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Health Week Issue

What Shall We Eat?



What can be more tempting than the aroma of freshly baked bread when you're hungry? Or a fresh fruit plate of straw-

berries, blueberries, pineapple, peaches, apricots, melons, mangoes and pawpaw? Or a crisp salad of green, red, orange and white vegetables? We've been blessed with an abundance of food from all over the world.

We can't live without food, yet poor choices can kill us. Good, healthy food is inexpensive, but, in 1994, poor eating choices cost the Australian community an estimated \$A3.2 billion in hospitalisation, sick leave and lost productivity.

This week, Health Week, gives us the opportunity to focus on a dimension of life that impacts on our wellbeing and our spirituality.

The prophet Daniel and his friends determined in their hearts to follow the eating plan God had outlined. God honoured their loyalty. The Children of Israel were promised "none of these diseases" would trouble them if they followed the counsel given to Moses.

And Seventh-day Adventists? Studies over the past 40 years demonstrate the advantages of the Adventist lifestyle, and the benefits of healthy eating. Dr Gary Fraser, from Loma Linda University, reports that non-smoking, relatively thin Adventists who emphasise fruit and vegetables in their diet, and exercise moderately, may expect an extra 10 to 12 years of life compared to relatively obese, non-exercising high fat or meat consuming Adventists.

Nutrition science is relatively young and there's still much we don't know. Research is increasing our understanding of the interaction between the body and food, but the evidence supports the counsel we've had for many years.

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing" (*The Ministry of Healing*, page 296).

Few of us eat just to satisfy our hunger. To ensure that we enjoy what we eat, God has provided a wide range of colourful foods that supply all the nutrients we need for optimum health. Nutrition researchers have discovered a whole range of substances in plant foods called phytochemicals that are powerful promoters of good health. Foods with the strongest flavours (like garlic) and brightest colours (like broccoli) are the most beneficial in reducing the risk of heart disease and cancer.

Soya beans are also a rich source of phytochemicals. They seem to be the active ingredients that reduce the risk of heart disease, colon, breast and prostate cancer in Chinese and Japanese who follow the traditional diet. Studies are now being conducted to confirm the effectiveness of soya foods in reducing post-menopausal symptoms.

Researchers say it's easier to maintain a healthy weight (and you can eat more) if you eat mostly starchy foods and leave fatty foods for special occasions. Fat in our food slides easily into our fat cells. Our bodies find it harder to convert carbohydrate into body fat. Some say the body doesn't convert excess carbohydrate into fat, but burns it up.

Should you eat only raw food? You actually get more nutrients out of some

plant foods when you cook them. Starchy foods such as wheat, oats, potatoes and corn need to be cooked so that the starch cells can be broken and the carbohydrates released for digestion. And carrots are a better source of vitamin A after they've been cooked.

The carbohydrate found in dried beans, lentils and peas provides a slower release of energy than the carbohydrate found in most other foods. This is beneficial in helping people with diabetes maintain even blood sugar levels.

Sports people use legumes to provide sustained energy. Susan O'Neal, one of Australia's successful swimmers, attended vegetarian cooking classes at Sanitarium's Brisbane Nutrition Centre to learn how to cook legumes.

In the past two years, 40 per cent of Australians have cut back on red meat consumption. People want to eat more meatless meals. Vegetarian eating is fashionable and, according to nutritionist Rosemary Stanton, up to 15 per cent of Australians are almost vegetarian.

Both Australian and New Zealand governments have developed new national dietary guidelines to provide the community with a framework for healthy eating patterns. The emphasis is on plant foods, and the guidelines recommend eating a variety of nutritious foods; plenty of breads, cereals, fruit and vegetables; and a diet low in fat, sugar and salt.

We've had this knowledge for more than 100 years. Yet there's a danger that, in our complacency and self satisfaction, we'll be left behind by others.

More than ever before we have sound scientific, health, environmental and ethical reasons to choose a vegetarian diet. And, as Christian stewards, we have a responsibility to care for our world, our families and ourselves; to bring glory to God.

Dianne Butler
Director

Nutrition Education Service
Sanitarium Health Food Company

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Helpful Guidance

If the guidelines for conflict resolution and the code of ethics formulated by the Woollahra, NSW, church (Newsfront, April 12) were adopted by all church boards and members, then there'd be no need for the *Church Manual*. How much more appropriate it would be to use God's Word and the Spirit of Prophecy rather than our manual. And it would be a good way for many Australians and New Zealanders to come to know Adventists as those having the "fruits of the spirit."

Thanks too for Neroli Hill's touching story of Ruth's survival of Rwanda's horrors ("God's Safe House," April 1). It should make us all realise that it isn't so much the length of our life that counts with God, as its quality.

Erik Andersen, NNZ

Two Wrongs

I agree with Elizabeth Price's, "Pretty Woman" (Features, April 8). Adam as a substitute for Eve could have been valid if acceptable to God. The truth is that they both failed in their attempt at independence from God, although they chose different routes (Genesis 3:6, 12).

Colin Ferguson, Qld

Tolerance for Diet-fettered

There are many people like me with ME and Chronic Fatigue Syndrome who suffer from terrible allergies. It is difficult to create a balanced diet if rice is your only tolerable grain. (I can't eat any gluten-containing grains.) I must also exclude sugar, all legumes, beans, onions, garlic, capsicum, zucchini, yeast, eggs and dairy products from my diet. And more! I'm left with nuts as my only source of protein. They are expensive and not particularly filling in affordable quantities.

If I maintain my strict diet, I suffer no infections and live relatively fatigue free. So, please don't condemn those of us who have little option but to eat dairy, fish or chicken. Name Withheld, NSW

A quote: "A meat diet is not the most wholesome of diets, and yet I would not take the position that meat should be discarded by every one. Those who have feeble digestive organs can often use meat when they cannot eat vegetables, fruit or porridge" (Counsels on Diets and Foods, pages 394, 395).

Special Commendation

The articles "The Christ Event" and "The Easter Message" (April 15) deserve special commendation. I would like to express my appreciation to our division president Dr Bryan Ball. I am sure many other members are also grateful to the Lord for raising up such a gifted leader for the South Pacific Division.

D J Bassett, NSW

Believe, Obey

Thank you for your three-word editorial (April 22). Reflection on it and our relationship with God seems to suggest that it's harder to *believe* than to *obey*. Obedience to God is reasonable; belief seems unreasonable at times. But believe we must, if we are to be truly obedient. Attempted obedience without solid belief in Christ's complete obedience, for us, is heavy going. The truth of your editorial smooths the way for all Christians.

W A Townend, NSW

Renderings

In reference to "Reformation" and "Which Bible?" (Letters April 1), the various versions in my possession lead me to believe that the interest of heaven in purity is that of the need for it in the human heart. Wherever narrow-mindedness, prejudice or bigotry exist; there the need for heart reformation exists. It is the domain of heaven to measure difference between the professing of the

individual and what Heaven records as reality. Within the plan of redemption, renderings of the Bible are not so much as half the measure of eternal consequence as is the rendering of the heart to God.

Name Withheld

Twisted Text?

I get very upset when people use texts out of context to prove a cherished point of view. "Why to Change" (April 22) quotes Malachi 3:6 to point out that the God never changes. I suggest that the writer read the rest of the verse, indeed the whole chapter, to find out in what area God does not change. It has nothing to do with modes of worship, dress, culture etc. Rather, the verse is speaking of God's love and His willingness to forgive. Because that never changes, He is constantly wooing us to return to Him.

So be careful! If God never changes, period, why do we not take off our shoes when we go in to worship? Why do our men not marry the widows of their deceased, childless brothers? Such instructions were given to Moses in the context of the culture of *his* day. David was a polygamist but still "a man after God's own heart." And God never changes?

Helen Christian, NSW

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Daniel Rap

An Adventist music video about Daniel's predictions is being played nationally on Australian TV. "The Daniel Rap," performed by gospel group Iron and Clay, is receiving airtime on Swordfish, the Australian Christian music video show (consult your TV guide for details). "The clip is from the video 'WHAT future?' which is being sold in the UK, US, Europe and Africa," says producer Grenville Kent, "but it's nice to know we've cracked one of the toughest TV markets in the world—good old cynical Australia." The video is available through Adventist Book Centres.

Channels Cease

The Adventist Media Centre has ceased publishing its magazine *Channels*, in its current format. A shorter version will be inserted in the *Record* at least four times a year. Media centre manager Pastor John Banks says the major purpose of *Channels* is to inform church members of the activities and progress of the media centre, and that goal can be reached more effectively and efficiently. Instead of continuing the current print run of only 3000 for *Channels*, the new format will, potentially, reach every Adventist in Australia and New Zealand. The media centre has also discontinued

Photo: The Courier Mail

Wedding Popularity Pictured in Queensland



Adventist newlyweds Josip Zemljic and Renae Myer, and their wedding party of 16, were featured in the evening edition of Brisbane's *The Courier Mail*. The article used their wedding as an example of the general trend toward traditional weddings with all the trimmings. The price of the average Australian wedding was listed as \$A12,700. The Zemljics were assisted in their wedding by family and friends, with friends making the three wedding cakes, the bride hiring her dress and designing and making the bridesmaid's dresses and the groomsmen's waistcoats. Of 113,255 Australian couples who married in 1993, 65,573 chose a religious ceremony. The 47,682 couples who opted for a civil ceremony was double the number of 10 years ago.

offering the Book of the Month to those who donate to the centre. After reviewing the significant annual cost of the books, donors were surveyed and 80 per cent were happy for the Book of the Month program to cease. "Naturally we're pleased to cut costs," says Pastor Banks, "but we're thrilled that our donors are so dedicated that they will continue their support without the gift incentive. The overwhelming majority were more than happy that this

expense be directed back into media centre outreach."

Transfers

Alastair Stuart, from teacher at Avondale High school North New South Wales, to computer support officer, information technology Head Office, Sanitarium Health Food Company.
Michael Rigby, librarian Avondale College, to serve as librarian, Sydney Adventist Hospital.

Librarian Wanted

An experienced, qualified librarian is being sought for the position of head librarian for Avondale College, NSW. The applicant should: be eligible for ALIA membership; have sound communication and organisation skills; foster a customer orientation in the library and be experienced in state-of-the-art, online communication computing technology.

The college is planning for major building and facility extensions in 1997 (see Noticeboard for more details).

New Veg Video

Going Vegetarian? is a new video on vegetarian eating to be launched at the end of May. Produced by the Adventist Media Centre, the video was initiated and sponsored by the Sanitarium Nutrition Education Service and the Adventist Health Department of the Trans-Tasman Union Conference (TTUC). The video is expected to have wide usage in the church and community, reports the director of the Adventist Health Department for the TTUC, Dr Terry Butler. The 16-minute documentary video is in response to an increasing interest in vegetarian eating in Australia and New Zealand. "There is nothing

Did You Hear . . . ?

. . . About the death of a special four-legged creature who cheered many at Camp Howqua?

Wuffy, the dog who befriended many visitors to Victoria's Camp Howqua, died March 17, at the age of 17.

Wuffy lived at Camp Howqua through the term of three camp managers, originally belonging to John and Ellie Lawrence. He was part of an unwanted litter and survived many attempts to dispose of him. He became a friend to many who spent time at Howqua.

like this currently available," says Dr Butler. "It will be a valuable resource for nutrition classes and cooking schools and is especially targeted to young adults and families." It will be available from the Adventist Health Department and Sanitarium Nutrition Education Service for \$A40.

MA for BM

David MacQueen, business manager of Avondale



College, NSW, received his Master of Business Administration at Macquarie University on April 20. Mr MacQueen studied for his degree while carrying a full work load. Prior to his appointment to Avondale in 1991, he worked in the Treasury Department at the South Pacific Division office.

WORLD CHURCH

London Choir

The London Adventist Chorale (UK), consisting of members from a number of central London churches won the prestigious BBC-Sainsbury Choir Competition of 1994. The competition was screened recently on national television. Another Adventist choir, the Croydon Gospel Choir, was runner-up. As a result of the dominance of Adventist choirs the BBC has decided to do a program on Adventist music in

Britain in which the two groups, and others, will be featured.

Cairo Believers

A new group of believers now meets on the outskirts of Cairo, in a former orphanage, as part of the Global Mission initiative in Egypt. After much prayer and hard work, Pastor Muneer Zaki, with his wife Mona, established a Global Mission group that worships there on a weekly basis. The place has been transformed and a new company of believers was established by Pastor Svein Johansen, the Middle East Union Mission president on December 1994. Twelve Global Mission volunteers are active in giving Bible studies and preparing people for church membership in different locations from Alexandria to Luxor.

Youth in Nepal

A team of 31 people, mainly Adventist youth from Germany, Switzerland and Austria are in Nepal for four weeks to build personnel housing for the Adventist Scheer Memorial Hospital in Banepa, 26 kilometres east of Katmandu. Travel costs for the trip, were paid by the young people. The Adventist Development and Relief Agency is providing lodging, board and insurance. Construction costs were raised through special activities by Pathfinders. This is the third trip to Nepal by a group from Germany.

Sacrifice Offering

At the 1995 Spring Meeting, the General Conference Executive Committee voted to use 100 per cent of the Annual Sacrifice Offering for its original purpose—front-line mission work. Years ago, when the church had little

Expanded Cancer Care Centre

Sydney Adventist Hospital's Radiation Oncology facility was officially opened on April 11, with the addition doubling the centre's patient capacity.



"Radiation therapy cancer treatment is insufficient to meet the needs of patients in the Sydney, Central Coast and Newcastle areas as there are waiting lists at every centre," says Monica Charlton, the chief radiation therapist. "The new centre is therefore very significant for every person touched with cancer." Pictured at the opening are (from the left): Robert Collard, a former patient; Kerry Chikarovski MP (Lane Cove); Dr Bryan Ball, chairman of the board of trustees and president of the South Pacific Division; and Warwick Stokes, Chief Executive Officer, Sydney Adventist Hospital.

Photo: FaceMaker

overseas mission work, a majority of Adventists gave one week's wages so that the Advent message might be taken to the world. Five world divisions, each with more than one million members, were created. Through the years the offering was divided and used for various purposes. The recent action means that 100 per cent of the offering will be used on front-line missions. No funds will be used for office expense, administrative salaries or operational overheads.

GM Update

Global Mission has created more than 9000 congregations in unentered areas since the Global Mission emphasis was launched at the 1990 General

Conference session. From designated contributions and funds appropriated by the General Conference, the Global Mission office has distributed \$US15 million. Missions, conferences, unions and divisions have matched the funds in order to establish the churches.

IAD Woman

The Inter-America Division has elected a third woman as an officer. The Guadeloupe Conference elected Auwick Kancel as treasurer, becoming the third Inter-American conference to elect a woman as an officer. The South and North Caribbean Conferences had previously elected women as treasurers.

CHURCH CALENDAR

May 27	Health Offering
June 3	Literature Evangelism Day
June 10	Pacific Islands Advancement Offering
	Women's Ministries Emphasis Day
June 17	Religious Liberty Day

Eating Habits Changing

by Terry Butler

Being vegetarian is no longer cause for embarrassment.

A worldwide move toward vegetarian eating has caught on in Australia and New Zealand. This movement is spurred on by health research, environmental concerns and the promotion of national dietary guidelines.

The media, food manufacturers and restaurants are responding to the interest of these new vegetarians. Supermarket shelves carry an abundant variety of vegetables, fruits and

People who eat smart are eating, basically, a vegetarian diet. It's the way to go.

packaged vegetarian alternatives. Magazines, articles and recipe books on vegetarianism abound. Selecting vegetarian options from restaurant menus usually presents no trouble.

Food choices today are a far cry from those of the early colonisers who



"For me, the message of health means being able to personally enjoy life to the full as I help others to develop physically, mentally, socially and spiritually."

Beryl Carpenter, nutrition instructor, Western Australia

subsisted on damper, salted pork, cold mutton and billy tea. But the most dramatic changes have taken place in the past 50 years. I show my age and upbringing when I remember the dripping tin on the wood stove, roast dinners on Sunday and custard desserts in the evening.

Today's the era of fast food and pre-prepared, packaged convenience meals ready to microwave. Our multicultural society with varieties of ethnic cuisine has transformed our eating habits. Eating out has become a way of life for many.

While many are eating more nutritious foods, others aren't. Poor food choices and a lack of knowledge and cooking skills mean that some community groups are malnourished. For others, however, it's the other extreme—over-nourishment with excess calories and high fat foods. In Australia, 51 per cent of adult males and 34 per cent of adult females are considered overweight or obese.

Food and nutrition are fundamental in determining our health. Approximately one-third of cancers and one quarter of cardiovascular diseases can be attributed to diet.

With the development and emphasis of dietary guidelines, our governments are endeavouring to turn that trend around. Targets recommended in 1994 by the Australian Department of Health call for specific changes in dietary behaviour by the year 2000:

- An increase in daily servings of cereals, vegetables and fruit.

- Reduced consumption of dietary fat, saturated fat, alcohol, refined sugars (sucrose, syrups and honey) and salt added to food.

Much progress has yet to be made. A recent *Choice* magazine report questions whether Australians are really making healthier eating choices nowadays. The Nielsen Market Research Company has found that Australia's two top-selling supermarket brands are Coca-Cola and Arnott biscuits. And more money is spent on cigarettes than on any other product.

Surveys of apparent food consumption per capita in Australia show that:

- meat consumption has declined by 31.6 per cent since 1938.

- dairy products consumed has remained relatively constant since 1948.

"A previously hidden world of natural chemicals in edible plants is unfolding."

- fruit consumption has increased by approximately 66 per cent since 1958.

- vegetable consumption has increased by 31 per cent since 1958.

A 1993 Commonwealth Scientific Industrial Research Organisation (CSIRO) survey found that 45 per cent of men and 50 per cent of women eat more vegetables than they did during the previous two years. However, most underestimated the amount they should eat. National recommendations for adults in Australia are two servings of fruit and four servings of vegetables daily. In New Zealand, a minimum of two servings of fruit and three of vegetables is recommended.

Advocates of the vegetarian diet abound, with the current focus of attention on functional components found in plant foods. These are the groups of compounds called phytochemicals.

"At least 200 epidemiological studies from around the world have found a link between a plant-rich diet and a lower risk for many types of tumours.

"A previously hidden world of natural chemicals in edible plants is unfolding and the more researchers learn, the more certain that Mum was right: we should eat our vegetables and lots of them" (*Harvard Health Letter*, April 1994).

Being vegetarian is no longer cause for embarrassment or eccentricity. □

Terry Butler is the director of the Adventist Health Department for the Trans-Tasman Union Conference.

Health Around the Pacific

by Percy C Harrold

Australians and New Zealanders shouldn't feel smug or complacent.

Based on biblical principles and taught by our early pioneers, the health message often provided a basis for mockery. Now we can look back and laugh, but in decades past you had to be confident about our health message—no one else was. Today many reap the benefits of a lifestyle now recognised as superior.

Seventh-day Adventists have been described by Henry Troyer as “the most researched religious group.” More than 200 reputable scientific research articles published on the health of Adventists attest to the wisdom of the health teachings and practices that are ours. As we approach the end of this century, health wisdom remarkably coincides with the Adventist philosophy on health.

Yet, as I study the health outcomes for Adventists around the South Pacific Division, I'm concerned with the prevalence of lifestyle diseases. Due to an inappropriate emphasis on impractical dietary reforms as the main thrust of health teaching by the church in some Pacific islands, Adventists are falling into the same traps as their compatriots. Diabetes, in some areas, has reached epidemic levels and, at times, Adventists fare poorly compared with their neighbours.

Not recognising the deleterious effects of excessive fat and sugar intake, many of our island people have succumbed to diabetes and heart disease.

Australians and New Zealanders shouldn't feel smug or complacent. They've been through the same cycle. Fortunately, health promotions from governments have been similar to the original Adventist line. We have probably reaped the benefits the rest of the population has experienced: Less heart disease; less cancer; less diabetes. But we could do better.

“Whoa!” you say. “There he goes

again . . . diet . . . diet . . . diet!” Admittedly *Eating Smart* gives counsel for the prevention of these lifestyle diseases. Choosing to do away with alcohol, tobacco and other drugs (see the Health Week 1994 booklet, *Who Needs Drugs?*) will also help.

Your personal choice of a drug-free lifestyle provides measurable benefits. Let's not forget the advantages of good health habits as outlined in the Health Week 1993 booklet titled *Rediscover Life*. Should you use these in your personal health quest, they are still available (see elsewhere in this week's *Record*). We have been surprised at the acceptance of *Rediscover Life* and *Who Needs Drugs?* in the community.

Unashamedly the thrust of 1995 Health Week is seen in *Eating Smart*. We trust that your family will adopt the principles in *Eating Smart* and will share them with non-Adventist friends.

***Eating Smart* applies common sense to a body of knowledge that has benefited so many of God's children .**

Our health principles are applicable regardless of culture, income-level, availability of resources or health needs. Their application, in dietary practices, may vary in content in a community, family or individual, depending on the prevailing circumstances.

With a rich and accessible supply of a wide variety of fruits, vegetables and other foods, most Australians and New Zealanders have the opportunity to be vegetarian. They can adopt a food intake range different from those living on the Pacific atolls of Kiribati or Tonga. In those areas, fish may need to be part of the variety of foods on the table. Yet the principles remain the same: choose the best food supply and intake given your circumstances.



“I was sitting in the University of Sydney medical library researching the link between lifestyle and cancer, it was an amazing buzz seeing the abbreviation SDA vs non-SDA lifestyle in the landmark Japanese study on the topic.”

Danielle Florida, general practitioner, Sydney, New South Wales.

What about the Pacific islands? In the past three years I have seen the interest in, and the adoption of, health principles that can be applied irrespective of a person's income or locale. Principles of healthy living—whether they be about sleep, avoidance of addiction, exercise habits, and dietary practices—should be universally interpretable in the local context. Providing education in applying the principles of the Adventist health message enables us to improve our health by applying these resources to our local area.

The Adventist approach to health has always been a balanced one. Following an acceptance of the health principles, the recipient can understand and apply them for the whole family's benefit.

Eating Smart applies common sense to a body of knowledge that has benefited so many of God's children over the past century and a half—adding years to life and life to years. □

Percy C Harrold is the director of the Adventist Health Department for the South Pacific Division.

Is Adventist Nutrition Out of Date?

by Harley Stanton

He insisted that "white flour, red meat and blue blood were the tricolour flag of conquest."

How is it that the Seventh-day Adventist Church has been able to make such significant changes in health and diet?" The question was perceptive. It came from Dr John Powels, professor of Social and Preventive Medicine at Monash University. I was merely his student in an off-campus course at the time.

Since that encounter with Dr Powels, I have reflected on the impact of early church leadership and the health counsels of Ellen White. "Over the last two decades, we have had consistent evidence that vegetarians have a reduced mortality. In particular, Seventh-day

Adventists in the US have yielded compelling data, over and above the call of religious duty."¹

There's a growing interest in vegetarian food and in health. One author comments, "The old taboos were religious. Ours are medical. Our ancestors talked about risks to the soul, and we talk about risks to our bodies. They kept faith with tradition, we put faith in the 'best scientific evidence.'"

In the past we memorised Scriptures, the catechism, or the names of the saints; today "we learn by rote the ingredients that will lower and reduce the chances of heart disease and cancer."² This writer also outlines the thinking at the turn of the century when, in 1893, someone put to satire the development of a new "Pentalogue" in Puritan circles:

"Thou shalt not smoke.

"Thou shalt not drink.

"Thou shalt not play cards.

"Thou shalt not dance.

"Thou shalt not go to the theatre.

"On these five hang all the law and the prophets."³

Sylvester Graham's fame couldn't stop him being assaulted by butchers of Boston for his stand on whole wheat bread and the healthy use of fruit and vegetables. John Harvey Kellogg was confronted by the New York physician, Woods Hutchison. An evolutionist, Hutchison said, "The natural food of man, then, the diet for which he was fitted by evolution, was the food that appealed to his instinct, not that which satisfied his reason: To 'taste good' is nature's stamp of approval upon a food."

The vast majority thought meat tasted not just good, but best; the one thing that primitive, barbarous and civilised man shared, said Hutchison, was a longing for the "fleshpots of Egypt." He said that "vegetarianism is the diet of the enslaved, stagnant and conquered races, and a diet rich in meat is that of the progressive, the dominant and the conquering strains."

He insisted that "white flour, red meat and blue blood were the tricolour flag of conquest."

The Tables Have Turned

In 1987, with support from Loma Linda University, Sanitarium Health Food Company and other groups, the First International Conference on Vegetarianism was held in Washington. Since then there has been a growing interest in vegetarianism, and the number of vegetarians in the USA has increased eightfold since 1979. The data for Australia and New Zealand is not readily available, but indications show a growing interest in vegetarian diet.

Recent findings concerning a vegetarian diet are encouraging.

A vegetarian diet helps prevent can-

Tests for the Rat Race

Dr Clive McCay, formerly of Cornell University in the US, was a most remarkable man. So were his life and teachings. In 1933, he published amazing studies on the life expectancy of rats. For those in the "rat race", these results have more than passing significance.

The studies showed that rats fed adequately until their adulthood and then given varied food, in limited quantities, lived almost twice as long as overfed rats given unlimited food. For 40 years these studies were all but forgotten. Then in the 1970s and '80s they were repeated with similar results.

In the biography of McCay published in 1994,¹ a whole chapter is devoted to Ellen White. Though not a Seventh-day Adventist, this leading nutritionist thought her writings were quite remarkable. "Though the works of Mrs White were written long before the advent of modern scientific nutrition," he says, "no better over-all guide is available today."²

Though he wrote these words some 30 years ago, these words still ring true today. Dr. Winston Craig, probably the leading nutritionist in the Adventist Church, recently uttered similar words. Here's hoping the emphasis on *Eating Smart* will lead to changes in lifestyle and practice—and, eventually, to long, fruitful lives among Seventh-day Adventists.

References

1. Jeanette B McCay, Clive McCay: Nutrition Pioneer, Biographical Memoirs By His Wife, *Tabby House, Charlotte Harbour, Florida, 1994, page 485.*

2. *Ibid, page 446.*

cer. It reduces damage from "free radicals" or "Rambo-like" cells within the body. A diet rich in carotenoids—found in the red fruits and yellow-orange vegetables—enhances the body's protective lines of defence. In addition, vitamins E and C detoxify these free radicals, while the water-soluble vitamin C helps reduce their impact on the body. Fat-soluble vitamin E acts as a principal anti-oxidant in tissues and cell membranes.

People with higher levels of anti-oxidants have lower death rates. They usually consume a diet rich in whole grains, nuts, fruits and vegetables. These foods contain "fighter" chemicals (phytochemicals), flavinoids and plant phenols that can act as powerful anti-oxidants.

A decreased cancer risk at 15 different body sites have recently been noted by Dr Gladys Block from almost 200 studies involving fruits and vegetables.

Adventists who regularly eat nuts have only half the coronary heart disease of those who rarely do. The fat in nuts appears to reduce the stickiness of blood cells and improves blood flow.

Vegetarian diets appear to slow the maturation process. They also seem to increase height and life expectancy as well as decrease weight. For the vegetarian diet, which has often been regarded as nutritionally inadequate, this recent finding is remarkable.

Soya products have isoflavones that can help prevent the development of breast cancer. They have been thought to have contributed to the low breast cancer rates in Japan, which is only 25 per cent of the US, Australian or New Zealand rate.

Real men may not only eat tofu, but tofu may actually save them from developing prostate cancer. Soya foods are thought to be responsible for delaying the onset and development of prostate tumours in most Japanese men.

Soya foods also reduce calcium loss in bones better than animal protein. Thus they help prevent osteoporosis. □

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1. Anthony McMichael, "Vegetarians and Longevity: Imagining a Wider Reference Population," *Epidemiology*, September 1992.
2. Leonard I Sweet, Health and Medicine in the Evangelical Tradition, *Trinity Publishing House*, 1994, page 11.
3. *Ibid*, page 43.

Harley Stanton is the associate director of the Adventist Health Department in the South Pacific Division.

Sharing the Adventist Lifestyle

by Terry Butler

Some people have great ideas for sharing the healthy Adventist lifestyle with their community.

For instance, Col Brighton, a member of the Central Mackay church and a state high school teacher, shared last year's Health Week leaflet, *Who Needs Drugs?*, with others in his school. Students were not only receptive, they asked many questions.

A teacher used it in both the Human Relations Education program and English classes. The school bought 250 leaflets and wants more for other schools. The deputy principal had nothing but praise for the leaflet and enthusiastically uses it in different classes.

In South Australia, Sadi Williams, who claims to be a shy senior citizen, decided that every student in her Naracoorte town should have a copy of *Who Needs Drugs?* She visited schools in the district.

"Every headmaster was impressed with the booklet," she says. "They felt it was relevant to the problems in their schools."

As a result of these contacts her church purchased and distributed 730 copies of the leaflet.

This year's *Eating Smart* material, developed by the Trans-Australian



"Working as a doctor, I have realised that prevention is far better than cure and that good nutrition is all about disease prevention."

Jonathan Kavur, medical practitioner, Queensland.

Union Conference and the Trans-Tasman Union Conference, is sponsored and subsidised by the South Pacific Division Adventist Health Department and Sanitarium's Nutrition Education Services. In addition, a whole range of attractive and informative health resources are waiting to be used. They aren't meant to be left on the shelf!

The Adventist Health Department has a special offer on leaflets, posters and *Quit Now!* kits until the end of June. The Sanitarium Nutrition Education Service has more than 50 outstanding leaflets, fact sheets, posters and recipe books on nutrition and vegetarian eating.

How You Can Use Health Information Resources

Leaflets and posters can be used in many ways:

- As handouts for health programs: *Quit Now!*, stress, cooking classes and wellness programs.
- For distribution to local schools and clubs.
- For use in health expos at fairs, shows and shopping malls.
- In church, community and evangelistic programs.

Quit Now! Kit

- Valuable for small groups, do-it-yourself and one-to-one health evangelism. □

Terry Butler is the director of the Adventist Health Department for the Trans-Tasman Union Conference.



"The writings of Ellen White about nutrition have stood the test of time."

Winsome McHarg, senior dietitian at Princes Alexandra Hospital, Queensland.

Bridgebuilders Discover Their Church

We are an extremely secular and pagan society. More than half the Australian people don't have a proper view of God," said John Smith of God's Squad to Adventists attending the Victorian Bridgebuilding Conference held on April 29 at Monash University.

More than 300 people attended the afternoon and evening seminars where some 20 exhibits of community bridge building (by churches and outreach ministries) in Victoria were on display.

An extensive profile on the Australian Protestant church, and the attitudes of the people in their pews, was given by Merylyn Correy of the National Church Life Survey team. The Adventist Church, along with 19

other Protestant congregations, took part in the survey that showed—among many other points—the Adventist church to be losing more of its youth than any other denomination, and to be almost twice as resistant to change than other denominations.

Should nothing change in the Adventist church in 10 years, says the survey, the age of half the attenders will be more than 60 years.

In answering the question of how to reach youth, Mr Smith stated, "Relevance is not methodological, it's relational. We need to sit down and listen to our children. What are they interested in, what are they doing, who are they? We barely listen to each other let alone our children. We are so

reactive to our kids when they act up.

"The world, and youth, need hope. We cannot bring hope if its not going to cost us. . . . We can't blame the minister, or pressures of the world if we don't even listen to our kids—the responsi-



Chub Scales, representing Delhuntie Park, attended one of the booths at the Victorian Bridgebuilding Conference.

Photo: Karen Miller

What the National Survey Says About Adventists

The Good News

There is good news from the National Church Life Survey (NCLS). According to the survey, Australian Seventh-day Adventist Churches:

- tend to be larger than other participating congregations.

- have a gender balance (male to female) closer to the national ratio than the overall NCLS sample.

- have an ethnic component approximately the same as other churches and the wider community.

- have a higher level of weekly worship attendance.

- devote more hours per week to congregational activities than many other congregations.

- have attendees that feel they have significant roles to play in church activities—more than other NCLS sample churches.

- have more than half involved in local, congregation-based outreach ministry.

- have a higher level of attendees who feel they are exerting a Christian influence in the wider community.

- have two-thirds of attendees feeling confident in discussing matters of faith with unchurched people.

- have one-quarter of attendees suc-

cessful in inviting others into the life of the church (the same as NCLS overall sample).

- have more than half the attendees say they had grown in their understanding of faith in the past year.

- have a little more than half who claim to have experienced a decisive moment of conversion (40 per cent speak of faith growing gradually).

The Bad News

There is also bad news for the Adventist Church in the National Church Life Survey (NCLS). The survey indicates that Australian Seventh-day Adventist Churches:

- have church growth no more than NCLS sample.

- have half their churches stable (between 5 per cent decline and 5 per cent growth).

- do not benefit much from the high level of denominational church swapping that takes place.

- will have almost half its members more than 60 years of age in the next 10 years, should things stay the same in the church

- have an over representation of tertiary-educated people. The church is not attracting as many blue-collar or

clerical workers as others.

- have a high level of marriage break-down—higher than the national level.

- exceed the national level in the number of single parents.

- have an inferior record of small group ministry when compared to other churches in the survey.

- have fewer newcomers come to their churches.

- have more attendees who have been in the congregations for a long time (about one-third have been Adventists for more than 20 years).

- have more than one-third of their congregations that have had no newcomers attend in the past five years.

- only have a quarter of their members involved in community-based care groups.

- have a lower level of contact with people in the wider community than other participants in the survey.

- have a quarter of attenders say they had no real change in their life from their Christian faith during the past year.

- have only a third of attenders claim to have had a dramatic answer to prayer.—*Summarised by Dr Alwyn Salom*

bility is ours.”

The Adventist resistance to change (45 per cent as opposed to 29 per cent for the general Protestant population) was revealed by Ms Correy. The question was asked, “What are your faith negotiable and non-negotiable?”

“Many congregations will have to radically rethink the style of what they do,” say the researchers, “connecting the richness of their traditions with the realities of contemporary cultures. While unsettling and possibly scary for attenders and leaders alike, it may be vital for the survival of the essence of those traditions.”

The typical methods of evangelism undertaken by Adventists was challenged when it was shown that 12 per cent of Adventists joined the church through church activity and 23 per cent through personal contact. Only 2 per cent of people joined the church through reputation.

“Personal contact,” according to the NCLS team, “is a vital source of new life into congregations. The finding that a majority of newcomers join the church because of personal contact also puts the role of advertising and the visibility of a church building into perspective. . . . The key factor in actually getting newcomers to become involved is a personal invitation from attenders or clergy.”

The group seminars of “Mission Under the Microscope” and “The Sources of Distortion of the Image of God” were discussed by many attending the seminars, as were the workshop topics: small groups; transitions; self-esteem; healing; health; hospitality; care; the church and secular society; church maintenance to ministry; and hope for youth.

A booklet listing relational resources at the Victorian Conference office was made available to attendees of the seminars by seminar organisers Janilyn Erskine-Gager, Adventist Community Care (AdCare) Director for the Victorian Conference, Pastor Phil Gager, director and resource coordinator for Church Ministries, Pastor Merv Savage and Kate Brown.



Photo: Karen Miller

John Smith from God's Squad talked about reaching the secular society at Victoria's bridgebuilding conference.

This was the first seminar of its kind in Victoria, one that, from listening to the comments of those attending, is going to have a positive impact in local churches and the community.—Karen Miller

South Australians Undergo Training

Intensive training programs are being run for church members of South Australia under the direction of the recently formed Christian Ministries Institute.

The institute, to be conference-run, is believed to be the first of its kind established in Australia on an ongoing basis.

“It is hoped that the Christian ministries program will go a long way toward providing an army of well-trained members who can more confidently minister both within the church and in the wider community,” says Pastor Neil Watts, the president of the South Australia Conference.

The program incorporates biblical and practical ministry subjects, with assignments and short examinations. The concept began in 1986 when Pastor Watts commenced a Lay Leadership Training Course one night per week

over a two-year period in Western Australia. Participants were given Lay Leadership Certificates at the successful completion of their course.

Pastor Watts planned to introduce correspondence courses for isolated members, together with weekend regional training units, but the care of a city church was added to his responsibilities. The project lapsed.

After a three-year period at the Trans-Australian Union Conference office, Pastor Watts accepted a call to South Australia as president. Earlier this year, Pastor John Kingston transferred to South Australia as the conference personal ministries and Sabbath school director. Together they have worked to make the Christian Ministries Institute a reality.

A wide range of subjects and training events will be offered to participants. A



Pastor Neil Watts initiates a new program in South Australia.

core curriculum will be required, but beyond that a wide range of options will be provided. Some courses will be conducted in the evenings, while others will be held on weekends—in city and country regions. Videos, class notes, manuals and practical assignments will be available to those unable to attend due to sickness or distance.

Manual Changes Proposed for GC



Photo: Adventist Review

More than 50 proposed changes to *The Church Manual* will be discussed at the General Conference session in June. The topics range from courtship to discipline and, if voted, will have impact in our churches.

The Adventist Church did not readily accept the idea of a church manual. Being organized with policies and manuals struck many early Adventists as being too closely identified with "Babylon." They preferred instead to rely on the Bible as their only source of belief and practice.

In 1882, an attempt was made to compose a church manual, but the General Conference session of 1883 voted not to publish it. A number of books and pamphlets appeared from a variety of authors that unofficially detailed the work of the church and the duties of its officers.

The first official manual, published by the General Conference, was printed in 1932. To protect it, the 1946 General Conference session took an action that all changes could be made only by the General Conference delegates in session.

This year many changes are minor, involving grammar or wording. But others propose significant changes.

Strengthening Our Counsels on Courtship, Marriage, Divorce and Remarriage.

Three proposed amendments will substantially strengthen the church's counsel regarding relationships between men and women.

The first, regarding courtship and marriage says that because of the potential differences in values between those contemplating marriage, "adequate preparation for marriage should include premarital pastoral counselling."

And, recognizing that lifestyle and

spiritual values held in common contribute to a successful marriage, the new amendment says, "For these reasons, the Seventh-day Adventist Church strongly discourages marriage between a Seventh-day Adventist and a non-Seventh-day Adventist, and strongly urges Seventh-day Adventist ministers not to perform such weddings."

The amendment says that the church must recognize the right of members to make the final choice of a marriage partner. Those who choose to marry a non-Adventist should be shown "love and concern with the purpose of encouraging the couple toward complete unity in Christ."

Instead of the current and quite general "unfaithfulness to the marriage vow," the manual will define such unfaithfulness to include "adultery and/or fornication," and will recognize that the New Testament word for fornication includes certain other sexual irregularities. It states, "Gross sexual perversions, including homosexual practices, are also recognized as a misuse of sexual powers and a violation of the divine intention in marriage. As such they are just cause for divorce."

There is a strengthening of the wording to recognize that marriage relationships sometimes "deteriorate to the point where it is better for a husband and wife to separate." The current edition mentions that some conditions make it unsafe for husband and wife to live together, but doesn't specifically suggest separation.

In another paragraph the wording is changed, but still reaffirms that if a person is divorced and remarries without biblical grounds—adultery, fornication, death of a spouse, or prior remarriage of the former spouse—he or she will be disfellowshipped.

Changes and Cautions in How We Discipline and Relate to Members Under Discipline.

Five items come under this category:

●An increase in the maximum time a member can be under censure—from 9 to 12 months.

●Discipline matters *must be reviewed by the church board* before any case is allowed to go to a church business meet-

ing for a final vote. This provides protection for members and the church.

●When a church disfellowships a member it should not just mail a letter: "This communication should, wherever possible, be delivered in person by the church pastor or by a church board designee. . . . The erring members should be assured that the church will always hope that reaffiliation will take place and that one day there will be eternal fellowship together in the kingdom of God."

●The section *Reinstating Disfellowshipped Members* the suggestion is to change the wording to: "Because disfellowshipping is the most serious form of discipline, the period of time before a disfellowshipped person may be reinstated should be sufficient to demonstrate that the issues which led to the action to disfellowship have been resolved beyond reasonable doubt."

●A proposal for *Caution in Disciplining Members* says, "No church shall receive into membership a person who is under the censure of another church. Such a course condones the offence for which another church has applied discipline." This seeks to address the problem of a member being disciplined in his or her local congregation and then seeking membership in another congregation.

These proposals highlight the fact that discipline is often painful, but need not be permanent. When a person is notified of a church's decision, personal contact will help to demonstrate Christian concern. The process of making disciples involves discipline. When this can be done in the Spirit of Christ, the church and all of its members stand to benefit.—*Stephen Chavez, Adventist Review (To be continued in the next issue of the Record.)*



Photo: Adventist Review

Instructors Are Under Instruction

A group of 25 vegetarian cooking instructors from Australia and New Zealand recently spent five days at the Warburton Health Care Centre tasting food, talking food and trying recipes.

Vegetarian cooking instructors (VCIs) are volunteer trainers who teach church members how to demonstrate vegetarian cooking to the public. Often that is not easy, considering the difficulty some people have when introduced to any new food experience.

Courses are conducted every three years and coordinated by Dr Terry Butler and Pastor Ray Baird, health directors of the Trans-Tasman and Trans-Australian Union Conferences respectively. Their role is to develop consistency in health presentations churches make to the public.

Dr Winston Craig from Andrews University provided the latest nutritional information to the group. He shared research vindicating the Adventist position on diet and lifestyle.

A vegetarian diet, low in fats and sugars, and liberal-supplemented with fruit, grains and vegetables, lowers the risk of most major health risks. A person who exercised regularly and was slightly underweight can expect to live a quality life for 10 years longer than the average.

Well-known author, speaker and vegetarian, Vikki Leng, provided a humorous look at the ideal diet, and suggested no one should eat anything with a face. For those battling the problem of weight, Dr Harold Waldrip and Jonathan Duffy from the health care centre demonstrated why so many battle the bulge and fail.

Each delegate was required to present a health talk or food demonstration as part of the course. Dr Butler and Pastor Baird concluded this seg-











Vegetarian cooking instructors recently met at the Warburton Health Care Centre for training to teach church members to demonstrate vegetarian cooking.

ment with a parody demonstrating everything VCIs should not do when conducting a vegetarian cooking class.

Churches that want to be involved in "Eating Smart" and sharing information about the vegetarian lifestyle can contact conference offices for the names of conference VCIs.—Raymond H Baird

CHILDREN

Word Puzzle

 -H +E		 -S	 -g +th
 -m +y -th	 -N+L	 -F +y	4
	B	33 -D +TR +D	Answer- John 14:27

Here are 11 pictures, and they stand for 11 words found in the text, John 14:27. But do not turn to the text until you have tried hard to work out the meaning of each picture. Do you want a little bit of help? All right, let me help you. The first word is "Peace." Now see what you can do with the other pictures.

—Mrs E Pearson, *Our Little Friend*, Sept 24, 1976

Secret Message

Here is a secret message in code.

ULI BLFMT KVLKOV DZMGRMT GL HFXXVW RM HKLIG GSVIV XZM YV ML WLFYG GSZG GLGZO ZYHGRMVMXV RH YVHG

A-Z, B-Y, C-X, D-W, E-V, F-U, G-T, H-S, I-R, J-Q, K-P, L-O, M-N, N-M, O-L, P-K, Q-J, R-I, S-H, T-G, U-F, V-E, W-D, X-C, Y-B, Z-A

By using the clues given in the second set of letters, you should be able to write out the message in a very little time.—*Our Little Friend*, Nov 5, 1976

Appreciation

It isn't too late to say thank you to the beautiful family of God who supported Lynn and I in our recent sad loss of a loving wife and mother, Doreen. Would all who sent cards and floral tributes accept our grateful thanks and love. John Hawkes.

Weddings

Connor—Roman. Stuart Ronan Connor and Angelique Diana Roman were married on 21.4.95 at Southport, Qld.

Leigh Rice

Cooney—Wegener. Kenneth Robert Cooney, son of Col and Gwen Cooney (Beerwah, Sunshine Coast, Qld), and Michelle Tanya Wegener, daughter of Darold and Betty Wegener (Point Turton, SA), were married on 5.2.95 at Galston, Sydney, NSW.

Eric Greenwell

Hess—Walkom. Barry Robert Hess, son of Cedric and Penelope Hess (Isabella Plains, ACT), and Tanya Lynn Walkom, daughter of Don and Renata Walkom (Gordon, ACT), were married on 22.1.95 at Canberra National SDA church.

Graeme Christian

May—Zolcinski. Craig Anthony May, son of Brian and Loloma May (Adelaide, SA), and Janette Gabriella Zolcinski, daughter of William and Ursula Zolcinski (Springvale, Vic), were married on 23.4.95 at Wantirna SDA church, Vic.

B G Whelan

Menzie—Revell. Tim Menzie, son of Tony and Daphne Gornick (Penguin, Tas), and Kelley Revell, daughter of Rod and Lorraine Revell (Penguin), were married on 2.4.95 at Ulverstone SDA church.

Wayne Stanley, Adrian Clack

Milenkov—Miskeljin. Daniel Milenkov, son of Slojan and Zaprena Milenkov (St Albans, Vic), and Jasna Miskeljin, daughter of Vasa and Zlatica Miskeljin (Eight Mile Plains, Qld), were married on 1.1.95 at Garden City SDA church, Brisbane.

Michael Radovanovic

O'Grady—Mulligan. Terry William O'Grady, son of Evelyn O'Grady (Hervey Bay, Qld), and Suzanne Virginia Mulligan, daughter of Desmond and Elizabeth Mulligan (Hervey Bay), were married on 16.4.95 at Hervey Bay Historical Church.

Geoff Donovan

Read—Dawes. Stephen Read, son of Alec and Gladys Read, and Katherine Alice Dawes, daughter of Kenneth and Vanda Sproule, were married on 19.3.95 on Aspen Island, Canberra, ACT.

Graeme Christian

Redmond—Kimpton. Trevor Redmond, son of Keith and Elaine Redmond (Nambour, Qld), and Annette Kimpton, daughter of Sam and Jean Kimpton (Brisbane), were married on 17.4.95 at Springwood SDA church, Brisbane.

MR Potts

Townsend—Best. Paul Charles Townsend, son of Raymond and Janice Townsend (Perth, WA), and Leanne Best,

daughter of Ivan and Anne Cochran (Perth), were married on 23.4.95 at the Armadale SDA Church.

Pat Marshall, Jim Tonkin

Zemlich—Myer. Joseph Stephen Zemlich, son of Michael and Ljiljana Zemljic (Brisbane, Qld), and Renae Anne Myer, daughter of Boyd and Lesley Meyer (Brisbane), were married on 23.4.95 at Garden City SDA church, Brisbane.

Peter Stojanovic

Obituaries

Atkinson, Eileen Merle, born 28.6.12 at Kurri Kurri, NSW; died 15.4.95 at Charles Harrison Nursing Home, Cooranbong. She is survived by her two children, Jenny Jones (Cooranbong) and David Rodgers (Brisbane); brother, Jack; six grandchildren; and one great-grandson.

J N Beamish

Cock, Dorothy, born 7.8.17 at Stepney, SA; died 20.3.95 at Flinders Medical Centre, Adelaide. She is survived by her husband, Claude; son, Graham; daughters, Jerry and Yvonne; six grandchildren; and two sisters, Edith Van-Weenan (Adelaide) and Eva Goeldner (New Zealand).

B Sretenovic, G Hirst

Gast, Berta (nee Truppel), born 24.3.10 near Budapest, Hungary; died 15.4.95 at Byron Bay, NSW. Predeceased by her husband, (Pastor) Wilhelm, in September, 1991. She is survived by her children, Gert (Byron Bay), and Judith Schwinger (Germany); sister, Eva Kaszian (Germany); and three grandchildren.

Maurice Hudson

Granger, Lexie Lorette, born 15.3.41 at Yass, NSW; died 21.4.95 at "Avoca," Collector. Married 24.3.65. She is survived by her husband, David; son, Ashley; son and daughter-in-law, Mark and Jenny. Predeceased by son, Jason Anthony, on 18.2.95.

T D Kingston

Hardy, Janet, born 18.8.11 at Arthurs Creek, Vic; died 8.4.95 at Sale. Married 19.8.43. Predeceased by her husband, Ron; and grandson, Keiren. She is survived by her sons and daughter-in-laws, William and Rosalie, Kevin and Gwen; daughter and son-in-law, Lorraine and Kevin; daughter, Marilyn; and 11 grandchildren.

Phil Bishop, Keith Hankinson

Howard, Heather Winifred (nee McClure), born 22.2.37 at Watford, England; died 3.4.95 at Warburton, Vic. Married 3.4.69. Heather is survived by her husband, Royce (Warburton); son, Malcolm (Yarraville); daughter, Elaine (Warburton); brothers, Don (Geelong) and Martin (Luton, England).

Trevor Rowe

King Adams, Daisy Hyacinth, born 9.3.09 in England; died 8.4.95 at Cessnock, NSW. Predeceased by her husband, Eric, on 9.7.63; and son, Stewart, on 7.3.65. She is survived by her children, Noel (New Zealand), Lyndsay (Weston, NSW) and Elwyn (New Zealand).

Wilf Pascoe, L C Coombe

Separovich, Gilda (Jill), born 25.6.21 in Roana, Italy; died 21.3.95 at Broken Hill, NSW. Married 23.10.43. Jill is survived by her husband, Michael (Broken Hill); children, Diana, Larry, Rita, Zane and Lance; brother, Aldo; sisters, Ines and Mary; five grandchildren; and two great-grandchildren.

N D Tosen

Advertisements

Head Librarian: Avondale College is seeking an experienced man or woman to fill the position of Head Librarian. The successful applicant will be a professionally qualified librarian who: ●is eligible for ALIA membership ●has sound communication and organisational skills ●can foster a customer orientation in the library ●is experienced in state-of-the-art online computing technology. Avondale Library is planning for major building and facility extensions in 1997. Interested persons should contact the Assistant Principal, Dr G M Valentine, for further information and selection documentation. Phone (049) 77 1107; Fax (049) 77 2578; E-Mail: ougmv@net-vms.newcastle.edu.au. Applications should reach the Principal, Dr G A Madigan, PO Box 19, Cooranbong NSW 2265, by May 30.

Kenneth Cox's Dimensions of Prophecy for Today videos. 30 X 1 hour programs on 10 video tapes now available for only \$350 (incl freight). Further discounts available for bulk purchases. Inquiries to DOP, PO Box 656, Croydon Vic 3136.

Carrum Downs Adventist Primary School 21st Anniversary celebration March 23, 1996. Past students, teachers, chaplains and families are asked to send names and addresses to the school, Lot 1 Thompsons Road, Bangholme, via Dandenong Vic 3175, to enable invitations to be sent.

Fly'n/build to Fiji. Volunteers such as carpenters, builders, handymen etc are needed urgently to fly at the end of June '95 for three weeks to help build a church. For more details phone Pierre Balisson on (03) 9799 1930.

House for Sale—Auction. Owners transferring to Queensland and must sell their tastefully decorated 3BR home in Cooranbong. Blackwood, gourmet-style kitchen and breakfast bar opening to large family room with formal dining, lounge room, and ensuite off master bedroom. Drive through double garage to beautiful BBQ area/pergola. Close to college, shops and schools. Auction on site, Sunday June 4 at 1 pm. 16 Harmon Drive, Cooranbong. Sunlake Real Estate, 95 Dora Street, Morisset, NSW. Phone (049) 70 5222.

House for Sale—Mansfield, 5 min walk to Brisbane Adventist Schools. Highset B&T; 3BR, lounge, dining etc upstairs; double garage, second toilet, rumpus, covered entertainment area downstairs. Price negotiable. Phone Allen Sontter (07) 343 1964.

Melody Park Retirement Resort, Nerang, Gold Coast, Queensland. Hostel approved. For sale (last one available): 3BR brick house. 2 tiled bathrooms, garage, lounge/dining, cathedral ceilings, fridge, washing machine, dishwasher. \$A146,500 or offer. Phone (075) 78 3280.

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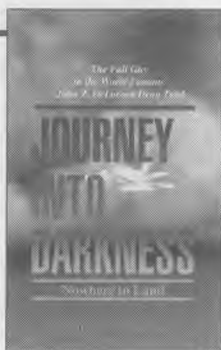
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●**Sonoma Adventist College, Rabaul, PNG.** **Maintenance volunteer and assistant teacher** to teach trade subjects for 6-12 months, commencing as soon as possible.

For any information on volunteer service, please contact Pastor Eric White, Volunteer Service Coordinator, 148 Fox Valley Road, Wahroonga NSW 2076; phone (02) 489 7122 or fax (02) 489 1713.

Lifestyle Resources, La Mancha, Lindendale Road, Lismore NSW 2480. (066) 29 5222.

Watching World Movements with interest? *World Watch's* first double issue series: "The 1990s—A Pen Portrait" Part I available now. Part II coming soon. (@ \$A3 each). From World Watch, PO Box 363, Picton NSW 2571.

Position Vacant. A female massage therapist is required for full-time employment at La Mancha Health Centre. For details phone Matthew Steele on (066) 29 5138.

Activated Charcoal Powder.

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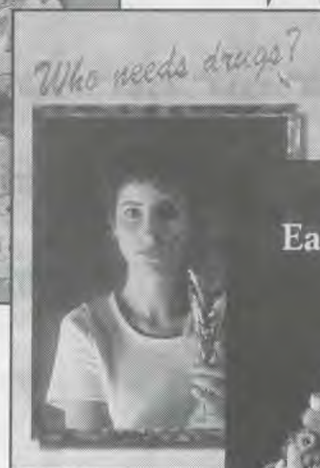
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