## NOW HORIS-THE HIDDEN MENALE!

Dear Family, (from Davide Love; Indonesia)

OBTI Having had a few experiences with my children entoling worms, I fait burdened to chare those experiences at leasons in the hope that it may help other parents also, who may be having problems along this line, especially mov, with so many of us moving to the tropical, not-so-hygenic countries. It all started when my (hes) \$\frac{1}{2}\cdot \text{.} \text{.}

them from the vater supply, the food, the plants à animals à humans just by shaking hands vit thee, from the dust, à almost any-thing you touched while cuti - I's not shar-ing this just to be negative or seare you, but to help others in realising just how easy it is to catch worms in these tropical under-de-veloped countries, à how such on the attack we need to be! FO! Nov. a war later, we noticed the same signs

The most to be the title possible for the worse to get along the worse to get along the worse to get and the same signs.

Not, a year later, we noticed the same signs again, a flatian began complaining of timey-ache gagin, a flatian began complaining of timey-ache gain, a flatian the game and the game and

because the aggs travel is the blood stream a often enter into the lungs where they can cause not only congestion, but brenchial infection, if not obecade, also, when I saked the Pr. should be the control of the pr. should be the control of the pr. should be the pr. should be the control of the worse to get into the appendix area, causing pain & even infinantion!

So please take care & resember "An ounce of

## Pure-and Safe-Water

Pure—and Safe—Water

(taken from "Newsweek" magazine, 1/19/81)

CHLORINE-MINITHER USED IN TABLET-SIZE DOSES

OR IN LARGE QUANTITIES for municipal-treatment
plants-has long been considered one of the most
effective ways to disinfect drinking water. But
a U.S. study released last month concluded that
chlorinated drinking water appears to increase
the risk of some types of cancer by 50 to 100
per cent over a person's lifetime. Iomech, Ltd.,
of Toronto, Canada, believes there is a safer &
more effective way to purify water-using iodine.
The company is marketing Iodinator kits that release minute amounts of iodine into water supplies. The iodine treatment is said to kill all
known disease-causing bacteria or viruses in
water without posing any health hazaris. Moreover, the firm claims that the iodinated water
has no taste or odor & no harmful effects on
plumbing, clothing, pets or plants. Highly iodinated water can be used as a sterilising solution to sanitise dishes & farming equipment.

Prom Zattu & Anne; Latin America:

HERE IS A TIP THAT HAS REALLY

HELPED US A GREAT DEAL WITH CURGUS

RASHES which are so common here

In the tropics. A country gentleman whose mother was a country
doctor told me of washing the affected area with straight vinepar,
then rinsing with fresh water. I
also learned a little later on
that sulfur is an excellent natural anti-fungal remedy. So now
when I get attacked with these
fungi I wash the affected area
with vinepar, follow it with a
sulfur soap, then add sulfur ointment, & it works better than anything I have ever found by prescription or otherwise, as God's
natural remedy. And both vinepar,
sulfur soap & sulfur ointment can
be purchased almost anywhere in
the World very cheaply.

## CHILDCARE TIPS FOR THE TROPICS

From a missionary mother on the field.

After reading bad's comment in Meg no a5 shout sothers writing in about their children getting covered with sores efter striving in a tropical climate, I thought saybe we could write a little about our experiences in the physical care of our children, and about acces of the leasons we have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the 24 yrs, that we have been in tropical indomests. We have learned in the same and an advanced in the same and an advanced one of the first things we noticed when we errived was how all people one around 5 in the effection, and sometimes souther one in the addace of the first things we not get so but an away and you need the refresheett, but it is also because of hygenic resease that people wash, so often and change clothes a couple of times a day to throw your about the amount of the and your cap, but it is making her dirty things get in these hot sad to werrowed cities and if your children's clothes get wet or solled, it's a breeding place for betters. So for any our children is heave lawys felt that it is best to change clothes as quickly as they spill any kind of food or drink. For small clinks and they use the property of the second of the same are all the second of the same are any and the same and the same

## Food Purchase & Preparation In The Tropics

FROM MIRJAM DUTCH; INDONESIA:

In regard to food--purchase, storing and preparation--1 can only share what our experiences have been in 5 years in Indonesia with 5 children. The main thing, of course, has been to follow Dad's advice in the Letters and the Basic Health Rules--that, coupled with daily prayer, is what keeps us healthy, despite anything

And as Ben and I are both a Cancer Papa and a Cancer Mama, you can understand that we are very interested in both food and children. Actually, we think it is possible to find alot of natural, healthy food here--if you are careful about their preparation and cleaning.

When you first visit a pasar, it will just make your eyes swime to see such a great variety of new and exotic foods. My first visit, I was accompanied by an older Indonesian who explained to me the name, English equivalent, and approximate price of about 50 different items. I wrote this all down and it became my daily reference whever I made a shopping list for the maid.

Indonesian maids can be very willing and sweet, very creative cooks, but they do need help in learning to balance meals, providing enough yellow and green vegetables, proteins, etc. So I usually plan the meals for them. We don't exactly eat "typically Indonesian" as that would probably be too spicy and too greasy for the children. Rather, we enjoy taking the natural, healthy Indonesian foods and adapting them to the good standard we know in the Family.

One thing with the cooking: Watch out for MSG (Monosodium glutamate), which is now banned in America but sold here under various names—Ajinomoto, Sasa, etc. The maids love to cook with it, but it has been medically proven to be bad for your health. One sister's hair began to fall out from it. Also, teach the maids to buy only top quality oil \*\*Sparingly\*, and teach them to drain the oil from fried foods.

As maids are not so familiar with meat and fish in the quantities we are accustomed to consume--Papa Ben usually takes the shopping bag in hand early every Tuesday morning and buys all the protein for the week. We usually eat fish 2x a week, meat 3x a week, and liver 1x a week and have one "tahu &tempe" meal a week. We eat eggs daily (one per person) but these are purchased in our neighborhood. Ben usually has to watch the meat-man closely and has even had occasion to reweigh the meat—they can be tricky fellows:

As Indonesian meat can be tough, and the children refuse it when it is stringy, we used ly have 2 portions of the meat ground at the market after we buy it. If you can break the meat fibers with your thumbnail, it is still fresh meat. Just "red and bloody" is not always a sign of freshness, as the meatman will use red dye sometimes (especially on the liver!).

We always buy sea-fish-it is usually safer and cleaner. We have found fresh-water fish to be risky. We usually buy kakap or tongkol--clean fish that have a lot of meat and few bones. We usually buy fresh-cut pieces because when you buy a whole fish, you must also pay for the weight of the head (which Indonesianseat!) Fresh fish will still have a salty, sea smell and the meat will be firm to the touch. (Pake sure the firsh you eat is elean - must have fins and scalar but!)

We usually store the meat and fish in the freezer--which is a real blessing. The maid usually buys fresh vegetables and fruit daily. I try to teach the maids to washtheir hands before handling the food. They also have to learn