



Before we realised, mid-year has come and gone and we are on the run down to year's end in what I trust is a most productive year for you in education.

We trust it is the sort of year when we are able to observe godly growth in our children – after all, that must be our goal as Christian educators.

As I suggested last time our world is not getting any more godly – rather the opposite – but let us be encouraged that this is why we are doing what we are doing in taking responsibility for our children. Most of us are satisfied that if we don't take up the reins of God's purposes no one else will.

Sometimes we unwisely think we have to single-handedly change the world – but God's call on our lives is to be obedient in our small corner where God has planted us. I believe this is God's plan for most of us, and obedience rather than fame will be the basis of His reward for our service.

Allow me just one political comment. In Australia today we have effectively two Labor (read 'socialist') parties as our supposedly conservative government passes the quite unwise Gonski report recommendations. Can you believe that our government still seems to believe that if they put absurd amounts of money into education, standards will dramatically improve – when the track record of past attempts at showering money have only succeeded in lowering standards? One wonders if we are not closing in on a major political upheaval in our nation!

Incidentally, on that subject, I was encouraged to read an article in *The Australian* from 21 February 2017 – *Discipline, not*

*dollars, the key to lifting kid's grades*. Here is a short extract:

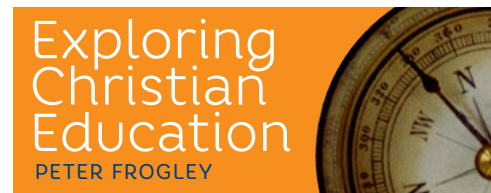
Improving discipline in classrooms can have a greater impact on academic performance than just investing in education, a world-first study finds. Researchers from Macquarie University in Sydney have analysed results from the international snapshot of student achievement, the OECD's program for International Student Assessment, to conclude that better behaved students learn more, perform among the world's best and ultimately contribute to a more competitive workforce.

Do we conclude that this study and its conclusions were not made available to our current crop of leaders? If they read this report and still passed Gonski they must surely be driven by political survival rather than providing a better education for our children.

### This Issue

In *Exploring Christian Education* I explore sitting up straight (and other inhibiting practices of Noahic educators who trained in the ark) with a bit of tongue-in-cheek fun. We reproduce an article from Hallelujah Acres on the reasons you should not eat microwaved food. Evelyn Garrard contributes another Phonics corner, and we have expanded our bookshop section with some special deals on various products.

We trust this issue will be a blessing as you seek to serve the Lord in education.



## No. 103: Sit up straight

Those of you who have received *Light of Life* for any length of time will know that I seem to always end up philosophising in *Exploring Christian Education*.

It is a pre-existing condition – like a pre-supposition to which I default. So my new mid-year resolution is not to do that – well, not as much!

My excuse, which I think is very reasonable, is that if you don't understand why you believe and do as you do you will not maintain your vision and most likely not have a vision at all – in other words you are quite unlikely to know where you are going!

I guess I do need to be more practical in writing. To help break the cycle perhaps I will give a piece of practical advice; but I will need to give the reason for that (a bit of philosophy) or I will feel I have cheated you and asked you to do something without giving a reason.

Here we go – perhaps you could give me a mark out of 10, but please remember my fragile self-image!

**1** As you begin your home education program or embark on your day as the school teacher (learning clinician, I mean) be sure to organise the time, set a structure or pattern for children to follow. Divide the time for lessons, set the place of learning, etc.

**Philosophy** God created time and divided it into years, months, weeks and days. Then He divided night and day so that we could sleep and be refreshed. God seems to think we need orderly procedure, so it would be good to provide that for our children to help them develop life-long habits of study, order, goals and achievement. It is a foundation for discipleship. Have you noticed that we ‘mentor’ people today, rather than ‘disciple’ them?

**2** Set aside a suitable place for children to work. It could be a desk or perhaps the kitchen table, but it should be the same place each day – a place they go to work!

**Philosophy** From the Ten Commandments, God has us work for six days and on the first day we come to His presence in worship. That pattern has not changed and it would seem wise to follow God’s commandments.

**3** Ensure children understand who is in charge so they can understand their responsibilities and the importance of obedience. We need to ensure we give appropriate directions to enable the child to obey.

**Philosophy** Obedience to God is foundational for Christians and we learn this skill of obedience through obeying our parents.

The Bible says we are to honour our father and mother and that command is capped with a promise. Very few are naturally obedient – some would say none! Surely this presupposes the need to train up children in the way they should go?

**4** Sit up straight. Posture is important as is the ongoing health of your spine (think how debilitating back ache can be) and minimizing the risk would seem a wise move. In teaching writing with LEM Phonics we first instruct in sitting correctly – chair at the right height, feet on floor (not hanging in mid air), back straight, holding pencil correctly, etc. Very few students will do these things without instruction and discipline.

**Philosophy** This is a practical principle – correct posture minimises stress on many body parts, allowing the most efficient and accurate writing with minimum harm to our bodies.

**5** Take time to watch over development of concentration span. ‘Creatively doing your own thing’ seldom develops concentration span, as concentration is fundamentally a discipline. Comparatively little of the teacher’s effort is given to imparting information – it is much more about developing the student’s skills in acquiring and utilising information.

**Philosophy** Education is about developing the brain to be able to think God’s thoughts after Him. Thinking is limited if concentration span remains short.

Well, that is about as practical as I can be.

But in an endeavour to be slightly amusing I am wanting to draw attention to the fact that there are good Bible-based reasons for the old-fashioned principles that are often absent from modern education.

In the good old days a teacher (perhaps you were one) delivered the clear instruction:

‘Every one sitting up straight, arms folded on the desk, every eye looking at me and mouths firmly closed.’

It was considered it to be the wisest and best way to ensure clear communication with students. I can almost hear many modern teachers moan ‘Could you believe any enlightened teacher would do that today?’

But wait – there’s more!

Any teacher worth the name wants students to maximise their learning. It seems to me that the first step in achieving that goal is to have each student’s undivided attention. Surely this will give them the best chance to concentrate and to grasp what is being taught.

Thus, we **sit up straight** to ensure that we are alert; **arms folded on the desk** as wandering arms are an immediate distraction always finding something other than the task at hand to occupy attention; **every eye looking at me** ensures eye contact, which is invaluable in locking in concentration; and **mouths firmly closed** as talking mouths (in normal circumstances) show attention has wandered to some other matter away from the subject at hand.

For me this structured disciplined process is a no-brainer. For the good teacher, the minute or so spent gaining attention ensures the best possible chance that a majority of the class will hear what is being said. It has been a sad observation of some teachers that many minutes are spent endeavouring to obtain students attention before being able to begin a lesson. Worse still, in some cases, teachers don’t bother trying to gain attention (as they have failed

there are good Bible-based reasons for the old-fashioned principles that are often absent from modern education

every other time) and console themselves by talking to two or three students at the front (usually the ‘goody goodies’) whilst ignoring the remainder of the class.

The supposedly archaic demands I have outlined above each seek to build discipline into the lives of students, and perhaps that is why such methods are no longer popular.

It seems to me that as Christians we are always about building *disciples* of our Lord, which (as the word suggests) requires *discipline*. Let us hold fast to God’s commands and principles and not fall victim to the world’s indoctrination. ■

# Health

HALLELUJAH ACRES

Editor's note: Whilst we believe this is a timely warning, there are a number of points mentioned in this article which have not been fully established and it may not be wise to immediately throw your microwave on the dump! Visit this link <http://yourmedicalsourc.com/content/microwaved-food-dangerous-myths-and-facts> for a different perspective on the microwave argument.

## Should you wave goodbye to your microwave oven?

It is convenient to throw some leftovers in the microwave if you are hungry, and many households use a microwave oven on a daily basis.

People like the energy efficiency and fast results that can be achieved with a microwave, and it is now considered a necessary appliance in the kitchen.

A microwave may be convenient, but there are some health factors that need to be considered. Even though 'official' releases have stated that microwave ovens are safe to use, researchers have uncovered evidence

which shows many reasons why you should be concerned about having a microwave in your home.

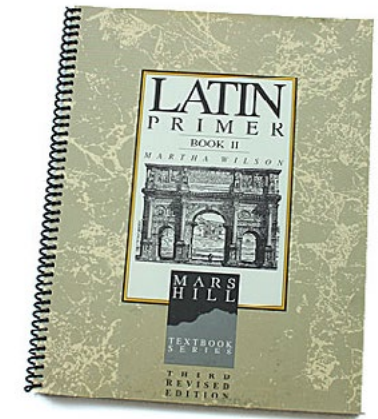
Here are some reasons why you should get rid of your microwave oven:

1. Long-term consumption of food heated or cooked in a microwave can lead to brain damage because it causes electrical impulses in the brain to 'short out', which can de-polarise or de-magnetise the brain tissue.
2. The microwave reduces the nutrients (such as minerals and vitamins) in the food. So, every time you eat something that came from the microwave, you are missing out on important nutritional benefits that were available before the food was put into the microwave.
3. When vegetables are microwaved, the minerals are changed into free radicals which can lead to cancerous activity in your body if they are consumed.
4. Eating microwaved food can impact hormone levels in both men and women. These hormonal changes can have a compounding effect over time, and may impact many other aspects of health.
5. Microwaving food causes byproducts to be present in the food, and the human body is unable to metabolise those byproducts.



6. Some researchers have suggested that there is a link between eating microwaved food and the increase in colon cancer rates in the United States. Microwaved food may increase the risk of intestinal and stomach tumors.
7. Eating microwaved food can impact your blood serum levels and lymph glands, which affects your immune system functions. It is possible that microwaved foods can lead to immune system deficiencies.
8. Concentration, intelligence, memory, and emotional stability may all be negatively affected by microwaved food.

As you can see, there are a number of potential health problems that can develop when you eat food that has been heated or cooked in the microwave. Even though your food might look normal, it has been altered by radiation and it is harmful to your health. ■



## Latin clearance

Douglas and Martha Wilson's Latin course has been popular with those who wish to train students in this classical language. We have reduced the price by over 50% on the entire range of Latin curriculum.

Be quick, because these will disappear *velocius quam asparagi coquantur* (faster than you can cook asparagus)!

Latin Primer I Teacher	<b>\$5.00</b>
Latin Primer II Student	<b>\$10.00</b>
Latin Primer II Teacher	<b>\$10.00</b>
Latin Primer III Student	<b>\$10.00</b>
Latin Primer III Teacher	<b>\$10.00</b>
Latin Grammar I Student	<b>\$10.00</b>
Latin Grammar I Answer Key	<b>\$5.00</b>
Latin Grammar II Student	<b>\$10.00</b>
Latin Grammar II Teacher	<b>\$10.00</b>
Latin Pronunciation Cassette	<b>\$3.00</b>

Latin clearance  
Click to order

# Book Shop



## Health books clearance

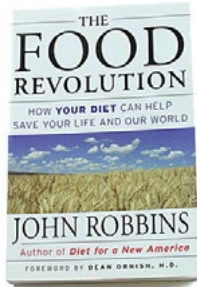
For many years we have offered a range of health books as we have found a better diet has far ranging benefits, particularly if children are raised on a healthy diet. However, we do not plan to renew our stocks of health books and offer several titles at very attractive prices.

We have limited stocks of these titles so be quick!

### John Robbins

#### THE FOOD REVOLUTION

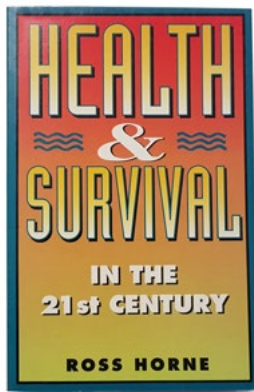
Exposes the dangers of many of today's foods and reveals benefits of healthy alternatives.  
**Was \$25.00 now \$5.00**



### Ross Horne

#### HEALTH AND SURVIVAL IN THE 21ST CENTURY

Offers the opportunity to enjoy a happy fulfilling life free of much of the suffering that accompanies degenerative diseases.  
**Was \$21.90 now \$5.00**



### Dr Vernon Foster

#### NEW START

What to do to live a healthy, energetic and joyful life with the 'New Start' program from the renowned Weimar Clinic.  
**Was \$27.05 now \$5.00**



### Dr NW Walker

#### WATER CAN UNDERMINE YOUR HEALTH

Pure water is great for your health — but many of the chemicals and impurities in tap water can be very bad.  
**Was \$9.35 now \$3.00**



#### VEGETARIAN GUIDE TO DIET AND SALAD

Both a cook book and a nutritional guide with many useful analyses and recipes.  
**Was \$12.50 now \$3.00**



Health books  
 Click to order

## Curriculum

### New Christian Liberty Press Preschool reader series

The Christian Liberty Preschool Readers are five readers that teach students to read one or two simple words on a page. These beautifully illustrated, colorful booklets encourage young children to recognize short vowel words. Each booklet highlights one of the five vowels.



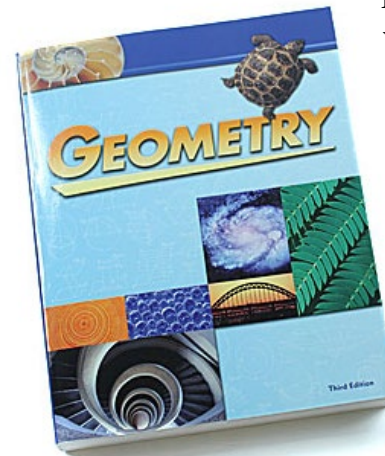
My cat and the hat      My dog goes for a jog  
 Ed wakes up              The sun and the rain  
 Kit likes to sit  
 Set of five books **\$37.95**

CLP readers  
 Click to order

### Bob Jones University Press Grade 10 Geometry 3rd Edition

This is a traditional geometry text, requiring the students to prove theorems. The concepts covered include lines, planes, space, segments, measurement, angles, congruence, triangles, quadrilaterals, circles, area and volume, transformations and symmetry, similarity, and trigonometry.

In addition to the geometric concepts learned, various extra sections provide connections with scripture, technology, algebra, brain teasers, and historical mathematicians.



Student text	<b>\$84.20</b>
Teacher Edition	<b>\$125.70</b>
Tests	<b>\$23.55</b>
Answer key to tests	<b>\$17.90</b>
Activity Manual	<b>\$28.80</b>
Answer Key to Activity Manual	<b>\$51.95</b>

Bob Jones Geometry  
 Click to order

## Bob Jones Booklinks reading program

In the last issue of *Light of Life* we offered our remaining stock of R M Ballantyne's historical fiction and we are delighted to report that we sold out completely. We trust that many home educated and Christian school students will be blessed as they read these excellent books.

In this issue of *Light of Life* we are offering Booklinks from Bob Jones University Press at a special price to complement your reading programme.

Bob Jones University Press (BJUP) produce an excellent curriculum across the majority of subjects. Alongside their curriculum they also publish a range of reading books for various ages, which can be found in the 'Student Library' section of the LEM catalogue. Booklinks are part of the student library range specifically designed to accompany the BJUP English curriculum.

Booklinks are individual units based on full-length, age-appropriate books published by BJUP. Each Booklink comes in a pocket folder containing a teacher's guide to the text with carefully planned lessons, enrichment activities and reproducibles.

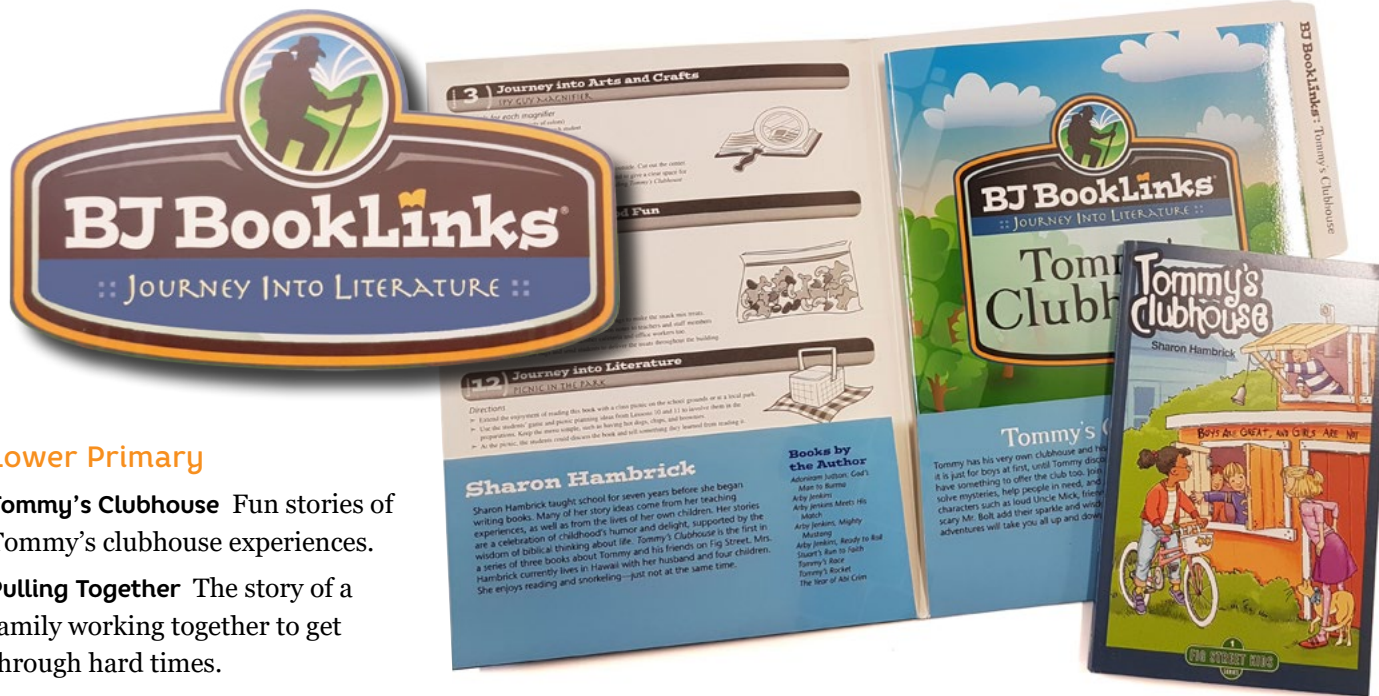
Many modern children seem to miss the enjoyment of reading — more particularly, we have seen a dulling of the skill and habit of reading that will leave children much the poorer. To that end we strongly encourage the deliberate promotion of reading for students.

### Buy now and save

Booklink folder and book pack **\$23.70 was \$37.90**

Booklink folder only (if you already have the book)  
**\$8.00 was \$22.20**

Please be quick as stocks are limited  
and sold on a first-come-first-served basis.



### Lower Primary

**Tommy's Clubhouse** Fun stories of Tommy's clubhouse experiences.

**Pulling Together** The story of a family working together to get through hard times.

### Middle Primary

**Carolina's Courage** Carolina and her family leave New Hampshire in a covered wagon for the west. Along the way her doll Lydia-Lou proves their protector.

**On Yonder Mountain** Sarah learns to cope with feeling alone amongst boys.

**The Treasure of Pelican Cove** Jimmy and family visit Grandma's house near the beach but their little adventures turn into a dangerous mystery.

**The Case of the Dognapped Cat** Mark and his friends are trying unsuccessfully to solve the problem of disappearing dogs — until Samson comes along.

**These My People** A true story of missionary Gladys Aylward and the Chinese children she rescued.

### Upper Primary

**Jenny Wren** Young orphaned Jenny finds a family to love her.

**Medallion** Prince Trave embarks on a quest to find the medallion that will prove his right to the Crown.

**Mountain Born** Peter and his pet lamb have many adventures teaching them courage and leadership.

**Secret of the Golden Cowrie** Connie's search for a Golden Cowrie from Uncle Philip's collection.

**Trouble at Silver Pines Inn** Nick's adventures with his new friend Kashi, a Japanese man.

**A Father's Promise** The story of a Polish boy's struggle for survival during World War II.

### Super Special

The book for these four titles is out of print, so pick up the Booklink folder for **only \$5 each:**

Sheriff at Waterstop

Arby Jenkins —  
Mighty Mustang

The Bridge

Derwood, Inc.

Bob Jones Booklinks  
Click to order



to teachers in schools or to home-school parents. In her own words, Anne wants to help both teachers and students discover 'the independence, empowerment and joy of literacy'.

Anne can be contacted by email at [afries@lem.com.au](mailto:afries@lem.com.au) or mobile phone 0431 663 958.

We wish her well in her new role and look forward to seeing good results in the field of literacy through her work.

As I am seeking to reduce my level of travel and seminar involvement it is very encouraging to see a new generation of people like Anne and others getting involved with championing LEM Phonics to the Australian education community.

As more and more people discover that phonics is so much more compatible with the English language than current educational methods, we hope to see great inroads made into improving literacy standards in our nation.

Blessings,

## We are very excited to have a new registered instructor in LEM Phonics.

**Anne Fries** from Officer, south-east of Melbourne, has gone through the advanced course in LEM Phonics and has recently come to Canberra to do her practical examination. This is a simulated seminar environment which proves an instructor's ability to teach teachers in the LEM Phonics method.

She passed her examination with flying colours and is now authorised to conduct seminars, sell materials and offer general assistance with LEM Phonics.

Anne discovered intensive phonics several years after she embarked on her teaching career in 1981. She soon became an enthusiastic advocate for LEM Phonics, and now has many years of experience teaching the method, both in schools and later teaching her own children — a crowd of seven!

Now, as a Registered Instructor, she is delighted to be able to pass on the method



**Light Educational Ministries** is a faith ministry, working in the area of Christian education.

**Our Ministry** is to spread the vision and concepts of Christian education. Light Educational Ministries staff are available to share with and assist groups interested in or involved with Christian education. Our staff prepare and distribute resources and develop curriculum and LEM training programmes.

**Light of Life** is a non-subscription newsletter, published three times a year. We do, however, encourage donations towards the cost of production and distribution.

Editor: Peter Frogley  
Design and layout: John Garrard

### Contact Us

200 Florey Drive  
Charnwood ACT 2615  
Phone (02) 6259 3944  
Fax (02) 6259 3945  
email: [asklem@lem.com.au](mailto:asklem@lem.com.au)  
[www.lem.com.au](http://www.lem.com.au)

Vol 38 No 2

Opinions expressed in *Light of Life* are not necessarily those held by Light Educational Ministries.