

SIATANIDE

Babilision



By Joe Crews

Death in the Kitchen
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Babilsion

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BAK 1

Be-en An-senge Dongani— Mongsonggipa Gisiko Nangani

Adita bilsirang re-angaha, Americani badiaba songjinmao sandie niani dongao sing-ani ming 156 ko aganchaktokaha Dal-gimin manderangni gisiko nangania be-en an-senge donganini gimin ong-achim—politics na ong-ja, itihasma ba gam man-namangmang, ba sal ding-a ba sin-ani giminba ong-jachim—indiba be-en an-senge donganina, uamangni an-senge dongani aro nokdangni be-en an-senge dongani giminsa ong-achim. Da-ode an-chinga mairongpilgipa dingtange chanchigipa chasongo janggi tangskaengaha! Da-o doctorang, hospitalrang, samrang; saaniko simsakna u-ibatanirang, sanani, capsule rang aro vitaminrang bang-batahachim; indiba saanirang mandeni nokdangrango batbaskaengaha.

Millionni manderang uamangni ong-gija janggi tangani bewalni a-sel aro namgijagipa cha-a ringarangni a-sel saaniko man-tokenga. An-chinga ia namgijagipa a-gilsako saknae

janggi tangenga. Sagiparang aro sabisiko man-giparangni grapanirang an-chingni songo noko ong-rongbewal ong-e dongtokenga. Sana banani aro be-enko an-senge rakkiani cholrangko dake on-giminrang dongahaoba be-en an-senge dongna man-gijanian manderangna dal-batgipa neng-nikani ong-engkua.

Maina mandea somoi ong-na skang sin-inga uko Sastroo altuae aganchaka. Isolni Re-ongkata 15:26 o mikrakatanina gisiko nangenchimode millionni manderang da-o sianggi-parang tange dongtokkugenchim: “Na-a Jihova nang-ni Isolni ku-rangko namedake knachakode, aro Uni nikanio srongako dakode, aro nang-ni nachilko Uni ge-etanirangna nachil songode, aro uni pilak niamrangko maniode, Eyptrangni kosako angni dongimin pilak saarangko nang-o donjawa; maina Angan Jihova, nang-ko an-sen-gatgipa ong-a.”

Ia kattarangko ma-sina altuaa, aro iako ja-rikode je mandeba an-tangni sae signiko ra-dona man-aigenchim. Be-en an-senge dongchina Isolni on-gimin niamrangko maniani-chi sabisichi nen-g-nikanirangko man-aoniko

chelchaksona aro gelsona man·a. Ia podoniko ma·sina man·a je, sabisi sokgropanichi jinma manderangko gopramona sokatna Isolni skani ong·ja. Ua an·chingni be·en an·senge donganiko nangnika—an·chingni be·en aro gisikni an·senge donganiko nangnika.

Da·aloha an·chinga maina duk aro sabisirangko man·tokenga. Dal·batgipa bakde bang·bata manderangan Isolni be·en an·senge dongchina on·gimin niamrangko manijaenga. Ong·at·giminrang maikai niam gita daktokenga, uandake an·chingni be·en bimangna on·sogimin niamrangba ong·tokenga. “Mande jeko sata, ukon ua ragen” (Galatirangna 6:7). Mande nokkingoni ga·akbaode, ong·rongbewal niam gita ua a·aona ga·akbagen. Ua mande me·a ba me·chik ong·oba, man·e cha·oba kangal ong·oba a·aona soke ga·akbagen, aro ua saknaako man·gen ba sigen. Uandake an·ching be·en an·senge dongna on·gimin niamrangko manijaode, saa aro siaona sokninggen ine u·isona man·a.

Maiaba a·sel dongani giminsa saa ong·kata. Jerangan Isolni ku·patianiko poraie da·o a·gilsako sabisirangni gimin u·ie ra·anio mamung ning·tua

u·igijani dongja. U·ie sangiparang kensar saani baribatenganina a·selko u·ijae aiao inmana. Bang·a sabisirangkon komiatna man·aha, mita·mkode gimaatnaba man·aha, indiba kensar man·giparangde bariasa baribaenga. Tangka pai·sako bang·bee chame sandie niani bang·ahaoba ia kenbegnigipa sabisini dal·rorobaenganikode champengatna man·kujaenga.

Americani manderangni sada jakkalan·iko niate ka·sopni kensar sabisini bariroroani gimin altuae u·iatna man·a. Sada ringani bisiko ka·donge galna, “Anga ringjawaha,” ine mik·songaniko dakjaskalde ka·sopni sabisi bariro·roaikugen, indiba kensar man·giparangoni bak gittamni baksade okni kensar ine bang·gija mandersangan u·iaia. Aro kensarni adhade cha·aniko hojom ka·atgipa bibik, ka·kit aro bi·karangko man·chape kensar sabisiko man·giparang ong·a.

Maina kensar saa uko an·ching a·selko rongtale u·ia. Ka·sopde sada ringani wal·kusini dakrangni a·sel ong·a, una agrede gipin kensar saanide okni a·sel ong·bata. Okan pilak be·enni organrangna bate ong·gija jakkalaniko man·bata. Dr. Jacob Ewing, American Cancer Society ko bikotdilgi-

parangoni saksa, Cancerko Chelchaksoani ingipa seanio iako seaha: “Okko agre kam ka-atjringan nian okni kensarko bariata, aro ok bilakpagijagiparangde ua apsan jakkalsretanichi biljimaniko man·bata. Ia minggnion okko agre kam ka-atdugaani ong·a ine nikna nanga. Okningni bakara tama silni ok ong·ja, indiba nom·gipa ritingsa cellrangchi dakgiminsa ong·aia. Ia sandie nikanoniko skie ra·anide, sabisirangko komiatna aro janggi tangbangnade okna agre bojako on·gijanian ong·aia.”

Americani me·a, me·chik aro bi·sarangni okningchi maia napanga uko niknade namen misilgni ong·pila. Dal·batgipa dake nianide,ua cha·nia cha·toama, ba cha·mano okna boja ong·jawama uko niani ong·a. Aiao inmanani ong·nanangja, a·songni manderangoni adhade mildugagiparang ong·toka, aro uamang bilsiprako million gittam dollarrangko an·tangtangko sanna aro exercise dakani bosturangko brena koros ka·tokenga.

Aiao inmanani ong·chongmotgipa kattade, gimikko hisapgope nion Americani mande saksa pound 1,488 ko bilsiprako cha·a. Ian nangana

bate cha·ani ong·achim, iani a·sel adha million manderangde bilsini salantian hospitalo dongtokgiparang ong·aha. Siningania cha·a namgijani giminsa ong·a—DEATH ingipa kattani ning·o EAT ingipa katta napchape dongako na·a u·iachimma?

Paul Bragg, song·a chanani ingipa an·tangni mingsinggipa ki·tapo indine sea: “Manderangko nigopate nion, manderangoni adhade an·tangtangni cha·anichi bisiko salantion an·tangtangni be·eno chipatenga. Bang·bata manderangan an·tangtangni mikronchisa cha·a. Cha·aniko nitoe nikode uara be·enna namgipa ong·ama, siatgni bisi ong·genma ukode chanchigija name nikana cha·ataia. Bang·gija manderangsan uamangni be·enko bilake name rakkigen uko u·ie, maidakgipa cha·ani uamangna nama uko baseaia. Atchiaoni budepa buchuma ong·aonaba mitam manderangde ong·rongbewal song·a ritani namanikon cha·tote nikuja. An·chingni sre-rang chasong somoina ong·ronggija cha·anikosa cha·totman·aia, indake srerang namgijana nosto ong·atako man·aha. An·chingoni bang·batan dakdapgija song·a chananio su·uanikode cha·-

toten nikuja. Uamangni nikaniode cha-an-
 ikoa name song-na nanga, brinna nanga, nat-
 kningna, ginchi dakatna, ritna, bek ka-na, achar
 dakatna, ripingna baiatna, kari nangatna, krim
 donna, ran-atna, ding·ao angna, to jo·krapna,
 to jimatna, mosla brinna, mesengatna, ripona,
 so-na, bnekatna, dol-na, cha-toatna, to nongna,
 soatna, name wingwingna, chi-atna, similatna,
 mesengchitatna, bigil galna, rasemsemna, chi
 bibachi minatna, rong silatnarang nanga ong-ja-
 ode, man·e cha·gipa aro skia man·gipanade uade
 cha·anian ong·kuja.” Unikode ua indine agan-
 dapata: “Skia bida donggipa mande Isol una mai
 cha·aniko on·aha ukode chu·ongnikgija, cha·na
 man·na skang ua cha·aniko maidake tobatatna
 man·gen ukosa dakchenga.”

On·tisan aiao inmanani ong·aia, je aspi-
 rin ton 5 ko salantian United Statesni man-
 derang salantion minoktokenga. National
 Observero serikani gitade, ian tablet ronggni aro
 rongsani bakbrini baksa (4¼) sakprak me·asa,
 me·chik aro bi·sarangna tika, aro uarangko salan-
 tian minoktoka. Nang·na tikgipa ronggni aro
 bakbrini baksa tablet nang·na tikjahaode, saoba

an·tangna tikan baksa nang palko ra·e dunagni minokaha ine u·iaibojok!

Ong·ronggijagipa obostarangoni mingsara, Americani manderangde be·en an·senge donganinade simsakorongja. Pilak bobilna bateba uamang sabisinade kensoa, indiba tue sakujana kingkingde uamang be·en an·senge donganinade gisik nangsoja. Saako sananina bilsiprako koros ka·ako hisape nion, korosni ritchaprako 95 de saako sanani koros ong·a aro 5 de sagnina samko bree ringsoani ong·a. Indake saahaosa samko jakkalaniko name dakenga ine aganna man·ja, indiba bang·bata manderangan be·en an·senge donggninade simsaksoani dongja.

Ian Spainchina biap nina songreanggipa manderangni golpoko angna gisik ra·atani ong·a. Uamang itihaso mingsinggipa biaprangko nirorona re·angahachim. A·bri kosakchi donggipa skangni gitcam kamalrangni dongramko uamang nina re·angna skengachim. Uchina sokangnade buduchi saldona nanggipa bakososa saldoangako man·na nangachim. Bakosko kamalrangsa (monk) saldoachim. Re·pilbaani somoio uamang bakoso dingonatako man·na gita bakoso

gadotokon, dingonatgipa buduni chotnasiengan-iko nikahachim. Uni gimin uamang uano kam ka-gipa kamalo indine sing-aha, “Badita somoirangni gisepo na-simanga indaka budurangko bodola?” Aro dingonatnasigipa kamal indine aganchakaha, “Chottomman-a changantion chinga bodola.” Indake aganchakania ua dingonatako man-enggipa manderangnade kusini katta ong-jaengachim.

Be-en an-senge donganiko sandie nigiparang bate bate uamang u-iroroenga je, an-ching jeko cha-a uan an-chingni be-en an-senge donganina pangchakani ong-a. An-chingni be-en bimangara an-ching maiko cha-ata uachisa be-en bimangko kam ka-ata. An-chingni an-chi ja-dilrangni name kam ka-ani, an-chi aro grengrangni name donganiara maidakgipa cha-aniko an-ching cha-enga uarangosa pangchaka. Skangni gitcam agan-me-apao indine bebekon agana: Millionni manderang an-tangtangni wagamrangchi an-tangtangna gopramko cho-soenga.

BAK 2

An·chingni Be·en Bimanga

An·chingni Ong·ja

Ia somoio saobarangde iara torom ra·ani baksa
 mai bak donga ine chanchiani ong·katengnaba
 donga. Angni dakbewalrangni gimin Isolara mai
 bak dongea? Be·entangko simsakania mande
 an·tangni kam ong·jama? Ian namgipa sing·an-
 irang ong·a, aro iana simsakgija dakna nangja.

Rasong gnange ia sing·anirangna Isolni
 aganchakani donggija an·chingko watgalja.
 “Uni gimin na·simang cha·oba ringoba, jeko
 dakoba, pilakkon Isolni rasongna dakbo”
 (1 Korinthirangna 10:31). Ian aiao inmanani
 ong·jama? Isol an·chingni chonchona kamrangna
 simsaka aro maiko cha·atenga ringatenga uarang-
 koba niroka. Mandeni be·en bimangara Isolni
 dakmano skatang kam ka·aigipa ong·ja ine Sas-
 troo paraka. An·tangni nokgipa ong·aniko Isol
 rakkiengkua, aro an·chingni be·enko An·tangni
 ine kangengkua.

Watata Paul indine sea: “Na·simangni be·en
 na·simango donggipa Isoloni na·simangni

man·gimin Gisik Rongtalgipani torom nokdring ong·a ine na·simang u·ijama? Aro na·simang an·tangtangni ong·ja, maina na·simangko damchi breaha. Uni gimin na·simangni be·enrango Isolko rasong chaatbo” (1 Korinthirangna 6:19, 20). Ia kattaranga an·chingni be·en bimangna sim·sakanian toromni gitasan ong·aija, indiba a·gil·sako dongengmitingo dakna nanggniba ong·aha. An·chingni be·en bimangko an·ching jakkaloba uara an·chingni be·en bimangde ong·ja. Saniba gamko an·chingde jakkalgipasa ong·aia.

Darang mandeba indine aganna nangja, “Angni be·entang, anga jekoba dakgen, jeko daknaba angni skasa.” Gisik Rongtalgipani don·gramko Una dongna on·gija skatang dakania Iso·loniko ra·seke ra·gipa ong·a.

Mondoli aro sakantikon man·chape Paul indine agana: “Na·simang Isolni torom nokdring ong·a, aro Isolni Gisik na·simango donga ine na·simang u·ijama? Saoba Isolni torom nokdringko gimaatode, Isol uko gimaatgen, maina Isolni torom nokdring rongtala ong·a, aro na·simang uan ong·a” (1 Korinthirangna 3:16, 17). Isolni

gamko nosto ka·anina ua jringjrotna gimana man·a.

Indiba manderanga an·tangtangko maikai simsake donna u·igen? Na·a iako u·ina aiao inmanjama je, bang·a ma·a paarangan an·tangtangni do·ona, achakna simsakba u·ibata, indiba dedrangni nanganinade simsakna u·ija? Bang·a manderangan an·tangna aro uni nokdangni nanganina bate an·tangni garini nanganikosa u·ibataia! Maina manderanga indakpile rongtalgipa be·en bimangko simsakna gisiko nangja? Sastroo dongimin niamrang gita be·en bimangko simsakchina, rippingchina Sastro skia. Golmalde, bang·a Americani manderangan an·tangtangni cha·na skanikosa ja·rikaia.

Sastroo maidake be·en bimangko simsakna aro cha·na ringna skia? Isol indine sing·a, “Na·simang maini gimin cha·ani ong·gijagipana tangkako, aro okkaatgijagipana nang·ni game man·ako koros ka·a? ... Na·simang namako cha·bo, aro milatanio nang·ni janggi an·tangko ka·srokatchina” (Isaia 55:2). Aro maia nama uko maidake u·igen? Beben, uan togipa aro similgipa cha·anide ong·janaba donga. Bang·bata Ameri-

cani manderangan, okkriaahaode an·tangtangni koros ka·na ra·anggipa jolonggarango jerangkon TV rango aganata uaranko gape jolunggao ra·batoka. Uaranko maichi taria uaranko nigijaan, toana aro nitoana uamang cha·aia. Do·o bi·sarangni ma·gipani du·atako cha·na ku·angagita uamang jekoba an·tangtangni ku·sikomamungkoba chanchigija sikbolbolataia.

BAK 3

Be·en Bimangko Dakgipani Manual

An·chingni be·en bimang ning·tue aiao inmanpile kam ka·gipana maia nama uko u·inade an·chingni be·en bimangko dakgipao sing·e ra·an nambata. Dakgipasa an·tang dakgiminna maia nama maia namja uko u·ibata. Gari tarigiparang pangnan an·tangtang tarigimn garirangko maikai jakkalna nanga uko ki·tap see on·ronga. Uko ja·rikosa garirang name re·a.

Isol mandeko dakon, maiko cha·e be·en bimangko name rakkina nanga ukoba aganmanaha. A·bachenga 1:29 o ku·patianiko nibo, “Nibo, anga a·a gimiko donggipa pilak bitchri

gnanggipa sam, aro ma·manti bitchri gnanggipa bite nanggipa bolko na·simangna on·aha; ua na·simangna cha·ani ong·gen.” Iana bate nambatgipa cha·aniko darangba on·dapna man·jawaha. Bitchilrang, biterang, mi aro me·su samjakrang nambatgipa cha·ani ine nutritionist rang (nambata cha·ania maia uko sandie nigiparang) nikenga.

A·bachengo ong·atgipa jekon Isol cha·na mandena on·ahachim uko cha·na darangba sikgija dakna nangja. Da·alo, papni saoni bariano, an·chingni be·en bimangrang chonbataha aro bilgribataha, indiba darangba Isolni on·a cha·aniko namja ine jerikitnagipa mande dongkuja.

Ia skanggipa cha·na on·gipa cha·anioni Americani manderang maikai dingtangangaha niate nibo. Da·alo bang·a manderangni cha·gipa pileto protein aro carbohydrate bang·gipa be·enrangan gapaia. A·bachengode Isol matburingni be·enke cha·china aganian dongjachim. Chi dubiani·chi pilak me·su samjakrang gimaatako man·ani ja·manosa matburingni be·enke cha·china Isol agannahachim—indiba badiaba matburingni be·enrangosan on·aiaha. Isol ia skianiko Noana

on·aha: “Na·a marang gri jilani, ma·prakoniko jikse sni sni, marang gnang jillani jikseprak” (A·bachenga 7:2).

Iako u·ina gualnabe je, badia matburing rongtala aro badia marang gnanggipa uko Isol mandeni dongna a·bachengaonin uarangko parake on·manahachim. Bang·a manderangan Jihudi manderangnasa marang gnanggipa matburingrangko cha·na on·ja ine chanchia. Indake ong·ja. Noani somoiode Jihudi manderang dongkuja, indioba badia marang aro badia marang gri uko Isol skangonin u·iatmanaha. Marang gri matburingrangko maina ringo bang·bate rakkiaha? A·ako chi dubiatani ja·mano sam bol gimikan sitokgen ine u·ie, cha·na on·na gita Isol rongtalgipa matburingrangko donsoman·ahachim.

Indiba marang gri ba rongtalgipa matburingrangkosan, ne! Marang donggipa matburingoniko Noa aro uni nokdang cha·manahaode ua matburingni ma·kringde gimakamgnokchim, maina uaragoniko jorapaksan ringo rimnapiahachim. Marang grigipa matburingrangko jora sni sni ringo rimnapahachim. Uni gimin

uamangni ma·kringko gimaatgijan ripin-
gangkuna man·aha.

A·bachengani somoionin marang gnanggipa
aro marang grigipa matburingrangko baseani
dongaha, da·oara badia matburing marang gri
aro badia matburing marang donga uko maikai
u·igen? Ia nangchongmotgipa katani gimin
an·chingko u·igija dakaniko Isol nangnikja.

Levirangna 11:3-11 rango u·iatanirangko
rongtalen on·manaha: “Matburingrangoni
badita ja·skil pekgni dake ja·skep daka, aro el·bue
chobaia, uko na·simang cha·na man·a. indioba
el·bue chobaigijagiparagoniko iarangko na-
simang cha·nabe; chong·motan ut, ua el·bue
chobaioba, ja·skil pekgni dakjani gimin ua na-
simangna marang gnang. Aro sapon, ua el·bue
chobaioba, jaskil pekgni dakjani gimin, ua na-
simangna marang gnang. Aro sapau, ua el·bue
chobaioba ja·skil pekgni dakjani gimin ua na-
simangna marang gnang. Aro wak; ua ja·skil
pekgni dakoba el·bue chobaijani gimin, ua na-
simangna marang gnang ... Chirango donggipa
pilakoniko iarangko na·simang cha·na man·a:
chong·motan chirango sagalrango, aro chibi-

marango jerangni gangching aro bisingkaprang gnang, uarangko na·simang cha·na man·a. Aro chirango pilak il·lenggiparangoni, aro chirango pilak janggi gnanggiparangoni aro chibimarango donggipa jerangni gangching aro bisingkap dongja, uarang na·simangna mitchiani ong·a ... uarangni be·enoniko na·simang cha·nabe.”

BAK 4

Wak Be·en Rongtalja

An·chingko Dakgipa an·chingna maiko cha·na nanga maiko gelna nanga uko u·iataniko man·ania an·chingna mairongpile rasong dongani ong·achim. Mitam beng·gimin be·enranga maina rongtalgijagipa ong·a uko an·ching u·itokjanaba donga, indiba dingtanggrikaniko u·ina an·ching Isolo ka·dongchakna man·a, maina Ua an·chingna ka·saanichi maia nama uko parake on·manaha. Pilak matburingrang jerangan ja·skep pekgni dakja aro el·bue chobaija, uarang gimikan marang donggiparang ong·toka. Uarangko an·ching cha·na nangja.

Isolni cha·nabe ine beng·a mingantiko cha·na skatna Satan kamko ka·enga ine u·ina aiao inmanani ong·jama? Isolni skianiko ja·rikjani a·sel songgimik jamgimik satokanionaba sok·baanirang dongahana aiao inmanani ong·na nangjama? Isolni beng·gimin wak be·enke cha·na ske cha·anian Isolni niamko pe·ani ong·a. Gipin cha·na beng·giminrangko changale, wak be·enke mandena cha·na namgipa ong·ja ine scienceo parakgimin donga.

Wako trichina ingipa jo·ong donga, ukoa microscopechisa nikna man·aia, ua jo·ongni sabisiko trichinosis minga. Sorkarini u·iatania sorkaride ua jo·ongkode nia ba sandiani dongja, aro Readers' Digest o seanio, ua sabisiko man·aniko namatna sam dongja inesan seaia.

“Wak Be·enke Cha·o Kengni Dongama?” ine seanio, trichinosis sabisini gimin agana: “Ua jo·ong donggipa wak be·enke ku·sa cha·ataniba mandeko janggi tanga gimikna ja·kora ong·atnaba man·a. Ja·kora ong·jaomangba janggi tanga gimik be·en sa·dikanirangko man·naba donga. Trichinosis sabisina sam dongkuja. Sam dong-

jani gimin ua jo·ong mandeni be·en gimiko pri-praangnaba donga.

“Sabisi bilongani kri dingtang dingtang saan-irangko man·naba donga. Saobarangde sinaba donga, aro gipinrangde ua jo·ongko be·en ning·o tom·dakate, tom·ani gita rakate bang·a bilsirangna indake tange mandeni be·eno dongangkuna man·a. Nang saako namatjana doctorko matnangnabe. Doctorni dakna man·anide, nang·ni saknaaniko namatna samko on·e donanisan ong·aia.” (Reader’s Digest, March 1950). Saani chinrangara, manderangnade jajrengani dongjaon nambata. Nang·ni ja·a ba jak ba beholi ine potenggipara beholi ong·bebeengnaba donga ba trichinosis ong·engnaba donga. Nang janggilo saenggipara gall bladderni a·sel ong·engnaba donga ba uan trichinosis ong·naba donga.

Dr. Samuel C. Gould, Washingtoni be·en an·senganina kam ka·gipa dilgipa, jean trichina (wakni jo·ong) ni gimin bang·en poraiaha, uni aganani gitade, changope nion Americani mande komibeoba an·tangni janggi tanganio wak be·en jo·ong dongako chang 200 de cha·manaha. Sorkarini “U.S. Government Inspected and Passed”

ine mohor su·dapana ua wak be·eno trichina jo·ong dongja inede ong·ja. Trichina jo·ong dongbebeako u·inade wak be·en teng·antikon microscope o nirikna nanggenchim.

Trichina jo·ongrangko so·ottokatna gita name song·china Public Health Service ku·patia. Sigimin jo·ongrangko cha·mananiba namja ine saoba aganaha. Jeko Isol marang gnang ine aganmanaha, uko name song·anichi gimaatna man·ja. Maina Kristianranga Isolni agangiminko ra·chakna neng·e cha·na skako namatna jerikite cha·engkua?

Wak cha·na namjaode Isolara uko maina daka ine saobarang sing·a. Aganchakaniko u·ina altuaa. Wak, chipu, se·el, sogin aro perurang a·aoni mitchiako rongtalattimgiparang ong·aia. Pilak matburingrangan an·tangtangna donsogimin kamko ka·toka. Pilak ong·atgiminrangan an·tangtangni kamko ka·tokna nanga, indiba pilak Isolni ong·atgiminrangkode cha·china daka ong·ja. Maina daka uko an·chingni gisik chanchisokna man·janaba donga, indiba jeko Isol mandena ku·patiaha, una agre an·ching sing·badena man·jaha.

Jerikitanirang indake ong·katbaenga je, skango Niam Gitchamni somoiona bate da·o an·ching rongtalbate dongna skia man·engaha, aro da·ode wakrangba cha·na namgipa be·en ong·aha. Indine agananiko bebera·na neng·a, maina a·a aro chirang mitchibatbeani ja·mano sagalo aro a·ao donggipa matburingrang rongtalbatroroenga ine aganna neng·a. Da·alo sambisirang chio, a·ao aro balwao bang·batengaha, uni giminan sorkariba maiko dakna nanga uko jring·jring manderangna u·iatkamani dongaiengjok.

Sam bolrangko ripingna didigiparang (Environmentalists) kontaantian an·chingna sam bolrangoniko jo·ongrangko so·otna sambisirangko satdapani gimin koborko on·rongenga.

Marang gnanggiparang marang ong·engkua ine an·chingoni saoba bebera·jaengode, Isolni Kattao indine sea dongengkua. Isaia indine sea: “Maina nibo, kao·nangani ka·agapako aro wa·alni wal·sarechi uni manengako on·skana ine Jihova wa·al gnang re·bagen, aro uni rotrang balminduri gita ong·gen. Maina pilak be·enni kosako Jihova wa·alchi aro uni tonualchi bichalko chu·sokat-

gen, aro Jihovani so·otgimin bang·begen. Jatchio saksako ja·rike wakni be·enko aro mitchianiko aro menggotchiko cha·e barirangona re·angna an·tangtango on·kanggiparang aro an·tangtango rongtaltgiparang uamang damsan bon·changgen ine Jihova agana” (Isaia 66:15-17).

Ia podara Jisuni gnigipa re·bapilani somoini gimin aganenga, aro ua somoioba ong·atgimirangni dingtanggijani gimin aganani ong·a je, jeko marang donga ine chanaha uarang marang dongaikugen, cha·na namjawa—a·gilsakni bon·kaman salonaba dingtangjawa. Wakko aro meseko michigni ine chanaha aro Isol rongtalen aganenga je, uarango cha·giparang “damsan bon·changgen.” Indake agananiko maiko agana angade u·ija ine darangba pa·sikani dongjawa.

BAK 5

Sagalni Na·tokrang Cha·na Namja

Sagalni na·tokrangni cha·a nama ba namgijania maiarango marang gri ine Levirangna 11o chana uarangosa pangchaka. Uarango gangching aro bisingkaprang dongna nanga ine agana.

Una agrede gipinrangde Isolni nikaniode cha·na mitchignirangsa ong·aia. Iaragonia na·tik, ang·ke, na·nil, magul, indakgiparang ong·toka. Unbaksanaba maiarang mitchignirangko saroke cha·a uarangba mitchignirang ong·aia. Uarangko cha·na nangja.

Gapchilek aro gipin sagalni na·tokrangni gimin Isolni aganania a·sel nama donga ine an·ching ra·chakna man·ama? Ia sagalo donggiparanga nalani mitchiako ra·chakgipa biapran-gosa dongbata aro uanonikosa cha·aniko cha·a ine nikanian uaranga an·chingna cha·na namgipa ong·ja ine u·iatani ong·a.

September 1972 ni Prevention magazineo, mingasa nambegipa seani, “Gapchilekrang Rongtalja, aro Kenbegni Ong·a,” ong·kataha. Iako segipa sena sikjachim ingipa gita seaha, indiba bebekon sena nangani giminsa seaha. Ua indine seaha: “Uarango bitchi bang·a, uaranga toa, aro be·enna namgnirangko uanoniko man·a. Indiba uarangni dongram roram mitchibatgipa biap ong·ani gimin chinga na·simangko uko gelchina ku·patinan nangaigen, jegitaba na·a uko cha·na dakmajoaniko man·oba, gipinrangni tonike

cha·engoba cha·panabe, nang·na gitichiani sal sokbaenga.

“Gapchilekranga maina cha·na kenbegnigipa ong·a? Uarangni roram baditana mitchia una bateba uaranga mitchibatgiparang ong·a.

“Rasong grie uaranga sagal braramrangosa dongna namnika aro uanon bitchi chi·e jelbra jesuaa. Ia sagal chi braramranga pilak songjinmani nalaoni mitchi mitchirangko jokangram ong·achim. Song nokrangoni, ge·a gamaoni pilak mitchiarangan ua biapona sokangachim.

“Uamangni dongram biapan kenbegnigipa biap ong·chengachim. Uamangni cha·soenggipa mitchi mitchirangan uarangko dunagni kengniko ong·ataha.

“Oysterrang, mesokatna gita, uarang jekon cha·a, uarango polio jo·ong duna 20 oni 60 ona gipin sagalni chirangona batachim.

“Darang matburingni be·enkoba ua matburingni ki·i baksa song·e on·ja. Indiba ia sagalni na·tokkode manggimikko uni ki·i aro bibik baksa gimikon song·gope nang·na cha·china ra·baa.”

Indakgipa na·tokrangko cha·na namnikani gimin na·a chanchiatna man·ama? Ritap ritap

songo noko holdiasop saani giproroaha, uara sagalni na·tokoniko man·gipa sabisisachim. Mitchia chiko pakaton, uarang uko cha·na re·batoka, aro ukon rim·gope man·ako antiona palna ra·baa. Ua sabisikoa mandeoni na·tokona sokate uko mandeona sokpilattaia.

Changsataie an·ching pilakkon u·igipa Dakgipa Isolko miteltaina nanga, maina Ua an·chingna maikai an·seng baljoke kusi ong·e dongna man·gen ua cholko Uni ong·atgiminrangna dake on·aha. Aro jerangan u·iteleba Uni on·gimin skianirangko ja·rikja, uamangni kamni kri uamang biteko man·gen.

BAK 6

Chu–Sao Man·atgipa Ong·a

Da·ode an·chinga maikai an·chingni ringanichi ba salopanichi maikai Isolna rasongko on·na man·gen uko niatskana. Sastroo indine agana, “Uni gimin na·simang cha·oba ringoba, jeko dakoba, pilakkon Isolni rasongna dakbo” (1 Korinthirangna 10:31). Mandeni jakkalgipa pilak ringgipa bisirangni gisepo, chuan ken-

batgnigipa aro nosto ka·batgipa ong·enga. Iako ringgiparang Isolna rasongko on·ani palo songna nokna aro jatna ong·siatanikosa sokatskaa. Aiao inmanani gri, je chu pekgiparang salgini songnokona sokjawa ine Sastroo paraka.

Ia a·gilsak baksa nangrimani somoirango, bang·a dal·gipa toromni manderangan kusi ong·e nangrime donganiko mesokna dakgnirangko dingtangatengaha. Mesokna gita, jekon chu·gimik galna nanga, ukoa on·tisa dakaiode namgija ong·ja ine ra·skaengaha. Chuko song·giparangba indakesa chanchia—pekesa ringnabe. Indiba iara chuko ringanio naljokanima? Sandie serikanio indake mesokani donga je, jerangan chuko ringna a·bachenga, uamang sak chikkungoni saksade chu ringragipa ong·aiaha.

Bang·a Kristianrangan chuko ringnade man·aia, indiba pekesa ringna beng·a ine chanchia. Maina Sastroo draka bitchiko “wine” ine seahani gimin ong·bata. Indiba jeko Sastroo wine ine sea uaranga pekgipa ringanirangde ong·jachim. Beben, uan pekgipa ba pekgijagipako mesoknaba apsan kattakon jakkalaia. Isol indine paraka, “Maina chokchimo draka bitchi (gital)

ko man·a.” Aro saoba agana, “ Uko gimatnabe, maina uano patiani gnang.” (Isaia 65:8).

Iano chokchim ingipa katta donga, aro chokchimoniko sepon ua draka bitchi gital ong·a. Indakgipa gital “wine” osa patiani gnang ine Isol agana. Peggipa, sko miksuulatgipa chagimin bisi chuko ringaniode patiani dongja. Gisik senggipa mande indine sea, “Chu ka·dingsteggipa, aro pekgipa ringani aganwatwatgipa, uchi pekat·ako man·gipa pilakan gisik gnanggipa ong·ja” (Toe Skianirang 20:1). “Chu gitchakon, rangkareo ua ching·cheton, ua rinokbalbal napangon uko ninabe, Ja·man ki·tiko ua chipu gita sua, aro chikil gita chika.” (Toe Skianirang 23:31, 32).

Jisuara Niam Gitchamo seaniko mamung gita niggija chiko pekatgipa chu pil·atahama? Indake dakgen ine chanchiatnan man·jawa. Ua Isolni Kattao segiminko maniaha. Uni chiko ringani pil·atgipara draka bitchi gitalsa ong·ahachim. Chu pekatgipara be·enna maiko daka uko an·ching u·ia. Sandie nianio indake nikaha je, chu pekgiparangni taningona oxygen name sokangna man·jaha. Oxygen name sokangna man·jahaon, taningni cell ba an·chi ja·dilrangko nosto ka·a.

Unon chanchina changani dingtangangaha. Jisu, an·chingni be·en bimangko Dakgipara indake mandeni gisikni chanchina changaniko bilgriate nosto ka·na kamko ka·genchimma, aro indake bon·kamao Gisik Rongtalgipani torom nok·dringko nosto ka·genchimma? Indake pangnaba ong·jawa. Ta·makuni giminara an·chinga maiko agangen?

BAK 7

Nicotine—Kenbatgnigipa Bisi Ong·a

Nicotine ni mandeni be·eno mai namgija·rangko ong·ata uko bang·bea sandie nigiparang bang·en sebeaha. Surgeon Generalni iani gimin skang seanian nicotineni namgijaniko parakaha. Nicotinesean haida mandeni u·igipa bisirangni gisepe kenbatgnigipa bisi ong·genkon. Millionni manderang ia bisini a·sel sitokaha. Nicotine an·chi ja·dirangko chonbatate ka·tongko rakbate kam ka·na draata. Ka·soprangni ramao kensar saatanirang ka·sopni kam ka·gniko man·dikatani ong·pilaha. Sa·tiprangc·hiba nosto ong·ani sokangpilaha. Be·enni pilak

organrangan ong·nasipile ta·makkuni nicotine
bisi be·enko rim·aha.

Ta·makku jakkalanio pap ong·genma?
Jechakani dongna man·jawa. Jen Isolni rongtal-
gipa torom nokko ong·siata uan pap ong·a. Uko
nosto ka·gipakode Isol nisiatskagen ine agana.
An·ching uko pap ong·jawa ine inna pa·jawa.
Ua pap ong·a aroarang Kristianba ua bisiko
an·tangni be·eno chipate an·tangni janggiko
kan·dikatna nangja.

Bang·gija mondolini manderang pongsa
ponggni sadako ringaiode mamungba ong·jawa
ine chanchigiparangba donga, indiba uamangba
maiba kenbegnigipa bisiko ra·enga. Ka·sne sig-
aretni dim·ak nom·gipa ka·sopni pakmarango
nange skonge ua mande sikujana kingking ua
dim·akranga ka·sopo dongaiaha. Indaka apsan
obostaan sakgipinni sada ringani wal·kuko
rang·sitopgiparangnaba ong·aia. Apsan dake
ukoba siaona sokata. Indakanian ka·sin ka·sin
an·tangko so·otna cholko dake ra·a gita ong·a.
Isolni gamko indake an·tangko simsakna on·an-
iko simsakgijania Uoniko ra·seke ra·ani ong·a.

An-chinga ta·makku jakkalna koros bon·ani gimin maiko agangen? Bang·bata sada jakkalgiparangan japrako \$50 koros bon·a. Kam ka·e retirement (pension) man·ani somoionade uamang ta·makuna \$25,000 bon·manaha. Ua nang bon·kamgipa janggi tangani salrango Social Security nang·na tangka on·na man·jahaoba, jakkalna chu·onggipa ong·gnokchim. Indiba bang·a manderangan kam dongjahaon, bon·kamgipa janggi tangani somoiode tangka gri ong·toke, ma·drang ba welfare rangosa uamang panghakna nangaiaha. Mairongpile aganna man·pilgijagipa dukni katta! Aiao inmanani ong·ja, Isol indine agana, “U·iani griani gimin angni manderang nisiatako man·a” (Hosea 4:6). Na·a ua \$25,000 ko name done dislai nate so·e galon baditan nambatkugenchim. Indake dakon ua tangka nang·ko sabisi man·ate siatgipa ong·kujawachim.

Jena minge an·chingko dakahachim, unoniko dingtagate an·chingni be·enko nosto ka·ania dos dal·ako dakani ong·a. Sastroo anchingni be·en bimangko maina dakahachim uko niatode an·ching an·tangtangni be·en bimangko

simsakaniba daito ong·giparang ong·toka, indiba millionni manderanga saknaaoni joknasa an·tangtangni be·en bimangko simsakbataia. Aro iako u·ianian name cha·na ringna aro exercise dakna dilani ong·na nanga.

Basakobade scienceo mesokanirang dongoba cha·na skani, jatni dakbewal aro pekako watna man·gijani dongaiaha. Mesokatna gita caffeine ko ra·na. sandie nianio caffeine ara be·en an·senge donganina namja ine nikmanaha. Indiba iako jakkaljringanichi manderang watna man·jaha, indake million manderangko dakbewal ong·ataha. Chu ba sada ringaniko maikai watna man·ja, uandake caffeine donggipa ringanirangko uamang watna man·jaha. Ian ka·tongna, okna aro an·chi ja·dilrang aro oko keenggipa ma·gipanaba namja ine nikmanahachim.

BAK 8

Koppi Ringrakgiparang

Merck Index of Drugs o samo brine jakkal·gipa sambisini misirong rongsnirangko samo brina. Bang·bata cola ringanirang, cha, aro

kofirango rongsa adhaoni ronggittamona bisi donga. Bang·a manderangan mi cha·an baksa sam ringao bang·a sambisirangko ra·chapa. Uni a·sel Isol maikai be·enko dakaha una bate an·chingni be·en bimanga rakbate kam ka·skaaha. Saksa doctor indine agana: “Ching Americade cha aro kofi chi pekgipa jatsa ong·aijok.”

Bebera·na man·gijani gita niknaba donga, indiba ia a·song bilsisao 275 billion pound kofirangko ringa. Uan me·a me·chik aro bi·sarangko man·chape pound 17 mande sakprako ga·aka. Ka·tongni sabisirangko man·giparang, oko pari donggiparangko kofiko aro sada ringaniko watchina doctorrang agana. Ruutgija somoioni gisepo kofini gimin u·ie ra·ania kofi mandeo cancerko ong·atani gimin ong·a. Sandie nianio ian kofini gimin namjabatgipa mesokani ong·enga.

Chabato, caffeine dongan baksanaba, mingsa namgijagipara, tannic acid ingipa donganian ong·a. Ia bilakbegipa chemicalkoara juta ba bek tarina matburingni bigilko jakkalgipako rong nongna jakkala. Cha ringo chini jakkalanian mingsa namgijagipa ong·a jekon cha·a ringaon-

iko gelna nangengkua. Chi·a ringgiparang ringronganichi an·tangtangko siaona sokata.

Kam ka·gipa seriktingiparang ba kamni nok·giparangni asonga kofini kapko sambao done jako sigaret ra·e aro Coca-Colako pakmao donchakanio donaniko nikronga. Uamangni indine aganronganiko sawa knaja: “Angade kofi ringna man·jaode sko sabaaii”? Uamang bebekon aganenga. Caffeine uamangni sko saako ra·anga, morphine merong rongsani bak chikkungni baksa dal·aba ua sko saako namata. Ua sambisi sa·dikenggipa ja·dilko dikdiksana gimaata, indiba salanti kofi ringjringania ua nom·gipa an·chi ja·dilrangko cham·ate sabatata, unon ua bang·bate caffeineko ra·na sikroroskaa.

Ia sambisirangni namgijagipa bakara - oko keenggipa ma·giparangni ia bisina nokol ong·aniko nikani ong·a. Chu, ta·maku aro caffeine badita namja uko sandie nigiparangni aganani ja·manoba bang·a ma·giparangan atchikugijagipa bi·sana ia bisirangko rudapdatengkua. Ma·gipa an·tangni janggiko on·kangpile indaka bisina ka·pakna man·a, indiba atchikugijagipa bi·sana u·itele maikai una kengniko sokbaatna

nangnika? Ia sing·anina aganchakanian Americani jatni namgija janggi tangani bewalko mesokani ong·a.

BAK 9

Dal·gipa Sing·ani

Dal·gipa sing·anide, beben, maikai uko gelna man·gen ingipaan ong·aia. Bang·a bilsirangna jakkale uni nokol ong·manahaon, ua sambisini rim·ani biloni maikai jokna man·gen? Indakgipa bilko man·na gita ua a·palni bilko am·na nangaha. Skanggipa ua pekatgipa bosturangko jakkaljana miksongani dongchengna nanggen—ua bewalko daktaijana skani gisik dongna nanggen. Dakgrikani gnangsa iako chena man·aigen. Unikode Isolo bi·bo.

Cheaniko on·na bilakgipa Sastroo ku·rachakani dongako dabibo. Namgijagipa dakbewalkode ka·sne ka·sne gelna jotton ka·na ine inani dongna nangja. Indinaiode na·a chu·sokgipa ong·jawa. Achakni ki·meko gimaatna ki·meko salprako on·ti on·ti den·sotna mikson-

gani gita ong·aigen. Uan achakko salanti sa·dika-
tanisa ong·srangaigen.

Saobarangde indake dakania agrea ine nam-
nikjanaba dongaha. Maina an·chinga mamung-
koba agre dakbadena man·ja. Alu ba nakapko
bang·dugae cha·ode uan saobarangnade nampil-
janaba man·a. Krae janggi tangani ingipani
ortoko indine aganna man·a: Namgijagiparango-
niko chu·gimik gelani, aro namgiparangko krae,
gisi gnange jakkalskaani. Indakania namjawama?
Iano namani bang·a.

Paul Harvey an·tangni gital seanio, an·tangni
sianiko maikai dontongroroatna man·gen ine
ingipa donga. Namako cha·bo, Janggi Tang-
bangbatbo ingipani bako saliram a·songrango
maikai janggi tangbangbatna man·gen uko san-
diano pangchake Harvey seaha. Californiao
donggipa Seventh-day Adventistrangni sianiko
SDA ong·gijagiparangni siani baksa tosusagrike
sandiani dongahachim. Adventistrangni (jeran-
gan chu, sada aro cha·kofirangko jakkalja) ser-
ikaoniko gipin Californiani manderang baksa
nisusaon, Seventh-day Adventistrangni janggi
tangbangbatania gipin Californiani man-

derangna bilsi dok ong·nasipile tangbangbata ine nikmanaha.

Adventistrang kensar man·aoni gipinrangna bate ritchapraiko 70 komia, rang·sitani sabisioni ritchapraiko 68 komia, TB sagiparang ritchapraiko 88 aro ka·soprangni sabisi ritchapraiko 85 komibata. Adventistrang ritchapraiko 46 komia, ka·tongni sabisiko man·ani ritchapraiko 60 komibata. Haida chuko jakkaljani a·sel, uamangni gisepo eksident ong·anirangba bak gittamni bak·sachi komia.

An·chinga Sastroo Isolni agangimin sean·irangko manie an·chingni janggi tanganina bil·sirangko bariatna man·a ine nikmanaha. Maikai janggi tangbangbatna man·a aro Isol an·chingna maikai ka·saa uarangko u·ie an·chinga katchae janggi tangna man·a, aro uarangko gipinrangnaba agane on·na nanga. Watata Johan indine seaha, “Ka·sara, nang·ni janggini namro·roa gitan, na·a pilakni gimin namrorochina aro an·sengchina anga bi·a. Maina nang·ni bebeo re·ruraa gitan jongadarang re·bae nang·ni bebeni gimin saki on·oa anga namen katchabeaha” (1 Johan 3:2, 3).

Na·a janggi tangbangbatna aro tom·toman-
iko man·batna gita Isolni ku·patianiko ra·chakna
bebera·ani aro ka·dongani dongama? Nang·ko
da·o aro jringjrotna janggi tanganiko tarina
man·atna cholko da·on ra·rikbo.



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