

DAYS PRING



A Bahá'í Magazine for Children

Issue 91

Dayspring
**Produced under the auspices of the National Spiritual Assembly
of the Bahá'ís of the United Kingdom**

Dayspring is produced three times a year on an educational non-profit basis and seeks to nurture a love for God and mankind in the hearts of children. Material by children and adults of stories, plays, poems, artwork and news are warmly welcomed. Please note that under the terms of the Child Protection Act regarding publishing images of children, permission to do so is required from a parent or guardian.

Dayspring Team: Helena Hastie (distributor), Maggie Manvell & Jackie Mehrabi (editors), David Merrick (web-master), Janet Fleming Rose (proofreader).

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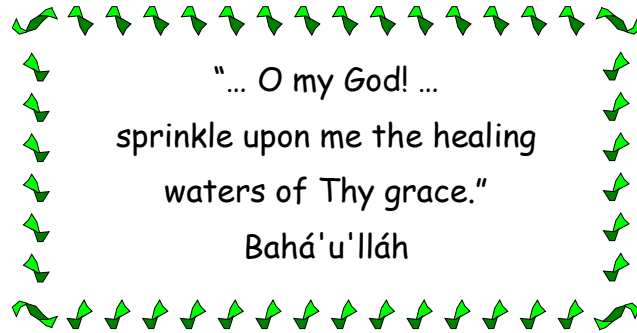
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**July — October 2015
Issue 91**



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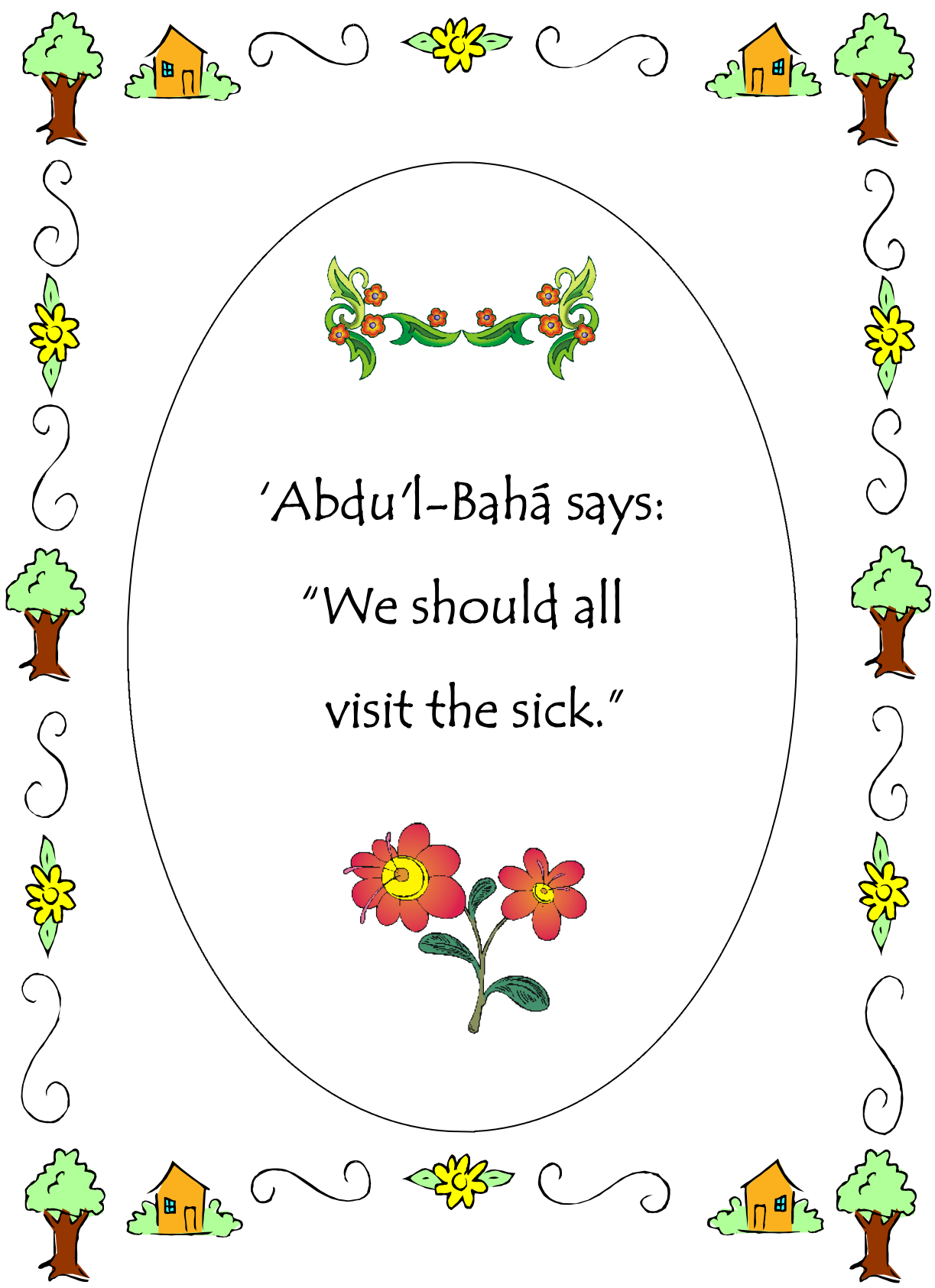
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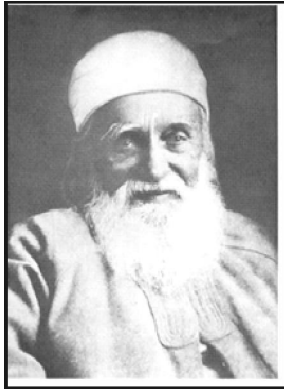
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'Abdu'l-Bahā says:
"We should all
visit the sick."



Meeting 'Abdu'l-Bahá

The Sick Man

A young man who lived in the same street as 'Abdu'l-Bahá in 'Akká became ill. He had a disease which affected his lungs and he could not breathe properly.

Doctors could not help him, and his friends stopped visiting him, worried they would catch the disease. His mother and sisters hardly ever went into his room. A servant left food for him just inside the door.

When 'Abdu'l-Bahá heard what was happening, He immediately went to visit the young man. He took tasty things for him to eat, and read him stories to cheer him up.

'Abdu'l-Bahá visited him every day, surrounding him with love so he would not be sad or lonely.

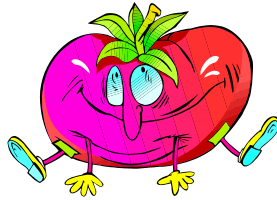
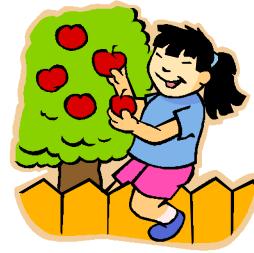


Ode to Fruit and Veggies — and Fun

by Janet Fleming Rose

1. "An apple a day keeps the doctor away!"

This is what we used to say.
Now we know that Five A Day
Is the best for health today.



2. Fruits are fun and nice and sweet
They are something we should eat.
Veggies help our bodies grow
This is something you should know.



3. Carrots, beans, all types of fruit,
We can all find lots to suit.
They will give us healthy skin
Do not throw them in the bin!

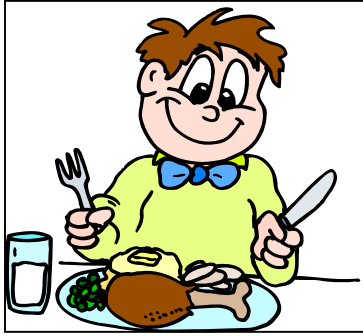


4. Lots of colours on your plate
Help to keep you feeling great.
Yellow, orange, red and blue
All of these are good for you.

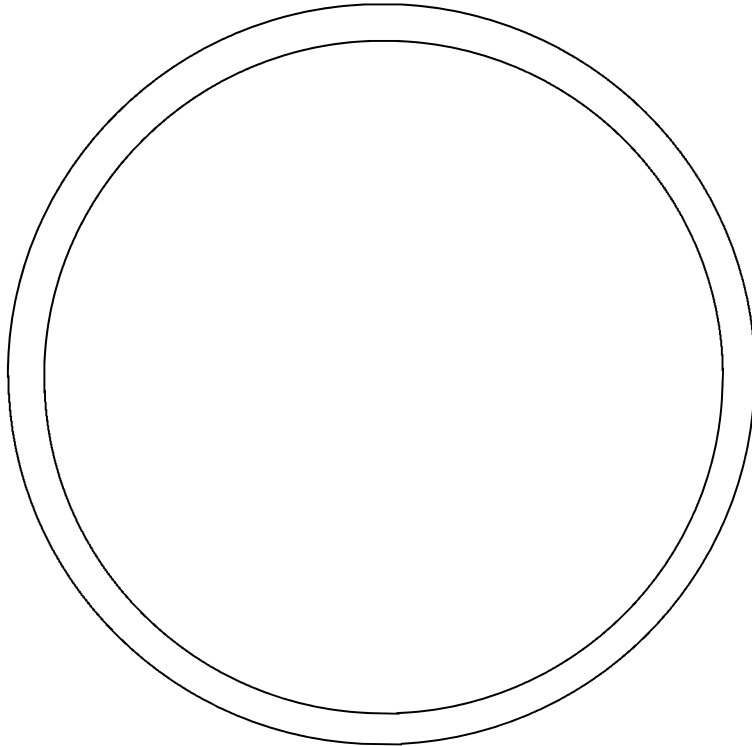
5. Mix them up, a rainbow fair,
Lots of coloured food to share.
Love your fruit and vege-table!
Eat as much as you are able!



6. Fresh air's great, and sunshine too,
Both are really good for you.
So eat your colours, have some fun,
Skip and hop and jump and run!



Billy is tucking into a great meal, but it doesn't look very colourful! Help him out by drawing lots of coloured fruits and vegetables on this empty plate.



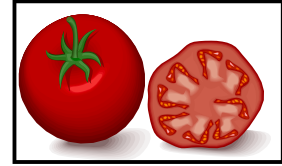
So what's so good about colours? It's all to do with phytochemicals!

Scientists know that fruits and vegetables contain vitamins and minerals, and that these are very good for keeping us healthy. Now they are discovering that something called phytochemicals (pronounced fight-o-chemicals) are very good too, and only exist in plants. They work together with the vitamins and minerals to help stop diseases and keep us well. The colour of a fruit or vegetable is sometimes a clue to the type of phytochemical in it, and can show us what is good to eat. Examples are the "blueness" of blueberries and the "redness" of tomatoes.

Eat a Rainbow!

Scientists say that we should try to eat lots of fruit and vegetables that have different colours. See why below.

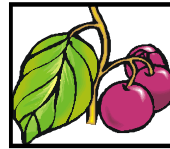
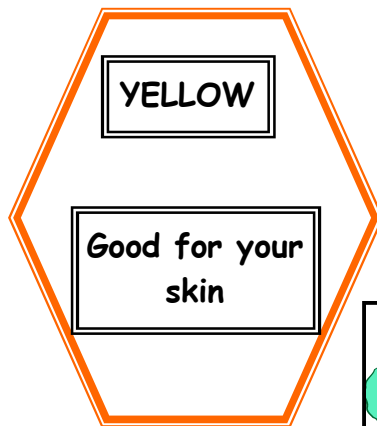
1. Using colour pencils, lightly fill in the correct colour in each of the big 5 boxes. (The 6th box is white, so doesn't need colouring.)
2. See what colour each fruit and vegetable is.
3. Draw lines from each food to its coloured box (see arrow from blueberries to blue & purple box).



Tomato
(red)



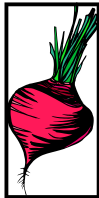
Pear
(yellow)



Plums
(purple)



Strawberry
(red)



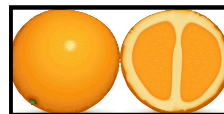
Beetroot
(purple)



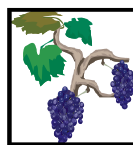
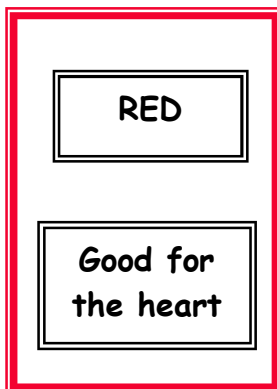
Peas
(green)



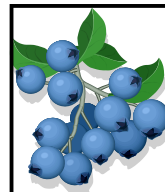
Cabbage
(green)



Oranges
(orange)



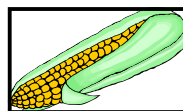
Grapes
(red)



Blueberries
(blue)



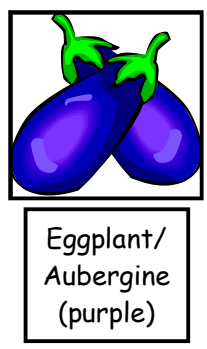
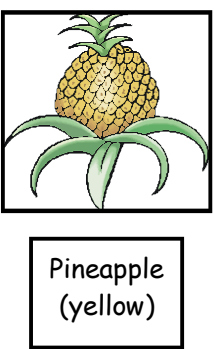
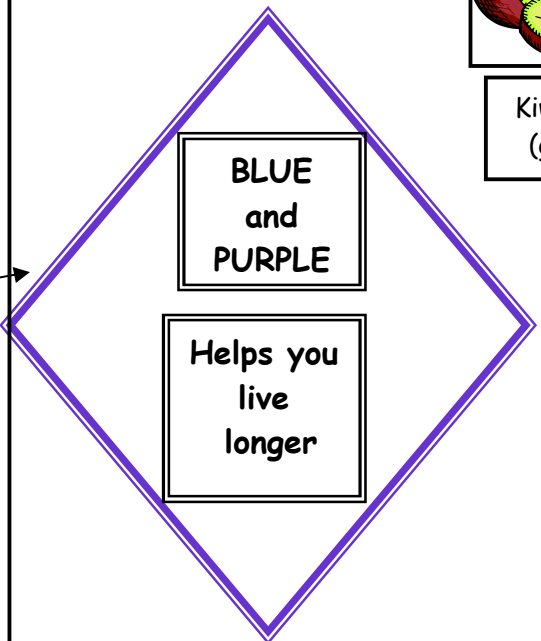
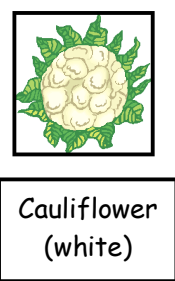
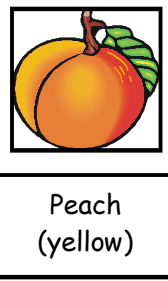
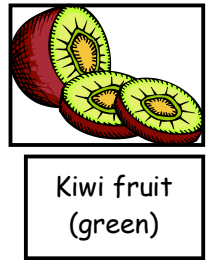
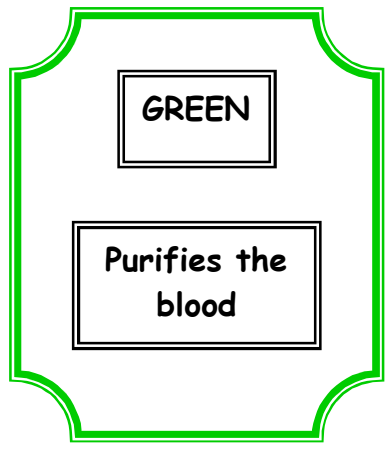
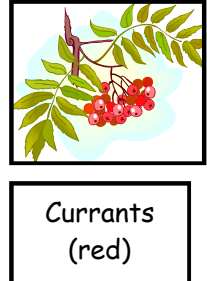
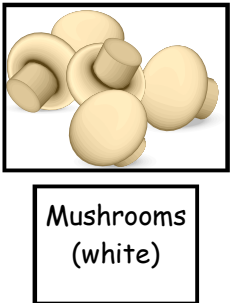
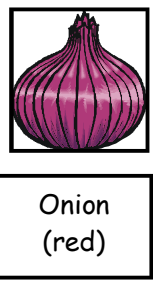
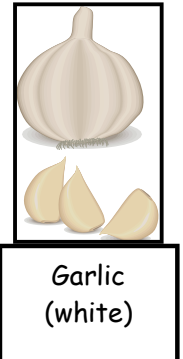
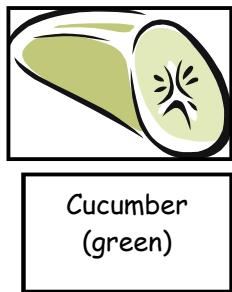
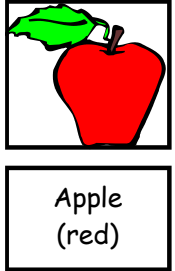
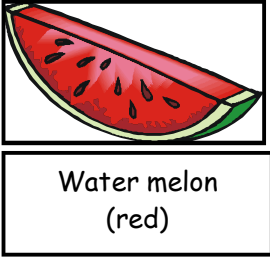
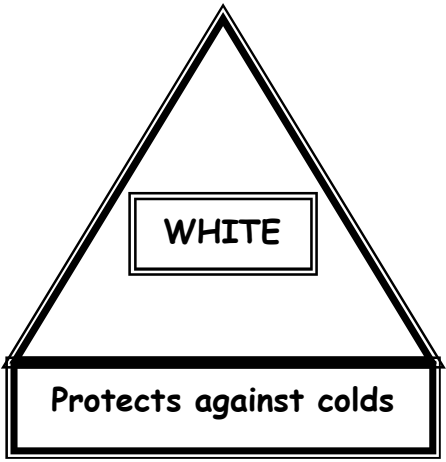
Carrot
(orange)



Sweet
Corn
(yellow)



Pepper
(red)



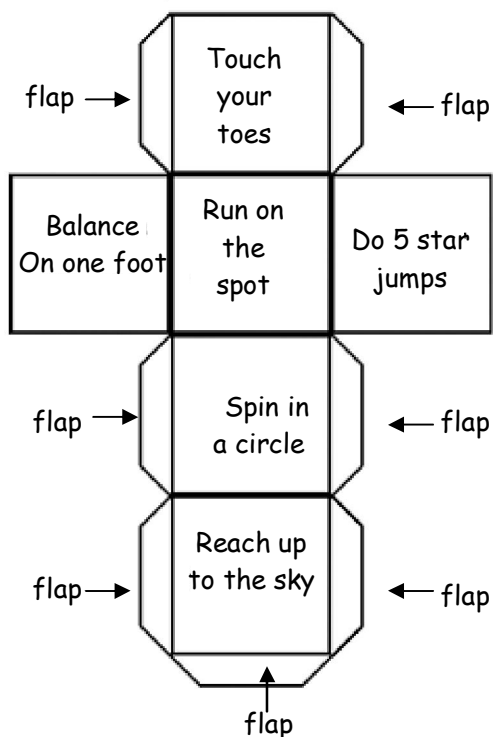


Exercise Game

A little exercise each day
will help us live the
healthy way!



Activity Dice



Instructions

You will need: thin card, ruler, fine felt tips, scissors.

1. If necessary, ask an adult to help you draw a diagram just like this, using a ruler and pencil and the card.
2. Cut out along the outside lines and fold the 7 flaps inwards.
3. Decorate the outside and write the instructions in the centre of each square as shown.
4. Fold it up to make a box and when you've got it right, glue the flaps to hold it together.
5. Take it in turns to toss your dice, and everyone can do the activity shown on each throw.

Another way to play this game

What you need: The list below. An ordinary dice.

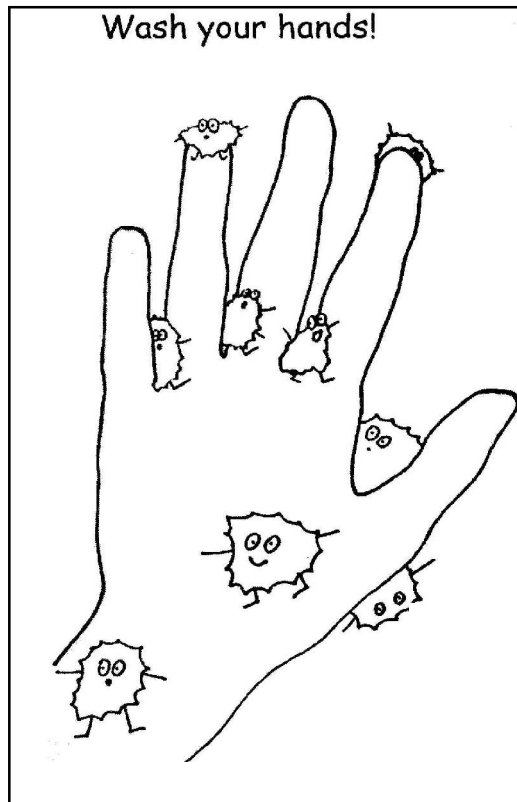
One person holds the list, and when someone throws the dice (an ordinary dice will do), whatever number it shows, the person with the list says what activity the person who has thrown the dice has to do. Everyone can join in the counting out loud.

List of activities: (For young children, reduce the number of times each activity is done.)

1. Touch your toes 5 times.
2. Do 5 star jumps.
3. Run on the spot 20 times.
4. Spin in a circle, once one way and once the other.
5. Reach up to the sky 5 times.
6. Balance on one foot while counting out loud to 10, then balance on the other foot for another count of 10.

The Germ who went to School

I am a germ and I make people ill. One day I got on the school bus with a boy called Frank. I was living in his nose at the time. But then he sneezed and I came flying out and landed on the head of a boy sitting in front of him. This boy's name was Archie. I was so small he didn't know I was there.



We arrived at school, and in the middle of a maths lesson Archie scratched his head and I stuck to his hand. By this time I had multiplied myself and there were dozens of me! We made ourselves comfortable by hiding behind his nails and the soft bits between his fingers.

At lunch time Archie forgot to wash his hands before eating. He picked up his sandwich and bit into it, and all of us germs went into his mouth as well.

Two days later he couldn't go to school because he had a sore throat and it was painful when he swallowed. That was because we had all moved there. His mum would not let him have friends round in case

he passed us on to someone else and they became ill too.

Archie had a terribly bad cold and a high temperature. His mum gave him medicine which made the good germs kill us bad ones. Eventually I was the only one left, so I decided to move on and infect someone else. I slowly made my way from Archie's throat to his mouth. He had just finished eating a biscuit and was wiping the crumbs off his lips with the back of his hand. That's when I slipped off his tongue and stuck to one of his fingers. My plan was working!

But then Archie did something very clever. He remembered to wash his hands, using a lot of soap and water. And I tumbled into the sink and was washed down the plug hole!

Great Healing Discoveries

There are many great scientists and doctors who have devoted their lives to discovering and developing cures for different kinds of illness. Without them, millions of us would not be alive today. Here is the story of one of these great scientists.

Dr Jonas Salk (1914-1995)

Just over 100 years ago, thousands, even millions, of children died of polio every year. And often those who did not die were unable to walk again because their muscles had become weak and withered. It was truly a terrible disease, and very infectious. Sometimes parents kept their children away from school, or did not allow them to play in the parks, in case they became infected.

Then, in 1914, a boy called Jonas Salk was born in a poor area of New York. His parents had sailed to America from Poland, where life had been very hard, hoping to give their children a better life in a new country.

Jonas had a kind and compassionate nature and wanted to do something that would help as many people as possible. He was also very bright, and when he was 13 years old he became a pupil at a free school for talented children from poor homes. The motto of the school was "Study, study, study!" and everyone was expected to work hard.



Jonas read everything he could lay his hands on, and when he was 15 he went to college and got a degree in chemistry. He then went on to university and became a doctor. As there was no cure

for the terrible disease of polio once someone had caught it, he decided to devote his life to developing a vaccine which would stop people getting it in the first place.

He worked 16 hours a day, 7 days a week for many years doing experiments in the laboratory again and again until he got it right.

At last, in 1955, it was announced that he had found a vaccine that worked! Because of Jonas's hard work, and the efforts of those who helped him, the lives of millions of children all over the world have been saved, and now polio has almost vanished from the earth.

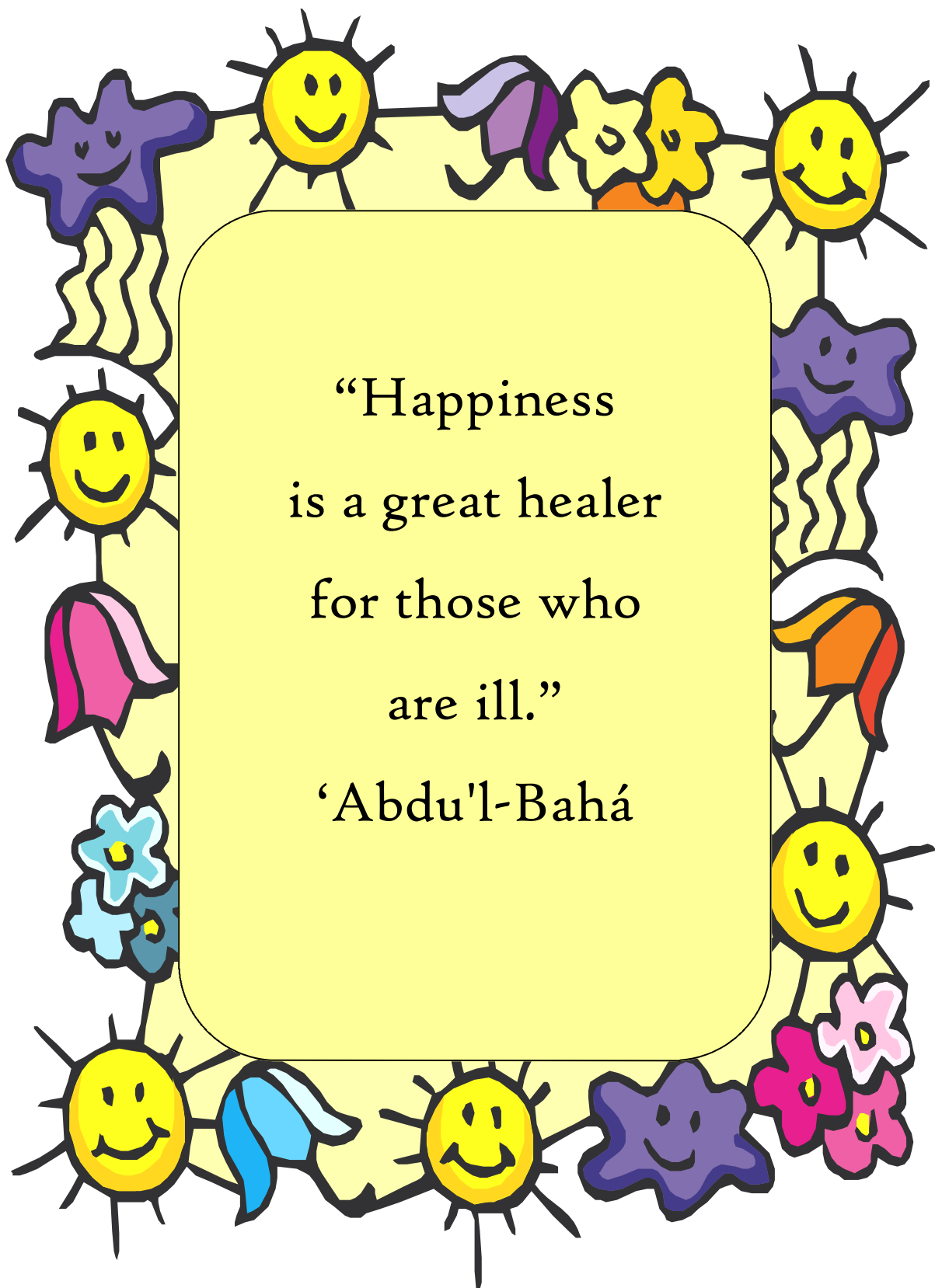
As the news spread in America, church bells rang out, prayers of thanksgiving were said in synagogues and churches, and parents and teachers wept with joy. A shopkeeper in New York painted a sign on his window, saying:

"THANK YOU, DR SALK!"



Newspaper headlines about polio vaccine tests (April 13, 1955)



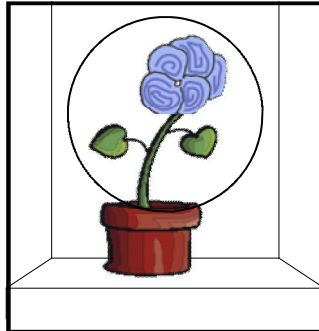


“Happiness
is a great healer
for those who
are ill.”

‘Abdu'l-Bahá

Carrie and Harry

by Susan Engle

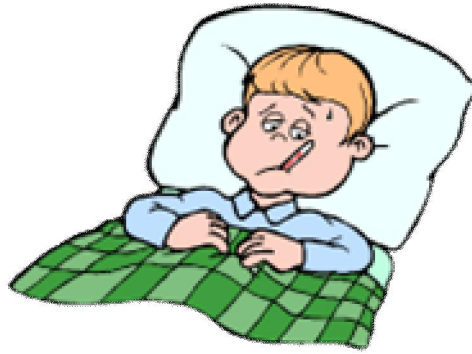


There once was a plant
Who grew in a pot
From a little seed tended by Carrie.
She loved his green leaves
And fuzzy blue flowers
And gave him her favourite name: Harry.

Harry was happy there
In his red pot
Near a window, so round and so sunny.
And every night,
Carrie told him good jokes
That he usually thought were quite funny.

Then one Sunday morning,
Carrie found out
That one of her buddies was ill.
She thought and she thought
About what she could do.
Write a verse, make a card, send a pill?





She talked with her mom
Who just happened to be
A wise and wonderful botanist.
They thought about presents
That would be the best
To help friends feel better, not rottenest.

"Now this might be hard,"
Her mom said out loud.
"But your friend would get better with Harry."
And Carrie remembered
That plants could be helpful
In sickness. "Well, maybe," said Carrie.

You see, Carrie knew
What some people don't.
To keep sickness from getting much worser,
Plants breathe out
What people breathe in,
And this miracle works vice versa.

She shed several tears
And paced up and down
Before giving dear Harry away.
To whom could she read
And who would smile back
At her jokes at the end of the day?

Yes, Carrie took Harry
In his red pot
To live on a new window sill
Where Harry exhaled
Some sweet oxygen
Which helped her friend stop being ill.

This friend was so grateful
He took a small seed
And grew a new plant of his own.
And he gave Harry back
To his smart funny friend
Who would no longer tell jokes alone.



Jack's Accident

by Maggie Manvell



Jack was really scared. This morning he'd been so worried he felt sick and couldn't eat any breakfast. He'd got to school a bit late - that was bad enough! But when he peeped through the classroom door he could see Mr Hardy pacing up and down the room with a stern look on his face, and all the children were sitting very quietly, and not working at all, but looking at the fragments of a broken vase lying on the science table.

It was Jack who had broken the vase. Of course, it had been an accident. Mr Hardy had asked him to tidy up the science table last night, and Jack was really happy to have been chosen, but while he was moving the vase aside to clean up some dead leaves, it had slipped and fallen, and - oh no! - it had crashed down and broken into small jagged pieces. And it had been such a beautiful vase, one that Mr Hardy had brought in for the flowers they had collected on a nature trip. Jack hadn't known what to do, and had run home.

As he stood in the corridor trying to pluck up courage to go into the classroom, a prayer came into his head, which helped to calm him down. He remembered it from his Bahá'í children's class. There was no-one else about, so he quietly said, "Oh God! Guide me. Protect me. Make of me a shining lamp and a brilliant star. Thou art the Mighty and the Powerful!" He added a big "please!" at the end, then opened the classroom door.

He didn't dare look at Mr Hardy, but knew that Mr Hardy was looking at him. And he remembered that this wasn't the first time he'd been in trouble like this. His mother said he was a butter-fingers because he was always dreaming and dropping things.

In a small voice he said, "I'm really sorry, Mr Hardy. It was me that broke the vase. It was an accident."

Mr Hardy spoke softly, but Jack could tell he was cross. "Well, Jack," he said, "this is one accident too many. Go and explain yourself to Mrs Bell!"

Mrs Bell was Jack's headteacher, and she was very kind. Jack liked her. He felt he had let her down and it gave him a heavy, sad feeling inside. He walked slowly along the corridor to her office and knocked on the door. With a lot of starting and stopping he managed to explain what had happened.

Mrs Bell was silent for a while and then said, "Well, Jack. Now . . . what

do you think can be done about this?"

"I'm really sorry," said Jack.

"I know," said Mrs Bell. "And that's a good start. But what can you do to show Mr Hardy that you really mean it? Could you make things right again?"

"I don't think the vase can be mended," said Jack. "It broke into lots of bits." He thought for a moment and added hopefully, "I could ask my mum to buy Mr Hardy another vase!"

Mrs Bell didn't smile at his suggestion as he had expected. "That would be the easiest thing to do," she said. "But I think Mr Hardy would be happier if it was something that came just from you. Something to show you care about what happened. Think about it, Jack."

So Jack did. When he got home that afternoon he didn't go out to play, and he didn't turn on the computer or the TV. Instead, he got a large empty plastic milk bottle and cut the top off, using the base to make a plastic jar about ten cm tall. Then he cut out a piece of paper the same height, and long enough to wrap all the way round. Then he drew a beautiful pattern all over it, and coloured it with his felt tips. When he'd finished he glued the back of the paper and stuck it carefully around his plastic vase. Just to make sure it was safe he put sticky tape down the join and at the top and the bottom edges to make sure they would stick. When he finished he was really pleased with how it looked. It was like a proper vase, and he couldn't see the plastic bottle at all.

Lastly, he wrote a little letter to give to Mr Hardy which said that he was very, very sorry for breaking the vase and had made another one and had tried to make it as pretty as he could.

On his way to school next morning, he picked wild flowers from along the edge of the road. And when he got to school he filled the vase with water, put the flowers in, and made his way to the classroom. Mr Hardy was already there. Jack gave him the note and the vase of flowers, wondering what his teacher would say. He need not have worried. Mr Hardy was delighted with Jack's vase, especially because it had been Jack's own idea and he had made it by himself. He decided the children could make one each, and he asked them all to bring in large, empty milk bottles the following day.

Next day the classroom was full of flowers in home-made plastic vases, and looked lovely. Mr Hardy was smiling, and Jack felt really happy inside. All his heavy sadness had gone and he didn't feel sick any more. He thought he even felt a bit like a "brilliant star"!





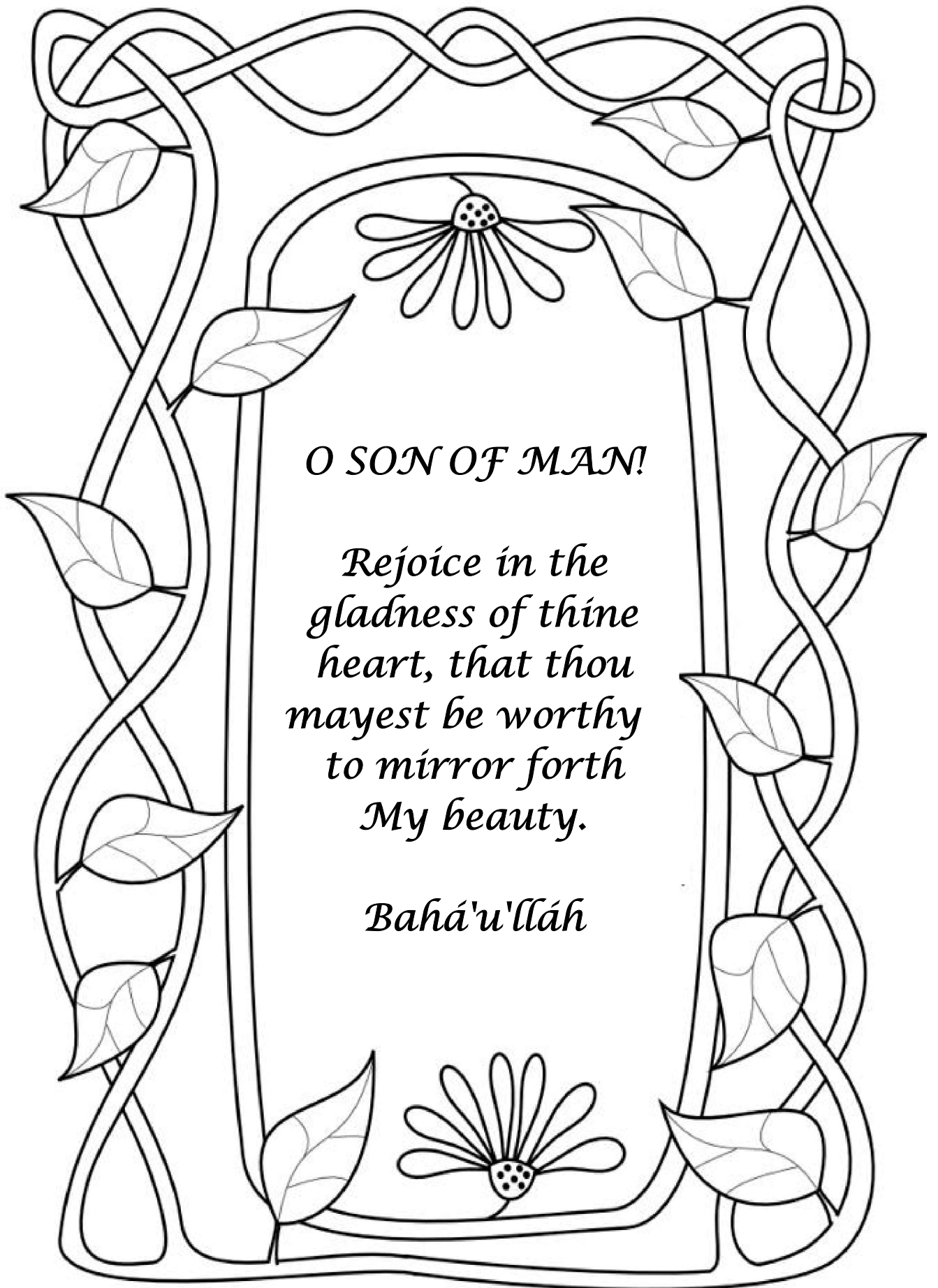
Bahá'u'lláh tells us that it is good to “rejoice in the glad-ness” of our hearts. In the story Jack was sad at first, but later he became glad. Fill in the sad and happy words.

The crossword puzzle grid contains the following words:

- 1 down: h
- 2 down: s
- 3 across: s
- 4 across: a
- 5 across: g
- 6 down: b
- 7 down: d
- 8 down: l
- 9 across: c
- 10 down: i

1. At the end of the story, Jack felt really h _ _ _ _ inside.
2. The broken vase made him s _ _ .
- 3 across: He was very s _ _ _ _ he'd broken it.
- 3 down: He felt s _ _ _ _ to tell his teacher.
4. He was worried that his teacher would be a _ _ _ _ .
5. When he made things right again, Jack's heart was filled with
g _ _ _ _ .
6. He was so happy he felt like a b _ _ _ _ _ star.
7. The teacher was d _ _ _ _ _ with the new vase.
8. The flowers made the classroom look l _ _ _ _ .
9. At first the teacher was c _ _ _ _ because the vase had broken.
10. Jack felt his happiness i _ _ _ _ _ his heart.

Words to choose from: sad; cross; sorry; angry; scared;
delighted; lovely; happy; brilliant; inside; gladness.



O SON OF MAN!

*Rejoice in the
gladness of thine
heart, that thou
mayest be worthy
to mirror forth
My beauty.*

Bahá'u'lláh

The Cat Who Became a Nurse

(From a news report)

One day someone brought a little stray black cat into an animal shelter in a town in Poland. He was very sick and could hardly breathe and the vets thought that the kindest thing would be to put him to sleep. But when he began to purr the vets decided to try to save him, even though they still thought there was no hope of him getting better. But to their amazement he did! And, even more amazing, when he became well again, he began looking after the other sick animals there, hugging and massaging them, and even licking them to keep them clean.



He now lives in the animal shelter and is especially friendly to animals that have had serious operations, lying next to them and cuddling them so they don't feel sad. He has become quite famous and people visit the centre especially to see him. The vets are very fond of him. They smile and say he is a full-time nurse and is their lucky mascot!

Jokes

Have you heard the saying, 'Laughter is the best medicine'? Well, it often is! Even really sick people can feel better after a good laugh. So share these jokes and have a laugh.

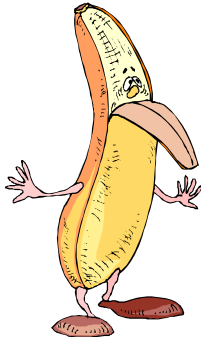
"Dad! Is it true that an apple a day keeps the doctor away?"
"That's what they say."
"Well, give me an apple quick! I've just broken the Doctor's window!"



"Doctor, Doctor!
I've got a strawberry growing out of my head!"
"I'll give you some cream to put on it."

Q Did you hear the joke about the germ?
A No, because no-one wanted to spread it!

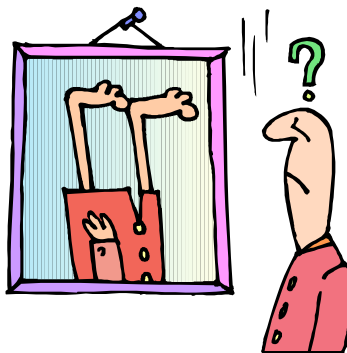
Knock, knock.
Who's there?
Stan.
Stan who?
Stan' back I'm going to sneeze!



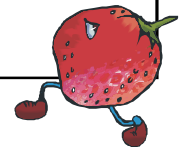
Q Why did the banana go to the doctor?
A Because he wasn't peeling well!

Q Doctor, how can I fix a broken tomato?
A Tomato paste!

"Doctor!
Doctor! I keep thinking I'm upside down."
"Whatever makes you think that?"
"Because my feet smell and my nose runs!"



Q The doctor tells me to have a strawberry shake every day. But how do you make a strawberry shake?
A Put it in the freezer till it shivers!



Amazing Stories from the Dawn-Breakers

*Stories adapted by Jacqueline Mehrabi from **The Dawn-Breakers** and illustrated by Malcolm Lee.
(Published by the Bahá'í Publishing Trust of India)*

(The story so far: Around 300 followers of the Báb are being attacked by the King's army. Mullá Husayn has already died of an arrow wound and the others have no food and only melted snow to drink. Then the Prince, who is in charge of the army, promises that the believers will be safe if they come out of the fort, where they are sheltering, and give themselves up. But he does not keep his promise and instead they are captured and many are killed, including Quddús. Before he dies, Quddús says: 'Forgive, O God, the sins of these people. Show them, O God, the way of Truth.'

Part 35

Holy Earth

The Báb was still a prisoner in the Castle of Chihríq, and He was overcome with sadness when He heard of the deaths of Quddús and Mullá Husayn and the other heroes of God who had been sheltering in the fort of Tabarsí. His heart became so full of sorrow He could not eat for nine days, and it was six months before He wrote anything again.

After the six months, the first thing He did was to reveal a special Tablet praising Mullá Husayn and Quddús, saying they are now together in the next world. The Báb also wrote Tablets describing the brave deeds of all the believers who had fought and died in the fort. Then He sent a believer named Sayyáh to make a pilgrimage to the fort to recite the Tablets He had revealed in memory of these martyrs.

The Báb told Sayyáh, "Bring back to Me a handful of that holy earth which covers the remains of My beloved ones, Quddús and Mullá Husayn. Try to be back before the day of Naw-Rúz, that you may celebrate with Me that festival, the only one I probably shall ever see again."

It was the depth of winter and bitterly cold and snowing when Sayyáh set off on foot to go to the fort. He stayed there nine days and did everything the

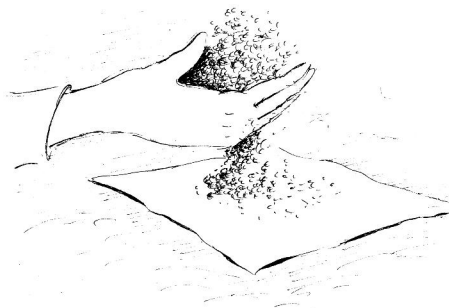


Báb had instructed. He bowed his head to the ground, then, circling around the fort, he mentioned the names of all the believers who had been killed there and recited the prayers the Báb had revealed in their honour.

After he had completed his mission, Sayyáh visited Bahá'u'lláh in Tihrán, where he was greeted with the greatest kindness.

A believer called Vahíd happened to be staying at the house of Bahá'u'lláh at the time. He was a learned man, famous throughout Persia for his great knowledge and wisdom. He was very dignified and always well dressed. He was also very humble. And when he knew that Sayyáh had come from the holy presence of the Báb to say prayers at the fort, he rushed forward and flung himself at Sayyáh's feet and kissed them, even though they were wet and covered in muddy snow.

After staying a few precious days with Bahá'u'lláh, Sayyáh set off on the long walk back to the prison-castle of Chihríq, where he gave the Báb the handful of dust he had gathered from the fort of Tabarsí.



(To be continued ...)



The Kitáb-i-Aqdas ~ The Most Holy Book

Lesson Twenty-Eight

Bahá'u'lláh says in the Kitáb-i-Aqdas (verse 113):

‘Resort ye, in times of
sickness, to competent
physicians . . .’

‘Resort’ means to consult or turn to (in this case, consult the best doctors).

‘Sickness’ here means any kind of illness.

‘Competent’ means well-trained and good at what they do.

‘Physicians’ is another word for doctors.

Bahá'u'lláh is telling us to go to a good doctor when we are ill — which means one who is properly trained and is very good at what he or she does. Shoghi Effendi said: ‘In His Most Holy Book (the Aqdas) Bahá'u'lláh says to consult the best physicians, in other words doctors who have studied a scientific system of medicine.’

As well as going to a good doctor, at the same time we can also pray for healing. Many doctors and surgeons also pray, asking God to help them heal their patients.

1. When we are very ill, who should we go to? A competent _____.
2. As well as going to a good doctor, what else can we do? P _____.
3. We cannot prevent all illnesses from happening, but we can prevent some. What is a simple thing we can do to stop germs spreading? (see page 11)

Two Ways of Healing

'Abdu'l-Bahá says: "There are two ways of healing sickness, material means and spiritual means. The first is by the treatment of physicians; the second consisteth in prayers offered by the spiritual ones to God and in turning to Him. Both means should be used and practised."

This is a beautiful healing prayer and you may already know it by heart. But if not, learn the first line and think about it, then try to learn the rest.

"Thy name is my healing, O my God,
and remembrance of Thee is my remedy.
Nearness to Thee is my hope,
and love for Thee is my companion.
Thy mercy to me is my healing
and my succour
in both this world and the world to come.
Thou, verily, art the All-Bountiful,
the All-Knowing, the All-Wise."

Bahá'u'lláh



Dr Youness Afroukhteh

(c. 1864-1948)

(Adapted from *Memories of Nine Years in 'Akká* by Dr Youness Afroukhteh, with kind permission from George Ronald, Publishers)

One day, 'Abdu'l-Bahá advised the pilgrims and the Bahá'ís living in 'Akká to leave because the enemies of the Faith were causing trouble. His own life was in danger and He knew the friends could be in danger too if they stayed.

One of the believers was called Youness. He had been serving as a secretary for 'Abdu'l-Bahá, but now all correspondence had stopped and there was nothing for Youness to do. So 'Abdu'l-Bahá advised him to also leave until the troubles were over.

Youness was wondering where he should go and what he should do when he received a message from 'Abdu'l-Bahá, saying He wished to see him.

"Last night," said 'Abdu'l-Bahá, "I was thinking about you. I came up with a good plan for you. You must study."

"What should I study?" asked Youness.

"Whatever will be of benefit," said 'Abdu'l-Bahá.

"Where?" asked Youness, thinking he would rather like to go to Paris. In fact, he had already discussed this idea with 'Abdu'l-Bahá the night before.

"Beirut," replied 'Abdul-Bahá. Beirut was a town about 40 miles away from 'Akká.

"Are there classes in literature and philosophy in Beirut?" enquired Youness.

"Something that will be of more benefit," hinted 'Abdu'l-Bahá.

Youness thought for a while, feeling puzzled. Then he felt inspired to say, "Should I study medicine?"

"Yes, yes, that is very good," said 'Abdu'l-Bahá. And He told Youness that there were two very good medical schools in Beirut and he should go and see which one would be right for him.



The reason why 'Abdu'l-Bahá wished Youness to study medicine was because, at that time, over a hundred years ago, the doctors in 'Akká were not properly trained and did not know which medicine to give when someone was ill. They also charged too much money and poor people could not afford to go to them.



“Go and get an education,” ‘Abdu’l-Bahá told Youness. “Maybe you can save us from these doctors!”

Youness did not know how he would be able to pay for his studies, or if he was clever enough to pass the exams. Also, he was 35 years old and had not studied for a long time. He spent all that night worrying and praying about it.

The following morning ‘Abdu’l-Bahá invited Youness to walk with Him through the narrow alleys of ‘Akká as He visited the poor people who lived there. As they walked, ‘Abdu’l-Bahá said that education was very important. He told Youness that the secret of success in his studies would be, first of all, through the confirmations of God, and, second, by wholehearted perseverance and never giving up. He explained how if we focus light on one spot, the light and heat are greater. And, in the same way, if Youness were to focus his mind on his studies and concentrate hard, the result would also be greater.



Youness was encouraged by these words of ‘Abdu’l-Bahá and asked when he should leave. ‘Abdu’l-Bahá said that the next boat would be leaving in three days’ time.

Deep down, Youness did not really want to go anywhere — he wanted to stay with ‘Abdu’l-Bahá in ‘Akká. But, of course, he did as ‘Abdu’l-Bahá wished, and when the day came for him to finally leave, ‘Abdu’l-Bahá embraced him and blessed him.

At first, Youness found the studying difficult, but whenever he despaired, he thought of ‘Abdu’l-Bahá and immediately felt surrounded with His love. At those moments, he said that his whole being would be filled with such joy that he would jump up from his seat with delight!

Youness had only been studying for two months when ‘Abdu’l-Bahá’s sister, the Greatest Holy Leaf, came to Beirut for medical treatment. Youness went to the house where she was staying to give his greetings and ask after her health. When he arrived he was told that although the Greatest Holy Leaf had been treated by a doctor for two days, she was still feeling sick and giddy. And she sent a message to Youness asking for his advice on what medicine she should take.

Youness said that he was only at the very beginning of his studies and did not know enough. But the Greatest Holy Leaf sent word back saying that she had faith in him to be able to think of something that would help. As he still hesitated, one of the friends told him:

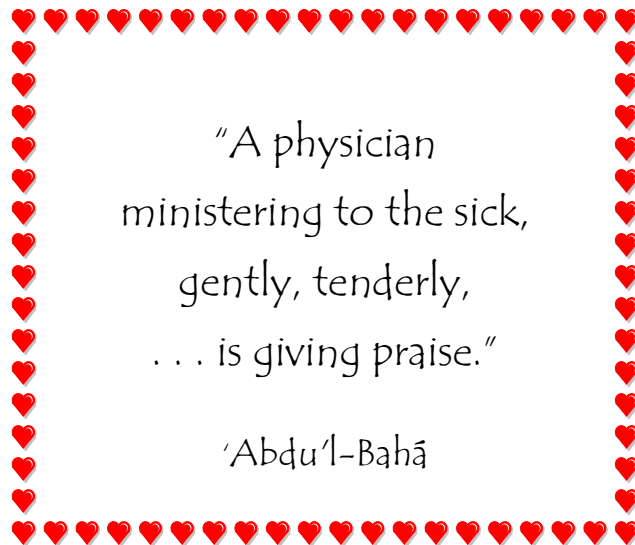
“We have no power of our own. Healing comes from God. You prescribe something. Maybe it is your good faith and strong devotion which she feels will guide you.”

So Youness suggested a simple remedy of tea made with a pinch of mint and taken with candy sugar. And just one hour later, the Greatest Holy Leaf sent a message thanking Youness and saying she was feeling much better!

Although it was many years since he had studied at school, Youness made rapid progress. As well as studying hard, he and the other Bahá'í students in Beirut held prayer meetings and talks and read from the Writings of Bahá'u'lláh. He also arranged for students who were interested in the Faith to visit 'Abdu'l-Bahá in 'Akká, and when they returned, they were always radiant with happiness.

Five years passed and it was time for Youness to take his final exams. But there was a problem. He needed to pay a fee before he was allowed to sit them, but he did not have enough money left in his bank account, and the manager refused to give him a loan. However, the day before the exam, when he had given up all hope, one of his friends came running up the road to tell Youness he had found someone willing to lend the money to him, and it was paid later that day, just before closing time!

Youness passed the exams and became a good doctor. He returned to 'Akká, and his happiness was complete when he was able to suggest some medicine for 'Abdu'l-Bahá to take when He was ill one day and it worked! Youness wept with relief. He went half dancing and half running down the road to the pilgrim house to share the good news with the friends!



"A physician
ministering to the sick,
gently, tenderly,
. . . is giving praise."

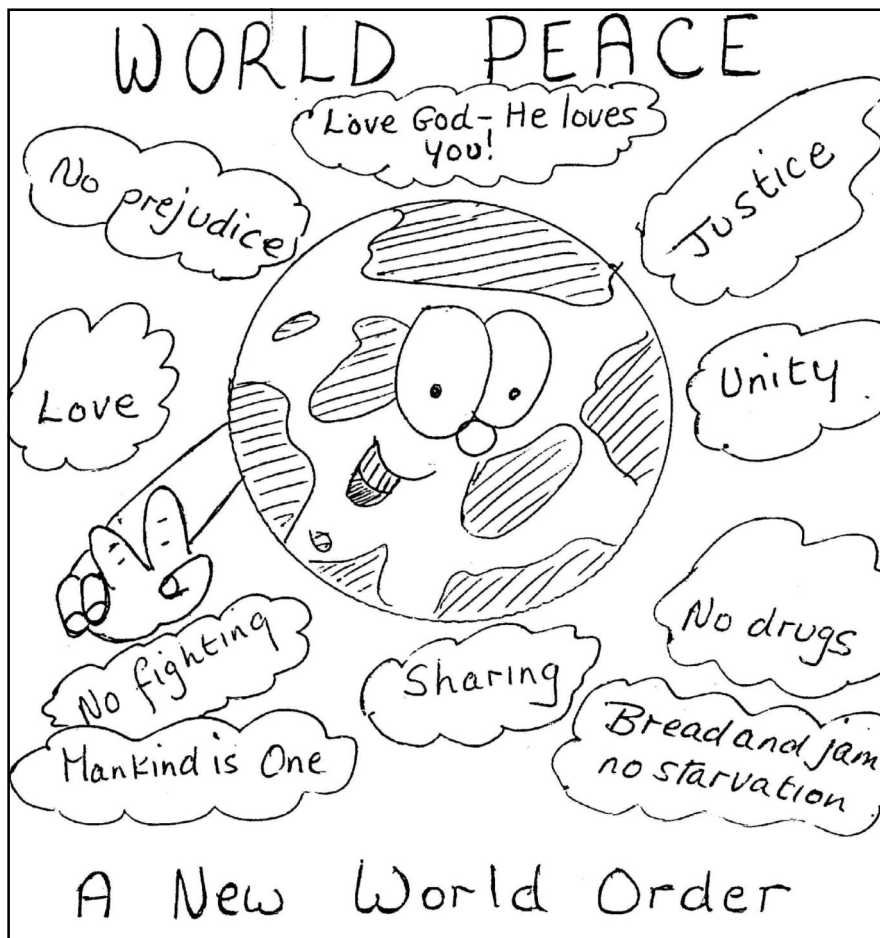
'Abdu'l-Bahá

Healing the World

The world is sick because of wars, injustice and people starving. It doesn't have to be like this. Wherever we live, we can become like doctors to heal the world through the teachings of Bahá'u'lláh.

This drawing was done in a Bahá'í children's class.

The world looks happy!



Draw your own picture of a healthy world and add other things you think would help.

