

# Cover photo: Miller Services Ltd.

# **Health Ministries Workshop**

Gearing Up for Last Day Ministries

by G.D. Strunk, Adventist Health Ministries

During the fall of 1980 five ministers and one lay person from the Ontario Conference were selected to participate in a week-long training experience in health ministries. During the next year they were to integrate this phase of ministry into their churches as circumstances and conditions permitted. The following year six more were to be trained. But the interest developed so rapidly that a larger session had to be planned.

In July of 1981, 110 persons were present for the Adventist Health Ministries Instructor Training Workshop; 18 ministers, 2 physicians and scores of laymen; 2 enrollees from California, 3 from Alberta, and 1 from Michigan, with a good balance of men and women. The workshop was sponsored jointly by the Ontario Conference, the Personal Ministries department and Adventist Health Ministries department.

Very little time was spent teaching the participants how to live healthfully. They were already a well-informed and highly motivated group of workers. The emphasis of the workshop was to expose them to methods of ministering to others.

But the program itself did minister to good health. Early morning exercises began at 6:00 a.m., which included a devotional, stretching, warm up, cardiovascular training, a swim and a hearty breakfast. Six hours of class sessions were held daily until 9:00 p.m.

#### Topics Emphasized

In this world, winning souls does not come naturally. One must work against the downward flow of society. Soul-winning strategy is a science as well as an art and there are many principles to be learned and applied in this science. Here are some.

#### A Single Night's Contents

Participants were introduced to the necessary ingredients of a single night's program; the arrangement of the room to be orderly and attractive providing a warm, inviting atmosphere with music, plants and

proper lighting; lecture if appropriate, demonstrations, slide program or motion picture, group discussion, person-to-person interaction, clarification, devotional and a strategy for helping the participants to apply the knowledge imparted.

Helping people to change their way of living to become healthy involves much more than simply imparting information. Just telling people how to live, what's good for them and what isn't, may not help them make the necessary changes. It may only raise their level of anxiety.

#### Sequencing

We are told that "health talks will be given and literature provided, and the influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance stepby-step to receive the special truths for this time." 6T: pp 378, 379. The step-by-step sequence that flows naturally from an initial contact through a health program to church membership has been a great void in the church. We conduct the occasional cooking school or stop smoking plan, but nothing well thought out follows them. Medical personnel have beautiful, natural contacts with patients and colleagues but what naturally is to be done next?

The importance of an organized flow with a logical sequence was emphasized, applying the observation that the transition from health motivation to spiritual interest must be made within 6 to 10 weeks of the start of the program, assuming the other components of the program have been operating. The other components are: "seeding" Bible truths, home visitation, use of appropriate literature. Timing and pacing while coming close to those we desire to help are a part of the science of soul-winning.

#### Counsellor Training

The use of church members as counsellors and discussion leaders is one of the most rewarding and effective employment of the untapped resources of the Adventist church. It brings revival to the counsellor and it provides the necessary support and personal care to the participant from the community. It shows them that someone really cares about them. But it demands a patience and perseverance that we are little used to. Our mentality has been a quick campaign with too many potential citizens of the kingdom being forgotten about immediately thereafter.

This workshop emphasized an 18 months cycle of preparation for church membership. Eight weeks (2 months) of initial health programs, 4 to 6 weeks in deliberate transition from health to spiritual and thereafter a regular ongoing low-profile preparation for church membership with new interests being added each time a health sequence is completed.

#### Sequelae

Since the workshop, several pastors, churches and committees have begun designing long-term, ambitious, yet reasonable sequences that should produce fruit over the next two years, both inside and outside the church, as well as into the church. One medium-sized church has granted a \$1000 budget to its Health Ministries division. Another church realized it had nothing else going but VBS in the summer so it is marshalling its forces into health ministries.

The Workshop voted to initiate a Newsletter of Health Ministry happenings in Ontario on a quarterly or bi-monthly basis. This newsletter is in the developmental stages.

With such an interest demonstrated (people giving a whole week of their summer at their expense) in the health ministry it appears that the Lord is truly gearing up his church for the final phase of ministry. For "soon there will be no work done in ministerial lines but medical missionary work." CH, p. 533. Its time is coming!



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"The most exciting workshop I ever attended." "I like this better than camp meeting." "One week isn't enough." "I've been waiting all my life for this kind of training." "Let's have another one next summer."



Lateral stretching during warm-up exercises of early morning fitness.



Height and weight station of weight control registration demonstration. Each night demonstrated a different program available.



Pastor Schlehuber confers with Elder Strunk regarding his sequence from September '81 through June '82. The saying "Plan your work, then work your plan" is essential to Health Ministries.



Small groups work to provide social support for participants and are vital to individual success and revival of church members.



Dr. Keith Madgwick, Oshawa, lectured on stress and how to avoid practicing medicine in health ministries.

# **Meat Analogs** — Part III

by G.D. Strunk, Adventist Health Ministries



It is inappropriate to generalize about the meat analogs when reviewing their composition. Each one must be individually considered. For example, an objection frequently raised is that meat analogs are too salty. And they are! Most of them average from 1.5 to 1.7 percent salt. Yet Loma Linda's Dinner Cuts and Vegeburger are deliberately very low in salt. So some are not too salty.

In defense of the high salt content it can be stated that much of the salt exists in the sauce which can be discarded by those wishing to restrict their salt intake. Part of the reason for the high salt content has been to meet the taste demands of the meat-eater as he makes his transition from meat to non-meat. The average non-vegetarian is used to a spicier, heavier flavoured kind of diet than is the health-minded vegetarian. Loma Linda Foods reports that when the salt content is low people complain of tastelessness and people stop using the products. If a product is to be acceptable to a consumer it must meet his taste demands. Thus, the consumer, to a large degree, dictates the salt levels. In an effort to meet the current protest over the "saltiness," the average salt content is being reduced to 1.2 to 1.4 percent.

The second major criticism of meat analogs must again be applied individually. Meat is considered the protein portion of the meal. Because meat analogs have been developed to replace meat they tend to be too high in protein. A person subsisting largely on flesh does not get a well-balanced diet. He eats too much protein contrary to popular opinion. Flesh has no carbohydrate. It is made of only protein and fat. Complex carbohydrate should fill 50-60% of the human's calories. Meat analogs are designed to replace meat; some are too high in protein, others are too high in fat, none are too high in carbohydrate. If a person eats these products just like meat, namely a serving of meat analog in the middle of the plate with mashed potatoes and green beans, he is making the same mistake as he did with meat. Just because everybody does it that way doesn't make it right. The meat analog should occupy only a small portion of the table while vegetables, legumes and whole grains should occupy the larger portion.

How does one know if a food is too high in protein or too high in fat? One has to look at the proportions listed on the can and then calculate the percentages. That's not the correct procedure but let's do it anyway. We will use as an example one of the better balanced meat analogs. There are some which are exceedingly high in protein and others which are atrociously high in fat.

$$P = 21.2g \div 40.9 = 52\%$$
 Protein by weight  
 $C = 11.9g \div 40.9 = 29\%$  Carbohydrate by  
weight  
 $F = 7.8g \div 40.9 = 19\%$  Fat by weight

 $F = 7.8g \div 40.9 = 19\%$  Fat by weight 40.9 gms (Total dry weight)

In the above calculations we divide the dry weight (in grams) of protein, carbohydrate and fat by the total weight of the three, giving us the percentages of ingredients. But this is by weight (dry weight). That is not the way to calculate it for human nutrition. We must calculate not the percent by weight but the percent by calories. That is done in the following manner:

1 gram of Protein (P) \_\_\_\_\_\_ 4 calories/gram
1 gram of Carbohydrate (C) \_\_\_\_\_\_ 4 calories/gram
1 gram of Fat (F) \_\_\_\_\_\_ 9 calories/gram
P 21.2g. x 4 Cal. = 84.8 ÷ 202.6 = 42%
P calories
C 11.9g x 4 Cal. = 47.6 ÷ 202.6 = 23.5%
C calories

F 7.8g x 9 Cal. =  $\frac{70.2}{100}$  ÷ 202.6 = 34.5% F calories

Total Calories = 202.6

Notice the change of percentages in the fat. Because fat has 9 calories per gram, a little fat goes a long way. Thus, in the first set of figures it might have looked like this product was only 19% fat, and it was by dry weight. But when we calculate the amount of fat by calories it jumps up to 34.5%. This is why ice cream that may be only 10% butterfat can be 50% fat by calories.

The last major criticism I would have of meat analogs is their expense. Compared to meat they may not be terribly expensive. They have no waste such as bone, gristle or fat to be trimmed away. But meat is expensive too. Meat analogs are like the expensive preparations that were being made by Dr. Kellogg. Mrs. White said we should learn to prepare less expensive substitutes from locally grown products that could replace the meat yet were far less expensive than those being prepared by Dr. Kellogg.

It is not the ingredients themselves that cost so much. Just to run an empty can through the line and seal it up full of air at Loma Linda Foods costs 50¢. It then costs



additional to truck it all over the United States and Canada. The goodie inside is not the most expensive portion. Incidentally, years ago we were told that the food industry at Loma Linda was not to supply all of Southern California.¹ Each area was to have its own manufacturing plant. But today Loma Linda not only supplies Southern California but all of North America as well. We desperately need more of these kinds of plants operating as small local enterprises. As the vegetarian trend continues to increase throughout North America the giant corporations will be cutting in to this field competing for the market.

#### Misconceptions

There are some misunderstandings about the meat analogs that need to be corrected.

#### "PROCESSED"

If a housewife takes gluten flour, washes out the starch, cooks it, forms it into patties, droplets or grinds it, it is considered a "natural" preparation done by mother for her children. But if the identical process is done by machines in a food factory it is slandered "processed foods." The opposite phenomenon is happening with tofu. Natural food fadists are presently heralding the virtues of tofu, a soybean curd made from soy milk. But tofu is a highly processed extract, excessively high in protein and in fat with no fibre and very little carbohydrate. Tofu is good and good for you but it too is a processed food whether processed at home or in the plant. Being "processed" is not bad. Bread is made from ground (processed)

Lest I be misunderstood as poking fun at the inconsistencies in the natural food movement, I wish not to be. We all have blind spots. Look at the unnaturalness of meat. Meat is not a natural food. God never intended it as food. It is one of the most unnatural foods available. And in preparing it there must be killing, butchering, bleeding, washing, cutting, frying, basting and seasoning. Similarly, in preparing non-flesh products, effort and time must be invested to make them palatable and variable.

#### "PRESERVATIVES"

Meat analogs prepared by Loma Linda Foods and Worthington have no, I repeat no, preservatives added to them. The canned

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# Three Families Join Canadian Union Conference Staff

The Devnich family

D. Douglas Devnich was born near Readlyn, in Saskatchewan, and there completed his education through Grade 10. He then attended CUC Academy, followed by completion of the B.Th. programme in the College. In 1964, he graduated from Andrews University, with the M.A. degree and some years later, in 1978, he earned a Doctorate in Education to complete his academic career.

In 1962, Devnich married Renetta Choban, from Truax, Saskatchewan, and in 1964, Crystal was born. In 1967, Paul completed the family of four.

The Devniches began their formal ministry in the Manitoba-Saskatchewan Conference by serving in Saskatoon, Prince Albert, and Regina Districts. In 1968 and 1969, they lived in La Sierra, California, where Douglas served as Youth Pastor of the La Sierra College Church. In June of 1969, the family returned to Canada where until September 1973, Devnich pastored the Calgary Central Church. Following a brief period of service in Kansas City, Kansas, they moved to Andrews University for a two-year period. In 1976, the Alberta Conference again asked Devnich to return and pastor the Canadian Union College Church. While in Lacombe, Dr. Devnich taught in the Department of Theology for one academic year. Then, for two more years he ministered out of the Alberta Conference Office as Secretary of Ministries, covering the interests of the Ministerial Association, Marriage and Family Life, and Health Ministries. In addition to these broad areas of service, Douglas has been a Student Literature Evangelist, and also did teaching in the elementary school in Penticton, British Columbia, for the 1960-61 school term.



Dr. and Mrs. Devnich, with Crystal and Paul.

It was in April of 1981, that Dr. Devnich was invited to take up the work of Public Affairs at the National Headquarters of the Church in Canada. Since then he has been working from his Alberta home and finally, in September, 1981, he, Renetta and Paul have moved to Oshawa. Crystal has remained at Canadian Union College where she is a high school senior.

#### The Janzen family

Elder Lloyd E. Janzen has returned to Canada to serve Canadian Youth. He was born in Roland, Manitoba. In 1954 he left his home province for Canadian Union College, where he attended until graduating with a Bachelor of Theology degree in 1960. During these years his summers and other available time were spent in the colporteur ministry. Upon completion of school he was called to be Associate Publishing Secretary of the Manitoba-Saskatchewan Conference. Following this he began pastoring in Swift Current, Saskatchewan, where, prior to his arrival, there were no Adventists. In 1963-64 he attended Andrews University and then returned to Swift Current to continue pastoring. He built the church, opened a church school, purchased property and made legal and financial preparations for the nursing home in operation there now. He also built the Maple Creek church before being transferred to Brandon, Manitoba. While there, he built the church at Portage La Prairie.

In 1968 Elder Janzen was asked by the Conference to be director of Youth Activities, Temperance and Deferred Giving. The Southern California Conference next invited him to join the Youth Department there in 1972. He directed that department until joining the Canadian Union Conference.



Elder and Mrs. L. Janzen and family.

The Greene family

Elder C.S. Greene was born in the beautiful island Jamaica, West Indies. He attended academy and the first two years of college at West Indies College in Mandeville, Jamaica. He then proceeded to Michigan where he obtained his Bachelor's Degree in Theology from Emmanuel Missionary College at Berrien Springs. In 1961 he graduated from Andrews University with a Master's Degree in Bible and Systematic Theology.

Elder Greene has served as a pastor, departmental leader and Bible teacher in the fields of Inter-America for a number of years. In 1970 he and his wife, Carol Joy (nee Parchment), and their three children, Glendamae, Eric John and Richard were invited to serve the church in Canada. Their ministry started in Montreal, Quebec. During their stay in Montreal two large houses of worship were purchased and a number of individuals added to the body of believers through baptism.

In February 1973, the Greenes were transferred to Ontario, where Elder Greene served as Pastor for the congregations at West Toronto, Agincourt, Malton and Perth Avenue.

Greene has served the church a total of 19½ years as departmental director in the youth, Sabbath School and Lay Activity Departments.

The Greenes are firm believers in Christian education. Their children are graduates of Andrews University and each holds a Master's Degree. Glenda-mae is the Registrar at Kingsway College in Oshawa; Eric John is employed as a Federal Internal Revenue auditor in Saskatoon and Richard is a Pyschometrist with the Provincial Government in Blenheim, Ontario.

At the Canadian Union Session held at Ferndale, Ontario in May 1981, Elder Greene was elected to serve as the Departmental Director for the Lay Activities and Sabbath School Departments.



Elder and Mrs. C.S. Greene

# **Adventist Nursing Homes Survey 1981 - Conclusion**

by A. George Rodgers, Consultant Healthcare Institutions



Allen Fowler Sherwood Park



Ed Gallant West Park Manor



David How Swift Current



William Olson Park Manor



Ken Reimche Sunnyside

Administrators of Canadian Nursing Homes

#### West Park Personal Care Home

This is our largest Adventist-sponsored Nursing Home across the Dominion, and one is at once impressed by the atmosphere of professional activity. Nurses, nurseaids, ward clerks and many other relevant categories, incidental to the delivery of health-care services, such as constitute and complement the public general hospital, are seen professionally and industriously demonstrating "this one thing I do" with enthusiasm and dedication.

This type of activity, as distinct from that accorded residential clientele, reflects the clinical implementation of government-delineated levels of care, and reveals West Park Manor's capability in providing requisite bedside care on a daily twenty-four hour basis.

As one visits the wards, and talks with patients, and discovers their disabilities and infirmities, the inspiration leading to the God-ordained provision of these havens of refuge and security, illuminates and elaborates the Spirit of Prophecy's emphasis on this phase of the "Right Arm" of the message.

West Park Manor's role in the community becomes increasingly effectual and apparent, and will continue in its vital contribution under the administrator, Ed Gallant, who through the years, has guided and developed the institution's remarkable record. This man's undeviating adherence to Adventist philosophy, and implementation of methodology and practice advocated by the pen of inspiration, makes this institution worthy of mention and emulation.

Administration extended several courtesies relating to the screening of our films, and permitted the writer three occasions to meet and talk with the staff.

Perhaps the highlight of the day's activities was inspired and organized by the Director of Daily Activities who supervised a delightful picnic for the ambulatory residents. This was

conveniently and pleasantly arranged in the delightful setting of flower beds, shrubbery and lovely trees, and actually constitutes another well-earned tribute to the administration. This area, immediately adjacent to the Home is a newly completed site with well planned paths accommodating wheelchairs, and well manicured lawns that add to the aesthetic beauty of this most pleasant retreat.

This is the institution, our readers will recall, where a number of West Park Manor's personnel accepted the truth and a number of baptisms ensued.

Rose Kwon, R.N., Director of Nursing, will becomingly recede from extravagent mention of her own personal identification with this happy event; but it was the blessed corrollary of Adventists "sharing their faith" and living lives that revealed they had been with Jesus and learned of Him. Nurse Kwon is a graduate of our School of Nursing in Seoul, Korea. Her clinical skills, dedication and ability to exemplify the traits of the Master, are part of the composite whole that makes West Park Manor outstanding and a fit object for the continuing prayers of God's people.

## Swift Current Nursing Home

It would be invideous to single out any one particular nursing home, irrespective of physical dimension or years of operation. All are doing the will of God and rendering a consecrated, humanitarian service.

But when one arrives at Swift Current, the enthusiastic reception by the chief executive officer, and his associates, gives one a genuine sense of belonging and a close professional identification with a heaven-ordained cause.

Administrator David How, formerly of Vancouver, and engaged in a secular field of activity essentially remote from his present portfolio, continues to give proof positive of his thorough grasp of the pertinent aspects of healthcare, and is carrying out his responsibilities with commendable zeal, acumen and initiative.

The staff response to his leadership is at once observable, and is reflected in their individual and collective care lavished upon the residents.

The writer is still enamoured of the contribution of nature surrounding the nursing home, conferring a truly rural atmosphere so thoroughly enjoyed and appreciated by those privileged to be the guests of this fine facility.

Wherever one visits Adventist healthcare centres, one is immediately impressed by the immaculate housekeeping, and in this area, Swift Current regards "cleanliness as next to Godliness." They are second to none!

The splendid additon to the Home incorporates an auditorium and other requisite features which add immeasurably to the institution's capability. But, How, ever innovative and creative, already has developed plans for maximum utility of the new areas, and with a few physical adjustments to the new addition will complement and extend its functionality. One senses an atmosphere of peace, contentment and satisfaction within the confines of this place—a place where angels delight to dwell.

We were profuse in expressing gratitude to the Acting Director of Daily Activities who, in the absence of the Director, presided at the projector, and gave sound and colour confirmation of our denominational outreach to those so less fortunate than ourselves. The movie films, emanating from our Australian denominational studios, are of such technical excellence, and constitute an unusually fine medium for rendering Adventists and non-Adventists alike, intelligently aware of the magnitude of our humanitarian endeavours.

#### Sunnyside Nursing Home Saskatoon

In seeking determination of the characteristics which, in amalgam, constitute fellowship and friendship, peculiar to those "of like-precious faith", the computer with its technological wizardry, is not "programmed" to emit a "print-out" with its sophisticated tracing, that in any way can interpret the bonds of affection and "the tie that binds."

You see, our blessed association, our united dedication to God and the common cause, are essentially a spiritual component, and not translatable in secular terminology.

Our constant and concerted pursuit, as members of the health discipline, is motivated by heavenly influences and a determined desire to follow in the steps of the Master and to do His will. Thus, our aims and objectives are consonant with the divine imperative, and exact from each of us a daily renewing of our commitment to a sacred cause. Administrator Kenneth Reimche, a product of prior executive experience at Sunnyside, Swift Current and now, himself, the chief executive officer of Sunnyside, remembers "the good old days" when his professional portfolio was restricted to the normalcy of a well-run nursing home without being inundated by the numerous problems associated with the highrise citadel, immediately adjoining the Home, and currently a scantilly-clad skeleton of what was originally intended to be an oustanding, concrete eternalization of Adventist "faith in action" accommodating the senior citizens of the community.

Reimche, so characteristic of his person, although occupied for days with legal matters, was good enough to receive me in the evening hours, and thus warranted my visit to Sunnyside, and made legitimate and meaningful our professional dialogue.

It should, and indeed it must be our ardent prayer that Almighty God will bless and confer grace and wisdom and patience upon President MacIvor and his executive associates, including Administrator Reimche, as they continue to wrestle with herculean problems hyphenated with the current impasse. May the good Lord direct in a most definite manner during this period of crucial negotiation.

## Sherwood Park Nursing Home

My high regard for Allen Fowler, and our close professional association through the years, in his capacity as the Administrator of Sherwood Park is always, on every occasion of my visit to his institution, put to a severe test. I just cannot keep up with him—he walks too fast—and his ideas come cascading down with always something new on the drawing board, or contesting the rights of his

institution with over-developed developers! If he were the actual owner of Sherwood Park's Nursing Home, and possessed of proprietorial prerogatives, he could not possibly represent the church, or any other organization, with greater vigor and enthusiasm than he does as chief executive officer.

His dreams, his visions, his prayers have all materialized with the near-completion of the Sherwood Park Seventh-day Adventist Church. His "running" commentary, as he escorted me on a "Fowler" tour, of the lovely sanctuary, together with the usual areas associated with Sabbath observance, Cradle Roll, Kindergarten, Primary and Junior rooms, together with a spacious kitchen for social occasions, gave proof of the meticulous planning vested in this building. It will be joined to the Nursing Home via a covered, heated corridor, so that climatic conditions will not constitute a deterrent to those wishing to worship.

Fowler, too, has been negotiating through his Conference Executive Committee regarding another Adventist adventure in the realm of a Senior Citizens Home. But his philosophy (especially based on the tragedies of "highrise" apartments), is to avoid the potential hazard implicit in fire situations, and proposes a four or five level construction. This, however, I understand, is in a "holding pattern" consequent upon future direction form President Larsen and his Executive Committee and, of course, members of his own Board.

Perhaps the most noticeable and, indeed, the most commendable improvement since our last visit, was the considerably enlarged parking area facilitating diagonal parking. The original lot, allocated for visitors' parking, whilst convenient of access to the Home, was inadequate for staff and residents' relatives and friends. Honourable mention must be beamed in the administrative direction, and is well and truly deserved. It was a pleasant circumstance to see the official document from the Canadian Council on Hospital Accreditation gracing the wall of the entrance to the administrative offices. Other offices throughout our Nursing Home chain across Canada, are also adorned with recognition by government, and professional bodies, attesting to the excellence and maintenance of requisite standards demanded by the licensing branches of provincial health departments.

This, in closing, is a final plea that the Messenger family will continue to remember these institutions in their daily devotions, including the sponsoring conferences, and the dedicated men and women who administer these healthcare centres to the glory of God and for the benefit and Christian care of their fellowmen.

#### **Evangelistic Crusade**

Begins November 7

#### Fort McMurray, Alberta

with Evangelist Verne Snow
Send names of relatives or friends in
the area to
Pastor K. Jorgensen
Box 5063
Fort McMurray, Alberta T9H 4L6
Telephone (403) 743-1007

#### You are Invited to the 50th Anniversary of the Sudbury Church

November 28, 1981 is a high day for the Sudbury Church. Not only will they be celebrating their 50th anniversary, but they will be dedicating their new church at 835 Churchill Avenue. This is an official invitation to all those interested and especially to all previous members and pastors to come and share this momentous occasion.

# maritimes

## From Fredericton

On August 15, 1981, the Fredericton S.D.A. Church extended the right hand of fellowship to Mr. Kevin Thompson. Kevin, a member of the church's music group, has his Bachelor of Arts degree from the University of New Brunswick, and will be organizing a series of musical outreaches, "The Un-Coffee House," at the University.

Three people in the Fredericton, N.B. district were baptized. Dean DeSilva and Jaye Ferris joined the Fredericton church, while David Brewer was welcomed into the Zealand, N.B. congregation. Dean is a senior at the University of New Brunswick, working toward a Bachelor of Education degree. Jaye, along with her husband, Ron, is returning to Maine to work for the salvation of relatives and children. David is a student at River Valley S.D.A. Church School.

\* \* \*

# One Sows, Another One Waters and Someone Else Harvests

by G.L. Hermans, Evangelist for French speaking Canadians

This is the story of God's work and its expansion.

The three islands of St. Pierre, Langlade and Miquelon, are a piece of France within North America, one situated just a few miles away from the tip of one of the peninsulas of Newfoundland. The people call their country "The Rock" and the name is a well deserved one.

These islands have a surprising vegetation, very stunted, even pine trees seldom reach the height of a man. The harsh and windy climate explains that. However, in summer, when the sun shines, these distant islands are beautiful, perhaps not with the charm of some of the tropical islands I have known, but still attractive to visitors.

Most of the people live on the island of St. Pierre, the smallest of the three. Six hundred live on Miquelon and a handful on Langlade.

There are two main industries on these islands: fish and "officialdom." One man told me that there were 1500 clerks on St. Pierre, unbelievable, but I was assured that this figure was correct.

These islands have economic problems,

even more since Canada has decided to extend its sea limit to 200 miles, and has thus imposed a fishing quota on these islands.

On the religious sphere, one cannot say that the Catholic church owns the place for the teachings of the Jehovah's Witness have created quite a stir resulting in a negative attitude towards any Protestant church. The people however, are very hospitable and I think we have a door open there.

In December, 1974, a stranger landed on St. Pierre with his family - a colporteur named Pierre Zita. Brother Zita is now an ordained minister in Quebec. Being French, he had no problem staying there until he obtained his immigrant's visa for Canada. During his stay he sold books and so created some interests. Eventually two families started Bible studies but in 1975 the Zita family had to leave. André Pardoens, one of the interests, decided to continue his studies and registered for a correspondence course. In 1981, another colporteur landed on St. Pierre and he is doing a very good work selling books, educational as well as religious. He needs our prayers. Cooking schools and

Five-Day Stop Smoking Plans are in the planning stages under his direction.

I visited the islands recently. I was thus able to give a certain number of Bible studies. One morning André came to me and said: "Pastor, after much praying and thinking I have come to the conclusion that I must make a decision. I want you to baptize me before you leave. We knelt and prayed, but we were not ready for the violent reaction of his wife. We then deemed it wise to wait a few more weeks, until his wife gets used to the idea. Later André told his wife that he had not changed his mind about baptism but had only decided to delay the date to show her that he loved her and understood her reaction.

We can consider that we now have a small group on St. Pierre and Miquelon, consisting of one baptized member and a few interests. The group is under the supervision of Elder R. Whalley. The leaders in Newfoundland have told me about their desire to see this group grow and they have promised to help in any way they can.

May we in Canada pray for these faithful few in this distant bit of France.

# "Thank You SAWS and Thank You People of America"

These words express the overwhelming joy of the lepers of the Yuka Village of Kalabo, Zambia, in Africa. Of the 120,000 people living in the semi-desert African plains of Kalabo, 4,000 are estimated to be lepers. They live in old filthy little huts, with no protection from rain, cold, or sun. For-

tunately for many disabled victims of leprosy, better living conditions and better sanitation conditions have been found close to the SDA Hospital of the Yuka Village. Thanks to the dedication of the SAWS representatives, many are now living in new homes.

Paul Giblett, SAWS Director for Zam-

bia, reports that 190 new African-type homes with toilets, kitchens, and courtyards have been finished. This is one of the Clothing for Work Projects of SAWS. The clothing that our faithful Community Services members collect, prepare in boxes, and send to the SAWS main distribution centres, reach final





Pictures show transition from the old, filthy huts to the new, neat dwellings for the lepers of Zambia, Africa, thanks to SAWS and countless men and women who have contributed.

destination at projects like the lepers relief program. The clothing here is used as an incentive to bring in grass, poles, or other construction materials for the new houses of the lepers. Clothing is also used in exchange of manure and black soil from the river for gardening. Those who help to keep the village clean are also rewarded with clothing.

In a recent letter addressed to Mr. Giblett, the District Governor of the Republic of Zambia says: "We wish to express our appreciation for the work you and your coworkers are doing for the disabled and poor in our District. We are particularly impressed with the way you are using donated clothing from SAWS to encourage and motivate the people of our area."

The letter of the Governor also indicated that after a recent visit to the village they found that the living standard of the lepers has raised tremendously because of the efforts of SAWS. Scores of disabled, handicapped people are now working with crafts, earning some money for the first time in their lives.

New people are now being trained to carry on the humanitarian programs of SAWS among the lepers. Leprosy drugs distribution, building new homes, general hygiene instruction, toilet constructions, digging water wells, nutritional instructions, must go on. Thousands of lepers and individuals suffering from malnutrition are waiting to be relieved. The letter of the Governor concludes: "We look to the future, anticipating more of this type of village-to-village health and educational programs you are undertaking. We would like to once again express our warm thanks to you and your donating organizations."

# alberta

## **Church Acquired on Indian Reserve**

The church development here on our Indian Reserve inspired a large group of lay workers from the Ponoka and Wetaskiwin churches to support a work bee on Sunday, August 16 at the recently acquired church building at Hobbema.

It was a great inspiration to see so many men, women and children, from the very youngest to the senior church members arriving with trucks, painting materials and equipment, carpentry tools, cleaning materials, and above all with such a willing spirit.

The church site was completely cleared of all rubble. All garbage was transported to the dump site. The Cree Tribal Administration had lent us their truck, tractor and lawn mower and we are very grateful for this fine gesture on their part. All the windows were repaired and cleaned, the pews scrubbed down and the church generally cleaned in preparation for the grand opening.

A tremendous job was done by Rob Brown earlier in the week. He replaced about half of the church floor with the help of Bill and Susan Rotchford and the writer. Dave, from the Ponoka church, did a fantastic job to complete the painting of the church tower.

I believe the wonderful support given in contributions and labour may soon cause us to say "the people bring much more than enough..." for the offering of the sanctuary at Hobbema.

B. VanDieman, Alberta Conference Native Missionary



The church at Hobbema before the work bee.

# A School Again at Battleford

After a half century of absence, Adventist education is back in the Battleford district. Compared with the glory of the former Battleford Academy, the new school is as "a day of small things." (Zechariah 4:10) And like the rebuilding of the temple after the Babylonian captivity the new school has had to contend with much opposition. The original plan was to conduct it in a redundant public school named Riverview which is operated as a community centre. A generous rent was offered but all in vain. So now we had to consider locating the school in the church basement. But in order to do so we had to satisfy the demands of the provincial fire code which meant purchasing about \$3000 worth of remodelling supplies.

During the time we were faced with these setbacks the Lord let us know that He had not forsaken us. First, we were encouraged not to quit by a leading member of the local Catholic School Board. Then, this same man arranged for us to receive a gift of hundreds of dollars worth of electronic teaching aids. Next came the gift of the free installation of cable T.V., and to complement this there came the 22 inch colour T.V. set. The skilled labour for the basement remodelling is also being donated free of charge. Moreover, we are much encouraged by the cash gifts coming from alumni of the former Battleford Academy. Also worthy of mention is the positive input from our own members. From this beginning we plan to go ahead with the construction of a new school building and thereby give Adventist education its rightful, *prominent* place in the Battlefords.



Students of the Battleford Adventist School with their teacher, Mrs. Sharon Jukes.

## **Brandon Happenings**

Pastor Mervin Kempert, pastor of the Brandon, Manitoba church, reports the activities of an involved and growing congregation. Over the past few months the members have held two Five-Day Plans which were so well received that they are being offered at Assiniboine Community College by request at regular intervals.

The advantages of a meatless diet were promoted in the Brandon Sun, complete with recipes by the pastor's wife. The amount of interest indicated, triggered plans for an autumn cooking school.

Special church services are planned the first Sabbath of every month. These programs are presented with the visitor in mind and include a fellowship dinner.

Most recent of the outreach programs was the Vacation Bible School, attended by thirty-three children whose appreciative parents were made aware of the Adventists in their midst. Pastor Bob Schafer assisted the leaders with new ideas and enthusiasm.

As a result of the *Signs* saturation program, Bible studies have followed and a major evangelistic campaign will be held in April of the coming year.

## british columbia

## **Baptism Highlights North Vancouver Evangelistic Series**

"Lord, if you want me stay in my own church, please do something supernatural to show me that you want me to stay here." These were the words of John Beausoleil as he knelt in the sanctuary of his own church on two successive Sundays, earnestly praying for God to guide him. The story of John's experience had started months before. In preparation for the North Vancouver Radiant Living Seminars Evangelistic Series, much intensive groundwork had been done by the church members and the evangelistic team. Personal visitation, a vegetarian cooking school, a stress control seminar and a Five-Day Plan to Stop Smoking had been combined with two Time of the End Daniel Seminars to lay the foundation for this series of meetings.

John Beausoleil attended one of Pastor Popowich's Daniel Seminars and never missed an evening. Night by night he followed carefully the great message of the book of Daniel.

Four evenings after the close of the Daniel Seminar, the evangelistic meetings began at the Royal Canadian Legion. It was a standing-room-only situation on many nights of the series and John attended faithfully every meeting. What he learned was both a joyous discovery and a shocking surprise. Doctrinal beliefs that he had long been accustomed to believing in his own church were shown to be based upon tradition rather than on the Bible, and as he discovered the great message of Daniel 7 and Revelation 13, he discovered that his church was pointed out as the false church of Bible prophecy. As evangelist Brad Thorp kept presenting each evening's topics, it seemed as if it was too much, too fast, for John to handle. However, he continued to come and attend every meeting; yet, coming to the end of the series, John was in a quandry.



Pastor Brad Thorp wishes God's richest blessing to John Beausoleil as Pastor John Popowich looks on.

What should he do? Should he leave his church which he loved and which he faithfully attended? A number of very intensive Bible studies ensued as John asked searching, detailed questions about fine points of Biblical theology. He went to visit his priest and the minister of another Protestant church to find out about Adventists. He bought books describing Seventh-day Adventists as a Christian cult. Finally, it seemed all too confusing and he asked that no one visit him for awhile.

John needed time to think and pray. Day by day he searched. Wilfried Schulenburg, a lay Bible instructor working with Radiant Living Seminars, continued to occasionally visit and one day gave to John the book God Cares, a commentary on the book of Daniel written by Dr. Mervin Maxwell. John began to read and was intrigued. Taking out his encyclopedia and going to the library, he checked out every available reference that Dr. Maxwell gave. Was it really true what he had learned? His heart was perplexed and yet he sensed that God was guiding Him through His Holy Word. Finally, John went to his church two successive Sundays and there he knelt and prayed, "Lord, I know that You are leading me by Your Holy Scriptures, but I seem perplexed and confused. Show me if You want me to stay in my own church. I believe that I must follow what You say in the Bible. If what I have learned isn't right, please do something supernatural to show me that I should stay where I am. Otherwise, I'm going to leave." Nothing happened and after the second Sunday John got up and walked out of his church, knowing that God was leading him to a deeper experience within the Adventist church. Reaching Pastor Popowich he simply asked, "How soon can I be baptized and become a member of the Seventhday Adventist Church?" It was the week before camp meeting and John attended the weekend services of camp meeting. One week afterward, John was baptized and became a member of the North Vancouver Seventh-day Adventist Church.

God's Holy Spirit is still working upon the hearts of men and women today. For those who are honest in heart, He still leads them step by step. This baptism marks the more than twenty who have been baptized in the North Vancouver series of meetings and there are still a number who are studying to prepare for baptism. Please continue to remember the work of the evangelistic outreach for Metro Vancouver and, in a special way, the Radiant Living Seminars Evangelistic Team as they conduct the evangelistic programs throughout this, the largest city in Western Canada.

Brad Thorp, Director Radiant Living Seminars

# ontario

# Marriage Seminar Convenes at Ferndale

Drs. John and Millie Youngberg conducted a Marriage Commitment Seminar at the Ferndale Adventist Camp in Ontario. This Marriage Commitment and Leadership Seminar ran for one week. All but three of those attending took the Leadership Seminar Section as well.

One of the main areas studied in Marriage Commitment is communication. Many problems arise from improper communication between husband and wife and children.

Total commitment to the spouse is second only to total commitment to Christ.



Seated in front row - Drs. John and Millie Youngberg. Left to right - Pastor Laren Kurtz, Pastor and Mrs. Lloyd Hallock, Mr. and Mrs. Archie Barkhouse, Mrs. Theresa Foley, Dr. and Mrs. George Akers, Dr. and Mrs. Chuck Von Henner, Mr. and Mrs. Sam Vitulli, Pastor and Mrs. Ron Flowers, Pastor and Mrs. Duane Anderson and Pastor and Mrs. Levern Krenzler.

# Meat Analogs, Part III continued from p. 4

products are sterilized by heat and canning. The others are preserved either by freezing or dehydration.

#### "ARTIFICIAL"

When the label reads "artificial flavour" or "artificial colour" it does not mean artificial in the usual sense of the word. The term artificial must be used because of the way the food and drug administration laws read. All the flavourings and colourings are from natural sources. For example, if the product is made of wheat gluten, which is very light coloured, and then must be darkened by something like soy sauce, it is therefore artificially coloured. It is coloured by something other than the main product, wheat. If a strawberry product was not bright red enough in the can to look appealing and was coloured with beet juice the label would read "artificially coloured." Meat analogs are made to taste like meat but they do not use animal products to flavour them. Therefore, meat flavours from non-meat sources are "artificial" flavours.

#### "ADDITIVES"

Most of the long, complex, evil-sounding words are simply the scientific term for vitamins, proteins or texturizers. For example, cyanocobalamin, which sounds like cyanide, is simply vitamin B12. A glossary of ingredients used in these foodstuffs is listed below.

#### In Good Faith

Lastly, it needs to be remembered that the brethren in the various Adventist food manufacturing plants have our well-being in mind. They want healthy vegetarian Seventh-day Adventists. That's why they are in business. It is not to make money or market a product. They are more conscientious about the foods they manufacture than most of us are of the daily food selections we make. We should not impugn them as having sinister motives or become paranoid about their products. Worry and evil surmising will hurt us much more than any of the foods they manufacture.

It takes awhile for one's system to adjust to any new food. If, after a little time, you can eat and digest meat analogs without any significant distress or discomfort, then enjoy them as an added, convenient, tasty source of variety to your food style. We buy six or seven cans a year!

E.G. White, The Health Food Ministry, p. 80

#### INGREDIENT GLOSSARY

Since we receive many inquiries regarding the lists of ingredients in our foods, we have prepared a list of definitions to simplify the meanings of the scientific terms.

Albumen is the white of eggs. This is used in a few

of our soy fiber foods. It is necessary because of its binding quality. It also enhances the nutritive value.

Artificial flavour. The various imitation meat flavours are produced by combining specific amino acids with selected simple carbohydrates. They are only artificial in the sense that they are imitations.

Autolyzed yeast extract. Yeast contains within itself enzymes that are capable of reducing the size of protein molecules even to the extent of individual amino acids. Under suitable conditions, this process is encouraged and results in autolyzed yeast extract.

Biotin is a part of the vitamin B complex.

Calcium carbonate is a source of calcium.

Calcium citrate is a source of calcium and a stabilizer for the product.

Carageenan, cornstarch, potato flakes, oat flour, and guar gum are thickening agents used for texture and nutrients. Guar gum, a complex carbohydrate, comes from a leguminous plant somewhat similar to the soybean. Carageenan comes from seaweed.

Caramel is produced by applying heat to corn syrup.

Choline is an essential nutrient concerned with the utilization of fats and oils.

Citric acid is an organic acid found in many fruits and vegetables, especially citrus fruits.

Cyanocobalamin is vitamin B12.

**D-calcium pantothenate** is a salt of the vitamin, pantothenic acid.

**Dextrose** is a monosaccharide or simple sugar otherwise known as glucose or blood sugar. It is the form of sugar actually metabolized or used by the body cells.

**Dicalcium phosphate** is a source of calcium and phosphorous.

Dipotassium phospate is a source of potassium and phosphorous.

Ferrous sulfate or iron sulfate is a form of iron easily assimilated and utilized by the body and occurs naturally in the earth's crust.

Hydrolyzed vegetable protein. Enzymes, catalysts, and acid break up large molecules of protein in preparation for absorption. Some of the simpler substances called hydrolyzed vegetable proteins are useful for seasoning. Wheat, soybeans, and yeast are the usual sources.

Lecithin is a phospholipid with various body functions including a fat transport. In the food industry, it is valuable as an emulsifier and for the prevention of rancidity. The lecithin we use comes from soybeans.

Lysine and methionine are amino acids used to improve the quality of protein. Proteins are composed of various amino acids.

Mono- and di-glycerides are partially formed fats. Fats are tri-glycerides made up of three molecules of fatty acids chemically bonded to one molecule of glycerine. If one is missing, a di-glyceride results; if two are missing, a mono-glyceride remains. These natural components help control the texture and viscosity of fats. Ours are purely vegetable in origin.

Mono-potassium glutamate is the salt of an amino acid used for seasoning and comes from plant proteins. It is used in our salt free foods.

Mono-sodium glutamate is the salt of glutamic acid, an amino acid abundantly present in nearly all foodstuffs. It is used *only* in our Gravy Quick and Chili Beans.

Niacinamide is the most conveniently utilized form of the vitamin niacin.

Nucleotides form part of the cell nuclei. They are derived from plants and are used for their flavour.

**Potassium iodide** is a source of potassium and iodine which are essential elements in human nutrition.

Pyridoxine hydrochloride is vitamin B6.

Riboflavin is vitamin B2.

Sodium citrate is a form of citric acid and is used to stabilize the product.

Soy protein isolate is the protein of soybeans isolated or separated from other components of the soybean. It is particularly valuable in the preparation of i-Soyalac for infants who do not tolerate the soybean carbohydrate.

**Spices.** This term now, by law, includes all herbs. We use no harsh, irritating spices such as pepper and mustard. Exception: a little of the mildest chili obtainable is used in our chili beans.

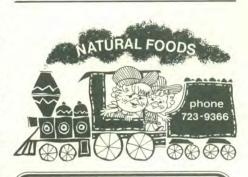
**Taploca dextrin.** Starch molecules are very large and are made up of many simple sugar molecules. An in-between size — not so large as starch or so small as sugar — is called dextrin.

Textured soy flour is soy flour that has been put through an extruder.

Thiamin mononitrate is a form of vitamin B1. Vitamin A palmitate is a form of vitamin A. Wheat gluten is the protein of wheat.

Loma Linda Foods, Riverside, California





## · GRAIN CENTRAL ·

All aboard the natural foods train. Daily specials on grains, nuts, dried fruits, vitamins, juices, Worthington, Loma Linda, and all. Grain Central is Oshawa's newest and largest natural food station with an enormous selection of your favourite foods.

Grain Central – keeping your body on track, at the Five Points Mall in north Oshawa.

Hours: Mon.-Thurs. 9:00 – 9:00 Friday 9:00 – 4:00 Sunday 10:00 – 4:00

Proprietors: Pete and Anu Thorne

# ATTENTION FORMER **CUC SINGERS**

There will be a Fifth Year Anniversary Reunion

NOVEMBER 27, 28 and 29

on the campus of

#### CANADIAN UNION COLLEGE

If you have been a member of the choir under the direction of Wendolin Pazitka - Munroe - please plan to join us for a wonderful weekend.

> Activities will include a mass choir anthem "Unfold Ye Portals" by Charles Gounod.

#### Kingsway College Graduates and Former Teachers and Students

Let's communicate! Exciting things are happening on campus. Your support is needed to keep Kingsway growing.

☐ The enrolment goal for this year has been reached.

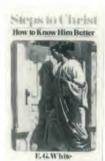
☐ A Two-year Registered Nursing Course at Kingsway College has been approved by the Ontario College of Nurses and is being studied in church committees. ☐ The Alumni gifts last year helped toward the purchase of six classroom ☐ The Class of '56 had a terrific homecoming last year. The Class of '57 will be especially honoured this year. ☐ An Alumni Newsletter is being prepared just for you. Please mail in the blank below and include the latest news about yourself for future An active Alumni Association can do a lot to enhance the already fine school programme at Kingsway. Take the time today to contact your alma mater: Maiden Name Last Name First Name Street Address, Apartment Number Province (State) Postal Code Please check: Graduate, Class of ☐ Former Student ☐ Former Teacher

Mail to: Mrs. Carolyn Osmond Alumni Representative Kingsway College Box 605 Oshawa, Ontario L1H 7M6

## **BOOK REVIEW**

Special Edition of STEPS TO CHRIST

by E.G. White



Pacific Press has prepared something special for you to give to your friends next door or to any casual acquaintance. It is the well-known and loved book by Ellen G. White, Steps to Christ. First published in 1892, this book has gone through several

printings and various editions and has been

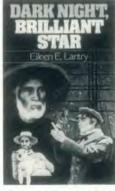
translated into 19 languages.

Now Pacific Press has published an economy gift edition. It will fit easily into a man's pocket or a lady's purse. The cover is in four colours and is the Harry Anderson painting of Christ standing at the door, knocking.

At \$2.25, you will want to keep a number of these books on hand to use as gifts and/or plain missionary giving.

Order from your A.B.C.

#### DARK NIGHT, BRILLIANT STAR



Pacific Press is pleased to announce the release of the new book Dark Night, Brilliant Star, a first-prize winner in the recent Pacific Press Book Award Contest. This book, awarded the prize in the biographical cate-

gory, is the story of Abram La Rue, a pioneer missionary to Hawaii and China.

The book is authored by Eileen E. Lantry of San Jose, California.

Dark Night, Brilliant Star, the third book authored by Eileen Lantry, is in the Redwood series. It is a story the whole family will

Order from your A.B.C. \$4.55 plus \$1.00

postage.

# **Volunteer Medical Personnel Urgently Needed**

SAWS Thailand has been working since December 1979 in Thailand to assist with the large scale relief program being conducted among the refugees in Thailand and along the Thai-Kampuchean border.

The 490,000 refugees are facing an uncertain existence. They are continually plagued with a lack of food and clothes. They do not know from one day to the next whether their safety and freedom will end that day.

SAWS Thailand is in need of personnel who are willing to volunteer their time to work in these refugee centres. "We have an ongoing monthly need of one surgeon, one general practitioner, one operating room nurse, six registered nurses, one anesthesiologist, three dentists, three optometrists, one opthalmologist and one health education worker," says Wagner.

Interested persons should contact Gary Wagner, Director of SAWS, GPO Box 613, Bangkok, Thailand, Phone 281-1422, ext. 79 or call SAWS, Washington, D.C. (202)723-0800.

# Look out for MISSION!

"Warning: this publication is habit forming!" Perhaps you have not yet seen this Director-General's warning on a Seventh-day Adventist magazine, nevertheless, you should be aware of the danger inherent in the newly designed MISSION quarterly for juniors. Those leaders of children's divisions who have paid little attention recently to the WORLD MISSION REPORT issued quarterly by the General Conference Sabbath School department, have nothing to fear. They will possibly never notice the subtle shift in title and thrust of this seemingly harmless paper.

But MISSION threatens to shake children's Sabbath Schools out of their normal 9:30 to 10:00 a.m. calm. Weekly use could produce some sorry "Oh's" from children who cannot wait another week to find out what happens to Pempa Doma during the first ten-week installment, first Quarter, 1982. Second quarter, indignation at the plight of young Antonio could mount until even teachers find their curiosity piqued. But by the third quarter the Director-General's warning could be too late! A whole generation of Adventist children could be hooked on finding and fulfilling their own mission in the 1980's.

The adult Sabbath School is not without danger in this respect, either. Articles in the new-look MISSION quarterly mix a description of specific needs with a discussion of trends in world mission, and stories of individual commitment to mission from around the world. The use of this quarterly could warm the heart and stimulate the mind; it does not cater to nineteenth-century concepts of world mission.

Church secretaries please note that the different editions of MISSION are distinguishable by the appropriate logo preceding the title—not by colour as previously. Teachers and storytellers who fear they are missing something may contact the General Conference Sabbath School department, 6840 Eastern Ave. NW, Washington, DC 20012, for back copies at 50¢ each.

## VOP Adds Evangelist Curtis Bradford to Staff



Curtis Bradford has joined the Voice of Prophecy Evangelistic Association, following several years as church pastor and evangelist in Oregon and California.

He has previously assisted H.M.S. Richards, Jr., in his

annual crusades by serving as manager, presenting vocal numbers, and helping with the Bible classes. He has also held up to five short crusades per year while pastoring a local congregation.

Elder Bradford's most recent pastorate was at the Azure Hills Church near Loma Linda.

# The Sabbath School Department of the Ontario Conference presents: INSIGHTS FOR PARENTS

Do you have ?'s on how to rear your children?

This weekend seminar is for you!!

By request – Drs. Herald & Donna
Habenicht of Andrews University
return November 13, 14, 15 1981
at Oshawa

\$15 Husband/Wife \$15 Single Saturday attendance – \$10 Meals & Lodging Extra

Ontario Conference Sabbath
School Department
Box 520, Oshawa, Ont. L1H 7M1
(416)571-1022



# Rocky's Thoughtless Joking

by Robert H. Pierson

Deanna was overweight, and she was sensitive to any allusions to this fact. But her husband, Rocky, found delight in "kidding" her about the "excess baggage" she was carrying around. As we visited the Bostock home for Bible studies, we found ourselves growing increasingly more ill at ease because of Rocky's "jesting."

Obviously hurts ran deep between them, and eventually, along with everything else, Deanna became "fed up" with her husband's heartless practice of joking at her expense.

The Servant of the Lord has something to say about this. It is important.

"Never should either party indulge in a joke at the expense of the other's feelings. Never should either the husband or wife in sport or in any other manner complain of each other to others, for frequently indulging in this foolish and what may seem perfectly harmless joking will end in trial with each other and perhaps estrangement."

(Adventist Home, p. 177)

"Don't even talk about such things," Paul says, "they are not fit subjects for Christians to talk about." (Ephesians 5:4, Phillips).

# It's Your World Vegetarian Cookbook

With biting weather sending more of us indoors, home cooks are turning to warmer foods to thaw out wind-pinched fingers. And even if your Spring cleaning managed to hide away Autumn's favourite recipes, you may find yourself looking for new twists to old standbys. The new It's Your World Vegetarian Cookbook adds to your menus with familiar cool-weather favourites like German stew (with peas, carrots, potatoes, and onions), or skillet rice and beans savory with garlic and tomatoes. For those warm Indian Summer days that mingle with the cool days of the calendar, there are light recipes that carry you right into Springdilly carrots and green beans, spinach crepes or Bohemian cabbage.

You'll appreciate, too, the 3-page herb chart, which details not only the sources of selected herbs, but also possible accompaniments such as onion, garlic, mushroom or lemon. Because the recipes are designed to be low on sugar, salt, and irritating substances, the herb chart will help you flavour

recipes healthfully . . . for of course, that is what the It's Your World Vegetarian Cookbook is all about: good health by good cooking.

Food that tastes good needn't be bad for you, and the Vegetarian Cookbook sets out to prove that by minimizing fatty ingredients, and by offering alternatives to high-caloried sugars and burning spices. And those alternatives aren't the kind you have to order by mail. Ingredients in the recipes are selected not only for their healthfulness and flavour, but for their availability and—a big plus with today's prices—for their economy.

This second enlarged edition of *It's Your World Vegetarian Cookbook* is practical in design as well. The 304 pages are spiral bound, and the cover is sturdy and plastic-coated, so floury fingerprints come right off. Principles for adapting your own favourite recipes are included, and all recipes are grouped according to menu placement or food type: entrees, vegetables, salads, grains, desserts. Printed in clear, easy-to-read type-

face, the cookbook's two indices make finding the right recipe easy: look in the index by recipe, or the index by main ingredient. Also helpful is the table of equivalents: for instance, 1 TBSP flour = 2 tsp. quick-cooking tapioca = 1½ tsp. cornstarch = ½ tsp. arrowroot powder.

Art Linkletter promotes the new cookbook on the SDA-sponsored television show, It's Your World. Identifying the vegetarian cookbook with the well-known TV show makes this an ideal gift for your non-Adventist friends. And because the cookbook promotes good health, it says in a giving way, "I care about you."

Giving the cookbook—to your kitchen, and to your friends,—is especially easy at this time of year. The introductory price saves you more than \$2.00 off the regular cost. Get your copy now from your Adventist Book Centre for \$9.15 (special price effective through April 15, 1982), and make your good cooking an extra help to good health.

# **OBITUARIES**

CARGILL—David Cargill was born in Forfar, Scotland on October 23, 1903 and passed to his rest on August 16, 1981 at Fairview, Alberta. He came to Canada with his parents and the family in 1912 and to the Fairview district in 1971.

He was predeceased by his parents and three brothers. He is survived by one sister and one brother.

Funeral services were conducted in the Fairview SDA church by Pastor O.B. Aaserude and interment was in the Waterhole Cemetery where Dave will rest until Jesus calls him.

O.B. Aaserude, Pastor

DNISTRANSKY — Anton George Dnistransky was born in Kiev, Russia on November 27, 1892 and passed to his rest on June 15, 1981 at Biggar, Saskatchewan. He immigrated to Canada in 1910 and in 1913 he was united in marriage to Fedora who predeceased him.

He is survived by sons: Seth and Donald; daughters, Dina Vinnard, Evelyn Matiko, Rhoda Monson and Esther Klause; also sixteen grand-children; eleven great-grandchildren and two sisters. Funeral services were conducted by the writer and assisted by Elder Bob Schafer. Our brother sleeps in a little cemetery at Beaver Creek, Saskatchewan.

Donald M. MacIvor, President Manitoba-Saskatchewan Conference HARTIN—Fred T. Hartin passed away at Bowmanville, Ontario on August 25, 1981. He was 85 years of age. He leaves to mourn his wife, Evelyn, daughters, Evelyn Ball, Helen West, Ruth Robertson and one son, Robert Llewellyn. Also surviving are one brother and fourteen grandchildren and six great-grandchildren.

SHAPLEY—Harry Clyde Shapley was born November 20, 1888 in De Funiak Springs, Florida. He passed quietly to his rest on August 14, 1981 in Maple Creek, Saskatchewan.

In 1928 he married Edna Riley and they developed Lone Deer Ranch, near Val Marie, Saskatchewan. They were baptized into the Seventh-day Adventist Church in 1941. Retiring to Maple Creek in 1967, he strongly supported and greatly enjoyed fellowship in the church there. He is survived by his wife, Edna; his son, Donald; two daughters, Lorna Nicol and Shirley Hazen; eight grandchildren and two great-grandchildren.

Funeral services were conducted by Pastor Brian Bechthold in the Maple Creek Church. Brother Shapley was carried to his last resting place at High River, Alberta by his six grandsons. He now awaits the call of the Life Giver on that glorious resurrection morn.

Brian Bechthold, Pastor Maple Creek Church ROBERTS—Minnie Enoch Dauphinee Roberts was born May 4, 1892 in Halifax, Nova Scotia and died August 30, 1981 at Angwin, California.

For some time she served as secretary in the Canadian Union Conference office. Mrs. Roberts spent three years as secretary in Jamaica and then in the same capacity in Oregon. For twenty-five years she served as dean — an illustrious career as dean of deans.

Her special burden until her death was the preparation of materials for worship talks in residence halls.

Left to mourn are one sister, several nieces and nephews in Nova Scotia and thousands of students around the world whose lives have been touched by Mrs. Roberts' influence.

Interment was at St. Helena, California and words of comfort were spoken by Elder Thomas Geraty.

# BIRTHS

HUMPHRIES—Tony and Kati (nee Saarinen) and their three-year old daughter Tanja, welcomed the birth of a boy, Devon Jordan, at St. Clare's Mercy Hospital, St. John's, Nfld. on September 6, 1981.

NILSEN — Viktor and Phoebe announce the birth of a son, Renard Sharif on July 23, 1981 at Oshawa General Hospital. The North Battleford Church welcomes them along with daughter Nadra.

# WEDDINGS

JURIANSZ - RICHARDSON

On July 26, 1981 Tammy Marie Richardson, daughter of Mr. and Mrs. Paul Ray of Madison, Wisconsin and Robert John Juriansz, son of Mr. and Mrs. Robert L. Juriansz of Oshawa, Ontario were united in marriage in the beautiful Madison S.D.A. Church. Officiating at the ceremony was Dr. N.O. Matthews, President of Canadian Union College.

The bride was attended by Robin Salzwedel, Terrie Richardson, Betty Bayer and Janelle Cornforth. Assisting the groom were Lloyd Juriansz, John Raymond, Peter Bayer and Gary Hodges. Serving as candlelighters were Tina Morouski and Jeremy Juriansz.

We wish the happy couple God's guidance and richest blessings. They now reside at 222 Nonquon Road, Oshawa, Ontario.

#### NISCHUK - BECKWITH

It was a beautiful day and a natural woods setting as John Nischuk and his bride, Sandi Beckwith, took their marriage vows in an open-air ceremony at Yorkton, Saskatchewan August 16, 1981. After the service, relatives and friends remained for a delightful meal and reception under the trees. John and Sandi will be making their home on the family farm near Stugis, Sask. Our prayer is that God's love will continue to make them as beautiful to each other as they are to Him.

Roy Dubyna, Pastor Yorkton, Saskatchewan

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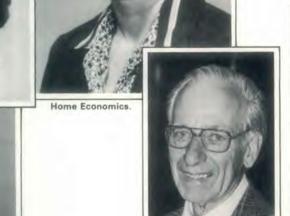
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