



# The Inter-American Division MESSENGER

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## Will You Pay the Price?

*Mrs E. G. WHITE*

God has made ample provision that we may stand perfect in His grace, wanting in nothing, waiting for the appearing of our Lord. Are you ready? Have you the wedding garment on? That garment will never cover deceit, impurity, corruption or hypocrisy. The eye of God is upon you. It is a discerner of the thoughts and intents of the heart. We may conceal our sins from the eyes of men, but we can hide nothing from our Maker.

God spared not His own Son, but delivered Him to death for our offenses, and raised Him again for our justification. Through Christ we may present our petitions at the throne of grace. Through Him, unworthy as we are, we may obtain all spiritual blessings. Do we come to Him, that we may have life?

How shall we know for ourselves God's goodness and His love? The psalmist tells us—not, hear and know, read and know, or believe and know; but—“Taste and see that the Lord is good.” Instead of relying upon the word of another, taste for yourself.

Experience is knowledge derived from experiment. Experimental religion is what is needed now. “Taste and see that the Lord is good.” Some—yes, a large number—have a theoretical knowledge of religious truth, but have never felt the renewing power of divine grace upon their own hearts. These persons are ever slow to heed the testimonies of warning, reproof, and instruction indited by the Holy Spirit. They believe in the wrath of God, but put forth no earnest effort to escape it. They believe in Heaven, but make no sacrifice to obtain it. They believe in the value of the soul, and that erelong its redemption ceaseth forever. Yet they neglect the most precious opportunities to make their peace with God.

They may read the Bible, but its threatenings do not alarm or its promises win them. They approve things that are excellent, yet they follow the way in which God has forbidden them to go. They know a refuge, but do not avail themselves of it. They know a remedy for sin, but do not use it. They know the right, but have no relish for it. All their knowledge will but increase their condemnation. They have never tasted and learned by experience that the Lord is good.

To become a disciple of Christ is to deny self and follow Jesus through evil as well as good report. Few are doing this now. Many prophesy falsely, and the people love to have it so; but what will be done in the end thereof? What will be the decision when their work, with all its results, shall be brought in review before God?

The Christian life is a warfare. The apostle Paul speaks of wrestling against principalities and powers as he fought the good fight of faith. Again, he declares, “Ye have not yet resisted unto blood, striving against sin.” Ah, no. Today sin is cherished and excused. The sharp sword of the Spirit, the word of God, does not cut to the soul. Has religion changed? Has Satan's enmity to God abated? A religious life once presented difficulties, and demanded self-denial. All is made very easy now. And why is this? The professed people of God have compromised with the powers of darkness.

There must be a revival of the straight testimony. The path to Heaven is not smoother now than in the days of our Saviour. All our sins must be put away. Every darling indulgence that hinders our religious life must be cut off. The right eye or the right hand must be sacrificed, if it causes us to offend. Are we willing to renounce our own wisdom, and to receive the kingdom of Heaven as a little child? Are we willing to part with self-righteousness? Are we willing to give up our chosen worldly associates? Are we willing to sacrifice the approbation of men? The prize of eternal life is of infinite value. Will we put forth efforts and make sacrifices proportionate to the worth of the object to be attained?

## ANTILLIAN UNION MISSION

Genaro Sanchez 11, Vibora, Havana, Cuba

A. R. OGDEN . . . . . Superintendent  
 N. L. TAYLOR . . . . . Secy.-Treas

**A YEAR OF PROGRESS**

As the statistics for the year 1929 are compiled it is a source of satisfaction that the year's record is one of progress.

We had hoped for at least one thousand baptisms in the fields of the Antillian Union for the year, and in this we were not disappointed. When the reports were all in it was found that 1,059 had been buried with the Lord in baptism—almost an average of three for every passing day of the entire year. This is undoubtedly by far the largest number ever baptized in one single year in this field. We feel quite encouraged with this splendid result which brought our membership up to 6,574 at the close of 1929.

The Sabbath school work also shows splendid increases in membership, donations and a faithfulness in daily study and regular attendance. At the close of the year 1929 the net gain in Sabbath school membership was 1,160. We confidently expect that ere the passing of many months we will pass the ten thousand mark.

That the loyalty and devotion of our people in the union is genuine is evidenced by the faithful support of the work with their means. The tithe for the union shows a gain over the previous year of over \$5,000. The Sabbath school offerings for the union was a substantial gain over the amount received in 1928. The total amount of other mission offerings including Harvest Ingathering and other specific mission funds was a little over \$16,000, making almost \$90,000 in tithe and mission funds received in the field. When we consider the financial conditions as they actually exist in most parts of our field, it is really a marvel that so much could be gathered for the furtherance of the work. These figures speak louder than words of the loyalty and confidence of our good, faithful people in the work and their most earnest desire to see the Message quickly proclaimed to all lands that the coming of our Saviour may be hastened.

We are especially grateful for the ingathering of souls. New companies of believers are springing up in many places for the most part by the endeavors of faithful lay members who go out in the work to win souls. This earnestness and zeal we believe is an evident fulfillment of the prophecy of Joel indicating that in the last days God's Spirit would be poured out in a very marked way.

While much is being done by our faithful members as indicated by the missionary reports coming from some of our fields, yet much could and would be done if all would get the vision of their

individual privileges and responsibilities. I have before me the report from one of our fields from which I gather the following facts regarding the missionary activities of our lay members. In the report of Pastor de Caenel of the Haitien Mission where we had at the close of last year 1,361 baptized members their missionary report shows 1,561 reporting. In other words two hundred believers not yet members of the church are doing and reporting missionary work. But the most interesting phase of the report is the fact that these 1,561 persons reported 83,146 missionary visits and 66,146 Bible readings, besides distributing thousands of pages of literature. And our believers in Haiti do not have the fund of literature for missionary work that our people in some of the other fields have for their work.

The above figures are only indicative of what might be accomplished by a similar effort by all of our people in all lands. Last year over three hundred were baptized in Haiti alone. And Haiti has set a goal for at least five hundred baptisms during the present year.

We solicit an interest in the prayers of our fellow workers and believers throughout the Inter-American Division for the further advancement of the work in all parts of our widely scattered island field.

A. R. OGDEN.

*Havana, Cuba.*

ing, dressed in a cheap cotton suit and having around his neck and waist chains of beads, charms, stringed stones and in his pockets many Catholic absolutions. He had made a vow to Satan to go on a pilgrimage of about three weeks. Our brethren began to talk to him about the saving power of Jesus. He became interested and went home with them. Until late in the evening he listened very attentively while the truths of the Bible were presented to him. In the morning he asked for a letter of introduction to the Adventist pastor in his home town and left. Upon reaching home he found our believers and received further instruction in the Message. The next Sabbath he attended a baptismal service and there on the banks of the river he made his final decision to give his heart to God. He is today a member of the baptismal class and is rejoicing in having found the precious light of the gospel.

In the southern part of our field a strong young man became terribly addicted to alcohol. Each time he became drunk he would beat his friends and soon became a real terror to the neighborhood. Finally his neighbors decided to kill him, and he fled for his life. When he came into a near-by town he told an influential Catholic lady that he was going to leave Haiti and go to Cuba. When asked why, he said that



The first organized Sabbath school in Porto Rico

**INTERESTING EXPERIENCES FROM HAITI**

Not long ago some of our brethren in the Grande Riviere church had a very encouraging experience. They made a missionary visit away up in the mountains and held an open air meeting. Suddenly a man appeared in their meet-

ing, dressed in a cheap cotton suit and having around his neck and waist chains of beads, charms, stringed stones and in his pockets many Catholic absolutions. He had made a vow to Satan to go on a pilgrimage of about three weeks. Our brethren began to talk to him about the saving power of Jesus. He became interested and went home with them. Until late in the evening he listened very attentively while the truths of the Bible were presented to him. In the morning he asked for a letter of introduction to the Adventist pastor in his home town and left. Upon reaching home he found our believers and received further instruction in the Message. The next Sabbath he attended a baptismal service and there on the banks of the river he made his final decision to give his heart to God. He is today a member of the baptismal class and is rejoicing in having found the precious light of the gospel.

our worker several days, then he decided to go home and try to live up to his new decision. Soon the desire for alcohol returned, and seeing that he could not resist it in his own strength he ran to the home of our worker for help. Finally he was able to overcome the temptation and he is now a living example of the transforming power where he lives.

One of our neighbors was in utter despair because of the illness of his child. He had gone to all the witch doctors for help, but all declared there was no hope for the child. Our brother went to visit the family and told them about the healing power of Jesus and had prayer for the child's restoration. The next day the father of the child saw our brother and asked him to come and pray for the child again. "Because," he said, "if you had not prayed for my child last night he would have died." Our brother again visited the child and he was healed by prayer. As a result seven persons accepted the Message in that vicinity.

In our Limbe church, two young girls decided to go to a place about a two hours' walk away to start a new work. Every week-end found them in a little house in that place presenting the Message to the people. They found good soil and soon a company of 30 was organized. Just recently seven of this number were baptized. After the baptismal ceremony, which the whole village attended, nearly half of the population expressed a desire to accept the Message these two girls had brought to them. We have a strong Sabbath school organized there, and we hope soon to have a little church building to accommodate those who attend the meetings. J. A. DE CAENAL.

*Cape Haitien, Haiti.*

### THE THIRD ANGEL'S MESSAGE IN SANTO DOMINGO

Ten years ago Santo Domingo had just one organized church with a few members. The capital was the only place where the present truth had been preached, except at La Romana where Dr. Otis did some work. As we looked around in the capital, we observed that the old walls compassing the city had been broken down in many places and the boundaries extended far beyond. We found in this condition a ray of hope that cheered our hearts and encouraged us to believe that some day the old wall of tradition and superstition would be broken down too.

In those pioneer days cities, towns and villages were lying in darkness without a single representative of the Message. The only preacher to present the Word of Life in many places was *El Centinela*. Several trips were made in order to sell back numbers of *El Centinela*, and through these efforts a double result was effected: the office got rid of

old *Centinelas* and the public got hold of the saving Advent Message. Little by little here and there persons began to see the light and asked for further instruction. The calls could not always be answered right away but the Lord kept these persons interested and faithful till the needed help came.

Today Santo Domingo has ten organized churches in eight different provinces with several small companies in some of the provinces. The Lord has greatly blessed His work in the republic. Not only have several churches been raised up, but a burden for the salvation of others has been impressed upon the hearts of the believers in a remarkable way, so that they are working diligently to enlighten their neighbors.

No extraordinary emotional movements have been going on, but a continual working of the Holy Spirit in the hearts resulting in sanctified lives that have been manifested since the beginning of the Message in this field. At present the membership is 364. We cannot but praise the Lord for what He has done. He has richly blessed the efforts of His servants. About 800 are now registered in the Sabbath school, studying the truth all the time and we are endeavoring to keep the goal: all the Sabbath school in the church, ever before us, hoping in a short time to have that many baptized believers.

Certainly the numbers cheer our hearts; but the firmness and faithfulness of the believers are still more encouraging. They are in every way loyal to the Message. The change in their daily lives is a better testimony than words, however well chosen, can express. A transformed character is a greater evidence of having received the Spirit than loud shouting and talking in unknown tongues.

It is a pleasure to notice the unity that prevails among workers as well as believers. We truly are one family with one hope and one aim. The people and the field become more precious to us as the time goes by, and we have never felt more at home anywhere than here. Many times we have heard "Adventists love and help one another." "By this all men shall know that ye are My disciples, if ye have love one to another."

A new day has dawned in our work. Some places, where a few years ago we could not hold a single meeting without a shower of stones, we now celebrate meetings day or night without any disturbance. The public attitude toward the Message has been changed.

Ten years ago we would have thought it a marvel if 300 persons could have been gathered into a hall to hear this Message. But a crowd of 700, like we saw during our last general meeting, listening attentively night after night to the Third Angel's Message, was something

never seen in Santo Domingo in those years. In January 1930 we held meetings in a government building. Large numbers attended. Everybody seemed anxious to get hold of the Message. With a commodious hall and thorough advertising a much larger crowd could be drawn. Many are longing for a Message that can satisfy the soul's desire; and the everlasting gospel will do it. It is the old, old story modernized by the aid of the present truth.

We are looking forward to greater things in this field. The net increase in the constituency for 1929 was 77, and we fully expect to see a much larger number embrace the Message this year. The Lord has promised to do a great and abbreviated work upon the earth in these last days. Santo Domingo is one of the islands of the sea that is to hear the Message of the Lord's speedy return and to prepare for His coming.

PETER NYGAARD.

*Santo Domingo, R. D.*

CENTRAL AMERICAN UNION MISSION  
Apartado 1059, San José, Costa Rica

W. E. BAXTER . . . . . Superintendent  
A. P. CHRISTIANSEN . . . . . Secy.-Treas.

### THE WEST CARIBBEAN TRAINING SCHOOL

By the time this report reaches its readers the tenth school year for the West Caribbean Training School will be a matter of history. In a number of respects, this has been the best in the history of the school. There is a tendency to believe that numbers make success. If this were true, then this year is the least successful of recent years. If happiness and friendly cooperation and good thorough work and character development are the test, then this year stands out as the most successful year in the history of the school.

All who are in close touch with the school know well that since it divided its appropriations with other educational interests in this union conference, it has been impossible to meet the needs of the many students whose funds are meager when they enter school; therefore, the enrolment has been smaller.

The writer and his family have been connected with the school a little more than five years. In this period six school years have passed. The number of graduates sent forth is thirty-nine. A goodly number of these are directly in the work of the Third Angel's Message, but a larger number are pursuing studies in order to be better prepared for service.

We leave our field of labor here with feelings of deep satisfaction. Clearly can we see where much could have been accomplished had conditions been different in a few respects, but what has

come into the lives of several hundred youths as they have come in contact with the spirit of Christian education will be revealed only in the eternal ages. No more responsive and appreciative young people have we met in our twenty-eight years of contact with the youth in our academies.

The young people here have added perplexities because of a decreased earning power. The adjacent cities of the Republic of Panama are overcrowded with workers. The work carried forward in the Canal Zone, with few exceptions, must be done at least six days per week. Many could easily secure remunerative work but for the Sabbath. Meeting obstacles, however, is not without compensation. The habitual overcoming of obstacles is, in itself, an assurance against discouragement, and is a positive force in clearing the road to success. An unusually large percent of the students meet the major part of their own school expenses.

Although the aim of the school is to train workers and therefore receive students who are purposeful Christians, yet there are always a number of promising young men and women who have not definitely taken their stand with the Advent people. It is conclusive then that each year there should be a baptismal class and a baptism. The number who have been baptized has been almost the same as the number graduated in the past six school years.

The present year closes with the maximum of good cheer, cooperation and kindly feeling. As we leave for the United States, we pray that the same cordial cooperation and the same tender care of a loving Father may be experienced by our successors.

C. L. STONE.

*Obispo, Canal Zone.*

### AMONG THE MOSQUITO INDIANS

It is very encouraging to see how our work among the Indians is stirring the hearts of many.

Sometime ago I met an old lady with whom I studied the Sabbath question. She told her friends that her mind was greatly troubled and that she had no rest for she believed that the Sabbath was the right day to keep.

Another lady was deeply interested in a study I gave her on obedience. As it was getting late she had to go home but promised to return. Three days later she came back. While I was explaining to her the seriousness of the times that are now confronting us the expression on her face was very touching. Three times she looked as if she would burst into tears. Surely, the Lord is touching the hearts of these people.

Our church school is progressing. We have an enrolment of 35 boys and girls

who have made rapid advancement in their school work. Some of these boys and girls have acted as secretaries in our Sabbath school.

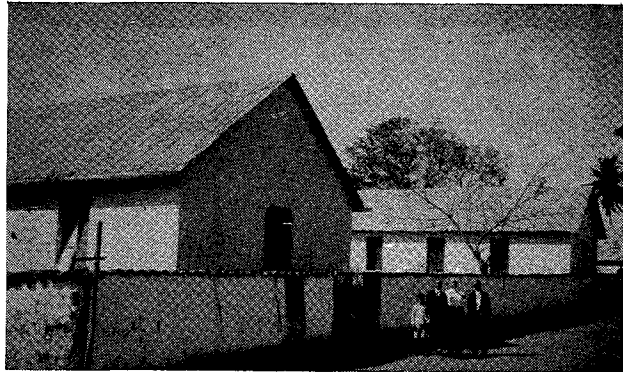
Last week nine of these boys and girls accompanied me to a village twelve miles from Yulu. There we held Sabbath meetings. Many were present and showed great interest in the message we had for them. Sunday morning before leaving for Yulu we held another meeting. At the close of that meeting a man came to me and said that he was deeply impressed with what he had heard and that he was going to study the Sabbath question.

Pray for me that the Lord will help me to be faithful while laboring among these people. ROGER H. BROOKS.

*Yulu Wawa, Nicaragua.*

In a letter recently received from Pastor W. E. Baxter, he gives this encouraging news from Salvador:

"The Lord greatly blessed in the meetings held in Salvador, and thirty-six signed the covenant and more than sixty gave us their names and addresses as being much interested and desiring further studies."



Our school at Camaguan, Venezuela, where Brother and Sister R. E. Greenidge are now teaching

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### SOUL-WINNING IN COLOMBIA

Brother Darío Hernández, speaking of a visit he made recently to La Gallera, a place we have never before entered, says:

"We visited some of the people, and among them we found a couple who were much interested. I spoke to them about the Sabbath, and the lady, with a sudden impulse, said to her husband, 'Next Sabbath we are going to begin to keep it.' I had prayer with them, and when I left the lady invited me to visit them when I returned. I visited other families and found that they were also much interested in the truth. One man told me that his house was at our service, and that he desired to know more about our Message."

Brother Hernández intends to hold some meetings in this place as soon as possible.

In Carmen, where some who have accepted the truth have met with great

opposition, Brother Valdes has recently held some studies. Only a few dared to come in face of persecution, but we know that all such efforts help to break down prejudice, and arouse an interest to know more of the way of salvation, so we believe that soon there will be a good number in that place obedient to the truth.

Brother Castro is endeavoring to follow up interests in Retén and Guamachito. Urgent invitations have come to him from these places to hold meetings and teach the people the way of life.

The delivery in Barranquilla of about 225 copies of "Our Day," has aroused the ire of the priests, who have shown the book in several pulpits and denounced it, threatening to excommunicate those who should dare to read it. Some of the last books were hard to deliver on account of this opposition. Brother Jorge Escandon went to a tailor shop to deliver one. The tailor refused to take the book, and told him to come out on the sidewalk, for he did not want to even discuss the book in his shop. Just then one of the tailor's customers arrived, and asked what book it was. When he learned that it was "Our Day"

he said that was just the book he had been wanting. He asked the price and paid \$3.50 for the book. Then he said to the tailor: "I was going to pay you that \$3.50 towards the suit of clothes you are making for me, but now you will have to wait until next Saturday night." E. W. THURBER.

*Barranquilla, Colombia.*

"When Jesus ascended to heaven, He committed His work on earth to those who had received the light of the gospel. They were to carry the work forward to completion. He has provided no other agency for the promulgation of His truth. 'Go ye into all the world, and preach the gospel to every creature.' 'And, lo, I am with you always, even unto the end of the world.' This solemn commission reaches us in this age. God leaves with His church the responsibility of receiving or rejecting it."—*"Historical Sketches,"* p. 288.

"While the great final reward is given at Christ's coming, true-hearted service for God brings a reward, even in this life."—*"Testimonies,"* Vol. VI, p. 305.

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**ANOTHER GLIMPSE AT MOUNT RORAIMA**

No one who has not been to Roraima or to some similarly situated mission station, can form any correct idea of the sacrifice Brother and Sister Cott, and Brother and Sister Gonsalves are making. Imagine, if you can, the loneliness one must often feel who labors sometimes for an entire year without once seeing the face of a civilized man—nothing but Indians—uncivilized, often naked, and sunken in ignorance and superstition. There is not a government official on the plateau, and no law is enforced but the law of the Indians. Not a physician is to be found in all that region, and should a case of serious illness occur among the workers, it would be necessary for the patient to travel ten days on the trail, then many days down the rivers to a physician before medical help could be secured. There is no store near-by where supplies can be bought. If supplies give out, they must wait sometimes three or four months until things can be sent up from Georgetown to Chinapowu, and then twenty days on the trail going and returning to get them up to the mission. Sometimes three and four months pass without a word or a single letter or any of our church papers reaching them.

Lonely as such a life is, Brother and Sister Cott and Brother and Sister Gonsalves are glad to make the sacrifice, and spend their lives living with, and working for the Indians who need their help so much. Not only do the Indians need to be taught the truths of the gospel, but they also need instruction in the ordinary things of life.

They have no knowledge of how to treat disease, and in all cases of illness they will resort to their witchcraft, or other superstitious practices, which usually only hastens the death of the sick one. Brother and Sister Cott are both graduate nurses, and have carried medical supplies up there with them. Their training has been of great service, and they have been instrumental in saving many lives since they took up the work at Roraima. Joseph, the witch doctor, owes his life to Brother and Sister Cott, who toiled over him and prayed for him all night. As soon as he recovered from his illness he at once gave up his witchcraft, and began the observance of the Sabbath, and he is now a faithful Christian. Frequently they are called to an Indian hut to minister to some one very sick with malaria or other ailments.

While I was there a little Indian boy was walking one day in the forest when a huge limb fell from a tree and just

missing the back of his head, struck him on the back of the leg about six inches above the ankle with such force that the flesh was torn away to the bone and stripped down the leg to the ground, leaving the bone and the large tendon entirely exposed. The Indians picked the little fellow up and hurried to the mission home. Brother Cott was not in at that moment, but Sister Cott placed the little fellow on a table, put him to sleep with an anesthetic, cleansed the wound as thoroughly as she could, carefully laid the flesh in place, and then took nineteen stitches in it and bandaged it well. Every day she dressed the wound and when I left there the little fellow was able to walk again. Had she not been there to attend to it, he would have lost his foot and might have lost his life.

**I AM YOUR BIBLE**

**An Ancient Book Speaks to Youth**

I am one of the oldest of all pieces of literature; for I was written in the long ago, and I often speak of old ways and of strange scenes.

I am also one of the newest; for if you read me tonight, I will prick your conscience and shed light upon your play or your task tomorrow.

I am the best seller of all the bookstores, because for many years I have outsold all the gayest fiction that comes from the modern presses.

I have been translated into more languages than any other book ever penned.

My message is to yourself, for I grew out of the hot hard struggles of human beings like you.

I am no magic fetish to transform your life, if your mind be elsewhere while you number my words.

I will speak to you of something other than bread and clothing, and the physical where withal of life.

I will lift your soul from the muddy vista of life's low levels, and fix it upon the upper and sunlit peaks of faith and prayer.

I will put into your soul a dream and a purpose.

*I am your Bible!*

P. R. HAYWARD.

The very day I left the mission on my way out through Venezuela, word came from a village one-half day away and across two swift mountain rivers, that a woman was very sick and wanted Sister Cott to come at once. When I left Sister Cott was making preparation to go, but in going, she must wade both of these swift streams and one of the crossings was so deep and swift that a man had been swept off his feet in it only a few days before, and had he not been an expert swimmer, he would have drowned. Yet, without any hesitation, Sister Cott was planning to go to the aid of the woman.

It is such untiring, unselfish service as this that has won the hearts of the Indians, and bound them to Brother and Sister Cott and Brother Gonsalves. They

love their work, and stand ready to make any sacrifice, take any risk, endure any hardship to win the Indians to Christ and this Message. They are willing to endure the loneliness, the separation from friends and loved ones, to be cut off from others of like precious faith, just to spend and be spent in an effort to lift the Indians out of their ignorance, superstition and sin, into something higher, nobler and better than they have known before; and many of the Indians are responding to their efforts, especially the young people and the children. It is interesting to see the progress the children are making in their studies in the school conducted by Sister Cott and Sister Gonsalves. Many of them are very bright and they learn easily.

Let us help these faithful workers at Mt. Roraima with our prayers.

W. R. ELLIOTT.

Port of Spain, Trinidad.

**MEXICAN UNION MISSION**

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J. G. PETTEY - - - - - Secy.-Treas.

**OUR AZTEC BELIEVERS**

In the hills, many miles away from the railroad, we have an all-Aztec Sabbath school in a town where only the Aztec language is spoken. I arrived at this place about 11 P. M. with my native worker and a guide, by horseback. Entering an Indian village by moonlight is an experience long to be remembered, especially after having traveled over steep mountain trails, often near precipices where we could hear the rushing river below us, and often having to dismount and follow on foot for fear of a misstep, and a fall from the narrow trail into the river.

As we came near the town, we could hear the barking of what seemed like hundreds of native dogs. Blending with this was the crowing of as many roosters. As we came to the home of one of our Aztec brethren and were ushered in, we heard the voice of a brother praying and thanking the Lord that He had brought us safely on our journey. They insisted that we sit down at once and eat some supper, late as it was. They gave us of their best, which consisted of bread, beans, and orange leaf tea.

As we were to spend the Sabbath with these people, we gave out the word to other friends that we were to have services that night (Friday) and Sabbath. Many people came out, including the municipal secretary and the principal of the school. I had with me a song that I had translated by the help of some of the Aztec people, and so I taught it to them in their own tongue. Those who could not understand the Spanish

language especially appreciated this. They wanted to learn it by heart.

We left our Aztec brethren with many prayers that the Lord would bless this people who speak the ancient Aztec language, and are still living amid the recesses of the mountains, and numbering some 516,000.

Recently a young Indian told us the following experience:

"I was a member of the — church, and was studying to become a worker for them. Reading one day that the seventh day is the Sabbath of the Lord, I went to our pastor and asked him to explain it. I said, 'Why do we keep Sunday when the Bible plainly says that the seventh day is the Sabbath?' He answered me thus: 'You have been reading the Adventist literature, and have thus gotten these ideas about the Sabbath.' I told him I did not know what he meant, for I had never met a Seventh-day Adventist and neither had I seen their literature. I then asked about these people, and he answered me that they were a people that taught salvation by good works, and did not preach the doctrine of Christ. Well, this was somewhat discouraging. How could it be that these people obeyed the Bible regarding the Sabbath, but still rejected the light about salvation?"

"It was not long before I met an Adventist, and then I learned the truth, and today I am rejoicing in this Message."

This brother has raised up several other companies that are now keeping the Sabbath, and is preparing to do even better work for his people.

We have selected a picked lot of young men and women, and are giving them a brief preparation to work first as colporteurs, than as Bible workers, and afterward as ministers. It is remarkable how the Lord is working through these simple methods. Already hundreds are coming into the truth. I was re-

A group of Maya Indian Sabbath keepers in Yucatan, who have recently accepted the Message through the faithful efforts of Brother and Sister C. L. Dinius



cently asking a worker as to the number in his state who are keeping the Sabbath. I knew that, according to our records, there were some thirty people, but he counted over 300 who had accepted the truth and were preparing for baptism. We have baptized more than 100 this year, and could easily have doubled this number if we had been able to give the waiting ones the necessary instruction.

May God bless these Aztec people, as well as the many Indian tribes who are waiting for the light in Old Mexico. *Tacubaya, Mexico.* C. E. MOON.

## AMONG THE INDIAN TRIBES

In a personal letter to Pastor E. E. Andross from Pastor C. E. Moon we glean this encouraging word about the progress of the Message among the Indian tribes of Mexico:

"We now have four companies of the Aztec Indians in our mission. An Aztec colporteur, the mayor and ex-mayor of one of the towns are our best members. They speak the Aztec language and are full-bred Aztec Indians. We have two churches built by these people.

"Last Sabbath I baptized four at the place where the mayor is a member of the Sabbath school. I have at least four more to baptize before I leave for my furlough.

"In some ways I dislike to leave the work. It gets more interesting every day. I can see evidences of God's hand leading us into deeper experiences in pioneer missionary work with the Indian tribes. In the state of Morelos where we were counting on about twenty or twenty-five people keeping the Sabbath, we are now being informed of more than three hundred Sabbath keepers.

"I am also expecting to baptize twenty more Totonacas within the next few days. These are the fruits of the work of that Indian boy, Tomas Gonzales, who came to the conference at Mexico City. There are about two hundred in our companies who are prepared to unite with the church by baptism.

## With Our Departments

### ASSIGNMENTS FROM "THE SOUL-WINNING SABBATH SCHOOL"

#### Chapter 17: "The Home Division"

1. Who are eligible for membership in the home division? What relationship does it bear to the Sabbath school?
2. Summarize the value of the home division. How should a school proceed in establishing a

home division? When a home division member can attend school regularly, what should be done with his membership? What may officers, teachers, and home division leaders and visitors do to foster the home division work?

3. Who should be conference home division members? Give suggestions for making a family school successful.

#### Chapter 18: "The One-Room School"

1. Who are the greatest sufferers in a one-room school? What can be done often to provide a separate room for them?
2. How may the opening exercises be made interesting to all ages? the mission exercises?
3. What suggestions are given whereby all pupils will be provided for by the review?

## CHRISTIAN HOME PROBLEMS

### Good Food and Good Combinations No. 2

The body is made up of about sixteen different elements. These are all chemical names and will not mean much to us, but it takes different foods to supply these elements. Protein is one of the most important elements in the body. It is necessary to growth and life of the body. Dried beans, peas, lentils, nuts, eggs and peanuts are rich in protein. But eating too freely of eggs, nuts and beans will give too much protein and this may result in serious injury to the liver and kidneys or other parts of our body.

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. Great care should be taken in the selection of our food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. And some foods that are suited to one person would be harmful to another.

The diet appointed man in the beginning did not include animal food. Not until after the flood, when every green thing on the earth had been destroyed, did man receive permission to eat flesh. Flesh was never the best food, and now since diseases in animals are increasing its use is more objectionable. If you want to be healthy, live on the food God gave Adam.

"All the elements of nutrition are contained in the fruits, vegetables and grains. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven. Dry food which requires mastication is far preferable to porridges. The health food preparations are a blessing in this respect. Good brown bread and rolls, prepared in a simple manner, yet with painstaking effort, are healthful." *"Healthful Living," pp. 78, 79.*

While it is true that meat contains much good protein, it also contains the product of broken-down tissue. Therefore to eat meat means taking into the system additional waste material which will make more work for the body. Meat quickly spoils. It rots in the intestines and causes the kidneys to have more work to do. This is why a doctor will always advise a patient suffering from kidney trouble to give up the use of meat. So from a health standpoint we can see that it is much better to leave meat out of our diet.

Milk is another good food rich in protein, especially for children. Every child ought to have one quart of milk a day, if possible, and should have at least a pint. Milk should be used as food, not as a drink. It should be sipped and swallowed slowly in order to prevent the formation of hard and indigestible curds in the stomach. Buttermilk is a wholesome article of food. Great care should be taken to keep the milk clean, because many disease germs such as tuberculosis, scarlet fever, typhoid, and dysentery have been found in impure milk. Combined with fruits, cereals and vegetables milk makes a diet suitable for all ages.

Papaya is an excellent aid to digestion. Tomatoes, greens and lettuce are some of the best vegetables that we can eat. It is a good practice to eat a dish of some kind of greens every day. Cabbage is most valuable when served raw. It is one of the strongest preventives of and cures for scurvy. Potatoes are a valuable article of food, but it should be remembered that the best part of the potato is near the skin and for this reason the potatoes should be cooked with the skins on. The chief food element in potatoes is starch. This is why potatoes should not be served with rice, yam, yuca, macaroni or other foods that contains a large percent of starch.

**OUR WORKERS' CORNER**

**Christ, Our High Priest**

1. What has been Christ's position and work since His ascension? Heb. 8:1-3; 9:24.
  2. How was Christ's priestly work typified by Moses? Heb. 8:4, 5.
  3. How is the earthly sanctuary described? Heb. 9:1-5. Study Exodus chapters 25-30.
  4. What was the order of service in the earthly sanctuary? Heb. 9:6-10. (Note: For 359 days the service of the sanctuary had to do with the first apartment. The ten commandment law within the ark in the most holy place demanded the life of the sinner. 1 John 3:4; Rom. 6:23. Thus the sinner, recognizing his guilt, brought his offering. Then laying his hands upon the head of the innocent victim representing the Christ to come, he confessed his sin, the animal was slain, and its blood put on the horns of the altar and poured at the foot of the altar. Thus the sins of all who confessed were pardoned, and in type transferred to the sanctuary.)
  5. What took place on the day of atonement? Lev. 23:26-32; 16:3, 5-8, 15, 16-22.
- (Note: The tenth day of the seventh month was the day of atonement. On this day the sanctuary was cleansed of the blood record of sins confessed during the year. The only ones passing the test of this yearly judgment day were those who had confessed every known sin. In

**THE BIRDS ARE SINGING**

The birds are singing, the grass is green again, and the trees are putting on their lovely spring clothes. New life is everywhere in nature, and surely it is also making itself felt in the hearts of many of our readers. Then it is time to send for the Fireside catalogue and ask us to tell you also about our new course in Pastoral Training that is interesting so many wide-awake church workers. We want to get in touch with all who are desirous of doing systematic work in training their talents for service. Let us hear from you now.

M. E. OLSEN, *President of the Fireside Correspondence School.*  
Takoma Park, D. C.

- a service strictly conforming to God's instructions, the high priest took the blood of the Lord's goat into the most holy place, where the visible presence of God appeared. The sprinkling of the blood there transferred the sins to the high priest in type, after which he cleansed the outer apartment, and then transferred the guilt to the goat representing the one responsible for all sin, Azazel, or Satan. The goat was then loosed in a desert place, a "land of forgetfulness.")
6. Of what was this earthly sanctuary and service a figure? Rev. 4:5; 8:3, 4; 11:19; Heb. 9:11, 12.
  7. Does the heavenly sanctuary need to be cleansed? Heb. 9:22, 23.
  8. When is the heavenly sanctuary to be cleansed? Dan. 8:14. (See Eze. 4:6; Num. 14:34.)
  9. How much of this long period of time did the angel say was allotted to the Jews? Dan. 9:20-24.
  10. What event marked the beginning? Dan. 9:25; Ezra 7:8-10.
  11. How many years would reach to the Messiah? Dan. 9:25.—Seven weeks and 62 weeks, or 69 weeks equal 483 years.
  12. What great events would come in the seventieth week? Dan. 9:26, 27.
  13. What events marked the close of the 70 weeks, or 490 years? Acts 8:1-4. In A. D. 34 the Jews officially rejected the gospel by stoning Stephen, and the gospel went to the Gentiles.
  14. How much of the 2300 years still remained?—2300 less 490 leaves 1810 years. The

490 years extended to A. D. 34. Adding the 1810 years left of the 2300—brings the end of this important prophecy in 1844.

15. What did the angel Gabriel say would begin at the close of the 2300 years in 1844? Dan. 8:14. The cleansing of the heavenly sanctuary, or day of judgment.

**CHRISTIAN HELP WORK**

"If every church-member were a living missionary, the gospel would speedily be proclaimed in all countries, to all peoples, nations, and tongues."—*"Testimonies" Vol. IX, p. 32.*

"There is something for every one to do. Every soul that believes the truth is to stand in his lot and place, saying, 'Here am I; send me.'"—*Id., Vol. VI, p. 49.*

"Every follower of Jesus has a work to do as a missionary for Christ, in the family, in the neighborhood, in the town or city where he lives."—*Id., Vol. II, p. 632.*

"God's messengers are commissioned to take up the work that Christ did while on this earth. They are to give themselves to every line of ministry that He carried on. With earnestness and sincerity, they are to tell men of the unsearchable riches and the immortal treasure of heaven."—*Id., Vol. IX, p. 130.*

"God expects personal service from every one to whom He has entrusted a knowledge of the truth for this time. Not all can go as missionaries to foreign lands, but all can be home missionaries in their families and neighborhoods. There are many ways in which church members may give the Message to those around them. One of the most successful is by living helpful, unselfish, Christian lives. Those who are fighting the battle of life at great odds may be refreshed and strengthened by little attentions which cost nothing. Kindly words simply spoken, little attentions simply bestowed, will sweep away the clouds of temptation and doubt that gather over the soul. The true heart-expression of Christlike sympathy, given in simplicity, has power to open the door of hearts that need the simple, delicate touch of the spirit of Christ."—*Id., Vol. IX, p. 30.*

"Every church-member should feel it his special duty to labor for those living in his neighborhood. Study how you can best help those who take no interest in religious things. As you visit your friends and neighbors, show an interest in their spiritual as well as in their temporal welfare. . . . The hours so often spent in amusement that refreshes neither body nor soul should be spent in visiting the poor, the sick, and the suffering, or in seeking to help someone who is in need."—*Id., Vol. VI, p. 276.*

"If God's people would show a genuine interest in their neighbors, many would be reached by the special truths for this time."—*Id. Vol. VI, p. 280.*

Spinach has properly been called the dietary gold mine, and onions contain an iron compound that is of special value to our diet.

Many people are in their graves because of poor cooking. The cook in every home has a very important position. Upon her rests a large responsibility. Usually she can be credited in a large degree for the good health of the family, or charged with chief blame for the disease that is crowding the members hurriedly to untimely graves. There is a tendency to fry foods, and frying makes food almost indigestible. Most grains can profitably be cooked a long time; but often prolonged cooking destroys the food elements in vegetable. Vegetables should be cooked only till tender. Do not throw away the water in which the vegetables have been cooked. It contains much nutriment and can be used nicely for soup. Cook with as little grease as possible. Grease is free fat, and free fat is very hard to digest.

While the food should be prepared simply it should be made as appetizing as possible. At meal time we should keep our minds on things that will tend to increase our happiness. Everything connected with the meal should be pleasant and agreeable. Cheerfulness aids digestion.

And while variety is required in order to provide a balanced diet and supply all the elements needed, it should be provided at different meals, with only a small variety at a single meal. A good plan is to have one meal in which fruits with cereals predominate and another made up chiefly of vegetables. Among the improper combinations are fruits and vegetables; large quantities of milk and sugar; and acid fruits and milk. Nuts should be used sparingly, either raw or in combination with cooked foods.

One of our most serious faults is hasty eating, swallowing the food without properly chewing it, and perhaps washing it down with water or other liquids. The food should be thoroughly masticated until it can be swallowed without difficulty. In fact it should be chewed until swallowing becomes an unconscious act. Little or no water should be taken with the meals. Do not wash the food down without properly mixing it with the saliva.

Eating between meals is another wrong habit that most people have formed. "Testimonies" Vol. 2, p. 485 tells us that there should be a specified time for each meal. We are also told by the Spirit of Prophecy that not a morsel of food should enter the mouth between meals.

The following suggestions gleaned from our health journal are very helpful in showing us how to eat for health and strength:

1. Eat only natural foods. Avoid flesh-meats of all sorts. Use nuts instead.
2. Take care to *chew each morsel thoroughly.* This greatly aids digestion and bowel action.
3. Avoid tea, coffee, tobacco and alcohol.
4. Avoid condiments—mustard, pepper, vinegar, pickles and irritating spices.
5. Use salt sparingly. Many people use too much salt in their food.
6. Use sugar sparingly.
7. Secure three free bowel movements daily by the free use of fruits, bran, greens and figs.
8. Make fresh vegetables the staple of the diet.
9. Eat daily a liberal amount of greens to supply lime and iron.
10. Make either breakfast or the noon meal the hearty meal of the day.
11. Do not eat heavily at night.
12. Vary the diet from day to day.
13. The meal hour should be regular, with five or six hours between.
14. Take time to eat, and maintain a happy state of mind during the meal hour.
15. Drink six to eight pints of water daily."

"It is a duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given."—*"Testimonies" Vol. II, p. 70.*

**O'ER LAND AND SEA**

March 30, Pastor and Mrs. E. E. Andross and Brother F. L. Harrison left the division office to attend the division council and the General Conference to be held in California. Inter-America will also be represented at the General Conference by the following delegates: C. E. Wood, J. A. P. Green and W. L. Adams from Balboa, W. E. Baxter from Costa Rica, H. E. Baasch from Colombia, W. R. Elliott, C. E. Andross and S. L. Ash from Trinidad, D. A. Parsons and A. E. Torres from Mexico, L. L. Hutchinson and A. A. Grizzle from Panama, H. J. Edmed and Herbert Fletcher from Jamaica, J. M. Cole from Leeward Islands, Julio Garcia D. from Venezuela, and Philip Giddings from Haiti.

Early in March found Pastor H. E. Baasch again on the Zone on his way from Venezuela back to the union headquarters. He spent a few days at the division office and then sailed for Colombia.

The following missionaries from the South American Division passed through the Zone recently: Pastor V. E. Peugh, superintendent of the Inca Union, Brother and Sister D. E. Lust, who have been connected with the school work in the Inca Union, and Sister W. W. Wheeler. Sister Wheeler has given twenty-one years of service to the work in the South American Division and after General Conference hopes to return to the field she has learned to love so well.

From our own division Professor G. W. Chapman from Costa Rica, Pastor and Mrs. G. C. Nickle and Mrs. F. A. Brower from Colombia have also passed through the Zone recently enroute to California to attend the General Conference.

Mexico claims a new recruit. Brother and Sister E. E. Pohle of the Lake Mission are the happy parents of a little daughter named Ellen, who arrived in that field March 5.

Nine young people graduated from the academic course of the West Caribbean Training School this year. Professor and Mrs. Stone and their daughter, Margaret, sailed for the States on the S. S. "Cristobal," April 13. We certainly appreciate the faithful work Brother and Sister Stone have done in connection with this school.

In a letter recently received from Brother J. I. Robison, Missionary Volunteer and Sabbath school secretary of the African Division, we received special greetings for our young people in Inter-America. Brother Robison says: "The Missionary Volunteers in Africa join in sending greetings to the young people in your great field."

**THE SEVENTEENTH ANNIVERSARY**

Seventeen years ago the Ministerial Reading Course was started as a factor in our denominational policy for training our workers for more efficient service. Our older workers, who have taken advantage of this course from the beginning, have now a library of fifty-eight specially selected volumes, which have proved to be, and will continue to be a source of inspiration and instruction. The year 1930 adds four more excellent books to this library—books which will deepen spirituality, strengthen faith in the Advent Movement, and increase efficiency, and books which every worker in Inter-America should read.

Brother Froom, of the General Conference Ministerial Association, reports that the books selected for the 1930 course are being greatly appreciated by the workers throughout North America, and that a large number of sets have been ordered this year. As we think of the 132 ordained and licensed ministers

**A PRAYER**

Lord, make me strong enough to bear  
My little round of anxious care.  
The day returns. For this I pray:  
Sufficient wisdom for the day.  
Although I may not walk with kings  
Let me be big in little things.

Grace me with modesty and teach  
Me kindness of thought and speech;  
Let me not hasty be to chide  
The children walking at my side  
And spoil with imperfections slight  
The record which the day shall write.

Lord, make me big enough I pray  
To triumph in a lesser way.  
When petty disappointments rise,  
Let me be patient, gentle, wise.  
Missing the joy which greatness brings  
Let me not fail in little things.

Lord, I would work and neighbor here  
Too big to hate, too wise to sneer,  
I would be helpful, cheerful, kind.  
Gentle of speech and broad of mind.  
And though not far my circle swings,  
Let me be great in little things.

—Edgar A. Guest.

in the Inter-American Division, we are anxious to have every one a subscriber for this course. If you have failed to send in your subscription on account of the press of other duties, will you not do so today?

There is another reason why those who have been members of the Ministerial Reading Course circle should read the 1930 books. This year marks the close of the fourth quadrennial period of Reading Course endeavor, when Ministerial Reading Course Certificate No. 4 will be issued to all who have read and reported on each set of books from 1927 to the close of 1930.

The course for 1930 includes the following books:

- "Fundamentals of Christian Education," by Mrs. E. G. White.
- "The Cross in Christian Experience," by W. M. Clow.
- "Certainties of the Advent Movement," by W. A. Spicer.
- "Christianity and Liberalism," by J. G. Machen.

The majority of our workers have the book, "Fundamentals of Christian Education." By special arrangement with publishers, it is possible to supply the three last named books for \$3.00. Order today through your local Book and Bible House. C. E. Wood.

*Brawley, California.*

**REACHED OUR GOAL**

Yes, the young people in Inter-America have reached the goal for which they have been striving. At the last division council the Missionary Volunteer goal was set for the division. It was a large goal, but the young people set to work courageously. They studied and worked hard to earn certificates, and now we are happy to report the following attainments for 1929:

Bible Year certificates issued	1,026
Standard of Attainment Certificates issued	461
Reading Course Certificates issued	665

They have reached their goal, and swept far past it on Standard of Attainment and Reading Course certificates. And, now with hearts full of courage let us press on toward the goals for 1930 and not only earn many certificates but win more young people for Jesus.

**ANNUAL DIVISION COUNCIL**

The eighth annual council of the Inter-American Division of the General Conference of Seventh-day Adventists will be held at the Glendale church in Glendale, California, May 11-18, 1930. At the time of this council the budgets for 1931 will be given careful study; also such business as should come before the committee to be considered at that time.

E. E. ANDROSS, *Chairman,*  
F. L. HARRISON, *Secretary.*  
*Balboa, Canal Zone.*

**DIVISION DIRECTORY**

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**INTER-AMERICAN DIVISION MESSENGER**

Editor—Mrs. E. E. ANDROSS

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