

Trans-Africa Division
OUTLOOK

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**DIMENSIONAL
KEY**

For Such a Time as This...

ANTICIPATING THE ADVENT

by WILLIAM A. FAGAL
Director, Faith for Today

ON A RECENT trip to the West Coast of the United States I left the well-travelled Interstate highway and took what the map indicated to be a short cut. Within minutes I realized that the choice was a mistake. The primitive condition of the unfrequented road kept me so occupied that I even forgot to check the mileage to discover if I had saved any!

Tiresomely tortuous, the route proceeded interminably uphill, downhill, and around hairpin turns. Awesome sights occasionally greeted me as I peered anxiously down unprotected steep cliffs and surveyed beautiful valleys far below. Short cut or no, the trip took twice as long as if I had stayed on the main road.

Toward the end of my detour I passed through a desert community, plainly a ghost town. At the centre of this former mining area the State had placed a small sign giving a brief history of this place. Years ago gold had been found here and people had come in great numbers to mine the reef, hoping to get rich quickly. Some of them did.

But now, the deserted community's homes, restaurants, saloons, a school, several stores, and a church were empty and forlorn. High weeds added to the rundown appearance of the unpainted, neglected buildings.

While standing in the eerie silence of the place, I reflected on all the ambitions, joys and sorrows, hatred and affections of those who had once dwelt here. Now only the cemetery contained inhabitants and only the gravestones expressed the community's disappointed hopes. When the cost of mining the ore had exceeded the price the gold could command, the dispirited people had all moved elsewhere, leaving behind their shattered dreams.

Homes and businesses that had once consumed full attention became worthless. Willingly their owners abandoned them and went—I know not where. A simple event over which they had no control—the setting of the price of gold—had robbed their lives of meaning in this place.

From the abandoned, empty village my thoughts leaped ahead to a time when, according to Scripture, the entire world will become one vast ghost town. Though this may not appear

a very inspiring thought, surprisingly, when understood properly, it can be comforting, and even uplifting.

Global Ghost Town

The second advent of Jesus will reduce the earth to a global ghost town, for God will take the righteous to heaven while He renovates this earth. During the thousand-year period that follows, the earth will be one vast desolation.

Perhaps you do not relish the prospect of leaving your present home. Would you feel bad about abandoning it if you knew that God was going to give you one infinitely better? He has promised to do just that.

If only we could see our earthly houses and possessions in the light of eternity, how insignificant and transitory they would appear. God intends to replace them.

Someday we will leave our pitiful accumulations in which we now take such pride. Our well-furnished homes will then soon become dilapidated, sagging on their foundations; our fine motor-cars will soon become inoperable, and our bank accounts worthless.

Are you wondering what is coming, even uplifting about this? The

disciples wondered too. Christ described for them not what they would leave, but what He has prepared for them.

Jesus told them, "Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also" (John 14: 1-3). To His perplexed followers this was a precious promise, one which they never forgot.

Why should anyone worry about deserting a crumbling earthly home if he can lay claim to one of the Father's "many mansions"? While I am satisfied with my home here, it surely is no palace; it should not be difficult to leave it for the special place Jesus has prepared for me. That is what I shall do when Christ returns to earth!

But our Lord's return is not only to make possible the exchanging of our homes here for mansions in the skies. Christ's second advent will also reunite families. What a precious promise this is, made more meaningful in time of loss.

Our daughter telephoned us recently to tell us of a tragic accident which had claimed the life of a very talented friend of hers that day. A young wife and mother, an accomplished musician, she had that morning taken her husband to the airport

CEYLON'S POYA WEEK A PROBLEM

SEVENTH-DAY ADVENTISTS in Ceylon are having hard going, reports Lawton G. Lowe, president of the Ceylon Union Conference. But the church is growing in spite of it.

In January, 1966, the Ceylon government discarded the weekly cycle, which gave recognition to Sunday. In its place it substituted the Buddhist Poya Week, with a wandering holy day. The weekly holiday is determined by moon phases during the month and may occur any time during the week.

As a consequence, says Pastor Lowe, Seventh-day Adventists have found themselves observing their seventh-day Sabbath (Saturday) when the rest of the community has scheduled a regular workday. Jobs are hard to keep. Adventist students have had to miss classes on Saturdays when schools were open so that Buddhists could observe Poya day in the middle of the week.

Lowe reports that Catholic and Anglican churches have adjusted church services, to enable members to work on Sunday when that is a regular work day. "Seventh-day Adventists cannot readjust their Sabbath observance," he explains, "because the seventh-day sacredness has been assigned by God and not man."

The conference president reports a 30 per cent gain in Adventist membership in Ceylon in the past two years. "The Christian experience of our people has deepened," he observes.

—M. Carol Hetzell.

and seen him on his way to business appointments. Before separating, they prayed together in the car. The husband later reported that his wife had offered a beautiful prayer for God's protection on her travelling husband. He arrived at his destination safely, only to be told that on the way home from the airport her car had been struck by another vehicle and she had been killed.

How can we explain life's senseless tragedies? We cannot. But, in faith, we believing Christians can look forward to Christ's return when a loving God will compensate us for earth's losses and restore our loved ones.

What hope exists for every sorrowing heart in the promise of the resurrection at Christ's coming! What a triumphant note is sounded in the assurance, "For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words" (1 Thess. 4:16-18).

Glorious Reunion

Let us consider what Christ's return will mean to every believing Christian.

1. It means a beautiful, eternal home in heaven.

2. There will be reunion with those from whom we have long been parted.

3. The second advent of Jesus will end all sickness.

4. It means the end to physical handicaps.

Isaiah wrote, "Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing." Isa. 35:5, 6.

5. Christ's second advent means the end of crushed and disappointed hopes.

6. All nature will reflect the peaceful harmony of God's universe. Nature, now seemingly at war with itself, characterized by violence, will become peacefully harmonious. In the

(Continued on page 11)

Editorial—

THIS PEOPLE SHALL DWELL ALONE

ONE OF OUR JOURNALS recently published a series of articles entitled "Other Sabbath-keeping Groups." While the data is interesting *as information*, it nevertheless contains a dangerous pitfall that we need to be on our guard against. The thing that is disturbing is that certain of these groups are *commended* because of the fact that they observe the Bible Sabbath, notwithstanding the fact that in some notable instances their systems of doctrine embrace many grave errors. The implication of thus *commending* teachers of false doctrine for the one solitary ray of light that they happen to hold, could be to *condone* the errors they teach. It could lead to an attitude something like this: "Oh, well, they keep the true Sabbath, so therefore they must be all right. The other things they teach that are wrong just can't be important!"

No greater mistake could possibly be made than this! They *are* important. It is not enough to merely be teaching truth on one particular point while misrepresenting it on other equally important issues. In order for a church to qualify as bearing the divine credentials, it must teach not only the truth, but the *whole* truth and *nothing but* the truth!

On every doctrine we hold we would be able to name some church that holds it in common with us. There are several bodies that, like us, practise baptism by immersion. Others hold the same view as we do on the state of the dead. There are one or two others that practise foot-washing. But in each instance that is where the similarity ends. There are a few bodies that have several similarities to us. But on other major points they differ from us. *What is of consequence is not our points of similarity but our points of dissimilarity.* This is what matters.

This may not sound like good public relations. It certainly is completely out of harmony with the current religious climate which tends to gloss over "differences" and emphasize "points of agreement." But it is nevertheless an observation which is vital if we wish to stand through the last great delusion, which will be so sinister that it will sweep many Seventh-day Adventists off their feet! Satan has been conditioning men's minds for this final showdown for a long time. And *one of his most cunning devices has been to mix truth and error in religious systems and then make the error look harmless because it is linked with elements of truth!*

In no area is this more pertinent than that which relates to *eschatology*, the study of last-day events. Many denominations today teach the doctrine of the second advent. But *what* they teach concerning it is completely at variance with what Christ, His apostles and all the New Testament writers had to say on the subject. One of the Sabbath-keeping bodies mentioned in the articles referred to, is foremost in teaching the millennial reign of Christ on earth. We contend that all those who thus teach are simply aiding Satan in preparing the minds of millions for the coming of the deceiver who will attest to his claim to be Christ by the performance of breathtakingly remarkable miracles. On every hand the cry will ring forth, "Indeed, this is Christ returned to earth, in fulfilment of His own promise!" Those whose hearts and minds have not been fortified with the truth concerning the manner of Christ's coming will be caught up in the web of deception along with all the rest.

We need constantly to remind ourselves that as Seventh-day Adventists we are not just one denomination among many. We are not merely Sabbath-keeping Methodists or foot-washing Baptists. We are a people who hold a system of truth for this hour, every doctrine of which interlocks with every other to give a complete and unified picture of total truth. An ancient prophet declared concerning God's called-out bearers of truth, "Lo, the people shall dwell alone, and shall not be reckoned among the nations." Numbers 23:9.



Cover Picture:

FOUR DIMENSIONAL KEY:

See article on page 9.

Focus on

STEWARDSHIP

"Moreover it is required in stewards, that a man be found faithful" 1 Cor. 4:2.

by E. T. GACKENHEIMER,
Stewardship Secretary, Trans-Africa Division

PRAYER ANSWERED

by S. W. E. SHONGAH,

Chipembe District
Zambesi Union

THERE WAS A TIME when one of our believers sincerely lifted his voice to the Lord because of the trouble he had in his garden with monkeys eating his crops.

Teacher Kumwenda of Luwazi Mission in Malawi decided to claim the promise of Deut. 28:4 which says "Blessed shall be the fruit of thy body, and the fruit of thy ground." His garden gave wonderful crops but the monkeys came and spoiled the things he planted, mainly on Sabbath when everyone was at church. It seemed that someone should remain with the crops on Sabbath, but Mr Kumwenda did not want to do this.

He called his family together, claiming the promises of God as recorded in the Bible. He read Phil. 4: 4-6 which says, "Rejoice in the Lord alway . . . be careful for nothing . . . Let your requests be made known unto God." In their prayers they asked especially for protection for their crops on Sabbath.

The following Sabbath they all went to church. No one remained in the garden. This very Sabbath God answered their prayers. As usual monkeys came to the garden, but as they started to feed an eagle came and caught one. As the victim screamed, the other monkeys became frightened and ran back into the forest. These monkeys never returned to this garden again.

God is faithful and will fulfil His promises if we are strict in keeping His word. God can and will help you too, but you must do your part first.

Testimonies, Vol. 4, page 18

"Every believer should be wholehearted in his attachment to the church. Its prosperity should be his first interest, and unless he feels under sacred obligations to make his connection with the church a benefit to it in preference to himself, it can do far better without him. It is in the power of all to do something for the cause of God. There are those who spend a large amount for needless luxuries; they gratify their appetites, but feel it a great tax to contribute means to sustain the church. They are willing to receive all the benefit of its privileges, but prefer to leave others to pay the bills. Those who really feel a deep interest in the advancement of the cause will not hesitate to invest money in the enterprise whenever and wherever it is needed."

TITHE BARN

THE ACCOMPANYING photograph was given to me by Pastor Gerald Clifford a few days ago. It was taken in the Central Province of Malawi at one of our churches. The church members bring their maize tithe to the church and there it is stored until the barn is full. When full the entire contents is sold and the tithe is then turned into the treasury of the church.

The members carry out the admonition of Scripture literally: "Bring ye all the tithe into the storehouse." The tithe in the Central Lake Field is upward in per capita. This is true also throughout all of Malawi. For that matter, every union showed a gain in 1969 in per capita tithe over 1968. For this, we thank the Lord and commend the faithfulness of our members. We encourage those who have not been faithful in stewardship to make 1970 the year of restitution and new resolves to be faithful to the Lord.

God has promised to bless those who are faithful. Why not take Him at His word and as He says in Malachi, "prove me now herewith, says the

Lord of hosts, if I will not open the windows of heaven and pour you out a blessing that there shall not be room enough to receive it."



The overflowing "Tithe Barn" in Malawi.

A Cause For Rejoicing!

We want to share with the readers of the OUTLOOK our happiness in seeing the TITHE per capita showing a gain in 1969 over the 1968 figures. The reports from the forty-four conferences and fields of the Trans-Africa Division give us this heartening picture: Thirty-one show a gain over the 1968 per capita, and six equal the 1968 per capita. This is a new day in Trans-Africa. May God bless all our members for their faithfulness, and may those who need encouragement to prove that the Lord keeps His promises find here a challenge.

AROUND OUR UNIONS

J. D. HARCOTMBE RETIRES

WITH A RECORD of 34 years of service to their credit Pastor and Mrs J. D. Harcombe retire on March 1. Theirs has been an enviable record of dedicated service and their contributions to the work in the South African Union, Section II, the Southern Union, the Tanzania Field (as the Tanzania Union was known then), the Southern Rhodesia Field, and the Rhodesia Conference have been positive and valuable. Brother Harcombe served as president of these organizations, and in addition served in the Good Hope Conference as head of the Theological Department of Good Hope College. The publishing work has also been enriched by his work as a student colporteur and by his continued interest in this phase through the years.

Mrs Harcombe was formerly Miss Grace Hayidakis and taught at Good Hope College before her marriage. They have three sons, two of whom are in the United States and it is to visit them that the Harcombes are travelling to America.



Pastor and Mrs J. D. Harcombe.

THE COPPERBELT

by J. D. HARCOTMBE

IT WAS a great day for God's cause on the Copperbelt when six souls were baptized and joined the church. Undoubtedly this baptism brought great joy in heaven and also to Brother and Sister "Chips" Wood who have laboured there for the past ten years. It is true they will see many souls in the kingdom as a result of their work as literature-evangelists, but how wonderful it is for them to see some fruits for their labours now. Five of those baptized, four young people and the wife of a church member, were prepared for baptism by Brother Wood. The sixth person, Brother Jimmy Rankin, was won as a direct result of his literature work.

The Lord works "in a mysterious way His wonders to perform." One day Sister Wood asked her husband to buy a cabbage. He tried various shops in Ndola but was unsuccessful. Then someone advised him to try a certain vegetable shop on the outskirts of the town. There he met Jimmy Rankin and bought a cabbage from him. He noticed a religious slogan on the wall of the shop and this prompted him to canvass the young man. Jimmy was only interested in a

medical book but Brother Wood has made a habit of always selling a religious book with a medical book, and finally had the two books sold.

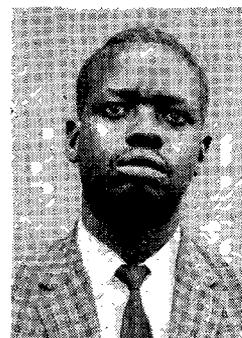
"Well, I will read this Bible book," said Jimmy, "to prove that you Seventh-day Adventists are wrong."

During the time he was reading the book, Brother Wood visited his shop frequently, using as an excuse the need to purchase cabbages. Sister Wood told me smilingly that they had so many cabbages on hand that they could not eat them all! Finally the book was read and to Brother Wood's great joy, Jimmy stated, "I am now convinced you Seventh-day Adventists are right."

Naturally Brother Wood continued visiting Jimmy but not to buy cabbages. Instead earnest Bible studies were undertaken until Jimmy was ready for baptism. Now Jimmy Rankin is not only a member of the remnant church but has applied to be a literature-evangelist. His request has been granted and he is now busily engaged in the literature ministry in Zambia.

Brother Wood had determined he would not leave the Copperbelt until there was a replacement to take over from him. Jimmy has stepped into this position and Brother Wood has been transferred to Umtali. Brother Rankin has asked an interest in our prayers as he enters this new work. May the Lord richly bless him as he takes over this all-important work of spreading the third angel's message in Zambia.

PROFILE

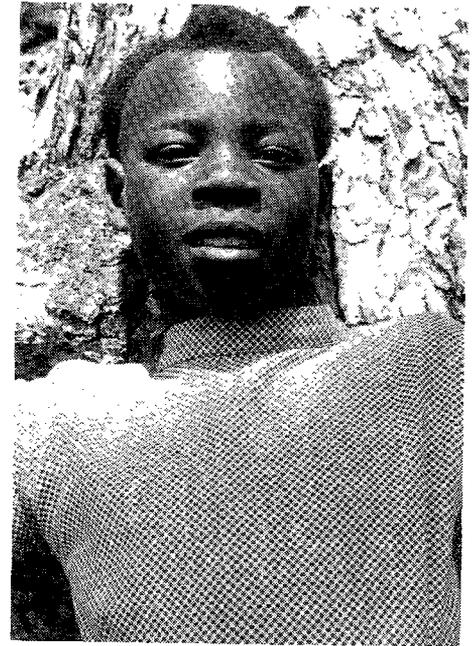


PASTOR H. ASIEL RUHAYA is secretary-treasurer of the East Congo Field. Born into a Christian home, he received his primary and secondary education at Gitwe Seminary in Rwanda and commenced teaching at the age of 17. After teaching in several schools, including his home school at Kanyinya, he joined the staff of Gitwe Seminary where he held the positions of teacher, book-keeper and later head teacher, until he was selected to attend Solusi College for further training. Upon leaving Solusi with a Commercial Course certificate he accepted his present post in the East Congo. Combined with his teaching and administrative work he has engaged in strong evangelistic work through the years and has had charge of many churches.

The camp-meeting, as in early Adventist history, is a public evangelistic occasion. Members bring friends and interested neighbours. At the end of each camp-meeting a strong appeal is made for decisions. In this way the district baptismal classes are replenished. In the five camp-meetings we were gratified to have 340 souls join baptismal classes. One typical response is shown in the picture on the right.

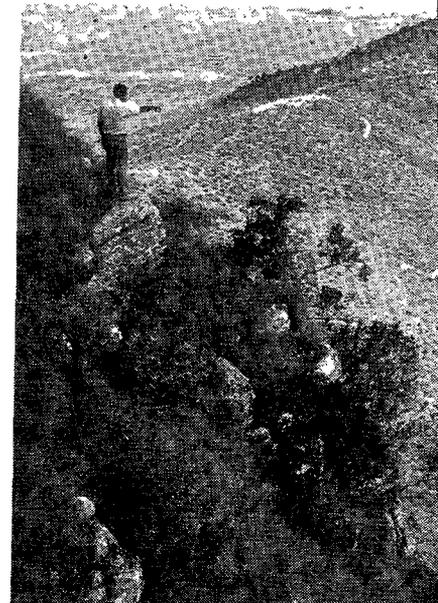


Below: A modern "Sermon on the Mount." Pastor Jonas Mbyirukira, president of the East Congo Field, preaches to a large crowd on a grassy hillside in the Congo. Camp-meeting sites are selected carefully. The speakers' booth is placed at the bottom of a slope. The voice carries up the hillside and, without amplification, is audible at the perimeter of crowds of up to 2,000.



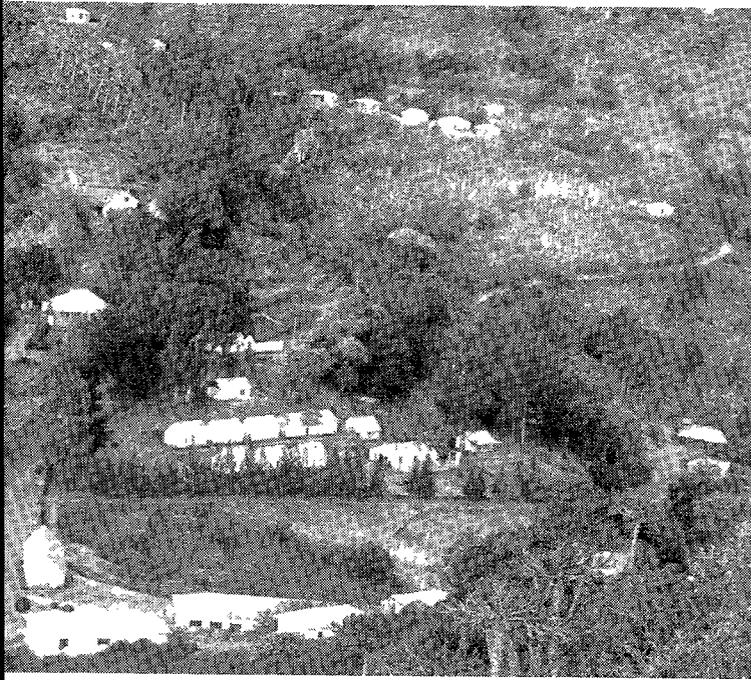
A Watutsi maid with typical hair-do.

Watutsi matrons, true mothers in Israel, cling to traditional robes and headbands though customs are changing for the younger generation.



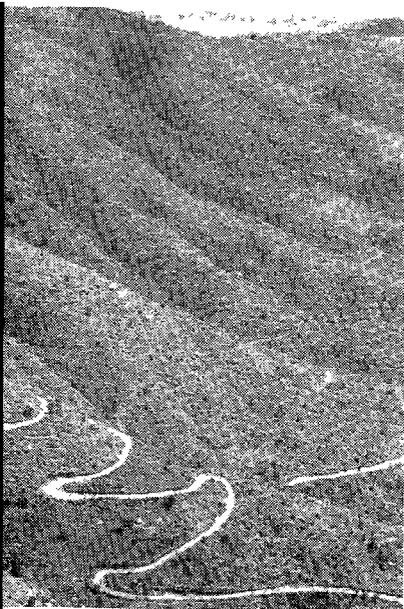
Camp-meetings in the Congo and Tanzania

Photographs and captions by A. E. Cook.



office, school, dispensary, and workers' homes were sited high up on the hillside by early German missionaries at Suji.

The road to Suji mission in Tanzania winds steeply over a 4,000 foot mountain spine.



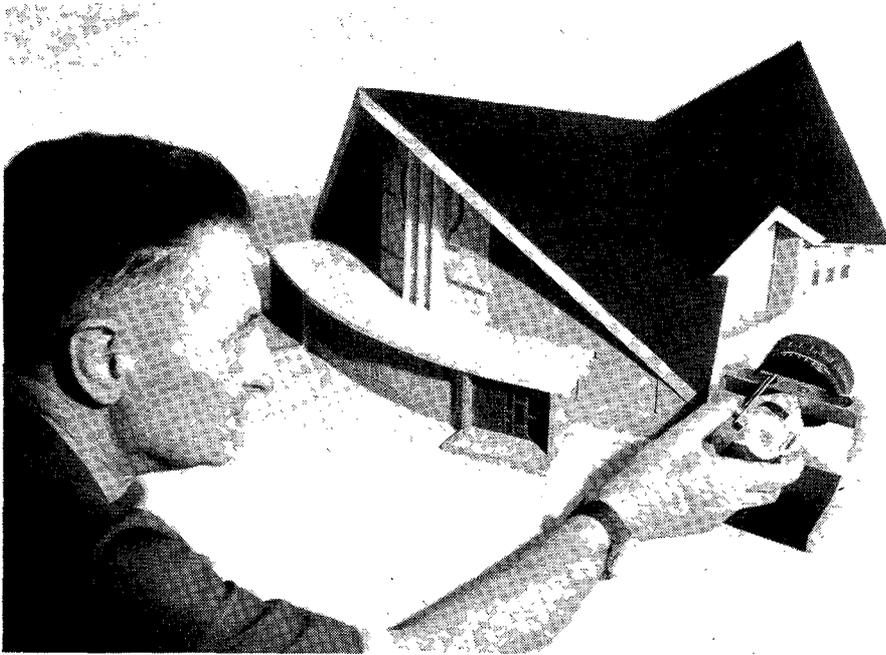
Dorcas ladies prepare food for visiting speakers and also supply them with a basketful for their journey.

Below: Hospitality unlimited is characteristic of the Pare people. Lack of modern facilities means a more personalized service—washing hands before meals.



Sabbath-school classes separate for the study of the lesson. Classroom space is plentiful here.





A scientist of the N.B.R.I. examines a model of a church building for sun control.

Are Church Buildings Always Properly Planned? (Abridged)

by J. F. VAN STRAATEN AND T. M. FERREIRA

[Recently we received a very fine treatise on the subject of church building, prepared by J. F. van Straaten and T. M. Ferreira. Since this article covers this subject in some detail we have not been able to print it in its entirety, but should any church leaders or workers wish to have copies of the full article, kindly write to the editor and make your wishes known. Aspects dealt with are: ventilation and thermal performance, sunshielding, ceiling insulation, wall finishes, lighting, acoustics, foundations, water penetration, et cetera. Mr van Straaten is from the Environmental Engineering Division, National Building Research Institute, and Mr Ferreira is from the Acoustics Division of the National Physical Research Laboratory, both departments of the South African Council for Scientific and Industrial Research. Both writers are fully qualified to deal with a subject of this nature and their treatise is exceptionally informative and constructive.—Ed.]

This article, prepared for the guidance of both the congregation and the architect, stresses the functional design of church buildings—an aspect that is all too often neglected—and points out that designing is not only an art but also a science.

LARGE AMOUNTS of money are spent annually on the erection of church buildings. Careful consideration is usually given to the appearance and size, while precisely those aspects that eventually determine how well the building will fulfil its functional purpose, when measured in terms of comfort and performance, are neglected. If, through bad design, members of the congregation are uncomfortably seated, feel too hot or too cold, or cannot see and hear the preacher properly, and if the quality of the music is not high, they find it increasingly difficult to keep their attention from wandering.

It must be strongly emphasized that *acceptable thermal conditions, good ventilation, lighting and acoustics are always possible*—often at little or no extra cost—provided attention is given to these factors in the initial planning stage and not after the building has been completed. Even if the initial costs for a better building are higher, the higher figure may be more realistic than the lower one for a poorly designed and less functional building. Much more is involved than purely materialistic considerations.

The saying that prevention is better than cure is particularly true when it comes to the functional design of church buildings. It is there-

fore believed that a church council should attempt to achieve the most desirable solution at the design stage and for this reason the functional and other aspects of the design must be carefully considered and studied if the desired requirements are to be met.

FINE BUILDING PROGRESS AT MWAMI

by BRADLEY NELSON, M.D.

DURING 1969 several worth-while building projects were undertaken and completed at Mwami Hospital, Zambia. The first of these was the new doctor's house where the medical superintendent, Dr Harold Frank and his family now reside. Next was the Arts and Crafts classroom at the leprosarium. This 20'x40' structure is now completely equipped with facilities for some very meaningful classes for the handicapped. This area is vital to the TALRES program. Mrs Hartikinen of Finland, who resides in Lusaka, has been very kind in donating her time to getting this program under way. She visits Mwami each month when Dr Ray Foster flies in.

Another useful facility is the new mortuary, complete with slab and sink. The former mortuary was an extension of the medical stores room.

Yet another most useful edifice completed in 1969 is the new recreation and assembly building. This facility has been named the E. G. Marcus Hall in honour of Dr Marcus, the founder of Mwami Mission Hospital, who established this institution in 1927. It has 2,000 square feet of floor space and will seat 200 easily. The entire staff and student body can now come together under one roof for secular activities.

Last but not least is the new engine room, complete with two 50 KVA diesel generators. When a synchronizing panel is used this plant is capable of producing 100 KVA. If Mwami should be connected with commercial power in the future these units will serve as adequate standby power for many years to come.

These projects, with the exception of the new doctor's house, were designed and built under the supervision of Brother L. B. Denny. He is also farm manager and maintenance superintendent as well as a teacher in the leprosy rehabilitation program.

Around The World Field

NEW BREAKTHROUGH IN ALCOHOLISM

Four Dimensional Key

by ERNEST H. J. STEED,

Temperance Department Secretary,
General Conference

LISTEN magazine in its February issue has a scoop, as journalists would say, on a new breakthrough about the cause of alcoholism.

Outlined for the first time is the Four Dimensional Key to the Cause of Alcoholism. This new presentation prepared by Seventh-day Adventists is indeed the answer, not only to a national scourge afflicting seven million Americans, but to an international problem that ranks just behind heart disease, cancer and mental illness.

In this special issue of *Listen*, the fundamental principles and scientific data spotlight the four dimensions of man in a modern world. This new data has been prepared over the past three years for public presentation by the writer, with the assistance of Dr L. A. Senseman.

The Four Dimensional Key to the Cause of Alcoholism will consist of four evening programs of illustrated lectures and films. This program will then be followed by a selective group counselling session—the 4DK Plan for Better Living.

Attention therefore is first given to the cause of alcoholism, then prevention, then rehabilitation.

Arranged for public presentation to attract the whole family, the four-night-program features four specially produced films called, "Alcoholism in a New Dimension."

Backing up these films and lecture outlines will be four Walt Disney films featuring the physical, mental and social life in its development. These films cost \$800,000 to produce and are exceptionally impressive.

The Four Dimensional Key to the Cause of Alcoholism is a look at man and alcohol. Man's four dimensions—physical, mental, social, and spiritual are reviewed. It is emphasized that obedience to the natural laws of life will bring rewards for living. Neglect or impairment of these principles, consciously or unconsciously, develop false cravings and desires that make alcoholism possible.

A proper development and strengthening of man's four dimensional life will immunize him against the need or desire for alcohol, drugs or narcotics as a way of life.

Reasoning from cause to effect we can unfold to the public the wonderful principles of truth that, if followed, will revitalize the life and bring power for victory.

Listen magazine in releasing this

news of the Four Dimensional Key to the Cause of Alcoholism, keeps *Listen* and the Church out in front with the answer to life's greatest problem—intemperance and the tragic results that bring havoc to our modern civilization.

[In the Trans-Africa Division, *Home and Health*, our own new health journal, plays the role that corresponds with that of *Listen* in America, and will be carrying this material in its columns. We invite you to widen the influence of *Home and Health* by reading it yourself and by introducing it to others.—ED.]

BROADCAST PIONEER RECEIVES PASTOR'S MANUAL

by WALTER R. L. SCRAGG, General Conference Radio/T.V. Department

FORTY years ago H. M. S. Richards began his work as a radio broadcaster. Within a few years this local pastor became the inspiration for broadcasters not only in North America but around the world. His kindly encouragement led overseas countries to commence with their own programs.

For the pastor, too, he had words of help. Though the Voice of Prophecy now has a coverage of more than 1,700 programs each week, Pastor Richards has always sought to have the local pastor involve himself in broadcasting.

When the General Conference Radio/Television Department asked J. Orville Iversen to write a manual on broadcasting for the local pastor, it was only natural that it should be dedicated to H. M. S. Richards. As Pastor Iversen said so succinctly, "Who else?"

The manual, *So You're Going on the Air*, printed by the Review and Herald, seeks to take the pastor step

by step from the first nervous beginnings to successful broadcasting. Included are the actual scripts of a number of our most successful programs.

Pastor Richards commented on the book as follows: "This book was needed. It is the first up to date full coverage of radio and television procedure in the proclamation of the Word by Seventh-day Adventists. The author has had years of practical experience in this field, sustained by an interest and dedication that has never flagged. He was the one to write it."

Pastor Iversen has served the church as a broadcaster for many years and has worked as a departmental leader in the General Conference. At present he co-ordinates the production of radio and television releases and audio-visual presentations by the departments of the General Conference. His experience is revealed in *So You're Going on the Air*. Every pastor will benefit from the practical nature of the book.



H. M. S. Richards
receives a gift
book from
J. Orville Iversen.

THIS QUARTER'S THIRTEENTH SABBATH OBJECTIVES:

1. Finishing the work in **Ethiopia** with the help of the right arm of the message exerting itself through a splendid new hospital.
2. Finishing the work in **Poland** with the help of the educational heart of the body of Christ.
3. Opening for the first time the work in **Upper Volta** in order not only to write another chapter of missionary heroism, but to help finish the storming of the remaining bastions of paganism through co-ordinated evangelistic advance.

Your offerings, sacrificially given, will spell the successful achievement of these objectives.

—Dr B. B. Beach, Sabbath School Department Secretary,
Northern European Division.

Important Dates During Second Quarter

APRIL 4—Literature-Evangelist Rally Day:

"Our publications are now sowing the gospel seed and are instrumental in bringing as many souls to Christ as the preached word."—*Review and Herald*, June 1880.

APRIL 25—World Evangelism Day and Offering:

"God will have men who will venture anything and everything to save souls. . . . God calls for men of nerve, of hope, faith, and endurance, to work to the point."

—*The True Missionary*, January 1874.

MAY 9—

Spirit of Prophecy Day:

"One who has had a living experience in connection with the work of the Spirit of prophecy in this church, finds no occasion to doubt its divine origin. . . . We cannot see how anyone can prayerfully read the messages which have come through the years, and doubt their genuineness. They speak to one's heart. They carry with them the proof of their own inspiration."

—F. M. Wilcox.

JUNE 20—

Challenge to Youth:

"Hear the Lord command, 'Follow Me'
Youth of ev'ry land, Follow Me.
Every Volunteer from far and near
Follow Me, Follow Me."

JUNE 13—

Disaster and Famine Relief Day and Offering:

"The great gospel commission places upon the Christian church the responsibility of making God's love real by meeting human needs—physical, mental and spiritual."

—Henry W. Peterson.

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REPORTING ON PEOPLE AND EVENTS

For the Trans-Africa Division, 1970 marks a special occasion, for this Division celebrates its golden anniversary this year. We remember with gratitude Pastor W. H. Branson, the first president of the newly organized division in 1920, and those who have followed him in leading this Division onwards to heights of great achievement for the Master. Celebrations to mark this event will be conducted from October 1970 to October 1971 with strong emphasis being placed on evangelism.

Two Office Secretaries' councils were held during February, one in Cape Town and the other in Johannesburg. These councils were the "first ever" of their kind and brought together for mutual benefit our office secretaries from most of the organizations of the South African Union Conference.

Pastor E. Howes, secretary of the World Food Services Department of the General Conference, will be visiting our True Foods organization during April.

Brother and Sister R. D. Marx and their two sons, David and Merwyn, left the Division office during February for the United States where David is to continue his medical treatment.

Brother Donald E. Robinson has been appointed assistant treasurer of the Division, filling the position vacated by Brother Marx.

Pastor D. K. Short, the manager of the Sentinel Publishing Association, and Mrs Short, are among those who will be taking furlough this year. Pastor G. E. Garne has been appointed acting manager of the press during the absence of Pastor Short.

Kanye Hospital in Botswana is the overseer of a Division plane for medical services in and around the Kalahari Desert. This plane was made available to the Division through donations sent in to the "Quiet Hour," a radio program conducted by Pastor J. L. Tucker of Redlands, California.

Good progress is being made on Solusi's new library building. It is expected that its doors will soon open for students to make full use of its modern facilities.

For health reasons Pastor and Mrs E. T. Gackenhimer are returning permanently to their homeland, the United States, at the beginning of April. Pastor Gackenhimer has been serving in the Division office as secretary of the Stewardship Department, and it is regretted that his good work is being cut short.

Permanent returns have been granted also to Pastor and Mrs S. W. Young of Malamulo College in Malawi, Brother and Sister L. D. Denny of Mwami Hospital's maintenance department, and Brother and Sister W. Fillmore from St Helena Island in the Atlantic Ocean to South Africa.

Anticipating the Advent

(Continued from page 3)

earth made new there will be no hidden dangers lurking just out of sight to bring sudden destruction to either man or beast.

7. Heaven's highest joys and rewarding pleasures will last eternally. Says the psalmist, "In thy presence is fulness of joy; at thy right hand there are pleasures for evermore." Ps. 16: 11.

We Must Be There

You simply must not miss heaven. God wants you to be there "And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely." Rev. 22: 17.

If you miss heaven you will have missed everything! Life here can be rewarding, but everyone knows it is often disappointing. Even the happiest life here has its share of sorrow and disappointments; some have more than their share. Heaven is the prepared place where Jesus desires to right earth's wrongs and launch us upon an eternity of what we had always wished life might be—and more.

A place is being prepared there specifically for you. You must not

miss it. You may claim it by accepting Jesus Christ as your own personal Saviour and Redeemer. It will be well worth it.

OUTLOOK

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SUNSET CALENDAR

APRIL 1970

	3	10	17	24
Cape Town	6.38	6.31	6.22	6.14
Johannesburg	6.05	5.58	5.52	5.44
East London	6.01	5.53	5.45	5.37
Port Elizabeth	6.10	6.03	5.54	5.46
Bloemfontein	6.10	6.03	5.56	5.48
P'maritzburg	5.52	5.44	5.38	5.30
Durban	5.50	5.43	5.36	5.28
Windhoek	6.49	6.44	6.38	6.30
Bulawayo	6.04	5.59	5.54	5.48
Salisbury	5.54	5.49	5.45	5.39
Gwelo	5.54	5.49	5.44	5.39
Lusaka	6.00	5.55	5.50	5.47
Blantyre	5.39	5.36	5.31	5.28
Lubumbashi	6.12	6.08	6.05	6.03
Nairobi	6.39	6.38	6.36	6.35
Mombasa	6.25	6.24	6.21	6.20
Kisumu	6.49	6.48	6.46	6.46
Kampala	6.56	6.56	6.54	6.53
Dar-es-Salaam	6.26	6.26	6.25	6.22
Tabora	6.52	6.51	6.49	6.48

MAY 1970

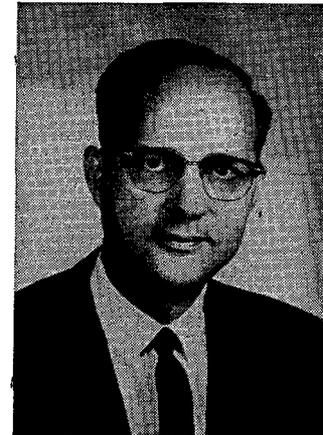
	1	8	15	22	29
Cape Town	6.06	5.59	5.33	5.50	5.46
Johannesburg	5.39	5.34	5.30	5.28	5.25
East London	5.30	5.23	5.17	5.14	5.10
Port Elizabeth	5.38	5.31	5.25	5.22	5.18
Bloemfontein	5.43	5.36	5.32	5.29	5.26
P'maritzburg	5.24	5.17	5.13	5.10	5.07
Durban	5.22	5.15	5.11	5.08	5.05
Windhoek	6.26	6.21	6.18	6.16	6.13
Bulawayo	5.43	5.39	5.36	5.34	5.33
Salisbury	5.34	5.30	5.28	5.26	5.26
Gwelo	5.35	5.31	5.30	5.29	5.29
Lusaka	5.43	5.42	5.40	5.40	5.38
Blantyre	5.24	5.20	5.17	5.16	5.15
Lubumbashi	5.59	5.55	5.53	5.53	5.53
Nairobi	6.33	6.32	6.31	6.32	6.33
Mombasa	6.17	6.15	6.14	6.16	6.16
Kisumu	6.44	6.43	6.42	6.44	6.45
Kampala	6.51	6.49	6.49	6.50	6.52
Dar-es-Salaam	6.19	6.15	6.13	6.14	6.15
Tabora	6.44	6.41	6.40	6.42	6.42

HOW DO YOU THINK?

PART I

by MERLE L. MILLS,

President, Trans-Africa Division



THE INCREASING PERPLEXITIES, uncertainties, fears and moral depravity of modern life are making a devastating impact upon our civilization. It is disquieting to observe a marked increase of neurotics, psychotics, psychopaths, and other types of malcontents. In fact, it is asserted by medical science today that from 75 to 90 per cent of those requiring medical attention are suffering in one form or another from mental disorders. As a result, mental institutions are overflowing. Drug companies are doing a flourishing business. Physicians, psychologists and psycho-analysts are overworked.

The rapid mental deterioration and breakdown of our contemporary society is both tragic and alarming. Until recently, physical disease occupied much of the attention of the physician and medical scientist. Research has unmasked mental illness as a giant and ruthless enemy which stalks the land as a deadly killer. The uncomplimentary epithet "disease of the head" is no longer considered a fancy of the imagination, as it was a few generations ago. In fact, it is now recognized that many diseases which afflict mankind are due to mental stress and emotional turmoil. Hence a new term, psychosomatic, has been coined. It has to do with the ability of the mind (Greek, *psyche*) to produce various disorders in the body (Greek, *soma*), resulting in physical pain, suffering and disease.

It is now common knowledge that the state of one's emotions and mental attitudes are to a large extent the determining factor in having either a sound or a diseased body. Fatigue, debilitation, stiff neck, headache, vomiting, abdominal pains are more often than not the result of stress, strain or an emotional upset. If the causative factor of such a situation is not remedied, and the body is subjected to long and frequent mental strain, irreparable physical damage will ensue,

resulting in organic disease and death.

The delicate and intricate relationship between mind and body cannot be over-emphasized. If the emotions are not brought under control and a healthy, happy attitude of mind maintained, physical deterioration is inevitable. For this reason, one cannot afford to allow the negative emotions, such as fear, anxiety, hate, revenge, bitterness, guilt, melancholy, envy and jealousy to dominate the life. Nor must we have an unforgiving spirit towards those who have wronged us. These are symptoms of a distraught and disordered mind which will not only wreck the personality but will cause one to be miserable and mean, and will lower one's physical vitality, subjecting the body to illness.

Peace of mind is a prerequisite to good health. You see, the mind regulates the emotional centre which influences major changes in the body by means of certain mechanisms, such as the change of the flow of blood to any organ, which affects the secretions of certain glands by changing the tensions of muscles. For instance, embarrassment causes blood to rush to the face and neck. Anxiety and fear sometimes cause one to turn pale because of a restriction of the flow of blood. Nervousness and tension can lead to a dryness of the mouth and parched lips, all because of a change of the flow of blood or secretions of certain glands of the body which are triggered by the emotional centre. Secretions from the adrenalin, thyroid and other glands are known to release certain poisons into the blood stream which often can be detrimental and fatal because of the influence of negative emotions. Medical research has proved that secretions in abnormal and substantial amounts as a result of mental distress can be the cause of high blood pressure, arteriosclerosis, arthritis, headaches, hives, obesity, ulcers, asthma, diabetes, heart attacks, and a host of other diseases.

Scientists have only recently made these discoveries, whereas the Holy Scriptures long ago revealed this truth. It should come as no new discovery to the Christian, for we read that "a merry heart doeth good like a medicine." This clearly reveals that one's emotional state can have either a destructive or constructive effect upon the life. It is not what we eat alone which is imperative to good health. Wholesome attitudes and thoughts are equally important if we would enjoy a sound and healthy body.

Long before medical science began emphasizing this phase of healthful living the servant of the Lord said: "The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated by the imagination."—*The Ministry of Healing*, page 241.

From this statement it becomes very evident that a regime of healthful living demands that we give an equal amount of attention to the care of the mind as to the body.

Reader of mine, determine now that with the power of Christ your mind will be subjected to the control of His Spirit, so that the negative forces and carnal emotions of the natural man will be brought into subjection. "Then shall thy light break forth as the morning, and thine health shall spring forth speedily." Isa. 58:8.

(To be continued.)