



## Sabbath School Matters

At a recent meeting of the General Conference committee, the Sabbath School Department was asked to take as the object of the birthday offerings, "New work and new workers in mission fields." The Treasury Department will look to the Sabbath School Department for an accurate report of the birthday offerings as the basis of its appropriation for new work. The birthday offerings will be reserved sacredly for this purpose. Until this year, these offerings were devoted to work in Burma. With this new and larger objective before us, will surely come the desire to give a more hearty expression of gratitude for the blessings of continued life than we have before manifested. It certainly is fitting that on our birthdays, when we receive expressions of love from our friends, we should in a special way manifest our love for Him who guards us from the first moment of life until the last.

The Investment Fund receipts for 1925 in the United States equalled £4,107. The plan was not started at the beginning of the year. In this field, we are just starting our Investment scheme. In many places, the interest is keen and the outlook is that we shall not come behind other lands in this added effort to furnish means for the speedy finishing of gospel work.

The Congo Union has distinguished itself. Our missionaries in the Congo give so liberally to the cause of missions through the Sabbath school that recognition of their liberality has been sent from the Department in Washington in the form of a pennant. It measures fifty inches long and is made of dark green felt on which is written in white, "A Sabbath School Motto. Saving Souls in Mission Lands. We Did Our Share." Is this the only pennant to come to Africa? Think about it. MRS. A. P. TARR.

---

## CAPE CONFERENCE

L. L. MOFFITT, *President*, P. W. WILLMORE, *Secy.-Treas.*  
ADDRESS: P. O. Box 378, Port Elizabeth, C. P.

---

## Church Officers' and Sabbath School Convention

THE churches of the Peninsula, Cape Town, Claremont, Wynberg, Salt River, and Elsie's River, enjoyed the privilege of a church officers' and Sabbath school convention, Friday evening, Sabbath and Sunday, June 18-20. The Cape Town church was almost filled on Sabbath morning, and the other services were attended by officers and representatives of the various churches of the Peninsula.

The object of the convention was to set before the churches the factors that make for greater efficiency in conducting local church work, and to bring about a better and more sympathetic understanding, and a more intelligent co-operation between officers and members, and between the local church and the conference.

A few gleanings from this convention may be of interest, and of some benefit to other churches. With this thought in mind, we present a few important points. To those churches that desire the benefit of a fuller study of these topics, we refer you to the little

book, "The Officers of the Church," by Elder Stevens, which may be ordered through your tract society.

### THE CHURCH

"The church, enfeebled and defective, needing to be reprov'd, warn'd and counselled, is the only object upon earth upon which Christ bestows His supreme regard."—"Testimonies to Ministers," p. 49.

"Any betrayal of the church is treachery to Him."—"Acts of the Apostles," p. 11.

"God designs that we should learn lessons of order and organisation from the perfect order instituted in the days of Moses."—"Testimonies," Vol. I, p. 653.

### THE ELDER

"The leaders of churches in every place should be earnest, full of zeal and unselfish interest; men of God who can give the right mould to the work."—"Testimonies," Vol. V, p. 618.

The elder should conscientiously familiarise himself with all the needs of his church. He should know the spiritual condition of its members. He should be familiar with the financial standing of the church in its relation to the tract society and conference. He should both by precept and example encourage all in rendering to God His own in tithes and offerings. He should always remember that he is the point of contact between the conference and the church.

### DEACONS AND DEACONESSSES

These have the high honour of being the servants of the church. The deacons are to look after the upkeep of the church and both deacons and deaconesses are to faithfully look after the poor and needy. They are also to assist in the quarterly service, and at baptisms.

### THE CHURCH CLERK

The clerk records all business meetings of the church. The clerk should correspond with all isolated members, and should secure from these a report at least once a quarter. The clerk should give prompt attention to all letters of transfer, and should keep a full, accurate and up-to-date list of church members with their addresses.

### THE CHURCH TREASURER

The treasurer is the custodian of sacred money, which should be sacredly guarded. The treasurer should especially guard against any slack or indifferent methods in his work. He should always issue receipts for all monies received. In remitting to the conference, he should be specific in stating the various funds.

### THE CHURCH MISSIONARY SECRETARY

The missionary secretary is the agent through whom the church deals with the conference tract society. All church and Sabbath school supplies are ordered through the missionary secretary, as are all subscriptions and renewals to periodicals, etc. In all such transactions, the cash system should be followed. The missionary secretary should do all in his power to encourage and promote active missionary work in the church, in co-operation with the elder.

### THE MISSIONARY VOLUNTEER LEADER

The Missionary Volunteer leader is to the young people's society what the elder is to the church. He

should be a wide-awake, earnest Christian. He should be a leader in the spiritual growth of his society, as well as leading out in efficient management. The Missionary Volunteer society is a training ground for future responsibilities.

#### THE MISSIONARY VOLUNTEER SECRETARY

This office has many opportunities for service and development. The society is primarily a missionary society, and the secretary should promote the missionary spirit. He should encourage reporting, and he in turn should report the Missionary Volunteer work to the church missionary secretary each week, and each quarter he should send in a report to the conference Missionary Volunteer secretary. In his capacity as treasurer he should properly receipt, record and remit all monies. All money that is not designed for local society work should be regularly turned over to the church treasurer.

#### SABBATH SCHOOL SUPERINTENDENT

The Sabbath school superintendent should ever bear in mind that, by virtue of his office, he stands pledged to do all within his power to achieve the ideal set for the Sabbath school, as outlined by the General Conference Sabbath School Department. He should ever seek to improve his school. He should avoid ruts. The superintendent should not only have a general interest in the school, but he should also take a personal interest in teachers and pupils. He should have a vision of the world-wide mission advance, and strive to cause his school to reach and consistently maintain its missions goal.

#### THE SABBATH SCHOOL SECRETARY

The reports of the Sabbath school secretary should be the very best he can produce, bright, fresh, varied and comprehensive. The Sabbath school secretary has much to do with the success of the school. The faithful progressive secretary will take time to plan for the building up of every phase of the work with which he has to do. Among many other important features of his work, the secretary should always be sure that all supplies are ordered sufficiently far ahead of time to be on hand for distribution at the proper time. Every secretary would be greatly helped by reading pages 59-69 of "The Officers of the Church."

#### THE SABBATH SCHOOL TEACHER

While not an elected officer, yet the Sabbath school teacher is one of the most important factors in the Sabbath school. The teachers were compared to the spark plugs of a motor. They are the points of contact with the school. Every teacher should be a thoroughly consecrated Christian. He should make his class his parish, and seek to win every member for Christ, and to build them up in the faith.

#### SABBATH SCHOOL GOALS

The five goals of the Sabbath school were all emphasised, and should constantly be kept in mind in every school: "Every believer in the Sabbath school," "Every member present and on time every Sabbath," "Daily study of the Sabbath school lesson," "Personal work for every pupil," and "1/3 per week per member for missions."

#### SABBATH SCHOOL HELPS

Among these are, *The Sabbath School Worker*, which every teacher should have, *Our Little Friend*, and *The Youth's Instructor* for the children and youth. The teachers' meeting and the Teachers' Training Course should be arranged for in every progressive school. There are certain special helps for kindergarten classes that should be provided for wherever needed, such as sand tables, blocks, cut-outs, picture rolls, cards, children's songs, etc.

Let every Sabbath school strive to make its present standing a little better. L. L. MOFFITT.



### News Notes

BROTHER L. A. VIXIE has just closed a successful colporteurs' institute in the Cape Peninsula. This has been a real source of strength and encouragement to the colporteurs.

SISTER VIXIE is spending some time in the Peninsula visiting the churches in the interest of the Sabbath school work. On thirteenth Sabbath, June 26, she visited the Claremont Sabbath school.

BROTHER P. W. WILLMORE, who spent a few days in the Peninsula assisting in the colporteurs' institute, and in the church officers' and Sabbath school conventions, left Cape Town for Port Elizabeth, Monday, the 21st of June.

ELDER MOFFITT visited all the churches in the Peninsula on his recent trip. Aside from assisting in the institutes, he held meetings in each of the Peninsula churches. On Sunday, he left for Port Elizabeth, planning to stop off at Robertson to see Elder Birkenstock in the interests of the work in that place.

---

### NATAL-TRANSVAAL CONFERENCE

B. M. HEALD, *President*

A. E. NELSON, *Secy.-Treas.*

OFFICE ADDRESS: Joubert Street, Johannesburg.

---

### An Accident

ELDER HODGSON, Brother Nelson and the writer met with a severe motor-car accident on the Potchefstroom road about six o'clock on the evening of June 14. The driver sustained a fractured skull and is in a critical condition. His son had his elbow broken. Brother Nelson's pelvic bones were fractured and Elder Hodgson suffered bruises to his back, while the writer had his left hip sprained with bone bruises on his left leg and bruises about his head.

To fulfil an appointment with the natives in the Kraalkop district, we had hired a Government post-car, but soon found the driver to be more or less incompetent, as he seemingly had no judgment as to speed and distance. In turning off from the main road on a detour around a culvert that was being repaired, he did so altogether too quickly, and our car turned turtle and made a complete somersault. The Ford was completely demolished. Fortunately, another car drove up in a few minutes and rendered

great assistance in fetching the district doctor, twelve miles away, and in helping to get us to a farm home about a mile distant. These people were very kind and did all that could be done until morning, when we were taken to the General Hospital in Johannesburg, a distance of about sixty miles. It was found by an X-ray examination that Brother Nelson's pelvic bones were broken and that Brother Hodgson and myself fortunately had no fractures, though suffering from bruises.

We wish our dear people to know that the conference work will be carried on as usual, as Miss Renou will receive dictation daily at the bedside of the writer, and Brother A. A. Pitt will take charge of Brother Nelson's work. Brother A. F. Tarr will keep in close counsel also. We wish to thank the Durban, Maritzburg and Carolina churches, also our two sister conferences, for their telegrams of sympathy, and we most sincerely solicit the prayers of all our people that there might be a speedy recovery from this dreadful accident.

B. M. HEALD.



### Big Week Returns

THE following are the Big Week returns as reported by our churches:

CHURCH	AMT. RAISED	GOAL
Durban	£64 18 0	£24 0 0
Maritzburg	26 11 0	12 0 0
Johannesburg	18 0 0	38 5 0
Conference church	14 14 9	15 0 0
Spion Kop	10 0 0	20 0 0
Potchefstroom	9 0 0	13 0 0
Pretoria	8 0 0	7 10 0
Carolina	5 10 0	2 10 0
Natives	3 12 6	
Hlobane	2 0 0	3 15 0
Sweetwaters	1 13 0	2 0 0
Standerton	no report	10 0 0
Doornpoort	.. ..	
Total	£163 19 3	£150 0 0

This has been an excellent effort and we wish to express our deepest gratitude to our faithful churches for their untiring efforts in helping to make the Nyasaland dispensary possible. There are others who have not sent in their reports yet, and we urge them to do so this month.



### Harvest Ingathering Campaign

At a recent committee meeting, very extensive plans were laid for the coming Harvest Ingathering Campaign, August 28 to October 29. It is expected that this will be the greatest campaign in the history of our conference. The proceeds will go to our new European training college. Each church will have its goal, and all conference workers and church members will be urged to rally to the campaign by throwing their time and energies into soliciting funds for this most worthy purpose. We should begin now to lay our plans. Watch for future announcements regarding developments.

### Camp-meeting Pledge

ONE brother has sent in his cheque for £200 in payment of his camp-meeting pledge to the new college, another has sent in his cheque for £100. Have you, dear reader, sent yours in yet?

B. M. HEALD.



### News Notes

THE name of our Book and Bible Society has been changed to The Religious Book Depository.

A SABBATH school convention was held in the Johannesburg church on Sabbath, June 12. It was an all-day session and there was a good attendance. Sisters Tarr, Nelson and Cameron led out in a most enthusiastic way, and the convention was an impetus to the Sabbath school work on the Rand.



### Johannesburg Tent Effort

THE nine-weeks' series of this effort closed Sunday night, May 16. There was a large attendance. The subject presented was "The Eastern Question, or the Fate of the Turk." A keen interest has been manifested in the topics presented throughout the campaign, and we were loathe to take the tent down. However, the cold weather made it unwise to continue longer in the tent.

Sunday night meetings are now being held in our church, and the attendance shows a continued interest. Each Wednesday evening we study the prophecies, and on Friday evenings a Bible class is conducted. The growing attendance shows that a splendid interest is being taken in these classes. A sisters' meeting is held each Thursday afternoon, at which time instruction is given in the "Testimonies," home missionary work, nursing, cooking, etc.

Two baptismal services have been conducted. The first was held on May 15, and the second three weeks later. There was a special testimony meeting held on the afternoon of the first baptism and a large number of testimonies were offered. While most of those who took part were new members, yet there was the old time Third Angel's Message ring in the testimonies, in which confidence was expressed in this Message and its speedy triumph. These days will long be remembered by the members of the Johannesburg church, as days when the Lord drew very near.

As the result of this effort, forty-eight self-sacrificing, earnest, sincere souls have thus far been voted into our Johannesburg church membership. There are a number of others who will, no doubt, decide for the Truth in the near future. These decisions have not been made without severe tests and trials, but God will reward every firm stand taken.

During the effort, we came into touch with a brother who had been keeping the Sabbath for twelve years, although he had not been in contact with our people. He found the true Sabbath by reading the book, "Great Controversy." He is now rejoicing as a member of our church.

A young man had been looking for employment for about a year, but all doors were closed to him. He

was urged to take his full stand for the Truth and was assured the Lord would bless him. He finally decided to do so. He was baptised, and the following week a situation was opened to him where he could keep the Sabbath.

An artist attended our meetings and became greatly interested. Since hearing the Truth, he has gained a new vision of his Saviour, and one day when one of the workers called upon him, a painting of our Lord carrying the cross was noticed in the studio.

We can truly say with the Apostle Paul, "I am not ashamed of the gospel of Jesus Christ, for it is the power of God unto salvation." It still has saving, transforming power as is seen in the lives of men and women today.

W. LEROY HYATT.

## ZAMBESI UNION MISSION

F. E. THOMPSON, Supt.

C. W. BOZARTH, Secy.-Treas.

OFFICE ADDRESS: P.O. Box 573, Bulawayo, Rhodesia

### News From Solusi Mission

MEALIE-REAPING is finished. We are disappointed, as our friends will also be, that the crop is short of last year's yield.

SISTER GIBSON has accepted an invitation to stay at Solusi, while Brother Gibson is away from home in the Harvest Ingathering work. We are glad of the help of Sister Gibson in the school.

ISAAC has gone to perform some marriages at Tjotjo and to hold a series of meetings with the people at Bembezi. During his absence, Clarence Silombe is helping us in the school.

THE Missionary Volunteer Rally Day resulted in awakening the Missionary Volunteer work at the mission. Since then, two of the boys regularly hold Sabbath meetings at the Gwaai, and others go out to kraals that are nearer.

JAMES MACHINGELE recently reported that two men from Beira, to whom he had sold books and later had given Bible readings, have accepted the Sabbath truth. Now they are returning to their homes in Beira, and we trust that God will use them to help "finish the work and cut it short in righteousness."

ALL were encouraged by the visit of Elder and Mrs. Boger. Elder Boger held some revival services with us and most of the students were arranged in prayer bands, to meet each evening at 6:30. These bands have been continued, and a good spirit is manifest among the students. The spirit of order and cheerful faithfulness among the girls is especially commendable.

BROTHER MARX has been doing some hard travelling among the out-schools. Conditions are not entirely pleasing, but there are encouraging instances of conversion, and good work is being done by some of our native laymen. Befan, in the Matopos, is doing good work. Baleni Gumpo and his company, near Mzingwane, are doing their best in letting their light

shine. Other laymen in different parts of the field are teaching the Truth and instructing people for baptism. This is just as it should be. Our teachers here at the mission and the older students, show commendable interest in fulfilment of the great commission.

S. W. PALMER.



### Copied From a Personal Letter

"WE were twenty-seven days on the Shabani-Belingwe trip, covering approximately two hundred miles for the double journey. We visited seven of our out-schools, two of which are in the Somabula area. We travelled with our little covered wagon and six donkeys, visiting a number of European people both on the forward and return journeys, spending also a few days at Ingathering work with a number of last year's papers. The collection amounted to £25-8-0. By way of diversion, we extracted about two dozen teeth. These were for natives, of course."—T. J. Gibson.



### Harvest Ingathering in the Northern Mission Fields

THE time set by the committee for our next Harvest Ingathering Campaign is August 28 to October 9. We will refer to this special effort again a little later, placing before our readers full particulars regarding the 1926 campaign. This year, a change has been made for the date of the campaign for our northern mission fields. It was decided that the period of July 24 to August 28 would be more suitable in many ways for our workers in the mission fields to put forth their efforts in the Harvest Ingathering work.

It will be noticed from the above quotation, taken from a personal letter written by Brother T. J. Gibson, that our brother who has been so successful the past few years in the Ingathering work, is not waiting for the opening date, July 24. Brother Gibson has started out on a long tour, and he reports having already collected £25-8-0. We pray that God may bless Brother Gibson and all of our missionaries in the Zambesi Union as well as in the Congo and in Nyasaland, as they put forth special efforts this year to make the Harvest Ingathering work a big success.

As an encouragement to our faithful workers in the north, as they take hold of this campaign, we quote the following splendid admonition passed on to us by Sister White:

"Those who labour for the good of others are working in union with the heavenly angels. They have their constant companionship, their unceasing ministry. Angels of light and power are ever near to protect, to comfort, to heal, to instruct, to inspire. The highest education, the truest culture, the most exalted service possible to human beings in this world, are theirs."—"Gospel Workers," p. 515.

"All who consecrate body, soul, and spirit to God's service, will be constantly receiving a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own Spirit, the life of His own life."—*Id.*, p. 513.

## Setting the Sails

THE other day I was on a Dutch boat in the harbour of Hongkong. A strong north-east monsoon was blowing, and a heavy sea was on. Two boats passed each other, one going east, the other west. Looking closely, I saw that neither had other motive power than the wind. It is always interesting to see two boats going in opposite directions, propelled by the same wind.

It was evident that the directions taken by each boat depended on the setting of the sails. Soon one of them veered to the right, and I saw, before any change was discernible in the boat's course, that the crew first shifted the sails. This is a parallel of human life. It is not so much the tides or the winds or the currents that make the differences seen, as the way we set our sails.

About the same conditions happen to us all. Cold and heat, storm and sunshine, rain and drought, sickness and health, are the common lot; yet some men forge ahead and succeed, while others drop behind and suffer defeat. What makes the difference? Not circumstances alone, but the way circumstances are met.

To succeed, one must keep in mind the port he wishes to reach. Having determined this, the way he sets his sails is all-important. Every wind, however contrary, he uses to drive him toward his goal. How he meets disaster and overcomes obstacles and utilises adverse circumstances to help him to his port, is his affair. That is the measure of a man. Therein lies his strength, his wisdom, his superiority.

What is our goal? "Go ye into all the world, and make Christians." Now what shall hinder us from attaining our haven? One man will furl his sails and hide in some sheltering cove, during cold or heat, or while the storm lasts, while another hoists his sails and uses the very tempest to push him on toward his desired haven.

The difference between men is generally measured by the way they cope with circumstances,—the way they set their sails. Taken one by one, each goes in the direction in which his heart is set. If ease and physical comforts are uppermost, you behold your man pressing hard for rest, vacation, home. If pleasure and society are his goal, his sails are set for the breezes that will blow him to that port. If our whole desire is to win men to love our God, nothing can deter us. Nor cold nor heat, nor wind nor calm can change our course. Daily we set our sails for what is uppermost in our hearts, and we surely make headway to our desired haven.

✕ "One ship drives east, another drives west,  
While the selfsame breezes blow;  
'Tis the set of the sails and not the gales  
That bids them where to go.

ℱ "Like the winds of the air are the wars of the fates,  
As we journey along through life;  
'Tis the set of the soul that decides the goal  
And not the storm or the strife."

I. H. EVANS.

## "Go Ye"

"Go ye" was the Master's last word. We are all to go; we are to go to all. We are to go with all our might. We have all of His might at our command as we go. This is not only the Master's last command, it is more; it is the constant impulse, and becomes the driving purpose of every Jesus-touched heart. Most of us cannot go personally. Duty plainly holds us at home. Those who can go personally are the highest privileged in service, even when the road is roughest. But we can all go, and go most effectively in spirit. Both those who stay at home and those who go in person to some one place, can go to the rest of the world in spirit.

Prayer is the rail and boat that carries us in spirit wherever we will go. The motive power back of all is "the blood of Jesus," with all the depth of meaning in that phrase. The captain who guides or controls is the Holy Spirit. The human spirit is the traveller, gripped by a strong purpose, who, with heart aflame with tender love, and vision made clear by constant study of the Spirit-lit Book, goes obediently forth, singing as he goes. S. D. GORDON.



## Secret Prayer

"No matter what our experience has been, no matter how high our situation, we need to watch and pray continually. We must be daily controlled by the Spirit of God, or we are controlled by the Spirit of Satan."—"Testimonies," Vol. V. p. 102.

"I have seen that the children of the Lord neglect prayer, especially secret prayer, altogether too much. . . . We should be much in secret prayer."—"Early Writings," pp. 72, 73.

"Every unholy thought must be instantly repelled. To your closet, followers of Christ! Pray in faith and with all the heart. Satan is watching to ensnare your feet. You must have help from above if you would escape his devices."—"Testimonies," Vol. V, p. 177.

"Satan makes every effort to lead people away from God; and he is successful in his purpose when the religious life is drowned in business cares, when he can so absorb their minds in business that they will not take time to read their Bibles, to pray in secret, and to keep the offering of praise and thanksgiving burning on the altar of sacrifice, morning and evening."—"Testimonies," Vol. V, p. 426.

"Prayer is a necessity; for it is the life of the soul. Family prayer, public prayer, have their place; but it is secret communion with God that sustains the soul-life."—"Education," p. 258.

"No greater evidence need be asked that a person is at a great distance from Jesus, and living in neglect of secret prayer, neglecting personal piety, than the fact that he talks doubts and unbelief because his surroundings are not favourable."—"Testimonies," Vol. II, p. 514.

"Whatever should arise to disturb or distress us, we should take it to the Lord in prayer. . . . We should make no one our confidant but Jesus. We can safely commune with Him of all that is in our hearts."—"Testimonies," Vol. V, p. 201.



"Do not neglect secret prayer, for it is the soul of religion. With earnest, fervent prayer, plead for purity of soul. Plead as earnestly, as eagerly as you would for your mortal life, were it at stake. Remain before God until unutterable longings are begotten within you for salvation, and the sweet evidence is obtained of pardoned sin."—*Christ's Object Lessons*, p. 163.



### The Church Triumphant

CHRIST has given to the church a sacred charge. Every member should be a channel through which God can communicate to the world, the treasures of His grace, the unsearchable riches of Christ. There is nothing that the Saviour desires so much as agents who will represent to the world His Spirit and His character. There is nothing that the world needs so much as the manifestation through humanity of the Saviour's love. All heaven is waiting for men and women through whom God can reveal the power of Christianity.

The church is God's agency for the proclamation of truth, empowered by Him to do a special work; and if she is loyal to Him, obedient to all His commandments, there will dwell within her the excellency of divine grace. If she will be true to her allegiance, if she will honour the Lord God of Israel, there is no power that can stand against her.

Zeal for God and His cause moved the disciples to bear witness to the gospel with mighty power. Should not a like zeal fire our hearts with a determination to tell the story of redeeming love, of Christ and Him crucified? It is the privilege of every Christian, not only to look for, but to hasten the coming of the Saviour.

If the church will put on the robe of Christ's righteousness, withdrawing from all allegiance with the world, there is before her the dawn of a bright and glorious day. God's promise to her will stand fast forever. He will make her an eternal excellency, a joy of many generations. Truth, passing by those who despise and reject it, will triumph. Although at times apparently retarded, its progress has never been checked. When the message of God meets with opposition, He gives it additional force, that it may exert greater influence. Endowed with divine energy, it will cut its way through the strongest barriers, and triumph over every obstacle.

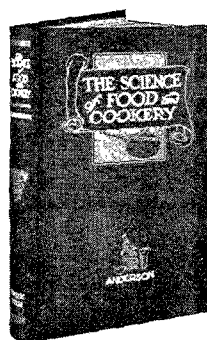
What sustained the Son of God during His life of toil and sacrifice? He saw the results of the travail of His soul, and was satisfied. Looking into eternity, He beheld the happiness of those who through His humiliation had received pardon and everlasting life. His ear caught the shout of the redeemed. He heard the ransomed ones singing the song of Moses and the Lamb.

We may have a vision of the future, the blessedness of heaven. In the Bible are revealed visions of future glory, scenes pictured by the hand of God, and these are dear to His church. By faith we may stand on the threshold of the eternal city, and hear the gracious welcome given to those who in this life co-operate with Christ, regarding it as an honour to suffer for His sake.—*Acts of the Apostles*, p. 600, 601.

## The Science of Food and Cookery

*A Book That Should be in the Home of Every Seventh-day Adventist in Africa*

It is easy to learn how to prepare better, more healthful food for yourself and family with a copy of "THE SCIENCE OF FOOD AND COOKERY" in your kitchen. This book contains thirty-five vegetarian cooking lessons, and 600 tested recipes. Be a vegetarian; start in right by using this cook book, which is one among the best ever produced.



A few of the chapter headings follow: The Vital Elements in Foods (Vitamines); Natural Food of Man; Balancing the Food; Principles of Successful Cookery; Food Combinations; Dietetic Errors; Planning the Meal and Menu Making; Bread; Soups; Entrées and Noon-Meal Dishes; Gravies and Sauces; Vegetables; Salads and Dressings; Desserts; Principles of Canning and Preserving; Miscellaneous Recipes; Etc.,

Write your Book and Bible Society to-day, sending 9/- for a waterproof cloth binding, and the book will be forwarded to you immediately, postage paid.

---

SENTINEL PUBLISHING CO.,  
Rosmead Avenue, Kenilworth Cape

# THE AFRICAN DIVISION OUTLOOK

Published semi-monthly by the

General Conference of Seventh-day Adventists, African Division

Subscription price, five shillings

W. B. COMMINS, ..... Editor

MISS P. E. WILLMORE, ..... Asst. Editor

Grove Avenue, Claremont, Cape

## General News Notes

MRS. COMMINS is visiting her people at Cathcart, C. P.

MRS. A. P. TARR recently visited the Sabbath schools in the Transvaal.

MISS ANNIE VISSER, of the Claremont church school, is spending her June holidays at Ladygrey.

WE are very sorry to learn that Mrs. Dick is not enjoying the best of health, but we sincerely hope that she will speedily recover.

At a recent Sabbath service at East London, there were a good number of outsiders present. This looks encouraging as a result of the recent effort held in that city.

BROTHER G. S. JOSEPH, in a personal letter, mentions how much the churches in America have appreciated hearing about the advancement of the work in Africa.

It is with regret that we learn, by wire from the Congo, of the serious indisposition of Brother Shreve. We understand that he will be returning home as soon as he is able to travel.

WHILE on the journey from Cape Town to England, one of Brother R. P. Robinson's little children contracted scarlet fever. We do hope that the little one has fully regained health ere this.

WE are glad to report that the Plumstead Nursing Home is enjoying a good patronage. Miss Thomason has patients booked up for several months ahead. Miss Irene Honey is now connected with the Nursing Home, taking the position formerly held by Miss Slabbert.

On the 14th of last month, Brethren Wright and French reached Bukama on their way to the Songa mission. On the train, travelling to Bukama, these brethren had a rather exciting experience, as a fire broke out in the next compartment. However, a station was reached before any serious damage was done. Elders French and Wright returned to Elizabethville on the 29th ult., and from there proceeded to the Musofu mission to conduct a native camp-meeting.

WE are sure that our readers will be very sorry to hear of the accident which befell Brethren Heald, Hodgson and Nelson. A detailed report of the accident by Brother Heald appears in this issue of our paper. Later word advises that Brother Nelson is in a very serious condition, and that it is feared that he will have to remain in hospital for a few months. We ask the prayers of our people in Brother Nelson's behalf, and that God may sustain Sister Nelson at this time.



## Triumphs in London

FOR the third year in succession, it can be truly said that the largest Sunday evening service in London is being held under the auspices of Seventh-day Adventists. We are the head and not the tail.

WE were a little fearful concerning the possibility of gathering a large congregation for the third year, but on the fourth Sunday evening, over two thousand three hundred people were present. The queue began to form at 5:30 P. M. for the service at 7:00 P. M. It is very wonderful to those of us who know London, with its multitudinous attractions, to see people make long journeys from all parts of the city and wait for hours in the cold and wet to listen to an Adventist preacher. There is only one explanation—the hour has come for the Message to triumph, and the Lord is going before us and preparing the people to listen to its warning notes. The many prayers of our faithful people are being answered, and souls are being helped and saved.

L. W. BARROWS.



## Doing the Impossible in China

THE report of a most remarkable experience has come to us from the South China Union Mission. When considered in the light of the events that have been occurring there, this experience is glorious. After the May 30 trouble, our foreign workers left the interior to seek safety in the port cities, and it was several months before they were able to return to their posts of duty. The field missionary secretary, anxious to distribute the printed page, was chafed by this restraint. Hearing of the good success his brethren were having in other parts of China, he and his assistant spent much time in prayer, that they might learn how to approach the leading officials of Canton, the city which has been the hot-bed of Bolshevism in China. Our brethren attacked their task with vim. At the close of their first day, the results were zero. The second day, the third day, the fourth and the fifth days passed—and yet there were no orders. I fear that most of us would hold up this discouraging experience as proof that it is impossible to do anything where Bolshevism controls. But our brethren were undaunted. Their faith led them to believe they could do the "impossible." By their determination and energy they overcame obstacles, and within a very short time they sold more than fifty thousand copies of the Anti-opium Special of the Chinese *Signs of the Times*, in the city of Canton.

J. J. STRAHLE.