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ORGANIZE for a LARGER WORK in 1960

O. W. LANGE, Secretary, Home Missionary Department

IT IS wonderful to know, before one starts a task, that he will be successful. Such is the case with faithful believers who enter into the Uplift work. God promises success to His people if they follow His plan faithfully. Year by year we have witnessed the marvellous power of God moving in behalf of the medical and educational work of the church in Southern Asia. During our fiscal Uplift year, July 1958 to June 1959, forty-four and a one-third lakh of rupees were received. For this outstanding manifestation of the fulfilled promise of God we humbly give Him thanks and praise.

Satan whispers into the ears of the timid, the cowardly and the unfaithful "It can't be done again." "It will be different in 1960." You may be surprised to know that I am not so much concerned with grand totals as I am with attitudes. The one who says,

"It can't be done," doesn't usually try to do anything but prove his statement. My belief and faith is not based so much upon circumstances or conditions in the business world as upon the attitude of the workers and members of the remnant church. Because of what exists there my faith is very strong. 1960 will undoubtedly be the best Uplift year in history because of the willing spirit of workers and laymen in the remnant church.

God has given His people a formula. During the past few years we have tested that formula with increasing success. We know it is correct.

1960 will be the greatest Uplift year in our history because we are better qualified to apply the formula.

There is no room for self praise—for individuals to be proud of personal accomplishment. The successes of the past are sufficient

to cause every individual in the church to humbly bow in reverence before his Maker, to dedicate himself to God's plan and to be willing to co-operate with the programme He has opened before His church. Every church member must individually arouse to put forth the best and most earnest effort he is capable of making.

"True worship consists in working together with Christ."—*Christian Service*, p. 96.

The messenger of the Lord has said, "The secret of our success in the work of God will be found in the harmonious working of our people. There must be concentrated action."—*Christian Service*, p. 75.

That is the formula.

Concerted, co-operative, concentrated effort on the part of workers and laymen, under God's blessing, has doubled the Uplift receipts in five years. Our workers and believers have proved the formula correct by their loyal, willing participation in the Uplift effort.

To add to the glory of God's workings on behalf of His people, let us consider the miracle of the time element of the effort. Whereas formerly it took many weeks and months of the year to reach the goal, the last two years the great bulk of the work has been accomplished during January and February of the year, thus leaving ten full months for more important

activities. Through more careful planning the Uplift objectives could be accomplished, by a united effort, within one month.

1960 will afford an excellent opportunity for us to make test plans for such an accomplishment. Due to the important year-end meetings, the opening of the Uplift effort will be delayed until January 10. Nevertheless, by the "harmonious working of our people," I believe we will be over the Division goal by February 29. To that end let us concentrate our efforts. May the Uplift efforts be bound by the sweet fellowship of brethren united in prayer and service.

The 1960 Uplift Campaign will be carried to success in every Union by well-organized, consecrated bands of workers concentrating on the great industrial

centres of their field; and in every church, by well-laid plans to lead bands of laymen into short, successful Uplift activities.

"Do what you can and God will increase your ability."—*Christian Service*, p. 15.

"For the disheartened there is a sure remedy—faith, prayer, work. Faith and activity will impart assurance and satisfaction that will increase day by day."—*Christian Service*, p. 107.

"If Christians were to act in concert, moving forward as one, under the direction of one Power, for the accomplishment of one purpose, they would move the world."—*Christian Service*, p. 75.

Let our motto be: "ORGANIZE TO DO A LARGER WORK IN 1960."

Uplift Success

C. R. HOLFORD

ACCORDING to Noah Webster "success" is "the favourable or prosperous termination of anything attempted; the attainment of a proposed object." To succeed, he says, is to "obtain the object desired; to accomplish what is attempted or intended."

All of us, I am sure, already know the meaning of these words. But at this time when everyone is anticipating the 1960 Medical-Educational Service fund-raising drive, it is well to think of these words and their meaning. Someone has said, "Nothing succeeds like success." This was certainly established during the 1959 campaign as union after union raised and exceeded the Uplift goal set by the Division.

Over and over it was repeated, "The Uplift has never been so easy," "The public is so willing to give," "We are receiving from many who have never given before." From almost everyone who has participated in the campaign this year came interesting little incidents that would make inspiring reading.

The question comes, "What made it so much easier? Why was

my Uplift work so much lighter?" What lay behind this lightning, miraculous success—reaching the Division goal so quickly?

First and foremost we would have to admit that the success of the Uplift Campaign is the fulfilment of the prophecy found in Isaiah 60:5, "The wealth of nations shall be yours" (Moffatt's translation). Truly God has fulfilled the promise given us in *Christian Service*, p. 167, which says, "He [God] is ready to move upon the hearts of worldly men, even idolaters, to give of their abundance for the support of His work; and He will do this as soon as His people learn to approach these men wisely and to call their attention to that which it is their privilege to do."

Time and time again, our workers saw evidences of God's Spirit working on the hearts of men as they were being asked to give to His work. One man who was the manager of a large firm took us to the proprietor who turned out to be a boy sixteen years of age. The boy expressed his regrets because his father and elder brother had just left town.

There was no need for us to canvass because the manager voluntarily urged the young man to give to "this very good cause." The boy then decided to write his name on the Rs. 100 list, but the manager informed the young man that his position demanded him to give Rs. 150.

How did it happen? What brought about success? Plainly and simply, we can say that God fulfilled His promise "to move upon the hearts of worldly men to give of their abundance for the support of His work." It was not what we said or did that had much to do with the outcome. Thank God for His part in making the campaign a SUCCESS.

We met another young man about twenty years of age and learned of another reason for our great success in the Uplift work. In the course of our conversation this young gentleman mentioned that he knew our work and our people quite well. He was very well acquainted with the son of one of our missionaries. It did not take us long to determine what kind of an impression was made upon him. Searching one pocket and another, he took out several notes. Giving us two one hundred rupee notes, he mentioned his appreciation of our work and our good men.

As we left the presence of that young man, our hearts breathed a prayer of thanksgiving for the good impression that had been left by someone else. It is doubtful that the young boy thought much of the Uplift campaign as he associated with this friend. But the right impression was made and the natural dividends were realized. God help us to realize that we are daily leaving impressions that will be reaped in good or ill for our work in the near future. Thank God for the good impressions left by those who have gone before us and made our campaign a SUCCESS.

One great factor which we cannot overlook in contemplating the reason for the successful Uplift campaign is the hard work and good spirit of our workers in all parts of the field. Rising early and

How to Make "Uplifting" Pleasant

- FIRST:** Get a correct mental attitude, remembering that like or dislike in your Uplift work depends upon how you think about it. Think it's hard and you will make it hard. Think it's easy, and it will tend to become easy.
- SECOND:** Tell yourself that you like Uplift work. Then it will become a pleasure, not drudgery. Think only of the blessings and pleasant experiences. Change your attitude, and "Uplifting" will be different.
- THIRD:** Don't harbour the idea that you are carrying the whole load on your own shoulders. Be charitable in your attitude toward others.
- FOURTH:** Take on the "unseen Partner." It's surprising the load He will take off you. He knows more about your work than you do. His guidance will make your work easy.
- FIFTH:** At the start of every day pray about your work. You will get some of your best ideas that way.
- SIXTH:** Practise being relaxed. Don't press or strain. Take it in your stride with a smile.
- SEVENTH:** Plan your work—work your plan. Lack of system produces that "I'm failing" feeling.
- EIGHTH:** Don't try to do everything at once. That is why time is spread out. Operate on that wise advice from the Bible, "This one thing I do."
- NINTH:** Discipline yourself not to put off until tomorrow what you can do today.
- TENTH:** Become an expert in your work. "Knowledge is power."

coming home late the teams of solicitors laboured and thrilled to the success that attended their prayerful efforts. One group of workers was on the road before 6 a.m. in order to be at their work on time. Everyone talked confidence and acted confidence and the people were impressed. They realized that we believed in this programme which we were asking them to support. Thus they too showed their belief in it by giving as much as they could.

Mrs. E. G. White has written, "If the needs of the Lord's work were set forth in a proper light before those who have means and influence, these men might do much to advance the cause of present truth."—*Christian Service*, p. 167.

As each worker seeks to inspire the church members in this wonderful experience, Southern Asia will realize untold benefits. Means will be made available to carry forward God's work in the Southern Asia Division. Churches will be strengthened and grow through the participation of the laity. Workers will make their influence felt in a wider sphere, and the work will soon be finished in all the earth. Then Jesus will come and we can all go home. May God continue to bless and multiply the efforts we put forth. ***

1960 LEAP YEAR UPLIFT CAMPAIGN

THE 1960 (leap year) Uplift Campaign for workers begins January 10 and for laymen in the churches February 1. Lay careful plans that will efficiently join every worker in your field with a partner for an Uplift team.

Spy out the land and carefully assign territory. As far as possible send carefully chosen teams into the territory. (At least one in the team should be acquainted with the territory from the previous year's experience.)

Plan to concentrate several teams in centres where the most can be attained with the least expense.

Encourage each team to devote full time, early and late, to the job all during the Uplift Campaign. (The extra donations received by the "early bird" often cause the Uplift team to double its goal in short order.)

Keep daily records of the progress.

When several teams are working in a centre insist on the following:

1. A short season of dedication and prayer together before starting the day's work.

2. Rejoicing over the grand total gathered by all the bands.

a. Two men working together in loving harmony.

b. All teams working together in good fellowship, praising the Lord for the combined success of all.

3. Each band sticking to its territory even though it may seem a hard one. Success often shows up when least expected and gains momentum the more work is done in a territory.

4. Every team reporting its success and handing over the income daily.

5. Each team getting into the field early and spending long hours on the job during the campaign.

Results come when consecrated men make contact with their prospects. The more contacts, the greater the result.

Urge every Uplifter to use a canvass. Many times Uplifters assume that the prospect knows all about the work because he may have given before. Generally it is found that a brief canvass, showing the prospect through the magazine, with a few short statements about interesting phases of the work pictured, increases the prospect's interest and prepares the way for more and larger offerings.

By united effort let everyone make the 1960 Uplift Campaign the most thrilling, enjoyable and successful one we have ever known.

This is leap year! Let us go forward to success.—O. W. LANGE.

Holiday Gift

MRS. E. G. WHITE

THE holiday season is fast approaching with its interchange of gifts, and old and young are intently studying what they can bestow upon their friends as a token of affectionate remembrance. It is pleasant to receive a gift, however small, from those we love. . . .

Brethren and sisters, while you are devising gifts for one another, I would remind you of our heavenly Friend, lest you should be unmindful of His claims. Will He not be pleased if we show that we have not forgotten Him? Jesus, the Prince of Life, gave all to bring salvation within our reach. . . . He suffered even unto death, that He might give us eternal life.

It is through Christ that we receive every blessing. . . . Shall not our heavenly Benefactor share in the tokens of our gratitude and love? Come, brethren and sisters, come with your children, even the babes in your arms, and bring your offerings to God according to your ability. Make melody to Him in your hearts, and let His praise be upon your lips. Let us rejoice that our Saviour liveth to make intercession for us in the presence of Jehovah. . . . Let us, upon the coming Christmas and New Year's festivals, not only make an offering to God of our means, but give ourselves unreservedly to Him, a living sacrifice. . . .

We need to think more of God and less of ourselves. If we would but think of Him as often as we have evidence of His care for us, we would keep Him ever in our thoughts, and would delight to talk of Him and praise Him. We talk of temporal things because we have an interest in them. We talk of our friends because we love them; our joys and our sorrows are bound up with them. Yet we have infinitely greater reason to love God than to love our earthly friends; we receive more from Him than from any other friend, and it should be the most natural thing in the world to

make God first in all our thoughts, to talk of His goodness and tell of His power, and to respond to His love by our free-will gifts and offerings for His cause.

Thirteenth

Sabbath

Offering

December 26

Surpassing Self

M. C. MURDOCH

"THY people shall be willing in the day of Thy power." Ps. 110:3. In this day of God's power, you are helping to fulfil this prophecy by volunteering for service in His cause.

The help of everyone, young and older alike, is urgently needed to bring success to the Uplift campaign. Some can do better than others and gather in more funds, because of their natural ability. However, we should beware of too much of the spirit of competition and rivalry, and remember the "widow's mite." "Let us not be desirous of vain glory, provoking one another. . . ." Gal. 5:26. But rather, "Let us consider one another to provoke unto love and good works." Heb. 10:24. There is all the difference in the world between "provoking one another," and "provoking one another to good works"!

May we suggest a better plan than that of trying to pass others in raising funds? What about trying to pass ourselves instead?

Why not try to do better than we did last week or last year? If each day we set a goal to do more faithful work than we did yesterday or yester-year, then the Lord will bless us abundantly. The poet Wordsworth presented this thought so well in the last lines of his poem entitled: "The Character of the Happy Warrior."

"Who not content that former worth stand fast,
Looks forward, persevering to the last,
From well to better, daily self-surpass,
This is the happy warrior, this is he,
That every man in arms, should wish to be."

If we all do just that, we shall easily pass last year's grand total by the close of the campaign. May we each one be a volunteer in this day of God's mighty power. And may we all be true soldiers of the cross in this noble Adventist Army, marching to full and final victory under the blood-stained banner of Prince Immanuel.

Zokhowsang Church Supported Uplift

H. B. LALKHAWLIANA

THE little church in Zokhowsang has only fifteen members but they are working members. Their village has only about 70 houses, but miles away on the tops of the ridges of the surrounding Lushai hills are other similar villages. Although the members do not have too much of this world's goods they can visit neighbours who have equally little but who are willing to give some of what they do have for the Lord's work. So when the 1959 Uplift appeal reached the little church the members launched out to do their part.

These villagers make their living by jhuming, which means that they grow rice, which is their staple food, on the steep hillsides after cutting down the jungle growth, burning it, and then planting their rice. They may earn some money by carrying some of

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Karachi Hospital Serves

Lois N. Fouts

PAIENTS coming to the Karachi Seventh-day Adventist hospital from several nations and from various economic strata challenge the evangelistic phase of the hospital's work. Among them are embassy personnel, ship and air passengers and crew members, educators and students. In many cases they speak only their national language. There are also thousands of Pakistani nationals coming to the hospital each year who speak languages ranging from English to Kutchi.

"I must see the 'German doctor,'" a young woman exclaimed at the reception desk. "I'm so sick and I just can't explain in anything but German just how I feel." And thus, the overseas staff, who also represent several different nations, serve in this unexpected way. Likewise, the indigenous staff perform an inestimable service through their knowledge of the local languages.

"Are you comfortable?" "Do you feel better?" "May I give you a drink while I am here?" or "I hope you had a pleasant sleep," is all that is necessary to provoke a pleasant smile and a grateful "Thank you, Sister, thank you very much for everything" from patients like Mr. Dastur, the distinguished looking Parsi gentleman, or from Mr. and Mrs. Iqbal, the advocate and his wife hospitalized for hepatitis, or from Jan Mohd in the medical ward.

"Have you had enough lunch, Mr. Alexander?" the food matron asked a Russian patient. "Oh, yes," he beamed. "Alexander, he eat much, he get fat!" He made meaningful gestures to indicate his probable future figure.

Amir Bakhsh, an injured labourer, who was hospitalized in the surgical ward for several weeks, always responded, "Just put it there, Sister," when the envelope containing his report was taken

to his bedside to be picked up by a company official in the evening. And although his jaws were wired together to help repair the damage from the accident, he would struggle to repeat, "Just put it there, Sister. It is so good of you to make a report for me so often."

While performing these little courtesies comes the opportunity for evangelistic approaches. One busy Sunday afternoon the cashier took twenty-five *Signs of the Times* to her counter and suggested to several patients that they might enjoy reading a *Signs* while they waited to see the doctor. Within a few minutes other patients asked for papers, and the waiting room and hall became quiet as they read this Christian literature.

"You don't serve meat here?" or "You don't drink tea or coffee?" The questions require a simple explanation of what God originally gave man for food and the values of the natural foods He has provided in every land.

Careful Sabbath observance in the hospital also raises questions and creates a convenient time to explain creation and God's law and its perpetuity.

In the children's ward where cribs overflow and spill out into the hall and veranda, little undernourished Shaukat Ali's mother reiterates, "But God has willed..." Again the doctors and nurses retell God's plan of simple food, cleanliness, thrift, and industry as demonstrated when the children of Israel carried out His instructions to them for healthful, happy living.

One Sabbath afternoon the singing band moved slowly down the hall on the women's floor. "Both the patient and her husband are distressed over her condition," a special nurse said, inviting the group into the private room. "The

husband wants you to pray." The young women bowed their heads while one of them prayed. Then the Muslim gentleman said, "Thank you very much. Now please pray in Urdu. My wife doesn't understand English." Another member briefly asked God's blessing upon the patient and her family and concluded with the beautiful Lord's prayer. As the group smiled and left the room, appreciation and peace were apparent on the suffering woman's face.

The Karachi hospital staff petition the prayers of the workers and laymen in Southern Asia that they may help their patients "that they might have life, and that they might have it more abundantly."

Vincent Hill School Week of Prayer and Baptism

C. A. BOYKIN

DURING September the Vincent Hill School family had the privilege of having Pastor C. R. Bonney, director of the Voice of Prophecy, conduct an inspiring Week of Prayer. Twice daily he presented practical topics in a manner that all could understand and appreciate. The climax came on the last Sabbath when the congregation was invited to gather about the outdoor baptismal font to witness the baptismal ceremony.

It is fitting to mention that last June Pastor Kenneth Oster, with his family from Teheran of the Middle East Division, spent a short time with us. Arrangements had been made for him to conduct the mid-year Week of Prayer. The Lord blessed his ministry and at the close of the week a nice group of boys and girls joined the baptismal class.

These young people faithfully attended the class each Sabbath morning for nearly three months. Thus when Pastor Bonney led the school into the Week of Prayer a number in the class were prepared to follow their Lord in the sacred rite of baptism.

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Kaudiar, Trivandrum Church Dedication

P. S. JOHNSON

AT LAST the anticipated day had arrived—the day for the dedication of the Kaudiar church, Trivandrum, on October 24. Preceding the dedication, members and visitors met for Sabbath school in the old shed. Following this the congregation gathered in front of the new church building. More than 250 adults and 75 children were present when Pastor G. W. Maywald opened the doors of the church after receiving the key from Pastor S. Nathaniel, president of South Kerala Section, who had received it from Pastor John Gabriel, the new church pastor. Nine leaders were seated on the rostrum, including Brother C. N. Abraham from the Division, Pastor I. K. Moses, from the Union, and Pastor H. G. Josephs from Ernakulam.

After the welcome by the church pastor, P. M. Thomas, secretary-treasurer of the South Kerala Section, read the scripture reading. Three sisters from the church sang a beautiful number, after which Pastor Nathaniel gave a brief history of the church. He said that

the first man to accept the message was Brother Manash, who at that time was a tailor. The second group was Sister P. Vethamuthu and her parents. During those days Pastor H. G. Woodward and Dr. D. W. Semmens were working in the area.

In 1942 when the missions were divided into two sections, the work was started again under the leadership of Pastor G. P. Crusiah. Pastor J. V. Jacob and Pastor S. Thomas continued the work. When Pastor Thomas held an effort at Nanthencode many were baptized and a church was organized.

In 1951 the present site was purchased in Kuravanconam, Kaudiar, by Pastor A. F. Jessen, at that time president of the field. The Nanthencode Sabbath school and church were shifted to Kaudiar by Pastor K. S. Peter and the writer, who conducted an effort in the place and built the present shed on the property.

In 1958, Pastor Thomas conducted another effort and baptized

about 35 new souls. Pastor Jacob continued the work. Since the South Kerala Section office had been unsettled for ten years, it was decided to locate the headquarters at Kaudiar, and funds were provided to build a representative church and adequate office accommodation.

As Pastor G. W. Maywald presented the dedicatory message, consecrating the church building to the service of God, he called upon the church members to also reconsecrate their lives to the Master's service.

As Brother S. Hutton sang a special song the thank offering was taken which included a goat worth about Rs. 20 brought to the Lord by one of our old sisters. Although there are four other church buildings in the town we are happy that our building is one of the best. We are thankful to the Lord and to those who helped make it possible for us to have our own church in this great city, Trivandrum, the capitol of Kerala State.

Science and the Spirit of Prophecy Agree

TWO MEALS — But Which Two ?

“STUDENTS, I have a secret that will be worth a million dollars to you if you will take it home and put it into practice.”

This startling announcement by a popular health lecturer kept Miss Dorothea Van Gundy of the International Nutrition Research Foundation and the rest of the audience on the edges of their chairs. After building up the suspense to a high level the speaker divulged his secret.

“You should eat a good breakfast. It should be the best meal

of the day. Your noon meal should be a good one. But for supper something light, such as fresh fruit, broth, or hot drink, or nothing.”

To Miss Van Gundy this principle was neither secret nor new, nor should it be to you or to me. This principle was made plain to Seventh-day Adventists over fifty years ago.

However customs and habits are hard to break, and Seventh-day Adventists in common with people the world around like to

stay in bed as long as they can and often fail to eat breakfast at all or take time for only a skimpy, unbalanced meal which does not furnish nutrients needed for the work of the day.

From a leaflet entitled, “Eat a Good Breakfast—to Start a Good Day,” the following is quoted:

“One thing is certain—going without breakfast is a bad start for the day. Some studies show that workers who skip breakfast get less done in the first working hour than those who tuck away a good meal

before work. And, as the morning goes on, the hungry ones grow less efficient. After lunch, they do better, then they slow up again.

"What happens to these workers happens to homemakers too—and to everyone else. It's especially true for children. A child who eats a good breakfast has a better chance to do well in studies and games."

Most industrial accidents begin at the breakfast table. A U.S. Department of Agriculture report reveals that a well-rounded breakfast can spell the difference between a serious accident and a near miss. Good breakfasts sustain blood sugar level until lunch time. Poor breakfasts result in a drop in blood sugar which leads to inefficiency, fatigue, and lack of co-ordination. The key seems to be sufficient protein, but the breakfast need not be large.³

Recently the navy conducted a survey showing that many air accidents are not the fault of poor equipment but are actually due to manpower faults caused by poor nutrition. Navy wives were advised to get up and give their husbands a good breakfast.

A nutritionally complete breakfast with adequate protein, calories, vitamins and minerals is what is required. A variety of whole grain cereals, nuts, eggs, milk and fruits are good basic foods for breakfast planning. The common breakfast meal of sweet bread and a hot drink (coffee, tea, or even cocoa) does not provide anything but a few calories and is a "blank shell" with which to start the day.

"Omission of breakfast increases reaction time and tremor magnitude."⁴ Reaction time is the quickness of your response to a stimulus or an emergency. If one goes without breakfast his reaction time is longer—it takes him longer to act. Tremor-magnitude is the sum of nervous movements of the body—i.e., a person cannot hold his hand as steady when he has not eaten breakfast as he could had he eaten a good meal. This delay in reaction time and increase in tremor accounts for many of the accidents which occur in industrial plants.

Breakfast is the most needed meal of the day. The body has been resting during the night and has had no nourishment. It needs to fuel up for the day's work. For this reason breakfast should supply at least one-third of the day's food needs.

If these needs are to be supplied time must be given to a breakfast meal. Good planning with preparation for a balanced and attractive breakfast will make it possible for mother to serve the meal on time so that the family need not rush, but can eat together. All members of the family should be up to complete the morning chores and worship on time so that breakfast can be pleasant and unhurried.

Seventy-five years ago in 1884, Sister White wrote these "modern" words of counsel in a personal letter:

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day."⁵

Those who try the plan of living on two meals a day—omitting the evening meal—are often branded as fanatical or radical. If a general survey were taken it would be found that a large percentage of people live on two meals a day—omitting breakfast. The general public do not seem to be at all disturbed by this programme, but our nutritional experts are getting upset about it—not because the people are eating only two meals a day—but because they are *omitting* breakfast, the most important meal of the day.

It is interesting to note that Sister White never advocated omitting breakfast in her two meal programme.

"Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at suppertime; but this meal should be very light."⁶

"In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties."⁷

You will discover many other "valuable secrets" if you will study health principles as outlined in the writings of Mrs. E. G. White. Put into practice, they will be worth "a million dollars."

1. "Youth's Instructor," June 18, 1957
2. U.S. Department of Agriculture leaflet No. 268
3. "S.D.A. Dieticians' Digest," Dec., 1957
4. "Journal of Applied Physiology," 1:545, 1949
5. C.D.F. 173
6. CH. 156
7. Ed. 205

V. H. S. WEEK OF PRAYER

(Continued from p. 5.)

Although the monsoons were still in progress the day of the baptism the rain seemed to hold back for the occasion, thus permitting the service to go forward without any inconvenience. No sooner, however, had the service ended than down came the rain again.

The church took pleasure in accepting these young people into the church. They were: Marlene and Robert Osmond of Delhi, Buddy Lowry of Poona, Douglas Patt of Vellore and Dennis Laurson of Karmatar. Three more are to be baptized during the winter vacation period in the churches where their parents may witness this important step. There were several more in the class and these in due time will, we believe, also be baptized. It is our hope and prayer that the school and church here may ever be a means of directing the youth into God's remnant church and His work.

We express our thanks and appreciation to both the Middle East and Southern Asia Divisions for having arranged to send us Pastor Oster and Pastor Bonney. Their visits brought spiritual blessings to all.

"The secret of success in the work of God will be found in the harmonious working of our people. There must be concentrated action. Every member of the body of Christ must act his art in the cause of God, according to the ability that God has given him."—E. G. White, *Review and Herald*, Dec. 2, 1890.

Miscellany

● The North Tamil Section office has moved to the new office building near our church at 21-A Williams Road, Tiruchirapalli, which was dedicated and officially opened November 4. I. K. Moses, Union secretary; S. John, Union treasurer and J. A. Soule, Union publishing department secretary, attended the function.

● The church school at Vizagapatam, which opened in January, 1959 with seven pupils now has an enrolment of 77 pupils. Joyce Ballentine, the teacher, reports that 25 to 30 children attend the Sabbath school each week.

● From Calicut S. Thomas reports an attendance of 500 people at the meeting on November 8. Help is needed to follow up the interest. Although they have been hampered by rain, the effort programme has moved forward in a strong way.

● R. R. Banks, wife and Linda

ZOKHOSWANG

(Continued from p. 4.)

this rice many miles up and down the steep mountains to a market or by working out for a few weeks a year. But even of this small income a portion is the Lord's.

Our members faithfully presented the appeal to their neighbours and to nearby villages, and by the close of the Uplift drive they had collected about Rs.22. That is about Rs. 1.50 per member. The only reason why all the members in all of our village churches do not have similar accomplishments is because they do not put forth the same amount of effort.

As our new Uplift season begins, why not have 100 per cent of our members working members?

Lee arrived in Bombay from Canada on November 8. Spicer Memorial College welcomes them to the staff where Brother Banks will teach science.

● The Week of Prayer at Manasapara school in East Pakistan concluded with a baptism of six candidates.

● K. S. Brown reports a severe cholera epidemic in the Bhil area, where he and L. J. Tessier recently toured, giving some help to a few of our members in the hardest hit famine areas.

Dorcas and Welfare Evangelism December 5

● Using our own motor boat C. H. Hamel and L. J. Tessier were recently able to make a tour in East Pakistan in five days which formerly took not less than two weeks of tedious travel.

● The new girls' hostel at Jalirpar has just been roofed and the floors will be poured.

● B. B. Talukdar in East Pakistan has just completed a one-month effort at Sonapur in District Dinajpur. This was a revival meeting for the area as we have had no worker there for some time.

● The Jalirpar high school will send six students to Chuharkana for the college section next year. Two girls from the Jalirpar school will enter the nurses' training course in Karachi, and it is expected that two graduates of the two-year training course at Chuharkana school will return to East Pakistan.

● Pastor and Mrs. Q. W. Lange returned to Poona November 13 after a four-month furlough. We

welcome them back to another term in Southern Asia. They bring greetings from many friends of Southern Asia, among whom are Pastors Cormack, Ham and Wilson.

● S. Nathaniel, president of South Kerala Section, reports the baptism of 20 candidates at Palode on November 14. Village, city and lay efforts are expected to yield good results before the year ends.

● P. M. Thomas, Secretary of the South Kerala section reports that on November 14, Pastor T. P. Wilson had baptized 26 people as a result of his effort in Neyyattinkara. On the same Sabbath Pastor K. C. Chacko conducted a baptism in Palode. Another baptism was scheduled for Nov. 21, when several others were expecting to participate.

Southern Asia Tidings

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