

Il-Lehen tat-Tama

"THE VOICE OF HOPE"

47, Mannarino Road, Birkirkara BKR 08, Malta - www.adventist.org.mt

BY THE SEVENTH-DAY ADVENTIST CHURCH IN MALTA

I AM A CHRISTIAN. REALLY?

This afternoon, the RAI was broadcasting a programme on marriage. A group of ladies were discussing about the necessity or not of getting married. One said: "For me, getting married means to live with a person I do not know. I am a Roman Catholic, and I believe in the marriage as a sacrament, but before I get married, I need to spend some time living with the person that I love, to know him better."

This lady thought she was a good Roman Catholic but she didn't really know what it meant, for the Roman Catholic Church not only considers marriage a sacrament, but also forbids any kind of such cohabitation.

Many people think that they are what in reality they are not. And this happens because they do not know what it means to be what they think they are. They are satisfied with a superficial knowledge of their faith, a faith usually acquired through what people say, without a personal investigation and understanding.

Jesus says that, on the day of judgement, many people will go to God, calling Him "Lord, Lord", but the Lord will answer: "I never knew you; depart from Me" (Matthew 7:22).

So I ask myself and you, my friend: When we say that we are Christians, do we really know what it means? May it be that we just think we know Christ and what the Christian life is, while, in reality, we do not know Him, and He doesn't know us?

How can we really be sure that our faith and experience are what they should be? The Apostle Paul said: "So then faith comes by hearing, and hearing by the word of God" (Romans 10:17).

There are many voices, many messages, many teachings that we can hear everyday. Some of them are good and some not. Some are positive and some even dangerous. We have to be careful to the words we hear, for some can give

us life while others bring death. Among all these voices, the Apostle says that there is just One that we should listen to, to have the true Christian faith, that of God which is found in His Word.

In other words, the true Christian faith is not based on what we receive from our culture, our friends, or even our spiritual leaders. It is based on what God says, and we should enjoy the privilege of listening to God directly, by listening to His Word that we find in the Holy Scriptures, the Bible.

Other people may be God's instruments to help us know God's Word, but

they can never take its place. A true minister of God will always support his teaching by what God has revealed in the Scriptures. A good minister of God will always accept and ask to be judged by the Scriptures, for we never wish to present our own human word, but only the Word of God, so that your faith may be based not on a human authority, but on the authority of God.

If we do so, when on the day of judgement we will call on our Lord, He will not answer, "Go away, I do not know you," but, "[Come, my child,] Enter into the joy of your lord." (Matthew 25:21).

Pastor Giovanni Leonardi

(11 February 2004)

PROGRAMMES TO STOP SMOKING

As was announced in the last issue of "Il-Lehen tat-Tama", at the request of some friends, we have started again our free programmes "Breathe-Free" to stop smoking. The programme was followed by just two gentlemen, but both have successfully achieved their goal. If others wish to imitate them, we will be happy to start at once a new programme at the request of just one person. If you like, call us and we will do our best to help. If you are interested, call pastor Leonardi on 99 835 030 for more information.

Index

Is swearing a habit? (A. Stagno)	p. 2
Are Seventh-day Adventists O.T. based? (G. Leonardi)	p. 3
Who is the Holy Spirit?	p. 4
France-Italy, two extremes about religion	p. 5
A question of honour (Pauline Tanoh)	p. 6
Gilgamesh myth and the origin of death	p. 7
Health and lifestyle (Dr. N. Nedley)	p. 8
Thoughts for a happy marriage (E.G. White)	p. 10
Some counsels and prayers for worrying marriages	p. 12

CHRISTIAN LIFE

IS SWEARING A HABIT?

As we go about our daily lives, we come into contact with many people from all walks of life. Usually we get into conversations with friends or even total strangers and it is important to consider the quality of our speech behaviour. Jesus said that our light should “shine before men” (Matthew 5:16) and this is true even in regard to our way of speaking.

Do we think and consider what we are going to say before we speak? How do we present ourselves at home, in our work place, shopping or socializing wherever we are? These are all questions we should ask ourselves. Are we a living example of a true Christian? But most of all, and this is a serious question, do we really consider what we are saying when we take the name of the Lord our God in vain?

Doesn't everybody swear?

Some people I come into contact with and who swear tell me in a laughable manner that to them swearing is a habit, and that they don't really mean what they say. After all, they say, doesn't everybody swear?

Is this a good excuse? If we don't mean what we say, than why say it at all? Swearing by the name of God is blasphemy. Let's see what God says.

“Who is it you have insulted and blasphemed? Against whom have you raised your voice and lifted your eyes in pride? Against the Holy One of Israel!” (2 Kings 19:22). Taking God's name in vain, is denying that we belong to Christ, “They claim to know God but by their actions they deny Him” (Titus 1:16).

Swearing is unhealthy for our spirituality, because it separates us from God.

Some may think that swearing makes them feel important, that others pay attention to what they say. When they swear it seems to them that they become superior even to God Himself. But in reality they don't consider how small and insignificant they really become by doing so.

Swearing and love

In His ministry Jesus spoke of the two greatest commandments, “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbour as yourself.” (Matthew 22:37-39). If we love God we wouldn't blaspheme His

name, and if we love our neighbour as ourselves we wouldn't swear in front of them - especially in front of young children.

Swearing and family life

Still others may say that they were born into a family that practised swearing, and it is true, but shouldn't we stop this practice instead of spreading it? I have seen and heard children swearing in front of their parents and other people around them. When this occurs, sadly I see that quite often parents just ignore their child or shy with embarrassment thinking nobody would take any notice. But from the child's way of thinking, that silence means approval and permission to get away with it. We should be teaching our children true Christian values, in front of both God and neighbour. In the book of Proverbs we read, “Train a child in the way he (or she) should go, and when he is old he will not turn from it” (Proverbs 22:6).

As Christians, our duty is to our family first. If we teach our children the wrong values we kindle a fire that may never burn out. If you have a problem with swearing it's never too late to stop. Once we realize and truly understand what we are saying, we can ask God for help to overcome this self-way of thinking.

How to stop swearing?

I offer some ways to help us stop swearing. I hope you may meditate on these points and seek God's help.

1. First admit deeply, sincerely, from the heart and conscience that swearing is wrong, and that you are the first to receive harm from it.
2. Go before God in repentant prayer and ask for forgiveness.

3. If your swearing is family related, be independent, stop it and set the right example. Maybe you will be surprised to see a change in your family's behaviour too.

4. Remind others who swear to think deeply about what they are saying. Never be ashamed to speak out — you may be helping that person.

5. Humble yourself before God and men. Remember, we are only pilgrims on this earth. Think carefully what you say, because God will hold you accountable in the future for every idle word spoken. Jesus says: “But I say to you that for every idle word men may speak, they will give account of it in the day of judgement. For by your words you will be justified, and by your words you will be condemned.” (Matthew 12:36-37).

It's a serious issue

In this country swearing is on the increase and has become somewhat of a custom. People, both young and old, don't realize what harm they are doing to themselves, to their family and to the others around. Satan is working to influence the mind and make us think that swearing is simply a way of life, a good way of expressing ourselves. But the reality is very different. Jesus forbade Christians to swear even for the good purpose of taking a solemn engagement by using God's name: “But I tell you, do not swear at all: either by heaven, for it is God's throne; or by the earth, for it is His footstool; ... Simply let your 'Yes' be 'Yes', and your 'No', 'No'; anything beyond this comes from the evil one” (Matthew 5:34-37). If Jesus asks us not even to use God's name in such a “positive” way, what would He say when we use the holy name of our heavenly Father or anything else related to Him, for a blasphemous purpose?

Mr. Anthony Stagno

(Bible texts quoted from NIV, New International Version)

THE TONGUE IS LIKE A FIRE

“If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. ... Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening? Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.” (James 3:2-12)

LET'S KNOW EACH OTHER

ARE SEVENTH-DAY ADVENTISTS OLD TESTAMENT BASED?

A dear friend of mine, a member of the Seventh-day Adventist Church told me: "My friends, the ones that I love, do not listen to me when I try to give them testimony of my Christian faith. Many of them just say: 'You are Old Testament based,' as if my faith wasn't Christian at all. What can I answer?"

I tried to comfort and encourage her, explaining why they are wrong. I hope that my answer may also be of some usefulness to our readers.

Why do some people think that we are Old Testament based?

It is evident that some aspects of our faith have their root in the Old Testament revelation. In a special way two of them have a special impact on many people: 1) the fact that we keep Saturday (the Biblical Sabbath) as a holy day of rest, and 2) the fact that we do not eat pork or rabbit according to the law of Leviticus 11.

Most Christians think that with Christ the commandment about the Sabbath (Ex. 20:8-11) was changed into a new commandment to keep Sunday, and that in the new Christian era God has abolished the law about clean and unclean animals of Leviticus 11. This is why, since we continue to keep these laws, we are seen as being Old Testament fashioned and out of the Christian understanding. Is that right?

May it be an excuse?

For some, to refuse any dialogue with the excuse that we are Old Testament based, may simply be a way not to face the true reality of the facts. Instead, they should ask what are the reasons for us to hold on these Old Testament laws even if we are deeply Christians. Unfortunately it is a very common habit to refuse to think about what appears different and strange. This way we will never be able to discover the truth. To these people we cannot say anything: they wouldn't even listen. But for the others who wish to understand and judge with their own wisdom, we try to offer some few facts.

1st fact: The Old Testament was for all peoples, not just for Israel.

It's true that God gave the Old Testament to Israel, but not for Israel only. They had to share it with all other nations and teach them to keep the same laws. Abraham was called to be a blessing for all nations

(Genesis 12:1-3), and the Prophets had in mind a time when all the nations would keep the Sabbath and the other laws of God, as Israel had to do (Isaiah 56:6-8). As we receive Jesus as our own Savior, even if He was promised to Israel, why, in a similar way, shouldn't we receive the laws that God gave them?

2nd fact: The Old Testament was Jesus' Holy Bible.

Jesus was grown in the knowledge of the Old Testament Scriptures which He knew perfectly (John 7:15) and loved with all His heart. He considered them as a way for receiving eternal life, for they were focusing on Him: "You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me" (John 5:39). He clearly stated that He hadn't come to abolish the Old Testament law or its prophets: "Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill" (Matthew 5:17). He prayed that His disciples might be sanctified in the truth that is God's Word (John 17:17), a clear reference to the word of God contained in the Old Testament (by that time no writing of the New Testament had been written).

3rd fact: the Old Testament was the Holy Scripture of the first Christian Church.

The Evangelists, all the Apostles, and all the first Christian Church considered the Old Testament as the revelation of God, not just for the Jews but for all Christians too.

When Jesus appeared to the two discouraged disciples on the way to Emmaus, He didn't try to convince them of His resurrection by saying, "Here I am, alive!" But He opened their minds on the Old Testament Scriptures to convince, by these Scriptures, that He had to die and be resurrected: "Then He said to them, 'O foolish ones, and slow of heart to believe in all that the prophets have spoken! Ought not the Christ to have suffered these things and to enter into His glory?' And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself." (Luke 24:25,26).

The Apostle Paul did the same with the Corinthian Church: "For I delivered to you first of all that which I also received: that Christ died for our sins according to

the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures" (1 Corinthians 15:3,4).

The same apostle solemnly declared: "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (2 Timothy 3:16,17). Let's remember that, while He was writing, the New Testament wasn't yet in existence: the "Scriptures" He was referring to were the Old Testament. So, if the apostle Paul so highly considered the Old Testament Scriptures - and we know how Paul is important for all Maltese people - why should Maltese Christians despise the teaching of the Old Testament?

4th fact: The New Testament doesn't exist without the Old.

It is evident that as Christians, the New Testament holds an extremely high importance. We couldn't be Christians at all without the testimony given by the New Testament Scriptures. But thinking that we can be Christians without the Old Testament is a plain contradiction with the same nature of the New Testament (as we have seen). The New Testament exists because the Old Testament exists. Take away one, and the other disappears. They are like a maisonette. You first build the ground floor (Old Testament) and after, the first floor (New Testament). The first floor will offer you a better vision, it will help you see more faraway, but it would be totally foolish to destroy the ground floor with the excuse that now we have the first, wouldn't it be?

Both the Old and New Testament are God's Word for people who wish to listen. We need both to fully appreciate and understand each one of them. A teaching is not overcome just because it is in the Old Testament: after all, Jesus said that the greatest commandment is that of love, a commandment that God gave just in the Old Testament: "You shall love the LORD your God with all your heart, with all your soul, and with all your strength." (Deuteronomy 6:5). "You shall love your neighbour as yourself: I am the LORD" (Leviticus 19:18).

Synthesis?

The Old Testament is not just a Jewish Scripture. Through Christ and the Apostles it has become a Christian Scripture too, for the gifts of God are for all and not just for the few.

Pastor Giovanni Leonardi

GOD TEACHES

WHO IS THE HOLY SPIRIT?

A good father always wishes to stay with His children, to love and support them. This is why Jesus, the Son of God, became a man: to be the Immanuel, "God with us" (Matthew 1:23).

The problem is that Jesus could not remain for ever with us for He was crucified and after His resurrection ascended to heaven. Nevertheless, before leaving, He promised: "I am with you always, even to the end of the age" (Matthew 28:20).

1) In which sense would Jesus always remain with us?

By this promise, Jesus wished to confirm us of His love and care. Even if away, His heart would always remain with us. He would always work for us: "Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them." (Hebrews 7:25).

But there is another way Jesus is present in our life: through the presence and the ministry of the Holy Spirit.

2) Which promise did Jesus make to His disciples when they were sorry for His forthcoming departure?

Jesus promised: "It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you." (John 16:6).

3) Who is this "Helper", or "Comforter," as others translate?

After a few verses, Jesus calls this Comforter in another way: "However, when He, the Spirit of truth, has come, He will guide you into all truth" (John 16:13). It's then evident that Jesus is referring to the Holy Spirit.

4) What does the Holy Spirit do for us?

A. He helps us understand that we are sinners, that there is a justice and a judgement so that we may repent and go to Jesus to be saved. "And when He has come, He will convict the world of sin, and of righteousness, and of judgement." (John 16:8).

B. He helps us understand what is true or wrong in front of God: "I still have many things to say to you, but you cannot bear them now. However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will

speak; and He will tell you things to come." (John 16:12,13).

C. He gives glory to Jesus by helping us understand His teaching and obey it: "He will glorify Me, for He will take of what is Mine and declare it to you." (John 16:14).

D. He helps us start a new life as children of God: "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God. ... unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. ... The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit." (John 3:3-8).

E. He gives us ability to serve God and our neighbours: "There are diversities of gifts, but the same Spirit. ... But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the

word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills." (1 Corinthians 12:4-11).

F. He gives us the assurance that God is our Father and that He loves us: "God has sent forth the Spirit of His Son into your hearts, crying out, 'Abba, Father!'" (Galatians 4:6. See also Romans 8:15).

5) How can we enjoy the presence of God's Spirit and His help?

We have simply to ask God, with all our heart, with the honest desire too let Him change our life and lead us in the way of God: "If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!" (Luke 11:13)

A controversial issue

Some Christians, especially the Jehovah Witnesses, say that the Holy Spirit is not a divine person but God's divine power. On which Biblical basis can we refuse this?

The word spirit "ruah" in Hebrew, and "pneuma" in Greek may mean anything that is invisible and moving. It may refer to the wind, to the breath, to the mind, to the inner reality of man. In many texts of the Old Testament, "Spirit of God" simply means "God". But there are some facts, especially in the New Testament that show how the Spirit of God is a distinguished personal reality within the Godhead.

A) Even if, in Greek, "pneuma" is a neuter name, there are texts where the pronoun "He" is used, and not "it" as to show that the Spirit is a personal being and not a thing such as an energy (John 16:3,8, 13). In a similar way, when Jesus announces the coming of the Comforter, He uses the masculine, and not the neuter pronoun (John 16:7).

B) The Spirit of God is described as performing actions that only a personal, conscious, intelligent being can perform. Of Him, Jesus says that He will convince the world about sin, justice and judgement; that He is a "Comforter" similar to Himself, that He is "the Spirit of truth", guides in the truth, speaks according to the truth, gives glory to Jesus by announcing what He has heard from Him, announces the future (John 16:7-14). The apostle Paul says that the Spirit of God "works all these things, distributing to each one individually as He wills" (1 Corinthians 12:11). So, it's evident that the Spirit of God has a personal will.

C) Jesus places the Holy Spirit on the same level as the Father and the Son: "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19). Wouldn't it be silly if Jesus meant, "in the name of the Father and the Son and the energy of the Father"?

D) Jesus says that "every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven men. Anyone who speaks a word against the Son of Man, it will be forgiven him; but whoever speaks against the Holy Spirit, it will not be forgiven him, either in this age or in the age to come." (Matthew 12:31,32). Why should it be so if the Spirit were just an impersonal energy or power coming from God? The truth is that the Spirit is a divine Person, the same person that works for our conversion and spiritual growth: lessening His importance puts at risk our own Christian identity and salvation.

NEWS FROM THE WORLD

FRANCE-ITALY: TWO EXTREMES ABOUT RELIGION

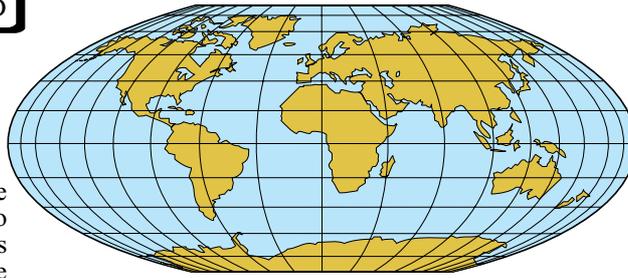
February 2004 has seen France approving a law against all too evident exhibition of religious signs in the public schools. The unchaining cause for this law was the exhibition of the Islamic headwear by Muslim girls.

As Mrs. Letizia Tomassone, a Valdnesian pastor, says, "this law doesn't represent a victory for the laicism of the State. It expresses the new western fear for Islam; fear for the colonization of consciences, fear of losing our individual freedoms and our critical conscience, fear that religion may start again to impose laws in the ambit of the State." But - she asks - may a prohibition solve the problems of a complex society like ours, or will it simply force Muslim girls to abandon public schools and enter their confessional schools, losing this way an opportunity to share and grow in harmony with other cultures and religions?

On our part we express some fears in relation to some Islamic values and attitudes, but we agree that religious people must be free to live and manifest their faith. A modern secular State should not be against religious manifestations, but should have an attitude of respect and neutrality toward all religions.

On the opposite, the Italian parliament has voted a law about the assisted procreation which is heavily influenced by a single religious perspective, that of the Roman Catholic Church. "There is no doubt" - comments Prof. Sergio Rostagno - that the matter needed to be regulated, but it isn't exact to say that the law just approved defends 'all' the subjects. In reality, it focuses on the embryo, a developing reality not well defined on a scientific level" and - we would add - not even on a Biblical basis. "In a state that truly respects honest legality, no obligations or prohibitions should be imposed in homage to a particular point of view."

As Seventh-day Adventists we do not believe in the immission of a spiritual soul in the embryo at a certain mo-



ment of its development. For the Bible, the soul is all the human being, body, mind, and spirit. The idea of a spiritual soul, distinguished from the body, and

Religion shouldn't be an attribute of the State, but the right of each single human conscience. The State should not promote religion but respect it and grant everybody to have and manifest his/her own.

that would give us our human identity, doesn't come from the Gospel, but from the Greek dualistic philosophy and has been accepted by Christianity at a later moment. As a consequence, being faithful to the Biblical perspective, we cannot say that there is a moment when the paternal and maternal cells receive the soul and become a human person. Instead we consider the formation of a human soul as a developing process.

We consider the process of life as a holy reality, and life as something worth of consideration, respect and protection at all the stages of its development. Nevertheless, due the com-

plexity of a corrupted condition of life, it may be wise not to pretend that everybody should be subjected to our religious or philosophical understanding, and a certain tolerance and freedom should be allowed for others' conscience. This is why we are uncomfortable with the French law that doesn't allow personal religious signs in public schools, as with some aspects of the Italian law that imposes on everybody the religious understanding of some. They seem, to us, two opposite realities, both contradicting the principles of true religious freedom.

When we consider the Maltese situation, and we see public schools organizing official Roman Catholic religious representations, we confess that we dream a little of the French situation. But we confidently wait for the day when, in Malta, a total separation between Church and State will be enforced, so that the State may be the common house of all citizens, whatever their faith or culture may be; a State in which all are equal in front of the law, free to live and manifest their own religion, without any privilege and without any undue limitation on the part of the State. We dream of a State that is not religious but just, allowing everybody to have his or her own religion, with reciprocal respect and in harmony and peace with everybody.

Cut and use the prepaid post card, if you wish to communicate with us.

Postage will be paid by Licensee

No postage stamp necessary if posted in Malta & Gozo

BUSINESS REPLY SERVICE N° 243

**ADVENTIST CENTRE
"THE VOICE OF HOPE"
47, MANNARINO ROAD
BIRKIRKARA BKR 08
MALTA**

MISSION STORY

A question of honour

Pauline went to work in a factory in Abidjan, Cote d'Ivoire, in western Africa. The factory worked on Saturdays, so Pauline asked for permission to have the Sabbath off. After a while, her supervisor grew weary of her requests. Pauline decided to speak to the personnel director about her dilemma. Before she went, she fasted and prayed for three days.

She went to his office and explained her problem. He told her, "Life is a choice. You must choose which you wish to keep and which you will toss away, your work or your religion. I attend church, but sometimes I have to work on Sundays. I work first, then I go to confess to my priest."

Pauline explained that no priest or pastor could give permission to break the Sabbath, because God established it. "It is written in the Bible that we are to work six days and rest the seventh day. If we wish to honour God, we must do it His way."

The personnel director slammed his hand down on the desk and shouted, "Are you trying to teach me the Bible? Get out!"

Pauline walked out and closed the door. She stood there and prayed, "Lord, the person who shouts at me is shouting at You. Your will be done."

Later a colleague asked, "Did he give you your Sabbath?"

Pauline answered simply, "God created the Sabbath; he cannot take it from me."

The next day was the Sabbath. When the personnel director saw that Pauline's position was empty, he asked, "Where is she?"

Her colleagues told him, "Since she was hired, she has not worked on Saturday, for it is her Sabbath."

"OK," the boss said. "On Monday she will lose her job."

But when Pauline came to work on Monday, she learned that the personnel director had been fired. When a colleague asked her what she thought, she responded, "God is sending this man away because he refused to honour God's Sabbath. The Lord had the final say in the matter."

Shortly after the personnel director left, the factory stopped working on Sabbaths.

Pauline Tanoh

This is what God says

"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it." (Exodus 20:8-11)

"If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honour Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken." (Isaiah 58:13,14)

Jesus said: "The Sabbath was made for man..." "It is lawful to do good on the Sabbath." (Mark 2:27; Matthew 12:12).



Please, send without obligation, and free
(Mark what you wish)

Next issues of *Il-Lehen tat-Tama* (if you do not already receive it regularly).

The illustrated Bible Correspondence Course "Discover" in 26 lessons.

I would like to have a personal meeting with Pastor Leonardi to know better about your faith and/or discuss some problems.

■ You can use the space below for a question or an opinion. (Card n° 32)

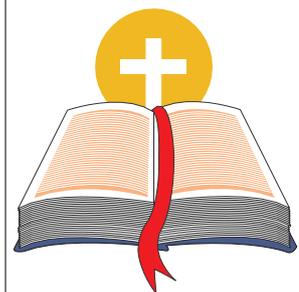
Mr./Mrs./Miss _____

Address: _____

Postcode: _____ Tel. (optional): _____

Jesus said

**"If you love me,
obey my
commandments."**



BIBLE ARCHEOLOGY

GILGAMESH MYTH AND THE ORIGIN OF DEATH

Gilgamesh, the ancient king of Uruk in Mesopotamia, discovered the painful reality of death when his best friend Enkidu died. As all human beings Gilgamesh reacted with pain, protested, and decided to discover the secret of everlasting life.

When the gods, annoyed because of the noise that men were making, decided to destroy humanity through a flood, the god Ea saved Utnapishtin by commanding him to make an ark and take with him some animals. When the flood ended, Utnapishtin remained on a faraway island, for ever free from death but isolated from all the rest of humanity.

Gilgamesh thought that Utnapishtin could reveal to him the secret of everlasting life and started an extremely long and dangerous journey to reach him. All along the way, many people told him: "Gilgamesh, what you look for, you will never find, for when the gods created men, they assigned death to them and kept eternal life only for themselves."

Gilgamesh continued his journey till when he found Utnapishtin, but only to discover that he had been liberated from death only for a special privilege granted by the gods, and that he couldn't reveal him any magic formula to satisfy his wish. "The only way to receive eternal life - he said - "lays in the tree of life, but it grows in the depth of the sea and nobody can reach it." Gilgamesh considered his quest for eternal life so important, that he accepted to risk the one he had and plunged into the deep sea.

What a joy when he could seize the tree of life and take with him one of its branches! Happy for his success and hoping to share eternal life with the rest of humanity, he started his journey back. Tired and hot, seeing some clean water, he left the tree of life' branch on the shore and went to enjoy the freshness of the water. But while he was there, a serpent came and took the branch away. Gilgamesh's courage and pain had been in vain: men had to die because this was gods' will for humanity.

This myth comes from the same time and region from where the Bible Patriarchs came, and it is highly probable that they knew it. It has many similarities with the Bible account of the origin and it is possible that both keep memory of what happened at the origin of humanity. Nevertheless, by the passing of

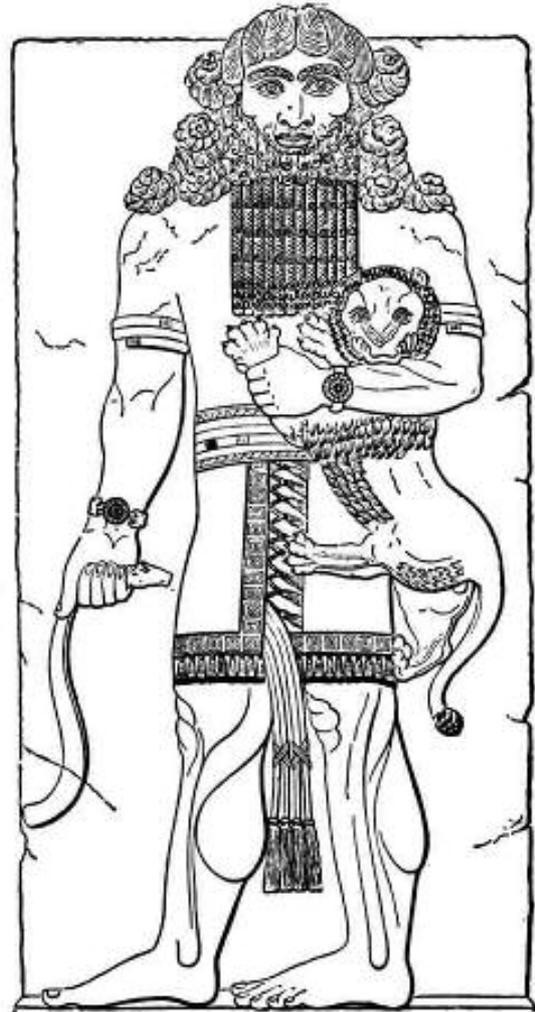
time, the pagan world totally forgot the true character of God and misinterpreted the meaning of what happened. Misinterpreting God, they also lost the true meaning of their own existence.

When Moses, inspired by God, wrote the story of origins that we find in the book of Genesis, he tried to correct the pagan misunderstanding. He says that if men die, this is not because God is jealous of His prerogatives. God didn't create men to die but to live, and the tree of life was not hidden in the depth of the sea, but placed at the centre of the garden of Eden at full disposal of our foreparents. If they lost it, it wasn't because of God's will, but because they trusted the serpent, not the servant of the gods, as in the pagan myth, but God's lying enemy. And the flood came, not for the silly reason that God couldn't rest because of men's noise, but for the moral reason that men had become violent and unjust.

Death and suffering are not God's project for us, but the consequence of our own infidelity to the moral standard of life that God has established.

Nevertheless, since the very first appearance of sin, God promised that one day the serpent, Satan, would be defeated and eternal life would be given to all those who really wish to enjoy it in a condition of love and justice. God promised Adam and Eve that one day a Saviour would come to give His life to save them from death, and when the time arrived, Jesus came, to save them, you and me.

Eternal life, the Bible says, is not the result of our own efforts, or of another human being. It is the gift of God through Jesus Christ: "For God so



Gilgamesh as represented in the palace of the Akkadian king Sargon, at Khorsabad.

loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16). "For by grace you have been saved through faith, and that not of yourselves; it is the gift of God" (Ephesians 2:8).

We do not need to steal the tree of life from God, for God freely gives it to each one of us if we go to Him and honestly ask.

It seems that behind Gilgamesh myth lays a true historic character. What a pity that he didn't know the true face of God and the hope of salvation. He wouldn't have needed to suffer all the pains of his journey, for God was already next to him, ready to listen to his prayer and fulfil it, but he didn't know. We know, and we can live our life with that hope and full confidence that God gives all His children.

LET'S BE HEALTHY

HEALTH AND LIFESTYLE

This situation was serious. I suspected Harold had heart disease. As part of my evaluation, I was now preparing him for a treadmill test. While the nurse and I were hooking Harold up to the heart monitor, he confided: "Doctor, I really don't think it matters how I check out on the test today. We each have a time when we are going to die; that time is set and there is nothing we can do about it."

As I thought about his statement I realized how out of touch Harold was with our current knowledge of the relationship between lifestyle and health. An overwhelming amount of scientific research clearly demonstrates that our daily choices affect our likelihood of living a long and healthy life. I decided to offer Harold an extreme example of how lifestyle choices can affect longevity. "Harold, it may or may not be true that God has already planned the best time for you to die. Let us for a moment, though, assume He did. What then would happen if you committed suicide? Wouldn't you be dying sooner than the time God planned for you to die?"

My point was obvious. However, each day most all of us make decisions that ultimately have a bearing on life and health. We may not commit suicide in a single deliberate act, but we may put harmful substances into our bodies that will prematurely cause death or decrease our quality of life.

Health depends largely on lifestyle

Many erroneously believe that inherited traits (genetic factors) are the primary factors determining their quality of life and how long they will live. For the vast majority of us, our health is primarily dependent on two other factors: (1) what we put into our bodies, and (2) what we do with our bodies. A simple word that encapsulates both of these concepts is "lifestyle." The good news is that even though we cannot change our genetics, we can change our lifestyle. Those lifestyle choices can prevent or forestall the development of diseases for which we are genetically predisposed. Regarding the most common diseases, Dr. Lamont Murdoch of Loma Linda University School of Medicine has put it aptly: "faulty genetics loads the gun, lifestyle pulls the trigger."

I have often wondered why people take better care of their cars than their bodies. I have yet to meet a person who said, "God has a plan as to when my car should 'die,' and I do not need to worry about it. I don't need to check or change the oil, or perform any routine maintenance. And I don't need to worry about the type of gasoline I use." We recognize the necessity of proper care to get the longest life and best performance out of our automobiles. When will we realize that proper care also gives our bodies the longest life and best performance?

What are the root causes of death? When someone dies with a heart attack, stroke, or other fatal condition, what really caused that fatal disease at that time in a person's life? Researchers McGinnis and Foege recently analyzed the root causes of what Americans die from and published their findings in the Journal of the American Medical Association. The nine leading causes of death were largely related to lifestyle choices: what we put into our bodies and what we do with our bodies. These causes are illustrated in Figure 1.

All of the factors with asterisks are directly impacted by lifestyle. The total of these factors is about 1.25 million, which is over half of the total number of deaths in America each year. We see that the root causes of death are largely unhealthful lifestyles. As surprisingly high as this total is, it may greatly underestimate the total number of

lifestyle-related deaths. Many deaths due to infectious diseases are caused by an immune system that is weakened by a poor lifestyle. Also, the researchers listed only the deaths that could be attributed to known lifestyle factors. As we continue to learn more about lifestyle and health, we likely will discover how other lifestyle choices could prevent still more deaths. Nonetheless, the figures demonstrate that the number of premature deaths would be dramatically decreased if we would be willing to replace all of their harmful lifestyle factors with helpful ones.

There would be benefits even beyond the reduction in premature deaths. Quality of life would improve, as diseases would strike less frequently at any given age. You can help to change these statistics by joining the growing number of Americans who are focusing on healthy lifestyle choices to attain the highest quality of life and optimal longevity.

Prevention is the key

Today, a wealth of scientific research has confirmed that most of the leading causes of death are preventable.

C. Everett Koop, M.D., Sc.D, former Surgeon General of the United States, produced the first Surgeon General's Report on Nutrition and Health in 1988. It was based on an exhaustive review of the scientific literature. He concluded that "dietary excess and imbalance" contributed significantly to eight of the leading killer diseases in our country.

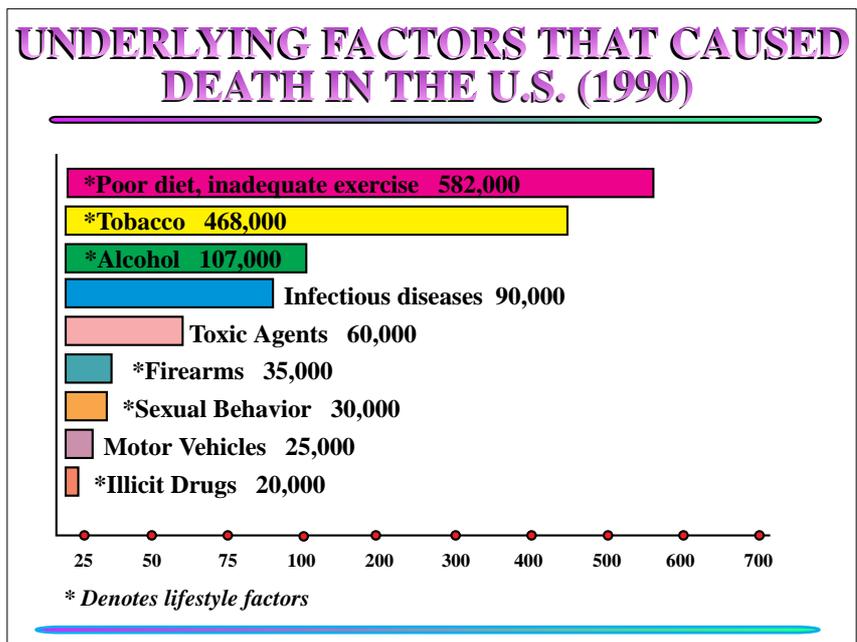


Figure 1.

Longevity studies related to lifestyle

Just what are these lifestyle factors that will help us to live a longer life? Drs. Nedra Belloc and Lester Breslow were among the first researchers to present a convincing answer. In their classic study of nearly 7000 individuals living in Alameda County, California, they found that there were seven lifestyle factors that influenced how long people lived. These factors are listed in Figure 2. The number of these habits that an individual followed made a tremendous impact on their longevity. After nine years, the number of healthful lifestyle practices a person followed was directly related to the likelihood of dying. Only about 5 percent of men and women who followed all seven health habits died in the nine year period, compared to 12.3 to 20 percent who followed three habits or less.

Another way of looking at the impact of lifestyle on longevity is by considering something referred to as "health age." As an example, a 50-year-old who embraces enough healthful lifestyle factors may have the same health or physiologic age as the average 35-year-old person. We could say that this individual has a "health age" of 35. On the other hand, another 50-year-old who had no regard for a healthful lifestyle may have a much older health age, perhaps as high as 72. In other words, a person's health age can be lower or higher than the actual chronological age, depending on the number of lifestyle factors adopted.

Health age tables have been created from the Alameda County statistics. They cover the chronological age range from 20 years to 70, and are based on the same seven health habits listed in Figure 2. You can see such a table in Figure 3.

You can use this figure as a guide to get a feel for your own health age. For example, assume that you are an average 40-year-old Alameda county resident. If you are following only two of the seven Belloc and Breslow's health habits, your health age is 40 plus 19.4, or about 59, indicating a dramatic shortening of your life expectancy. You would have the same life expectancy as the average individual 19 years older. If you continue the same lifestyle for 10 more years, when you are 50 your health age will be 50 plus 22, or 72. At age 40, you had a 19-year health handicap, but at age 50, the handicap will even be worse by 3 years. In 10 years you will age 13 years!

On the other hand, if you, at 40, are consistently following all seven of

BELLOC & BRESLOW'S SEVEN HEALTH FACTORS FOR LONGEVITY

1. Sleep 7 to 8 hours 
2. No eating between meals 
3. Eat breakfast regularly 
4. Maintain proper weight 
5. Regular exercise 
6. Moderate or no use of alcohol 
7. No smoking 

Figure 2.

Belloc and Breslow's health habits, your health age is only 27 (40 minus 12.9). Furthermore, at age 50 your health age will be only 35. In 10 years, you will only age 8 years! The concept of health age illustrates how much our

lifestyle can either hasten or slow the aging process.

Dr. Neil Nedley, M.D. (adapted from Proof Positive).

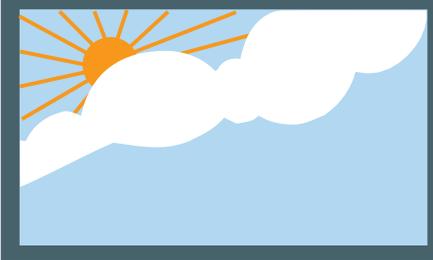
HEALTH AGE RELATED TO LIFESTYLE HABITS

For men and women

Age	Habits 0-2	Habits 3	Habits 4	Habits 5	Habits 6	Habits 7
20	+14.3	+7.4	+0.5	-1.1	-4.2	-9.4
30	+16.9	+9.1	+3.0	-0.6	-4.7	-11.1
40	+19.4	+10.7	+5.4	-0.1	-5.2	-12.9
50	+22.0	+12.4	+7.9	+0.3	-5.7	-14.7
60	+24.5	+14.0	+10.4	+0.8	-6.2	-16.4
70	+27.1	+15.7	+12.8	+1.3	-6.8	-18.2

Figure 3.

Life is always a promise of a new better day for those who look at their future and to the future of the world with God's eyes.



FAMILY LIFE

THOUGHTS FOR A HAPPY MARRIAGE

Make Christ first and last and best in everything. Constantly behold Him, and your love for Him will daily become deeper and stronger as it is submitted to the test of trial. And as your love for Him increases, your love for each other will grow deeper and stronger.

Though difficulties, perplexities, and discouragements may arise, let neither husband nor wife harbor the thought that their union is a mistake or a disappointment. Determine to be all that it is possible to be to each other. Continue the early attentions. In every way encourage each other in fighting the battles of life. Study to advance the happiness of each other. Let there be mutual love, mutual forbearance. Then marriage, instead of being the end of love, will be as it were the very beginning of love. The warmth of true friendship, the love that binds heart to heart, is a foretaste of the joys of heaven.

All should cultivate patience by practicing patience. By being kind and forbearing, true love may be kept warm in the heart, and qualities will be developed that Heaven will approve.

Counsel to a strong-willed couple

Do not try to compel each other to do as you wish. You cannot do this and retain each other's love. Manifestations of self-will destroy the peace and happiness of the home. Let not your married life be one of contention. If you do, you will both be unhappy. Be kind in speech and gentle in action, giving up your own wishes. Watch well your words, for they have a powerful influence for good or for ill. Allow no sharpness to come into your voices. Bring into your united life the fragrance of Christlikeness.

Express love in words and deeds

There are many who regard the expression of love as a weakness, and they maintain a reserve that repels others. This spirit checks the current of sympathy. As the social and generous impulses are repressed, they wither, and the heart becomes desolate and cold. We should beware of this error. Love cannot long exist without expression. Let not the heart of one connected with you starve for the want of kindness and sympathy. . . . Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of being appreciated is a wonderful stimulus and satisfaction.

Sympathy and respect encourage the striving after excellence, and love itself increases as it stimulates to nobler aims.

The reason there are so many hardhearted men and women in our world is that true affection has been regarded as weakness and has been discouraged and repressed. The better part of the nature of persons of this class was perverted and dwarfed in childhood; and unless rays of divine light can melt away their coldness and hardhearted selfishness, the happiness of such is buried forever. If we would have tender hearts, such as Jesus had when He was upon the earth, and sanctified sympathy, such as the angels have for sinful mortals, we must cultivate the sympathies of childhood, which are simplicity itself. Then we shall be refined, elevated, and directed by heavenly principles.

Too many cares and burdens are brought into our families, and too little of natural simplicity and peace and happiness is cherished. There should be less care for what the outside world will say and more thoughtful attention to the members of the family circle. There should be less display and affectation of worldly politeness, and much more tenderness and love, cheerfulness and Christian courtesy, among the members of the household. Many need to learn how to make home attractive, a place of enjoyment. Thankful hearts and kind looks are more valuable than wealth and luxury, and contentment with simple things will make home happy if love be there.

The little attentions count

God tests and proves us by the common occurrences of life. It is the little things which reveal the chapters of the heart. It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words, and the little courtesies of life,



A joyful family is not a dream, but a reality that we can build with love, patience ... and God's help.

which helps compose the sum of life's wretchedness. It will be found at last that the denial of self for the good and happiness of those around us constitutes a large share of the life record in heaven. And the fact will also be revealed that the care of self, irrespective of the good and happiness of others, is not beneath the notice of our heavenly Father.

A husband who failed to express affection

A house with love in it, where love is expressed in words and looks and deeds, is a place where angels love to manifest their presence and hallow the scene by rays of light from glory. There the humble household duties have a charm in them. None of life's duties will be unpleasant to your wife under such circumstances. She will perform them with cheerfulness of spirit and will be like a sunbeam to all around her, and she will be making melody in her heart to the Lord. At present she feels that she has not your heart's affections. You have given her occasion to feel thus. You perform the necessary duties devolving upon you as head of the family, but there is a lack. There is a serious lack of love's precious influence which leads to kindly attentions. Love should be seen in the looks and manners and heard in the tones of the voice.

A disappointing, self-centred wife

The moral character of those united in marriage is either elevated or degraded by their association; and the work of deterioration accomplished by a low, deceptive, selfish, uncontrollable nature is begun soon after the marriage ceremony. If the young man makes a wise choice, he may have one to stand by his side who will bear to the utmost of her ability her share of the burdens of life, who will ennoble and refine him, and make him happy in her love. But if the wife is fitful in character, self-admiring, exacting, accusing, charging her husband with motives and feelings that originate only in her own perverted temperament; if she has not discernment and nice discrimination to recognize his love and appreciate it, but talks of neglect and lack of love because he does not gratify every whim, she will almost inevitably bring about the very state of things she seems to deplore; she will make all these accusations realities.

Characteristics of a companionable wife and mother

Instead of sinking into a mere household drudge, let the wife and mother take time to read, to keep herself well informed, to be a companion to her husband, and to keep in touch with the developing minds of her children. Let her use wisely the opportunities now hers to influence her dear ones for the higher life. Let her take time to make the dear Saviour a daily Companion and familiar Friend. Let her take time for the study of His word, take time to go with the children into the fields and learn of God through the beauty of His works.

Let her keep cheerful and buoyant. Instead of spending every moment in endless sewing, make the evening a pleasant social season, a family reunion after the day's duties. Many a man would thus be led to choose the society of his home before that of the clubhouse or the saloon. Many a boy would be kept from the street or the corner grocery. Many a girl would be saved from frivolous, misleading associations. The influence of the home would be to parents and children what God designed it should be, a lifelong blessing.

Married life is not all romance; it has its real difficulties and its homely details. The wife must not consider herself a doll, to be tended, but a woman; one to put her shoulder under real, not imaginary, burdens, and live an understanding, thoughtful life, considering that

there are other things to be thought of than herself. . . . Real life has its shadows and its sorrows. To every soul troubles must come. Satan is constantly working to unsettle the faith and destroy the courage and hope of every one.

Counsel to an unhappy couple

Your married life has been very much like a desert—but very few green spots to look back upon with grateful remembrance. It need not have been thus.

“Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.” (The Apostle Paul)

Love can no more exist without revealing itself in outward acts than fire can be kept alive without fuel. You, Brother C, have felt that it was beneath your dignity to manifest tenderness by kindly acts and to watch for an opportunity to evince affection for your wife by words of tenderness and kind regard. You are changeable in your feelings and are very much affected by surrounding circumstances. . . .

Leave your business cares and perplexities and annoyances when you leave your business. Come to your family with a cheerful countenance, with sympathy, tenderness, and love. This will be better than expending money for medicines or physicians for your wife. It will be health to the body and strength to the soul. Your lives have been very wretched. You have both acted a part in making them so. God is not pleased with your misery; you have brought it upon yourselves by want of self-control.

You let feelings bear sway. You think it beneath your dignity, Brother C, to manifest love, to speak kindly and affectionately. All these tender words, you think, savor of softness and weakness, and are unnecessary. But in their place come fretful words, words of discord, strife, and censure. . . .

You have not the elements of a contented spirit. You dwell upon your troubles; imaginary want and poverty far

ahead stare you in the face; you feel afflicted, distressed, agonized; your brain seems on fire, your spirits depressed. You do not cherish love to God and gratitude of heart for all the blessings which your kind heavenly Father has bestowed upon you. You see only the discomforts of life. A worldly insanity shuts you in like heavy clouds of thick darkness. Satan exults over you because you will have misery when peace and happiness are at your command.

Mutual love and forbearance rewarded

Without mutual forbearance and love no earthly power can hold you and your husband in the bonds of Christian unity. Your companionship in the marriage relation should be close and tender, holy and elevated, breathing a spiritual power into your lives, that you may be everything to each other that God's word requires. When you reach the condition that the Lord desires you to reach, you will find heaven below and God in your life.

Remember, my dear brother and sister, that God is love and that by His grace you can succeed in making each other happy, as in your marriage pledge you promised to do.

Men and women can reach God's ideal for them if they will take Christ as their helper. What human wisdom cannot do, His grace will accomplish for those who give themselves to Him in loving trust. His providence can unite hearts in bonds that are of heavenly origin. Love will not be a mere exchange of soft and flattering words. The loom of heaven weaves with warp and woof finer, yet more firm, than can be woven by the looms of earth. The result is not a tissue fabric, but a texture that will bear wear and test and trial. Heart will be bound to heart in the golden bonds of a love that is enduring.

Ellen G. White

(Ellen G. White - 1827-1915 - was one of the main pioneers of the Seventh-day Adventist Church, an appreciated educator and writer. Most of all the quotations we have offered are taken from articles or from letters addressed to true individuals. They are collected in the book “The Adventist Home”. If some readers would like to read this book, we will be happy to lend a copy for the necessary time.)

CHRISTIAN LIFE

Some counsels and prayers for worrying marriages

- 1 Consider your marriage a gift of God, to be cherished, protected and enjoyed.
- 2 Work with God to make of your marriage a happy reality, for God is already working for that.
- 3 When there is a problem, never put under discussion your marriage. You have promised everlasting love whatever may happen, haven't you? So be consistent!
- 4 When there is a mistake on the part of your partner, never say "never" or "always", because it is never true. Limit the problem to what has happened, do not make of it an all over involving reality.
- 5 When there is a problem, discuss the problem, not the person.
- 6 Do not pretend to discuss all problems. They risk making your life a continuous war. Instead, be merciful and understandable. Maybe you will lose an opportunity of victory, but both of you will be winners, which is much better.
- 7 Never criticize your partner in front of others, and if it is possible try to reduce as much as possible even private criticism: flowers need sun, but too much kills them.
- 8 Husbands, do not get tired of telling your wives, "I love you." This is the fuel that gives power to the engine of their hearts. (Wives can do the same for their husbands, can't they?)
- 9 Wives, when your husbands come home, do not overcome them at once with all your problems. Give them time to relax. Help them feel that your home is a place of rest, after the difficult life outside. (Maybe even husbands can try to understand that their wives may have problems too!)
- 10 Do not expect from your partner more than he/she can offer. As a matter of fact, you didn't marry a genius, a superman or a superwoman, but a person with limits; and if you didn't realize that before you were married, you can now change the problem into a blessing by being patient and loving.
- 11 Do your best to satisfy your partner's expectations, without renouncing your dignity and honesty, but offering all that you can in God's name.
- 12 At the end, the key for your joy in your marriage is nothing else than giving a little joy to your partner. When you do it, you receive much more in exchange for it is written: "Give, and it will be given to you" (Luke 6:38).
- 13 May your love for your partner, reflect God's love for each one of us.
- 14 May the happiness of Christian couples be of encouragement to all young people to form happy Christian families themselves.
- 15 May God bless each family and may they have joy in the Lord, for now and for all eternity.

Ancient wisdom
is always modern

Drink water from your own cistern,
And running water from your own well.

Should your fountains be dispersed abroad,
Streams of water in the streets?

Let them be only your own,
And not for strangers with you.

Let your fountain be blessed,
And rejoice with the wife of your youth.

As a loving deer and a graceful doe,
Let her breasts satisfy you at all times;
And always be enraptured with her love.

For why should you, my son,
be enraptured by an immoral woman,
And be embraced in the arms of a seductress?

For the ways of man are before the eyes of the LORD,
And He ponders all his paths.

His own iniquities entrap the wicked man,
And he is caught in the cords of his sin.

He shall die for lack of instruction,
And in the greatness of his folly he shall go astray."
(From the Bible book of Proverbs 5:15-23)



Il-Lehen tat-Tama is published and distributed free of charge, every two months, by the Seventh-day Adventist Church in Malta, as a friendly testimony of our Christian understanding of God's Word. Legally registered (18 September 1998). Editor G. Leonardi. Legal editor and publisher C. Mallia. You may apply for a free subscription, writing to "The Voice of Hope", 47, Mannarino Road, Birkirkara BKR 08. E-mail: "adventis@global.net.mt". ☎ 99 835 030. If you would like us to send this Newsletter to your friends, just let us know. **Credits:** Except when specified, the Biblical texts are quoted from the New King James Version. Printed by Lombardi Press, Sliema. We express our gratefulness to Miss Rosalie Chetcuti for her proof-reading.