

Canadian
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The Oshawa



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Medical Missionary Day – January 27

The Emphasis Is On Medical Missionary Work

by Reuben Matiko, M.D., *Director*
Department of Health
Canadian Union Conference of S.D.A.

One of the most frequently misquoted statements from the pen of inspiration is, "Medical work is the right arm of the message". It may be a surprise to many that such a statement does not exist in the writings of Ellen G. White.

"The medical missionary work is to be to the work of the church as the right arm is to the body". *Testimonies* Vol. 8, p. 77.

"Medical missionary work is the right, helping hand of the gospel, to open doors for the proclamation of the message." *Evangelism*, p. 513.

We must not confuse medical work with medical missionary work. They must be in their right perspective. There can be a tremendous difference between medical work per se and medical missionary work. The question frequently arises, "What is medical missionary work?"

"CHRIST is no longer in this world in person, to go through our cities and towns and villages, healing the sick; but he has commissioned us to carry forward the medical missionary work He began. In this work we are to do our very best." *Testimonies* Vol. 9, p. 168.

Carrying on where Christ left off is in essence true medical missionary work. We have much counsel in this regard.

"Medical missionary work should have its representative in every place in connection with the establishment of our churches. The relief of bodily suffering opens the way for the healing of the sin-sick soul." *Manuscript* 88, 1902.

"Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it." *Medical Ministry* p. 239.

"I can see in the Lord's providences that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached." *Counsels on Health* p. 535.

"Medical missionary work is in no case to be divorced from the gospel ministry. The Lord has specified that the two shall be as closely connected as the arm is with the body.

Without this union neither part of the work is complete. The medical missionary work is the gospel in illustration." *Testimonies* Vol. 6, p. 241.

"The medical missionary work presents many opportunities for service. Intemperance in eating and ignorance of nature's laws are causing much of the sickness that exists, and are robbing God of the glory due Him. Because of a failure to deny self, many of God's people are unable to reach the high standard of spirituality He sets before them. Teach the people that it is better to know how to keep well than to know how to cure disease. We should be wise educators, warning all against self-indulgence. As we see the wretchedness, deformity, and disease that have come into the world as a result of ignorance, how can we refrain from doing our part to enlighten the ignorant and relieve the suffering?" *Messages to Young People* pp. 217, 218.

"Medical missionary work must have its representative in our cities. Centers must be made and missions established on right lines. Ministers of the gospel are to unite with the medical missionary work, which is to break down the prejudice which exists in our world against the truth." *Testimony of Ellen G. White, Manuscript* 33, 1901.

Medical missionary work is not to be confined to health professionals. "Medical missionary work is to be the work of the church." All are to be involved, ministers, carpenters, plumbers, every church member. We have the gospel commission, "Go ye into all the world and preach the gospel". "Medical missionary work is the gospel in practice." *Testimonies* Vol. 8, p. 77. May we resolve this new year to put into practice the vast amount of instruction and counsel that we have been given so that healthful living is a part of us. When we have put this "gospel in practice" in our lives (it will mean a change of lifestyle), we will then have become more effective in carrying out medical missionary work to those in our communities.

"I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." *Counsels on Health* p. 533.

Remember January 27

Be a Medical Missionary in '79

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A Time for Temperance

by Ernest H. J. Steed, *Director*
G.C. Temperance Department



The year 1979 will be an historic year for Seventh-day Adventists. It marks the first time the church has ever called upon its members to observe a year of special emphasis for temperance. By vote of the General Conference, the year 1979, worldwide, is to be Temperance Year.

Exactly one hundred years ago, Dr. Kellogg launched the American Health and Temperance Association. It made rapid progress with church members really excited to live and promote temperance, but it waned as Dr. Kellogg turned more to his medical interests. Soon Ellen White was calling for a revival of the temperance cause. Then she outlined the importance of temperance organization and specific programming. Today this counsel is set forth in the book *Temperance*, by Ellen G. White.

As a major church project for this Temperance Year, the study of this book will highlight the year, with special study guidelines. Both are available at the Adventist Book Centres for a campaign price so every member can participate.

A film-slide preparation, entitled "The Story of Our Temperance Message" has been especially prepared and is available from the General Conference Temperance Department. Slides, with cassette—\$16.95; filmstrip, with cassette—\$8.95.

Sabbath, January 6, 1979, was voted by Annual Council as a time for the church to emphasize Family and Temperance Commitment. February 24 will be *Listen* Magazine Emphasis Day, and November 24—World Temperance Sabbath of thanksgiving and victory in Christ.

Not only will there be opportunity for every member to renew dedication to these principles of purity and holiness for self-control, but special programs and projects are planned for member witnessing.

1. Organization of a Temperance Society in every church for community witnessing.
2. Attend a Layman's Temperance Convention in your conference.
3. Speak out for temperance through literature, temperance film showings, and by having your church conduct a "Leisure Time Seminar"—a modern approach to a temperance rally (kits are available from the temperance director).
4. Conduct a community visitation survey for Home Help.
5. Support your church in holding at least one Five-Day Plan to Stop Smoking each quarter, and one 4DK Answer to Alcoholism program each quarter.

A publication called *Real Life* is mailed to each church monthly with news and programming plans, plus a monthly poster. Watch for this poster in your church.

The warfare by God's people against intemperance is to be more vigorous. "The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things." *Temperance* p. 238.

Further, Ellen White says, "Let us raise our voices against the curse of drunkenness. Let us strive to warn the world against its seductive influences." *Temperance* p. 238.

We seek your commitment, prayers, and witness for temperance during this special year to hasten abroad the warning and saving message of present truth.

"Sunday can be used for carrying forward various lines of work that will accomplish much for the Lord. . . . Speak on temperance and on true religious experience. You will thus learn much about how to work, and will reach many souls." *Temperance* p. 244.

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Food Is Not Something to Take

by G. D. Strunk, *Director*
Adventist Health Ministries



"Got a cold? Better take something for it!"

"Got an upset stomach? Take Pepto Bismol or Roloids!"

"Got a headache? 'More doctors recommend the ingredients in Anacin than anything else'."

"Got a sore throat? Here try this. Got no energy? Better take vitamins or some iron. Got low blood sugar? Better carry some candy with you."

(The above should not be considered valid remedies, just typical responses.)

For every problem there seems to be something to take. It's easy to fall into the antidote pattern of "takin' sumpin'." We've been conditioned to do this through drug therapy, television commercials, or family traditions. We want quick results and quick relief from symptoms.

It is becoming gradually clearer through epidemiological studies (and Adventists are delighted with the findings) that some of the most prominent killer diseases and certainly many, if not the majority, of our degenerative and nuisance diseases of the developed countries are related to faulty food habits. With all the abundance of "foodstuffs", we are malnourished.

But in treating this condition there lurks a subtle danger. As more and more attention is directed to faulty diets in a land of plenty as the cause of so much disease there is a danger that we will look upon "food as a medicine", and always be "taking something."

We will drink papaya juice for this problem, mix a "green drink" for another problem, and take apricot seeds for another problem. There definitely are some remedial properties in some foods and teas, and the practice of using them is not to be eliminated. But we may very well be compounding the problem with repeatedly dosing ourselves with foods and drinks taken too often and in an imbalance in another direction. So, a balancing of the pendulum swing is in order.

A major diet problem that plagues modern times is too much to eat too often of substances without vitamins, minerals, or fiber. These are primarily sugar, refined flours and excess fats.

So, some take vitamin pills and two or three

tablespoonsful of bran and think they have solved the problem. Or they start eating Brewer's Yeast for B vitamins and bananas for vitamin B6, and they eat raisins or kale for iron instead of liver as they used to do. The danger is that we start chasing vitamins and minerals through food, or that for every symptom we start taking a natural food substance of some sort.

Four general principles should be remembered in correcting the faulty diet situation as it relates to preventing and remedying some disease states.

1. The body was designed to be healthy. It is usually made unhealthy by what we put in it and when we put it in. Relieve the body of these causes and it will by its own recuperative efforts become well.

2. Eliminate or drastically reduce the amount of sugar, refined flour and visible fats in the diet. You don't have to worry about replacing these. What is left out may be more important than taking something. Just leave them out, and they will of necessity be replaced by the items described in number three below. More could be said about alcohol, spices and stimulants, and unclean foods, but these shouldn't be in an Adventist home anyway.

3. Eat a wide variety of fruits, nuts, grains, and vegetables in as natural and attractive a form as palatable in sufficient quantity to maintain ideal weight.

4. Eat only at mealtime! A person can make himself sick with the very finest of foods as described in number three above if eaten at irregular hours especially if eaten too near bedtime.

Instant relief should not be expected. It may even require some discomfort in adjusting to a more healthful routine. It may not seem as exciting as taking some expensive medicine designed just for your ailment. It may not be as adventuresome as brewing a new soup, or drink, or magic food. But given a few days or weeks a more healthy state will be experienced.

It will come even faster if exercise, fresh air, sound sleep, and a resident trust in God are included in the therapy. That's something worth taking!

Masters in Public Health Program Announcement

It is permissible to enter at any time the program for a Masters in Public Health offered by the School of Health, Loma Linda University. The next 3-hour class is January 14-16 at Oshawa studying "Development of Educational Communications Prototypes." Contact Elder Strunk at the Ontario Conference office for details of registration.

MANITOBA-SASKATCHEWAN

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N7M 1E9	352-4048
L1H 1G4	579-2851
L1H 1A9	723-7533
M2J 1W8	491-9922



Weekend of Lay Activities Emphasis

During the weekend of September 22-24, lay members in western Quebec assembled in Montreal churches for the annual seminar on lay witnessing with Lewis A. Shipowick, Lay Activities/S.S. Director for the Canadian Union. At the same time Elders A. N. How and Ray A. Matthews, also from the Canadian Union, met the eastern Quebec lay members in the Quebec City Church where they dealt mainly with the topic "How to Answer Objections".

This program was first held in the fall

of 1975 when five Union ministers came to give Quebec ministers and some laymen instruction on door-to-door witnessing. This "on-the-job-training" was held in the Westmount Church where John Whalley (Lay Activities/S.S. Director for Quebec) was then the assistant pastor. He organized and trained thirty two-person witnessing teams from three churches. When L. G. Lowe, Ministerial Secretary of the Canadian Union, came for a crusade in October, 1976, there were twelve candidates in the first baptism. Each of these twelve had been contacted by laymen. Since then, Union men have returned each year to give a shot in the arm to the witnessing program in Quebec.

This year instruction was taken from the Witnessing Manual for Christ. In the Pointe St. Charles Church on Friday evening, the emphasis was on every member fulfilling the gospel commission and on territorial assignments. Sabbath morning in the Norwood Church, Elder Shipowick spoke on "Power for Witnessing" to

delegates from the Montreal churches. Afternoon sessions included: "Sharing Your Personal Testimony", "The S.S. class should be the outreach unit of the church", and "Month-by-month Missionary Field Assignments". Then Pastor Whalley organized visitation teams of three persons each. The fifty participants, armed with French and English literature, spent an hour making door-to-door contacts in the vicinity of the church. When they came together to share, it was remarked that everyone had at least one outstanding experience. They were so enthusiastic that they spent the next three hours Ingathering! The Beersheba Church hosted the Sunday meetings. Pastor Shipowick's topic was "Searching for Souls and Dealing with Special Situations". Conference President P. F. Lemon presented the final challenge, "The Importance of Reaping".

Brenda Bond Kis
for the Quebec Association

Youth Month at Westmount



The newly-baptized members with Pastors Steve Cassimy (far left) and W. Shaw and R. Samms (far right).

A unique and wonderful experience was shared by the youth of the Westmount S.D.A. Church during the month of November. It all started with "What's On Channel Six", an AY program directed by Dr. W. Greaves. He stressed the importance of beginning each day with prayer and urged us to take an hour from our daily schedules to commune with the Creator.

One highlight of the month was the first Agape Feast which was held at Westmount, on Friday, Nov. 10. Under the direction of J. Burgin, A. Duberry, and P. McLean, the evening was spent fellowshiping with one another and feasting on natural foods and the "Bread of Life". The Communion Service concluded this blissful hour and made us

more aware of our theme for the month: To Be Like Jesus.

Sabbath, Nov. 11, was designated Pathfinder Day. Pastor M. Kis, Associate Youth Director of the Quebec Conference, presided over the candle light dedication service. At present there is a membership of fifty Pathfinders.

Special guest speaker for the month was Elder Dick Barron, Associate Youth Director of the General Conference. On Friday, Nov. 17, he presented a revival talk: "To be in the world, but not of the world."

Nov. 18 was Visitor's Day and Sabbath School was conducted by Sister V. Andrews. Elder Barron's sermon entitled "The Flames, the Flood, and You" reminded us of the tragic hour of man's



Part of a large group of youth as they volunteered to assist the newly organized Pathfinder Club, seen in background.

destruction and also of the imminent destruction of this wicked world.

On Friday, Nov. 24, Pastor R. Samms chaired a very interesting discussion entitled "Life Enrichment". Perplexing questions on the subjects of careers and relationships between Christians and non-Christian youth were discussed.

On Sabbath, Nov. 25, Pastor Steve Cassimy's sermon, "I've Been to Jesus", and a baptism of seven youth climaxed this wonderful Youth Month at Westmount.

As a result of this month a youth choir has been formed, thirty new Bible studies are in process, and a follow-up witnessing workshop has begun led by Pastor Cassimy.

Paulette McLean

Quebec Members Are Witnessing for Christ

Every church member has a definite place in God's Work. Let us share with you some of the experiences of our Quebec members.

Thanks to the work of two young colporteurs in the Gaspé region during the past few summers, there now exists an Adventist family in Causapscal. Sister Brule was the first to give her heart to the Lord. Because of her example and encouragement, her husband was baptized last spring. One of her daughters, intrigued by this message, left her job in August and came to live with the pastor's family in St. Henri to learn more about God's Word. She was baptized by Pastor Gabriel Saintus, Conference Publishing Director, on October 28, 1978, another result of the colporteur work.

Conference Lay Activities Secretary,

John Whalley, inspired us with his enthusiasm and encouraged each one in the Ingathering work. Although the priest in the village of St. Henri warned his parishioners against the Ingatherers, some opened their doors anyway.

The French *It Is Written* program (Il Est Ecrit) presented by Pastor Georges Hermans provided a constant supply of names to visit. In Victoriaville Pastor Mathieu Fleurimond discovered a family eager to study the Bible. Surely there are many more in this town who are waiting! Often these contacts are made initially by lay members.

One of our brothers, Viateur Jacques, who was baptized at camp meeting this summer, began witnessing immediately to friends. As a result four people are studying with the pastor each week. The

wife of the Brother Jacques, who had been hesitant, was encouraged by these friends and has joined the Bible study group also. They recently gave up smoking on their own and are attending Sabbath School. When one member of the group announced, not without fear, to his father that he was becoming interested in the S.D.A. church, the father surprised him with an encouraging and open attitude. It seems that several years ago the father had overcome the smoking habit while attending the "Five-Day Plan" conducted by E. Morosoli.

What could the pastors do without the lay members? Or the lay members without the pastors? Working together we will see the Holy Spirit opening up new ways to spread the Gospel.

Christiane Fleurimond



Baptisms in Kingston and Brockville

Five people were baptized on Sabbath, October 14, into the Calvin Park Seventh-day Adventist Church in Kingston. The baptism occurred during an evangelistic crusade conducted by Pastor Henry Feyerabend, assisted by the Vanguard quartet and Tracy Bravo. Pastor Al Webb conducted the baptism.

Angela Pinkham, baptized along with her father, Gary, and her brother, Gary, led the way in her family this summer. She attended camp at Keswick with her friend, Annette Willis, and requested baptism. Angela's aunt and uncle Diane and Tom Hinchey, helped Angela influence her father and brother to unite with the church as well.



Left to right: Annette Willis, Teresa O'Malley, Pastor Al Webb, Gary Pinkham, Angela Pinkham. Front: Gary Pinkham.

The day brought double happiness for Annette Willis. She watched her friend, Angela, baptized and then was baptized herself. Annette is the daughter of Dr. and Mrs. Wendell Willis.

Teresa O'Malley's baptism brought much joy to another church family. Last spring her three children and daughter-in-law accepted Christ and joined the Kingston church. Teresa's daughter-in-law, Cathy, began Bible studies with her which led to this day.

On Sabbath, October 21, the Kingston and Brockville churches rejoiced in the baptism of Mr. Fred Kwan and Mrs. A. Stapper. Fred joined the Kingston church and Mrs. Stapper united with the Brockville church.



Left to right: Fred Kwan, Pastor Al Webb, Mrs. A. Stapper.

For seven years Fred has attended church and helped with programs such as Pathfinders. His wife Linda Hubbard Kwan, was overjoyed when Fred decided to take his stand for the Lord. This long prayed-for and hoped-for decision moved

the members deeply. Fred made his final decision after a small incident. One Sabbath, he and his wife narrowly missed a ferry that would have taken them to church. Thus they missed the church service. Fred suddenly realized how easy it would be for him to miss eternal life by postponing his decision.

When Pastor Al Webb baptized Mrs. A. Stapper, special happiness came to a Brockville family. Mrs. Stapper is the mother of Mrs. Jane Osborne. As Mrs. Stapper observed her daughter, Jane, and her son-in-law, Claude, she too decided that she would like to live that kind of life.

Janet Brock
Communication Secretary
Kingston Calvin Park S.D.A. Church



Adventist Radio Television Services

506 College St., TORONTO, Ont. M6G 1A6

The Five Minutes That Changed My Life

by Adelino Medeiros

I can hardly believe what has happened to my life! Not long ago it was a fast life of drinking and gambling. Every Saturday and Sunday morning I would leave home and spend the day in the gambling houses, coming home very late at night. I would drink heavily and smoke a full box of cigars every weekend.

One Sunday morning I left home to go to a soccer game. My team *Benfica*, lost the game, and I was furious. I went home and started to slam doors until my wife was afraid of what would happen. But she said very little knowing that at times like this one word from her could bring on a storm.

Later I turned on the television and there was a man talking in my language on the subject of baptism. This subject had interested me ever since I was a child, when I had seen a film on the baptism of Jesus. At the end of the telecast the speaker seemed to point to me and he said, "If Jesus were to come now, would you be ready?" I felt condemned knowing very well that I was *not* ready.

That program lasted only five minutes. At the end of the telecast the speaker promised to be back on the air the

following week. The next Sunday I stayed home and watched the clock, and when the program finally came on the air I called my wife to watch it with me. The program ended with an offer for Bible studies and I asked my wife to call the number that was given. Three days later there was a knock at the door. A man representing the program was there to give us Bible studies.

I was so thrilled to have this man in my house that I brought out my whole assortment of liquor, telling him that he could have his choice of a drink. He politely refused, and said that some day he would explain why. Every time he came to our house it seemed as if an angel from heaven had entered our home. I was so happy that I began to tell all of my friends about the studies.

Some of my friends began to warn me. They said, "Be careful about that religion! All they want is your money. That church charges its members ten percent of their income." I was slightly alarmed and decided to get to the bottom of the matter.

The next time the Bible worker came to my home, I said to him "Sit right

down here and tell me the whole story." I asked him about tithing, why he didn't drink or smoke, about the Sabbath, and other questions. We had only received four studies, and he didn't feel that we were ready for all of these answers.

The next Sabbath morning my family and I were waiting at the front of the church when the doors were opened. It gave me a warm feeling when they asked me to sign the guest book and welcomed my family into the church. When the man I had seen on television got up to speak I was anxious to hear what he would say. Pastor Feyerabend seemed to be talking directly to us, and both my wife and I had a hard time keeping back the tears. Three weeks later we were baptized.

We have been members of the Portuguese church for over four years now. Our daughter, Christina, has since been baptized. A five-minute telecast changed our lives completely and today we are so happy to belong to the family of God.



Adelino Medeiros

Baptism at St. Thomas

Sabbath, November 18 will long be remembered by all members of the St. Thomas Seventh-day Adventist Church. Mr. Reginald Thorpe went down into the waters of baptism to become a member of God's remnant church and to give his life totally to Christ. His wife, Ilene rededicated her life by being rebaptized. Mrs. Thorpe had been baptized 47 years ago. Together they made their vows in a touching ceremony witnessed by church and family members. Services were conducted by Pastor Kurtz, Pastor Pearse and Elder Clemons was the guest speaker.

We welcome Brother Thorpe into the fold and pray for God's continued blessings on him and his family.



Devon's Unique Way of Spreading The Good News

Who is Fred? Why, haven't you heard of the Director of the plays called Queen Esther, The Christmas Story, etc.? These plays present a Living Bible with colorful costumes and people. They have been very successfully presented in many churches throughout Alberta and also at a Public School in Devon as a service to the community. A comment from one of the Town Councilors was "Tremendous, very enjoyable", and so they are. The plays have been presented at several churches—the Edmonton Central, Bentley, Leduc, Ryley, Canadian Union College, and will be presented in Calgary. The Devon Quartet, Edmonton Central Choir under the direction of Art Cooper, Accordion and Trombone duets by Henry and Blaine Neumann, and various other special items in song and verse have added to the enjoyment of these presentations.

Thank you Fred Rogers, first Elder of the Devon church, for your talent and hard work.

Is Devon a large church? No! Only a handful of people and many of them drive 20 miles to worship there. It is located 18 miles southwest of Edmonton. Only a handful but do not underestimate what a few can do.

Elsie Neumann
Communication Secretary
Devon S.D.A. Church



Christmas Story play — Henry Neumann as King Herod — from Devon Church. Presented in Edmonton Central Church.

Fort McMurray Has First Baptism

The Fort McMurray Seventh-day Adventist church, newly organized and dedicated, recently welcomed Claude Letourneau into the fellowship of the family of God.

It was cold on the afternoon of October 21, 1978 and ice rimmed the banks of a small creek a few miles northwest of Fort McMurray, Alberta, as Claude Letourneau entered the water and was baptized.

Elder James Conran, of Yellowknife, N.W.T. conducted the baptism, although he was on crutches due to a construction accident. Nothing could dampen the enthusiasm and joy of the service, however, and those who witnessed the scene felt the presence of the Holy Spirit.

David L. Parker
Communication Secretary
Fort McMurray S.D.A. Church

Search and Rescue at C.U.C.

Search and rescue work has been conducted for those who should become members of the family of God. The students in personal and public evangelism classes chose Blackfalds last year whereas Wetaskiwin is this year's chosen field for witnessing. The students put forth systematic, unrelenting effort into this program even when fingers and toes are cold. Visits frequently led to Bible studies whereby the theology students gain experience and the recipients are led to a closer walk with God.

It was not until Gerry Connell was about ready to complete his studies at C.U.C. that he begun witnessing to Guy and Gloria Kelly. The interest was followed up and on November 11, 1978 the angels of heaven, plus many new brothers and sisters, rejoiced when Gloria and Guy became members of the family of God.

Mr. Kelly has worked for years as a lay preacher in the Baptist Church. He rejoices in his new discovery of truth which he is now sharing with family and friends.

H. Heghesan
Evangelism Instructor
Canadian Union College

Medical M

Twelve Months of



Fire Chief says 75-80% of fires are started by cigarettes — Edmonton youth witness at fair.



Youth Smoking Alert Team's float which placed first in Halifax Parade.



Irene Stevens at Maritimes.



Merry Lynn McCleod inside the big cigarette attracts many at the Peach Bowl Fair in British Columbia.



Smoking Sam inspected by students during "Smoking Alert" demonstration.



C.U.C. students made significant programs in Alberta.



Alberta Dorcas Federation members branch out in a variety of witnessing programs including cooking classes, meals on wheels, etc.



Pastor Bill S. breathing exercise participants.

Primary Work

Community Across Canada



ing Alert booth —



By request of the Canadian National Exhibition, Branson Hospital's Dietary Department has a booth at the Exhibition. Elsie Sokol in charge.



Another happy cooking school group witnessing by better living — British Columbia.



Jean McMillan
s in No-Smoking
ols.



Mrs. G. D. Strunk demonstrates nutritional cooking — Health Creations, Oshawa.



Kendalwood, Ontario church's "Heartbeat" program tests cholesterol, triglycerides and coronary health history.



monstrates deep
o Five-Day Plan



Community Services Van offers free screening at various shopping malls in B.C.



Vicki Mandzuk, signer for the deaf, lectures at Health Series in Vancouver.



Land Donated to Church School

Sixty years ago the first Perth-Andover Adventist church school started in the living room of a private home in Carlingford. The school is now housed in the basement of the church where children from kindergarten to Grade 8 are taught. The principal is Jim Mays. Each student has his or her own "think-tank" built around the desk, which gives considerable privacy and provides a kind of personal bulletin board.

Science is taught by Mrs. Clapp who comes over from Maine each week to conduct the labs.

Land has been donated in Carlingford for a new school building and it is hoped that this will be constructed in the not-too-distant future.



Bridgewater Church Addition

Members of the Bridgewater congregation are presently engaged in the construction of a new church entry to accommodate the growing membership.

The addition provides a split level entrance which eliminates exterior steps and allows immediate access to either the basement or the main floor. An added feature is the creation of a large Sabbath school room under the superstructure.

The Bridgewater congregation was or-

ganized with about 15 charter members in January of 1957. The present membership is 60.

In anticipation of continuing growth the new construction will permit future expansion of the sanctuary simply by the removal of a partition.

Mrs. C. Corkum, *Director*
Communication Department
Bridgewater S.D.A. Church



Wed Sixty-six Years

On November 27 Fred and Mary Manchur of Springside, Saskatchewan celebrated their 66th wedding anniversary.

Fred came to Canada from the Ukraine in 1910, when he was 17, and Mary arrived in Canada with her parents in 1899 at age three.

They were married in Valley River, Manitoba in 1912 and moved to Spalding, Saskatchewan 12 years later. There they homesteaded, and Fred worked as a farmer for 51 years.

Brother and sister Manchur were church-oriented people, and as they read their Bible, they were convinced that the truth in its entirety was found in the



Mr. and Mrs. Fred Manchur

Seventh-day Adventist Church. They were baptized August 14, 1943 by Elder T. T. Babienko. To this day brother and sister Manchur have been faithful, helping others to find their way to the foot of the cross.

The Manchurs have three sons, Tony of Springside, Sask., Joe, of Camrose, Alta., and Mike of Saskatoon; and two daughters Mrs. Jim Maxwell of Tennessee, and Mrs. B. Bloggs of Detroit, Michigan. They have 18 grandchildren and 12 great grandchildren.

The Lord has blessed brother and sister Manchur in their 66 years of marriage, and we wish them God's blessing and health and happiness in their future years together.

S. H. Gallant, *Director*
Communication Department
Man.-Sask. Conference

Church Aids Smokers

Thirteen out of twenty attending a Five-Day Plan reported success in overcoming tobacco.

Pastor James coordinated the program which was held in the church hall.

Linda Armson
Communication Secretary
Moose Jaw Church

- Items of General Interest -

Advantages of Vegetarianism Emphasized at University of Toronto

"Would it be possible for someone from your hospital to come down to the university and give a lecture on vegetarianism?" This was a question put to me after the final class period by the professor who taught this semester's class called "Introduction to Nutrition and Food Science" at the University of Toronto. In our discussion after the class I had told Dr. Kay about Branson Hospital's interest in the field of nutrition. She was especially interested in the emphasis placed on vegetarianism. It was then that Dr. Kay said that she was aware of studies that indicated that the vegetarian diet of Adventists attributed significantly to their better health and longer life expectancy.

Throughout the four-month course Dr. Kay had strongly stressed healthful living. She indicated to the class of 130 students, mostly physical education and physiotherapy majors that proper diet, rest and exercise were essential for both physical and mental health. She strongly discouraged both smoking and drinking. But the surprise to me as a Seventh-day Adventist came when she started to speak on vegetarianism. She spent three whole class periods lecturing on the subject, pointing out all the advantages and giving very practical advice on how to change over to a meatless diet. During one of the discussion periods she showed a very excellent film on vegetarianism, which was then discussed with positive enthusiasm. It is interesting to note, however, that even though she presented excellent material on this subject, she felt that the Adventists have a contribution to make.

When I saw this emphasis on healthful living I began to wonder why so many of us in the church do not take our health message seriously. There may have been a time it was considered odd or queer to be a vegetarian but that day has passed. Modern medical research is demonstrating the value of the principles of healthful living given to us by the Lord. If the secular world is beginning to take these principles seriously isn't it time we started to heed the Word of the Lord?

Beat Odermatt, Student,
University of Toronto

NASDAD Meets at San Diego

More than 200 professionals and their spouses heard practical suggestions for recovering and maintaining good health highlighting the San Diego meeting of the National Association of Seventh-day Adventist Dentists.

Though pointing up the causes of fatigue and heart disease in adults, Mervyn Hardinge, MD, also noted that "coronary heart disease today is a disease of the adolescent." Thus he had suggestions for the entire family, for "heart disease," Dr. Hardinge emphasized, "is a disease of the Western world and our lifestyle." He pointed out the necessity of proper diet, rest, and exercise for the professional with long hours of mental exertion and tensed muscles.

Other speakers at the three-day convention which attracted 400 on Sabbath included Shirley Burton, Pacific Union Director of Communication for the ladies' luncheon and Friday evening vespers; John DeNesme, local pastor, at Sabbath worship; and Sam DeShay, MD, Director of the General Conference Health Department, at Sabbath School. All participated in the afternoon discussion. Music was provided by the dentists and their families.



Attending from Canada were Dr. & Mrs. James Alexander of Edmonton, Alberta seen here with Dr. Sam DeShay and Dr. Mervyn Hardinge.

Spotlighted during Sabbath School was the NASDAD project of building a teaching dental clinic at Montemorelos University. Already under construction in conjunction with the medical school, the clinic is designed to be expanded to a full-fledged dental school as soon as possible. Meanwhile, English-speaking dentists will go on volunteer stints to help

the resident dentist with the teaching program.

Dr. and Mrs. Ray Wahlen from Seoul, Korea, and Dr. and Mrs. Charles Prowant from Okinawa were special guests. NASDAD gifts have also assisted in the set-up of their clinics.

It was a NASDAD project which began the dental school at Loma Linda University and it is Adventist practicing dentists who continue to fund heavily the School's expansion.

Shirley Burton

DESTRUCTION AVERTED AT MIDDLE EAST COLLEGE

During the past 6 months, Middle East College has been near the scene of the fighting in Beirut and up to September 28, 1978 has always been on the sidelines. However, on September 28 events turned for the worse and Middle East College, which had just opened school for the new year, was caught in the middle of the fighting. The College is located on a hill in the Christian Sector of one of the suburbs of Beirut. The Syrians had set up a large camp on the hill next to us. The heavy Syrian artillery shelling all went over Middle East College, with some Christian shooting as well. Syrian anti-aircraft fire hit our apartment building, just missing 4 people. Three rockets landed between faculty homes, one landing only 9 m. from the author's house and 25 cm. from the water main supplying at least 8-10 homes, but it did not explode.

As the school is on a hill, it was always a temptation by the Christians to bring canons on our property to attack the Syrians. If this had been done, the Syrians would have attacked our school placing everybody in a life and death situation. Several times a gun was to be brought. When we were against the wall, our only weapon being prayer, the Lord interceded once more and stopped not the lions' mouths as in the days of Daniel, but the canons. So far no canon was brought onto the school property. Yes, the Lord performs miracles today, His promises are true as the Bible says: "A thousand shall fall at thy side and ten thousand at thy right hand, but it shall not come nigh thee." Psalm 91:7.

Harold Zinner

**LEGAL NOTICE
MANITOBA-SASKATCHEWAN
CONFERENCE OF THE
SEVENTH-DAY ADVENTIST CHURCH**

Notice is hereby given that the third Triennial Session of the Manitoba-Saskatchewan Conference of the Seventh-day Adventist Church will convene at the Blackstrap Health Centre, Dundurn, Saskatchewan, on March 4, 1979. The first meeting is called for 10:00 a.m. Central Standard Time.

The purpose of the Session is as follows: (1) To elect officers for the ensuing period.

(2) To transact such other business as may properly come before the conference.

The Constitution of the Manitoba-Saskatchewan Conference provides that each Seventh-day Adventist Church in the Manitoba-Saskatchewan Conference is entitled to one delegate without regard to numbers and one additional delegate for each ten members or major portion thereof.

W. G. Soloniuk, *President*
W. Nepjuk, *Secretary-Treasurer*

**Voice of Prophecy Goes on Air
In Ottawa —
Special Funds Needed**

In November, for the first ever, the Voice of Prophecy went on the air in Ottawa. The half-hour weekly broadcast is aired over CFGO 1440 on the dial at 7 a.m. Sunday.

"We have been trying for years to buy time on a station in Canada's national capital" says Daniel R. Guild, manager of the Voice of Prophecy. "Until now none was available."

Cost of the time of CFGO is \$115 each Sunday, which totals \$5,980 per year. Friends of the VOP who would like to help with these expenses are invited to send a special gift designating it for the Ottawa broadcast.

Funds to be used for the Voice of Prophecy work in Canada are kept in the Royal Bank of Canada, and payments for station time and other expenses are made from this account.

Readers and listeners in Canada are asked to use the Vancouver address of the VOP when writing or sending gifts. The address is: Box 3800, Vancouver, British Columbia V6B 3Z2.

Eldyn Karr

**LEGAL NOTICE
ONTARIO CONFERENCE OF THE
SEVENTH-DAY ADVENTIST
CHURCH**

Notice is hereby given that the twenty-third biennial session of the Ontario Conference of the Seventh-day Adventist Church will be held at the College Park Church in Oshawa, March 11, 1979. The purpose of this session is to elect officers and departmental secretaries for the ensuing biennial term, to consider possible changes in the constitution and by-laws and to transact such other business as may properly come before the Conference. The first meeting of the session will be called at 9:30 a.m. Eastern Standard Time.

Each Seventh-day Adventist Church in Ontario shall be entitled to one delegate without regard to numbers and an additional delegate for each twenty-five members or major portion thereof.

E. C. Beck, *President*
W. R. Bornstein, *Secretary*

**Weekly Sermons Available on
Cassettes**

Sermons presented on the weekly broadcast of the Voice of Prophecy are now available on cassette tapes.

One cassette will be produced each month, beginning in January, and will include the four or five sermons given that month on the Sunday programs by H. M. S. Richards and H. M. S. Richards, Jr. Music and announcements will not be included.

Cassettes are available individually at \$2.50 each, postpaid. Subscriptions for 1979 are \$25.00, payable in advance. All 12 cassettes for the year will then be sent one at a time, as they are issued.

Orders should be sent to: Sunday Sermon Cassettes Voice of Prophecy, Box 55, Los Angeles, CA 90053.

Eldyn Karr



**LEGAL NOTICE
MARITIME CONFERENCE
CORPORATION OF THE
SEVENTH-DAY ADVENTIST
CHURCH INC.**

Notice is hereby given that a general meeting of the Maritime Conference Corporation of the Seventh-day Adventist Church Inc. will be held at the Moncton Seventh-day Adventist Church, Moncton, New Brunswick the 11th day of February, 1979 at the hour of 3:30 p.m. Atlantic Standard Time.

The purpose of the Session is as follows: (1) To elect the Board of Directors for the ensuing term. (2) To transact such other business as may come before the Corporation.

Members of the Corporation are the members of the Maritime Conference Executive Committee, all Licensed and Credentialed Ministers, and first elders of all duly organized Seventh-day Adventist Churches in the Provinces of New Brunswick, Nova Scotia and Prince Edward Island.

G. E. Andersen, *President*
R. L. Coolen, *Secretary-Treasurer*

**LEGAL NOTICE
THE MARITIME CONFERENCE OF THE
SEVENTH-DAY ADVENTIST
CHURCH**

Notice is hereby given that the 37th session of the Maritime Conference of the Seventh-day Adventist Church will convene at the Moncton Seventh-day Adventist Church, Moncton, New Brunswick, on the 11th day of February, 1979 at the hour of 10:00 a.m. Atlantic Standard Time.

The purpose of this Session is as follows: (1) To elect officers for the ensuing period. (2) To revise the Constitution and By-Laws. (3) To transact such other business as may properly come before the Conference.

The Constitution of the Maritime Conference provides that each Seventh-day Adventist Church in the Maritime Conference is entitled to one delegate without regard to numbers and one additional delegate for each ten members or major portion thereof.

G. E. Andersen, *President*
R. L. Coolen, *Secretary-Treasurer*

CANADIAN UNION BAPTISMS

NOVEMBER	1978	1977
B. C.	214	276
ALBERTA	248	258
MAN. SASK.	75	114
ONTARIO	570	599
QUEBEC	122	127
MARITIME	40	48
NFLD.	18	63
UNION TOTAL	1287	1485

At Rest

LAKUSTA — Onesim Marshall Lakusta was born October 18, 1929 at Beauvallon, Alberta and passed to his rest in Edmonton on November 15 after an illness of nearly 30 months.

In 1946 he established his own Stucco and Plastering business in Edmonton, Alberta and had become a successful businessman, especially in the real estate field. In 1967 a tragedy struck his home when his seven-year-old son Glennie lost his life in an accidental fire. This experience contributed to a definite turning point in the life of a sorrowing father and Onesim came to know the Lord and accepted Him as his personal Saviour. He was baptized and joined the Edmonton Ukrainian S.D.A. Church in October of 1973. From that time on Onesim had a great love for his Heavenly Father and for his fellowmen and remained a faithful and loyal member and supporter of his church until the time of his passing.

Brother Lakusta was a very active member of the church and held positions of responsibility and trust. His love for the church was always demonstrated in the fact that at every church or conference function he had a beautiful spray of lovely roses or carnations decorating the rostrum. This token of his love will long be remembered both by the leaders of the church as well as the members. He was always concerned about other people and what he had he endeavoured to share with others.

He was a good father to his eight children and as their own testimony bears witness: "He was the World's Greatest Dad". His dear wife Alexandra, whom he married about 5 years ago, speaks of him as a loving and thoughtful and faithful husband. Mrs. Lakusta and family spent many long, long hours in ministering to the needs of their husband and father while he lay ill in the hospital completely helpless. The Lord will surely bless them for their faithfulness and devotion to their suffering loved one.

Brother Lakusta leaves to mourn their loss: His loving wife, Alexandra; 2 sons, Gary and Dennis; 5 daughters — Linda, Belinda, Janell, Brenda and Julie, all of Edmonton; 7 grandchildren, 6 brothers, 5 sisters, as well as a host of other relatives and friends.

A memorial service was conducted in Park Memorial Funeral Chapel in Edmonton by Pastor J. W. Wilson, President of the Alberta Conference, assisted by Pastors Krpalek and Uniati, on Sabbath evening, November 18. Funeral services were held in the Beauvallon church auditorium by Pastor Wm. Soloniuk, assisted by Pastors J. W. Wilson, Ron Dorchuck and P. E. Uniati.

Brother Lakusta was laid to rest in the church cemetery nearby, with the hope of a sure resurrection at the call of the Great Lifegiver, who shall soon come to gather His own. Blessed are they who die in the Lord.

P. E. Uniati, *Pastor*

LEMKY — Lawrence Lemky suddenly fell asleep in Jesus when he was the victim of an explosion while welding, the morning of November 7, 1978. He was born in Rosthern, Saskatchewan, October 3, 1922. In 1941 he married Susanne Brown. They were baptized together in the North Saskatchewan River. Later, they moved to B.C. and spent several years in the Okanagan Valley. Four years ago they moved to McBride.

Words of comfort were spoken by Pastor Norman Manweiler.

Lovingly waiting for glad reunion on the resurrection morning are his wife, two sons, Larry of Quesnel, and Melvin of Vanderhoof, B.C. and three daughters, Esther Martens, Karol Dovich and Beverly Wirtz, all of McBride, eight grandchildren, many brothers and sisters and a host of friends.

E. Christison
Communication Secretary
Lamming Mills S.D.A. Church

WILLIAMS — Hilma C. Williams was born March 5, 1887 and died October 10, 1978.

Sister Williams, in failing health, had taken residence in Sherwood Park Nursing Home. Here she suffered several serious set-backs, finally entering the hospital in Edmonton, where she passed away.

Her funeral service was conducted by the writer in Edmonton, and she was then laid to rest in the lovely Mt. Pleasant Cemetery.

G. Davies, *Pastor*
Edmonton S.D.A. Church

SUELZLE — Louise Christina (Metzger) Suelzle was born January 12, 1891 in Johannestahl, Russia and passed to her rest in Calgary, October 30, 1978.

She came to Canada in 1914 and was united in marriage to Fred Suelzle on January 17, 1917 by Pastor Henry H. Human.

She leaves to mourn her loving husband Fred, children, Charlie Suelzle of Sundrie, Alice Schrader of Bremerton, Washington, Alton of Beiseker, Mabel Huether of Beiseker, Dora Stern of Beiseker, one brother and a host of relatives and friends.

Our loving Grandma Suelzle awaits the soon coming of Jesus in the Beiseker-Level Land Cemetery.

Lou Bugden, *Pastor*
Lethbridge S.D.A. Church

BALMER — Frances Marie Balmer, wife of the late Pastor Frederick Thomas Balmer, who passed away, April 6, followed him in death, October 23, 1978, at the age of 91.

Pastor and Mrs. Balmer came to Victoria about ten years ago, and became members of the Victoria Seventh-day Adventist Church, where they both remained till their deaths.

Pastor Lynn Baerg, of the Victoria church, conducted a service of hope and encouragement in the Lord, from the book of Solomon, at the funeral chapel and also at the graveside, and the writer sang, by request, the same hymn, "Abide

With Me" as was sung at Elder Balmer's funeral at the request of his wife.

The many years of service by these faithful saints is greatly appreciated by all who knew them.

Mrs. Kathleen Piper
Communication Secretary
Victoria S.D.A. Church

WATERHOUSE — Edith S. McKenney Waterhouse was born in Glen Sutton, Quebec, on March 21, 1886, and passed to her rest on October 9, 1978. She joined the Seventh-day Adventist Church in Abercorn, Quebec, in 1904, and was a faithful member all her life. She is survived by three sons Willie, Norman, and Haydon; two daughters Ethel May, and Helen, and one foster daughter Mary. Funeral services were held on October 11, and interment was in the Hillside Cemetery in Richford, Vermont, U.S.A.

J. H. Whalley, *Pastor*

ROBBINS — William Henry "Morley" Robbins was born on March 27, 1903, in Rodney, Ontario and passed away at his home on October 13, 1978 following a lengthy illness. He is survived by his wife, Irene and daughter Faye (Mrs. James Brown) and sons Glenn and Bradley, at home. Funeral services were conducted by Pastor Laren Kurtz of St. Thomas and interment was made in Fingal Cemetery.

Mrs. Judy Ross
Communication Secretary
St. Thomas S.D.A. Church

Births

ALDRICH — Kimberly Joy arrived October 28 to bless the home of Lonnie and Marlene (Nee Dubyna) of McBride, B.C.

PHARE — Keith and Roselyn are happy to announce the birth of Julie Rosina, in Salmon Arm, B.C., November 1, 1978.

HOSKING — September 4, 1978 to Carolyn and Doug Hosking, a son Keenan Johnathan Clint.

WILLIAMS — Rennie and Cindy happily announce the birth of their daughter, Misty Marquay. She was born at the Calgary Foothills hospital on November 9, 1978.

ADVERTISEMENTS

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FRENCH — Why not learn French as it is spoken in France? Come to Collonges this summer from June 17 to July 27 to attend the French course of the Adventist Seminary and visit Mont Blanc, Geneva and Swiss lakes. For full information, please write to the Modern French Department, Seminaire Adventiste, Collonges-sous-Saleve, 74160 St. Julien en Genevois, France.

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condensed from the writings of Ellen G. White

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by Orley Berg

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