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Preparing for the Harvest

A. R. MAZAT

YEARs ago the psalmist asked a pertinent question that demands our immediate attention: "If the foundations be destroyed, what can the righteous do?" Ps. 11:3.

It is needless to say that the foundations are being destroyed before our eyes today. The civilization that this generation has known is passing into eclipse, and the shape of the new one has not yet fully emerged.

During the past decade men have learned to fly higher and faster than birds or sound. Men have learned to travel under water faster than fish. But they have not learned how to live on this earth as brothers.

We are so close to these present-day facts that the average person has little understanding of the events transpiring before his very eyes.

On the other hand we find another class of people who are so filled with their own interests, their self-importance, their self-sufficiency that they fail to view objectively the "tottering foundations." They look upon these last-day signs through the lens of their own self-interest. Eyes have they, but they see not. The only conversation to which they really listen is the echo of their own opinions. The only music they genuinely enjoy is the blowing of their own horns. Ears have they, but they hear not.

The seeming fullness of modern living is so deceptive. Just a little water at the bottom of a glass may be shaken until it spills over, and in like manner some people today churn the meagre contents of their lives until they too spill over, and cause others to think that they are living a full life. How common is

the spectacle of the overactive but underfed specimen of humanity. There is a vital difference between meditating on self and adoring a transcendent God.

What can the righteous do? How can they help to awaken complacent, judgement-bound souls? How can the righteous lift up the glorified Saviour before self-centred people, so that they will cease groping in darkness and walk in the light?

The righteous can work together, pray together, and plan together for a harvest of souls every year. *The church that is not a missionary church will soon become a missing church.* Let us ever remember that still water and still churches freeze the quickest.

In planning together let us not be guilty of catching the spirit of the age, but rather let us correct the spirit of the age.

The modern trend is to make religion appeal to our comfortable contemporaries. Pews have been cushioned, lights have been



softened, sermons have been shortened, hours of worship have been adjusted so as not to interfere with the other activities of pleasure-loving parishioners. Moral demands have been watered down in order to make spiritual medicine as palatable as possible. Harmony has been sought after through comfort rather than through sacrifice. Enlightened egoism has been proclaimed as sufficient guide both for individuals and for groups. May we never catch this spirit, but rather correct it.

One of the best ways of correcting the spirit of the age is to distribute our literature. These silent messengers make a lasting impression upon the minds of the readers. The literature does not argue with the reader, nor raise its voice, or shake a finger. Neither can the reader get into a heated discussion with the printed page—hence a conclusion is reached and a decision made.

Fifty-five years ago, the servant of the Lord said, "Let every Seventh-day Adventist ask himself, 'What can I do to proclaim the third angel's message?' Christ came to this world to give this message to His servant to give to the churches. It is to be proclaimed to every nation, kindred, tongue, and people. How are we to give it? The distribution of our literature is one means by which the message is to be proclaimed. Let every believer scatter broadcast tracts

and leaflets and books containing the message for this time. . . .

"There are many places in which the voice of the minister cannot be heard, places which can be reached only by publications,—the books, papers, and tracts, that are filled with the Bible truth that the people need. Our literature is to be distributed everywhere. The truth is to be sown beside all waters; for we know not which shall prosper, this or that. In our erring judgement we may think it unwise to give literature to the very ones who would accept the truth most readily. We know not what may be the good results of giving away a leaflet containing present truth."—*Southern Watchman*, Jan. 5, 1904.

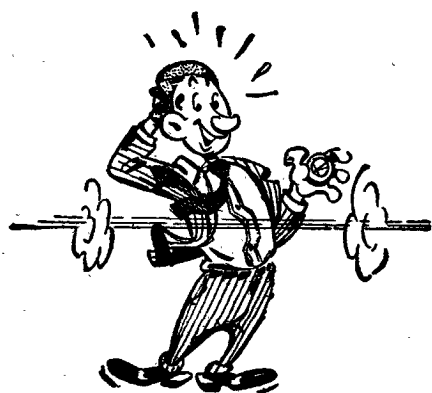
Before distributing literature, it would be well for us to read it. The message in print would warm our own hearts and prepare us for the task of sharing the truth with others. Sometimes people hand out literature as if they were ashamed of what they were doing. People are not likely to read literature if you hand it to them in an apologetic manner. Act positively, always be friendly, and make them feel that you are conferring a favour on them. Let them know that you have been helped by the reading of the literature, and that you are anxious to share this help. Your attitude will gain the confidence of your listener, and will encourage him to read the literature. Remember a pint of example is worth a gallon of advice.

"The printed page is therefore essential, not only in awakening them to the importance of the truth for this time, but in rooting and grounding them in the truth and establishing them against deceptive error."—*Testimonies*, Vol. 6, p. 315.

In distributing our literature we will not always find a warm reception. We might contact some nominal Christians, who, like matches, carry all their brilliance in their heads; and whose talk or comments are but little unrelated flashes of cleverness caused by contact with whatever contingency has most recently rubbed against them. In contrast, the silent messenger stressing the great prophetic doctrine of the advent of Jesus, like the filament of the electric bulb, serves as the medium of incandescence. This prophetic literature, when charged with personal feeling upon delivery, becomes aglow with a steady light that brings the radiance of the Eternal to the reading of the timely.

In the fortieth chapter of Isaiah, verse three, is found the command that the Baptist took to himself, "Prepare ye the way of the Lord." In the sixty-second chapter of the same prophecy comes another call, "Prepare ye the way of the people." Put the two commands together and we have the double duty of God's remnant church. We are to bring the compassionate Heavenly Father and His seeking,

Uplift 1959: Wonderful—Over the goal in Six Weeks!



Feb. 20

Northwestern	40,000
Northeast	60,000
South India	67,000
Pakistan	80,000
Western India	38,400
Ceylon	5,000
Burma	20,000
Total for Division	310,400

bewildered children together. The printed page will help to make this meeting possible.

In this *double duty*, however, the Christian worker may distinguish two aspects of his task, *that of preparing the people for the word, and that of preparing the word for the people*. In preparing the people for the printed word we must be personally magnetic as well as spiritually dynamic. In the preparation of the printed page we must be aware of the fact that around us are bewildered men. Not merely are they unable to find the familiar landmarks because of the world's foggy weather, but they have lost their sense of moral direction. They are caught in the confusion of their own compromises. The printed page of truth can point out the way that leads to the Father. Although the tract or magazine may not be able to give definite solutions to all existing complex problems, yet the direct motives outlined in the literature will help many to realize their responsibility to God and their duty to man.

Around us are men depressed because of their individual situations, or because of the world's tragedies. They are going through the valley of the shadow where the twilight comes too soon. As God's helpers we can lift such people out of their low moods, and lead them to the Rock that is higher than we, by placing in their hands literature that is empowered from on high. The printed page can prepare the people to meet Jesus.

Close to us are persons who have become callous through the world's rough handling, or even embittered by difficult circumstances. We must bring balm to the minds that are bruised, sweeten the lives that have become sour, and kindle the warmth of kindly feeling in cold hearts. We can reach these objectives, for the power in the printed page will prepare the way of the people.

Let us direct our thinking to how we can best distribute the silent messengers. The servant of the Lord said, "Let literature be distributed judiciously, on the trains, in the street, on the great

ships that ply the sea, and through the mails."—*Testimonies*, Vol. 9, p. 123.

Once while conducting a meeting in one of our smaller churches, I noticed several non-members in the audience. The make-up and jewellery told the story. After the service one woman said, "This is the first time I have attended a meeting in a Seventh-day Adventist church. I enjoyed it immensely. In a few weeks my husband and I will return to our home and we will be happy to worship with your believers there." We asked her how she came to visit a Seventh-day Adventist church that night. This is the story she told:

"While stopping at a filling station I found a magazine on the floor. I picked it up and took it with me. I read it aloud to my

husband while he was driving. We read that magazine from cover to cover."

As we listened to her story we thought of the familiar statement: "Our publications are now sowing the gospel seed, and are instrumental in bringing as many souls to Christ as the preached word."—E. G. White in the *Review and Herald*, June 10, 1880.

The central message contained in our literature is that Christ saves man from sin, and gives him power to live a balanced life. Reading truthfilled literature will help men to engage in socially useful occupations, to manifest a wholesome attitude in getting along with people, and to sense the need of co-operating with the Creator. Thus the printed page when prayerfully used can "prepare the way of the people."

A Plan That Worked

IN THE year 1955 one Seventh-day Adventist church decided, with the Lord's help, to put the inspired blueprint of soul winning into action.

"Christ's method alone will give true success in reaching people." *Christian Service*, p. 119. "Our Saviour went from house to house." *Ibid.*, p. 114. "Wherever a church is established, all the members should engage actively in missionary work. They should visit every family in the neighbourhood, and know their spiritual condition."—*Ibid.*, p. 12.

How was this evangelistic house-to-house Bible evangelism plan carried forward in our field? STEP 1 dealt with the visitation programme. Success did not come the easy way. After the Sabbath sermon only 18 of the 106 members volunteered to visit the same 15 to 20 homes for 4 successive weeks.

To avoid a haphazard programme, these 18 members were taught what to say at each call. A brief class of instruction was held each week just before they went "adventuring" in teams of two.

This first call to the home with literature served as a get-acquaint-

ed visit, without bringing up the subject of religion.

During the second contact, in addition to establishing a more friendly relationship, an inquiry was made as to whether the literature had been enjoyed, and if there were any questions about the subjects presented in the tract.

On the third call the visitors were to find out the religious inclination of the people.

During the fourth visit, the laymen were to stimulate interest in Bible studies and arrange an appointment.

With nine teams working, contacts were made with approximately one hundred homes in four weeks, and nine interests were found. But we faced the great challenge of 1,623 homes still not visited. The Spirit of prophecy instruction is that every family should be visited.

Of the 842 families found at home on my first visit 123 families opened their homes for Bible studies. I discovered four former Seventh-day Adventist families who expressed the desire to return to the church. Another family, that had studied with a layman in an-

other city a few years earlier, promised to attend our church each Sabbath. Three other families, who had just moved into the area, decided to accept our invitation to send their children to our Sabbath school when we offered to provide transportation.

Now came STEP 2 in the divine blueprint—training members for acceptable Bible service. With 123 families waiting for Bible studies, besides others found by the laymen, an appeal was made the following Sabbath for laymen to enrol in a training class in preparation for giving Bible studies. Only one responded. This could have been discouraging, but because we realized that the Lord's programme never fails, another announcement was made the following Sabbath, buttressed by the enthusiastic appeal of an active layman, and the training class now increased to eight. The church missionary committee then studied the church list in an endeavour to recruit all the other members who they believed would develop into good Bible instructors. Personal visits and appeals were made to these members, and the training class increased to nineteen. I presented practical, soul-winning instruction to this group, using the Bible Service Training Course with its textbook, *Training Light Bearers*, and the accompanying teacher's outline.

Then came STEP 3—the giving of Bible studies. After completing the ten-session course, the training class continued as a Bible study workshop. Each week I presented a model Bible study on the subject the lay members would give in the homes that week. I explained to them why I stressed certain Bible points; and shared suggestions on how to maintain interest, how to meet objections, and how to answer the questions most likely to arise.

When the series of Bible studies was completed, decision meetings were conducted. This short effort resulted in sixteen baptisms.

The Three-Step Plan in action—visiting, training, Bible studies—climaxed by decision meetings, energized the churches, trained the members, and won souls.

—C. E. Mulvihill, (adapted)



Salisbury Park Master Guides.

Master Guides invested January 9, seated left to right: Madhuker Ohal, Gilbert Gyi, Harry Osmond, Priscella Cobbin, Linda Buhler, Lilly Zachariah, Amirtha Ganesh, Yuimi Luikham, Alexander Job, George Zachariah.

SALISBURY PARK MVEES

MARCELLA K. ASHLOCK

THROUGHOUT 1958 the Salisbury Park Senior Missionary Volunteer Society under the able leadership of E. G. Moses carried on a well balanced youth programme. Regular sessions of the executive committee, willing and active participation on the part of all members and the adaptation and use of the *MV Kit* topics resulted in interesting meetings week by week throughout the year. On only three occasions did guest speakers occupy the MV hour. Even during the mid-year and year-end Division committee sessions Pastor Mattison urged the

Society leader to continue to carry the responsibility of his office. Every MVEe at one time or another was invited to take part in a forum, panel discussion, dialogue, musical number or to present a topic. Thus every member was made to feel that he belonged.

Douglas Montgomery kept up the interest in Morning Watch observance. Amirtha Ganesh faithfully prepared attractive posters to announce the meetings. He also served as social secretary and with his committee arranged monthly social and recreational gatherings. Madhuker Ohal promoted sunshine band, branch Sabbath school, literature band, story hour and other SYF activity.

● There is a gain of 517 subscriptions to the *Oriental Watchman* and *Herald of Health*, *Goodway*, *Swasthya Aur Jivan*, *Marga Darsi* and *Arogya Bhodini* magazines from January 1, 1959 to February 1, 1959. The greatest gain was recorded by the *Goodway*, which increased from 7,222 to 7,615. Our people throughout the Kerala Sections are working to increase the subscriptions to *Arogya Bhodini* and the increase totalled 184 during the month of January. The health magazines published by the *Oriental Watchman Publishing House* continue to be the favourites of men and women in this field. Our colporteurs are to be commended for their good work.

It was a good year for the educational features with Miss Gladys Miller as secretary. Senior MVEes were encouraged to qualify for more efficient youth leadership by preparing to become Master Guides. D. H. Skau, MV secretary of Western India Union, accepted an invitation to lead out in Leadercraft Training. Classes were conducted in Denominational History. Miss Loretta Prasada Rao led a group in tree study. Jayakaran Moses taught a class in Fungi. Charles Shad conducted the study of amphibians. Eleven young men and ten young ladies attended the cooking class. One hundred and forty six MV Honour, Book Club and Bible year certificates were earned.

A grand climax to the year's activities came on the evening of January 9 when ten candidates were invested as Master Guides. This was just a beginning, however, for at a subsequent meeting Miss Gloria Thomas, the society's educational leader for 1959, had the privilege and joy of enrolling nineteen mature youth in the Master Guide class to prepare for more efficient junior and senior leadership.

NORTHEAST CONSTITUENCY MEETINGS

W. F. STORZ

ABOUT seventy delegates, many of whom brought their families with them, attended the Northeast Union constituency meetings that were held in the new Ranchi hospital church from Jan. 2-7. Besides our delegates from the Union we were very happy to have a number present from the General Conference and the Southern Asia Division.

The session was officially opened before the Sabbath. Then the various Sabbath services made a good spiritual setting for the meetings that followed. Plans were made for the conduct of the work throughout 1959 and we believe that the Lord will bless in the working out of these plans as He did in the making, so that 1959 will be our best year yet.

Our Division and General Conference representatives contributed much in the laying of these plans. Most of the devotional services were conducted by them and we felt that the Holy Spirit guided in the business sessions. D. S. Johnson, M. E. Kemmerer, R. S. Lowry and O. W. Lange did much to strengthen their various departments in our union.

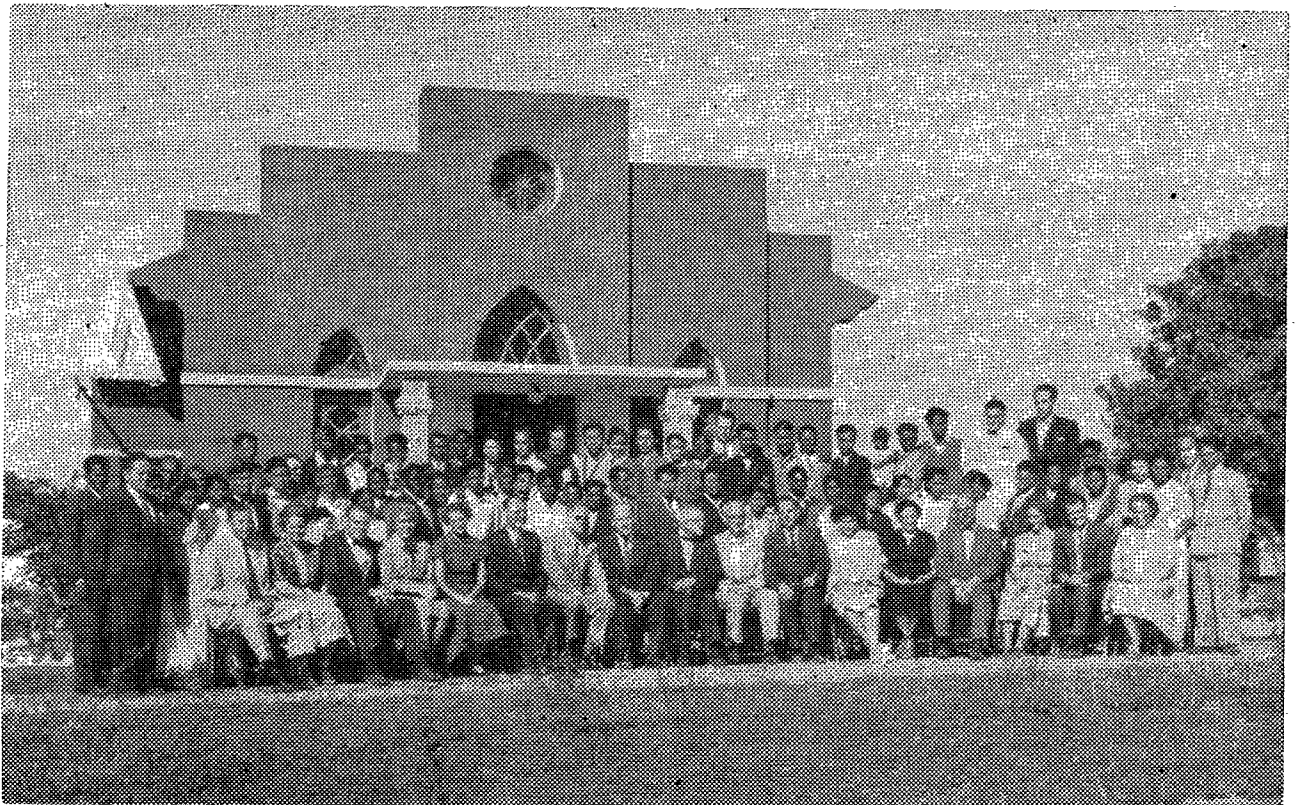
The reports brought in from the local sections and medical and educational institutions contributed much to the interest of the programme. It is a real inspiration to see how the work is going forward in its various phases. Our baptisms for 1958 were down somewhat, but, with the fine evangelistic plans for

1959, we know that we are looking forward to a much stronger year in this respect. A good example was set on Sabbath afternoon, the first Sabbath of the new year, when twelve candidates were united with the remnant church by baptism.

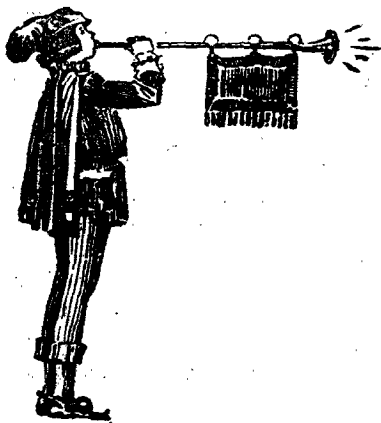
The constituency offering, which is to be used for equipment in our high schools to bring them up to standard for government recognition, amounted to well over Rs. 4000. It was good to see the enthusiasm that was responsible for this fine offering.

The closing period was used for the dedication of the new Ranchi Hospital Church. Elder N. W. Dunn, Associate Secretary of the General Conference presented the message and Elder D. S. Johnson offered the dedicatory prayer. We know that the members will receive great blessing from their worship in the beautiful building.

With plans laid and inspiration received from the meetings the delegates returned to their various phases of activity determined to make 1959 the best year yet for the Northeast Union.



Those who attended the Northeast India Union Constituency meetings in front of the new Ranchi Hospital church which was dedicated during the closing service of the session.



THE ORIENTAL WATCH

SOUTH THE BEST PUBLICATION

A Truth-Filled Religious Magazine

Subscription Rate: Rs. 3.00 per year
25 nP. per copy

In clubs of 50 to churches, Missionary societies and colporteurs, 10 nP. per copy.

REGULAR

ARTICLES OF

SOMETHING NEW AND BETTER

We have all wanted a better spiritual magazine for non-Adventist readers in Southern Asia. Now **OUR TIMES** is here.

Everyone is enthusiastic! Everywhere I hear words like this—"This is what I've been waiting for" or "This is wonderful." "**OUR TIMES** is just what the people want today."

With an excellent magazine like this that belongs to Southern Asia we can now approach the neglected class—our educated friends—in confidence. This is laymen's opportunity to do a greater work for God.

OUR TIMES is an answer to the greatest challenge today. Everywhere there are open doors to non-Adventist hearts through the questions that are uppermost in the minds of thinking men. **OUR TIMES** answers these questions with God's answers.

Believers everywhere in Southern Asia are eager to have a part in placing **OUR TIMES** in the homes of the people. The church has an opportunity to work in concert that God's power may be shown to the Gentiles. Let hand join in hand as we band together for this, the greatest effort of its kind in our history.

Let the brave encourage the timid and the strong help the weak, every church member sharing in the great **OUR TIMES** campaign, April 5-17.

Our goal: 20,000 subscriptions for **OUR TIMES** between April 5-17.

—O. W. Lange.

EDITORIALS
WHAT THE BIBLE SAYS

OUR MISSION

How can we answer the
The need of the age
Send out the **OUR TIMES**
Earth's heart-hungry

Send out the **OUR TIMES**
Remember our soul
Circulate **OUR TIMES**
With millions of jud

Mail out the **OUR TIMES**
The seeds of truth
Rush them the **OUR TIMES**
Your life's harvest t

OUR TIMES

AN PUBLISHING HOUSE

IN ASIA

ON IN ITS HISTORY

for Christians and Non-Christians

ATURES

AL INTEREST

MAGAZINE

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Albert Esteb. (Adapted)

EVENTS AND TRENDS
THE FAMILY CIRCLE

**You'll
Like
It**

Every Seventh-day Adventist in the Division has the privilege of securing at least one one-year subscription to **OUR TIMES** during April 5-17.

"OUR TIMES" DISTRIBUTION PLAN

The Aim:

To sell 20,000 **OUR TIMES** subscriptions between April 5-17.

By:

1. Contacting every educated home in the vicinity of our churches.
2. Every member taking at least one subscription to **OUR TIMES** (for one year) during the campaign, April 5-17.
3. Organizing churches and raising funds for distribution clubs of **OUR TIMES**.

The Plan:

1. Organize every church into bands for united effort.
2. Teach the canvas for **OUR TIMES** to every member.
3. Instruct every member in the use of the **OUR TIMES** subscription receipts.
4. Choose the best days possible for field days in your church when all members can participate in concert.

"The secret of our success in the work of God will be found in the harmonious working of our people."—*Christian Service*, p. 75.

IMES

Evangelistic Effort, Upper Chindwin

R. H. WOOLSEY

BY THE Grace of God, the third angel's message is being proclaimed with a "loud voice" in the Upper Chindwin area of Burma, among the Chins and the Lushais. And many people are listening and responding to God's last warning.

Evidence of this was the day, December 20, when 25 people were baptized at Tahan village. These represented the first-fruits of two three-month evangelistic campaigns held simultaneously among the Chins and Lushais. Sixteen more souls were baptized on January 10, bringing the total to 41.

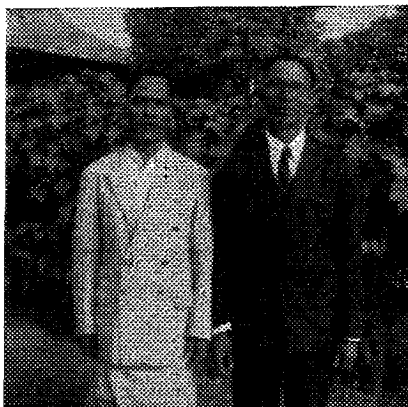
On October 11, "The Word of Life" campaign opened at Sing U Nau, where a church among the Chin people has been organized for three years. The next night the effort at Tahan opened, with an attendance of 600. Tahan is a Lushai village, and the church there was organized in February, 1958.

Meetings were held in the two villages, two miles apart, on alternate nights—three times a week in Sing U Nau, and four times a week in Tahan. Public school buildings were used in each case as meeting halls. The second lecture in Tahan was heard by more than 1200 people.

Pastor R. H. Woolsey, from Maymyo, preached each sermon. He was assisted by the Chin workers, Ngul Khaw Pau and Ngul Khaw Thang, and by the three Lushai evangelists, Zakhuma, Lalkhuma, and Rualchhina. These workers had been called in from their respective districts, and were invaluable in visiting, translating, and in follow-up work. Pastor Baw Dee, the director of the Chin Hills mission, gave all the assistance his many other responsibilities allowed. Miss Drazami, a young Lushai lady, rendered faithful support in visiting, and in checking attendance. The lay members

in both places backed the meetings fully with their prayers, their offerings, and in a number of cases, by giving Bible studies to interested parties.

Tobacco is a great menace



Two lay members who played an important part in the success of "The Word of Life" meetings. Though they have been Seventh-day Adventists for only five years, Aitawna and Lalura have been responsible for nearly four dozen people making their decision to join the remnant church.

among the Lushais, enslaving nearly everyone. The temperance film, "One in 20,000", borrowed from the Union Temperance Department, proved to be a valuable aid in influencing many to discard the filthy weed. Other films on religious and health subjects, were used in a carefully balanced programme to stimulate and sustain interest.

The meetings were conducted not without opposition, but the Lord helped people to discern truth from error. Each baptismal candidate represented a triumph for God, but some were especially hard come-by. Two ladies were disowned by their husbands, and expelled from their homes. Their courage and determination are an example to others.

The 41 new members, of course, do not represent all the fruits of these efforts. Several more are ready to be baptized, and will be as soon as certain technicalities are cleared up. And only God can see into the future and tell the decisions which will be made later, decisions that began forming as a result of these meetings.

Each of the workers has gained a rich experience through working together in these campaigns, and we all thank God for the opportunity of serving in His victorious ranks.



"The Word of Life" evangelistic team, and the 25 people who were baptized on Dec. 20. Three weeks later, 16 more souls were baptized.

Science and the Spirit of prophecy agree

Six Days Shalt Thou Labour

THOSE who live the longest, and who live the most useful lives are those who are active and interested. Alexander Volga, feature writer for the Soviet Union, reports on a Russian woman, Lyubov Puzhak, who was born in 1802 in the Ukrainian city of Chernigov. It seems incredible that a human being could still be living who was born at the time of the death of Tipu Sultan—55 years before the Great Mutiny. In fact Lyubov Puzhak is only 26 years younger than the United States and was born much before Abraham Lincoln. At 156 years of age she is able to care for herself, and does large amounts of knitting and embroidery. She has led an active and abstemious life—for over 100 years she lived in different convents. She still prepares her own meals, works at knitting and weaving, and does her own shopping.¹

Mrs. Franklin D. Roosevelt, wife of the late U. S. President Franklin D. Roosevelt, and often referred to as 'First Lady of the World' because of the prominent part she has taken in United Nations and other international projects, is now 72 years old, but is leading as active a life as many 20 years younger. After a busy day of appointments, office work, and lectures, her day may not end until 11 or 12 p.m.—sometimes not until much later—but she is always out of bed by 7:30 in the morning, starting her day with 'Setting-up' exercises. She also enjoys swimming, but seldom has time for more than a walk with her dog each day.²

The oldest man ever to sit in the U.S. Senate is Theodore Francis Green. At the age of ninety he lives more like an athlete in training than like a statesman. Bachelor, multimillionaire Green does not drive a car, but rides back and forth from the Senate in the street car, walks from his apartment to the Army and Navy Club for breakfast each morning. Upon rising he does his 'daily dozen' on the floor of his room, and frequently walks the two miles to Capitol Hill and up the stairs to his office. His doctors persuaded him to give up wrestling, mountain climbing,

and high diving several years ago, but he still enjoys swimming and a good workout in the gymnasium.

"The trouble with modern civilization," says Green, "is that we don't get enough incidental exercise." And he adds, "Most of us eat too much and exercise too little for our own good health and longevity. Many a Senator would benefit by more physical exercise after sitting all day in committees and Senate sessions." He sums up his philosophy of life with the admonition, "Keep a clear conscience, let moderation be your motto, enjoy your life and work, and take regular exercise."³

John D. Rockefeller missed the century mark by only three years on a programme marked by temperance, balanced with moderate exercise.

There was a time when 'over-work' was blamed for many of the world's ills. Today the emphasis has shifted to 'strain,' 'nervous tension,' 'fear'. It is now generally recognized that exercise and physical work do a great deal more good than they do damage to the human mechanism.

Dr. Paul Dudley White, President Eisenhower's much quoted physician and heart specialist, has another statement to his credit, this in regard to exercise:

"Of course, it is not sensible for a person to indulge in unusually strenuous exercise without working up to it gradually. But it is important for us at all ages, to be more than spectators of sports. We would expand our activity beyond that of getting into and out of automobiles, buses, trains and planes. A return to the use of our legs is highly recommended."⁴

Some very interesting research was carried on by Dr. R. W. Eckstein, regarding the relation of exercise to coronary heart attacks. The research team took a number of dogs, and by a special technique limited the flow of blood through the coronary artery. Some of these

dogs were then cared for with absolute rest and plenty of food. The others, with identical heart situations, were made to exercise moderately by running in a treadmill certain periods each day.

After eight weeks of this experience (some of the dogs resting constantly, the others exercising on a treadmill several times daily) the hearts of these dogs were again exposed for study. The objective was to learn what nature had done to build up collateral, or auxiliary circulation to take the place of the limited circulation through the coronary artery. Briefly, the results showed that the dogs that had exercised had significantly increased their collateral circulation, thus benefiting the heart's muscular wall. The heart muscle did not show any damage from the exercise.⁵

Some years ago enforced bed rest was a popular method of treating many kinds of illness as well as postoperative cases, and a semi-invalid was urged to 'take it easy.' Today we find that medical men are approaching the problem with more information gained through research, and the surgeon gets his patient up as soon as possible after surgery. The patient is urged to move his feet and legs as much as possible, breathe deeply and cough frequently to encourage the circulation of the blood and to prevent the formation of clots in the veins of the lower extremities which may travel as emboli to the heart. Many cases are allowed to sit up on the evening of the day of surgery and to walk the next day.

These practices are in harmony with the counsel Mrs. White gave many years ago: "Inactivity is a fruitful cause of disease." . . . "Invalids should not be encouraged in inactivity." . . . "Inactivity is the greatest curse that could come upon most invalids."⁶

(Continued on p. 11.)

THE NEW JERUSALEM

D. K. DOWN

THE CROSSING from Jordan to Israel is rather an unofficial affair as Jordan and Israel are theoretically still at war and have no diplomatic relations with each other. In fact most people in Israel who talked to us expressed amazement that we had been permitted to cross. But it was really not very difficult and when we passed through the Mandelbaum gate from Jordan we found a large printed sign up, "Welcome to Israel."

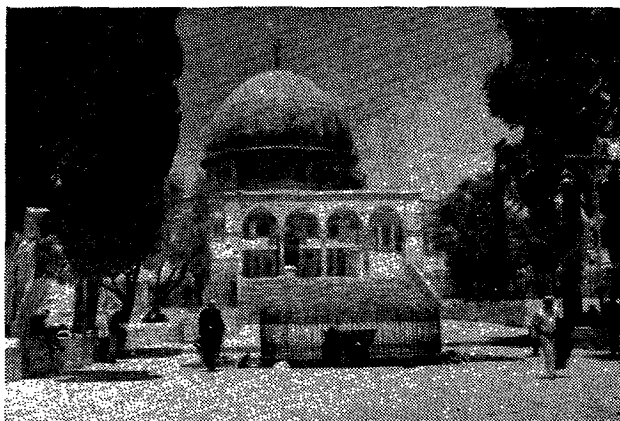
Jerusalem is divided into two sections. The old walled city is entirely populated by Arabs and belongs to Jordan. It is very primitive and congested and according to the prophecy given through Sister White, will never be rebuilt. "I also saw that old Jerusalem never would be rebuilt." Early Writings. p. 76. But when we passed through the Mandelbaum gate into the newly built Jerusalem with its fast traffic and modern shops and European culture, we stepped from the East to the West. For although the Jews were originally an Eastern people, since the destruction of the temple in 70 A.D. by the Romans and the dispersal of the Jews among other nations, the Jews have become Westernized and today modern Israel is a highly mechanized European nation. Deserts are irrigated by pipe line over a hundred miles with water from the upper Jordan; boxes are loaded on trucks by mechanical lifts and acres of grass are cut and gathered in an hour by one man driving a complex machine. Unfortunately they have also adopted the loose manners of the West; young women walk down main thoroughfares in alarmingly brief shorts, young men and women walk the streets in each other's arms and dance halls flourish.

But in new Jerusalem there are a few ancient sites such as Mount Zion on which David's palace was built. Peter preaching on the day of Pentecost said, "David . . . is

both dead and buried and his sepulchre is with us unto this day." Acts 2:29. It was there in Peter's day and it is still there today. It is the most holy place available to the Jews today for no Jew is allowed to enter an Arab country. We visited David's tomb on Mount Zion on the day commemorating the destruction of the temple. A number of Jews sat on the floor near the tomb reading aloud out of the book of Lamentations. One old man swayed to and fro and then from side to side as he read. This is apparently an age-old Jewish custom and even the Son of God, having taken upon Him human nature, expressed Himself this way as He was about to enter Jerusalem and wept over it. "They

of long coat and high thick stockings and flat hat on their heads. Long curls hang down in front of their ears and they mostly have white effeminate faces. They are very meticulous about Jewish customs and ceremonies and will stone any car that is driven through their sections of the city on the Sabbath. But they are also fanatical in their hatred of the name of Jesus and despise the idea of a lowly Saviour. These are the type of people who crucified the Messiah.

I had interesting discussions with three Rabbis in Jerusalem—an orthodox, a conservative and a reform rabbi, for there are three main wings of Judaism today. The former are like the Pharisees, fundamentalists who believe in creation, the story of Jonah, and the coming of a personal Messiah, and who adhere strictly to the traditions. They eat only clean



"The Dome of the Rock" is a large Muslim mosque which now stands on the site of the old Jewish temple. Luke 21:24.

are surprised and disappointed to see His eyes fill with tears and His body rock to and fro . . . while a wail of anguish bursts from His quivering lips." *Desire of Ages*, p. 575.

But the saddest part about this New Jerusalem to my mind was Meah Sheareem, the place where the strict orthodox Jews live. Most of the modern Jews care little about religion. But a minority of Jews still adhere strictly to the tradition of the elders and to say the least of it their appearance is ludicrous. Their clothing consists

meats; thank God every day that they are not born women; and never smoke on the Sabbath, as that would be lighting a fire. The reformer's work or play on the Sabbath, eat what they like and don't seem to care much whether a messiah comes or not. The conservatives are halfway between. All agree that the day of Atonement is a form of judgment day.

We have a fine building in Jerusalem, "Advent House," with a converted Jewish membership of about 20, and what a confusion of tongues it is! Eighteen centuries

ago all Jews were scattered from Palestine to every country of the world and modern Israel consists mostly of European Jews who have returned to escape the persecution and wars of Europe. They come from 75 different nations of the world and although Hebrew has been adopted as the national language it is less freely spoken than classical Hindi is in India. It is hoped to begin work in Nazareth soon, but at the moment there is no one to commence the work as we only have four workers in Israel.

Nevertheless there is a harvest waiting to be gathered from the land of Israel. I had personal evidence of this myself. We found the Jewish people emotional and friendly. The everyday greeting between friend and friend, or even shopkeeper and client is still "Shalom," the Hebrew word for peace; reminding us of Jesus' greeting to the disciples, "peace be unto you." Acts 20:19. And on the Sabbath day all our church members greet each other with the beautiful salutation, "Shabbath Shalom," meaning "a peaceful Sabbath to you." And wherever we went we found easy opportunities to preach Christ. It seemed from our conversations that practically everyone in Israel has heard of Seventh-day Adventists, the Christians who keep the Sabbath, and observe the Jewish health laws and it never failed to evoke favourable comment.

A reporter from a Hebrew newspaper published in Tel Aviv interviewed us for over an hour in Tiberius by the Lake of Galilee and took copious notes of our beliefs showing particular interest in our views of the Second Advent. And what a living testimony can be drawn from the occupation of old Jerusalem and the temple area by Muslims! I well remember a group of young men to whom I spoke on a Tel Aviv street as I explained our faith in Christ. "Why did Jehovah permit your temple to be destroyed and Jerusalem to be overthrown?" I asked. And they stood transfixed as I plainly told them it was because they had crucified their Messiah. It apparently had never oc-

curred to them that the destruction of Jerusalem was in any way connected with the rejection of Christ, and they seemed genuinely appalled at the thought that the cause of the calamity lay at their own feet.

And I am inclined to think that this testimony will remain till the end of time. Despite current diplomatic talk about the subdivision of Jordan and the occupation of Palestine up to the Jordan river by Israel forces, the Master said, "Jerusalem shall be trodden down of the Gentiles until the time of the Gentiles be fulfilled." Luke 21:24. For centuries Gentile feet have trodden the streets of old Jerusalem and today there is not a single Jew in the old city. God is apparently leaving Jerusalem in Gentile hands to present to Abraham's descendants a constant reminder that because they have rejected His Son He has rejected them as a nation. Today we have a golden opportunity to uplift a crucified Saviour as the old Prince and Saviour who can "give repentance to Israel and forgiveness of sins." Acts 5:31.

THOU SHALT LABOUR

(Continued from p. 9.)

"Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles." . . . "Thousands are sick and dying around us who might get well and live if they would. . . . They fear that they will be made worse if they labour or exercise, when this is just the change they need to make them well."⁷

"Ministers, teachers, students, and other brain workers often suffer from illness as the result of severe mental taxation unrelieved by physical exercise. What these persons need is a more active life. Strictly temperate habits, combined with proper exercise, would ensure both mental and physical vigor, and would give power of endurance to all brain workers."⁸

"Exercise in the open air should

be prescribed as a beneficial life-giving necessity."⁹

"Nature is God's physician."¹⁰

"Outdoor life is the only remedy that many invalids need."¹¹

"Outdoor exercise is the best."¹²

"More people die for want of exercise than through over-fatigue."¹³

"Very many more rust out than wear out."¹⁴

"There is no exercise that can take the place of walking."¹⁵

1. "Today's Food," Spring, 1958.
2. Eleanor Roosevelt's Health Secrets, "L & H," January, 1957.
3. The Scintillating Senator, "L & H," August, 1957.
4. "Today's Food," Winter, 1957.
5. "R & H," August 29, 1957.
6. MH, 238-240.
7. 3T, 76.
8. MH, 238.
9. 7T, 82.
10. MH, 263, 264.
11. MH, 26b.
12. MH, 239.
13. CH, 173.
14. CH, 173.
15. CH, 200.

● Up to the end of 1958, 956,717 persons had applied to take one of the Voice of Prophecy courses. Out of this number 138,097 completed a course and received a certificate. During the month of December, 1958, 2,652 persons received their certificates. The Voice of Prophecy work is bringing enlightenment, comfort and encouragement, and conviction to hearts of thousands in Southern Asia. God is greatly blessing our Bible Correspondence Schools and our workers who are diligent in following up the interest. The year 1959 promises to be a year of greater blessings as the lessons are revised and new courses added. Pray for Voice of Prophecy interests throughout the world.

● Pastor N. G. Mookerjee has just returned from visits to Amritsar, Patana, Karnal, Jansi, Bareilly and Balaghat where he conducted Voice of Prophecy rallies. Many were enrolled in the Bible courses and hundreds were contacted who are now studying the course and desire to continue their study of the Bible.

● A series of colporteur institutes are being held throughout the field in March and April. Pastor J. W. Nixon has just returned from Australia and will be attending institutes in Bangalore, Calcutta and Roorkee during early March.

Miscellany

● Pastor and Mrs. C. A. Boykin have just returned to Mussoorie from a heavy Uplift programme in Karachi. Pastor Boykin writes from Roorkee where he conducted the Week of Prayer from February 13 to 21, "It is a pleasure to be here with this school family for this Week of Prayer." There is an excellent spirit among the students.

● The matriculation examinations at the Punjab University, the Inter Science examinations at Wadia College, and the matriculation examinations in Andhra Pradesh are scheduled for Sabbath. Our students who are faced with this problem have requested the prayers of our people that God might be glorified in this experience through which they are passing.

● The Association and Council meeting of the Christian Medical College, Vellore, is being held on the 6th of March. Dr. R. S. Lowry and Pastor M. E. Kemmerer will represent the Southern Asia Division at this meeting. Special problems of the need for increasing support face the council at this time and this excellent work of training doctors merits the earnest prayers of our people.

● There are 605 elementary students in the 23 church schools throughout the Assam Section. The teachers also have church and evangelistic responsibilities.

● The construction of the Cherrapunji church, with a school room and worker's quarters, is

rapidly being completed. It will be ready for occupancy during March, 1959.

● From February 23 to March 15 regional meetings are being held in the Garo Hills, Khasi-Jaintia Hills, Lushai Hills, and Manipur. Church members and workers will gather together for worship and the study of God's Word during this season. Pray for our believers as they attend these meetings and return to their churches to be more faithful in witnessing for Christ.

● The average inpatient census at the Ranchi Hospital was 34 out of the 46 beds available. Outpatients cared for during 1958 totalled 8,283. Charity work totalled Rs. 41,023.00 for the same period.

REMEMBER TEMPERANCE COMMITMENT SABBATH
MARCH 14, 1959

“God *desires* us to take up the temperance question.”
Temperance, p. 235.

Our good staff at the Ranchi Hospital is to be commended on that which has been accomplished. They have been greatly blessed in this service.

● Total outpatient visits at the Surat Hospital were 14,646 during 1958. Nearly 1,000 surgical operations were performed. The work at Surat has been a great strength to our programme in the Western India Union.

● Nearly 2,100 patients spent time in the beds of the Giffard Memorial Hospital, Nuzvid during 1958. A total of 134 students have graduated from the Nurses and Midwives Courses since the Nursing School was established. Excellent work is being carried on in the community by the staff of the hospital.

AT REST

(We are sorry when we must announce that some of our members have been laid to rest. Space does not permit long obituaries in the "Tidings," but from time to time we may print brief notices. The Tidings family extend their sympathies to the bereaved loved ones and point you to the Life Giver. May we all be ready for that glad day!)

EDWARDS, LIONEL—Oct. 11, 1958, at Bangalore. Mr. Edwards had suffered from a muscular atrophy since the age of fourteen. Since his baptism in 1931 he has taken great pleasure in distributing truth filled literature to those who came to visit him, and also through the mail.

LAMBERT, QUINTON died Dec. 12, 1958 of a coronary thrombosis at Dehra Dun. Mr. Lambert was born in 1888 and was baptized in 1950. His wife and daughter are in Dehra Dun; he has a son in England.

ISAAC, MRS. V.—Jan. 14, 1959 at Dindigul. Mrs. Isaac, the wife of the late Pastor V. Isaac, had been ill for some time. She leaves 3 sons, 3 daughters, and a host of relatives to be comforted in the hope of seeing her again on the resurrection morning.

BALRAJ, MRS. SUSHILA died Jan. 21, 1959 at Coimbatore as the result of a burn. Her husband, D. Balraj, is the assistant pastor at Coimbatore. She leaves an infant daughter of only a few weeks.

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1. Duane S. Johnson, hereby declare that the particulars given above are true to the best of my knowledge and belief.

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