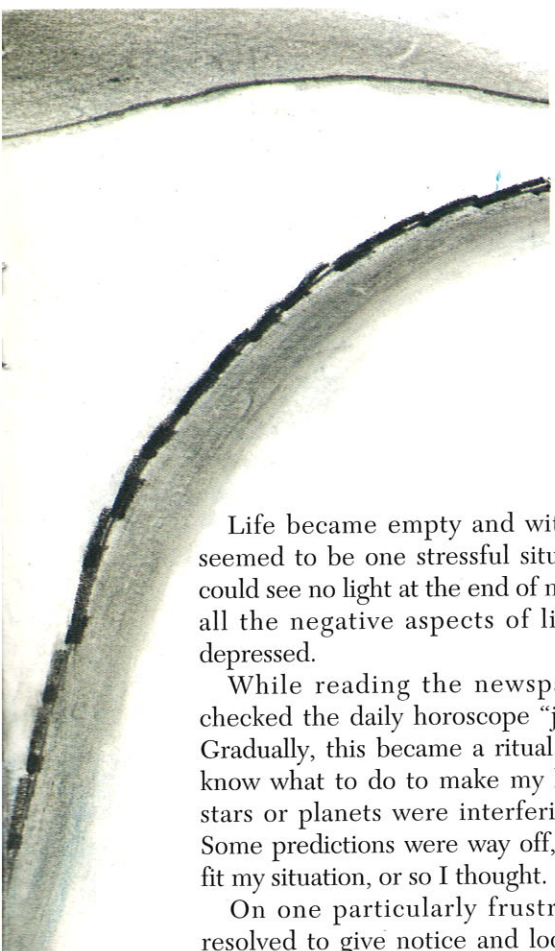


**Her life had become empty and without purpose. Then she began checking the daily horoscope "just for the fun of it."**

**I** STILL CANNOT BELIEVE I became despondent enough to turn to the darkest power on earth for help. It is true, however, that astrology and fortune-telling were often favorably discussed by my mother and grandmother during my formative years.

After graduating from high school, I went to nursing





Life became empty and without purpose. Work seemed to be one stressful situation after another. I could see no light at the end of my tunnel. I focused on all the negative aspects of life and became very depressed.

While reading the newspaper, I occasionally checked the daily horoscope "just for the fun of it." Gradually, this became a ritual. I thought, if I didn't know what to do to make my life better, maybe my stars or planets were interfering with my progress. Some predictions were way off, but others seemed to fit my situation, or so I thought.

On one particularly frustrating day at work, I resolved to give notice and look for a different job. Maybe working in a different hospital would be a beneficial change. Little did I realize that this decision would begin my walk down a dark tunnel.

After checking my horoscope, which indicated I would have difficulties at work, I turned to the classified ads. Just before the employment ads were several "personal" notices. One caught my attention because it started with the word "horoscope" in bold letters. It further stated that "Mrs. K." (I will use an initial for anonymity) "will guide you and help you in all matters of life: love, money and job problems."

I read it several times with unsettling feelings of hope and curiosity. Maybe this person could help me straighten out my life. I telephoned and arranged for a visit that very afternoon.

With her formidable countenance, dark eyes and the slight accent that you can expect of a gypsy fortune-teller, this rather attractive middle-aged woman had the charm and self-confidence of one who can "see beyond." Sitting next to me in her modest living room, she began to read my palm. She told me things about myself that seemed correct (or would be correct about anyone, i.e. you worry, have stress at work, you are not very happy).

Mrs. K. said she would be able to help me, except for one obstacle. There was darkness surrounding me; I was cursed. That was why my life was so unhappy. It would continue to get worse unless I let her help me. She had the power to remove curses.

"Somewhere in your lifetime, someone paid to have a curse put on you, and now you must pay a certain amount to have it removed." She asked if I could afford \$500 to accomplish this "work." I said I could

manage; anything to remove this blight and allow me to live happily!

Subsequent visits required about 15 minutes so she could check to "see if the darkness was disappearing." She said I was improving and should soon be feeling better. I finally began seeing hope for a brighter future.

However, more work had to be done. Mrs. K. would need \$1,000 more to complete the cleansing process. I agreed to give her what she needed.

One morning, knowing I would be late for my usual appointment, I called to arrange for a different time. The voice on the line stated, "This number has been disconnected."

I could not believe my ears! I dialed again. The message was the same. Sick at heart with the thought that this woman had deceived me and betrayed my faith in her, I told my colleagues I was ill, and left work.

Numb with shock and shame, I barely remember driving to her home to verify my fears. Surely, the telephone company must have made a mistake. As I walked to her door. I realized there was no need to knock. The bare, front windows permitted anyone to look in and see complete emptiness. Everything was gone.

What a fool I was to believe I could put my faith and confidence in a mere mortal. Shaken to the core, I finally turned to the Lord for help. I realized I had overlooked the simplest principle of faith: "Trust in the Lord with all your heart; and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5,6).

I had allowed material concerns and transient circumstances to direct and control my life and had neglected to put God first. Shame and embarrassment precluded discussion of the situation with anyone. My only friend, comforter, and guide was my God who was there when I needed Him. I turned to Him and He gave me strength to get through my ordeal.

From then on, my prayers became continual; as I was walking, or cooking, or shopping, no matter where I was or what I was doing. I thought of the Lord as my constant companion at my right hand. I began tithing my earnings. Strangely, it wasn't long before I was offered a better position at work with an increase in salary.

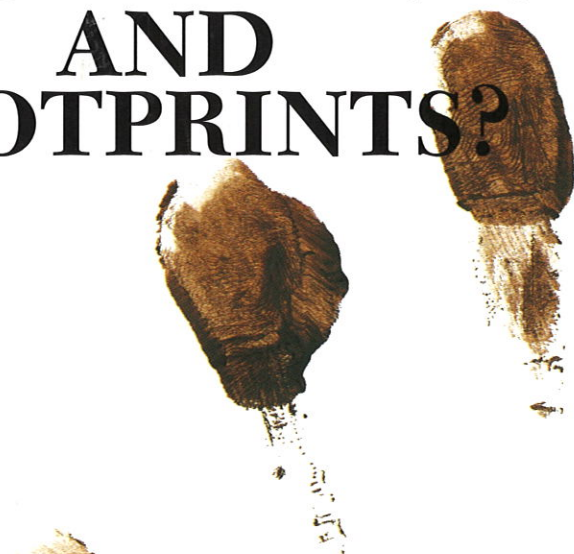
I read the Bible every morning as a guide to maintaining my positive outlook upon the day and my future. My friends noticed I was no longer so "uptight." It appeared to me that people were now acting friendlier. Before making any decision, I prayed for wisdom, clear thinking, and direction.

After living most of my life in a dark pit of ignorance and erroneous thinking, I have learned that in all things, I must put God first. I now feel at peace with the Lord and with myself; I have found my happiness in Christ. My faith in Him is my only hope for the future...and eternity. □

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# WHERE ARE YOUR FINGERPRINTS AND FOOTPRINTS?



Who knows what others, inspired by our fingerprints and footprints, may accomplish for the Lord?

by Ruth M. Gregory

**B**E CAREFUL WHERE you leave your fingerprints, for where you leave them, your feet have taken you.

Fingerprints are very important. The police and detectives are always looking for them to solve crimes.

Did you know that God takes note of the fingerprints of His children who have left them in loving service to Him? As we begin the new year, think of where you may have left your fingerprints. They can be left on objects, animals, or humans. And think of where you will leave them as you serve the Lord in the days ahead.

After serving thirty-seven years as a

chiropractor, it occurred to me that I have had my fingerprints on many, many patients. I began to wonder: *What has been my impact on their lives?* This should be a concern for all of us.

In a city in Southern California there lived a barber who retired from his business. However, there were some who would have no one else and still wanted him to cut their hair. So, in order to accommodate these loyal patrons, he set up a barber chair in his home.

One day a client came for a hair cut and brought his pastor with him. The pastor wanted a hair cut too. After that

the minister came on a regular basis and he and the barber became friends. During one appointment the pastor invited the barber to visit his church. The barber was not a man accustomed to attending church, but because of their friendship he accepted the invitation. From then on he began coming on a regular basis. Sunday after Sunday he heard the preaching of the gospel and in time, made a decision to accept Christ as Savior. How his life changed after that! He now attended church regularly and was eager to do something for the Lord. Since his hobby was doing woodwork in



his garage, he began by making some hand-crafted offering plates. Next he made a communion table, and then another table for the church's narthex. He literally left his fingerprints on the furnishings of his church.

Footprints are equally as important. Henry Wadsworth Longfellow wrote in his poem, "A Psalm Of Life," about the importance of footprints. The last three verses are especially meaningful:

Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time;

Footprints, that perhaps another,  
Sailing o'er life's solemn main,  
A forlorn and shipwrecked brother,  
Seeing, shall take heart again.

Let us then be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.

Longfellow was right! There are many men and women who have left their footprints on the sands of time—footprints that inspire those who follow.

When Neil Armstrong, the astronaut, with his two companions made that first trip to the moon on July 20, 1969, his first words upon stepping on that lunar surface were, "That's one small step for man and one giant leap for mankind." His footprints are up there. Many of us watched that event on our television sets with great wonderment and excitement.

David Livingston is one who changed a continent by his footprints as a missionary into a part of the world hitherto not open to Christianity. It eventually cost him his life, but because of his footprints, the light of the gospel was brought to the "Dark Continent" of Africa.

Corrie ten Boom was another who bravely left her mark. She and her father and sister lived in Amsterdam, Holland, but because they befriended Jews, they were hauled off to German prison camps during the Second World War. Her father and sister died, but the war ended and Corrie was released. By the grace of God she was able to forgive her captors, and after the war held meetings for some of the former prisoners. She became in much demand all over the world as a speaker and led many people to the

Lord. Her footprints were left in many places.

As a young man Billy Graham dedicated his life to evangelism and is still reaching millions at the age of seventy-seven. Vast multitudes have come to know the Lord through his ministry, and great will be the trophy resulting from his footprints on the sands of time!

We can't all be a David Livingston or a Billy Graham. Few of us will be called upon to go through the ordeal suffered

by Corrie ten Boom. But we can all be an example for someone. Perhaps you will be a profound influence as a faithful Sunday School teacher. Or it may be that you'll leave footprints for your children or grandchildren to follow. And who knows what others, inspired by your fingerprints and footprints, may accomplish for the Lord! □

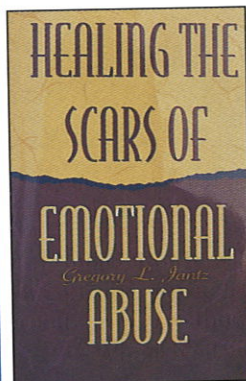
*Dr. Dorothy Gregory is a freelance writer living in Redlands, California.*

## FOR YOUR PERSONAL GROWTH

### HEALING THE SCARS OF EMOTIONAL ABUSE

**A Balm for the Battered Soul**

*by Gregory L. Jantz*



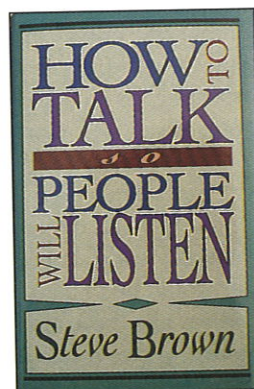
In this helpful book, author Gregory Jantz examines the pervasive, yet much overlooked problem of emotional abuse—and why it is so common and so hurtful. In addition to damaging one's self-esteem, emotional abuse can even result in physical illness—such as addiction, allergies, asthma attacks, digestive disturbances, eating disorders, migraines, and unexplained skin rashes.

If you or someone you know has been abused by words, actions, or even indifference, this 174-page book will help you understand the effects of the abuse, and give you insight into the problems of the abuser. ***It shows how to get over the past, and start living for the future!***

### HOW TO TALK SO PEOPLE WILL LISTEN

**Developing Your Power of Speech**

*by Steve Brown*



The major problem with talking is that everyone does it, yet hardly anybody understands what it does and how it affects others. Steve Brown has written this book to fix one side of that equation: *your* side. It is geared to helping you talk better—to talk so people will listen!

The author shows how words can make a difference with your family, among your friends, at your workplace, and in your church. Learn how to be a better communicator.

This handsome 169-page hardcover edition is one that you'll want to keep. Written with humor and in an inventive style, this book will encourage and help you become more effective and persuasive in your speech.

For your contribution to the ongoing ministries of the Narramore Christian Foundation of \$20 or more, you may choose to receive either Gregory L. Jantz's book, **HEALING THE SCARS OF EMOTIONAL ABUSE**, or Steve Brown's book, **HOW TO TALK SO PEOPLE WILL LISTEN**.  
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by Kevin Narramore

**T**HREE MONTHS HAVE passed since the conclusion of the Gorbachev Foundation's "State of the World Forum" held in San Francisco last October. Hundreds of dignitaries from around the world gathered for three days at the ultra-plush Fairmont Hotel on Nob Hill. New-age and the new-left types like Ted Turner and the Dali Lama gathered to create a "Global Brain Trust." A few more-conservative delegates such as George Bush were invited, but they were definitely in the minority—merely "tokens" to camouflage the majority of ultraliberals who attended. The goal of the Forum was to find ways to improve the world by tapping more "human potential" which, according to conference organizers, is limited by the evils of Western civilization and the "narrow-mindedness" of organized religion.

I flew up to San Francisco on behalf of *Psychology For Living* to monitor the event as an advocate for the Christian world view and to assess the damage that was done. (Note: I did *not* stay at the Fairmont.)

The conference soon emerged as a hodgepodge of world leaders talking about the great spiritual vacuum needing to be filled in all countries. Yet, the "spiritual" discussions never used the "G" word. God was just ignored and omitted. Instead, participants wanted all religious systems to converge. And the world's "number one crisis," insisted the former Soviet Prime Minister Michail Gorbachev, "is an ecological and environmental crisis." Mr. Gorbachev advocated population control, and both he and former President George Bush pushed a stronger UN and international law to govern the world. Part of this new world order would be to take money from countries like the United States and Britain and give it to communist/socialist countries in need but without really changing their political systems.

I wish I had better news to report, but of course, this nutty conference utterly missed the mark. In fact, it was nothing short of an outrage! And noticeably absent was the presence of Christian leaders. (No — motivational author Tony Robins does not count.) The one bright spot of this so-called "Forum" was an

## THE STATE OF THE WORLD



Dr. Kevin Narramore, son of Dr. and Mrs. Clyde Narramore, holds a Ph.D. in organizational psychology and is Assistant to the President of the Narramore Christian Foundation. He is a speaker and author of a recent book, *PERSONALITY ON THE JOB*.

address by Margaret Thatcher, former Prime Minister of Great Britain. Here was a woman of conviction and courage who was fearless enough to spell out the truth. Without hiding behind excuses, Mrs. Thatcher linked the decline of

Soviet countries to the socio-political decadence of the communist system which continues to destroy the foundation of Soviet society.

The day after the "State of the World" conference I had some free time. A friend and I decided to take a boat (the term "ferry" in the city of San Francisco has a more sordid meaning) over to Angel Island to hike to the top of Mt. Livermore. The view from the summit was nothing short of inspirational. It was the perfect place to pause and reflect on both the majesty of our Creator and the momentous days in which we live. There my thoughts turned to last fall's ultra-radical United Nations Fourth World Conference on Women in Beijing, China. This, too, was a world-class fiasco, a farce, an insult to God.

*We're back to the Tower of Babel, I thought. Thank God, we know the Master holds the only answer to the state of the world. They just don't get it, I reflected. The only common ground big enough to bring the world together is not a conference but a shared acknowledgment of mankind's depraved condition and acceptance of God's amazing grace through Jesus Christ.*

In the words of a soul musical, "Your arm's too short to box with God." Yes, He is in control. "Where sin abounded, grace abounded much more" (Romans 5:20). With Him, we're on the winning side! ☐

## IF YOU WANT THE THINGS YOU OWN TO BE USED IN GOD'S SERVICE, YOU HAVE TO SAY SO...

... And if you don't want someone else to decide how your possessions will be used in the future, then YOU have to say so... IN A WILL!

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# THINKING WITH THE HEART

**Keep your attitude disciplined in the strength of the Lord. His Spirit is the resource for victory.**

*by J. Grant Swank, Jr.*

**T**HE GRAY SQUIRREL'S TAIL stuck out of the birdfeeder. Ah-hah! I had caught the intruder. There he was in the very act of stealing seed that was meant for the tiny birds who swoop down from the pine trees in front of our house.

How had that persistent creature managed to get to the seed? He had maneuvered his small paws so as to lift the top of the wooden feeder from its moorings. Then he tossed the lid to the ground. That opened the way for him to climb into the feeder, and crouch there feasting to his heart's content.

He was a determined little fellow...and this showed in his attitude!

Abraham Lincoln said, "I have discovered that I always have choices, and sometimes it's only a choice of attitude."

Yet, what a choice that is!

The Bible says a person becomes what he "thinks in his heart" (Proverbs 23:7).

That does not refer to academic thinking. Thinking of that genre involves the gathering of information and the accumulation of data.

This Biblical reference refers to thinking spiritually—with "the heart." Head thinking is one thing; heart thinking is another. The latter has to do with discovering the mind of God so that our thinking goes along with His.

How many times do we trip up on the smallest negative attitudes—self-pity, grouching, complaining, finding fault? There is an old saying that states, "Men

do not trip over mountains, they stumble over stones."

Does that describe you? Has it even happened today? What was it that directed your day? Looking down at the stones or looking up to the Savior? Is it not in the attitude? How do you think in your heart?

I met a man recently who waved cheerily as he unpacked his station wagon. He was unloading food for our church pantry. These items are placed there and then dispersed to the hungry. One box after another was first heaved onto a dolly by which my friend then hoisted the produce into a church side room. It took him about two hours to complete his task. He is the ongoing overseer of this particular Christian ministry.

There is something unique about this

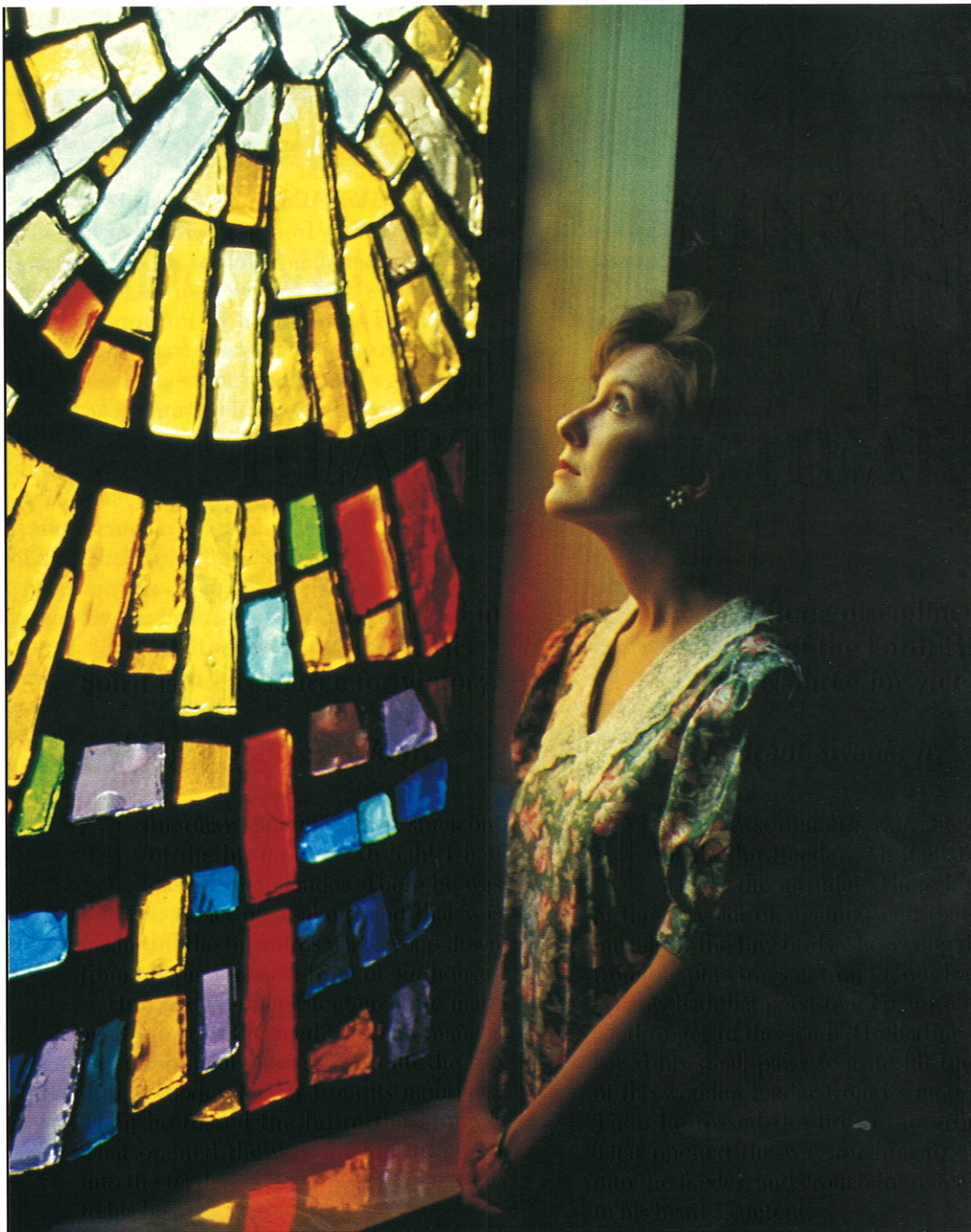
man. His attitude! You see, he has two wooden legs. But he refuses to be tripped up by "little stones."

As you move into this new year, keep your attitudes disciplined in the strength of the Lord. He will provide you with inner power. His Spirit is the resource for victory.

The Scriptures says that we are to "be renewed in the spirit of our mind" (Ephesians 4:23). The Living Bible paraphrases it this way: "Now your thoughts and your attitudes must constantly be changing for the better."

Attitude! Mighty attitudes that do not give in, that can overcome and move on to new vistas. What a way to live! Precisioned, disciplined in the Holy Spirit, and cultured by Christ! □

*Rev. Swank is pastor of the Windham Church of the Nazarene in Windham, Maine.*





## A New Generational Cohort: Middle Adults

(Continued from p.6)

reality there are five stages of adulthood which Christian leaders would do well to understand and consider. Each generational cohort is a legitimate stage in adulthood which should be identified and for which there should be an appropriate program.

Yesterday's approaches are no longer for today's needs and tomorrow's opportunities. It's time to step up to the plate for a more complete, comprehensive, mature adult ministry. Will we hit a home run...or strike out? No one knows for certain. But the interest in mature adult ministry has grown exponentially in the past few years.

The season is ripe for harvesting the time, talents, and interests of a very special group—one that has been largely overlooked. Middle adults have a lot to offer. Let's make the most of them! □

\*Targeting the Mature Mind," American Demographics; March 1994 p. 32.

Dr. Win Arn is president of L.I.F.E. International in Monrovia, California, an organization devoted to helping churches understand, minister to, and reach out to persons fifty-years-old and older in their community. Charles Arn is Dr. Win Arn's son and the editor of L.I.F.E....LINE newsletter.

## Anger Is Bad For Your Health

(Continued from p.9)

Williams). While anger increases the demand on your heart for oxygen, smoking reduces blood flow and cuts down the oxygen supply just when you need it most. This may explain why many people who drink or smoke are prone to headaches.

Caffeine causes excitability, heart palpitations, sleeplessness and even headaches—all of which constitute anxiety. Alcohol on the other hand, can reduce an angry, intoxicated person's inhibitions, rendering him capable of committing acts he's likely to later regret.

7. *The value of exercise.* Discover your favorite relaxation activity. When nervous or upset, de-stress by doing something physical. Taking long walks wards off lingering negative feelings or persistent rage.

8. *The destructiveness of negative thoughts.* Call to mind and concentrate on Ephesians 4:31, "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."

Rather than dwelling on the circumstances that trigger your anger, follow Paul's admonition in Philippians 4:8, "Whatsoever things are true, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things.**"

9. *God's mandate for reconciliation.* Read Matthew 5:23-25 and Mark 11:25, 26. But be careful of your approach. God's Word tells us, "A soft answer turns away wrath" (Proverbs 15:1).

10. *The value of a sense of humor.* Laughter is a good antidote for stress. *Psychology Today* (July 1993) reported a study made by psychiatric nurse Lisa Rosenberg, Ph.D. She said, "Laughter relieves tension physiologically—exercising heart, lungs, and muscles while boosting immunity." In reality, the Bible said it first: "A merry heart does good like medicine" (Proverbs 17:22).

11. *The ability to not take everything personally.* Sometimes we feel that the motorist who cut in front of us had it in for us. The truth is, he'd do it to anyone who got in his way. This doesn't justify

his offense, but knowing the misdeed was not a personal vendetta against us takes the focus away from ourselves. We may recognize that the other person has a problem, but when we allow it to control our feelings, we have a problem too.

12. *Expressing your anger in productive ways.* What do you do when anger is justified? If it really bothers you that postal clerks are rude or the transit system is constantly proposing an undeserved fare hike, write to the editor of your local paper, or even to the commissioner himself. Find a legitimate, effective forum for your gripes.

13. *Programming your responses.* Start by letting slide those little things that normally make you seethe inwardly—traffic jams, lines at cash registers, and other time-consuming annoyances. The small steps you achieve now will enable you to respond more calmly to more important situations later.

14. *A commitment to change.* Dedicate yourself to this change—for life. Yesterday's successful bouts with anger do not mean you've lassoed self-control permanently. If that were possible, the Apostle Paul's admonition, "Let not the sun go down on your wrath" (Ephesians 4:26) would have been unnecessary. □

Mr. Lantoria is a freelance writer in Astoria, New York.



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by Clyde M. Narramore

## What Should We Do With A Bossy Child?

### QUESTION:

*We don't know what to do about our eight-year-old daughter who dominates her four-year-old brother. She criticizes him constantly and speaks to him in a demeaning manner.*

*He said quite matter-of-factly to her the other day, "Sissy, I wish you wouldn't boss me around so much."*

*Both of our children are unusually bright, but the older is very aggressive and the younger is more laid back.*

*No matter how often we scold Sissy about her behavior and attitude, or how we discipline her, she persists. It's as though she doesn't even hear us. We're at our wit's end. What can we do?*

### ANSWER:

You are wise to recognize the importance of doing something about your daughter's domineering attitude — both for your son's sake and for her sake, too. Bossiness is not a desirable trait, and if not corrected, can cause problems on into adulthood.

You say that there is four years difference in your children's ages. This means that Sissy was four years old when her little brother became a part of your family. Up until then, she was probably the little family "princess." There was no competition. But after little brother made his debut, all that changed. Now he, as the youngest, is the one who gets the attention, and Sissy may feel left out. But since she is rather aggressive she doesn't take it lying down. So she takes it out on little brother.

Another contributing factor

may be that Sissy is a female, and as such, is endowed with God-given maternal instincts. That's why little girls enjoy playing with dolls — and why girls make good "baby sitters." They enjoy taking care of younger children. It's part of their basic nature.

It is quite common for parents to expect an older child to look after a younger sibling. This means that temporarily, "big sister is in charge." Little brother, who knows that she is not "mother" may resent her assumed authority and throw her a curve by refusing to cooperate. As the first born, Sissy probably has a strong sense of responsibility and has concluded that it's up to her to make her younger brother toe the mark. Since he is more easy-going, he lets her get away with her bossiness.

I am also wondering about your own relationship with your daughter. How do you deal with her? Do you tell her off and lay down the law? (I recognize that sometimes this may be needed!) Or, do you take time to quietly talk with Sissy and reason with her? The way you treat her creates the model for how she, in turn, will behave toward her little brother.

You say that no matter how often you scold or discipline your daughter, it doesn't do much good. The fact is that the more she is "scolded" and punished, the more anger and hostility she probably feels both toward her brother and toward you. She may resent her brother because she considers him to be the cause of your displeasure with her. She may also feel bitter toward

you because she thinks you are "easier" on him, and therefore, you love him more than you love her.

It's important that you get to the root of this problem now while both children are still young. Here are a few suggestions:

(1) Establish a more positive relationship with your daughter yourself. Plan some fun activities with her (without her brother) and make her feel that she is very special to you. Let her know how much you love her.

(2) Keep any "baby-sitting" of her little brother to a minimum. And when you are around and she starts being bossy with brother, tell her sweetly but definitely, that since you are there, you are responsible for him.

(3) Arrange for Sissy to spend time with other playmates without her brother. If she is in the habit of being domineering, her peers will not tolerate it, and she will learn that if she wants friends, she will need to change.

(4) In a quiet, pleasant manner, talk with your daughter every day and explain why a good attitude is so essential. Encourage her when you see improvement.

(5) Be observant of the actions of little brother. He may not always deserve the halo he wants you to think he is wearing. Sometimes the "good" child will do little things underhandedly to aggravate the sibling.

(6) Program your children to be loving and caring toward one another. Tell them that you know they really love each other and do not want to

cause hurt to one another. Do not tolerate name-calling or snide remarks.

(7) Pray with your children — both individually and together. Do not use prayer as an opportunity to lay on a guilt trip. Rather, make it a precious time.

(8) If none of the above suggestions results in any appreciable change (remembering that change takes time), then arrange to have your daughter see a trained Christian psychologist or counselor. If possible, find someone who is a specialist with children, or at least has had experience working with children. Whatever you do, don't ignore the problem. It won't go away by itself. It needs to be resolved. □

### COMING NEXT MONTH

✱How Do You See Yourself?

✱Gethsemane—The Most Incredible Struggle Of All Time

✱Divorce And How To Avoid It

✱The Christian And The Good Object

✱Why Not Be Full Of Joy?



by Lee and Gloria Bendell

## MUSIC...AND YOUR HEART

### How To Keep In Tune (Part 1 of 2)

*How many of us ever stop to  
think of music as a wondrous  
magic link with God,  
Taking sometimes the place of  
prayer when hearts are burdened  
'neath a load of care.  
Music that knows no color, race  
or creed...but gives to each  
according to his need.*

Anonymous

**T**HE CHRISTIAN MUSICAL smorgasbord is more bountiful and diversified than ever before in history. It may also be the greatest divider of God's people in worship services since the generation gap of the 1960's.

Some say, "Turn down the speakers." Others say, "Turn them up." Most churches have good acoustics with little need for every voice and instrument to be magnified with high-amp sound systems. But often that doesn't change the desire for lots of amplified sound. The louder the better!

The *Prairie Overcomer* told of the possible destructive effects of overpowering sound. Quoting the *Montreal Gazette*, one article stated, "The British Noise Abatement Society is worried about the health of rock fans who go to concerts given by the European group Saxon, now on tour with one of the biggest sound systems ever used by any group." The performers claim that the 120 decibels blaring from 60 loudspeakers does little harm because the sound is so distorted. But, an official of the BNA Society says that loud sound passes through the body and saps the listener's energy.

We live in a noisy world. The roar of jet aircraft, the clatter of air hammers, along with countless other Twentieth century sounds are crowding the airwaves and constantly bombarding us, especially in large cities. This affront to the nervous system and the additional sounds we can control are bound to drain our energies. Radios, televisions, and stereo systems have their place, but they must never crowd out those renewing times of quiet solitude.

Centuries ago Isaiah wrote, "In quietness and confidence shall be your strength. But you would not" (30:15).

Music has been defined as having even vibrations; noise is characterized by uneven vibrations. Interestingly, there are strong indications that the even vibrations that make up music are present in our genes.

It has been discovered that genes not only carry the blueprint for life, but also embody a musical melody. This finding is the result of scientific research conducted by distinguished scientist, Susumu Ohno, Director of Reproductive Genetics at the City of Hope Medical Center in Duarte, California. In the course of his research, Ohno tried an experiment in which he converted the chemical formulas of living cells into musical notes. His purpose was to make genetic patterns easier to study.

This resulted in a system that could convert chemical formulas into melodies. Surprisingly, these melodies proved to be similar to the classical music of the baroque and romantic periods. "Sometimes it even has an uncanny resemblance to the works of great composers," said Susumu Ohno.

Ohno, an award-winning researcher at the Beckman Research Institute, a division of City of Hope, has translated into sheet music and performed on the piano, a portion of mouse ribonucleic acid (a complex genetic messenger substance). He calls it the "Mouse Waltz" because it resembles the sound of a lively waltz. "Some portions are similar to an allegro version of Frederic Chopin's Nocturne, Opus 55, No. 1," said Ohno.

"This is not surprising," Ohno went on to explain, "because nature follows certain physical laws and the universe obeys them, as does the process of life. Music follows the same patterns."

The idea of observing genetic patterns and converting them into music came to Ohno about 14 or 15 years ago while looking to find some simpler

patterns that might be repeated within the complex structures of deoxyribonucleic acid (DNA), a substance present in every living cell. Within it is the genetic code that governs heredity. Ohno then devised a system that would translate the repetitious parts of the genetic equation into a musical composition.

The composition of genes involves four basic nucleic acids—adenine, guanine, thymine, and cytosine. Ohno's system assigns two consecutive musical notes to each nucleic acid, which are then strung together as they occur in the genes. In his experiments of various genetic factors, the scientist used genes from the eye of a chicken and converted them into music. He did the same with a rainbow trout, with slime mold, brewer's yeast, and the human brain.

"The musical score produced from a cancer-causing oncogene has a somber, foreboding sound, while the gene that causes transparency to the lens of an eye is translated into trills and flourishes—airy and light," Ohno said. Interestingly, reversing the process—converting music into chemistry—worked just as well.

When Ohno took the musical score of a Chopin funeral march and converted the notes into chemical equations, he noted that there were entire passages that appeared almost identical to a cancer gene found in humans.

In church worship services one should hear *even*, soothing vibrations—music to calm the soul, heal the body, and touch the heart with God's divine healing, grace, mercy, and love. Unfortunately, the trend today is "fortissimo and crescendo" (very loud and growing louder), with much of it in *uneven*, worrisome vibrations which brings it into the category of noise. Little wonder, then, that church music in the 1990's is often a divisive issue. God created us with music in our souls to bring us together and unify us in our worship of Him. Let's not allow this God-given gift to divide His people. □





# OUR WORLD TODAY

by Eva Hallam Solberg

## ABSTINENCE EDUCATION WORKS

Teen sex is neither inevitable nor irreversible, according to existing programs which show that abstinence works. Since the Best Friends program began in Washington, D.C., in 1987, only two pregnancies have been reported with more than 400 girls involved. An Orange County organization, Choices, found when teens in grades nine through twelve were given good information about abstinence, 26 percent of the students who had previously said yes to sex or were undecided, changed their opinion, now saying they desired to wait until marriage.

*(Letter to the Editor, Los Angeles Times, July 26, 1995)*

## DECISIONS FOR CHRIST IN INDIA

More than 4.5 million people in India viewed the *JESUS* film, according to India Campus Crusade for Christ. Of those, 508,928 reportedly made decisions for Christ. Organizers plan to launch 30 new Indian teams a month to take the film throughout that country.

*(EP News Service, April 7, 1995)*

## CONVICT SUES OVER CHAIN-GANG WORK

An inmate at a correctional facility in Alabama sued the governor, claiming that working on one of the state's new chain gangs violates his civil rights. He is asking for \$100,000 in damages to compensate for "mental anguish, distress or stress of pain and suffering caused by the chain gang." The inmate, who is serving a 25-year sentence for unlawful distribution of con-

## Past experience should be a guide — not a hitching post.

trolled substances, is one of 320 prisoners at the facility who have become the first convicts to work on a chain gang in more than 30 years.

*(DISCOVERY, June 1995)*

## NIGHTTIME VISION CARE

As you age, your eyes need more light to see, and they adjust more slowly to changing light conditions. By protecting your eyes from glare in the day, sunglasses make it easier for your eyes to adapt to nighttime glare. Get an anti-reflective coating for your regular eyeglasses or contact lenses. Keep your eyes moving when driving at night. Glance frequently at the rearview and side mirrors. If a car with bright lights is tailgating you, try to move into another lane or pull over and let it pass. Keep your car in good shape. Windshields, mirrors, and headlights should be clean, and headlights aligned. If none of this helps, try to do your driving during the daylight hours.

*(University of California Berkeley Wellness Letter, June 1995)*

## A "LITTLE TOO MUCH GOD"?

There's "just a little too much God and country in Branson, Missouri" for travel writer Arthur Frommer's taste. Frommer, who brought

the world *Europe on \$5 a Day* has just released *BRANSON!* in which he contends that the country music Mecca has become the captive of the religious right, and calls country entertainers hypocrites for singing gospel while living lives that don't reflect Frommer's standards of multiculturalism and political correctness.

*(DISCOVERY, July 1995)*

## DEMOCRACY IN ACTION

Democracy depends on an informed citizenry. Government of, for, and by the people will perish unless the people have accurate, timely, and useful information — and the people can decode what they are told, and discover what they are not told. The mass media may focus on politicians' lifestyles to the exclusion of their ideas, but that doesn't leave citizens off the hook. This cannot be a couch potato democracy.

A newspaper in Charlotte, North Carolina, the *Observer*, took criticism of the media to heart and changed not only what it covered, but also how it was covering it. Instead of chasing ambulances, the paper's crime reports now talk about the day-to-day efforts of local heroes to reduce crime and build community.

A young life lost, especially to drugs or violence, diminishes the whole community by

denying its future. In the Bronx, New York, mourning families commission taggers (graffiti artists) to paint walls honoring their dead children. These haunting compositions stand as memorials to the dead — and warnings to the living.

Grassroots America is fashioning answers with participation, information, and leverage.

*(Friendly Exchange, Fall 1995)*

## EXERCISE CUTS RISK OF BREAST CANCER

Women of childbearing age who exercise four or more hours per week can halve their risk of breast cancer before menopause. Just one hour of intense physical activity each week may reduce the risk by thirty percent.

*(Bottom Line Personal, August 15, 1995)*

## NO MORE SEX ED

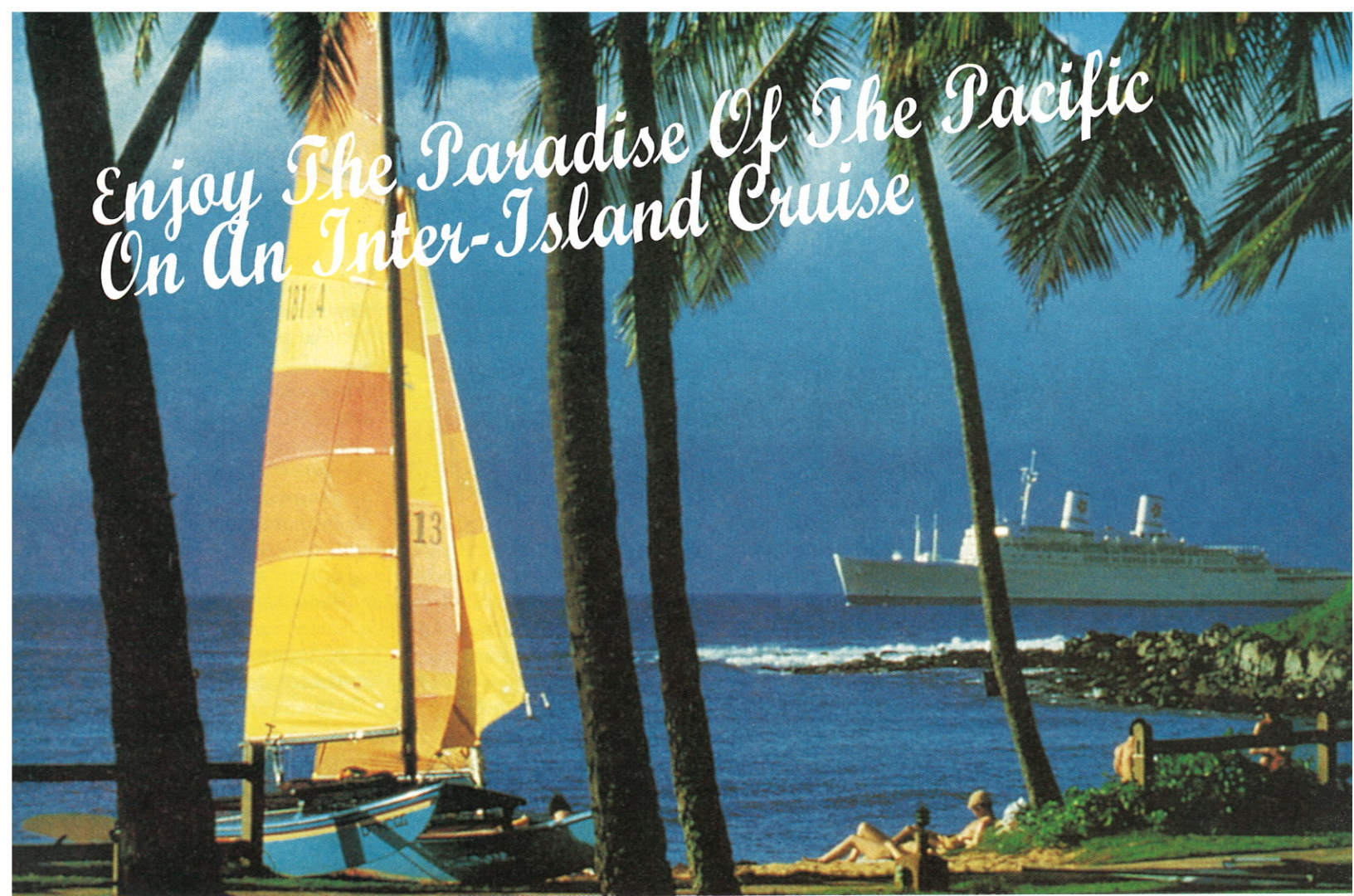
"If we can't teach sex education right, then we shouldn't teach it at all."

This was the stand of those on the school board in Hemet, California, when the People for the American Way and Planned Parenthood sued the district because of the board's approval of the abstinence-only curriculum, *Sex Respect*. Research into abstinence-based programs consistently supports the reduction of sexual activity, and Hemet's board refused to take the easy way out by yielding to proponents of so-called "safe" sex. Instead, the members voted to stop teaching sex education altogether and leave such instruction in the parents' hands.

*(Teachers In Focus, September 1995)*



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