

Self-Reliance Newsletter

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Principle #11 – Seek Learning and Education

The Church focuses on 12 principles of employment self-reliance, as found in the newly developed booklet, [My Foundation: Principles, Skills, Habits](#).

I wish to help you focus on the elements of Employment as it is fundamental to achieving most of the other elements.

I had the wonderful opportunity to teach the stake YW at camp this week about plants and animals. I wish to share that information with you. Here is the handout I used with some supplementary information.

Plants: A Miracle from God. God plants them naturally!

Alma 46:40 And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate—

From YW Camp Manual:

Plants and Flowers

Plants and flowers beautify the world around us and provide many things that we use in our daily lives. Medicines, dyes, ornaments, furniture, clothing, flour, oils, herbs, spices, vanilla, yeast, and many more items come from flowers and plants. Many plants are edible.

Some **poisonous plants** may also be in your area. Learn how to identify them and what to do if someone comes into contact with them. You should know poison ivy, poison oak, and poison sumac by sight. Although each of these plants has its own characteristics, the following verse provides a good guideline: **“Leaflets three? Let it be. Berries white? Take flight!”** Every part of these poisonous plants contains poison—from roots to leaves and fruit. The poison is long-lasting and still active even after the plant has died, so do not touch dry leaves or dead plants. Gloves, shoes, or other clothes that have touched the plants can carry the poison for months. Because the poison vaporizes when the plants are burned, you could get a severe case of poisoning just by inhaling fumes from a fire built with these plants. Be sure that you can recognize each of these plants so you can avoid any contact with them.

Poison Ivy. Poison ivy grows in many countries as trailing vines or shrubs or as erect woody plants. The stems of the vine look like a fuzzy rope. Poison ivy leaves always grow in groups of three. The leaf edges are smooth or notched. The leaves are green in spring and summer, but they change in early fall to scarlet, orange, and russet. The flowers of poison ivy are small and white and grow in clusters. The fruit is usually wax-like, although it may have a downy look. It looks very much like a tiny peeled orange. Remember, **if the fruit is red, you are safe!**

Edible Plants:

stinging nettle (Robin Hood, Cate Blanchette, Nettle soup and dandelion salad) High in iron

dandelion – liver booster

plantain (Broad leaf and Narrow Leaf) – blood poisoning, stings and bites, Metamucil

lamb's quarters - (eat sparingly, Oxalic acid)

elderberry – mature berries, syrup for flu

comfrey root and leaves – general healing, remember about the 2 boys.

Mullein – colds, congestion, ears – biennial plant

Lilac leaves – reduce irritation of poison ivy

Echinacea - (Purple Coneflower) boosts immune system, leaves and roots - (James Tiberius Kirk: Numb Tongue)

yellow dock (curly dock)- High in iron, counters poison ivy too.

burdock – for boils and vit C

raspberry leaf tea – General women health

Red Root Pigweed – Amaranth grain

Duckweed: one of the smallest flowering plants

Black Walnut – Iodine (biologic transmutation), potassium, nuts, athletes foot fungus

Red Clover – great blood cleanser

Garlic – 3 cloves for adult dose of Penicillin, keeps bugs away (garlic oil)

White Oak – bark: astringent for periodontal disease, nuts leached for flour

Hickory nuts – edible nuts

White Pine – 5 needles in bundle, needle tea for vitamin C

Rose hips – vitamin C

Birch – bark for aspirin and fire starter

Dr Christopher: Herballegacy.com

Poison Ivy. Dr. Christopher used to say that the remedies for these plants grow right near the site of infestation. Burdock leaves and plantain leaves, as well as jewel weed where it grows, can help neutralize the poison. Mullein, hounds-tongue and lilac leaves will counter the irritation. A poultice of comfrey root, marshmallow root, slippery elm, aloe vera, and witch hazel, as many as you have available and in equal parts, can heal the rash once it starts. Immersion in cold water is very effective. Internally, you can take blood-cleansing and -building herbs, such as chaparral, yellow dock, and echinacea, to help stop the reaction. Internally, lobelia and valerian or catnip or camomile can stop the pain.

Two of the herbs were displayed and mentioned and here are the testimonials shared with them:

Comfrey Testimonial

As a good example I would like to cite the case of two boys, about ten years of age, who were playing with gasoline and matches. Both of the boys' hands, up to the wrists, received third degree burns. The boys were taken immediately to the hospital where the surgeon pronounced, for both boys, "incurable third degree burns"! He told both sets of parents there was a choice in each case--either removing the hands at the wrist and attaching iron claws both right and left, or, with numerous operations and skin grafts, over a period of about one year in the hospital, the boys could keep their hands, but they would be just like mummified claws and could not be used as hands, but, in a claw-like manner, they would be able to pick up materials but the fingers would not move as would the ones on the metal hand. One set of the parents told the doctor to keep their boy there and, even though it would be a year and the cost very high, to go ahead and work on him as soon as possible. The other couple told the doctor they wanted to see another person first about their boy's condition and then they might come back.

As they had heard of our work, they brought their boy to the building when I was lecturing, to show me the boy's burned hands. The nails, much of the flesh, tendons, etc., had been so badly burned it made one shudder to look at it. The temporary preliminary bandages were put back on while answering their request as to what could be done instead of cutting off the hands or surgery and skin grafting. I gave them a formula to use that is based on comfrey. This is a paste made up of comfrey, wheat germ oil and honey. The paste was to be spread, 1/2 to 3/4 inch thick, over the entire burn area. They were instructed to watch the paste and if it had, in any areas, been absorbed into the flesh to add additional paste in these areas, not disturbing the condition below.

Within the week they returned to the hospital and the same doctor they had seen before examined the boy. He was amazed and told them that where the burns had been third degree burns in these past few days, they were now first degree burns. He asked them what in the world they had used, and they told him it was an old-fashioned remedy. The doctor then told them to continue using it and, further, there now would be no need for any surgery or skin grafting, because it looked as though the hands would heal perfectly with this procedure without any scar tissue. In a few weeks time the boy's hands were completely healed. Later the nails had grown back on, the tendons, nerves, muscles, flesh and skin were all renewed, and the hands were as perfect as they were before the burns.

The other boy was still at the hospital nearly a year later, with continual surgery and skin grafting. The cost was, we understand, well over one hundred and fifty thousand dollars. When he was sent home his hands were two ugly "mummified-type" unbending claws, so sad-looking he wore gloves to hide them from view.

The parents that used the herbs spent approximately ten or twelve dollars for the first materials to apply (honey, wheat germ oil and comfrey) and only small amounts at times to replace the paste that was used.

Plantain Testimonial

One of the most successful "weeds" he used was plantain. Ray knew that Galen and Pliny, ancient herbalists, had used it as a powerful blood purifier to kill infection rapidly. He also knew that it would relieve blood poisoning that can result from cuts, slivers, bites, and stings. In one astonishing case, Ray treated a man who had slipped at work and drove a chisel deep into his palm. The man couldn't afford to take time off, nor to pay any doctors' fees, so he wrapped the hand with a dirty rag and finished his day's work. He even worked for a few additional days.

By the time he arrived at Ray's office, his hand was swollen and hot and a red streak ran from the badly infected hand up the arm. A painful lump the size of a baseball in his armpit prevented the man from dropping his arm to his side. The man was frantic with pain and fear. Ray asked him why he hadn't sought medical treatment when the condition became so severe, but the man was afraid that his arm would have been amputated. Ray taught him how to dig up plantain plants, wash and crush them, put them on the wound and bandage them in place. He was to add fresh herb to the poultice every time it dried out. He was also to drink at least three cups a day of the tea. The man wanted to come back for a checkup, but Ray assured him that he would be healed completely by the next day.

The man did return in three days, but only to report what seemed to him a miracle. On the first day, the red streak had disappeared within a few hours and the swelling in the armpit had reduced. By evening, the wound was much better, and within a day or two, the condition was completely healed. The man had full use of his hand and arm and was able to earn a living for his family.

In a similar case, a young girl had cut her foot on a shell while clam hunting at the beach. She had continued to run and play for the afternoon, but by the next morning her foot and leg were swollen and feverish. She also had a red streak forming toward her groin. Ray gave her similar instructions as he had for the man with the chisel wound. The wound healed quickly, and the next day the child skipped into Ray's office to pay him.

Remember the 4th day of the Creation when the plants were placed upon the Earth. It was part of God's eternal plan to provide for the care of our bodies from the plants of the Earth itself. MJG

11 SEEK LEARNING AND EDUCATION

SEEK LEARNING AND EDUCATION

- Ponder:** The prophets have said that education is the key to opportunity. What evidence have you seen that this is true?
- Watch:** "The Glory of God Is Intelligence" (No video? Read the next page.)
- Discuss:** Why does Alexander believe lifelong learning is important? What does Emelda feel about education and studying hard? How did a PEF loan help her? Was this a good reason to go into debt?
- Read:** Doctrine and Covenants 88:118–19; *Handbook 2*, 6.1.1 (on the right)
- Practice:** We can continue learning throughout our lives. In the box below, write down something you learned recently from each of these sources of learning.

SOURCES OF LEARNING	SOMETHING I LEARNED RECENTLY FROM THESE SOURCES
People around me, my leaders	
Life experiences	
Books and media	
Classroom/teachers	
The scriptures, the temple, the Holy Ghost	

- Discuss:** How can you continue to learn and grow every day?

"Seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith. . . . Establish a house . . . of learning."

DOCTRINE AND COVENANTS 88:118–19

"[Church members] should improve in their ability to read, write, and do basic mathematics. They should obtain as much as education as they can, including formal or technical schooling where possible."

HANDBOOK 2, 6.1.1



Commit: Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Look for opportunities to learn, and write what you learn.
- Teach your family about the different sources of lifelong learning. Consider ways your family could gain more education—for both adults and children.
- Continue to practice the previous foundation principles.

THE GLORY OF GOD IS INTELLIGENCE

If you are unable to watch the video, choose roles and read this script.



NARRATOR: Alexander is a man from Peru who dedicates his life to learning and teaching. He shared the following:

ALEXANDER: When I was young, my father taught us to study and to value education.

There are two things we can do to progress and prosper in this life. First, be faithful and endure to the end. Second, study and learn.

I've learned throughout my life that education is the key temporal means we have to accomplish our life goals.

I went on a mission with very little knowledge of the gospel but with a great desire to do the right things and to learn.

I wasn't in classrooms, but I believe that my mission was the greatest time of learning in my life.

I take opportunities to learn wherever I am: In my home, at work, at the church, at the university, or even on the bus. I'm always trying to learn.

The temple is the most important place in my life and the best school on the earth.

NARRATOR: Emelda is a convert to the Church from South Africa who realized her dream through a Perpetual Education Fund loan. She shared her testimony:

EMELDA: *Being a top student is not something I owe to myself; I owe it to the Church! I knew joining The Church of Jesus Christ of Latter-day Saints was going to take me to greater spiritual realms, but I never imagined it would open the doors for me academically. . . .*

Learning the gospel was truly a wake-up call for me. It made me realize that I was in charge of my own destiny. . . . Regardless of our current circumstances and what we may feel, I have no doubt that my Heavenly Father has good plans for us.

"We have a responsibility and a challenge to take our places in the world of business, science, government, medicine, education, and every other worthwhile and constructive vocation. We have an obligation to train our hands and minds to excel in the work of the world for the blessing of all mankind."

GORDON B. HINCKLEY,
"A City upon a Hill,"
Ensign, July 1990, 5

Have you thought of what you want to be when you 'Grow Up?'

Please share this information with anyone you can.

References:

[Self-Reliance Services](#)

[Self-Reliance Presentation](#)

Other Church Employment Self-Reliance Booklets available:

[Leader Guide](#)

[My Path](#)

[Starting and Growing My Business](#)

[My Job Search](#)

[Education for Better Work](#)

Sincerely,

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