

# COMMON SENSE CHRONICLE ;

ON THE FOLLOWING INTERESTING  
S U B J E C T S :

- I. Of the PURPOSE in writing Common Sense Chronicle.
- II. Of the Message which One see in the relation of modern White Bread to the age-old Whole Grain Bread.
- III. Thoughts on the present state of Thanksgiving.
- IV. Of the present delima of man in deciding if Salt is Good.
- V. Letters and recipes of interest from Friends.

NEW EDITION: os a series of publications appealing to the Common Sense  
In the soul of every man that can be touched by simple Illustrations  
In nature as seen in its relation to eternal truths.

From the corporate and gathered Wisdom of the people dwelling in the  
Unity of the Twelve Tribes of Israel in communities all over Planet Earth

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*Eat Honey my son, for it is good;  
but not too much, lest you vomit.*

PROVERBS

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PLYMOUTH, MASSACHUSSETTS  
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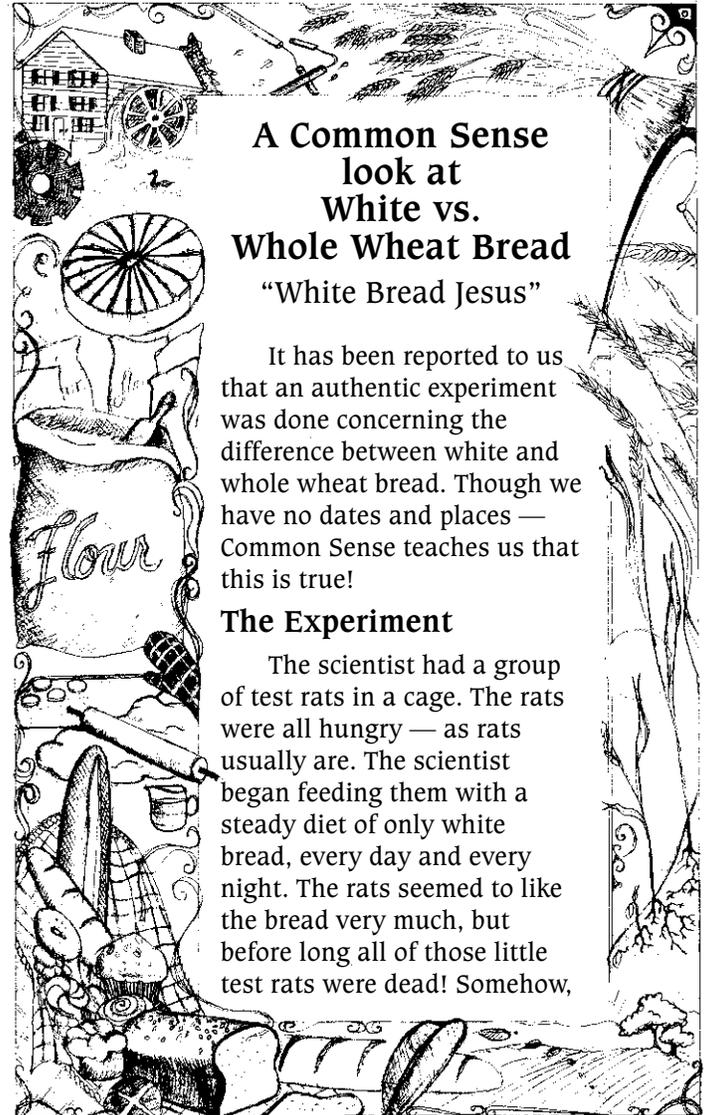
# INTRODUCTION

In 1776 Thomas Paine published the single most important pamphlet of the Revolutionary War period named, simply, *Common Sense*. Although the struggle for our nation's independence had been going on for a long time already, many colonists still weren't sure why they were fighting or which side to be on. Paine's booklet appealed to the "common sense" in every man, simply explaining the reasons for the conflict and made its purpose crystal clear – the colonists had the *right* to be totally independent from English tyranny. This short persuasive piece opened the eyes of thousands and encouraged them to rally together to defeat a far superior foe, thus enabling the nation we are today to come about. It was nothing but common sense.

Now, over 200 years later, we at the *Common Ground Café* are introducing *The Common Sense Chronicle*. It is a part of a series of papers that make just that same appeal – to the common sense in human beings to find simple solutions to many troubling issues. In the busy-ness of today, and the rapidly changing society we live in, including even the food we eat, there is a *way* that makes *common sense*. Our hope in this paper is to provoke your *common sense* and cause you to consider the simple things that speak to your spirit and soul, even what goes into your body. We do not prescribe remedies, just give the common sense way of looking at things... if you find anything written in our Common Sense Chronicle to be a "remedy" for any of your ills it will certainly make us glad.

Please feel free to take a copy home with you, or write down your comments for our suggestion box, or come to one of our evening open forums at this café.

Your friends at the *Common Ground Cafés*  
& *Wholesome Food Stores*



## A Common Sense look at White vs. Whole Wheat Bread “White Bread Jesus”

It has been reported to us that an authentic experiment was done concerning the difference between white and whole wheat bread. Though we have no dates and places — Common Sense teaches us that this is true!

### The Experiment

The scientist had a group of test rats in a cage. The rats were all hungry — as rats usually are. The scientist began feeding them with a steady diet of only white bread, every day and every night. The rats seemed to like the bread very much, but before long all of those little test rats were dead! Somehow,

the white bread was not able to sustain their life. Then the scientist did the same experiment again, but this time he used only real whole wheat bread (bread made from the whole kernel of wheat, leaving no part out). The results of this test were quite different! The little creatures seemed to thrive.

So, within this dark bread it seems there was a life-sustaining factor that was missing from the white bread.

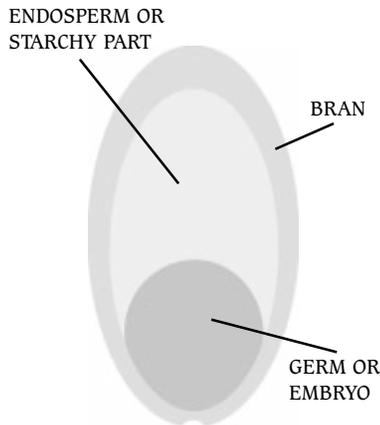
Then the scientist again made the experiment. But this time he put both white and whole wheat bread in the cage every morning and every night to feed the rats.

Which one do you think the rats all went for?

Well, if it had been men in the cage, perhaps they would have gone for the white bread — but these little creatures knew better! They knew which one would sustain their life and which one would not. All the rats ate the whole wheat bread!

## The Bread

So what was it in the whole wheat bread that made the difference? We must understand the difference between these two types of bread. For there is a far greater difference between them than just their color — one pure white, the other dusty brown. White bread is only white because something important has been removed from the



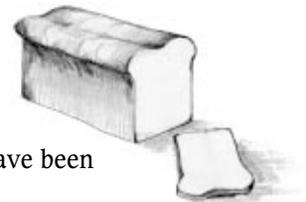
THE WHEAT KERNEL



flour that the bread is made with. For when the wheat from which the flour was made was grown in the field, it was not white, but rather it was a golden brown color. When the wheat kernels were harvested they were taken to a mill and ground into flour. When the flour came out of the mill, it was a light brown color. The brown color came from the outer shell of the wheat kernel which is called the **bran**, and the heart of the kernel called the **germ**.

But man was not content to leave the flour in its natural state. He then took this light brown flour and put it through a sifting process, **removing the bran and the germ**. This was a very unwise thing to do. For in its whole state, the wheat kernel is a complete food. The bran is essential as roughage for the cleansing of the body, and the germ is the very life-source of the kernel, full of vitamins which ensure good health.

After the sifting process, the flour was no longer its natural brown color, but instead it was white. In some parts of the world the sifting process is followed by a bleaching process which makes the flour a nice, clean, bright white, (a process which kills whatever nutrition may have been remaining).



## A Peculiar Preference

For years now most Americans have preferred white bread over whole wheat. Slick advertising and the convenience of mass production have convinced the masses that white bread is better, even though it is virtually tasteless, has no nutritional value, and as the

experiment concluded, cannot sustain life, even in a rat. Now, more and more scientific research confirms that nutritional deficiencies in the normal American diet cause many of the cancers and digestive disorders that plague this society. So the question is, why would anyone choose lifeless white bread if they could have the real thing? What does it reveal about the condition of man's soul when he would disdain good whole wheat bread that is the very staff of life? Why would he, instead, choose to gulp down the empty husk of white bread? Is society's choice to eat white bread an indication of a deeper problem?

### **The Whole World is White Bread**

We are living in a society in which people are trying to sustain themselves both physically and spiritually by many various means. Yet in both body and soul, their lives reveal the hunger pangs of insufficient nourishment. People try to nourish their starving souls with pleasure, travel, education, drugs, philosophy, the arts. They also shop around for a religion that suits their taste. They try to fill themselves through a system, both social and religious, which gives them no long-lasting, satisfying relationships or purpose. They try to feed their souls with religious experiences which culminate in a once-a-week observance of a "thin white wafer" ceremony.

All those things people seek for are as incomplete as the bread most of them eat, for these pursuits are lacking the essential ingredients that can assure an individual of eternal life. Their ways and their diet may seem right and profitable, but as a wise man once said, *"There is a way that seems right to a man, but the end thereof is the way of death."* (Solomon, Proverbs 16:25) Yes, death — just like those poor little undernourished rats in the first experiment. Yet, man seems so hopelessly trapped in all

this, and like those rats, is only eating what is handed to him, ignorant of his fate — enjoying his white bread!

### **The Hazards**

But some seem to be waking up to the hazards of the "white bread" offered by this society. They see men all around them dying from eating it, and they sense that something is wrong. They want to be healthier and begin to seek for things that might have more nourishment. In hope, they pick up a loaf of "whole wheat bread" at their local supermarket, but unfortunately, they fail to read the small print on the label which tells the true ingredients. If they had checked this they would have found that this bread really only contains a small fraction of whole wheat flour, just enough so that they can trick their customers into thinking that they are getting the real thing. And many people are oblivious when they see on the label GM (meaning genetically modified). Not only have they robbed the life source of the bread, they have altered the genes to make the product even more long lasting. The outcome of eating these genetically modified products has never been tested and one can only cringe to think of the results of a nation who feeds upon such folly.

### **Health Seekers and Religion**

These health-seekers may turn to the "alternative lifestyle," looking toward "New Age" philosophies or Eastern religions to satisfy their deep spiritual hunger. Many have become disgusted with the "white bread religion" offered by the Western Christian religion. But wait! Isn't that very Savior of the Christians the one who said, "I am the bread of life, the living, true bread, and he who eats of this bread will never die?" Surely this cannot be white bread He



was speaking of. White bread could never make such a claim!

What is commonly called the “gospel” today, the message of salvation, is just like that genetically modified white bread. It is made from a substance which can't sustain life. For if a man were given only white wafers to physically live, he would eventually be bloated from the empty calories and total lack of vitamins and minerals. Also, his insides would be clogged from lack of the proper cleansing effect from the roughage in whole grains. It takes no effort to chew a white wafer — it just melts in your mouth. So it is with this white bread Savior. It seems that His message has been stripped of its life sustaining effects. Though a person may temporarily prosper from the empty message, as your physical body may seem to prosper from a diet of white bread, we must remember the little rats in the experiment. In the long term the devastating effects will become evident, as deep inside the accumulated sludge of guilt and perversion takes its toll.

But the True Bread of pure religion still remains unchanged from its original pure, whole state. The primitive state of the Savior's message from 2000 years ago still has the wholesome power to give life and health to the body and the soul. The pure gospel is not genetically modified by men's tampering to make it “easier to swallow,” more acceptable in today's society. It works to heal and purify. For He said, “If anyone eats of this bread, he shall live forever.”

Unfortunately, the message of this Savior who called Himself the “Bread of Life” has undergone the same devitalization as that little wheat kernel we spoke of earlier. Genetically modified to find a more prominent place in the world of easy pleasure, it barely resembles the simple life of the first, primitive church. It was whole when it was picked, but man has tampered with the

message to the point that its vital life-sustaining properties have been lost. So, we are left with... a White Bread Jesus.

Even the name “Jesus” is only a product of man's tampering. In its original (whole) state 2000 years ago, His name was Yahshua, the Hebrew name given by the angel Gabriel. A person used to be named for his outstanding quality. His name meant “Yahweh's Salvation,” which is very significant because that very salvation was this Man's whole mission.

The genetically modified white bread religion of today is everywhere, just like white bread that lines the shelves of every supermarket. In it's refined state it is easier to chew, softer, and more appealing to the fleshly appetite. The life of obedience called for in “whole wheat religion” will only appeal to those who are wise enough to see that men around them are slowly withering from lack of life.

The only hope for man today is that he would eat the only Bread that can satisfy his hunger, whole wheat Bread for both the body and the soul. It is the only true food that will nourish, feed, and fill every starving and empty cell in his being.

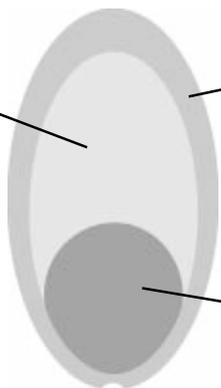
### **“O Taste and See...”**

Through this example of whole wheat versus white bread, you can clearly see how man's physical body craves the nourishment found in the whole wheat kernel. But of course, even if you eat good whole wheat bread every day of your life you will still ultimately die.

Yet, there is a Living Bread, the Bread of Life, that will give eternal life in the soul. Yahshua said, “If you eat of the Bread of Life you will never die, but will live forever.” He could not have been talking about mere physical bread. There remains a whole wheat bread that will actually save you from eternal death! This good

TRADITIONS,  
DOCTRINES, AND  
BIBLE STORIES

HARD  
SAYINGS



SPIRITUAL  
LIFE

### THE SPIRITUAL KERNEL

news that Yahshua taught is the only message that gives man the whole truth. Nothing is lacking. Nothing has been sifted out to make it softer. His message has many hard sayings, but it is the only way to true life.

The Bible says, "O taste and see, that God is good."

### And So...

What have we learned from those little rats in the experiment? Surely the death of those who were fed only white bread has shown us something of great value.

And really, whole wheat bread does taste better than white bread. Just try eating it for a few days and see how bland and lifeless the white bread tastes in comparison. But it is not very easy to find real whole wheat bread these days. Whole wheat bread, non-genetically modified, is available at the Common Ground Bakery & Café and the Common Sense Store. As for the message of a whole wheat life in the soul, just ask them!

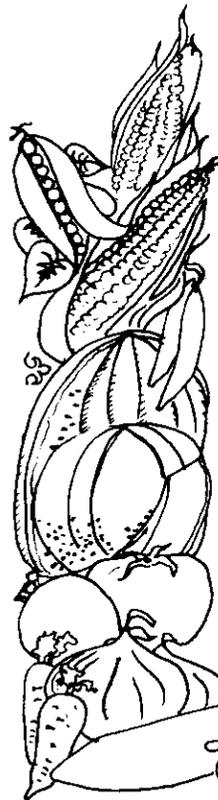


## Sesame Sunflower CRACKERS

◆ an unleavened seed-wafer ◆

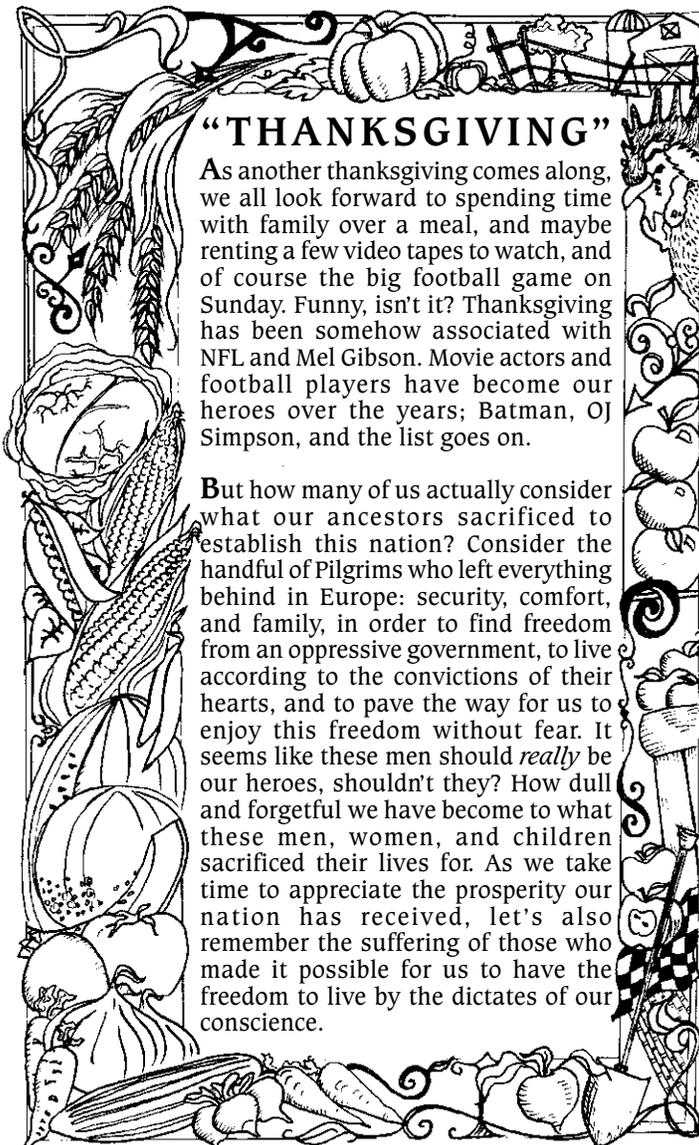
### INGREDIENTS

- 3 cups sesame seeds
- 1 cup sunflower seeds
- 4 cups blended oats
- 6 cups pastry flour
- 1 cup soy sauce
- 2 1/4 cups oil
- 4 cups water
- 1/2 medium onion



Blend the onion with the soy sauce, water, and oil in a blender until creamy. Pour this into dry ingredients and mix well. Press thinly onto baking sheets and bake for 25-30 minutes at 350° until golden and crispy.





# “THANKSGIVING”

As another thanksgiving comes along, we all look forward to spending time with family over a meal, and maybe renting a few video tapes to watch, and of course the big football game on Sunday. Funny, isn't it? Thanksgiving has been somehow associated with NFL and Mel Gibson. Movie actors and football players have become our heroes over the years; Batman, OJ Simpson, and the list goes on.

But how many of us actually consider what our ancestors sacrificed to establish this nation? Consider the handful of Pilgrims who left everything behind in Europe: security, comfort, and family, in order to find freedom from an oppressive government, to live according to the convictions of their hearts, and to pave the way for us to enjoy this freedom without fear. It seems like these men should *really* be our heroes, shouldn't they? How dull and forgetful we have become to what these men, women, and children sacrificed their lives for. As we take time to appreciate the prosperity our nation has received, let's also remember the suffering of those who made it possible for us to have the freedom to live by the dictates of our conscience.

# FOOD *for* THOUGHT...

## *Salt Works*



**T**HE SALT OF OUR DISCUSSION COMES from the coast of Brittany on the Celtic Sea. Salt farmers there work amid thousands of acres of protected marshland, harvesting the salt with traditional wooden tools in special clay basins where the summer sun and wind dry it. Full of savor and rich in vital nutrients, this unrefined salt holds more than 80 minerals and trace elements in its slightly moist crystals. This is *real* salt!

Many people wonder: is salt healthy? The Bible

says salt is good, (Mark 9:50) and most people would probably agree if they knew about this salt. In America doctors tell you to stay away from salt if you have high blood pressure. In France doctors ask *what kind of salt do you use?* This is because they know there are certain types of salt that help control blood pressure.

This salt has the right amount of sodium in it, which heart muscles need to work properly. It also has dozens of different elements which help the body *use* the sodium and afterwards to get rid of it. That's what lowers blood pressure—the removal of excess sodium.

Putting this salt on vegetables brings out more of the nutrition in them; a little bit in herb teas releases more of the healing properties of the herbs; it awakens taste buds dulled by processed table salt—so you won't need as much as you used before; and since it increases your nutritional intake you also won't need as much food. It has great natural healing powers and should find its rightful place next to Vitamin C, E, and other products found on health food store shelves.

Salt is good when it is *real* salt, but after chemical manufacturers strip it of all but a few of its minerals and valuable elements it isn't. Try some of our salt and see what we mean. Salt works!

## *Letters from Friends*

*"The leading cause of breast cancer is the use of anti-perspirant." What? A concentration of toxins leads to cell mutations: a.k.a. CANCER. Yes, ANTI-PERSPIRANT. Most of the products out there are an anti-perspirant/deodorant combination, so go home and check your labels.*

*Deodorant is fine, anti-perspirant is not.*

*Here's why: The human body has a few areas that it uses to purge toxins: behind the knees, behind the ears, groin area, and armpits. The toxins are purged in the form of perspiration. Anti-perspirant, as the name clearly indicates, prevents you from perspiring, thereby inhibiting the body from purging toxins from below the armpits. These toxins do not just magically disappear. Instead, the body deposits them in the lymph nodes below the arms since it cannot sweat them out. Nearly all breast cancer tumors occur in the upper outside quadrant of the breast area. This is precisely where the lymph nodes are located.*

*Additionally, men are less likely (but not completely exempt) to develop breast cancer prompted by anti-perspirant usage because most of the anti-perspirant product is caught in their hair and is not directly applied to the skin. Women who apply anti-perspirant right after shaving increase the risk further because shaving causes almost imperceptible nicks in the skin which give the chemicals entrance into the body from the armpit areas.*

*PLEASE pass this along to anyone you care about. Breast Cancer is becomingly frighteningly common. This awareness may save lives. If you are skeptical about these findings, I urge you to do some research for yourself. You will arrive at the same conclusions, I assure you.*

*Thank you.*

*Cathy from Encintas, California*

**T**here is a people who woke up this morning with one thing on their minds—to love their Creator with all their heart, mind, and strength, to love one another just as He loved them. He has won our hearts and brought us together as a people to demonstrate His love and care in the midst of a collapsing social order. Our hearts and our homes are open night and day to any who are interested in our life or weary of their sin and want to know the purpose for which they were created.

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