



# AUSTRALASIAN RECORD

AND ADVENT WORLD SURVEY

EDITOR: R. H. PARR

WARBURTON, VICTORIA, AUSTRALIA

Volume 73, Number 13

March 31, 1969

## A LETTER FROM ST. HELENA

**Q** Mrs. L. Hunt of Cooranbong, New South Wales, wrote to us recently telling how she regularly sends the "Signs of the Times" to the island of St. Helena off the west coast of South Africa in the Atlantic Ocean. In return, the Fillmores, our workers there, have corresponded regularly with Mrs. Hunt, sending regular newsnotes to her. Below is an excerpt from a recent newsletter reporting on the progress of our radio work on this tiny isle.

February 22, 1969.

**F**OR just on two years now we have been "on the air." At one time we were the only church group out of the six larger church groups here doing such work, but now we have the Salvation Army broadcasting as well. At first it was not easy having to prepare tapes in the early hours of the morning. It would take four hours to get a good half hour's recording, for even in spite of getting up so early (1 a.m.) our recording was spoilt at times by the shattering noise of a buzz bike, or the lights would fail. At times also the record player would take its turn to break down. Now things have changed; we have an H.M.S. Richards's presentation every Sunday morning, and repeated during the week, as well as another presentation twice a week entitled "Time for Singing" which is of a shorter duration. Besides this, we have "Your Children's Hour" with Uncle Dan and Aunt Sue. With this thirty-minuter, the local Uncle Dan and Aunt Sue (yours truly and wife) put on another thirty-minute session consisting of the following: A signature tune, introduction and weekly Question Box, at which time two secular and two religious questions are asked. We award a New Testament as a prize to both a boy and a girl each week for the first correct, or nearest correct, answer and five shillings cash award if coupled with a good deed once a month. Then we have a "Do You Know?" informative section, followed by "Quotations for Our Day." We also answer questions received the previous week. News items from "Our Changing World" in the "Signs of the Times" are used with comments; also a poem from "Lines that

Linger"; answers are given to the previous week's quiz, then a "Story for Tiny Tots" is told by Aunt Sue. Also, at times, "It Is Written" and a ballad by Burl Ives are included. This is put over every Tuesday at 4 p.m. and 8 p.m. It is hard work finding time, but the results are very gratifying indeed. Many letters come expressing appreciation for the messages of the programmes. The following experience is but one illustration of how God is using the medium of radio to reach hearts.

We had gone on a trip to Blue Hill, which lies at the extreme end of the island—about eight miles by car and then a walk of a few miles. We visited a home to comfort a bereaved family who had just lost a married daughter aged about forty years, who had lived in the town. This daughter had lost her husband about two years previously. She was a polio victim, being confined to a wheelchair or a bed, and had been taken to see her aged parents in the country only a few weeks earlier. On being settled down comfortably she related to her

mother what she described as the "most wonderful sermon or play" she had heard "over the air," the previous week. She said, "It was all about Noah giving God's final message to the then world, pleading with them to enter the ark of safety, and, Mother, when the wife of one of Noah's sons pleaded with her own mother to flee for refuge, I, too, felt I had to surrender my heart to Jesus." She continued relating the whole story to her mother, touching on some very personal aspects of salvation. Her aged mother who is a "born again" child of God seeking more light, was strangely stirred within and did not know that this was her daughter's final witness. The daughter died suddenly a couple of days later. "Can you please tell me," the old lady asked, "who were the ones used of God in the sermon or play? My daughter must have known that she was soon to die for she asked me if she would be able to recognize her deceased husband at the resurrection."

Truly the Lord is using the radio to draw men and women to Himself.







On a special occasion Linda Vista students parade before visiting state authorities.

## Linda Vista, a Modern Miracle

JOSE ANGEL FUENTES, Principal, Linda Vista Academy, Mexico

ON A REMOTE HILLSIDE in Mexico's southernmost state of Chiapas is a small Adventist secondary school that has captured the imagination of many Americans because it is opening up our work in a most unusual way. Here in this school miraculous changes are being wrought in the character of the eager students who come to learn of Jesus and who leave in a few years as consecrated workers.

Our facilities are limited. The main building is made entirely from wood that was sawn by the students. On the ground floor are the administration offices, dining room (which also serves as a hall for church services), kitchen, and bakery. Above this are a group of little rooms where about twenty-eight students live.

In line with the main building is a small chapel of colonial architecture, originally Catholic, the sides of which contain small niches where the remains of the original owners have been laid to rest. Next to this little chapel, now converted into the school chapel, is the home of the original owners, now converted into classrooms.

On the side of a mountain about 500 yards from this place is the boys' dormitory, also built entirely of wood. An addition of brick is under construction for additional rooms for the boys. The girls' dormitory is of brick and has a capacity of fifty-six. The carpentry shop, stable, machine shop, and six homes for teachers complete the school's facilities. Down toward a valley one can see a group of little homes that are used by married students.

Behind this humble institution is a moving history of those who through faith and dedication to the Lord became the inspiration that continues to guide faculty and students. As I think about these beginnings I believe no adventure novel could be more thrilling.

Linda Vista Academy had its beginnings in the minds of the leaders in the Mexican Union. Since 1956 they had been looking for a place to establish a school, because the South-east Agricultural and Industrial College had closed its doors. Dr. Ernest Booth, formerly of Walla Walla College, requested that the union com-

mittee form a commission to look at a piece of land which, although isolated from the city of Tuxtla Gutierrez, was next to a clinic that the Comstock family had established in the area.

This land was finally obtained for 80,000 pesos, the original price having been 150,000. Pedro Arnulfo Gomez, treasurer, and Dr. Salvado Cordova took it upon themselves to move all valuable articles from the former school to the new location. Soon after this, Horace Kelley (now with Kettering Hospital) and his family moved into some tents, while the student body, along with two married couples, moved into the large house. The Allred family stopped by on vacation and stayed on for seven years; they, too, lived in a tent. Mr. Allred helped with the construction of the new buildings. Many other names could be mentioned—Ramos, Christien, Rivera, Montgomery—that

should also have their place on the school's honour roll.

More and more students applied for entrance, but many had to be turned down. Every year this situation repeated itself. The school now has a capacity of 255, yet it accepts 358 yearly. Many more are turned away. This school cannot possibly take all the students who wish to come, because it is situated between two missions with the highest number of members in the Mexican Union (about 22,000). The shortage of industries is another reason why we cannot accept more students who must work their way. The construction work keeps a group busy, but the rest of the industries only help with part of the students' fees. If Linda Vista had more industries, we could take 500 students every year, all Adventists. Can you imagine a greater challenge?

Meanwhile, the Adventist system of education is becoming highly respected throughout Mexico. People come from long distances to bring their sons and daughters, in spite of the fact that they are not church members. Some are even willing for their children to change their membership if only they can have the opportunity of attending our school and obtaining our type of education.

Great changes have come about through the years. Students who have graduated and married have returned as faculty members. Fourteen teachers and administrators, some full time and some part time, make up the faculty of Linda Vista Academy. The average age for the group is twenty-seven. This, perhaps, is one of the reasons they are able to work such long hours and still smile!

Improvements are seen everywhere. The smoke from the green wood in the kitchen used to make the workers' eyes water. The wood stove has now been replaced by an excellent gas stove. A new truck brings in vegetables and foodstuffs. Students now sleep on cots with foam rubber mattresses or wool mattresses; a new chapel with room for 800 is in the process of construction. A thirty-kilowatt electric plant has been obtained and is a great blessing, although it does not supply all the electricity that is needed



Directed by Xavier Soto Valle (extreme left), these students did missionary work in the mountains and won 106 persons in 1967.



in this growing institution. Behind the main building, the library and administration building is going up. The school makes its own bricks and cement, and supplies its own sand. A faculty home with two bedrooms, bath, kitchen, living and dining room, built of bricks, costs only \$2,500.

Loma Linda University helps us every year by sending a group of doctors, nurses, dentists, physiotherapists, and others who go out from Linda Vista to the underprivileged and do free medical missionary service for the people. The leaders of the state are well aware of this specialized and effective social work.

One of the most extraordinary stories related to Linda Vista is that of a tall, thin girl discovered by the Allred family. She appeared to be very poor. They took her to the academy, where she continued her studies. This year she has gone to our school of nursing in Montemorelos, Mexico, after finishing her secondary studies at Linda Vista with the highest grades in the state. Six years ago she was cutting down bananas with a machete.

Another amazing story began in 1965, when an eighteen-year-old boy, face brown with the sun, approached Mr. Allred and said, "I would like to sell myself for five years of work, if after that you will teach me how to be a lay worker."

Mr. Allred explained that the school had no such plan.

"Please don't send me home. I have sold all my possessions to come here and learn. Put me to work. I am good with the machete," he went on.

"Can you read and write?" Mr. Allred asked.

"Very little."

I was moved as I listened to this conversation and realized how much still had to be done in Mexico.

"Shall we keep him?" Mr. Allred asked me.

"Yes, these are the men who will be doing tomorrow's work."

While the rest of the students had time to play in the evening after their day of work and study, this young man read all the Sabbath school quarterlies he could get his hands on, and all the mission quarterlies, and constantly asked questions. At the close of the year he had earned more than any other student and, after taking his exams, was able to move into the fifth year of studies. Today he is a successful missionary colporteur and plans to continue the ministerial course.

Our work does not help only the young people. It is of great benefit to their parents as well. The older ones must be reclaimed from the hand of spiritism and other traditions. Thirty-two students leave the school every Friday with Bibles in hand to give Bible studies in the mountain areas. As a result, our students have seen 106 persons baptized. Some must walk up to six hours, but they have a mission in mind to carry our message at any price. It is moving to see them as they go out Friday afternoons with their little bags of food and their tape recorders or their records for music, first to pray together and then to scatter to the

inhospitable mountains and roads that oftentimes are a danger to their lives.

In spite of the great needs, the work at Linda Vista will continue to grow. The young people who are studying there, together with their teachers, both Mexican and American, are continuing in the plan originally set forth for this school,

a plan that God and the angels will look down upon with great satisfaction.

When the Lord comes, many hours of sacrifice will be on record, but it will be worth the price, for many hundreds of young people will throw their arms around these teachers in gratitude for having shown them the way to heaven.

## God Works in Greece

E. DIALEKTAKIS, Secretary-Treasurer, Greek Mission  
(Report given at the annual meeting of the Southern European Division.)

IN GREECE, which has a population of about nine million, the number of Adventists is small (about 250), but their courage is large. Our faithful members have the vision and hope that with the grace of God they will be able to preach Christ to the entire country of Greece.

Greece is definitely not closed to the gospel. There are many open doors and many opportunities for evangelism. It is a land that presents a discouraging picture at times, but in this picture there are also great hopes. We have sufficient evidences and miraculous happenings to indicate to us that the Holy Spirit is definitely working on the hearts of the Greeks. Even though we are restricted to holding meetings only in our own churches and halls, and even though our work is carried on in the midst of all types of difficulties, we see the workings of the Holy Spirit.

Let me give you several examples of how God is working in Greece. Again this year we received permission to rent a booth at the International Fair of Thessaloniki. Because of the central location of our booth and because of its attractive arrangement, we were able to draw the attention of thousands. In addition to the selling and distribution of our literature, we showed temperance films, such as "One in 20,000" and "Verdict at 1:32."

We are also able to report the story of the conversion and baptism of two persons on the small Greek island of Lesbos. An Adventist woman, who is now living in the United States, lived at one time on this island, and during her stay there she shared her faith with others. The seed of truth was sown. Several months ago we received a letter from a man on the island begging us to send someone to visit Lesbos. We were surprised when we received this letter and still more surprised when we found out that a small group had begun to keep the Sabbath. During August (1968) two believers in this group were baptized, and we believe that still others will follow.

In the area of Nigrita, which is in Macedonia, we have a small chapel, with members scattered throughout the surrounding countryside. Lately one of the local newspapers began to print a series of Bible topics from one of our books. Even though opposition was created, these are continuing, and many individuals have expressed their appreciation for them. The over-all circulation of the newspaper has increased because of these articles, and they are opening doors and hearts.

During October, Fernon Retzer, of the General Conference Sabbath School De-

partment, visited us. One of his main themes was branch Sabbath schools. We have attempted in a short time since his visit to put into practice the things we learned. We already have a number of branch Sabbath schools, and with God's help we will establish many more.

Crete is the largest of the 250 Greek islands. Its population is about 500,000. Following many disappointments, we were able to purchase a building which is now being prepared as a hall. This hall is in a good location, and we hope that it will be a centre of evangelism for the entire island.

One of the most encouraging experiences we had during 1968 has to do with a new literature evangelist in Thessaloniki, the capital of Macedonia. For years now we have been trying to recruit a regular literature evangelist for this large city. Our efforts seemed to be in vain. Now God has opened this door. Here is how He worked:

About three years ago a young woman from one of the villages of Macedonia went to West Germany to find work. There she came into contact with an Adventist girl. She told her one day that her parents had been studying the Bible for years but had not yet found the true church. The Adventist girl visited Greece one summer and, with one of our ministers, called on the parents of her friend. This was the beginning of an experience that has grown and grown.

The father immediately began Bible studies with our minister, and soon his wife, other members of the family, and villagers were also following the studies. The father and mother were both baptized and continued to work for their grown children.

They had a son who was serving in the army in Thessaloniki, and they began writing to him encouraging him to attend the Sunday night evangelistic services in the church. Finally, in order to please his parents, he decided to attend one of the meetings. As he later confessed, during the entire sermon he felt that every word had been prepared just for him.

He began attending every Sunday night meeting, and this past summer he was baptized. In the meantime he had finished his army service and had begun

(Continued on page 7)



# Editorial

## AGE SHALL NOT WEARY THEM

That is what the poet said, anyway: "Age shall not weary them, nor the years condemn." But he was speaking of those who had laid down their lives. The living, however, are in a different category; age does weary them; and the years, O, how they condemn! Yesterday we were youngsters; tomorrow we are waiting for our old age pension cheques. It's as fast as that . . . almost.

Man has been pursuing a relentless battle against the incursions of old age ever since the original sinners were barred from Eden's tree of life. Historians will tell you that all manner of pills, potions, cosmetics and comestibles have been favoured at one time or another for the one purpose of staying off the ravages of age just a little longer. The one thing that youth dreads, the one thing that middle age never really adjusts to, and the one thing that old age finds hard to accept is the restrictions and the disabilities that age almost inevitably brings.

In the original plan of God, there was no crippling arthritis, nor joints screwed into knots with rheumatic deformities; there were no geriatric aches or pains, and certainly no facial indication that time had wrought its nefarious work upon the choicest of God's creation.

Unfortunately this was not to be the permanent thing; with the advent of sin, all this was changed, and the healthiest of us now looks forward to the unmistakable signs of age being etched on the face for all to see. Most of us accept—with a philosophic shrug, a "That's life" attitude, a "What's the good of fighting it?" outlook—the universal fact that to grow old is to have the marks of age indelibly drawn upon the countenance; we notice the "crow's feet" around the eyes, the jowls becoming a little heavier, the wrinkles imperceptibly taking up residence, the hair receding, the chins multiplying; we note, we sigh and we accept.

Methuselah lived for 969 years; one supposes that when he was a mere stripling of 169 he was in his robust prime; there were no evidences of the onslaught of time; his body tone was as good as the day he was eighty-five—firm, vigorous, resilient. Even when he was 469 he was in his salad days, as we say. There was no flaccidity of superfluous flesh, no flabbiness of muscle that cried out that age was whittling away his vital forces.

But Methuselah has gone now; his record 969 years has never since been achieved, let alone surpassed; nor, on this earth, is it likely to be. Today, the life-span is approaching the Biblical three score and ten. Actually women (who called them "the weaker sex"?) have a life span that averages, in this country, to sixty-nine and men to a mere sixty-seven and a half. But, on the average, too, when folk get up around those years, their faces and their figures begin to broadcast the fact that age is taking its toll, is making its marks, is reaping its harvest.

Some folk, however, have determined that this shall not be so in their case. They are fighting advancing years with dogged resistance. And to aid them in their fight, the business man has come forward to gather his percentage and to fatten himself on their anxieties.

To accommodate these die-hards (an unfortunate, but accurate, choice of a word, perhaps) you can now be sold a face lift at from \$1,000 to \$5,000 a time—and, of course, you'll need more than one if you live long enough; or you may have those basset-like jowls pulled into place for a mere \$1,000; or you may have your eye-lids "youthenized" (ugh!) for a trifling \$750; or a hair transplant, men, for \$2,000. And in case you think that, at such prices, there are no takers, let us point out that these clinics are proliferating at a tremendous rate, and that men and women are beating at the doors of these establishments to try to peel a few years off their aging faces and bodies.

Moreover, if you are so minded, you can visit, as literally hundreds are doing, such rejuvenators as Dr. Paul Niehans,

who, at his Lake Geneva clinic, will inject you with cells scraped from the still-warm flesh of unborn lambs. This, at the moment, is the "in" thing, and many world-famous faces are looking just a trifle more chipper than formerly because of his tender ministrations—at \$1,500 for a course of injections.

And who are these people who are queueing up outside such clinics for such treatments? Are they the crack-pots, the deranged, the nymphomaniacs? Judge for yourself whether these are unbalanced, but Paul Niehans numbers such names among his clients as Pope Pius XII, Konrad Adenauer, King Ibn Saud, the Aga Khan, Somerset Maugham, Gloria Swanson (the celebrated actress), Gayelord Hauser, Christian Dior and the Japanese imperial family. Hanging on the wall of Dr. Niehans's office is a framed picture of the supreme pontiff in an attitude of prayer with the words, in German, "In gratitude"—a token of the pope's appreciation for having a few years peeled off his looks.

The pope, however, is but one of Paul Niehans's 50,000 customers over the last couple of decades; and, at the price indicated, you may well be right when you imagine that Niehans is hardly on the breadline.

What's that? You can't see yourself affording \$1,500 for a course of injections, just to look younger? Ah, well, so be it! But never despair; Dr. Niehans is nothing if not a benefactor to the human race; he has a free-dried cell factory in Heidelberg, Germany, which vacuum-packed doses of the cells to be sold to European doctors for about \$12 a course, so you may be able to get a deal from one of these at a much cheaper rate.

Do not imagine that Paul Niehans is the only one in this business. Around Europe these "youth clinics" are springing up in some profusion; there is, for instance, a preparation called gerovital (or H-3) which is widely known as the "procaine therapy." This has come from Bucharest, discovered by Dr. Ana Aslan who claims fantastic cures from the medicament, along with its youthifying effects. Unfortunately, the product has been outlawed in the United States.

Or you might like to take a course of "dermabrasion," which means that a high-speed rotating buffer actually sandpapers your face. You can have a surface dermabrasion which gets rid of acne scars, or a "deep dermabrasion" which planes down to remove the deep wrinkles.

And so we could go on. The rejuvenation or "youthifying" business is booming. Yet we cannot but feel a pang of pity for those who chase the elusive elixir which will provide them with another few years of youth. Theirs, at best, is but a temporary palliative. They achieve no degree of permanence in what they seek. Indeed, they completely fail in the thing at which they aim—putting back the clock.

This, as we all acknowledge in our sober moments, we cannot do. To have a fresh and blooming appearance when one is ninety-four might be well and good; but old age is old age whatever the condition of the epidermis.

We believe that there is something somewhat superior to this pursuit of that magic formula that will rekindle the dampening flame of youth; we believe that a deep and sincere faith in God's promises is better than all the injections of hormones and the swallowing of a mountain of pills; we believe (for we have seen it in the faces of elderly Christians) that a secure faith in God brings a light to the eye, a happiness to the countenance, a joy to the heart which manifests itself through the entire personality, a radiance that cannot be produced by mere mechanical methods.

Besides, the best of these are but temporary; they merely put off an evil day. But a faith in God's promises is something that will, one day, bring a bloom to the cheek that will last for ever. And the prescription doesn't cost a cent.

Robert H. Parr



## ORDINATION AT THE SOUTH NEW SOUTH WALES CAMP



At the South New South Wales camp held recently at the conference campground at Young, N.S.W., Brother Darryl Croft was ordained to the gospel ministry. Brother Croft has been employed in young people's work for a number of years now and is at present the Missionary Volunteer secretary for the South New South Wales Conference. Pastor Roenfelt took the ordination service in which Pastor E. L. Minchin offered the prayer, Pastor S. M. Uttley (president of the T.C.U.C.) read the charge, and Pastor Christian (president of the conference) welcomed Brother Croft into the ministry. The picture shows from left to right: Pastor Uttley, Sister Croft (nee Leslie Knight), Pastor Croft and Pastor Christian.

## HISTORIC PICTURE GALLERY



THE AVONDALE STUDENTS' BRASS BAND

Back row (left to right): George Totenhofer, Alex Hokin, Gordon Branster, Fred Ward, Reuben Totenhofer. Second row: Chris Thompson, Lou Gerrick, H. Wright, Eric Hare (conductor), Charlie Head, Will Howse. Front row: Bert Guilliard, Cecil McGregor.

(Photo taken in 1911 (?) by John Paap. Forwarded by Arthur G. Heaton.)

## Gleanings from the "Record"

### FIFTY YEARS AGO

The following appeared in the "Australasian Record" dated 31/3/19 under the heading "Statistical Report of the Mission Field of the Australasian Union Conference": "It is certainly pleasing to note that the membership of our union now stands at 6,746, being an increase of 512 members for the year, and 120 for the three months. Of the increase in membership, 443 are reported for the homeland, and 69 for the mission field. For the quarter it will be seen that 131 baptisms have been reported, as against 41 for the three months ending September 30, 1917. The total tithe received during the quarter amounts to £8,115, an average of £1/4/- per member."

A letter from Miss Bessie Dowell describing the work of the new sanitarium in Shanghai, China: "The sanitarium work in Shanghai is prospering, and there is more work than can be accomplished by our brethren and sisters there. The hospital is kept full, and outside patronage is excellent. Mrs. Landis, the wife of Dr. Landis, is now matron."

### TWENTY-FIVE YEARS AGO

Appearing in the "Australasian Record" dated 3/4/44 was the following: "Last year was the first year since the beginning of World War II that our Samabula school [our Indian school in Fiji] functioned for the whole year without hindrance of any kind. Our school is no more a boarding school since Fulton Missionary School took over that responsibility. We averaged a monthly enrolment of one hundred and fifty children, forty of the pupils being girls. There were six classes, under four teachers. According to our school inspector's report, we did a good year's work in all subjects, after some years of just existing. The inspector was particularly pleased with our new airy school building which, except for some minor parts, was completed under the guidance of Brother A. E. Watts."

"In the large Baptist church at Parkside, Adelaide, on several occasions Pastor N. A. Ferris was invited to speak to the young people on his island mission experiences. On the Sunday evening prior to his leaving the state, they entertained him as guest of honour at a special tea. On this occasion Pastor Ferris addressed the company on the subject of 'Christian Ideals' and related incidents concerning our native believers in the Solomons."

"Pastor J. W. Kent, president of the West Australian Conference, at the recent session disclosed the interesting fact that a city branch of the Tract Society is shortly to be opened at Perth."





Ratu Epeli and Mary, sacrificing supporters of Christian education.

## OPPORTUNITY COSTS

W. J. DRISCOLL, Fulton College, Fiji

RATU EPELI QARANIQIO, with his wife Mary, and family of three lovely girls and four energetic boys, lives on Natewa Bay, Vanua Levu. His home is a bright Christian light in a strong, Roman Catholic environment. Ratu Epeli is not only a shining light in this lonely outpost; he is a sacrificing supporter of Christian education.

In 1940 at Avondale College I first met Epeli, who had gone to Avondale from Buresala, Ovalau, to further his education. Those who were at Avondale college in 1939 and 1940, will no doubt remember Epeli very well, a happy, nuggety Fijian, more at home with a pair of gloves than a pile of books. He was a normal Pacific Island product, full of good fun, and automatically accepted as one of the group. How could one resist that ear-to-ear smile!

But Epeli, like the rest of us, had to face the issue one day of joining wholeheartedly with the people of God or enjoying the pleasures of sin for a season. Epeli chose God, and with a charming, modest wife, an ex-Longburn student, has walked with Him ever since.

After twenty-eight years, I had the privilege recently of catching up with my friend. It was wonderful to meet him again, this time in the light of a pressure lamp on a narrow track that led to his home from the main village of Salia on Natewa Bay about a mile away. I found him still the same exuberant, smiling son of Adam as he was so many moons ago. Granted, the crop on top was much—very much—less, and considerably lighter in colour, but his whole personality breathed a healthy Christian integrity.

Ratu Epeli and his industrious wife have carefully considered the opportunity costs in Christian education. They had to. One girl, Covu, has completed teacher-train-

ing at Fulton; two girls, Vakamino and Maca, are attending Fulton; and three of their boys, George, Illisoni and Qativa, are at Vatu Vonu School, where Master Jone Rabakuta is doing excellent work as headmaster. The cost of all this? About 500 Fijian dollars for 1969, to say nothing of the children's separation from home and loved ones—and in a closely knit family as Epeli's is, this means far more than my pen can tell. The half may never yet be told. Epeli could invest his small copra income in plenty of other projects, but he considers the returns far too meagre compared with the Christian education of his children. It is these opportunity costs that every Christian worthy of the name must consider.

Nagigi is a little village about sixteen miles from Savusavu. Here we stayed overnight on our way to Epeli's home. And here, too, I heard a story of opportunity costs. These dear folk want a new school, a good school, with at least some "mod cons." So off to New Zealand a few of the members went to earn money for the school. It is hard to build a school on a few shillings a week, which is all many of these people get. They needed homes, too—we can vouch for that—but they considered organized Christian education first. The cost? Your own elementary knowledge of arithmetic should give you the answer.

Did you ever wonder how the other half lived? I did, too. But now, like Ezekiel, I sat where they sat and was astonished. (Ezekiel 3:15.)

Pastor Saimone Vauluvula is a faithful Fijian pastor who is going back to Rotuma for a second term of service. That is a sacrifice in itself. If he wasn't a human I do not suppose he would mind. But he is. However, his humanity has been charged with Christianity to such an extent that he is prepared not only to go to far-off Rotuma, but also to spend over half of his income (a Fijian minister's income) to educate his children for the kingdom of God. Just a matter of opportunity costs, I guess. Or is it a matter of "Take off thy shoes . . . for the ground whereon thou standest is holy ground"?

What are opportunity costs, anyway! I have deliberately avoided the definition until now, because it is an economic term, and many people have a green-persimmon reaction to economics. Be that as it may, the term "opportunity costs" has a vital meaning for the committed, practising Christian. In brief, the term means the difference in returns from an investment in one project instead of another. Here is a simple example. I have ten cents to spend. I make the momentous decision to buy an ice-cream instead of a packet of carrot seeds. If I had bought the carrot seeds, planted them and reaped the harvest, I would have had a return of three dollars or more (cet. par.). The cost of the ice-cream was therefore over three dollars. In other words, a missed opportunity cost me over three dollars. Pretty dear ice-cream, eh?

Opportunity costs for Christians must be considered mostly as a long-range venture. And it takes more than the foolishness of man to invest in the right project in the right area at the right time. The returns may not be realized until we find ourselves with the unnumbered throng of onlookers outside the New Jerusalem, or with the "great multitude which no man could number" of participants inside the same city giving glory and adoration to the One whose nail-pierced hands are evidence of a supreme sacrifice in the world's greatest investment.

Opportunity costs are nothing new. The Bible and the Spirit of Prophecy are full of explicit and implicit references to them. "Come now and let us reason together," "Choose ye this day," "Why spend money for that which is not bread?" "What shall it profit?" "Prove all things," "Study to economize," "Give account of every cent spent," "No risks run in investing for eternal life," "Investment in God's cause brings real satisfaction," "Investment in God's work made by few believers in proportion to their means," "Now is the time," and so on. For the wayfaring man, let me put the opportunity costs just a little more clearly in case some are still in the dark. You are standing in the shadow of the cross on Calvary's hill. Jesus' lifeless, lacerated body is hanging limp between earth and heaven. He has paid the price. He has given all that we might get all. He sees the travail of His soul and is satisfied. All heaven has been given to redeem all men. No other investment could have been made which would have given better returns. Opportunity costs are nil. And from that same life-giving hill there echoes in our



ears the burning question from the Master: Ladies and gentlemen, what is the opportunity cost of that car, that camera, that projector, that Pacific cruise, that hat, that game, that public-school education, that

word, you name it, and then consider the opportunity cost in the light of Calvary. Will the expenditure bring the best results in eternity? Epeli, Nagigi, and Saimoni are pretty sure theirs will.

## Dedication of Madang Church

E. P. WATSON

There was a warm welcome for all who were present on January 4, 1969, on the occasion of the dedication of the Madang church. The church, which has a seating capacity for 190 persons, was filled with church members, interested friends and visitors from far and near.

Some of the visitors included Pastor Dower, from the General Conference Ministerial Department; Pastor S. Stocken, a former president of the Madang Mission; Pastor L. Parker, president of the Papuan Gulf Mission; and one of our mission pilots, Pastor C. Winch.

The church, which was recently completed by Brother R. MacDonald of New Zealand, is situated near the Madang General Hospital, and is of cement brick and asbestos construction. The stone feature wall sheltering the main entrance depicts three angels and the world, symbolic of the message the church has for these times.

Mr. Clifton-Bassett, district commissioner for the Madang district, declared the building open. Mr. Clifton-Bassett stated that in more than thirty years as a territory public servant this was the first church he had been asked to open. Pastor Dower preached the dedicatory sermon, and Pastor Winch prayed the dedicatory prayer.



Pastor N. R. Dower as he preached the dedicatory sermon. Seated behind him and partly obscured is Mr. D. Clifton-Bassett.

## God Works in Greece

(Concluded from page 3)

thinking about the kind of work he would engage in. A call was made asking for members to engage in the literature-evangelistic work in Thessaloniki. He accepted that call. He has now been working in Thessaloniki for several months, and his success has been outstanding. He has recruited another young man who has also decided to become a regular literature evangelist.

## Mr. Kim and the Seaweed

This is a story about a Seventh-day Adventist young man who let his light shine by paying a faithful tithe on his business. Brother Kim was in the seaweed gathering business. The business involves the setting up of a "seaweed field" and building a fence to catch seaweed as the tides go out. They gather the seaweed, put it on racks to dry, tie it in bundles and sell it on the market.

This young Adventist had his seaweed field near other fields. One day Brother Kim was talking to his associates about his faith. As they noticed that he would count ten bundles of seaweed and set one aside, they said, "Why are you doing that?" "Oh," explained Brother Kim, "I am paying my tithe. One belongs to the Lord and nine belong to me. I give that because we are told in the Bible that this is the plan that all of God's children should follow and I give to the Lord because I love Him."

They made fun of Brother Kim and his faith. They told him it was foolish for him to give away 10 per cent of all he earned. But Brother Kim said, "The Lord will provide. He has provided for me in the past and I believe He will care for me in the future."

The next week as Brother Kim and these same men were checking their fences they noticed that Brother Kim's seaweed was of much higher quality and that he had more of it than anyone else. They could not understand it. When he took it to the market they discovered that Brother Kim received more for his nine-tenths than they for their ten-tenths.

One day the man that was working right next to Brother Kim said, "I used to have my seaweed traps where yours are now. I don't think it is fair for me to have this poorer area when I once owned that place you are working." Brother Kim was very kind and said, "I'll trade with you. I'll put my trap over where yours is and you put yours over where mine is and everything will be all right with me." This man was surprised but agreed to the plan. The next week when they went back, to the surprise of everyone, Brother Kim's trap was full of the best seaweed and he also had more than any of the others. They just could not understand it. Everyone gathered around. "Why is it," they asked, "that he has the most and the best?" Brother Kim continued to get more than anyone else. He also continued to pay his honest tithe. Regardless of where he seemed to move his traps the Lord blessed him and gave him far more than anyone else. People began to ask him more questions concerning his beliefs. As a result, a large group is studying from that area and wants to learn more of the wonderful truths of the Bible. Truly the Lord has blessed this faithful layman in his faithfulness in paying his tithe.

—"Northern Union Outlook," December, 1968.



The Madang church on the opening day.



## The Unique Mi

**LYING** in some remote hill country that is unique in many ways. Situated in Kempsey, Mirriwinni Gardens is an attraction for the folk of that area. It is unique because of the voluntary basis on which many of its success its leaders, Pastor and Mrs. Rose.

Brother and Sister Vysma have been teaching and have taught and helped with the project. The joy of seeing purpose come to the lives of the one shows Mrs. Vysma standing with the students during their educational work over the past year. The correspondence lessons. The students came from Tenterfield for 1968, whereas for 1969

Brother Vysma, who can be seen with the students, is an accountant for the school. He also keeps the books and adds to these responsibilities other responsibilities.

Brother and Sister Fox, standing on the right, are a great help in the running of this small school. Karalundi Aboriginal Mission station is working for Mirriwinni on a voluntary basis. Mrs. and Pastor Rosendahl, the leaders of the school.

Mirriwinni keeps its own gardens. The students are in the gardens. Each student is required to work in the institution self-supporting. On some occasions, the school has money, and picture four shows some of the students. Cook was the matron.

They are going to miss the Foxes. The school has lost as her sewing class. Each of the girls has given a testimony to the fine help Mrs. Fox has given them. The picture that we have of the group at the school broke up for the Christmas vacation. The school is closed.

Nearby to the school is the Bellbrum. The members on a mid-winter's Sabbath in the school, together with Brother Trevor Rowe, were present. In the future they look forward to God's leading. They thank the many friends of this work. They praise God for His goodness and love.



Number ONE



Number TWO



Number THREE



Number SEVEN



# Winni Gardens

erthern New South Wales is a project  
oximately eighty miles north-west of  
help and educate the Aboriginal young  
almost self-supporting nature, because  
ff work, and because of the measure of  
re having.

his venture for over two years now and  
nteer workers receiving no pay but the  
first Australian" young people. Picture  
ts of 1968. Mrs. Vysma has been lead-  
ars as supervisor of their state corres-  
brook, Kempsey, Armidale, Glenreagh  
were only local folk.

wife on the right of picture two, is the  
ooks for the local church at Bellbrook,  
eded assistance around the campus.

eft in picture two, have also been of  
on, but have left to take charge of the  
ern Australia. This couple were also  
Next to the Foxes in picture two stand  
school.

three shows the young ladies working  
pend some time helping to make the  
kind and interested people donate food  
es that were given when Sister Miriam

ive shows the girls whom Mrs. Fox had  
e dress that she is wearing, which is a  
the Mirriwinni girls. The most recent  
land school was taken just before they  
icture six.

urch. Picture seven shows the church  
en some Avondale College students, to-  
take some meetings for them. For the  
. More students are wanting to come.  
e prayers, love and interest manifested.  
e. (Pictures: T. Rosendahl.)



Number FOUR



Number FIVE



Number SIX





## SUCCESS AT FULTON

The staff and students at Fulton Missionary College were thrilled with the examination results for public exams that were achieved during 1968. The standards for such exams are always getting higher and higher and so the successes that Fulton saw for last year's work are testimony to Fulton's high standard of training and indicative of progress at Fulton.

In the Fiji Junior Certificate Examination, Fulton gained seventeen B passes and fourteen C passes—a commendable effort. For the New Zealand School Certificate, fifty-five students received subject passes. This year Fulton will prepare its first class to sit the New Zealand University Entrance Examination, and the staff are hopeful of some excellent results.

☆ ☆ ☆

## Report from the

## BISMARCK-SOLOMONS UNION MISSION

A. E. JONES

Secretary-Treasurer, B.S.U.M.

The work in the Bismarck-Solomons Union Mission field commenced fifty-three years ago in the Western Solomons under the enthusiastic leadership of that outstanding, prayerful pioneer—Pastor G. F. Jones. The work began on the island of New Georgia at a place called Viru in the Western Solomons group, but today Seventh-day Adventist churches and schools may be found throughout the many islands comprising this union mission.

In the past two years seven new churches have been organized and 1,731 members have been added to make the total membership 12,423. Now one person in thirty-five of the population in this area is a Seventh-day Adventist. This report is based on figures taken at September, 1968, and so does not include year-end baptisms for 1968.

Sabbath school membership has grown by nearly 500 over the same period as above, while the branch Sabbath schools—a fine indicator of missionary venturing—have increased in number to 69. It is the Sabbath school membership in this union that reflects the influence of this aspect of church evangelism. The Sabbath school membership at September, 1968, was 21,463 (a ratio of one in eighteen of the population) as against the church membership of 12,423. Branch Sabbath school membership was 642.

With the ministerial training programme bearing fruit now at Sonoma, the union training college (and earlier at Jones Missionary College), public evangelism has received a real boost. The ministerial department at Jones, under Pastors Rex Tindall and Alec Currie, has organized

## English Teachers' Seminar

D. J. HALLIDAY

For five weeks during the months of December, 1968, and January, 1969, about forty teachers from the Central Pacific Union Mission assembled at Fulton College, Fiji, for a refresher course. They studied how to train our children to be good Christian citizens; how to present English lessons to boys and girls whose native language is not English; and how to run Pathfinder clubs. These pictures show a few of those participating.

The picture above shows the whole group. It includes both local and overseas teachers. Pastor Gray, director of the seminar, and Brother Halliday, registrar, are seated in the centre. All our missions are represented except Pitcairn, New Caledonia, and Tahiti.

The picture below shows Mr. Paul Sinnott, of the English Teaching Unit, Department of Education, Fiji, who gave much valuable help. Here he is explaining the use of pictures in teaching composition.







The teacher training department of Jones Missionary College which plans to move to Sonoma in 1970.

evangelistic campaigns in which ministerial trainees took part. Beside these, the union mission evangelist, Pastor Pulepada, has added impetus to the mode of spreading the message.

The 6,750 pupils who attend our many schools in this union—somewhere over the 170 mark—are served by 308 teachers, 286 of whom are natives of these beautiful islands. Attempts are well under way to have our teacher-training course accepted by the government so as to give our schools the ability to reach the educational standards required by the state.

Of the 698 folk employed by the mission, 653 are nationals. One of the most exciting times, however, involves folk not on the payroll who give months at a time for their own mission stations as well as neighbouring islands. Pastor Harrison tells of the wonderful work that these

men from Mussau are doing for the New Ireland, Manus and West New Britain missions.

The Atoifi hospital under the supervision of Dr. L. H. McMahon reports an extremely busy year. From October, 1967, to October, 1968, they served 1,839 bed patients, 11,869 out patients, and 4,509 patients on patrol.

We would thank the Lord for evidence of His leading during the year, and we look forward to greater opportunities to serve Him in this island mission.

There's no thrill in easy sailing when the skies are clear and blue; there's no joy in merely doing things which any man can do. But there is some satisfaction that is mighty sweet to take, when you reach a destination that you thought you'd never make.

## Little Things

ROLAND R. HEGSTAD

A while back a rocket bound for Venus was destroyed by mistake—because somebody dropped a hyphen. The cost: \$18.5 million.

Coded instructions fed to a computer guided the rocket by radio during the first phase of its flight. For an instant, rocket and computer lost touch. Reported the *Houston Chronicle*: "Although the rocket got slightly off course, a hyphen—they call it a 'bar'—in the instructions was supposed to tell the computer not to worry.

"There was no bar, and the computer did worry. It began sending course instructions it shouldn't have sent; the rocket got all mixed up and had to be destroyed.

"A touching and, in an odd way, a human story," said the *Chronicle*. "The rocket was primed for a 180-million-mile trip. And stumbled over something this - long."

My file tells me that it is not uncommon for little things to have big consequences. Items:

★ Failure of a tiny relay device, easily held in the palm of your hand, was responsible for the power failure that darkened much of the Eastern seaboard of the United States and Canada in November, 1965.

★ A million-dollar Jupiter missile exploded because of one faulty soldering

connection that cost no more than fifty cents.

★ A fifteen-million-dollar Titan rocket was destroyed because a workman failed to remove a two-cent plug.

★ In 1963, on one day, 452 people died in Japan in the Kyushu mine explosion and 162 in the three-train wreck near Yokohama. Investigation disclosed that both tragedies resulted from faulty cotter pins, only an inch or two long.

The potential of little things is worth remembering. Much of life's journey will find us concerned with big things. But the big issues of success or failure, victory or defeat, likely will be settled by little things, the jots and tittles of daily experience—minor dishonesties in computing income tax returns, forgotten Thank you's and remembered grudges, little words left unspoken, minor compromises on mini-issues, tiny hyphens dropped along the way.

Solomon recognized the challenge of the minute. "Catch us the foxes, the little foxes, that spoil the vineyards," he ordered (Song of Solomon 2:15, R.S.V.). The big foxes could be trapped or fenced out. The damage was caused by the little ones that evaded the defences.

A contemporary spokesman for the Lord has put it this way:

"The work of the enemy is not abrupt; it is not, at the outset, sudden and startling; it is a secret undermining of the strongholds of principle. It begins in apparently small things—the neglect to be true to God and to rely upon Him wholly, the disposition to follow the customs and practices of the world."—"Patriarchs and Prophets," page 718.

"It is conscientious attention to what the world terms 'little things' that makes life a success. Little deeds of charity, little acts of self-denial, speaking simple words of helpfulness, watching against little sins—this is Christianity."—"Messages to Young People," page 143.

I resist the temptation to generalize, to say that men are more likely than women to ignore the minuscule. But in most homes men do carry the big responsibilities—or at least they **should**; the male is to be the priest in the home, the spiritual leader. And because of these big responsibilities, perhaps little duties, little courtesies, knock more timidly at the door of the male conscience than of the female. And, again, perhaps the big egos that dog the footsteps of big responsibilities sometimes keep us from hearing little sins tiptoeing across our consciences.

Whatever the case, find a prominent place in your thinking for contemplation of little things—little deeds of charity, little acts of self-denial, simple words of helpfulness, small duties, little compromises, little sins, a two-cent plug, a dropped hyphen.

Indeed, the story of that Venus rocket is touching and, in an odd way, human. To be primed for a journey to the stars and to stumble over something this - long!





## DO HUMAN BEINGS NEED MEAT?

MERVYN H. HARDINGE, M.D.

A RECENT issue of *McCall's* magazine (October, 1968) contained a statement that disparages the nutritional adequacy of a vegetarian diet. The statement appeared in a column entitled "The Pediatrician's Almanac," written by Lendon H. Smith, M.D. Dr. Smith, a well-known pediatrician who appears daily on the five-minute television show "The Children's Doctor," said:

"Because human beings are omnivorous, I believe they should eat meat. Grazing animals have an enzyme that breaks down the cellulose wall of fibres they eat, so they can get the protein, minerals, and vitamins inside the cell. Since we humans do not have this enzyme, we have to eat meat. I am convinced that vegetarians are jeopardizing their health. Their tissues need animal protein, which is more complete than that in nuts and vegetables. Besides, meat has a good supply of iron."

This sounds impressive and authoritative. But is it accurate and factual? The opening statement: "Because human beings are omnivorous, I believe they should eat meat," proves nothing; it is merely personal opinion.

The next two sentences are unsound and misleading: "Grazing animals have an enzyme that breaks down the cellulose wall of fibres they eat, so they can get the protein, minerals, and vitamins inside the cell. Since we humans do not have this enzyme, we have to eat meat." Not only is this assertion scientifically incorrect, it is contrary to everyday observation. Beans, high in cellulose, have ever been the "poor man's meat." Obviously the working man and his family have always been able "to get the proteins, minerals, and vitamins inside the cell."

The facts are that neither man nor beast has an enzyme that can digest cellulose without the aid of bacterial pre-

treatment. Human beings can digest some of the fibres of young plants after intestinal bacteria have acted upon them. Bacterial action in the rumen and gastrointestinal tract of herbivorous animals softens and breaks down harder fibrous materials for enzyme digestion, but the woody portions cannot be utilized even by animals. No goat or cow could digest wood shavings, cotton fibres, or shells of nuts—all celluloses.

A cellulose is a carbohydrate of a more complex nature than starch or sugar. It may be tender or tough depending on its position and function in the plant structure. To say that humans cannot get the nutrients out of plant foods because of the presence of cellulose is erroneous. We digest the digestible parts of what we eat and the rest remains as bulk to the bowel contents. This stimulates peristalsis, prevents stagnation of materials in the colon, and keeps the faecal mass soft and easy to evacuate.

The consumption of suitable amounts of indigestible fibre can both prevent and cure constipation. A diet lacking it—that is, one made up chiefly of meat, peeled potato, white bread, and concentrated sweets—is a common cause of atonic constipation, because the food mass moves sluggishly through the digestive tract and the lack of moisture-holding bulk makes the stool dry and difficult to pass. This type of constipation is uncommon among people who live largely on unrefined plant foods from which the cellu-

lose (as the bran of grains) has not been removed.

That human beings do not "have to eat meat" because plant foods contain cellulose is impressively evident to anyone familiar with even the rudiments of world nutrition. It is in countries and among peoples where diets are almost wholly of plant origin and meat eating is virtually absent, that fertility is high and population explosion the most threatening. Since diets so high in cellulose and so lacking in animal foods can maintain life and provide for the added requirements of frequent pregnancies and lactation, on what basis can one claim a need for meat in America with its large variety of available vegetarian foods?

The next statement in the column betrays a further failure to keep step with advancing nutrition science. "I'm convinced that vegetarians are jeopardizing their health. Their tissues need animal protein, which is more complete than that in nuts and vegetables."

### Nature of Proteins

Proteins are made up of amino acids, eight of which must be provided in the diet. These eight are known as the essential amino acids. A complete protein is one that has suitable assortment of essential amino acids, together with the non-essential ones, to meet the protein needs of the body for maintenance and growth when isolated from all others and fed as the only protein in the diet.



This, of course, is never done except in experimental diets fed under controlled laboratory conditions. Any ordinary diet contains many kinds of proteins of various compositions.

Proteins are not utilized as such, but are broken down by the process of digestion to their component amino acids and absorbed into the blood stream to be rebuilt by the body into its own proteins. The adequacy of the protein intake depends, not on the completeness of any single protein, but on the composition of the mixture of amino acids resulting from the breakdown of all the proteins of the meal.

The author of "Pediatrician's Almanac" seems unaware that all the food proteins in the world trace their origin to the food factories in leaves and other green parts of plants. Plants manufacture glucose as a primary food. Then, by adding nitrogen and sometimes other elements, they form the amino acids that make up the variety of proteins found in seeds, stems, roots, and leaves.

Neither man nor the animals can synthesize the essential amino acids. These can be made only by plants. Thus, the original source of all the essential amino acids is plant foods.

Of course, man can eat the flesh of an animal and from it obtain both the essential and the non-essential amino acids that the animal in turn obtained from its food. But even though the protein turnover may go through several animal bodies before it appears on the table of the consumer, always the food chain, regardless of its length, begins in the leaf or green portion of a plant. It is evident, then, that somewhere down the line the essential amino acids that go to make any protein "complete" must be obtained from plant sources.

Some proteins, both of plant and animal origin, have a higher content of essential amino acids than do others. If one protein has a lack, another in the same meal is likely to provide an abundance. In this way, because of their difference in composition, the proteins of a meal supplement one another. Because this is now well understood, there remains no valid reason for frightening people into eating meat for fear of protein deficiency on a non-flesh diet. The following quotations (emph. ours) from the writings of reputable nutrition scientists make this very clear:

"Formerly vegetable proteins were classified as second-class and regarded as inferior to first-class proteins of animal origin; but this distinction has now been generally discarded. Certainly some vegetable proteins, if fed as the sole source of protein, are of relatively low value for promoting growth; but many field trials have shown that the proteins provided by suitable mixtures of vegetable origin enable children to grow no less well than children provided with milk and other animal proteins."—Editorial, *Lancet* (London) 2:956, 1959.

"From a nutritional point of view animal or vegetable proteins should not be differentiated. It is known today that the relative concentration of the amino acids, particularly of the essential ones, is the most important factor determining the biological value of a protein. . . . By combining different proteins in appropriate ways, vegetable proteins cannot be distinguished nutritionally from those of animal origin. The amino acids and not the proteins should be considered as the nutritional units."—Bressani, R. et al, Institute of Nutrition of Central America and Panama. In: "Proceedings of the Sixth International Congress of Nutrition," 1964, page 182.

"The customary combination of baked beans and brown bread makes a 'main dish' that ranks with meat as a source of nutritionally good proteins and vitamins of the B group."—Sherman, H.C., Columbia University. 1962 "Chemistry of Food and Nutrition," pages 72, 73, 601, 602.

"There is very, very little evidence of protein deficiency in adult man anywhere, including areas where diets are almost entirely of vegetable origin."—Hegsted, D.M., Harvard University School of Public Health, *Federation Proc.* 18:6, 1959.

Properly prepared plant foods provide adequate protein for every age group, including infants. After years of research as head of the Institute of Nutrition of Guatemala and Panama in developing vegetable-protein foods for infant feeding, Dr. Nevin S. Scrimshaw, now professor of nutrition at the Massachusetts Institute of Technology, says:

"Fortunately, there is no fixed nutritional requirement for the relatively costly sources of protein—milk, meat, and eggs. Legumes and oilseed meals are acceptable alternatives. . . . One-third of a properly processed oilseed meal mixed with two-thirds of a cereal grain gives a mixture of a quality and concentration of protein adequate for all human needs, even of the infant and young child." Address to the Annual Meeting of the American Freedom from Hunger Foundation, Washington, D.C., October 18, 1965.

The authors of "Nutrition and Physical Fitness" (1966 ed.) make this evaluation of the comparative efficiency of animal proteins:

The chief proteins in milk are casein and lactalbumin. Together they form a protein mixture which is so rich in the essential amino acids required for tissue building that it is more efficient in promoting growth than any other combination of protein except those in eggs. Milk proteins supplement the incomplete proteins found in the grains better than any other food proteins."—Page 322.

Sir Stanley Davidson, for many years professor of clinical medicine, University of Edinburgh, and R. Passmore, co-author with him of "Nutrition and Dietetics," state: "In the animal group, egg and milk proteins have the highest biological value, next come the proteins of certain organs . . . and thirdly, the proteins of meat and fish. . . ."—1963 ed., page 81.

In America, vegetarians generally use milk and some eggs in addition to plant foods. In delivering the 1968 Atwater Memorial Lecture on nutrition, Dr. Artturi I. Virtanen, winner of the Nobel Prize for chemistry in 1945, director of the Biochemistry Institute, Helsinki, Finland, said: "Lacto-vegetarians can receive easily all the necessary nutrients from fruit, vegetables, potatoes, cereals, and milk low in fat."—*Federation Proc.* 27 (6): 1374, 1968.

### Results of Survey

A survey of 112 vegetarian and eighty-eight non-vegetarian adult men and women, pregnant women, and adolescent boys and girls reported co-operatively by the writer and Dr. Frederick J. Stare, Harvard University School of Public Health, found no significant difference in the nutritional, physical, or laboratory findings of the vegetarian and non-vegetarian groups. There was no evidence to indicate that the lactovegetarian diet failed in any way to provide adequately for the needs of any group, including pregnant mothers and growing adolescents (*J. Clin. Nutr.* 2:73, 1954).

A later analysis of the amino acid content of the protein intake of this study showed that all groups, including the pure vegetarians, met and exceeded twice their minimum requirement of essential amino acids (*J. Am. Dietet. A.* 1966).

Dr. Knut Kirkeby, in reporting the findings of a joint study by Yale University in this country and research laboratories in Oslo, Norway, of the protein intakes and blood lipids of 116 vegetarians, concluded:

"Neither the dietary survey nor the serum protein studies indicated that vegetarians suffer from insufficient protein intake."—*Acta Med. Scandinav. Suppl.* 443 with Vol. 179, Oslo, 1966.

Not only was the protein intake in Dr. Kirkeby's report adequate, but the vegetarian subjects had lower total blood cholesterol levels in all age groups than the subjects on the common Norwegian diet.

Dr. S. A. Riaz, of the Glasgow Royal Infirmary, commenting on the remarkable development and health of certain rural peoples in India, writes:

"The strong sparkling teeth, robust physique, and far smaller incidence of myocardial infarction in these rural populations is well established.

"Even more striking and interesting are the people who live at altitudes of 8,000-12,000 feet, deep in the valley of Kaghan, Gilgit, Hunza, and other mountainous areas of north-west Pakistan. Consuming the simplest possible diets of wheat, corn, potatoes, onions, and fruits, they trudge up and down the rough mountain paths for anything up to fifty miles a day. They have existed thus for perhaps many thousands of years. . . . Their remarkable physical fitness, absence of obesity, caries-free teeth, and longevity are always cited."—*The Lancet* 285-43, 1963.

Writing on the cause of human atherosclerosis, workers from the Vascular Re-



search Laboratory, Brooklyn's Maimonides Hospital, conclude:

"Examination of the dental structure of modern man reveals that he possesses all of the features of a strictly herbivorous animal. While designed to subsist on vegetarian foods, he has perverted his dietary habits to accept the food of the carnivore. Herein may lie the basis for the high incidence of human atherosclerotic disease." —W. S. Collin and R. B. Dobbin, *Suppl. 2. to Circulation*, Vols. 31 and 32.

Anyone who does not resist being convinced that humans do not "have to eat meat" does not have far to go to find the evidence not only for the adequacy of a vegetarian diet but for its superiority for the well-being of the members of the human family.

## "NOT ANGRY WITH HIM"

Late on a cold winter's afternoon which was made drearier by the fall of sleet, Dr. A. J. Cronin was walking through the familiar streets of Vienna following World War II, noting with sadness the ruin everywhere. A sudden downpour of freezing rain drove him into a small church for shelter. As he sat shivering in the semi-darkness, he saw an elderly gentleman enter and come slowly down the centre aisle. He carried in his arms

a small girl, evidently his grand-daughter. Both were shabbily and thinly clad against the bitter cold. As the man placed the child on her knees before the altar rail and folded her hands in prayer, it was obvious that she was paralysed. He crossed the church, there was the tinkle of a coin in a box, and the man returned with a lighted candle, which he placed gently in the child's hands. They knelt together and dedicated it with a prayer; then he placed it on a stand before the altar. There was another prayer, and he arose, took the child in his arms, and left the church.

Dr. Cronin, curiously attracted, followed them out. Here he saw the old gentleman place the child tenderly in a little home-made cart, tuck an old potato sack around her, and turn to leave. In his fine features and aristocratic bearing Dr. Cronin saw a nobleman who had been ruined by the war. The doctor hesitated a moment, then mentioned the bitter weather, and the man made a courteous reply. Nodding toward the paralysed child, the doctor asked, "The war?" "Yes," said her grandfather, "and the same bomb killed her mother and father." After a moment of hesitation Dr. Cronin asked, "Do you come here often?" The man nodded, "Yes, every day, to pray." Then after a moment's pause, with a gentle smile, he added, "And to show the good God we are not too angry with Him."

## Cookery Nook - - - Hilda Marshman

### GRANOLA-CORN RISsoles

"How can they take the life of God's creatures that they may consume the flesh as a luxury? Let them, rather, return to the wholesome and delicious food given to man in the beginning, and themselves practise, and teach their children to practise, mercy toward the dumb creatures that God has made and has placed under our dominion."—"Counsels on Diet and Foods," page 380.

Use 8 oz. measuring cup, and level spoon measurements with the set of standardized plastic measuring spoons.

4 ozs. (1 cup) Granola	2 tablespoons minced parsley
1 cup milk	1 teaspoon salt
1 egg	Coating flour
1/3 cup cooked corn cut from cob	Super margarine for frying
1/2 cup minced onion	Tomato halves and green peas

Soak Granola in milk until softened. Add beaten egg, corn, onion, parsley, and salt. Mix well, and divide into eight portions. Dip each portion in flour, and mould into rissole shapes. Saute in little hot margarine in frying pan, turning to brown each side. Serve on hot plates with grilled tomato halves and cooked green peas. Serves four.

### COCONUT BANANAS

3 tablespoons custard powder	2/3 cup coconut
1 pint milk	1 1/2 lbs. (6 medium) bananas
2 tablespoons sugar	Ice cream, plain cream, cherries

Blend custard powder in a little of the cold milk. Heat remainder of milk in saucepan with sugar and coconut. Before the milk boils, add blended custard powder, stirring until it boils and thickens; continue stirring for one minute longer. Allow to cool with lid on to prevent skin forming on surface. Add sliced bananas. Cover, and chill in refrigerator. Spoon into glass sherbet dishes. Cover with ice cream; top with a little plain cream, and a glace cherry. Serves six.



**LO-CHONG.** A wedding of international interest took place in the Hughesdale church, Victoria, on Sunday, February 2, 1969, when Ruth Chong Siew Lan, formerly of the Penang Adventist Hospital, Malaysia, and a 1968 graduate of the Sydney Sanitarium School of Nursing, was united in marriage to Bruce Lo Wai Ning, formerly of Hong Kong. The bridesmaids were Lynda Tan and Dorothy Yee, both of Penang, and also more recently of the Sydney Sanitarium and Hospital. Ruth, resplendent as a bride, was escorted to the altar by Dr. Batu Simandjuntak, professor of Indonesian and Malayan Studies at the University of Sydney, and a one-time student at Southern Asia Union College. Ruth is the elder daughter of Pastor and Mrs. T. K. Chong of Kuala Lumpur, where Pastor Chong is the president of the Malayan Mission. Bruce is the elder son of Pastor and Mrs. H. S. Lo of Hong Kong, where Pastor Lo is the principal of the Sam Yik High School in Kowloon. After graduating B.Sc. (Hons.) at the Avondale College, Bruce is doing graduate research in chemistry for his doctorate, at the Monash University, Melbourne. As these dedicated young people unite their lives in service, and attend the Hughesdale church, where Bruce is most highly regarded for his church activities, their many friends in Australia join their loved ones in Asia in the prayer that God's blessing and guidance will be theirs continually, and that unitedly they may continue in the way to heaven. Llewellyn Jones.

**MEANY-PARKINSON.** The late afternoon of March 2, 1969, was a lovely afternoon and made a beautiful setting for the wedding of Thomas James Meany, son of Mr. and Mrs. Gerald Meany of Blacktown, and Kay Parkinson, daughter of Mr. and Mrs. Joseph Parkinson of Wagga Wagga. Tom waited for his bride to join him at the Wahroonga church, where a large number of friends and relatives had already gathered. Kay entered the church looking radiant, for before marrying Tom she had had the joy of winning him to the Lord. After the conclusion of the service their friends gathered at the Waitara church hall to wish these two sincere young people God's blessing as they continue down life's way together. Ken R. Low.

**ROBBIE-WILSON.** On the late afternoon of February 6, 1969, Sharyn Wilson came down the aisle of the Invercargill church, New Zealand, on the arm of her father to be united in holy wedlock to the man of her choice, David Robbie. As this couple settle in Invercargill we wish them much of Heaven's blessing in establishing their new home. D. Currie.

**SMITH-PHILLIPS.** A wedding of wide interest took place on the afternoon of January 5, 1969, in the beautifully decorated Coff's Harbour church, New South Wales. The contracting parties were Ian Smith, son of Brother and Sister E. L. Smith of Lismore, and Marilyn Phillips, daughter of Brother and Sister Roy Phillips of Coff's Harbour. Both Ian and Marilyn are trained nurses, being members of the 1968 graduation class of the Sydney Sanitarium. The reception was held in the auditorium of the well-appointed Coff's Harbour Civic Centre, where a large group gathered to honour the happy couple. As Marilyn and Ian make their home in Coff's Harbour, may Heaven's richest blessings attend them. D. A. Whittaker.

**TRIGWELL-BICKERS.** Robert Trigwell, son of Brother and Sister Trigwell of Bussellton, Western Australia, was married to Maureen Bickers, daughter of Mr. and Mrs. Bickers of South Perth, on the evening of Tuesday, February 25, 1969, in the Perth City church. The church was filled with friends who gathered to convey their wishes for happiness to the radiant bride and her groom as the setting sun filled the church with an aura of beauty as its slanting rays came through the pale blue windows. As Maureen steps out of the teaching profession and joins with her husband in a farming area, it is our prayer that the Lord will make their home a witness for Him. H. W. Hammond.



# TILL HE COMES



**CARTER.** Walter George Carter of Eastwood, New South Wales, closed his weary eyes to sleep in Jesus on February 19, 1969, aged eighty-two years. He will be greatly missed by the members of the Epping church, where he was much loved and highly esteemed. In his more active years, our late brother was a regular visitor to the hospitals to brighten the lives of many patients. Subsequent to attending a mission at Liverpool, New South Wales, some forty-five years ago, he was baptized to become a member of our church. Our warm-hearted sympathy is extended to Mrs. Edith Carter and to the seven surviving sons and daughters and their families. The unfeigned blessing of God's immortal promises found a lodgement in the hearts of the many who attended the services at the Epping church and at the Field of Mars cemetery where we laid our brother to rest to await the resurrection of life. Pastor H. W. Kingston was associated with the writer in these services. **Ralph Tudor.**

**CLERK.** Ellen Mary Clerk was born at Possum Brush, northern New South Wales, on August 24, 1895, and peacefully passed to rest in the Cessnock Public Hospital on March 3, 1969, being in the seventy-fourth year of her life. She had suffered a long period of ill health before her decease. She was married to Brother Robert S. Clerk fifty-five years ago, and came to live in Cessnock in 1923. There in Cessnock, about ten years later, they heard the Advent message, and connected with the Adventist church. Sister Clerk was of a quiet, sweet disposition, kind hearted toward anyone in need, and beloved by all who knew her. She leaves a husband, a son, and a daughter to mourn their loss. The glorious Christian hope was the theme of the short funeral sermon. The burial rites were performed by Pastor W. N. Lock, assisted by the writer. **G. L. Sterling.**

**CROKER.** Possibly one of the longest memberships of our Stanmore, New South Wales, church terminated on February 19, 1969, when Miss Miriam Croker of North Strathfield was called to rest. Baptized in 1909, our late sister was a devoted member, esteemed by all privileged to know her. For some twenty-five years she was an efficient worker with the Sanitarium Health Food Company. Our late sister's only surviving sister, Mrs. Olive Foots, and other relatives, were surrounded by many friends as we brought them comfort and hope from the great promises of God. The writer was associated with Pastor C. H. Raphael in the services at the chapel and at the Rookwood cemetery where we committed this trusting child to God's care to await the promised return of the Life-giver. **Ralph Tudor.**

**ENSBEY.** Mrs. Vera May Sale Paine Ensbeys of Belmore, New South Wales, was called quietly to rest on February 28, 1969, aged seventy-four years. Baptized by the late Pastor A. H. White some forty years ago, the blessed hope of our Lord's return was her joy and hope through the years, and this was increasingly precious to her during her final suffering. The high esteem in which our late sister was held by the members at our Lakemba church was evidenced in the large circle of friends surrounding her sorrowing husband, Brother Cliff Ensbeys, and their daughters, Marjorie and Dorothy (Mrs. Potter), at the funeral services there, and at the Northern Suburbs cemetery. There we committed this dear one to God's care until our Lord returns to call His sleeping saints to life and immortality. Pastor C. T. Potter was associated with the writer in ministering God's comforting promises to the bereaved. **Ralph Tudor.**

**HAMES.** Edith Kate Hames (nee Turner) laid down the burdens of this life on February 18, 1969. She was born at Port Adelaide, South Australia, on March 21, 1891, almost seventy-eight years ago. Her passing was on the eve of the fifty-first anniversary of her marriage to Charles Edwin Hames, who attended the services both at the Brighton Seventh-day Adventist church, South Australia, and at the North Brighton cemetery on February 20. Beside her husband were the two children, Muriel Jean (Mrs. Frank Harris), and Wilfrid Edwin Hames, who, together with the many relatives and friends, long for the glad resurrection day. Pastor and Mrs. R. James arrived from the U.S.A. just before her passing and Pastor James aided in the services. **H. E. Roberts.**

**MAIFREDI.** As the result of a heart attack on January 10, 1969, Giuseppe (Joseph) Maifredi passed suddenly to rest while being cared for by Adventist friends. Accepting the third angel's message under the ministry of the writer in 1967, he remained faithful to the message he loved. He had no relatives living in Australia, and so lived a rather lonely life until the Advent message came to him. He was born in Italy in 1906, and at the early age of fifteen came to settle in Australia, amid the sugarcane farms of North Queensland. The writer was assisted at the graveside by the senior elder of the Innisfail church, Brother T. DeKorte. Like Paul of old, the deceased looked for "the blessed hope," and with confidence like Job he could say, "For I know that my Redeemer liveth, and that He shall stand at the latter day upon the earth." **A. G. Probert.**

**MARR.** Brother John Marr was born in Scotland seventy-four years ago and passed away in Woodville Park, South Australia, on March 5, 1969. He accepted the Advent message in 1954, and has been a faithful church worker and colporteur since that time. He was one of the twenty remaining "Old Contemptibles" in South Australia, and four of his comrades attended the funeral in his honour. For Sister Marr, her daughter Betty and family, Sister Noreen Marr, widow of the late Pastor W. Marr, and a large gathering of friends and Adelaide church members, the assuring promises of a glad reunion day brightened the dim horizon. We laid our brother to rest in the beautiful Evergreen Lawn cemetery at Enfield to await the call of the Archangel and the trump of God. Hasten on glad day eternal! **V. J. Heise.**

**PETERSON.** Annie Peterson was born in Bundaberg, Queensland, on January 5, 1885, and passed to her rest in the Grafton hospital on Sabbath, March 8, 1969, in the presence of relatives. She attended Avondale College in 1903-5, and upon graduation was called to connect with our Sanitarium Health Food Company's office in Hunter Street, Sydney. Later she was transferred to Melbourne, then to Perth. She then was called to the Sydney Sanitarium office, then to Cooranbong and completed her forty-one years of efficient and faithful service at Wahroonga, being associated with our radio interests there. She retired in 1946 and has resided at Avondale for upwards of twenty years. Her brother Oscar from Adelaide, and other close relatives were present at the service which was conducted by Pastors A. G. Stewart, W. N. Lock and the writer. **W. G. Turner.**

**STEVENS.** On February 26, 1969, at the home of her daughter, Mrs. J. Edwards, in Tyabb, Victoria, Sister Ann Stevens passed away. She was eighty-three. Our sister had been a faithful member for many years, and her quiet Christian life expressed a deep-seated faith in her Redeemer and His soon return. Members of her family and many friends from near and far gathered for a memorial service prior to her burial in the Dandenong cemetery. Appropriate words of Christian hope were spoken to all present and each mourner was commended to the God of all comfort. **T. Brash.**

## ★ ★ ★ ANNOUNCEMENT

The officers of the Retired Workers' Association have planned a pleasant evening for its members and visiting friends on Tuesday, April 1, 1969, at 6 p.m., in the Wahroonga Social Hall. Dr. H. E. Clifford will be the guest speaker. We will be happy to welcome you. **R. H. Powrie, Secretary.**

## ACKNOWLEDGEMENT

The secretary-treasurer of the South Australian Conference wishes to acknowledge the receipt of \$110 tithe from an anonymous donor.

## ★ ★ ★

**DORETTA DRESS LENGTH SERVICE:** Pretty winter cotton materials: Florals, spots, plain, \$1.20 per yard. Dacrons, rayons: \$1 per yard. Terylene/linen: plain and printed, \$1.50 per yard. Terylene: Florals, \$1.20 per yard. All 45 inch width. Remnant parcel (1, 2 or 3 yard ends). Write today for free samples to: Doretta Dress Length Service, P.O. Box 1306, Hobart, Tasmania. 7001

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**WANTED.** Pastor Stanley would like to purchase a copy of C. B. Haynes's book, "The Divine Art of Preaching." Please send book with details of cost to Pastor C. R. Stanley, Avondale College, Cooranbong, N.S.W. 2265

## AUSTRALASIAN RECORD

and Advent World Survey

Official Organ of the

AUSTRALASIAN DIVISION OF SEVENTH-DAY ADVENTISTS

Editor - R. H. PARR  
Associate Editor - F. T. MABERLY  
Office Secretary - ANNETTE POLLARD  
Wahroonga Representative - WENDY BLANK

Single Subscriptions in Australia and New Zealand \$2.50 per year (post paid).

When mailed to territories outside Australasia and territories annexed thereto (Papua, New Guinea, Lord Howe and Norfolk Islands, Fiji and Western Samoa) \$2.25 extra for British Commonwealth and foreign postage is required.

Order through your Book and Bible House, or send direct to the Signs Publishing Company, Warburton, Victoria, Australia. 3799

All copy for the paper should be sent to The Editor, "Record," Signs Publishing Company, Warburton, Victoria. 3799

Appearing regularly in the *Australasian Record* are articles from the *Review and Herald*, the general church paper of the Seventh-day Adventists, published at Washington, D.C., U.S.A.

Printed weekly for the division by the Signs Publishing Co., Warburton, Victoria.

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First 25 words ..... \$2  
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## FLASH POINT . . .

- ★ News from a far country. Dr. Robert Stocken, son of Mr. and Mrs. W. Stocken of Sydney, has just obtained the degree of M.R.C.O.G. (Member of the Royal College of Obstetrics and Gynaecology). Dr. Stocken has spent a strenuous two-and-a-half years of study in what our grandparents used to call "The Old Country," and is now looking forward to returning to this part of the world which he and his wife call home. His wife, Roslyn, by the way, is a former teacher at our Strathfield High School, besides being the daughter of Mr. and Mrs. Lyn Petherbridge of Sydney, a notable triple distinction.
- ★ Already back in Australia are Neville and Noreen Clouten after a tour of study that took them to Sweden, the United States and Scotland. The University of Edinburgh admitted Brother Clouten to the degree of Doctor of Philosophy in Architecture, which, our correspondent-with-his-ear-to-the-ground tells us, is "still a rare degree and there are probably not more than a handful of others in the world with this qualification. On his way home, Neville," our correspondent continues, "lectured at Atlantic Union College, Andrews University, Ohio State University and Loma Linda University. He has accepted an appointment as lecturer in architecture at the Newcastle (N.S.W.) University." We congratulate, on your behalf, both Drs. Stocken and Clouten on their academic successes.
- ★ In case you haven't noticed, there has been a mighty campaign going on lately to gather funds for mission work. It is called Appeal for Missions or simply Ingathering. We just thought that you would like to know that, on the third report, the sum of \$275,898 had been collected, which was slightly down on last year's total for the third report, but a couple of conferences were a trifle later in starting. We'll keep you posted as the figures go up.
- ★ While we are on Appeal for Missions, you just might like to hear one or two brevities on the campaign. Take North Queensland, for instance. Their third report for this year shows \$12,917, which is more than they collected in eight weeks last year. Their fourth report shot them well over \$14,000, which is 35 per cent over the corresponding report for last year.
- ★ Perhaps readers may have remembered that North Queensland (which NEVER does things in a corner) started a church in Mount Isa last year. This time last year, there were about three believers in that town. Along came the mission with Pastor Otto and the Lord (though not in that order) heading it up, and this year Mount Isa church has sent in its first Appeal money. Thus far: \$1,283!
- ★ We now have Tasmania on the line. You MUST hear the story of John Lee Chin, a university student from Townsville who was holidaying in the island state. A recent convert, John had never been on the Appeal before. His first-ever effort turned in \$70, which is quite something.
- ★ Mr. G. F. Scott has been called to the Bismarck-Solomons Union Mission to help in the building programme at the Sonoma College.
- ★ Mr. and Mrs. Leon Powrie and son, David, arrived in Australia in December for their nine months' furlough which will extend to twelve months leave of absence to enable Brother Powrie to complete a course of study in the homeland. Brother and Sister Powrie, who previously served in the Coral Sea Union Mission, have been for the last four years at Gopalganj, East Pakistan, where they have been engaged in medical work, operating from a river launch.
- ★ "The last of the new 6LX diesel engines is to be installed in the 'Malalangi' this year. This will complete the upgrading of the power units in our twelve mission ships," reports Pastor A. R. Mitchell, president of the Bismarck-Solomons Union Mission. "After about five years of progressive endeavour and sacrifice, it will be most rewarding to have this formidable undertaking completed."
- ★ Pastor C. A. Townend, Lay Activities secretary for the South New South Wales Conference, commenced studies in a home in Canberra which was found by one of the appealers during the recent Appeal for Missions campaign. Another young man found interested folk and arranged for studies to be held weekly. Apart from the funds that are gathered in during the campaign, the campaign is also of value for finding souls for the kingdom.
- ★ Miss Jan Bucknell, in a recent letter to her father, Mr. A. C. Bucknell of Pennant Hills, Sydney, tells of a visit to Hatkanagale, about 180 miles from Poona, India, where she is engaged in secretarial work. "Our little sleeping compartment was the only first class on the train, all the rest were third. . . . We spent Christmas with Pastor and Mrs. Hetke, who were glad to have company as they are away 'out in the sticks' on their own. He travels a great deal of the time and she is nurse to the local village of a thousand people. They have lots of mod. cons. that they have brought with them from home, such as an air conditioner, but the power fluctuates so badly they have blown many of their appliances. They don't have running water, but have a servant keep a 44-gallon drum full on the veranda and they dip it out of there. On Sabbath the servants don't work, of course, so we had to draw water from the well. We enjoyed seeing real village life. We also went to a Jain temple nearby."
- ★ Three recent additions to the office staff of the Sanitarium Health Food Company's head office at Wahroonga are Miss Rhonda Macfarlane, Miss Vivienne E. Francis and Mrs. M. J. Jeffares.
- ★ Special Offerings, 1969. The proposed new Honiara Evangelistic Centre and the Atoifi Hospital Nurses' Home will each benefit equally from the division Appeal for Missions overflow this year; likewise additional national workers' houses for Pisik (Manus) and Kukudu (Western Solomons) will result from the 1969 Missions Extension Offering. What a blessing these houses will be! Only those who have seen the present unsatisfactory dwellings will fully appreciate this, reports Pastor A. R. Mitchell.
- ★ "Finally, brethren . . ." (From S. H. Macfarlane): "Blessed are they who run around in circles, for they shall be known as Big Wheels."