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No. 15

Special Telecast July 28th!

F. B. WELLS, *Secretary, Temperance Department*
Canadian Union Conference

In recent weeks much publicity has been the order of the day on cigarette smoking and its relation to lung cancer. Even the Federal Minister of Health, Miss Judy Lemarsh has publicly stated that she is through with the "filthy weed". At its recent meeting, the Canadian Medical Association published strong statements against smoking.

As a result of all this interest on the tobacco question, the Canadian Broadcasting Corporation is sponsoring a SPECIAL telecast, Sunday, July 28, on the pros and cons of cigarette smoking and its relationship to cancer of the lung.

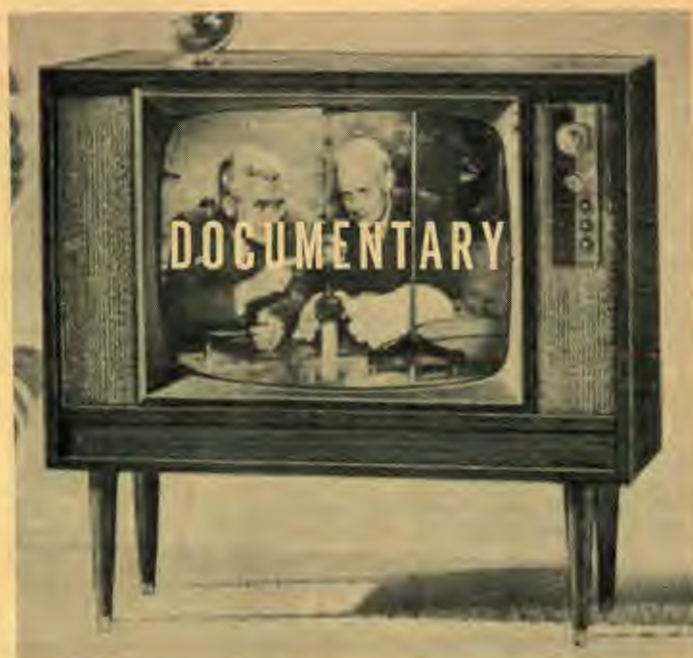
During the time of the Union Session in Calgary, the CBC Toronto made contact with our office asking if they might see our films "One in 20,000", "Up in Smoke", "Cancer by the Carton", and "Time Pulls the Trigger". As I chatted with one of their Toronto officials, he told me they are much impressed with the films, so much so that they have asked permission to copy certain sections of two of them. Then again, these officials had also heard about the Five-day Plan and were intensely interested in the plan as conducted by Elder Folkenberg and Dr. McFarland. The CBC people telephoned Washington to ascertain *when* and *where* these two brethren would be conducting the next Five-day Plan and learned one was to be held in Battle Creek, Michigan during the latter part of June. They dispatched one of their staff photographers to Battle Creek from Toronto. They "shot" much movie film. The Toronto CBC official told me that on July 28 on the one-hour telecast about ten minutes will feature the Battle Creek Five-day Plan. This CBC official was much impressed with the report on it. Incidentally, nearly 600 people attended the "plan" in the auditorium of the Northwestern High School in Battle Creek.

So, brethren, be sure to watch the July 28 CBC telecast entitled "Documentary". It is to come on at 3:00 p.m. in the Eastern time zone, 3:00 p.m. in the Vancouver area and 4:00 p.m. in all other western areas west of Winnipeg to Calgary, and 2:00 p.m. in the Maritimes and Newfoundland. However, BE SURE you check your local newspaper TV Log at least the day before since there could be a last minute change as to time schedule on the part of the CBC! Remember, the name of the programme is "Documentary". Please invite your neighbours and friends to share this interesting and profitable programme as well.

In closing, ours is a glorious opportunity NOW to scatter *Smoke Signals* and *Listen* like the leaves of autumn. For years, Adventists have been preaching on the harmful effects of tobacco and liquor. Right now the spotlight is on tobacco and lung cancer. Our two well-edited temperance papers are just the thing to alert the smoking and drinking public on the dangers to health of these twin evils!

Our union is to be favoured in having two Five-day Plan schools conducted by none other than Elder Folkenberg and Dr. McFarland. These brethren will conduct the western school in Calgary, September 8-12; the eastern school will be held sometime in March in Toronto.

In closing, remember the important CBC telecast "Documentary", July 28. Consult your local newspaper for the exact time!



Don't miss this programme on July 28.

A New Book for Boys and Girls

Just off the press at Southern Publishing Association is the outstanding, well illustrated book of 284 pages, *Margie Asks Why*, by Laura Rocke Winn. This exciting new book is especially prepared for the children, but is written in such a new and interesting style that every youth and adult who reads it will also be gripped with fascination while he takes a fresh look at the great controversy between good and evil.

Why did Grandpa have to pay the price? Why was Raggle-Taggle left without a home? Why did God let Mrs. Johnson die? "Why?—Why?—Why?" is being asked not only by Margie, but by children, youth, and adults everywhere.

Why is each individual in the condition he is today? What can he do about it? These questions and many others are winningly answered in delightful story form, and the reader will be brought to a better understanding of the problem of sin, how God deals with it, and how he should relate himself to this problem and to God.

Where did sin originate and WHY? *Margie Asks Why* is a new presentation of the answer to this age-old question. With enthusiasm and interest the story of the controversy between Lucifer and Christ is told that every child and adult may be educated and spiritually uplifted in a world filled with "WHYS."

This book is a must for your library and your children's spiritual growth. It is ready for you today at your Book and Bible House.

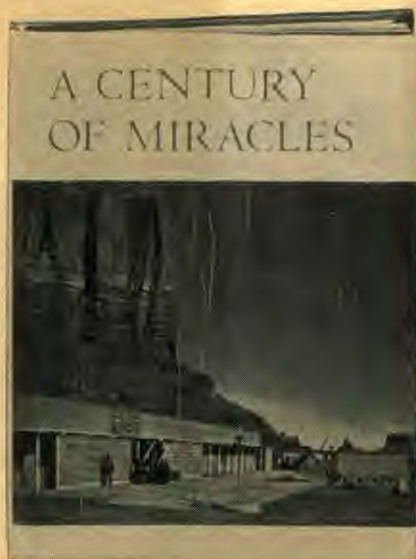
GASTON W. WALLACE
Associate Book Editor
Southern Publishing Association

A Century of Miracles

Decades ago certain critics predicted that the Advent movement would "go to pieces." Recalling this prophecy later, J. N. Loughborough commented happily, "Yes, it did go to pieces. The pieces are scattered all over the earth, and we thank the Lord."

Elder Loughborough was right. In just 100 years the Adventist Church has grown from a tiny group of 3,500 members, all of them in North America, to a world-wide missionary movement with 1,400,000 members living for God and looking for the return of His Son. Truly this has been a century of miracles for the Advent movement.

To chronicle what the Lord has done, and is doing today, through the dedicated preachers, teachers, doctors, nurses,



youth leaders, colporteurs, missionaries, national workers and laymen of the Advent movement, a beautiful new picture book, *A Century of Miracles*, has just come off the presses.

In its 190 pages, with 197 large human-interest pictures, 40 of them in full colour, you'll get a panoramic view of your church in action around the globe. You'll sail with Leo Halliwell on the Amazon. You will witness a baptismal service at the River Jordan. You'll see Tibet's Dali Lama with his copy of *Signs of the Times*. You'll fly in a small plane over Loma Linda University. You will visit with the Adventist Solomon Islanders who saved Kennedy's life.

In the book you'll meet F. A. Stahl, Desmond Doss, Kata Ragoso, and dozens of other interesting Seventh-day Adventists. You'll visit Monument Valley, Damascus, Korea, New Guinea, Nepal, Kenya, Peru, Pitcairn Island and many other colourful places.

Everyone, old and young, will gain a new knowledge and appreciation of the growth of the church. It will make an excellent gift to your non-Adventist relatives, neighbours, business associates, Ingathering donors, and civic leaders.

The author is Richard H. Utt. The price is \$4.90 until August 31, and \$5.45 after that. Order today from your friendly Book and Bible House.

Pacific Press Publishing Association

Your Help, Please

My parents, Elder and Mrs. J. F. Knipschild, are celebrating their 50th wedding anniversary this coming December 25, 1963. Father's nearly forty years of denominational service saw many souls blessed by his ministry.

If the reader is among the above

group, would you be so kind as to forward to the writer a congratulatory and newsy letter to go into a special album to be presented to my parents at their golden wedding anniversary? Thank you. Please forward your letter to: J. F. Knipschild, Jr., Superintendent of Schools, Southern California Conference, Box 969, Glendale 6, California.

Adventist Youth Societies Copy Bible By Hand

Some 300 Seventh-day Adventist young people in Minnesota have completed a handwritten copy of the New Testament as part of a state-wide Bible-emphasis programme by the church's youth societies. The idea to copy the New Testament came from Gerald D. Bras, Adventist state youth director, who bought 4,000 lined sheets of paper and sent a supply to each of the 28 societies in the state. The finished copy was unveiled publicly this week at the Stevens Avenue church in Minneapolis. A similar project is under way in Oregon. The specially bound volumes will be displayed at youth rallies and meetings throughout the conferences, thereby continuing the Bible emphasis.

"God has only one gift — Christ. The other gifts of the Spirit come through relationship to Christ."



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LITERATURE EVANGELISM

This Is the Very Work

the Lord Would Have His People Do of This Time.

AT 713



Literature Evangelist Experiences

I called on a lady in Red Deer who is taking the "Take His Word" lessons from the IT IS WRITTEN programme. She asked many questions about S.D.A.'s, one of the first being, "Do you have a church here in the city that I could take my children to?" I believe it will not be long before she will attend. I also talked to a lady and her husband who are taking care of a rooming house in Red Deer and they promised to come to church with us beginning next Sabbath, if we pick them up. I know that there are many souls who are interested in learning the truth.

C. W. WHITEHEAD
Alberta

Marlene Fisher tells of a crippled lady she encountered yet was a remarkably cheerful Christian. After Marlene had prayer with her she expressed her deep appreciation for the interest shown her. She also wished that she might walk again so that it would be possible for her to witness for the Lord in this same way. Truly those of us who can walk can thank the Lord for health and strength. Marlene has asked that we pray for this dear soul.

British Columbia

I went into a home where both parents were deaf. Their 14-year-old daughter acted as my interpreter, using sign language. They could not speak well either, and as I watched them struggle with their handicap, I could not help but think how much we, who have perfect health, take for granted God's gifts and mercies.

D. ROSE
Manitoba-Saskatchewan

Last Friday I made a call I had been putting off for some time. A customer had recommended I call on her Brethren in Christ minister. But as I had some of his members to contact I left him till last. He was very pleasant and cordial but had seen the books in some homes and decided for a different set.

He said Seventh-day Adventists do a great publishing work, though he didn't always go along with the doctrines. He asked if I had called on Mrs. Joe Winger to which I replied, "No, but Mr. Connors may have done so." "Well", he said, "he showed her the books but she couldn't afford them. Then he showed her another book but she felt she couldn't afford that. Finally, he said, 'There is just one more book I'd like you to see,' and she bought *Steps to Christ*. She was very worried about having to undergo an operation that week and this book brought her comfort and encouragement. She told me later that when she went into the operating room she was quite composed, and said further, 'I have been more nervous playing the organ at church than I was going for the operation.'"

The minister was pleased to accept a gift edition of *Steps to Christ* and *Planet in Rebellion*.

Somewhere the Scripture says, "Despise not the day of small things." Certainly God blesses our labours long after we have forgotten the contact in many cases.

F. DINSDALE
Ontario-Quebec

The Lord was very near to me this week. It seemed as though He had gone ahead and prepared the way for me in most of my contacts. I have made some wonderful contacts and found some people truly interested in the truth. There definitely is fertile ground for future work.

P. R. RAFUSE
British Columbia

"I have been instructed that the canvassing work is to be . . . carried forward with increasing success. It is the Lord's work, and a blessing will attend those who engage in it with earnestness and diligence."—*Colporteur Ministry*, pp. 17, 18.

Moscow Seventh-day Adventist Church Crowded Says Returning Colonel

The most crowded church in Moscow is that of the Seventh-day Adventists, according to Col. Paul H. Griffith, former Undersecretary of Defense, who recently returned from a three-week visit to Russia. President of the Religious Heritage of America, Inc., Colonel Griffith said he tried to see as many religious institutions as possible in the Russian capital. He said that after a visit to the Baptist church, a Roman Catholic church, several Orthodox churches, and a Jewish synagogue, he was taken to the Seventh-day Adventist church where a Saturday worship service was in progress. "The service was so crowded we could hardly make our way through the door," Colonel Griffith stated. "Four people had to get up to give seats to our group. All around us were young people — something we did not see in any other church in Russia." The colonel said he was depressed by the fact that only old people could be seen at most other services he attended in Russia. Some of his hosts predicted that religious practices would die out when the older generation is gone, he said.

Moscow Radio has warned its listeners to be alert for "anti-Soviet reactionary religious propaganda" that is delivered in "devious ways" by Western visitors. It said that customs men had found Bibles printed in Russian in the luggage of an American and it added that the Bibles were published by the United Bible Society of New York, Geneva, and London. Two other individuals were said to have been distributing "reactionary, religious" leaflets and other religious articles.

Vatican Ecumenical Council Will Resume September 29

Pope Paul VI has set September 29 as the date for the start of the Second Vatican Council's second session, the Vatican Radio has announced. It said that Roman Catholic bishops around the world are being informed of the pontiff's decision in a message from Amleto Giovanni Cardinal Cicognani, Vatican Secretary of State. The Council's first session was held last year from October 11 to December 8.

— Above items taken from "On the Air" issued weekly by the G.C. Bureau of Public Relations.

Maritime
SUMMER BIBLE CONFERENCE
CAMP MEETING
PUGWASH, NOVA SCOTIA, Aug. 2-11

Theme — "Nearing Home!"

HIGHLIGHTS —

☆ HEALTH AND NUTRITION COOKING SCHOOL
by trained instructors

☆ SABBATH SCHOOL INSTITUTE
for senior officers, teachers,
division workers and members

☆ APOSTOLIC PREACHING
by visiting and local ministers

☆ EVANGELISM REPORTS AND PLANS

☆ MISSIONARIES
just returned from foreign fields

☆ RECREATION — SPIRITUAL and PHYSICAL



W. A. HIGGINS
Assoc. Secretary
G.C. Publishing Dept.



G. R. NASH
World Sabbath
School Leader

DON'T MISS THIS ANNUAL APPOINTMENT WITH GOD

Special for Housewives

CAMP MEETING COOKING CLASSES

What's cooking? A lot of good things will be cooking at the Pugwash Camp Meeting. Everything is set for the nutrition and food preparation classes to be held August 4, 5, 6 and 7 at 2 p.m. You'll learn about balanced diet, how to prepare meatless dishes, how to bake nourishing bread, and many other things that will mean better health for your family. All of the four lectures will be demonstrated, and you'll be able to taste the results. Classes will be conducted by trained nutrition instructors—Mrs. J. C. Reynolds and Mrs. R. L. Cheney.

Another special feature at the Pugwash camp meeting will be a Sabbath School Institute conducted by Elder G. R. Nash, head of our world Sabbath School department. Valuable instruction and demonstrations will be given for senior officers and teachers, as well as for division workers and all Sabbath School members.

Don't miss the Pugwash Camp Meeting this year, August 2-11.

Bay Roberts
Investiture Service

June 20 arrived with great anticipation for the Bay Roberts church school children. It was investiture service day! The MV requirements which ten pupils had worked to master had at last qualified them for their reward of honours as Mrs. Joan Parker pinned on their badges and decorated them with their neckerchiefs.

Mr. Peter L. Parker charged the candidates to be faithful to their grave responsibilities as MV members and took opportunity to add a few enlightening words about our aims and standards to the non-Adventist parents in attendance at the church for the occasion. One parent confided that her son, now a senior in high school, never went back on his pledge in MV Society to abstain from smoking and drinking, though he had myriad opportunities to do so.

May God bless our two Companions, three Friends, three Helping Hands, one Builder, and one Sunbeam of this investiture. May they likewise remain true to all the good resolutions learned in the Bay Roberts MV Society.

PETER L. PARKER, *Principal*
Bay Roberts SDA School

A Unique Dorcas Worker

It was on April 15, 1912, that Archibald Bungay, age 19, and a friend, became lost in an open fishing dory off the coast of Newfoundland. Strangely this was the same day that the famed *Titanic* went down. The two young men drifted helplessly for fourteen days amidst bitter weather with nothing to eat or drink but snow. During this time Archibald had his 20th birthday.

They were finally rescued by a passing ship. The friend died shortly afterwards, and things looked serious for young Archibald. He was taken to the hospital, where both his legs were amputated just below the knee. He was also left with only two fingers on one hand, while fortunately the other hand remained whole. But this has not hindered his usefulness, for he has developed skills unusual to most men. He walks without the aid of cane or crutch, and you would not notice that he has artificial legs. On the stumps of his legs he can climb and wash a ceiling.

After his marriage, he was able to do considerable sewing and mending for his



Archibald Bungay displaying some of his beautiful work for Dorcas.

children, and since the death of his wife about a year ago he continues to mend and knit for his grandchildren. He bakes excellent bread, in fact he does all the baking for his daughter with whom he now lives. He does flawless embroidery work, and so quickly.

He is acquainted with the Moyst family here in our church. He, himself, is a member of the Church of England. One day Mr. Bungay called up Mrs. Moyst and asked if there was any work he could do for our Dorcas as he found time long. His offer came at a time most needed as our help was very limited and we were preparing for a sale. Since that time he has contributed beautiful work to two sales.

We here in our Dorcas have been inspired and have appreciated so much this kind volunteer labour. We feel indeed that we have a unique Dorcas worker. God bless all our Dorcas workers and God bless Mr. Bungay.

MRS. O. LEE, *Dorcas Leader*
Corner Brook, Nfld.

The Grandest Picture

The grandest picture I behold
Is not the setting sun,
Though he robes himself in scarlet
When his daily race is run.
'Tis not the lofty mountains,
Nor the tall and stately trees,
Though I love the scenes of nature;
Yea, my eyes delight in these!
There's nothing quite so beautiful
As consecrated youth;
Our noble Christian boys and girls
Established in the Truth.
To view their Spirit-quicken'd lives
And watch their powers unfold—
This is the grandest picture
That my human eyes behold!

WELDON T. HAMMOND

THE TITHE

By Sara Schulster

Of all the bills I pay when due,
Be they many, be they few,
The tithe seems such a tiny bit
And so I add a gift to it.
A tenth! It seems so very small,
It is God's due, no gift at all.
It brings its blessings day by day
And peace that comes no other way.
God's windows open wide to them
Who pay an honest tithe to Him.
Try God; He has asked you to,
It is the least that you can do.

B.C. University
Accepts SDA Books

Early this Spring the University Librarian, Mrs. J. Ranz, of the University of British Columbia very graciously received Mr. E. C. Dearing of the Vancouver Church and Elder W. E. Kuester of the Conference Public Relations Department and accepted from them a gift of twenty-two Seventh-day Adventist books to be placed in the University library. A letter expressing the appreciation of the University was later received. There are 14,000 students in the University.

Prior to this visit a complete set of the Seventh-day Adventist Commentary and Bible Dictionary had been placed in the Anglican Theological College library which is a part of the University. The total retail value of both sets of books would be about \$250.00. The gift was made possible through the kindness of the General Conference, Canadian Union and the British Columbia Conference.

In addition to the set of Bible Commentary and the Bible Dictionary the books that were given are listed below:
Bible Readings for the Home Circle
Christ's Object Lessons
Denominational Year Book (Current)
Desire of Ages, The
Drama of the Ages
Education
Evolution, Creation, and Science
Fundamentals of the Everlasting Gospel
Great Controversy, The
I Love Books
In Defense of the Faith
Midnight Cry, The
Ministry of Healing
Patriarchs and Prophets
Prophetic Faith of our Fathers (4 vols.)
Seventh-day Adventists Answer
Questions on Doctrine
Steps to Christ
Thoughts from the Mount of Blessing
Thoughts on Daniel and Revelation

**Preview-
GUEST
SPEAKERS**



D. S. JOHNSON
Assoc. Secretary, Gen. Conf.



H. M. S. RICHARDS, JR.
Voice of Prophecy Speaker



F. A. SOPER
Assoc. Sec., Gen. Conf.
Temperance Dept.



S. L. CLARK
Periodical Dept., Review
and Herald

"You Are Invited To Attend The BRITISH COLUMBIA CAMP MEETING

Hope July 19-27"

(Beautiful! — Mountains on every side)

G. O. ADAMS, President

Sabbath ONLY July 20

VOICE of PROPHECY

Group B

H. M. S. Richards, Jr.

Del Delker

Brad and Olive Braley

Other Guest Speakers

E. L. Green

W. G. Soloniuk

O. A. Botimer

F. B. Wells

P. G. Biy

Guest Speaker



J. W. Bothe
Pres., Canadian Union

Sabbath School

WORKSHOP

Daily Mon. - Thur.

NEW FILMS to be SHOWN

"The Word Is In The Air"

A National Award Winner

"These Fords Still Run"

Latest "Northern Light" Colour Film

Wm. J. Harris

S.S. Secy., Gen Conf.



DAILY BOOK SALES

by Book and Bible House, Frank White, Mgr.

DAILY YOUTH MEETINGS

CANADIAN UNION MESSENGER

Five-day Plan to Stop Smoking

E. HILLOCK, *Temperance Secretary, Alberta Conference*

"I choose not to smoke because my wife doesn't want me to smoke," said one of the participants in the Five-day-stop-smoking Plan in Calgary. Although this was not the recommended sentence, this gentleman was among the 80% who were successful in kicking off the nicotine habit.

Dr. H. Gimbel, Conference Medical Secretary, lectured on the physical aspects of the problem and Elder L. E. Dasher, pastor of the Calgary Church, led out in the psychological. Others who assisted in the programme were Elder J. O. Gibson, General Conference Associate Temperance Secretary, Elder L. A. Shipowick, Public Relations Secretary, and E. Hillock, Local Temperance Secretary.



Looking at the Five-day Plan booklet, left to right: J. O. Gibson, L. Dasher, H. W. Gimbel, E. Hillock.

As the people came out each night, one could see that they were having some real struggles but they were finding much

appreciated help in the group therapy, meetings, testimonies of success being attained by members of the group, and the telephone calls from their buddies.

Mrs. Van Gundy Jones, Loma Linda Nutritionist, was guest speaker at the first alumni meeting. The pastor is carrying on these alumni meetings to aid those who participated in the Five-day Plan to continue what they have started and to learn more about a better way of living.

Wedding

HILLARY-TKACHUK

On the evening of June 2, in the lovely new church at College Heights, Victoria Margaret, youngest daughter of Mrs. Maria Tkachuk of Beauvallon, became the bride of Derek Hillary, only son of Mr. and Mrs. Vyvyan Hillary of Vancouver, British Columbia. The bride was attended by Jane Igler, Betty Elvedahl, Shirley Andrews, and Carole Johnson. Best man was David Igler and the ushers were Peter Mathews, Michael Paige, and Gordon Rick.

At the reception following in the College cafeteria, many friends and relatives extended best wishes. They will both be on the staff at Canadian Union College in the fall and we wish them God's blessing in their service together for Him.
PASTOR TED ANDREWS

THIS IS VACATION BIBLE SCHOOL TIME

From the far northland of Fairview to the southernmost part of Foremost, Vacation Bible Schools are planned!



Mrs. George Holde, extreme right, is Director.

Everyone comes to VBS—even "Rundy" the dog. Under the shelter and quiet of the evergreens near Banff, boys and girls are directed to a wonderful Father in heaven.



Mrs. A. Garner, Leader, (second from left), and her helpers.

It was good that the leaders of the Lethbridge Church had met and organized for a strong VBS programme. "We planned for 40 but over 80 came. We're swamped but we like to be swamped in this way," reports Lethbridge.

Let us plan now for a good follow-up programme and guide hundreds and thousands of these dear children to the Loving Saviour.

LEWIS A. SHIPOWICK, *Secretary
Alberta Conference*

Development of the Work in

The PEACE RIVER, quiet under a sheet of ice, is the life line of the great prairie land of Northern Alberta. Here on the fertile plains, nearly 300 miles north of Edmonton, the Adventist work is growing. Good roads lead to several new churches which were visited recently by Pastors Moores and Johnson.



There is adventure and missionary opportunity at PEACE RIVER at the little chapel on the farm of Courtney Gimbel. This was once a French Catholic Mission run by the Sisters of Providence. Now the altar and crucifixes have been removed but the Sabbath services held there are open to neighbours and friends.

Representation from all churches in the Peace River area gathered for the Federation programme at Peoria. The welcome was given by the President. Following this Pastor J. Anderson conducted a short, inspiring devotion period. As the various churches brought their reports, the need was felt that we all must do more for those less fortunate than we are.

Mrs. W. Wageman gave a thrilling report on co-operation with the Civil Defence. The director for Civil Defence has expressed his sincere appreciation for the community-minded spirit of the Seventh-day Adventist Church.

Dorcas Federat



Seated on front seat, left to right: Mrs. J. Anderson



The pleasant town of Fairview, serving about 7,000 people, has one of the most modernistic Seventh-day Adventist churches in the northland. The lovely choir, led by Bob Lehmann, the church school teacher, is a real credit to the church and community. Church members from farms many miles away gather at this church for regular Sabbath services each week.

Northland Peace River Area



PEORIA—This church is in the country but in the heart of a great farming area. Camp meetings have been held on the grounds of this church for years. This year camp meeting will be held, July 26-28. The Voice of Prophecy group including Pastor Richards, Jr., Del Delker, and Mr. and Mrs. Brad Braley will be there Friday night and Sabbath.

Peace River



Elder L. A. Shipowick, HM Secretary of the Alberta Conference, was our guest speaker. He emphasized the importance of the "personal touch" in helping others.

The special music was appreciated by all.

All who were present showed a keen interest in the entire programme and left the Federation feeling that it had been good to have been together. Also, an enlarged vision of our individual responsibility rested upon each of us.

MRS. WALTER OLSSON
Federation President
Peace River Area

Secretary; Mrs. W. Olsson, President; Anderson.



BELLOY—This church is new. It is a credit to the hard work and sacrifice of the people in this farming area. New pews have been ordered and soon this well-equipped church will be dedicated free of debt. They operate a fine church school.

A new church is going up in GRANDE PRAIRIE. It will accommodate about 150 worshippers. Grande Prairie, in the heart of the Peace River Country, serving 25,000 people in this prosperous wheat and mixed farming country, is enriched by oil and natural gas industries. A plywood plant and a pulp mill is stimulating the growth of this city. Pastor John Anderson makes this town the headquarters for his work.



Ontario-Quebec Camp Meeting Theme . . .

"Sharing The Blessed Hope"

"Sharing the Blessed Hope" was the theme of the 1963 Ontario-Quebec camp meeting held at Oshawa, Ontario. This blessed hope is to be shared with all nations. In the picture to the right K. F. Ambs from the General Conference, J. W. Bothe from the Canadian Union Conference, and L. L. Bock from the Ontario-Quebec Conference, stand with workers representing nine different languages and races. R. James, coloured, from Trinidad; G. S. Aso, Japanese; W. Polishuk, Ukrainian; A. B. Ferrier, Swiss; R. L. Juriansz, from India; N. S. Mizher, Arab; M. Radancevic, Yugoslavian; R. Knauff, German; and L. Astleford, English.



L. L. Bock, President of the Ontario-Quebec Conference, gave a warm welcome to all attending the camp meeting session which opened Friday, June 28 at the Oshawa Missionary College.

J. W. Bothe, President of the Seventh-day Adventist Churches in Canada, opened the session with a stirring message, calling the more than 1,200 in attendance to a full dedication to God. He said, "Good soldiers never sleep while on duty, so we should always be on guard because we are Christian soldiers on duty for King Jesus."

On Sabbath morning the rising bell was rung by Fred Dinsdale of Welland. A few minutes later Pastor E. L. Green, Secretary-Treasurer from the Canadian headquarters, gave the first devotional service. After breakfast every family was encouraged to have family worship in their rooms or tents.

F. B. Wells and R. Knauff had a

well-planned Sabbath School and service for the youth and juniors at the College Park Church. During the Sabbath School Mr. Koheleth Katando from Tanganyika,

East Africa, gave the mission story. He said there are over 15,000 Seventh-day Adventists in East Africa.

K. F. Ambs gave the message at the



Mrs. W. Perepelitza and Mrs. Richard Dickson are looking over some of the items that were brought by various Darcas societies to be sold at the camp meeting. Mrs. Perepelitza was in charge of the organization and sales of the Darcas items.



Left to right: F. W. Connors, Book and Bible House manager, and the two secretaries, Mrs. K. Biesenthal and Mrs. G. Banks, had a large Book and Bible House display for the camp meeting session. Over \$8,000 worth of books, records and foods were sold during the nine-day period.



Elder A. B. Ferrier kept the bulletin board up to date announcing the various speakers and highlights of each day.



Mrs. Bonnie Burns is showing a Bible text to Sandra Trupp and Larry Bothe of the Kindergarten I department, which was conducted at the church school.



Mrs. F. A. Knutson, leader of Kindergarten II, is showing a boat to five of the 70 kindergarten pupils that were present.



Mrs. R. W. Brown, the cradle roll leader, with five assistants, directed the minds of the tiny tots toward Jesus. They learned sacred songs and a Bible text each day.

Elder O. A. Botimer observes as Elder J. W. Bothe congratulates Elder L. M. Mohns, the Ontario-Quebec Conference Publishing Secretary, who was ordained to the gospel ministry Sabbath, June 29. Elder Bothe, the Canadian Union Conference President, had the ordination prayer. God will continue to bless Brother Mohns as he labours in the literature evangelistic work.



eleven o'clock worship hour. He urged all to live righteously and soberly in these last hours of earth's history because

Jesus will soon come and we must all be ready.

Dr. C. E. Randolph, a representative

from the Seventh-day Adventist Church's Medical Department in Washington, D.C., talking on health education, stressed that obesity is the nation's No. 1 health problem today because it is associated with and is the forerunner of several lethal killers, as coronary heart disease.

Randolph does not recommend crash reducing diets. A general rule which is safe which he suggests is to cut down on the amount of calories and eat no large meals. A daily regimen would include a good breakfast, including fruit, cereal and toast. This is the diet for a sedentary man or woman. He recommends a moderate lunch, a light supper low in calories, possibly soup or something of that nature. Along with this type of eating he would recommend regular exercise, walking, gardening, golf, tennis, etc.

He pointed out that gaining too much weight and not getting enough exercise puts an extra heavy load on the heart and circulatory system and on the excretory system, the kidneys and liver in particular. For every pound of fat, the circulatory system must add many, many more blood vessels and capillaries and the like. Dietary aids "are for the wastebasket." Dr. Randolph concluded by saying, "Will power and exercise are the two main factors in losing weight."

Everyone received great blessings attending the first part of the camp meeting session.

Watch for highlights of the final week end of the Ontario-Quebec camp meeting in the next issue of the MESSENGER.



If what you did yesterday still looks big to you, you haven't done much today.

To grow is to outgrow.

The ability to decide between good and evil is a mark of maturity.

—F. A. SOPER
at Ont.-Que. Camp Meeting



The Loma Linda display booth which was at the College Store, had samples of the new Loma Linda Instagen Soy Milk. Al Martin, the Loma Linda salesman, from London, Ontario, is giving a glass of milk to a youngster; F. L. Wessely, centre, Manager of Loma Linda (Canada), is checking the amount of milk left; and R. R. Mehling, Production Manager for the firm in Oshawa, is trying a sample of the new product.



S. L. Clark, of the Review and Herald Periodical Department, is congratulating Brother Fred Dinsdale for giving sixteen years of service in the literature ministry, while L. M. Mohns, Publishing Secretary for the conference looks on. Elder Clark had the Sabbath School lesson for the first Sabbath of camp meeting, and gave many inspiring messages during the first part of the session.



Mrs. H. E. Reimche, the Primary Division Director, is taking a few minutes to instruct Sandra King and Sherilyne Skoretz in their Bible workbook. She and her staff of teachers had a busy programme for the 150 Primary students.



Mr. M. Manchur gave hundreds of Little Links samples to those that visited the Loma Linda Foods display in the administration building. Hundreds of dollars of vegetarian foods were sold during the camp meeting.



Mrs. G. W. Soloniuk, the OMC Elementary School Home and School Leader, and Mrs. L. M. Mohns, are busy at the Snack Bar preparing food. The income is to be used for various Home and School projects.



D. L. Michael, the Public Affairs Secretary of the Canadian Union Conference meets Marvin Reeder, the Public Relations Associate Secretary of the General Conference, and Cecil Coffey, Book Editor from the Southern Publishing Association.

Health Clippings

Are You a Vegetarian?

by DR. and MRS. RONALD LAING

Well over half of the world's two billion inhabitants are vegetarians due to an inadequate supply of meat, economic reasons, and religious beliefs.

Is meat safe to eat?

In the book *Animal Diseases*, p. 14, we read "of more than 200 communicable diseases of animals, one-half are considered infectious to man, and more than 80 are transmitted naturally between vertebrate animals and man."

Many livers are condemned each year by meat inspectors and yet the rest of the carcass is passed as fit for human consumption; however, the same blood that circulates through the liver circulates through the rest of the body.

Disease in Animals

Cattle with T.B. are passed after the removal of certain tuberculous parts.

Recently the Ontario newspapers have come out with such headings as: "If You're in Doubt Cook Meat to a Crisp," "100 Tons Diseased Meat Sold in City Monthly," "Find Bad Meat Ring", and two years ago "Are You Eating Diseased Meat?"

In a letter in 1898 Mrs. White wrote, "Disease in cattle is making meat eating a dangerous matter. The Lord's curse is upon the earth, upon man, upon beasts, upon the fish in the sea; and as transgression becomes more universal, the curse will be permitted to become as broad and as deep as the transgression. Disease is contracted by the use of meat. The diseased flesh of these dead carcasses is sold in the market places, and disease among men is the sure result."—*Counsels on Diet and Foods*, p. 411.

In 1963, Science is backing her statements, for the animal kingdom is groaning under many diseases such as Tuberculosis, Leukemia (Cancer of the blood), which is on the increase, Brucellosis, Q Fever, Tapeworm, etc. Man has increased in wisdom and has sought out many inventions. Hormones are put into the mash for fowl and cattle to make the creatures grow rapidly and be more productive and then an antibiotic must be added to keep them alive under this false stimulation.

A Toronto doctor tells the story of his going into a meat packing plant, for a tour. He noticed the Inspector carve off a suspicious bulge on one carcass and

cast it aside. Quite nonchalantly the doctor remained behind, loitering and watching the procedures. When the Inspectors had departed the questionable part was thrown in the bin for hamburger. Do you know what you are eating?

A fine beef tea is identical with urine, and yet it is the uric acid which gives the meat the flavour. In studying the chemistry of flesh foods, a pound of beefsteak contains 14 grains of uric acid. These poisons enter the blood stream as waste products and overburden the kidneys and cause early mental fatigue thus shortening one's life by more quickly wearing out the body cells, tissues and organs.

In *Medical Science* October 10, 1958 "Bacterial decomposition of the steak is necessary to produce tenderized steak. The flavour from tenderized steak is a product of bacterial action."

Cancer Research

In a letter Dr. Parrett sent out to the C.M.E. doctors several years ago, he told of the increase of cancer in fowl. "Due to the seriousness of the situation which [to use the government experts' own words], was threatening the poultry industry of the United States, the federal government entered the picture. A federal laboratory of fifty acres was set up in East Lansing, Michigan, where research on cancer has been going on since 1939 using 6,000 chickens."

To find out the results of the research Dr. Parrett wrote the station and asked for a report of their findings. He was mailed reprints of their published papers including an 18-page report by the director himself, Berley Winton. From his report on the fly leaf of the 12th Annual report of the Regional Poultry Research Laboratory, East Lansing, Michigan, we read — "The nature of lymphomatosis (cancer) problem itself is such as to warrant expression of doubt about the possibility of developing specific control measures . . . when there are no chickens available for experimental work known to be free of lymphomatosis. Inability to produce chickens which are free of lymphomatosis for use in critical experiments continues to be the greatest handicap encountered in research on this problem."

Warning Against Danger

"People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated."—*Ministry of Healing*, p. 313.

Dr. Rosenfold, in his book, *Science and Modern Manna*, relates facts from Farmer's Bulletins and Agriculture statistics that should cause us to be alarmed and concerned!

God, in His great love for mankind granted us present truth for our day to spare us from sickness and disease.

In 1897 Mrs. White wrote, "The meat diet is the serious question. Shall human beings live on the flesh of dead animals? The answer from the light that God has given is, No, decidedly no . . . very few animals are free from disease."—*Counsels on Diet and Foods*, p. 388.

Can We Indulge And Be Translated?

Are you preparing for translation? "Among those who are waiting for the coming of the Lord, meat eating will eventually be done away with, flesh will cease to form a part of their diet."—*Counsels on Diet and Foods*, pp. 380-381.

Could it be part of sanctification? "If man will cherish the light that God in mercy gives him upon health reform, he may be sanctified through the truth, and fitted for immortality." — *Counsels on Diet and Foods*, p. 40.

"Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them."—*Counsels on Diet and Foods*, p. 382.

"God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification." — *Counsels on Diet and Foods*, p. 45.

"God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people."—*Counsels on Diet and Foods*, p. 161.

May the Lord guide you and strengthen you as you strive to do His will.

Willowdale Investiture

At the end of the year

Cashew Nut Loaf

- 1¼ cups raw cashews toasted and ground (measure after ground) Sauté 1 medium onion in 3 tbsp. oil and when barely done add 1 tsp. Carley's food flavouring and mix well.
- ½ cup dried, whole wheat bread crumbs, firmly packed
- 1 cup burger
- 1 cup cooked rice
- 1 tbsp. parsley, chopped fine
- ½ tsp. celery salt
- ½ tsp. paprika
- ¼ tsp. sweet basil — rub between hands till fine and then measure
- ½ tsp. bakon yeast
- ¼ tsp. salt or to taste
- ¼ tsp. accent
- 1 cup all purpose soy milk or evaporated milk

Sauté the onion, and add the food flavouring. Put in a bowl and add the rest of the ingredients and mix well. Let the mixture stand about 10 minutes and then pack firmly in a greased, oblong casserole with a lid. (You get square slices by baking in oblong casserole.) Stand in a shallow pan of water and bake for 50 minutes at 350°, then remove the water pan and take off the lid, and allow to bake for approx. 15 more minutes till well set and golden (light) on top. Serve cold with cranberry sauce or slice and serve hot.

Cloud Lake Camp

The dates for the camp for boys and girls at the Cloud Lake camp at the Lakehead are being changed from August 7-13 to August 6-12. This puts the camp dates to correspond with the dates last year and makes it most convenient for those conducting the camp. It is hoped this change of date will not inconvenience anyone.

Remember, all applications in for this camp reaching either the conference MV office or the district pastor by July 27 will receive free a special Camp Cloud Lake souvenir autograph album.

Applications received for Camp Eben Eden by August 2 will receive free a special Camp Eben Eden souvenir autograph album. Let's have the best year ever at summer camps.

R. KNAUFT, Secretary
MV Department

Little by little an hour goes by,
Little by little a day;
Little by little you reach your goal
Or let it slip away.



Six months later



At the end of last year there were only six ready for investiture in Willowdale—but they were an enthusiastic six!

Rhonda Brown and Crista Schulze had been invested as Busy Bees and Builders, Vicki and Winnie Hoehn as Explorers. Then Mr. Louis Bugden and Mr. Arthur Cannon spoke of how much it meant to them to have finished their Master Guide requirements.

Only six, but the inspiration of the hour was measured six months later when thirteen Master Guides, two Guides, two Explorers, two Companions, thirteen Friends, thirteen Helping Hands, thirteen Builders, two Sunbeams, and eighteen Busy Bees received their insignia from Elder Knauft in the Willowdale MV meeting, June 7!

Mary Hockley told the story of Joseph clearly and distinctly.

Elder Knauft read the charge. The parents in the audience that were Master Guides came forward to put the pins and neckerchiefs on their children.

A Master Guide "Buddy" system had been instituted to prepare the Master Guides for investiture. As one Master Guide said, "It's the most fun I have had since being invested myself! And do you know it has helped me to know my Bible better when I was helping someone else review Bible doctrines?"

How inspiring it was to see Dr. Crawford put the neckerchief on our pastor, Elder Hill, Mrs. Longard on our first elder, Mr. Marshall Longard! Mr. Mike Manchur, after receiving his insignia, turned to invest his daughter, Shirley, as Master Guide. Mr. Ken Matiko likewise placed the colourful insignia on a nurse beside him—his wife, Pearl. Miss

Abrams proudly presented the pins to her "buddies", Miss Esther Aab, and Mrs. May James. Mary Twaddle was happy to see Eileen Crombie reach the pinnacle of MV classes. Mr. Harold Edge had started the climb years ago in India, and was happy to reach the summit this evening. As Dr. Crawford put the colours on another doctor's son, Victor Spassow became a Master Guide. Earliteen Division Leader Pat Okimi and MV Leader Pat Parks assisted by Mrs. Elsie McGraw and Mrs. E. Hoehn into being successful candidates looked a bit dazed now that they had attained.

Before this investiture there were twenty-two Master Guides, now there are thirty-five with the pleasant task before them of preparing twenty-eight candidates for the next investiture. Busy people such as doctors, nurses, pharmacists, secretaries, teachers, technicians, salesmen, and our pastor have been assisting in this programme.

E. HOEHN

OBITUARY

SMITH—Cora Cleveland Smith was born September 18, 1877 at Chester, New York and after a lengthy illness passed away on May 21 in the hospital at Mattawa, Ontario. She married Ashley Smith and together they came to the Mattawa area of Ontario, in 1913. Here they homesteaded and developed their permanent residence, which was home for her for fifty years. In the year 1923 she accepted the Seventh-day Adventist faith through the influence of a relative. This faith she held until her death.

With her passing the community has lost one of its rugged pioneers who led the way in a fearless manner for the development of our country.

Ashley Smith preceded his wife in death in 1942. Mrs. Smith is survived by eleven children: Walter, Roy, Ernest, Rex, Richard, Cecil, Roxie, Dora (Mrs. C. Cowles), Myrtle (Mrs. A. Schorse), Ada (Mrs. Leo Montreuil), and Mae (Mrs. R. Montreuil); also twenty-one grandchildren and fourteen great-grandchildren and many friends.

The funeral service was conducted by Elder A. V. Dick of Oshawa Missionary College and interment was made in the Mattawa cemetery where she awaits the call of the Lifegiver on the Resurrection Day.

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take pleasure in announcing the winner of a Spevit Combi (Value \$79.75) at their Ontario-Quebec Camp Meeting draw — Mrs. G. Cotie, 728 Chapel Crescent, Apt. 1, Ottawa, Ontario. Mrs. Cotie knows that it pays to drink Pioneer since it was her Pioneer label that won this beautiful machine for her.

Since this draw has met with so much enthusiasm Carley's Foods decided to make three other fortunate customers winners of the Silex Blendette. These happy people are Mr. R. C. Stansal, R.R. 2, Drumbo, Ontario; Mr. John Collins, R.R. 4, Simcoe, Ontario and Mrs. C. Adams, 49 Harmony Rd. S., Oshawa, Ontario.

FOR SALE—Lovely 3-bedroom home near church and church school New Westminster, B.C. 1½ bath, full basement, garage, fenced yard, carpeting, fireplace, plate mirrors, drapes, venetian blinds, gas range and furnace, TV antennae. \$14,800 terms. Pastor G. Hochstetter, 1675 N. Henry, Coquille, Oregon 32-13, 14, 15

WANTED — Commercial Teacher for Sunnysdale Academy. If you are a commercial teacher on secondary level, and are interested in teaching at Sunnysdale Academy, please send your name, qualifications, the names and addresses of three references to: Keith Wiseman, Principal Sunnysdale Academy, Centralia, Missouri. James E. Chase, Chairman, Sunnysdale Academy Board. 36-15

HONEY FOR SALE: New 1963, White #1 strained clover honey, ready for shipping by August 1. 60-lb. can \$13.00 plus shipping. Order two cans and save on minimum shipping charges. David Johnson, Box 997, Stettler, Alberta. 37-15



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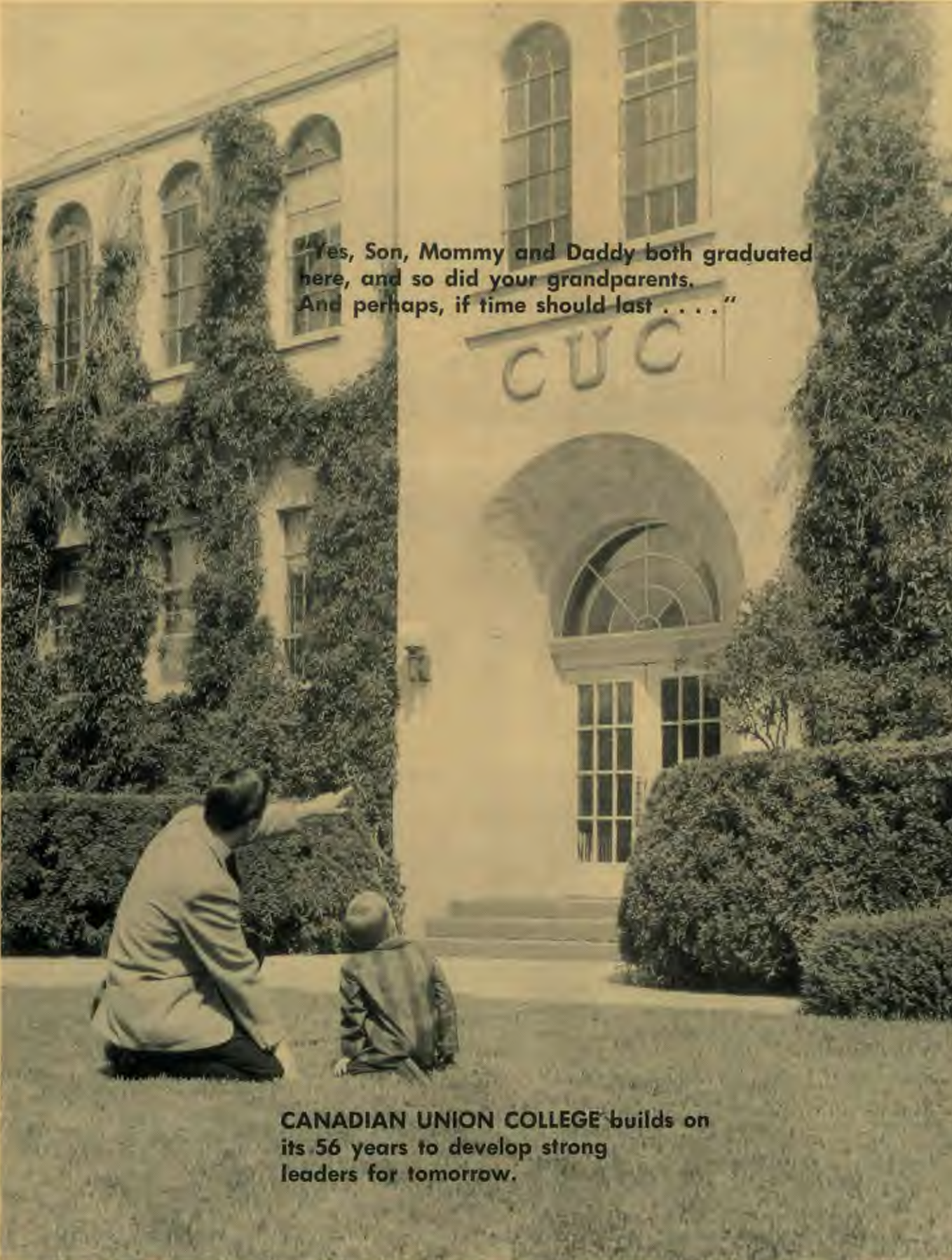
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