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FAR EASTERN DIVISION

outlook



Lee Chu is always like that

By Jane Allen

They were reading the *Koran* on Saturday afternoon. It was an unexciting chant that moaned uncomfortably in my Western ears.

Except for the father and mother and nine children lining the tiny living room, it was bare. No pictures decorated the melon-pink walls, and no curtains shaded the small louvered window on the front of the apartment. Instead, the window was covered with aluminum paint to keep out the hot sunshine. There was no furniture in the room, not even a television set, the touch of Twentieth Century materialism one expects to see in most homes of Singapore today.

Through the open door, Chong and I could see each member of the family intently kneeling over his copy of the *Koran*, which rested in a small wooden holder on the floor. The father and sons wore black velvet flat-topped hats while the mother and daughters covered their long hair with silk scarves of red, purple, gold, and green. Despite the tropical temperature with humidity nearing 90, they all wore modest but bulky long skirts and long-sleeved tops for the worship hour. Their attention was on the reading, and not even the smallest son, perhaps five years old, noticed a young Chinese man and American woman standing in the doorway.

"Shall we introduce them to the Voice of Prophecy?" Chong asked me.

I didn't like his suggestion, thinking it would be most impolite to go butting in like that in the middle of

their ritual. I didn't really believe he was serious. So we quietly passed the Muslim family in worship, and knocked at the next apartment door.

Actually, I wasn't in a mood to knock on any doors that afternoon. I'd volunteered to drive a group of college students to a Branch Sabbath School, but when the cars were paired up with the groups, I ended up with the literature band, and Lee Chu, our group leader, had decided to canvass an apartment complex with mostly Muslim residents. There were a few Chinese Buddhist homes and some who call themselves "free thinkers," but most of the large families squeezed into the three and four-room apartments were Malaysian Muslims, very contented with their own religion, and particularly prejudiced against Christians.

Yesterday

A few years ago these Malay people would have lived in palm-lined *kampongs* (compounds) of simple one-family houses built on stilts. Chickens would be pecking for bugs and scraps of food beneath the houses while children played on the grassless paths and dusty lawns. But today only a few of these *kampongs* remain in Singapore, for the government is replacing them with low-rent highrise apartment buildings.

It wasn't that I didn't think we should introduce the Voice of Prophecy Bible course to the people in that apartment building, it was just that someone had switched channels on me when I was prepared for another program.

The only person I knew in our group was Lee Chu, and because of this, I guessed that he would select me as his partner. Lee Chu is a happy fellow who easily makes friends with strangers. And he can just as easily turn a casual conversation to religious topics. But he paired us off so that each group had someone who could speak Chinese, Malay, and English. Like many Chinese in this former English colony, Lee Chu doesn't speak any of the Chinese dialects, and I realized he was going to match me with one of the others.

Chong, though not as aggressive as Lee Chu, was one of the regular literature-band members. He had a strong approach in his canvass with standard answers for almost every negative response—including my negative reaction when he suggested that I present some of the canvasses. However, I finally persuaded him that I carry the extra enrollment cards and do my missionary thing with a friendly Christian smile while he did the talking. Most of the people in this apartment building knew a little English as a second language, but when they talked to Chong they used either Chinese or Malay.

We found the people were generally cautious if not a bit unfriendly. When we knocked on a closed door, nobody would come to open it. Instead, the louvered window would slowly crank open, revealing hesitant almond-shaped eyes through the slats.

Then Chong would begin. Even though I couldn't understand the Chinese or Malay, I could easily follow the conversation.

"We're from the Voice of Prophecy," was his usual direct approach as he pushed a Bible course enrollment card through the window. Sometimes the person inside would take the card and read it while Chong explained that we had something free to give them. Sometimes Chong

would have to hold the card throughout the canvass, while the person inside inspected it apprehensively as if afraid by even touching it he might commit himself to three years of easy payments for something he didn't want or need. And sometimes I was afraid the haughty resident would close the window slats before Chong could withdraw his arm.

Cautious

While the old men and the young mothers were skeptical of our presence, the barefoot children followed us with curiosity. I wished I had some copies of *Our Little Friend* to give them for they at least seemed interested in what we were doing even if their parents didn't. But I didn't have any children's magazines, and we kept knocking on doors.

"How do you know you're not interested if you don't try the Bible course?" Chong persisted with a negative respondent.

"If the man doesn't want the course, he doesn't want the course!" I wanted to tell my partner, who pleaded with the non-Christians longer than I would have dared. But I reasoned that he knew how to deal with Singaporeans better than I, and I had generously allowed him the talking role. I just smiled and carried the extra enrollment cards.

The young people were friendlier, and in fact, some had already completed the Voice of Prophecy course. One pretty high school girl with golden earrings told us she was presently enrolled. She didn't invite us inside where her father sat watching an American cowboy program on television, but she did open the door instead of peering at us through the protective window slats.

By four o'clock Chong had enrollment cards with names and addresses of six others, all high school students who were willing to take the Bible course.

I was glad it was four o'clock because it was time to meet Lee Chu and the others in the courtyard. I had to admit that it hadn't been as bad a program as I'd feared when my channel was switched from Branch Sabbath School to literature band. I was happy for those six names, and mentally tried to compute how many people we would enroll in one year if we could work at the rate of six enrollments per hour. But mine is not a mathematical mind.

We took the elevator down from the seventh storey and walked out into the open court. There was an empty park bench, so we sat with our backs to the sun and waited.

"Probably Lee Chu is giving a complete Bible study," joked Chong.

"Probably," I agreed, fully realizing that it was a possibility, and that it could mean another half hour or more. But I didn't have anything else to do, and the lazy four o'clock sun felt good on my back. I wondered if Chong would suggest that we go back and finish the seventh-storey apartments.

"Hey!" It was Lee Chu shouting from across the courtyard. "I just had the most wonderful experience at the last home!" He was running toward us, his straight hair flopping over his forehead, and his laughing eyes lost behind horn-rimmed glasses. "This girl has taken the VOP course and she's coming to church. Her whole family is coming—the mother, the father, and all the kids!"

Lee Chu is a happy fellow who easily makes friends with strangers. He's always like that.

MOVING?

Don't forget to notify OUTLOOK when you move. Send old mailing wrapper with new address. Allow three to six months for a change of address.

Health-wise

Diabetes

The familiar description of the person prone to diabetes as "female, fair, fat and 40" helps to pinpoint the individuals who are likely to develop the disease. Statistically two out of three diabetics are women, 85 percent are overweight, and seven out of ten are past 40.

However, childhood diabetes is not uncommon and is much more difficult to control than the symptoms which develop in middle age. And in spite of the above adage, there are many, many male diabetics.

A person who has a diabetic relative is more likely to develop the disease, but this is no excuse for a fatalistic attitude about it. The close correlation between overweight and the development of diabetes indicates the route to prevention.

In fact, it has been estimated that 85 percent of the people who become diabetic after the age of 40 would not have developed the disease if they had maintained normal weight.

Normal weight is the key not only to prevention but to control. One study of 47 obese diabetics revealed that 80 percent became free of symptoms when their weight was brought down to normal and remained symptom-free as long as they maintained proper weight. Other studies have produced an even higher percentage of diabetics under control.

Being fat does tend to increase the demand for insulin. Since in diabetes, the pancreas has a limited supply of insulin, the amount of insulin released into the blood may be inadequate for a fat person and the blood sugar will rise.

Weight reduction often decreases the patient's need for insulin and may eliminate the need altogether, be-

[See page 8.]

north philippines

Philippine Holds VOY Crusade

As a result of the Voice of Youth Field School of Evangelism for Greater Manila Area held at Sampaloc church, seven precious souls were baptized, mostly young people.

Pastor A. C. Regoso, Jr., Central Luzon Mission youth director, conducted the Field School of Evangelism. Youth leaders from churches in Metro Manila trained youth in soul-winning through the VOY crusade, providing wholesome activities and fellowship. All principles, both theory

and technique learned, were applied in the one-month series. "Notes on Leadership and Youth Evangelism", a syllabus written by Pastor Regoso was used during the field-school.

Those who attended the field school are now conducting youth crusades in their own churches.—A. C. Regoso, Jr.

Pathfinder Staff Training Camp

"Learning Pathfinder Leadership by Doing" was the theme of the Union-wide Pathfinder Staff Training Camp held last April 12-18 at Liang, Pilar, Bataan.

The objective was to teach each pathfinder leader basic skills in leadership and directing participation and utilizing available resources. "Waldensian" living was experienced by

each camper daily. New concepts in training pathfinder leaders were utilized under the leadership of Pastor N. R. Arit, youth director of North Philippine Union Mission.

Basic principles in leadership such as communication, knowing and using resources of the group, planning, evaluating results, managing of learning, sharing leadership, representing the group and controlling the group was taught and demonstrated in daily camp activities. While these principles were taught, youth directors from various missions gave lectures on pathfinder skills such as club formation, pioneering and lashing, hiking, map reading and orienteering, track and trailing, stalking and signal communication.

Under the supervision of camp nutritionist, Miss Nenette Magpayo, the "host system" where cooking is done by units was introduced. Each unit was given supplies to prepare the menu of the day. Every staff member was alternately scheduled for meals with different units.

The two hundred and thirty eight campers from the different pathfinder clubs of the five missions eagerly returned to their churches to put into practice their "Waldensian" training. Linda Ole of Manila Center said, "This training camp really helped me learn the basic knowledge in leading junior youth. Although we were tired and exhausted from our daily activities, we enjoyed every bit of it. Our youth director have really put forth their best in providing this training camp for pathfinder leaders."—A.C. Regoso, Jr.



Some of the young people are shown reviewing the questionnaire before starting out, prior to the opening of the VOY crusade.

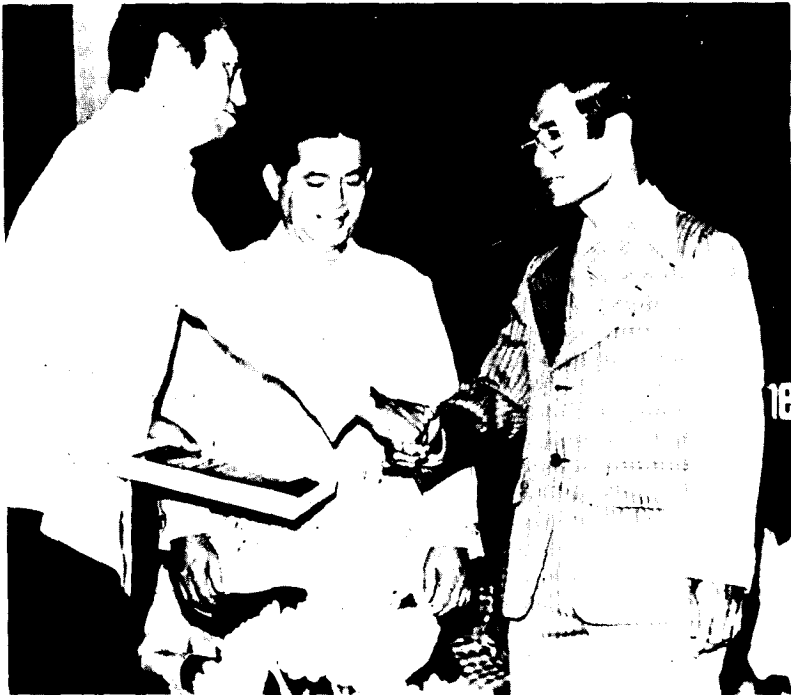


Some of the campers are shown busy getting notes as A. C. Regoso, Jr., CLM youth director, lectures on track and trailing.

Carbajal Receives Abott Research Award

Dr. Ulysses M. Carbajal, president of the Philippine Board of Medical Specialties, was recently awarded the Abott Research Award during the Philippine Medical Association's

69th Annual Convention held at the St. Louis University Auditorium in Baguio City on May 28. The Board of judges gave Dr. Carbajal first prize for his original article entitled "An Ideal Operative Technique for Blepharoptosis (which means operative technique for drooping eyelid)".



Dr. Ulysses M. Carbajal (in stripe suit) receiving the Abott Research Award from Dr. Antonio C. Oposa, president of the Philippine Medical Association.

Dr. Carbajal is also secretary of the Philippine Hospital Association, president of the Philippine Choral Association, secretary of the Association of Colleges and Schools of Nursing, executive vice-president of the Philippine Council Against Smoking, Alcoholism and Drug Dependence, Inc., and past president of the Philippine Medical Association. He is better known among his peers in the medical field as the "Adventist" because he always shows his colors as an Adventist in all his activities.

In spite of his busy program, Dr. Carbajal still finds time to study at Philippine Union College where he received his Masters in Theology (Seminary) in May 1976.—Nelson S Pallas

Philippine Holds Home Nutrition Training Course

The health department of North Philippine Union Mission held its second Home Nutrition Instructors' Training Course May 17-20.

Miss Marietta Deming, coordinator, as well as North Philippine Union Mission associate health director, Mrs. Rhodie H. Imperio, chief dietitian of Manila Sanitarium and Hospital and Miss Absenia Magpayo, North Philippine Union Mission nutritionist served as lecturers. Cooking demonstration was also given.

The theme of the course was taken from *Counsels on Health*, p. 551: "In every place where there is a church, instruction should be given in regard to the preparation of simple, healthful foods for the use of those who wish to live in accordance with the principles of health reform. . ."—S. C. Ada

"Every chain that spirits wear crumbles in the breathe of prayer."—John Greenleaf

southeast asia

Youth Camp In Northern Thailand

The first Northern Thailand Regional Youth Camp was held April 8-13 at the Suthep Boy Scout Camp located on scenic Suthep Mountain which overlooks the Chiang Mai Valley. Over 70 campers attended the camp from churches throughout the north, including Mae Sariang, Chiang Khong, Chiang Mai as well as from the Tribal Center and academy at Mae Teng. Pastor Chalaw Artamapadung, principal of the Chiang Mai Adventist Academy directed the camp and was assisted by Kaew Ayuperm, pastor of the Chiang Mai Church. Bernie Donato, Southeast Asia Union Youth Director, gave instruction in youth leadership. Thirty-six campers passed a course in junior first aid taught by Lila Tidwell. Anucha Sae Yong, pastor of the Fang Church and also the camp cook demonstrated on how to make tofu and soy milk which the campers enjoyed at almost every meal. Other activities included hiking, swimming, marching, drill practice, and campfires. — *Lila Tidwell*

Health Exhibition Held In Penang Adventist Hospital

Between May 9 and 16 the lecture hall of Penang Adventist Hospital was host to 5,000 visitors who came to see the free health exhibition.

Ten departments of the hospital prepared booths and displayed equipment, educational posters and gave free tests to demonstrate to the community the value of a hospital in teaching prevention of disease.



The group of department leaders who worked hard to make the exhibition a success.

Some attractions were free blood pressure checking, urinalysis, vitalograph tests and food samples. Literature was given out in several booths. A real premature baby was displayed in an incubator. The surgery department created much interest as visitors could actually look through the laparoscope to see how sterilization is done. For the children an electric

train ran through a scenic display, covering the essentials of good health.

The State Director of Health & Medical Services, Dr. Ahmad Shah bin Syed officially opened the exhibition. Radio, television and press coverage was excellent and some schools sent busloads of students to learn more about hospital work.



The nursing booth displayed a plastic model of the human body. On the left is pastor John Lai, health education director.



Dr. Ahmad Shah bin Syed, State director of health and medical services, speaks at the opening ceremony.

Interest was so great that the four-day exhibition was extended to another four days.

The exhibition has been a great public relations program and has attracted questions and interests in our public health work—*E. J. Heisler*

east indonesia

News Notes

May 30, 1976, Kotamobagu, Tompasobaru and Modinding Districts met at Pinasungkulan with hundreds of youth as well as older people for spiritual and recreational pursuits. Their hearts were warmed and strengthened with love for the Creator as they associated in Christian fellowship.

Every month five MV Societies of Ratahan District combine their spiritual emphasis programs. Youth problems such as reading materials was the topic of one question and

answer service where counsel was given to avail themselves of our church literature and to shun fiction. The counsel and guidance was appreciated by young and old alike. —*Nathan Ruhupatty.*

Visions Lead To Baptism

Annie Walintukan became a Seventh-day Adventist as a result of two dreams. In the first dream in 1968, she saw a tall ladder reaching into the sky with angels carrying trumpets and singing while ascending and descending the ladder. At the top of the ladder a handsome man sat at a table reading an open book. She knew it was Jesus when he showed her His wounded hands. He said to her, "Believe in me, and I'll be with you." Then He took a roll from an angel, opened it, and asked her to read the Ten Commandments. After she read the commandments, she heard a voice saying, "Repent, for the kingdom of God is near, Sabbath is Saturday not Sunday. Tell your family what you have seen." Then a

small cloud seemed to take Jesus and the angel beyond her vision.

In April 1976, eight years after the first dream, she dreamt she saw a Bible opened to Isaiah 56: 1,2 and I Corinthians 10:1,2.

As a result of these two dreams she decided God was directing her to be baptized into the Seventh-day Adventist church, the church that keeps the seventh-day Sabbath. She was baptized May 7, 1976 in Manado by Pastor Rantung.—*W. Rantung*

Church Dorcas Visits Hospitals

Ujung Pandang Church dorcas visited three health institutions and a home for the aged, where they served refreshments and gave *Life and Health* magazines. They shared God's promises from His Word and pointed the patients to the Great Physician, the source of all healing. Ujung Pandang Church earnestly solicit your prayers with theirs that the seeds sown during these visits will reap souls for the Saviour.—*N.D. Langie*

"Prayer is a strong wall and fortress of the church; it is a goodly Christian's weapon."—*Luther*

central philippines

Miller Sanitarium And Hospital Soul-Winning

Twelve precious souls were baptized by Dr. Manuel J. Tornella, Jr., as the direct result of Miller Sanitarium & Hospital this year.



Mr. Fernando Cinco (second from right) with his three children and wife, after they were baptized by Dr. Manuel Tornilla Jr, medical director of the hospital.



Dr. Manuel Tornilla Jr., medical director baptized Dr. Jose dela Cruz and daughter, Vivien. The wife, Dns. Welihada A dela Cruz is a member of the medical staff of the hospital.

A public school teacher who arrived at the hospital was practically lifeless. Much prayer along with medical assistance gave him the physical life he so desired. He began to read the *Signs* as well as other magazines, was given Bible studies, and now he is enjoying new spiritual health as well. He was baptized in March but his happiness was made complete when his wife and three children joined him in baptism in May.

Another patient requested to be visited in her home after she was discharged. Bible studies were conducted and her sister was baptized as a result.

Rizalino Suico, a worker from the housekeeping department, was an outstanding soulwinner. He has recommended five precious souls for baptism since January.

Miss Meriam Abrenica, the new assistant chaplain, is kept busy in the follow-up of patients requesting Bible studies.—*Archidbald Tupas*

DIABETES, Cont'd.

cause it improves the body's ability to handle sugar. Crash diets must be avoided, however, because of the risk of throwing out of balance the diabetic's already unstable blood sugar.

In spite of widely available, simple screen tests for diabetes, there are many undiagnosed victims of a disease which if not brought under control can cause blindness, strokes, coronaries, and premature death.

—*Helen Andrew, M.S.*

COVER: What was your first clue that she's about six years old? This front-toothless miss is a student at the Seventh-day Adventist School in Singapore.

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