

to take care of the food from the market right away, wash and store it. Otherwise the dirt from the market can mingle with the dishes and counter-tops of the kitchen. Vegetables that will be peeled or cooked are simply washed well and stored in a special container in the refrigerator--except for potatoes which rot when wet.

Tomatoes and lettuce--anything that will be eaten raw and unpeeled--are washed carefully leaf by leaf in order to get rid of the dirt and then soaked in pre-boiled water with 2-3 drops of bleach in a container. I usually have to do this myself as the maids don't seem to understand how important this is for us and can't be really consistently trusted to do it well. GBM, they are sweet and do their best.

Maids also have to be taught to be conscious of flies--keeping meats covered, closing doors, disposing of trash correctly--keeping trash bins clean, etc. It helps alot that we have all the windows screened and also the kitchen door.

With my children, I have found that they lose their appetite in hot weather. So I try to make sure that they have a good, nutritious breakfast about one hour after they get up--milk, eggs, w.w. bread or a nourishing cereal, etc. At this meal, I find that they eat the best and get most of their vital nutrients for the day. For lunch, they eat rice, meat, vegetables, fruit--followed by an afternoon snack of w.w. bread, tahu pudding, or fruit. And in the evening they are usually not even in the mood for a meal--just a glass of milk or a piece of fruit.

Being in such a humid, moist climate, it is difficult to store food for long periods. It has been really helpful to buy our rice and whole-milk powder in 25 kg. bags and they keep well for up to 3months. I usually buy our cleaning aids and toiletry supplies on a 2 week's basis--as I found that is cheaper than buying them in a little shop nearby whenever we run out.

When you first come to SE Asia, you might need to be more careful as your body is still adjusting and acclimating. Be sure to watch your water supply when you move into a house--check that the water is good--you can save yourself alot of the problems that we experienced.

Also be careful when you are eating out--usually it will be the dishes and glasses and utensils and the poor cleansing habits that will contaminate the food and drink. We hardly ever buy drinks out; only bottled drinks or hot tea. Food that is left standing, open to flies, is always questionable--especially raw fruits or vegetables. Never buy such food in the streets.

The best foods are those that are still steaming hot from a lidded container or even freshly fried. Such dishes as Nasi Rawon, Soto Ayam, Sop Buntut, etc. are healthy, not spicy, and enjoyed by children. When on the road, we still tried to eat breakfast at "home", by borrowing a kerosene cooker, and buying eggs and cereal from a pasar. We would generally eat one hot meal out, usually in a rumah makan or a restaurant.

In the tropics, it is easy to develop anemias, especially after a few years. Especially Vitamin B complex and iron deficiencies are easy to develop. So it is important to keep up your intake of these nutrients from good food and maybe also a vitamin supplement.

I hope that these experiences and tips will be a blessing to you as you become acquainted and settled into this wonderful field where the harvest is truly white unto harvest. "Only one life 'twill soon be past, only what's done for Jesus will last"--but you'll only serve Jesus as long as you last! So make it last with good health! GBYAKY! ILY!

GOD'S GUARANTEES

by Bani Ali

Won't you please leave the nuclear North behind
Come South, escape that nuclear breeze
For many new friends you will find
These are truly God's Guarantees.
You know it's really getting late
You haven't much time left to wait
To obey and leave the nuclear North
It's high time to venture forth!
The darkened clouds are forming
The tell-tale signs are come
And it's truly red with warning
For what's been said must be done.
For soon the hour will be here
The final curtain draweth near
Please move South--It's so clear
To save your lives and all those dear...
All your children & your loved ones
All your family & friends
For the Lord will go before you
And be with you till the end.
Do not fear, just trust and believe
That He'll care for His very own
If you'll only by faith receive
His loving warning we've been shown.
For a new world does await you
A refuge from the coming storm.
The harvest is great, the workers so few
Won't you also come along.
Won't you leave the nuclear North behind.
Come South, escape that nuclear breeze
For many new friends you will find
These are truly God's Guarantees.

Surjan
Michigan