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## From a Roof-top in the Punjab

D. S. JOHNSON

**T**HE weather was hot and depressing, so we put our cots on the roof of our good member's house in Phulriwala village. We were attending the September 2 to 5 Biennial meeting of the North India Section. W. H. Mattison, the president, had just returned from Srinagar, Kashmir early on the morning of September 2. A month of very successful meetings there had just closed with 50 in the Bible classes being conducted twice weekly under the guidance of A. C. L. Popkiss.

Brother Mattison is ably assisted in the Jullundur office by D. M. Rai, and he with Saudagar Chand, H. Phares, and P. G. Matthews had done an excellent job of arranging for accommodation, food, and music in village style.

As I paused after arranging my bed and mosquito net I wondered at the transformation wrought by the gospel in this village and others in this area comprised of East Punjab, Himachal Pradesh and Kashmir. In 1947 the partition left this area with practically no workers and very few members.

During the day we had listened to Brother Mattison's report of progress. There are now over 500 baptized believers well scattered throughout the villages and cities, and a consecrated, hard-working, and enthusiastic band of young workers. Two years ago there was only one ordained minister, and today there are four. It was our privilege on Sabbath, September 5, to ordain Brother Harnam Dass to the gospel ministry. He has been a dedicated soul-winner, and his ministry will greatly strengthen the work. W. G. Jenson is now locating in Simla to further serve the ministerial and evangelistic needs.

Closest to my roof-top observation post I saw the 300 children who had gathered for special meetings. Best of all I could hear them sing those wonderful songs about the love of Jesus, the truth of the Bible, the joy of service, and the hope of heaven. Our Punjabi ladies led them, and it was easy to observe the methods they had learned from Sabbath school institutes and Child Evangelism workshops. Most of the children

are non-Christians, but they rang out the answers to questions about the life of David, the work of Samson, and the plan of redemption. There are 177 children in our schools in this section.

I could look across to the shamayana beside the church where 400 people had gathered to hear C. R. Bonney of the Voice of Prophecy give the evening message. Delegates and members drank in the message, and the response to the sermon and good singing was very evident. G. R. Jenson, C. R. Holford, Faqir Chand and L. D. Paul helped with departmental promotion and spiritual meetings during the days together there.

Every phase of the work was studied by the delegates, and plans were laid to strengthen the evangelistic programme as well as the departments. B. M. Isaac will locate at Anji and Kotgarh in the mountains beyond Simla, where such a fine interest has developed. Saudagar Chand and A. B. Massey will follow up the interest in

(Continued on p. 9.)

# Recent Public Relations Contacts

C. N. ABRAHAM

**E**ARLY this year the Southern Asia Division Committee requested the General Conference to send Pastor Howard B. Weeks to Southern Asia in the interest of the public relations work. They acceded to our request and Pastor Weeks arrived in Karachi on June 25. I joined him in Lahore on June 28.

During the seven weeks which followed we visited with Government officials, officers in charge of broadcasting and news films, publicity officials, editors of newspapers, public relations societies and other individuals interested in public relations activities. Pastor Weeks spoke to a number of clubs and associations, and held public relations councils in several churches in unions and local missions.

Pastor Hamel joined us in contacting editors of several newspapers in Lahore. We studied with them the relationship between them and private organizations, and learned that they are willing to publish news that is of local or national interest. Pastor Weeks addressed a group of our workers in Lahore, enlightening them on the subject of public relations.

In New Delhi we interviewed officers in the Ministry of Information, Radio Broadcasting, Depart-

ment of Visual Aid, Ministry of Community Development, and a few others. We learned that the Government of India through the different departments with its propaganda materials are endeavouring to reach the masses of people, even the illiterate in the remote places of cities and villages. We learned also that the Government buys from private organizations films that have national interest for use in cinemas and private shows. News that has local or national value also may be published in newspapers.

The Ministry of Community Development in New Delhi gave us encouragement regarding cottage industries. The Director of Industries assured us that he would give us technical help if needed and would even be willing to find a market for the finished products.

In Mussoorie Pastor Weeks spoke to the students and staff of Vincent Hill School on the subject "Good Relationship with the Public."

The Public Relations Society of India in Bombay had arranged a meeting in the Taj Mahal Hotel where Pastor Weeks addressed a group of public relations men. In Poona we met and talked to members of the Rotary Club,

Lions Club, post-graduate students and staff of Co-operative Farming, newspaper editors, educators, students and staff of Spicer Memorial College, and other groups.

The next stop was at Bangalore where, after attending the mid-year union committee meetings, we conducted a public relations council in the Bangalore church. A number of workers of the union and local missions were present. In Bangalore we made acquaintance with editors of various newspapers and the directors of Wireless News Service and Public Trust of India.

After visiting several mission stations such as Ernakulam, Kottarakara, Trivandrum, together with Pastor I. K. Moses, the union Public Relations secretary, we visited Prakasapuram where the Seventh-day Adventist work in South India was first started. Y. G. Thomas, pastor of the Prakasapuram Church, is doing good public relations work in and around that place.

On July 26 in Madurai city, Pastor Gurubatham and Pastor N. Y. Chelliah arranged a meeting of workers and believers and Pastor Weeks spoke on the theme: "How an evangelistic campaign can bring more souls as a result of a carefully planned and effective public relations work done prior to the campaign."

In Tiruchirapalli we visited the Nalwazhi Clinic and were pleased to see the good work Dr. W. G. Thomas and his staff are doing there.

Pastor A. M. Job and his staff are doing good work at the E. D. Thomas Memorial School at Kudikadu, Tanjore.

From Tanjore we returned to Madras, and went on to the Christian Medical College, Vellore, where Pastor Weeks spoke to the Seventh-day Adventist students and doctors on "Public Relations Work in the Medical Field."

## PUBLIC RELATIONS DAY—November 28

Sabbath, November 28, 1959 is being observed in our Adventist churches in the U. S. A. and other countries as Public Relations Day. We in the churches of Southern Asia Division desire to observe this day as Public Relations Day also, in harmony with the rest of the Adventist world.

A Sabbath programme is being prepared for use by pastors and leaders of our churches throughout Southern Asia for promotion purposes on that day, which will be sent to you as soon as it is ready.

If, however, November 28 is pre-occupied you may appoint another Sabbath day for this promotion programme.

C. N. Abraham, Secretary  
Public Relations Department  
Southern Asia Division

Returning to Madras we took the plane for Colombo arriving there in the afternoon of July 30. Workers and church members from different parts of Ceylon had arrived in Colombo and we had a series of meetings in both the Bethel Chapel and Shiloh churches. In Mailapitiya Pastor Weeks spoke to the staff at Lakpahana Training School, where we observed the good public relations work the school family is doing. On August 2 a temperance meeting was put on by the students, at which prominent personnel such as the educational officer for the Central Province and principals and professors of colleges in Kandy were present to witness the work Seventh-day Adventist school children are doing.

In Madras on the evening of August 4 Pastor Weeks addressed a meeting of the general public organized by W. L. Watts at the Silver Pavilion. The evening of August 5 in Hyderabad was an important hour for us when about thirty prominent men and women of Hyderabad City attended a public relations garden party at the residence of Pastor and Mrs. P. E. M. Beach. Pastors I. K. Moses, I. Subushanam, S. Thomas also were in attendance.

After visiting Karmatar, the headquarters of our work in the Northeast, Pastor W. F. Storz, H. B. Weeks and I went to Patna, where Pastor C. J. Jensen had arranged a meeting of the Public Relations Society of Patna. After Pastor Weeks had spoken to this group of about 35 men, we had a profitable exchange of views with the wide-awake, enthusiastic men who are studying public relations methods for reaching the millions in Bihar State. We were happy to introduce these men to our church pastor and his work and the newly-built Patna church.

In Calcutta we interviewed several West Bengal Government officials, and found that in the publicity department of the Government there are about 405 employees. They try to reach the millions of their State with their propaganda materials; with medical mobile units; newspapers;

## Delay Means Loss of Souls

N. G. MOOKERJEE

AS THE student comes to the end of the V. O. P. Advanced Course of Bible studies by correspondence, the school asks him some very pertinent questions. Here are some of them and actual answers received from one particular student who, as it would seem from the answers, reads every portion of the lessons, tracts and supplementary material supplied, and is somewhat interested but needs a little more personal guidance.

1. Have you been baptized into the Seventh-day Adventist Church?

*Answer:* I have perfect faith in Christianity, but only theories are not enough for me. Some practical knowledge is absolutely essential for me. (This student's age is 31.)

2. Are you contemplating being baptized in the near future?

*Answer:* Yes, but it is only possible if some personal guidance can be given to me. I have not as yet received any kind of advice from any of your representatives. That is

the only deficiency which I feel at present.

3. Have you been contacted by one of our representatives?

*Answer:* It is my desire to meet some representative but in spite of repeated requests you have not deputed anyone for the purpose. *At least let me know the address of some representative in this area so that I may see him personally.*

The student goes on to say, "I have completed three Bible courses and have been awarded certificates for the said courses. I want to carry on further studies on the subject. These lessons have created a keen desire in my mind to study more."

This student's name had been sent for contact in April 1959. They are calling to us, shall we still delay? Having waited and waited this student now asks for the address of our representative so that he himself can go and meet him and satisfy his soul's hunger. **SHALL WE STILL DELAY OUR CONTACTS?**

visual aids, such as films, posters, exhibits; and other methods. It gave us an idea as to what we can do to advance the cause of God in the Northeast as well as in other parts of the Southern Asia Division.

Rangoon was our next and last meeting place before Pastor Weeks left for the Far Eastern Division on August 17. Brethren Murrill, Wyman, Hla Pe, Weeks and I contacted several editors of newspapers, publicity officers, and visual aid centres, and studied ways and means by which our organization can make use of the national propaganda avenues to propagate the message to Southern Asia's millions. There again we learned that the many things we do as an organization in different parts of Southern Asia are of local as well as national interest, and the

national propaganda machinery will be glad to make use of it.

In the Rangoon church a public relations council was conducted. About 25 workers were present, and learned many things which will help them to be more effective soul winners.

The work of the public relations man is to build, maintain and improve the foundation of public knowledge, understanding and acceptance which must underlie all departments of the church. In other words, he endeavours to create a favourable public attitude toward the denomination as a whole and helps each department to realize the highest returns from its investment in terms of successfully reaching its particular public. Public relations, then, is an avenue for the formation of good public opinion.

**CEYLON:****Colombo Dorcas Birthday**

MRS. N. O. DAHLSTEN

**T**HE Colombo Dorcas Society birthday was to be celebrated. Preparations had been going on for several days and early in the afternoon of the day appointed, members and friends began to arrive in groups and one by one.

A small wagon had been gaily decorated to receive the many lovely gifts that had been brought for the birthday celebration.

The guests assembled on the lawn in front of the office building where chairs had been placed to seat them. Many wondered what was going to happen now that Pastor Scott, who was to have been the master of ceremonies but who had unexpectedly been called away three days before, was not here. So we were happy that the Sorenson

family from South India could be with us at this time. After the birthday cake had been cut and sampled, Pastor Sorenson and his two sons, delighted us with a number of vocal and instrumental numbers. Especially appreciated was the soft guitar music which added romance to the stillness of the evening.

The presence of the Sorenson family at the birthday party was rather unexpected, because at this very hour they were scheduled to give a concert for the students at the Lakpahana Training Institute. Unfortunately for the school and Mrs. Sorenson and fortunately for us, Mrs. Sorenson developed an infected ear and was unable to travel. Later that night the boil in

the ear broke bringing relief from the intense pain to Sister Sorenson. This made it possible for them to make a hasty visit to our school and give a concert to the students which was much appreciated.

After all the cakes had been sampled and the famous passion fruit juice and assorted sweets disposed of, Pastor Dahlsten showed motion pictures on the life and crafts of the Eskimos and skiing in Canada.

The seventy odd guests, grown-ups and children, went to their homes well pleased with the evening. In November the Dorcas sale will be held when we will dispose of all the things made by our faithful Dorcas members.

**Colombo MV Week of Prayer**

N. JACOB, MV leader, Colombo Churches

**I**N COLOMBO there is one MV society for both Bethel Chapel and Shiloh Church. This year our week of prayer was well-planned ahead of time by fervent prayer, personal visits, and personal printed invitations to all of the young people of these two churches.

Our first meeting was scheduled to begin July 18, at 5 p.m. at Shiloh. An inspirational and lively song service was led by R. G. Burgess, MV secretary for the Union. About 95, both young and old, joined in singing the choruses that every Adventist youth loves to sing.

From day to day the tempo of the season was spiritually high. Each evening the messages were delivered for the most part by young people of our own society. The prayer session which followed each meeting was interesting, encouraging and elevating. The hearts of many were impressed and a number expressed their desire

with tears in their eyes for a deeper Christian experience and for a turning point in the lives of those whom they want to see with them in the soon-coming kingdom.

Those who attended the week of prayer were encouraged to bring their friends along. An offer was made to everyone who brought someone other than our own church members. Another reward was promised to those who attended six of the eight meetings held. Children were given *Storytime*. This offer was very effective. Two of our young people brought four non-Adventist young people. The older folk on one occasion brought eight non-Adventists. At the close of the week one copy of *What Jesus Said*, one *Patriarchs and Prophets*, twenty-one copies of *Storytime*, and thirteen other books for adults were presented.

R. G. Burgess, who spoke on "Space Flight Reservation," was the speaker on the last night. The

service closed with a wonderful consecration and testimony period in which those present expressed their desires for reservations to the glory land by a truer and more sincere dedication of self to Jesus.

We felt that the Spirit of God was present in a special and wonderful way, for three of the young people who are not of our faith were very much impressed by the message. They attended our church service once and have a desire to continue attending our meetings. We believe that the seed sown will not return void.

One young lady who was bitter against our faith decided to attend all the meetings after reluctantly attending the first meeting. Today she is determined to belong to Him and walk in His way.

We entreat your sincere and fervent prayer not only for these but for others who are waiting to be gathered in.

## The Work

in

## Batticaloe

C. C. KURUNATHAN

**F**OR want of a better place, we began our six weeks lecture series in Batticaloe in our compound on July 5. Being situated in a non-Christian area we wondered what the attendance would be. On the first night an unexpectedly large crowd of about 300 people was present. The meetings went on nicely and the attendance was good. In spite of fierce opposition by leaders in the area the people came to the meetings. Originally it was planned to hold meetings for only six weeks, but we are continuing cottage meetings, with three meetings a week. Besides these three meetings we also carry on cottage meetings in other places.

On Sabbath, August 22, we had a cottage meeting at which about fifty were present, and we enrolled eleven of them in the Tamil Voice of Prophecy Course. We have arranged to continue meetings in this home every Sabbath. At a cottage meeting in another place twenty persons were present.

An educated Protestant leader is planning for baptism and is already teaching the doctrines in his community. We have many individual Bible studies. Please pray for the work in Batticaloe that the Lord of the harvest will give us souls for our hire.

## MV CAMP—

## Is It Worth It ?

MRS. A. W. ROBINSON

MV CAMP is over for another year! It takes a lot of work to prepare for a camp and then to keep things going smoothly. Pastor A. E. Anderson, director of the Ceylon camp this year, and his helpers put in many hours of hard work to make the camp a success.

Is it worth all the thought, effort and plain hard work? Let me tell you just one little experience out of the many from the past few days that makes me sure it is worth it.

Chandalalatha, as we shall call her, is a pretty eighteen-year-old girl. She has been a day scholar at the Lakpahana Training Institute for about eight months. She has been showing a gradual awakening of interest in the religion that is taught and lived there although it is certainly not the religion which she has been taught from babyhood.

One day she begged for some pictures of Jesus. How happy we were to give her a memory verse card booklet. Her face lit up when she saw it and her smile was even sweeter as she eagerly took it. She wanted to pay for it but we assured her that it was free. As more papers came we watched for more pictures to give her. There were some lovely ones and she was so happy for them. She does not know enough English to read the papers, but the pictures of the life of Christ seemed to please her so.

Then it was time for MV camp and she signed up to go along with many other students from the school. Some were Hindus, some Buddhists and other Christians as well as our own Seventh-day Adventist boys and girls. They were

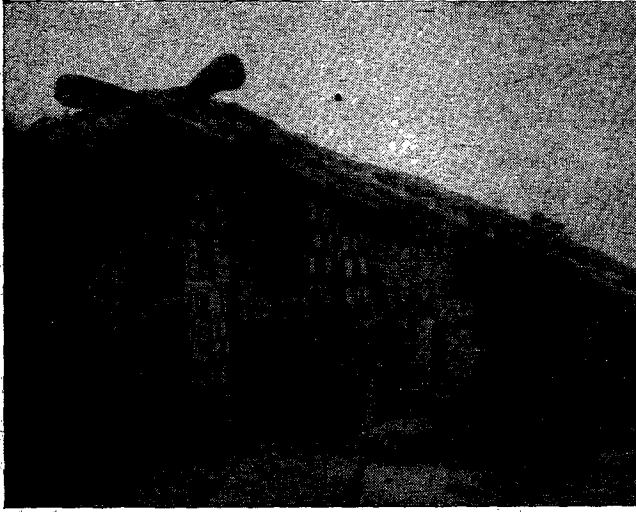
joined by groups from other churches in the island.

Chandalalatha seemed to enjoy the camp. She fitted into the programme with the others in an enthusiastic way. I didn't spend too much time thinking about her as there were so many others to watch and so many duties to be done.

One morning I joined Chandalalatha and her unit in their prayer band. Her counsellor was not much older than she, but such a good Christian girl! She asked each member if they wanted to pray that morning. They almost all responded willingly, and I was happy to see that Chandalalatha shyly indicated that she would like to pray too. We bowed our heads and one by one the girls prayed. An Adventist girl prayed in English, then a Hindu girl in Tamil, then a girl of another Christian church prayed in Sinhalese and we went around the circle. After my turn it was Chandalalatha's. I rather wondered how a girl like she who had never been taught to pray in all her life would manage. What I heard then brought the tears to my eyes. There was a little whispering and then the counsellor prayed a simple little prayer phrase by phrase as Chandalalatha reverently repeated it after her. I'm sure that prayer reached heaven as sweetest incense, and I know my heart was made soft and tender as I heard her following the instruction of Jesus to "be converted and become as little children."

Oh, yes, if I hadn't seen anything else there at camp, that one incident would have convinced me that it was well worth all the work.

**Voice of Prophecy Offering-October 10**



A typical Naga house.



Head-hunting Nagas become "heart-hunting" Christians.

## NORTHEAST :

## My Visit to Manipur State

J. JAPAGNANAM, *Publishing Secretary*

I HAVE just returned from Nagaland. Although the trip was physically very rugged and involved much walking, it was spiritually beneficial.

We have about 17 churches and companies in the Manipur circle. There are over 200 baptized members. A new church is being erected in Ukhrul. The flooring and roofing is completed. Doors and windows will be put in when more funds are available. The members are to be commended for the faithful work they have rendered voluntarily under the supervision of Brother R. Khorei.

Our work is becoming more established and understood than it has been in the past. I had the privilege of visiting many churches and holding revival meetings, encouraging them to be strong in the faith.

It is encouraging to note that in many places members have donated land and built their own churches. The members are very enthusiastic and zealous in spreading the message to other remote villages. These people are also blessed with the talent of music.

Our school at Adventpokpi, about 15 miles from Imphal, is progressing under the leadership of Brother Benjamin Luikham with Brother Dickson as assistant. There

are problems connected with the school land, but we believe that God will work for His people.

Brother Ninghel Luikham is caring for the work in Imphal. Brother K. Shomi is conducting an effort at Wainem. About eight people are waiting for an ordained minister to baptize them. A number of students and workers are attending Assam Training

School and Spicer Memorial College this year, and in the very near future we hope to have them as trained workers in the field.

Although at present we have no circle leader all the workers are of good courage and are carrying on the work in a remarkable way. Let us in a special way remember the work and workers of the Manipur Circle in our daily prayers.



Special music—Karmatar S. S. Rally Day.





## Karmatar Sabbath School Rally Day

MRS. ELLEN G. STORZ

**R**EMEMBERING pleasant occasions of the past, Karmatar Sabbath school leaders and church officers decided to invite the surrounding Sabbath schools to join together in a full day of meetings for Sabbath School Rally Day, August 15. Mrs. R. N. Dass and Mrs. B. Nowrangji wrote invitations to the Manipur, Kadruthi, and Pohnad Sabbath schools. G. C. Sircar, Karmatar church deacon, with the help of Mr. Nathaniel Purty and Rupen Soren, members of the visiting Sabbath schools, made plans for the simple noon meal. An interesting programme was planned and we waited eagerly for the day to arrive.

The Sabbath morning was ushered in with heavy rain and we wondered if our planning had all been in vain. It looked as though it would be impossible for our guests to come. However, we need not have worried for by nine o'clock the members with their children arrived, having walked the long miles to be present on time. Although it was cloudy outside the church was filled with smiling faces.

The programme in which quite a number took part was helpful to all. We were especially blessed with musical talent. Special numbers were sung in English, Hindi, Bengali, Santali, and Mundari. In the various activities different ones took part from the youngest Cradle Roll member to the grey-haired senior.

The Karmatar members were proud of their goal chart which showed that the Sabbath school was a little ahead of the weekly offering goal. Envelopes were passed out so that each church treasurer could collect the offering for his respective Sabbath school. The day ended with sundown worship on the Union office lawn.

## WESTERN INDIA : Temperance Meetings in Kolhapur District

S. S. PANDIT

**B**ROTHER S. James, Division Temperance Secretary, began his tour of Kolhapur district in the interest of temperance work by speaking to our students at Hatkanagale Elementary School. About 1,500 people were present for the meeting, listened with rapt attention to the message and saw two films on liquor and tobacco. The chairman of the meeting remarked that he had never attended such a meeting before. Brother M. B. Waidande translated the talks at Hatkanagale and Kolhapur and the writer at Patton Kodoli. Brethren S. G. Kamble, M. B. Waidande and A. B. Chavan gave valuable help in making the programme a success.

The next day at Kolhapur Brother D. P. Kate and the writer had arranged two meetings. The first was at Ester Pattan school, the second at Irwin Christian High School. About one thousand people were present at Irwin High School and 400 girls at Ester Pattan school.

On the third day two meetings had been arranged by Brother M. D. Gaikwad at Pattan Kodoli. The first was a service for the church members, the second in Beeruba temple for the public. Over 1,200 people were present in the temple. Brother James presented his mes-

sage and showed two films. The church members were shown the film on the importance of Christian education and an appeal was made to the members to send their children to our Adventist schools.

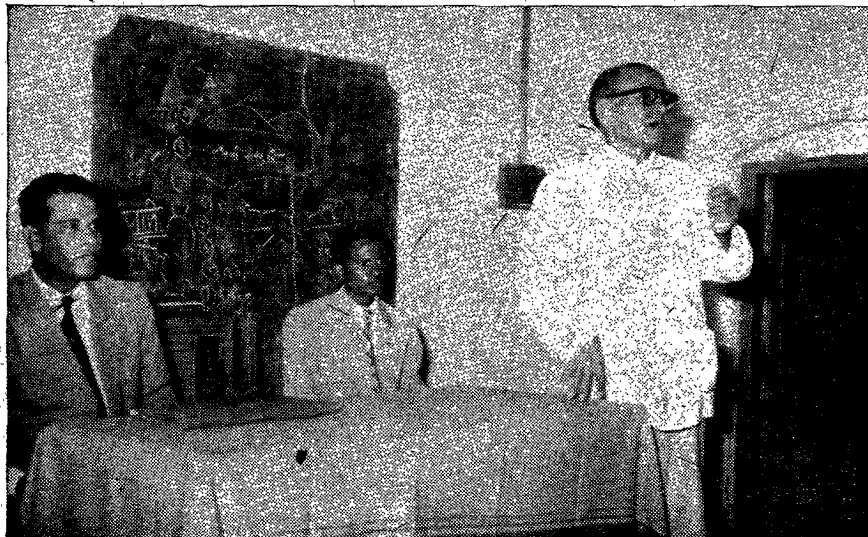
On Sabbath morning, August 22, Brother James took the church service at Hatkanagale school. In the evening there were about 1,000 people present at Gandhinagar where people appreciated the programme presented. One missionary from Miraj Mission Hospital met us at Hatkanagale station and requested Brother James to come to Miraj. People at Kolhapur also requested more meetings of this nature. Brother James had planned on spending only two days here but spent four, and still people were requesting him to conduct more meetings.

It is the purpose of the Lord that His Remnant church shall take an active part in the temperance reform movement. He intends that His people shall stand at the head. We thank God for what has been accomplished in our efforts to revive the temperance movement. The size and importance of the task constitute a mighty challenge to every member of the church. May God bless the temperance work.

### IMPORTANT ANNOUNCEMENT

About one thousand copies of **PATRIARCHS AND PROPHETS**—Special edition—Christian Home Library size—have been imported to be sold at the reduced price of Rs. 5.00 per copy, postage extra. Ordinarily this book sells for Rs. 16.80, but as long as our present stock lasts, which will not be very long, the book can be purchased at this very low price. Some of our evangelists offer books as gifts for regular attendance at evangelistic meetings and other services. "Patriarchs and Prophets" will be an ideal book for such a purpose. Order immediately through your local book depot.

ORIENTAL WATCHMAN PUBLISHING HOUSE  
Salisbury Park, Poona 1.



Shri Sohoni, Principal of the Law College, Akola, speaking at the Temperance Rally held in Akola. S. James and U. R. Ananda Rao seated.

## Temperance Message Presented in Akola

U. R. ANANDA RAO, *Evangelist, Akola*

**I**N making plans for a Temperance rally at Akola I approached the principal of the Law College, Shri Sohoni, M.A., LL.B., who is a regular member of the National Temperance Society of India. He felt very happy about the news and immediately made arrangements for the use of the auditorium of the Sitabai Arts College.

The principal of the Arts College not only granted the auditorium but also put up a notice inviting the professors as well as the student body to attend the programme.

On August 13, attractive handbills were distributed throughout the city. The district prohibition officer also sent his men to distribute handbills.

At the appointed time (6:30 p.m.) the district prohibition officer and S. James arrived at the auditorium. The public address system was well arranged by the prohibition department.

The auditorium was practically packed. Among the audience were college students, professors, law students, advocates, business men,

and several Christians from the Alliance Church of Akola.

The district prohibition officer and D. H. Skau, educational secretary for Western India, were present with V. P. Muthiah, Sabbath school and home missionary secretary.

As the lecture titled "Silent Killers" proceeded, whispers were heard among the audience such as, "Really, this is a wonderful lecture," "This is the first time I've heard about the evils of Killer No. 2 (cigarette)," etc.

As they saw the film "One in 20,000," they were fully convinced of the evils of tobacco. Hundreds of leaflets on the subject were distributed at the close of the programme. Everyone left with a determination to give serious thought to the evils of alcohol and tobacco.

Akola is a new station and the privilege of getting acquainted with many of the educated people of the town through this temperance rally was greatly appreciated. As the second advent draws near we need to warn the masses of the world of these silent killers.

## MV Week of Prayer at Hatkanagale School

S. G. KAMBLE

**I**T WAS a privilege to have Pastor S. L. Khandagale conduct the MV Week of Prayer at our school from July 18 to 25.

It was a week of spiritual blessings for every student and teacher in the school. There were morning and evening meetings with prayer bands each morning. The teachers' meeting was conducted by Pastor Khandagale after the evening meetings. By his personal experiences and from the Holy Word Pastor Khandagale enabled us to know God better than ever before. We all wondered at how soon the week had passed and only wished for a continuation of this wonderful week of prayer.

The Week of Prayer has really helped us as a school. Some of the students who had some bad habits, openly confessed their mistakes, and decided that they will not fall into temptation again. This, to my mind, is true confession. These bad habits would not have been confessed even though the students had received punishment from the school, but by the Holy Spirit working upon their hearts they were led to confess their sins.

Friday evening meeting was the climax of the Week of Prayer. Every boy, girl and teacher and his family gave his heart to God and thanked Him for His constant watchcare. There was complete silence in the church, and we felt that God's messengers were present to hear the testimonies given by the students.

On Sabbath morning at the close of Pastor Khandagale's sermon a baptismal class was organized, and twenty students are now studying each Sabbath afternoon under the direction of the writer.

May God bless these students as they take their stand for their Master.



# YOU ARE A SABBATH SCHOOL TEACHER

MERLIN L. NEFF

## HELP STUDENTS TO THINK

We must help our students form their own opinions. Don't force them to think exactly as you do; get them to think for themselves. In *Counsels on Sabbath School Work*, page 27, we read:

"Among the pupils of the Sabbath school there should be a spirit of investigation, that those who are old enough to discern evidence may be encouraged to search for fresh rays of light, and to appreciate all that God may send to His people."

Many of our Sabbath school or church members can sit right through the class study or the service and remember nothing. What is wrong? They are not active learners. They sit passively, allowing the mind to idle. As teachers it is our duty to help our members to think and to learn.

## THE PROCESS OF THINKING

How do we think? If we desire to get our students to think, we should know something about how the mind works. Suppose a problem is presented, and we have two or more views on the question. Some members of the class have one view, others have another view, and we have still a third. Consider each idea—if it is sound and does not contradict the Scriptures—and start each member to thinking.

When an idea is presented, what do we do? If we are thinking, we analyze it; we study and dig deeper for truth. We get an idea suddenly, and if we are wise we think it through; we do not jump at conclusions. We look up more material on the subject and compare idea with idea. Then perhaps we talk about it with someone else, and get his viewpoint. We find support for our position, or we

change our view. That is how the process of thinking works.

As a teacher you can help guide that process. You can present new ideas; you can show that there are two or more ways of thinking about the subject and lead to the right way—getting God's answer from His Word. By the way, if you have had a wrong idea, and in some way you change over to the right, it is a much stronger conclusion than if you had no idea at all in the beginning. You have actually overcome a barrier to reach the truth. When you have changed a person's view from the false to the true, you have done him a great service in his thinking.

## CO-OPERATION WITH THE LEARNER

Teaching is co-operating with the learner in a Christian spirit. We should be certain that our students are learning three things. First, they should learn to know God as revealed in Jesus Christ.

Knowledge in itself will not save us, for the cohorts of evil know the Bible truths, but they will not obey them. Yes, above all, we must teach our students to know God as revealed in Jesus.

Second, we must help our class members to make the Bible's message the blueprint of life. The Word of God is a light, but it will be of no value to us unless we move ahead on the path that it reveals.

Third, we must teach our class members to enter into Christian fellowship, accepting the privileges and responsibilities of loyal church members. Teachers can sometimes do more than the pastor of the church to build spiritual morale. The pastor is expected to do it; that is his job. If in our Sabbath school class we drop a word about Uplift, about personal missionary work, about other service for the Lord, we are making an approach

in an unusual way; and the members are not expecting it to come from us. Tithing, church attendance, missionary work—all of these can be woven into our teaching. Bring the subject in quietly, relating some experience, and let the seed spring up. If the alert teacher will do this, he will be a wonderful blessing to the church and to church activities because he started the extra impetus in the Sabbath school class, the heart of the active church.

Understanding the lesson is not the chief goal in our work. We must, first of all, stress Christian living. Jesus did not emphasize content as much as action. It was "go, do, sell, come, follow." It is of little use to teach unless we practise what we teach.

The teacher must have a goal toward which he is working. The goal of our work is Christlike living in a spirit-filled life for every class member.

## Roof-top in Punjab

(Continued from p. 1.)

Srinagar. All the workers went directly from the meetings to appointments in evangelism.

The following appointments were made to care for departmental leadership: D. M. Rai, Educational and Missionary Volunteer; P. G. Matthews, Sabbath School and Home-Missionary; Faqir Chand, Temperance; S. M. Isaac, V. O. P.; and W. G. Jenson, Ministerial. Mrs. D. M. Rai will co-ordinate the Dorcas work. At present there are four Dorcas societies in the field.

The excellent spirit and enthusiasm manifested during these meetings speaks for the intentions of the workers as they contemplate the future. Nearly two crores of people challenge our group here, and 48 series of meetings have been conducted in centres during the past several years to meet that challenge. The coming months will be fruitful ones as the evangelistic plans now laid are implemented and blessed by the outpouring of God's Spirit.

## Science and the Spirit of Prophecy Agree

# Oil or Grease ?

**S**CIENTISTS and the medical profession started tongues wagging when they found the "men of mystery."

The Bantu natives of South Africa seem to be the healthiest people in the world in spite of meagre meals composed solely of cereals such as maize (corn), kaffir (juari) and wheat, plus a few pumpkins, sweet potatoes and greens. Their diet is low in both fat and animal protein, "shockingly insufficient" according to accepted standards; yet the Bantu people are relatively free from heart disease, hardening of the arteries, diabetes, appendicitis, peptic ulcer and certain types of cancer.

The death rate from coronary heart disease among adult Bantu hospital patients is about one-tenth that in American institutions. Atherosclerosis, a form of hardening of the arteries, is very rare.<sup>1</sup>

The people also give evidence of excellent general health and endurance, Bantu women have easy delivery at childbirth with few complications and a good supply of breast milk for their babies.

Physical endurance tests with the Bantu boys and girls showed that 50 per cent were in "excellent" or "superior" condition. Only 5% of American children rated as well in similar tests.

About 90% of the children were found to be free of dental caries. They were as tall as European and American children and their bones as strong and resistant to fractures. Broken bones knit quickly and well.<sup>2</sup>

Atherosclerosis, or hardening of the arteries, is one of the primary causes of heart attacks, the "coro-

naries" which are taking so many lives each day. In patients suffering from this disease cholesterol is found in combination with fatty acids and proteins in the walls of the arteries where it acts as a plug, closing them and interfering with the circulation of the blood. Cholesterol is found in solid animal fats as well as synthesized in the human body predominantly from hardened or hydrogenated vegetable fats.

The most striking discovery is that atherosclerosis is not necessarily associated with old age—among G.I.'s who died in Korea, autopsies revealed that 70% had beginning stages of atherosclerosis. These young men were from 20-25 years of age and their army rations contained approximately 40% of fat, most of which was butter or hardened fats. The Japanese, whose diet contains only a 6-12% fat intake, most of which is obtained from fish oils, have one of the lowest death rates from coronary disease. The Bantu diet mentioned above contains about 10% of fat and the people of South China obtain only 3% of fat in their food. Among those who have a low fat intake over a period of years atherosclerosis is almost non-existent. Many researchers have advocated that the total fat content of the diet be reduced to 20% or less of the total calories. Further discoveries show that the hard fats (animal fats and hardened vegetable fats, i.e. solid shortenings, margarine, etc.) are the ones which tend to increase the deposit of cholesterol in the tissues.

Certain of the vegetable oils and fish oils actually seem to counter-

act the effects of the solid animal fats, tending to dissolve or clear away cholesterol which has been deposited in the arterial walls.

"... The more recent view states that the *kind* of fat and not the *quantity* is the determining factor. While animal fats raise the serum cholesterol level, unhydrogenated vegetable fats lower it. This view is supported by a large number of experiments..."<sup>3</sup>

"Beveridge and associates, performing their experiments on a large number of students and faculty members at Queen's University, have shown that corn oil definitely helps to reduce the cholesterol level in the blood while animal fats, such as butter, lard, chicken fat, and beef drippings, invariable raise it. Butter and lard were found to have the greatest effect in raising the cholesterol level in the blood."<sup>4</sup>

"A study similar to the one just described was made by Bronte-Steward and associates on a few Bantus and Europeans. Various oils and fats were successfully added to diets low in fat content (Bantus) or moderate in fat content (Europeans). They found that changes in the serum cholesterol levels coincided with changes in the nature of the fat consumed. One hundred grammes of butter and beef dripping isocalorically (equal in caloric value) substituted for olive oil in the diet of the Bantus produced a rise in serum cholesterol level. When olive oil was again administered serum cholesterol levels fell, even though the intake of olive oil was increased to 200 grammes per day. When 100 grammes of sunflower seed oil was

added to the diet of the European containing 50 grammes per day of fat from animal sources, serum cholesterol levels also tended to fall, and rose promptly after the vegetable oil supplements were discontinued. Highly unsaturated animal oils such as seal oil and pilchard oil had cholesterol-lowering effects similar to those obtained with vegetable oils, while hydrogenated vegetable fat and saturated fractions of vegetable and fish oils caused a rise in serum cholesterol levels."<sup>5</sup>

Dr. DeWitt Fox, editor of *Life and Health*, summed the matter up in the following statement:

"... it's not so much whether the fat is from an animal or a vegetable source, but whether it is solid or liquid. . . . Meat fats, milk fat, butter, margarine, [fats that are hard and solid at room temperature] are examples of solid fats. . . . They are the fats of juicy steaks, French fried potatoes, potato chips, thick gravies, rich pastries, pies, cakes, . . . ice cream. [We could include pilau, halvasone, gulab jamans and other rich and fried Indian foods.] These are the fats the heart patient should avoid."<sup>6</sup> All the vegetable oils, such as olive oil, peanut oil, corn oil, cottonseed oil, sunflower oil, sesame (til) oil, and soybean oil, as well as fish oil, are beneficial, since they lower the blood cholesterol and reduce the incidence of heart disease.

Certain fatty compounds can be produced in our bodies but there are certain types of fatty acids which the body is unable to synthesize. These are called "essential fatty acids", and are found among the unsaturated liquid fats or oils. These apparently act as a solvent for the saturated or solid fats in the body, thus bringing the deposits of cholesterol and other saturated fats which are solid at body temperature into solution where they cannot hinder the flow of blood through the heart and blood vessels.<sup>7</sup>

A number of experiments and observations have shown that the lack of the essential fatty acids may be responsible for leukemia, lung cancer, scaly skin and certain

types of stomach ulcers and nerve disorders. Countries using raw or refined oils only and no hydrogenated oil or tallow have a low incidence of cancer.<sup>8</sup>

Dr. Paul Dudley White, consultant to President Dwight Eisenhower, said: "God may have given to Moses the clue on how to avoid heart disease. It is conceivable that a few years from now we medical men may repeat the advice that Moses was asked by God to present to the Children of Israel 3,000 years ago." He referred to Leviticus 7:23 and 24. "Ye shall eat no manner of fat, of ox, or of sheep, or of goat. And the fat of the beast that dieth of itself and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it."<sup>9</sup>

Many years ago Mrs. White warned against the use of grease (in her day lard was commonly used) and advocated the use of olives and olive oil in place of butter.

"Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven."<sup>10</sup>

"... A plain diet, free from spices, and flesh meats, and grease of all kinds, would prove a blessing to you, and would save your wife a great amount of suffering, grief and despondency."<sup>11</sup>

"Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. The oil in the olives relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming second-hand from animals."<sup>12</sup>

"When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach."<sup>13</sup>

"Butter is less harmful when

eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. . . ."<sup>14</sup>

Lard is now being indicted as a cause of cancer as well as atherosclerosis, and we think again of how Sister White forewarned us of this danger. She said, "People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated."<sup>15</sup>

"If meat eating was ever healthful, it is not safe now. Cancers, tumours, and pulmonary diseases are largely caused by meat eating."<sup>16</sup>

1. *Newsweek*, March 11, 1957.
2. *Ibid.*
3. P. S. Chen, *Heart Disease, Cause, Prevention & Recovery*, 1958, p. 64.
4. "Can. Journal Biochemistry and Physiology," 34, 441, 1956.
5. "Lancet" I, 521, 1956.
6. J. DeWitt Fox, *Life and Health*, January, 1957.
7. "Archives of Pathology," 59, 419, 1955.
8. Dr. Sabine Hirsch, "Chem. Eng. News," 28, 1192, 1950.
9. "Today's Food," Spring, 1956.
10. 2 T, 352.
11. 2 T, 45.
12. 7 T, 134.
13. MH, 298.
14. *Ibid.*, 302.
15. *Ibid.*, 313.
16. 9 T, 159.

## Calendar of Special Days and Offerings 1959

Oct. 3	Neighbourhood Evangelism and H. M. Offering
Oct. 10	Voice of Prophecy Offering
Oct. 24	Colporteur Rally Day
Nov. 7	Lay Witnessing Day and H. M. Offering
Nov. 7-14	Week of Prayer
Nov. 14	Week of Sacrifice Offering
Dec. 5	Dorcas and Welfare Evangelism Day and H. M. Offering

THIRTEENTH SABBATH OFFERING  
Dec. 26 Southern Asia Division

## Miscellany

● Under the leadership of William Moses, Ministerial Association Secretary of the Western India Union, a village evangelism institute was held in Poona City, September 7-16. Twenty-two workers attended. M. D. Moses, S. B. Gaikwad, and S. S. Pandit assisted in the instruction.

● The Gordon Jenson family arrived in Bombay August 30, returning from furlough and proceeded to the Northwestern Union where they will locate in Simla for evangelistic work.

● B. H. Stickle and wife arrived in Bombay on September 15 and proceeded to Karmatar where Brother Stickle will serve as the secretary-treasurer of the North-east India Union.

● The E. D. Tetz family arrived September 24. Brother Tetz will work in the Division treasury department. The J. Popowich family also arrived at the same time and are to work in Western India. We welcome these new workers to Southern Asia.

● O. O. Mattison, R. S. Lowry, and Dr. P. S. Nelson attended the board meetings of the Christian Medical College Association at Vellore during the last week of August.

● On September 17, G. W. Maywald dedicated the lovely new church in Madurai. Following the dedication he conducted a five-day Bible meeting for the church.

● The South Kerala office has moved into its new quarters which are attached to the attractive church in Trivandrum. After many years of expectation the workers are happy to have their own office set up in their own building.

● The Trichinopoly offices are nearing completion. Soon the

North-Tamil field will also be able to occupy its new offices.

● Recently the South India Union transferred the book depot serving the Tamil field to Trichinopoly and the depot serving the Kerala field to Trivandrum. The sales from these two depots for the first two months have been most encouraging.

● Major efforts have been launched recently in the following places: Calicut by S. Thomas; Sankaranainarkoil by G. Gurubatham, and Dhanuvachapuram by T. P. Wilson.

● The East India Section school at Khunti is working vigorously on a project which will provide a water catchment at a high point in their farm. By this means several more acres of land will become suitable as wet-land paddy-field.

● Did you know that at Raymond Memorial Training School, Falakata, over 150 students will have the opportunity to remain at school this coming summer and earn sufficient to keep them in school next year? E. A. Streeter is principal.

● When school opens next year for students of the Assam Training School, Jowai, they will assemble for chapels and other meetings in a new cement-block constructed auditorium capable of housing over 300 students. The new addition joins the present administration building to form an attractive "T" shaped design.

● The largest class of first year high school students in the Division is to be found in the youngest member of our high school family. There are over 80 students in this class at the Burma Union's school at Kyauktaing.

● The latest information from the effort in Arkonam, N. Tamil Section is that V. D. Edwards is still having large crowds. A number are enrolled in the baptismal class.

● In Madras the effort is nearing the end of its appointed three months' schedule. Crowds continue to be so large and there seems to be such a keen desire to hear more that Brother Watts has asked for an extension of the effort through

the month of October. Mrs. Beach, Sr., reports that she has 60 very earnest souls in her baptismal class. The others associated with Brother Watts also have all that they can possibly do.

● Recently G. W. Maywald and Miss Stoneburner conducted a very profitable Laymen's Institute in Hyderabad. Plans are being made to conduct a major effort in this city in the fall of the year.

## AT REST

WIJESINGHE, MILLIE—Born in Colombo, Ceylon, August 10, 1924; died July 15, 1959. She was educated at Kottawa S. D. A. school and attended Nuzvid School of Nursing for one year. Baptized in 1935, she remained faithful until death.

VELLICHAMY, S.—Faithful member of the Karianandal church, South Tamil Section, died August 15. He accepted the message and was baptized in 1931. May God comfort his three sons—V. Raju, Manager, O. W. Publishing House; V. Joseph, evangelist, South Tamil Section, and a third who cares for domestic affairs—his brothers, sisters, relatives and scores of friends. "A prince has fallen in Israel" expresses the feelings of those who knew him.

CHRISTIAN, MRS. JOB—August 25, 1959, at Poona. Born in 1910, educated at Prakasapuram, she was baptized in 1926. Besides her husband, who is employed in the O. W. Publishing House, she leaves to mourn: one daughter, Mrs. Margaret Koipillai; two sons, Johnson Christian, preceptor of S. D. A. Middle School, Bangalore; and Moses Christian, student at Vellore Medical College, as well as other relatives and a host of friends.

## Southern Asia Tidings

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**COLPORTEUR RALLY DAY**  
**OCTOBER 24**  
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