



# Lake Union Herald

OFFICIAL ORGAN OF THE LAKE UNION CONFERENCE OF SEVENTH-DAY ADVENTISTS

Volume LII

Berrien Springs, Michigan, June 21, 1960

Number 25

## In the Good Old Summertime

July, with all its hot weather, offers unlimited opportunities for the promotion of God's kingdom through our Bible correspondence schools.

The devil never sleeps. He makes use of every season. In the winter time he is active, the following spring he knows no cessation of effort, yet in the summertime often he seems to have a field day. He tries to capitalize on people's vacations, slyly making an effort to get them to neglect God during that time and perhaps getting people to do the things that ordinarily they would not think of doing.

Yet the summertime offers unlimited opportunities for promoting Target Application 1960. Plan to enroll every single gas attendant who cleans your windshield. Offer the bread of heaven to the motel owners on your planned vacation. Needless to say, the maids who clean the motel rooms ought to have an opportunity to enroll in one of our excellent Bible courses. During your vacation, plan to make yourself available to the unreached, the unloved, the uninvited.

There is an old truism to the effect that there is a limit to what one man can do by himself, but there is no limit to what can be done through others. Yes, there is no limit as to what can be done during your vacation by permitting the Faith for Today and Voice of Prophecy Bible lessons to reach the homes and hearts of the people you contact this summer and to acquaint them with the Voice of Prophecy broadcast so that souls can be saved for God's kingdom.

Plan to take Target Application 1960 with you on vacation.

A. R. MAZAT, *Radio-TV Secy.*  
*Southern Union*

## PARALYZED IN AUTO ACCIDENT

### C.M.E. Student Returns in Wheel Chair

Timothy Greaves, 25-year-old paraplegic from the West Indies, flew to California Tuesday, May 31, to resume the medical course which was interrupted a year ago when he was paralyzed in an auto accident. He came to New York last August for treatment at the Institute of Physical Medicine and Rehabilitation, New York University Medical Center. He was a 1950 graduate of Emmanuel Missionary College.

Through the interest and faith of Dr. Howard Rusk, director of the Institute, in the young student, he has been given permission by the faculty of the College of Medical Evangelists to return to the Loma Linda, Calif., campus to take the final examinations of his sophomore year, which he was preparing for when a drunken driver hit him on May 16, 1959.

Greaves came to the institute through the efforts of his doctors in California and the interest of Dr. Glen Reynolds, graduate of the College of Medical Evangelists confined to a wheel chair by polio, who was doing post-graduate work at the the institute. Greaves had



Timothy Greaves

previously read of the work of the institute in "Bellevue Is My Home" and from the Roy Campanella story.

The medical student was born in Barbados and came to the United States eight years ago from Trinidad, where his father is a Seventh-day Ad-

## Procession of the Continents!

Sabbath Afternoon, June 25, 1960

Atlantic City Youth Congress Calling All Missionaries

All those on furlough and those who have served overseas within the last two years who plan to attend the

NORTH AMERICAN YOUTH CONGRESS

BRING YOUR NATIONAL COSTUMES, OR COME AS YOU ARE, TO Rooms A or B beside the main stage promptly at 3 p.m.

Sabbath, June 25, 1960

BOOST THE CAUSE OF MISSIONS!

YOUTH CONGRESS MISSION PAGEANT COMMITTEE



ventist minister. If he passes his examinations, a group of doctors and friends are undertaking to raise the \$25,000 which will be required for him to complete his medical training.

Greaves has regained partial use of his arms and by means of a special self-help device has learned to type and to write. He is able to get about in an electric wheel chair.

His father and mother, Mr. and Mrs. Eric Greaves, accompanied him to California on TWA jet flight No. 7 from Idlewild. His mother, who has been with him since the accident, will stay with him in California while his father returns to Trinidad. He will continue treatment in the Rehabilitation Center of the College of Medical Evangelists while he continues his studies.

"A vein of imperfection runs through all human achievement."



## LAKE UNION MAILBAG

"I've been watching Faith for Today every Sunday morning and joy of all joys, my husband leaves reading his Sunday paper to watch it, too, and I never asked him to." Michigan

"I want to thank you for your monthly Tele-Notes. I enjoy every



Timothy Greaves and parents, Mr. and Mrs. Eric Greaves

## GIVE PLANET IN REBELLION

word and I love the poems especially. I read them over and over." Illinois

"I am writing to you in regards to the Faith for Today program on Sunday. I surely do enjoy it. It makes the Bible so plain and the music is so wonderful." Illinois

"I have gone to several churches of different kinds, but I just could not get interested enough to continue and join. But this Bible course is just what I needed. I was never interested in anything before like I am in the Bible. And this course is helping me to understand the Bible. I have turned to the Lord 100 per cent and I can't express how much better I feel. I intend to serve Him the rest of my life." Michigan

"I enjoy these lessons very much. They tell me where to look and how to study and I feel a deep satisfaction inside. Thank you so much for your time and effort." Michigan

"Words will not express my gratitude to each of you for the food for

thought I'm getting from each lesson. May God continue to bless each of you according to your personal needs." Michigan

"This Bible course program is very educational and I found the first lesson a spiritual help also. I am looking forward to continuing on with this course and hope to profit much from it. Again, I thank you and may God's love and blessings be with your organization." Adrian, Mich.

"I think your work is wonderful. It sure has changed my way of living and thinking. It sure opened my eyes to becoming a better man." Indiana

"I listen to your television program regularly and I always gain something from it to help me grow in grace and in the love of God. I can see how I can overcome my faults and I am sure I want to do better and become more Christ like." Alpena, Mich.

"I would like to have your Bible course sent to me. It's a wonderful thing you offer people. One never learns too much of the Bible and in times of today in America it takes strong guidance from God's Word to live the Christian way." Campbell Hill, Ill.

"I have been going over to my neighbor's and viewing your Faith for Today television program and I have been enjoying them so much, and they are enjoying them, too. My neighbor is now taking your free Bible correspondence course and he is really thrilled." Berrien Springs, Mich.

Published Weekly by the  
LAKE UNION CONFERENCE OF  
SEVENTH-DAY ADVENTISTS  
Berrien Springs, Michigan

Contributions must be submitted to your local Conference office for approval.

All material for publication should reach the Lake Union Conference office by Monday, 9 a.m., a week preceding the date of issue. Final deadline for late copy, Tuesday, 9 a.m. The editorial staff reserves the right to withhold or condense copy depending upon space available. Subscription price \$2.00.

Gordon Engen ..... Editor

H. A. Shepard ..... Advisory Editor

Entered as second-class matter, November, 1908, under act of March 3, 1879, at the Post Office, Berrien Springs, Mich. Printed by the College Press, Berrien Springs, Mich.

In giving change of address always give old address followed by new address.

## LAKE UNION CONFERENCE DIRECTORY P. O. Box C, Berrien Springs, Mich.

President .....	J. D. Smith
Secretary-Treasurer .....	H. A. Shepard
Auditor .....	E. S. Cubley
Educational Secretary .....	G. E. Hutches
Home Missionary Secy.	} Vernon Flory
Sabbath School Secy.	
Industrial Relations Secy.	
Religious Liberty Secretary .....	J. D. Smith
Publishing Secretary .....	J. W. Proctor
Missionary Volunteer Secy.	} Fred Beavon
Temperance Secretary	
War Service Secretary	



## Relatives in the Home

Most families today will have one or more relatives living with them at one time or another. This situation may be a very delightful and mutually profitable one, or it can be a most trying and bitter experience for all concerned.

A relative loses a companion, becomes ill, or for some reason is deprived of his own home and comes to live with a son, brother, daughter, or niece and is coldly received as an intruder. All personal rights are forfeited, and the newcomer is treated as a servant or worse. The children are rude and disrespectful to her, and the adults ignore her as much as possible. To say the least, it is most unpleasant to be forced by circumstances to stay where one is considered a burden and feels unwanted.

But the picture is not all one-sided. Some relatives bring nothing with them but trouble and sorrow. Their faces are always gloomy and sad, and they repeat their tales of woe so often a smile wouldn't dare enter the house. Some relatives take over all family rights and privileges and feel duty bound to proclaim the faults and failures of each to anyone who will listen. Without contributing happiness, money, or service they become dictators and demand implicit obedience from all.

In the same town, perhaps on the same street, other homes are greatly benefited and blessed by having a relative live with them. The mother, uncle, or sister is received with open arms and made to feel welcome. The grief and loneliness that was caused by losing one's own home is softened by feeling loved and wanted in the new home. The new arrival is given as much personal privacy as the family can afford—a separate apartment, a private room, or if there are more people than rooms, a single bed and a piece of furniture in which to keep personal things. Often the relative is too feeble to keep pace with the vim and vigor of children and youth, and a quiet retreat is indeed a comfort

to elderly people when the family living room becomes too exciting. Furthermore, grandma would enjoy a quiet visit now and then with an old friend in her own room much better than out where interruptions are almost sure to come. The children are courteous and respectful, and the adults are kind and thoughtful. Little "surprises"—some roses, a dish of fudge, a picture drawn especially "for you, dear," an auto ride into the country—cost so little but mean so much to one who is nearing the sunset of life.

Caring for a relative can be like baking a birthday cake for a loved one. We are aware of the fact that it costs money and requires effort to make, but the "trouble" is completely overshadowed by the joy and satisfaction we receive in making someone else happy. A real blessing is in store for those who open their hearts and their homes to a less fortunate kinsman.

The relative would do well to remember that the immediate family of

**"Mothers should never allow their sisters or mothers to interfere with the wise management of their children."**—Ellen G. White

father, mother, and unmarried children compose the closest knit unit on earth. To this unit God has entrusted the most sacred responsibilities and privileges. No one outside this unit, friend or foe, has a right to intrude on the privacy of the family.

Neither relative nor friend should ever come between a man and his wife, nor should anyone seek to alienate a child's affections from his parents. The thoughtful relative takes his own place in the circle, insists that the father and mother remain in charge of the home. She offers to baby-sit while the parents go to town or to visit a friend. Relatives who can will pay their share of the expense, and those who are able will work as much as possible, for no one likes to be a burden to his kinfolk.

True, some may be entirely without funds and physically unable to

## CHILD GUIDANCE

*Try This*



A group of teen-agers having a delightful time popping corn in the kitchen.

Teen-agers can have an enjoyable time together with no regrets attached when mother or dad is present.

*Not This*



Two teen-age couples in a car by themselves.

Without an adult along, temptation and gossip can spoil everything.



work, but even so they can contribute sunshine and joy to the home by their Christian life and their cheerful disposition. A word of appreciation here, and a word of encouragement there, often is worth more than money. A relative can be a blessing to the home of his kindred.

### PLANTING MISSIONARIES

Who ever heard of planting missionaries? Well, Mrs. Somerville's Home and School program tells about planting missionaries. You might like to grow some yourself. It can be lots of fun, and most profitable. Don't miss this in *The Adventist Home and School* magazine.

## Tired Blood

by DEL DELKER

I live near a large high school, and during the football season the enthusiastic cheering and frenzied shrieks float into my room. Last year while watching the world series on TV, when the Dodgers were struggling for the pennant, I heard the announcer say excitedly, "Wow—let me tell you, ladies and gentlemen, I've never seen a crowd so excited!" (And I'll have to admit, my heart was pounding pretty hard, too!)

But really, even such exciting events, as well as many other mundane affairs about which we express such enthusiasm, are very transitory. They are like pretty bubbles that will soon pop and vanish into nothingness.

Christians, especially Seventh-day Adventist Christians, have *real* issues about which to be constantly enthusiastic; yes, even exuberant. Throughout all of God's vast universe, other created beings are looking on at earth's fascinating contest between good and evil. Do you suppose they are watching us with powerful TV sets? Or maybe their vision is so good that they don't even need such "crutches!" At any rate, we know they *are* watching us, for the apostle Paul tells us that "... we are made a spectacle unto the world, and to angels, and to men." 1 Cor. 4:9.

We are living in great times, with a great cause, and a great message for everyone in these last, last days. We have a great hope for the hopeless, the sick, the troubled, the discouraged, and

## Narcotic Peddlers Now Using Candy

WASHINGTON, D.C.—Narcotics peddlers can now create unsuspecting addicts by concealing drugs in exotic confections, reports *Listen* magazine in its summer issue.

The candy, called majoon, is currently being tried out in Italy and France on young people, and if this method proves successful, it will be introduced into the United States, *Listen* says. Voice of the American Temperance Society, the journal makes it a point to keep close tabs on developments in the narcotics field as well as in the area of alcoholic beverages.

Ingredients for the new "candy," the magazine says, include marijuana leaves, datura seeds, poppy seeds, henbane, ghee (butter), and honey. "Ghee serves as a carrying agent," the report

states; "the honey adds flavor and also serves to give body to the confection." "The poppy seeds are simply to add flavor, . . . since opium is not derived from the seeds of the flower.

"The combination of butter, honey, and poppy seeds lends an agreeable taste," *Listen* explains, "while the henbane, datura, and hemp or marijuana combine to render this 'candy' a terrible narcotic. This may be introduced easily, and will give effects to distort the mind out of all proportion and make the user a confirmed addict in the shortest possible period of time."

The magazine places the origin of the new confection in a small processing in North Africa. "It is being exported via the smuggling route for try-out in Europe. The outlook is by no means pleasant," the article concludes.



Del Delker

the tempted. Jesus our wonderful Saviour can give happiness and peace now; and at His soon coming He will bring the real Utopia about which Sir Thomas More wrote so many years ago! Now, I think *this* is something to get excited about, don't you?

When I first became an Adventist, I thought, "The Lord is coming! At last I have found something to really cheer about, to sing about, and to live for!" And I still feel that way about it! However, I *was* disappointed to see so many professed Christians who were not allowing these eternal realities to move them to any great degree of enthusiasm. And I still feel the same about that.

The word "enthusiasm" comes from

the Greek "en theos," which means "God filled." Here is the *Webster's Collegiate Dictionary* definition of "enthusiasm": "Divine inspiration or possession. Ardent zeal or interest; fervor. An instance, or an object or cause, of such interest."

Here at The Voice of Prophecy we have found that real enthusiasm for preaching Christ, accompanied by discretion and good judgment, has a magnetic effect on people around us and will draw them into the message. We have found, too, that when the gospel vaccination "takes," the result is enthusiasm—an ardent zeal and interest in a real cause. In proof of this, here are just a few of the thousands of letters we get from new converts, just bubbling over with enthusiasm!

I am so happy I just cannot contain it any longer. I have gone to the Saturday Sabbath church just three times, and I am here to tell you that there can never be anything or any place to take the place of all the real Bible that I have learned. I am going into that church with all my heart, to live and do His precious holy will, regardless of cost. I really am so happy I could shout!

Here is a letter from someone who has finished our course for Alcoholics, and is now in the process of taking both the Faith and the Bright Horizon courses:

Nothing so wonderful has ever happened to me as the blessing I am receiving from these lessons! As you know, I have been ill. I will probably not be able to get back to work for another month. At one time this



prolonged illness of mine looked anything but bright, I was pretty despondent, and no amount of psychiatry and medication touched me. But now I have something to live for! I am not the same beaten person at all 'since Jesus came into my heart.' I praise the Lord for such people as you, with such good news! Everything looks wonderful to me now!

Another one:

I can never tell in words how much good I am getting from the Faith Bible Course. To me it is like the pick and the shovel to the miner, a means of getting to the real riches that mean more to me than all else. The Bible is fascinating. I now have a song in my heart!

And still another one:

All my life I have been like one stumbling in the dark. One day I heard your broadcast, and I sent at once for your lessons. I knew then why I had felt so lost and blind. Your lessons opened a whole new life to me, and I found my way into the Adventist Church. Now my life has meaning. Now I have a goal, and a cause to live for! Why couldn't I have known this sooner? Now I'm really living; before I was just existing! How can I ever thank you enough!

Can't you feel the enthusiasm springing out of these letters? How about it? Let's all show more enthusiasm, so that when converts from The Voice of Prophecy—and our other soul-winning agencies—come into the church, they will not be disheartened by limp, sluggish Adventists with tired spiritual blood.

Of course, we know this terrible spiritual anemia can be cured—by getting a transfusion of the precious blood of Christ. We know how to get this "divine inspiration"—by studying the Word of God, letting it speak to our hearts and cleanse us from sin; by earnest prayer, asking God to give us "fervor and ardent zeal" for this Advent cause, the greatest cause in the world!

Someone named Bulwer has said, "Nothing is so contagious as enthusiasm. . . . It is the genius of sincerity, and truth accomplishes no victories without it."

## "These Times" Reaches People Everywhere

In His ministry, Christ appealed to people in every strata of society. Common people, the Bible record tells us, heard Him gladly. We find Him banqueting at Simon's home; we also find Him associating with the wealthy as well as the very poor.

It has been heartening in the last few months to receive letters from

senators, governors, United Nations officials, and others prominent in public life regarding the value of *These Times* magazines. But it has been just as good to receive letters from folk in prison, also.

Recently the following letter came from a 22-year-old young man, a prisoner in Kalamazoo, Mich. To give you an idea of the effectiveness of *These Times* magazine in faith sharing, let us share it with you.

"I have just received this month's copy of *These Times*. It is such an enjoyable magazine for one to read, especially when in jail.

"I have been in jail since Dec. 19, 1959. Since or during this time I have made my decision to serve Christ and have Him as my personal guide. Also, during this time I have completed your 20th Century Bible Course, and am presently beginning the advanced course. . . .

"I only wish I could tell my story to the young men of today. I would tell not only of God's treasures He has for each of us, but the twisted life that Satan leads us into. How wonderful that Christ died on the cross and shed His blood that we might have everlasting life.

"It was through the Seventh-day Adventist group that I gave my life to Christ, through people who had faith and love in their hearts. This means much when you are behind bars. Also, I have at last become part of my family. . . .

"Thank you for showing me the life of happiness. I am sending you my decision slip. I would also appreciate receiving your booklet *Steps to Christ*. Thank you again."

Be sure that you use *These Times* in contacting folk who are in prison, or prominent in public life, who are found in both large cities and the rural areas, who congregate in bus depots and railway terminals. We thank God this young man clipped out the Decision for Christ coupon in *These Times* and indicated his desire for baptism. Surely there are multitudes like him who are looking for this message.

This is the time to scatter the gospel message like leaves of autumn. A subscription to *These Times* magazine can make an impact that will tell for eternity, and best of all many who would never think of attending a

Seventh-day Adventist worship service or of going to an evangelistic meeting are willing to read our gospel literature. The subscription price for one year when six or more subscriptions are ordered is only \$1.75 each. Up to five subscriptions the price is \$2.00 each. Should you like to distribute single copies, the price is 17½ cents for orders of ten or more.

## Sabbath Lunches Available at Youth Congress

Box lunches for the Sabbath noon meal at Youth Congress in Atlantic City will be available at the Worthington Foods Snack Bar. Box lunch tickets must be obtained in advance and may be purchased at the Worthington Foods Snack Bar beginning Tuesday evening, June 21. Price per box lunch will be \$1.00.

JOHN RICE, Public Relations  
Worthington Foods, Inc.



## LAKE UNION RADIO LOG

ILLINOIS			
Chicago	WMAQ	670	9:30 a.m.
	WMAQ-FM	101.1	9:30 a.m.
Danville	WITY	980	9:30 a.m.
Effingham	WCRA	1090	2:00 p.m.
Harvard	WMCW	1600	9:30 a.m.
Peoria	WIRL	1290	9:00 a.m.
INDIANA			
Evansville	WGBF	1280	9:30 a.m.
Ft. Wayne	WKJG	1380	9:30 a.m.
	WKJG-FM	106.1	9:30 a.m.
Indianapolis	WIRE	1430	9:30 a.m.
Peru	WARU	1600	9:30 a.m.
MICHIGAN			
Alpena	WATZ	1450	9:30 a.m.
Battle Creek	WELL	1400	11:00 a.m.
Cadillac	WATT	1240	9:30 a.m.
Coldwater	WTVB	1590	9:00 a.m.
	WTVB-FM	98.3	9:00 a.m.
Detroit	CKLW	800	10:30 a.m.
	CKLW-FM	93.9	10:30 a.m.
	WXYZ	1270	8:30 a.m.
Escanaba	WLST	600	10:00 a.m.
Grand Rapids	WOOD	1300	9:30 a.m.
Iron Mountain	WMIQ	1450	10:00 a.m.
Ironwood	WJMS	630	9:30 a.m.
Ludington	WKLA	1450	8:30 a.m.
Niles	WNIL	1290	9:00 a.m.
Petoskey	WMBN	1340	9:30 a.m.
Port Huron	WTTH	1380	8:30 a.m.
Saginaw	WSAM	1400	9:30 a.m.
	WSAM-FM	98.1	9:30 a.m.
Sault Ste Marie	WSOO	1230	7:30 p.m.
Traverse City	WCTM	1400	9:30 a.m.
WISCONSIN			
Eau Claire	WBIZ	1400	11:30 a.m.
Hayward	WHSM	910	10:30 a.m.
La Crosse	WKTY	580	10:00 a.m.
Madison	WIBA	1310	9:30 a.m.
Marquette	WMAM	570	9:30 a.m.
Rice Lake	WJMC	1240	9:30 a.m.
Superior (See Duluth, Minnesota)	WQMN		
Wausau	WSAU	550	9:00 p.m.
	WLIN-FM	100.7	9:00 p.m.
Wisc. Rapids	WFHR	1340	9:30 a.m.
	WFHR-FM	103.3	9:30 a.m.



# The Truth About Vitamins

by HULDA CROOKS, Assistant in Nutrition  
Dept. of Pharmacology, CME, Loma Linda, Calif.

Many scientific volumes have been written about vitamins. The general population, however, is exposed more to sales propaganda than to facts. The truth about these vital food factors needs to be presented repeatedly. It is well known that a diet complete with everything but vitamins will speedily result in sickness and death. These vital factors are essential for the utilization of the food we eat and for the healthy functioning of the life process.

Every natural food contains its own nutrients with its own quota of vitamins which are organic substances, and of minerals which are inorganic. The amount of vitamins required by the body is very small and so the amount present in foods is small. Because they come in such minute quantities, vitamins remained unknown until the intense research program early in the present century discovered the first of them. Since then many have been isolated and identified and more are still being added. Their amazing roll in all metabolic processes continues to unfold.

As long as dietary contains a proper balance of natural foods, the health is protected. However, when a deficiency is produced by a severely restricted diet or by foods that have been much processed and refined, then diseases appear indicative of the lack. It was not until such a lack appeared that vitamins were searched for and discovered. Deficiency diseases occur in vast populations of the earth. In continental Africa, where refined cornmeal, casava, root, and tapioca are the principal articles of diet, serious nutritional diseases exist. Large areas of the Orient depend chiefly on polished rice. Beriberi has afflicted these peoples for ages. About half of the corn eaten by humans is degerminated cornmeal. A main dependence upon corn, without sufficient other foods to balance its lack, made pellagra a dreaded disease in several countries including poor areas of our own South until it was discovered that the cause was primarily a deficiency of nicotinic acid.

In many lands people suffer for lack of sufficient food of a variety to maintain health. This is not so in food-

abundant America. Frank deficiency disease is not common here; however, it is impossible to estimate how much misery exists because of borderline deficiencies. Through commercial milling, refining, processing, and preserving to prevent spoilage and to provide easy-to-prepare foods for our fast modern way of life, we have departed far from the ways of our forefathers. A little over 100 years ago the American per capita consumption of sugar was about ten pounds per year. Today we use ten times that much. In fact, we consume a fifth of all the sugar produced in the world—pure calories without vitamins or minerals. It used to be that a man took a sack of wheat to the mills and returned with a sack of whole wheat flour, but 20th century Americans prefer white bread and white flour products from which 30 per cent of the nutritious outside of the kernel has been removed. The following table shows something of the loss sustained in high extraction milling of flour:

Nutrient Content of Wheat Flours (British)

	Thiamine (mg%)	Riboflavin (mg%)	Niacin (mg%)	Pyridoxine (mcg%)	Acid Pantothenic (mg%)	Biotin (mcg%)
100% Wheat Flour	0.40	0.12	6.00	500	0.80	7.0
80% Extraction (Graham)	0.24	0.05	1.40	250	0.37	2.3
72% (White Flour)	0.10	0.035	0.72	150	0.34	0.8

Robert S. Harris, "Supplementation of Food with Vitamins." Reprint, *Agricultural and Food Chem.*, 7:88, (1959).

	Thiamine (mg%)	Riboflavin (mg%)	Niacin (mg%)	Pyridoxine (mcg%)	Pantothenic (mg%)	Biotin (mcg%)
Rice, brown	0.39	0.06	4.1	620	1.52	12.0
Rice, white	0.05	0.03	1.1	37	0.75	5.0
Rice, converted	0.28	0.09	3.2	68	1.38	8.0
Rice, parboiled	0.23	0.06	3.0	100	1.37	10.0
Rice, polished	2.20	0.22	33.0	2000	3.33	57.0
Rice, bran	2.40	0.20	33.6	2500	2.77	60.0

Breakfast cereals also suffer heavy losses, as the following figures for rice reveal: (see reference at end of article)

Refined flour, cereals and their products are now frequently "enriched." However, only a few of the vitamins and minerals lost in the milling are returned in certain amounts. These are usually thiamine, niacin, iron, and sometimes riboflavin. Thus, the "enriched" product is still much poorer than the natural grain from which it was made. Unless all the nutrients re-

moved in the milling were known, it would indeed be impossible to "enrich," "restore," or "fortify" a refined product to its original value. Beneficial results are being reported from enrichment of refined foods in areas where better eating practices seemed too difficult to institute. However, a more generous consumption of such normally vitamin- and mineral-rich foods as unrefined cereals, legumes, vegetables (especially green leafy ones), fruits, and milk is recommended by all nutrition educators. The judicious use of wheat germ, rice polishings, food yeasts, or similar products, adds not only an abundance of the B-vitamins and minerals to the diet, but also protein at reasonable cost.

In America there seems to be an anxiety on the part of many lest they, or their families, fall short on vitamin intake. This awareness has fallen as a ripe plum into the lap of the commercially minded. By radio and TV, billboards, magazines, and door-to-door peddling, people are urged to protect their health and increase their vitality by the daily use of bottled vitamins and minerals. A compelling force attends this supersalesmanship. Not long ago

an editorial in *Modern Drug* of 1958 summarized its effectiveness in this way: "The most ardent pharmaceutical salesman would privately admit that, during the last twenty years, the American public has been most successfully stampeded on the subject of supplemental vitamins." Stampeded! How else can one account for some \$234,810,000 spent for



vitamins in one year? One company alone took in \$20,000,000 for un-prescribed vitamins, and doctors ordered \$29,000,000 by prescriptions. Some of these supplements contain a long list of vitamins and minerals, the least expensive in large amounts and the expensive ones in small amounts. While in deficiency states vitamin supplements may give dramatic relief, they are money wasted if consumed when not needed. A few of the known vitamins are positively harmful when taken in very large quantities.

Many people take supplemental vitamins daily in addition to an abundant diet in the belief that such a practice increases one's vitality and efficiency. This concept was put to the test by the U. S. Army in the winter of 1953 in the mountains of Wyoming (Ryer et al., Am. J. Clin. Nutrition 2:97, 179, 154)

Eighty soldiers on regular Army rations were divided into two groups. The control group received additional placebos (inactive pills) while the experimental group received large supplements of B-vitamins and ascorbic acid. For ten weeks these men were put through severe physical tests to measure the degree of improvement in performance as the study progressed. They were also examined at intervals with psychological tests. The records at the end of the ten weeks revealed that both groups had improved equally in the performance of the physical tests and that the mental keenness of the supplemented group was no greater than that of the controls.

This study and others of a similar nature indicate that a good diet cannot, normally, be improved by large quantities of added vitamins. The Food and Drug Administration of the U.S. Department of Health, Education, and Welfare reminds us:

"Nutrition authorities agree that the best way to buy vitamins and minerals is in the packages provided by nature." (*Foods Facts vs. Food Fallacies*, July, 1958.)

Whenever possible, these vital food factors should be obtained from the garden, orchard, field, or food market unless the doctor prescribes supplements for some specific reasons. Nor is it hard to obtain them thus inexpensively.

Whole grains, legumes, vegetables (some leafy) and a little milk (even skim milk) with a few culinary accessories to make palatable dishes, provide every known nutritional need. Add to this a selection of fruits and a few nuts or oily seeds and even a king

(Continued on page eight)



Eld. and Mrs. R. P. Robinson of Detroit, Mich.

### Sales Double in Regional Conference

For the first four months of 1960, the deliveries in the Regional Conference have more than doubled over the same period of time last year.

1959—\$15,550.25

1960—\$35,199.85

The Lord is blessing our Regional workers in a special way. Many of the dear people realize the shortness of time and the great unfinished work. They are contacting their leaders and are joining those who are already engaged in the important work of placing our books and periodicals in the homes.

Eld. and Mrs. R. P. Robinson of the Detroit area are having outstanding success in that section of the field. The same is true of Brother and Sister Hunter Crigler in the Chicago and Indianapolis areas.

The Lake Region Conference has set its goal to deliver \$150,000 worth of literature in 1960. We are now confident that, with the Lord's help, this large goal will be possible. Please continue to pray for our workers in the Lake Region Conference.

J. W. PROCTOR

Lake Union Publishing Sec.

## New Medical Missionary Day Community Local Church Program

Sabbath, July 2, has been designated by General Conference Autumn Council action as Medical Missionary Day in all of our local churches. Since this is a first Sabbath and all first Sabbath offerings remain in the local churches for local community projects, we suggest the following list of projects and urge that *Life and Health* be made a major part of all these projects. Why not take advantage of the Special Bargain Offer on *Life and Health*—TWO SUBSCRIPTIONS FOR THE PRICE OF ONE—\$5.00. Send this most attractive journal to:

### List of Projects in Your Local Community

Doctors, Dentists, Osteopaths, Chiropractors, Hospitals, Nurses, Nursing Homes, Public Health Officials—city, county and state, Red Cross Offices, Civil Defense Offices, Community Welfare Organizations, Universities and Public Libraries, Medical Schools and Laboratories, Pharmacies and Drug Stores, Mental and Penal Institutions, others the church may decide on.

Remember, "Life and Health" makes friends, breaks down prejudice, creates good will, wins souls.

Order through your local church Missionary secretary and Book and Bible House.



Give PLANET IN REBELLION



## Vitamins (from page seven)

could not dine more wholesomely. To such a feast vitamins come in their birthday suits. See!

Vitamin A is there robed in gold and green. Enough for a day's supply is furnished, for example, by one of the following highly colored foods: a medium-sized carrot, a small sweet potato, a small serving of greens, half of a cantaloupe, six apricots, or two cups of tomato juice.

The B vitamins—thiamin, riboflavin, niacin, as well as the lesser publicized members such as pyridoxine ( $B_6$ ), pantothenic acid, biotin, choline, inositol, and others are abundant in whole grains, legumes, nuts, and other seeds. The bran, germ, and polishings of grains are especially rich sources, as is also food yeast.

Vitamin C (ascorbic acid), so abundant in citrus fruits, is widely distributed in the plant kingdom. The National Research Council's generous recommended allowance of 75 mg. per day is supplied by six ounces of orange juice. But as much is found in the same weight of fresh cabbage. Cooked greens such as turnip, mustard, or kale are equally high in vitamin C while raw greens are twice as high. Cooked broccoli, contains about one-third more of this vitamin than oranges. Potatoes, both Irish and sweet, rutabagas, tomatoes, sauerkraut, and many other vegetables and fruits also supply a good or fair amount. Even far northern climates produce natural supplies of vitamin C. Fresh vegetables, herbs, and berries provide a good supply in spring and summer. Even young leaves of shrubs and trees are used by the natives. Rose hips, berries dried on the bushes, and tea from the needles of evergreens can be used. The tropics are also provided with sources of this vitamin.

Widely differing diets can be wholly adequate as has been demonstrated by many people in many climates. In fact, those who deal with world food problems advocate that populations be taught to depend upon their own countries' resources whenever possible. In some places excellent native foods are not used for lack of an understanding of food values. It has been shown that many wild edible greens and fruits (even berries) excel cultivated ones in vitamin and mineral content. A dietary

staple and such grains as a country produces is rich in all the members of the B vitamins unless the grains are highly refined. With some leafy green vegetables or suitable fruits to provide Vitamin A and C (ascorbic acid), and a little milk, such a diet will be abundant in all the vitamins known.

In the light of the most recent scientific findings, no more up-to-date counsel could be given than was given over half a century ago:

"Let us make intelligent advancement in simplifying our diet. In the

providence of God, every country produces articles of food containing the nourishment necessary for the upbuilding of the system. These may be made into healthful, appetizing dishes." —*Counsels on Diets and Foods*, p. 94.

"If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats." —*Ministry of Healing*, p. 299.

Reference referred to on page six is: M. C. Kik. "The Nutritive Value of Rice and Its By-Products." Univ. Ark. Agric. Exper. Sta. Bull. 589, May, 1957.

## ILLINOIS

W. A. Nelson ..... President  
Elton Dessain ..... Sec.-Treas.  
Phone HUster 5-1200 3721 Prairie Ave.  
Box 7, Brookfield, Illinois

Office Hours: Mon.-Thu. 8:30 a.m.-5:00 p.m.;  
Fri. 8:30 a.m.-12:30 p.m.; Sun. by appointment only.

## Quincy Breaks Ground for New Church

Our believers throughout Illinois will be glad to learn that ground was broken for a new church building at 2815 Oak Street, Quincy, Ill. This new structure will replace one which was destroyed by fire in 1945.

Mayor Leo W. Lennane; Pastor J. E. Cleveland; Eld. V. W. Esquilla, Home Missionary secretary of the Illinois Conference; and members of the building committee, participated in the ground-breaking ceremony. Members from the local congregation were also present.

The modern one-story building is designed with low modern lines, the main sanctuary will be 36 x 72 feet, will seat 200 people, and will have a full basement. An educational and recreational wing will be added later. Pastor

J. E. Cleveland will serve as building supervisor and most of the work will be done by our believers at Quincy. It is estimated that the building valued at \$75,000 will be built for \$20,000.

The Quincy Seventh-day Adventist church was organized in the fall of 1919 under the leadership of Elder Wilson with 12 charter members. Three of these members, still actively engaged in soul-winning work, are Mrs. R. O. Shafer, Martha Roland, and Katherine Platt Blasedell.

To begin with, our believers met in homes until a building was purchased at 14th and Lind where services were held until it was destroyed by fire in 1945. Since then our believers have held services in rented quarters and at the present services are conducted in



Architect's sketch of new Seventh-day Adventist church which is now being built at 2815 Oak Street, Quincy, Ill.





Left: Some of the members of the Quincy Seventh-day Adventist church together with their pastor, J. E. Cleveland, Eld. V. W. Esquilla, Mayor Leo W. Lenane and the building committee who were present at the ground-breaking ceremony at Quincy, Ill., June 3, 1960.

Right: Mayor Leo W. Lenane, Pastor J. E. Cleveland, Eld. V. W. Esquilla, and members of building committee, participating in ground-breaking ceremony. From left to right front row: J. E. Cleveland, V. W. Esquilla and Mayor Leo W. Lenane. From left to right back row: E. J. Parrick, Robert McFarland, and Donald Hemphill.

the Unitarian church at 16th and Hampshire every Sabbath from 9:30 a.m. to 12 noon.

We thank God that another monument can be established in Quincy, and we solicit the prayers of our *HERALD* readers that we may be successful in completing this great project. We extend a cordial invitation for believers everywhere to worship with us whenever you find it convenient to do so.

J. E. CLEVELAND  
Quincy District Superintendent

## God Made the Children, Too

The pastor's wife was speaking on the telephone: "Would you like to attend the Pathfinder Cook-out for the West Central church on Monday night, June 6? You could tell them about the stars, and maybe let them look through the telescope."

On the evening mentioned I arrived at beautiful Thatcher's Woods, on Chicago Avenue. The pastor, Eld. P. M. Matacio, already was there, building camp fires. He spoke, "Have you ever eaten camp stew?" I had not, but I would try.

At the picnic table, the pastor's wife was in charge. Was this tossed salad one that you would expect her to make? I have eaten with her family several times, and I knew that when the children come in from the kitchen with big dishes of food that something really good is in store. Yet, this salad—it looked as though it had grass in it—and it did! (There also were seven

or eight other "edible wild plants" in the salad, but I did not know it at the time.)

Then, on the plate, there was a "cooked vegetable." I was told, "That is burdock." (A weed?) Yes, I heard correctly. The camp stew! It had been cooked in wrapped aluminum foil; first it must have the dirt *shaken out*. (There was a second wrapping on the inside.) I looked around—about ten adults and forty juniors were all eating as I was, so it must be all right.

Mrs. Milton Lange of Chicago approached me. She is the Pathfinder leader. "Where do you want to put up the telescope?" she asked. "Your talk will come first—about the stars." (They wanted the boys and girls to learn about the stars.) Oh yes, I was thinking about *food*. The stars! Our God, the lovely Jesus, made the stars. Col. 1:16.

The moon came up with all its glory. It is a faithful witness! (Ps. 89:37) As the young people came one by one to the telescope and looked with awe at this glorious orb hanging in the heavens, they were reminded of their Creator. These juniors worship no gods of wood or stone. Their Creator made the worlds and all the stars (Gen. 1:16); yet He knows the number of hairs on the head of each (Luke 12:7) and has kept track of every sparrow that has ever fallen (Matt. 10:29).

These handsome, lovely children—He made *them*, too!

ELTON DESSAIN, *Treasurer*

## News Notes

★ Eld. B. H. Green and Eld. R. C. Detweiler closed an effort in Rock Falls on the 29th of May. Their wives gave excellent assistance with the music, and Eld. L. J. Marsa, the district pastor, faithfully supported the evangelistic company. Several are planning on baptism.

★ The Illinois Conference surpassed the publishers assigned goal for *These Times* subscriptions.

★ The steel is being erected for the second floor of the cafeteria building at Broadview. We believe the academy will be in good condition to receive an increased enrollment next September.

★ Eld. and Mrs. S. K. Lehnhoff are spending a few weeks in Europe visiting the Reformation Lands.

★ Little Grassy Lake Camp is ready for the summer campers. Many applications are coming to the office.

★ Pastor Duane Peterson has moved to Marion, Ill.

★ More than 20 students have joined the literature evangelist workers for the summer months. Let us pray that God will bless their efforts.

★ The Field School of Evangelism, under the direction of Eld. Bruce Johnston and Eld. E. C. Banks, opened the evangelistic campaign in Rockford Sunday evening, June 12. We welcome this group to Illinois and are praying that God will direct the honest in heart to the meetings.



## Little Grassy Lake Camp Improves

The following news item was reported by Miss Marcia Kane in the Du Quoin S.D.A. Church School Newspaper. Miss Kane is 12 years old and in the sixth grade. We are passing this article on to you because we know you will be interested in the progress of the educational camp at Little Grassy Lake. The article follows:

Day by day, month by month, Little Grassy improves. There is a lot of excitement taking place at the camp this spring. For the past eight weeks there have been approximately eight men working there.

There are a number of improvements. Some of them are thus: The boys' and girls' villages will each have a drinking fountain and flush toilets. The craft building will also have two fountains, one located conveniently for the boys and the other will be for the girls. There is going to be a new restroom at the craft building, which will be more convenient both for camping activities and for camp meeting and other camp organization meetings.

For the sick ones we will have a cabin, but we hope there won't be many who will get sick. There is going to be a trailer for the first aid only, and the cabin will be for the patients only.

At night when we are eating in the dining room we will be able to see better because the workmen have installed fluorescent lights. And, of course, we will have good food. This year we will have cereal that will be made from meal ground by the cooks themselves in the new mill.

It will be easier for the lady counselors to get to their cabins. There will be bridges across the ravines so we can have a path running directly to the girls' village. The path starts at the rear of the headquarters' building and ends in the village.

Let's all earn enough money so that we can go to camp this summer at Little Grassy Lake. I am looking forward to camp and I know you are, too.

MARCIA KANE

Reported by Harry M. Lodge  
Superintendent of Education

## LAKE REGION

H. W. Kibble ..... President  
F. H. Crowe ..... Sec.-Treas.  
Phone Victory 2-1811 819-621 Woodland Park  
Chicago 16, Illinois  
Office Hours: Mon.-Thu. 7:30 a.m.-12 m.,  
1:00-5:15 p.m.; Fri. 7:30 a.m.-12:30 p.m.  
Closed Fri. p.m. Sun. by appointment only.

### Quota of Youth Delegates Filled

The following individuals will represent the districts and churches of the Lake Region Conference at the North American Youth Congress, June 21 to 25, in Atlantic City, N. J.:

Alugeld, Sylvia Payton  
Battle Creek, James Steele  
Belleville, Virgil Humphreys, Jr.  
Benton Harbor, Eddie Lee Wood  
Burns, Gail Cathcart  
Calvin Center, Gretchen Logan  
City Temple, Gloria Wright  
City Temple, David Fulton  
Chicago Hgts., Celestine Charleston  
Dowagiac, Milton Rogers  
East St. Louis, Bernice Hooks  
Ecorse, Mildred Childress  
Elkhart, Claudette Hill  
Evanston, Hazel Frazier  
Flint, Bonnie Lou Bryant  
Gary, Donnell Smith  
Hyde Park, Lydia Rogers  
Indianapolis, Barbara Holland  
Indianapolis, Mable Hardy  
Inkster-Ypsilanti, Elodia Jones  
Marion, Carol Sue Dorsey  
Milwaukee, Arthur Suttle  
Morgan Park, Dorothy White  
Muskegon, Frank Evans  
Shiloh, Rudy Johnson  
Shiloh, Sally Willis  
South Bend, Juanita White

Strong emphasis will be given to the spiritual, vocational, and educational needs of the youth at the meetings. Let us pray for the complete success of the Youth Congress.

Give PLANET IN REBELLION

## Reports From Dorcas Federations

Each of the three Dorcas Federations of the Lake Region Conference have held inspiring Spring meetings. The Evanston society was the host for the Chicago Area Federation. They had obtained the use of the beautiful and well appointed Community Building.

Mrs. Ross and her staff are to be congratulated for preparing and serving such a delicious meal in such a lovely setting. Mrs. Helen Clark, president of the Chicago Area, presided over the session. More than 50 of the ladies present were wearing the Dorcas work smock. The reports from the different societies showed progress in the Dorcas work in this area.

The federation meeting in Fort Wayne, for the Indianapolis area was enjoyable even though only a few attended. Mrs. Rhinehardt, the area president, presided in an efficient manner. Fort Wayne, the host society, served a delicious meal.

The third federation meeting was held in Detroit with the City Temple church as the host society. This was the largest federation ever conducted in this area. Mrs. Mary Brown, area president, could not be present. It was necessary for her to be with her daughter who had just undergone major surgery. Mrs. Francis, the vice-president, presided in an able manner.

Genuine progress was noted in the reports from the local chapters. The menu and service of the City Temple society directed by Mrs. Copening could not be surpassed.

XAVIER BUTLER

## CAMP APPLICATION BLANK

I hereby apply to attend the Lake Region Conference Youth Camp. I agree to abide by all regulations and to maintain a wholesome spirit.

Camper ..... Age .....

Address ..... City and State .....

School ..... Church .....

We desire the above-named camper to attend camp and we recommend him (her) without reservation. We believe that he (she) will abide by the JMV Pledge and Law.

Signature of Parent.....

Address ..... City and State .....

Pre-Teen Camp, July 17-31—1st wk. .... 2nd wk. .... Both wks. ....

Teen-Age Camp, July 31 to August 8—9 days .....

Please fill out and enclose \$2.00 deposit and mail to MV Department, Lake Region Conference, 619 Woodland Park, Chicago 16, Ill.



## Muskegon Heights Members Aid in Baptism

It was noted with great satisfaction during the last district baptism that laymen were largely responsible for baptismal candidates for the Muskegon Heights church. Mrs. Willie Lofton, who was baptized after the tent meeting in 1958, presented her mother as a trophy, having won her through sending her the 20th Century Bible Correspondence course through the mail.

Mother Nellie Young, in the neighborhood of 80 years of age, who was responsible for six candidates in the 1958 baptism, presented one young man for this baptism. Jesse Montgomery, Norman Jackson, and the two Dawkins children were among the youth who made their parents happy by accepting Christ at an early age and being baptized. Mrs. Ethel White rejoiced to see her husband buried in baptism after more than a year of struggling against what seemed insurmountable odds.

Included in this baptism, was Constance Johnson, the daughter of Brother and Sister Johnson who hold membership in the Idlewild church.

There was great rejoicing among the members of both churches as Eld. H. W. Kibble, president of the Lake Region Conference, baptized these precious souls.

After the vesper service there was an Ingathering banquet for the district, with members from Muskegon Heights and Idlewild churches joining together to make the evening social hour one of keen interest and great delight.

PASTOR M. E. EAGANS  
District Leader

## HYDE PARK, HOST TO DORCAS RALLY

A gigantic Dorcas Day rally was held Sabbath, May 28, at the Hyde Park church in Chicago. Mrs. Alice Blanchard, church Dorcas leader, did a magnificent job in spearheading this all-day affair. The speaker for the 11 o'clock hour was Reginald Barnes, seventh grade teacher at the Shiloh school.

At the 6:30 hour, Eld. Xavier Butler, conference Home Missionary secretary, gave the keynote address. This was followed by a variety program with guest appearances by students from

Emmanuel Missionary College. Eld. W. R. Robinson, pastor of the Hyde Park church, was master of ceremonies.

After sunset, a bake sale and bazaar were held in the recreation room. Funds realized from the sale of garments and baked goods made by the

Dorcas ladies, amounted to more than \$100. It is very gratifying to note that this church has a large number of young ladies who work faithfully with the Dorcas Society.

XAVIER BUTLER  
Lake Region Conference

## WISCONSIN

R. E. Finney, Jr. .... President  
L. G. Wartak ..... Sec.-Treas.  
Mail Address, Box 512  
802 E. Gorham St., Madison, Wisconsin  
Office Hours: Mon.-Thu. 7:30 a.m.-12:15 m.,  
1:00-5:00 p.m.; Fri. 7:30 a.m.-12:00 m.  
Closed Fri. p.m. Sun. by appointment only.

## Green Bay Holds Bible Chain Graduation

One hundred sixty-five graduates received their certificates at the Green Bay church during the Bible Chain Class graduation service on Sunday evening, May 15. Eld. J. E. Edwards from the General Conference was the guest speaker. He also showed colored slides showing the progress of the soul-winning program in foreign countries. Other guests included Eld. Vernon Flory of the Lake Union Conference, Eld. A. W. Bauer from the local conference, and Eld. K. Kurz, who is the new pastor succeeding Eld. F. R. Stephan.

The Green Bay church was very happy to see the large number of non-Adventists taking part in the 15 Bible Chain Classes held each week. We are planning even bigger things for next year.

R. J. FITZGERALD

## Tomahawk Pathfinders Enjoy Activities

The response to close-order drill, attention during devotionals, quality of craft work, and sportsmanship during games indicated to Director Norman States and his staff that the 13 members of the Tomahawk Pathfinder Club enjoy the program conducted alternate Sunday afternoons in the schoolroom and grounds.

Pictured here is the boys' division early morning pancake fry and nature adventure May 15 in the Wisconsin Riverside forest northeast of Tomahawk.

The nature hike was made memorable to the pathfinders by the discoveries of a mallard duck brooding over her 11 eggs high on the wooded river bank, and pygmy nuthatch darting in and out of her tiny birch tree house, and the Cooper's hawk which flew off her nest when one of the boys made the arduous climb to relay information concerning nest construction and the three speckled eggs.

The Pathfinders closed their outing with a ball game in Bradley Park.

PAUL WHITLOW, Pastor



Pathfinders, Bushors, Dankmeyers, Hirsches, Whitlow and Director States Face the Sun.





Mrs. Mallard "ducked out" while her nest was photographed.



Takes lots of batter to fill boys on a pancake fry.

### Application Blank for Camp Silver Lake—1960

"I agree to live up to the JMV Law and Pledge and all Camp regulations."

Name ..... Full Address .....

Age ..... Date of Last Birthday ..... Baptized? .....

I will attend:

☐ Junior Camp (ages 9 to 12) July 3 to 10

☐ Teen-age Camp (ages 12 to 16) July 10 to 17

Will you have brothers or sisters at Camp? ..... How many? .....

Name of S.D.A. church you attend .....

Do you live over 150 miles from Camp? .....

"I am in favor of the above-named attending Camp and agree not to hold the Camp management responsible in case of accident or mishap."

Signed ..... (Parent or Guardian)

### MICHIGAN

N. C. Wilson ..... President

W. F. Miller ..... Sec.-Treas.

320 W. St. Joseph St. Phone IV 5-2226

Box 900, Lansing 4, Michigan

Office Hours: Mon.-Thu. 7:30 a.m.-12 m.,  
1:00-5:15 p.m.; Fri. 7:30 a.m.-12:30 p.m. Sun.  
open by appointment only.

### Calendar of Special Days and Offerings for the Michigan Conference

June	
25	Church Expense
25	Thirteenth Sabbath Offering (Southern European Division)
July	
2	Medical Missionary Day and Church Medical Missionary Offering
9	Midsummer Missions Service and Offering
16	Church Expense

### CAMP TIME IS ALMOST HERE

Visitors are welcome at camp. Please note that there is a difference in the camp time of one hour.

This year, Junior and Teen-age Camp time will be Standard Central Time. This is one hour slower than Daylight Saving Time. We do this because it is better to have campfire after sundown and the fast time would put campfire too late.

HAROLD W. JEWKES  
Camp Director

Give PLANET IN REBELLION

### News Note

Brother George Taggart was the guest speaker at Manitowoc on Sabbath, May 28. On Sunday, May 29, he spoke at Milwaukee Junior Academy for the eighth grade graduation exercise.

### JUNIOR CAMP, CAMP AU SABLE

Those interested in attending the following camps, please fill out the application and mail to the MV Dept. of the Michigan Conference. The fee for each camp is \$15 per week, provided you have sent in your \$2.00 deposit by July 1; otherwise the fee is \$16 a week.

Check the following camp desired:

July 3-10—Boys, ages 11 to 15, incl.

July 10-17—Boys, ages 9 to 10, incl.

July 3-17—Boys' Wilderness Camp, ages 14 to 16, incl.

July 17-31—Girls' Wilderness Camp, ages 14 to 16, incl.

July 17-24—Girls, ages 9 to 10, incl.

July 24-31—Girls, ages 11 to 15, incl.

July 24-31—Family camp, Scott Lake Youth Camp.

(Contact MV Department for fees and details.)

Aug. 14-21—Senior Youth Camp, ages 16 to 35

(All Master Guides, Pathfinder and MV Officers regardless of age.)

Aug. 21-28—Upper Peninsula Junior Camp, Wells Park, Wells, Mich.—Boys and girls, ages 9 to 16, incl.

Name ..... Age .....

Address .....

City ..... Phone .....

Signature of parent or guardian .....

Address ..... Phone .....

Mail to the MV Department, Box 900, Lansing 4, Mich.





This bus will be used to transport delegates and visitors to the Atlantic City Youth's Congress. A few seats are still available and passage can be secured by contacting L. C. Caviness at the Conference office.

### Camp Bus to Operate on Weekly Schedule

The purchase of a 40-passenger former Greyhound bus by Grand Ledge Academy will solve many transportation problems for prospective junior campers this summer.

The bus will run on a weekly schedule from Emmanuel Missionary College to Camp Au Sable, leaving E.M.C. each Sunday morning at 3:30 a.m. Stops will include: Kalamazoo, 5 a.m.; Battle Creek, 5:45 a.m.; Lansing, 7 a.m.; Mount Pleasant, 9 a.m.; Camp, 11 a.m.

The costs will be a portion of the camp fee, and the one-way charges will be as follows: E.M.C., \$3.00; Kalamazoo, \$2.80; Battle Creek, \$2.70; Lansing, \$2.50; and Mount Pleasant, \$2.00.

The bus will return to E.M.C. each Sunday on the following schedule: Leave Camp Au Sable at 1 p.m.; Mount Pleasant, 3 p.m.; Lansing, 5 p.m.; Battle Creek, 6:15 p.m.; Kalamazoo, 7 p.m., and E.M.C. 8:30 p.m. Clip this schedule and save for future reference.

### Notice

A good home is open for a boy or girl 8 to 12 years of age, with an Adventist couple who lost their only child. Careful training and Christian education available for some needy child. Write Box 900, Lansing 4, Mich.

### Celebrate Dedication of Fremont School

More than 100 members and friends gathered in spite of a downpour for the dedication of the Fremont Seventh-day Adventist School on Sabbath afternoon, May 21.

The dedicatory sermon was delivered by Eld. N. C. Wilson, president of the Michigan Conference. The prayer of dedication was offered by Eld. A. R. Lickey, leader of the Grand Rapids district.

Eld. Charles Danforth, pastor of the church when construction was begun, was present to sing and to speak briefly to the assembly. Eld. J. C. Klose of Muskegon, former district leader, pronounced the invocation and brought a word of greeting. A history of the school was read by R. L. Hutchison, present pastor of the Fremont church.

As events were recounted, those present were reminded of the sacrifices that had made the construction and operation of the school possible. Mr. and Mrs. William Weiss, now missionaries in the Hawaiian Islands, gave money they had saved for the purchase of a home to buy the four-acre site on Garden St. Mrs. Weiss (the former Anita Powers of Fremont) is a daughter of



Left: Fremont Church School. Right: Speaker for the Fremont School dedication was Eld. N. C. Wilson. Others present included Eld. C. J. Danforth, Owosso, former pastor; Eld. J. C. Klose, Muskegon; and Eld. A. R. Lickey, Grand Rapids.



Mrs. Irene Halvorsen, who is teaching the eight-grade school at a real sacrifice in wages from her former position.

A very generous contribution was made by Mrs. Ida Mae Hayton, Escondido, Calif., who is a member of the Shelby, Michigan, church, a sister church to Fremont. Many other gifts by members and friends of the church, as well as considerable labor and materials donated by Henry Stroven, carpenter, Jim Berean, painter and decorator, and others have made possible the dedication of the school free of debt.

The structure, valued at \$18,000, was completed ready for use in September, 1959.

R. L. HUTCHISON

### Felt Painting Alert!

On August 3 and 4, at the Grand Ledge Academy camp ground, Mrs. H. F. Halenz will conduct a Felt Painting Workshop just prior to the regular camp meeting session.

Sabbath school workers who wish to learn, improve, or show others how to paint, sketch, design, draw, outline, or portray pictures on felt for illustrating stories, etc., to their classes, should plan to attend.

Details will be announced later! We hope this Felt Painting alert will be felt!

M. F. GRAU

### Wollens-Campbell Wedding

Joyce Fae Wollens became the bride of James Campbell of Hazard, Ky., Sunday, April 17, in a beautiful wedding ceremony at the Metropolitan church, Detroit.

Eld. Charles Danforth of Owosso officiated. A reception was held in the church parlor immediately following the ceremony and was attended by a host of relatives and friends. A buffet lunch was served later for the relatives at the home of the bride's parents, Mr. and Mrs. Harold Wollens, 15052 Camden, East Detroit.

The bride was graduated from Adelpian Academy and attended Emmanuel Missionary College for two years.

After a wedding trip to Niagara Falls the couple returned to their own home in East Detroit.

May God richly bless them as they establish a Christian home.



Eld. G. E. Hutches, Educational secretary of the Lake Union Conference, gave the commencement address at Adelpian Academy, May 29. On the platform are Larry Williams, dean of boys and R. W. Pratt, principal.

### ADELPHIAN GRADUATES 97 SENIORS

The 56th annual graduation exercises of Adelpian Academy were held in the E. P. Weaver Auditorium, May 27 to 29. There were 97 candidates for graduation.

Sunday, May 29, the commencement service was opened with the processional played by Mrs. Gladys Gilbert, organist, and Mrs. Clarence Brummett, pianist. Prof. Leonard Hill, principal of Southfield Junior Academy, Detroit, gave the invocation and Eld. Arnold Kraner from the Wisconsin Conference sang a special number.

The commencement address was given by Eld. G. E. Hutches, Educational Secretary of the Lake Union Conference. In his address, Elder Hutches challenged the graduates to become great for God, after which the diplomas and special awards were presented by Eld. R. W. Pratt, principal, assisted by the registrar, Mrs. H. D. Ingersoll.

Senior class sponsors were Principal and Mrs. R. W. Pratt, Mr. and Mrs. Herluf Jensen, and Larry Williams. Mr. Williams had charge of the tassel service and Mr. Jensen pronounced the benediction.

Following the tassel service each graduate received the class flower from Mrs. Pratt and Mrs. Jensen. Each student then took the flower to his parents.

After the recessional the graduates formed a circle on the campus around the flag pole and received congratulations from friends and relatives.

Officers of the class of 1960 were: Stuart Claude Harrison, president; Arlene June Oetman, vice-president; Hilde Schafer, secretary; Michael James Nelson, treasurer; Norman Dale Wilson, pastor; Nancy Rebecca Rotherick, chronicler; Richard F. Nimbach and James Nelson Woody, sergeants-at-arms.

The class chose as their motto, "The higher we climb, the broader the view," and their aim was, "Christ points the way."

Proverbs 3:6, "In all thy ways acknowledge Him and He shall direct thy paths," was selected as the class text. Their colors were blue and white and the class flower, the white rose.

The commencement exercise was sparked by the return of Adelpian's principal, R. W. Pratt. Elder Pratt had been hospitalized on Thursday and the students and faculty felt that God had answered their prayers.

Elder Pratt was the consecration service speaker Friday evening. While Mr. Pratt was in the hospital his message was recorded and it was played over the public address system. Following his stirring message the seniors, 100



per cent strong, testified of their desires to follow Christ. After each testimony the student was given a pin, an emblem of his consecration.

On Sabbath morning, following the Sabbath school conducted by the junior class, the baccalaureate service convened. The speaker was Eld. Fred Beavon, Missionary Volunteer, Temperance, and War Service secretary of the Lake Union Conference. In his sermon Elder Beavon sought to lead the seniors to scan anew their motto, "to climb higher, and get the broader view" in their efforts to help others for Christ.

### Adelphian Representative to Visit

A representative of Adelphian Academy will visit prospective students this summer. If you are interested or know of some youth desiring a Christian education, write to the principal, R. W. Pratt, Adelphian Academy, Holly, Mich. Give him your name, address, approximate time of day and date when it would be convenient for some one to visit you.

**DO NOT DELAY! ACT NOW!** Plan early for your next year's activities at Adelphian Academy—the school where God is first and education is life.

## INDIANA

T. E. Unruh ..... President  
W. E. Wasenmiller ..... Sec.-Treas.  
1405 Broad Ripple Ave. Indianapolis 20, Ind.  
Telephone—CLifford 1-9292  
Office closed Sundays except for appointments.

### Richmond Plans for Vacation Bible School

Plans for Vacation Bible School at Richmond, Ind., are well under way with Mrs. Franklin Fowler, wife of the pastor, as leader. She will be assisted in the junior department by Mrs. Willard Mauro, in the primary department by Mrs. Guy Hiatt, and Mrs.

Philip Farlow in the kindergarten department.

The school will be held July 18 to 29 and over one hundred invitations are ready to go in the mail at the proper time. Posters have been made ready and teachers and assistants are making preparation of lessons and craft work.

Last year there were 84 enrolled with 25 Seventh-day Adventists and 59 non-Adventists. Two V.B.S. girls attended the church school this year largely as a result of interest shown in them at Vacation Bible School.

HELEN E. GREULICH  
Richmond P. R. Secretary

### Spot News

★ Dr. and Mrs. W. E. Wolfe entertained, in their lakeside home in Laporte, all the pre-medical, pre-dental, and other science students enrolled in Emmanuel Missionary College. The day was spent in recreation. Eld. and Mrs. Unruh also were guests at the gathering.

★ Recent visitors to the conference office included Dr. W. E. Wolfe, conference medical secretary, and Dr. George Marsh of Lafayette. The secretarial students of Indiana Academy and the students of the Laporte church school also inspected the office building.

★ May 8 was Ingathering Victory Day. All pastors and district leaders assembled in the Auditorium on the Indiana Academy campus to make final reports and to celebrate victory. Elder Combes led out in the reporting service. The workers and their families spent part of the day in recreation and enjoyed a splendid dinner prepared and served by the Cicero Dorcas ladies.

★ Word has reached the conference

office that the Vincennes congregation is ready to start the construction of a new church building. This building will be located in a fine section of the city. Their present building will be sold.

★ "All Aboard for Youth's Congress!" The great event takes place in Atlantic City June 21 to 25. It is hoped that every district in Indiana will be represented by an official delegate. The inspiration to our youth will justify the effort.

### The Divine Blueprint Says:

"There is a great work to be done, and every effort possible must be made to reveal Christ as the sin-pardoning Saviour, Christ as the Sin Bearer, Christ as the bright and morning Star; and the Lord will give us favor before the world until our work is done."—Colporteur Ministry, p. 12.

### BUSINESS NOTICES

All advertisements must be approved by your local conference office and accompanied by cash. Money orders and checks should be made to the Lake Union Conference at Berrien Springs, Mich.

Rates: \$2.00 per insertion of 40 words or less, and 5c for each additional word, including your address. The HERALD cannot be responsible for advertisements appearing in these columns.

Attention Healthfood Dealers and Dorcas Societies: Order your Healthfoods from one source at wholesale prices. Send for price list to Healthfood Distributors, P.O. Box 76, Berrien Springs, Mich. Phone GREENleaf 1-3852. —30

There are now two barbers at the College Barber Shop, E.M.C. campus. Robert McDaniel and Edward Trubey, Phone GR 3-1721 for an appointment. Open Sunday through Friday. Berrien Springs, Mich. —125

Choice double lot, 200-foot front, 275 feet deep, slight slope to south east, new addition, restricted to above 800 sq. ft. floor space home, on West 97th Street, near Augusta, northwest of Indianapolis. \$1,800 cash or moderate terms. O. E. Stebner, Route 2, Box 104, Gaston, Ore. —126

For Sale: Practically new house. Large living room, dining L, kitchen, three bedrooms, two baths, utility room, garage. Lot 150x70. Ideal climate. Five miles to Hendersonville S.D.A. church. Eleven miles to Fletcher Academy and Mountain Sanitarium. Price \$10,800. For information write Vinnie Goodner, Flat Rock, Route 1, N. C. —127

### SUNSET TABLE

(According to U.S. Naval Observatory)

	June 24	July 1
Berrien Springs, Mich.	E.S. 8:25	8:25
Chicago, Ill.	C.D. 8:29	8:29
Detroit, Mich.	E.S. 8:14	8:14
Indianapolis, Ind.	C.D. 8:17	8:17
La Crosse, Wis.	C.D. 8:51	8:51
Lansing, Mich.	E.S. 8:20	8:20
Madison, Wis.	C.D. 8:41	8:41
Springfield, Ill.	C.D. 8:31	8:31

E.S.—Eastern Standard time, C.D.—Central Daylight time. Add one minute for each 13 miles west. Subtract one minute for each 13 miles east.



Richmond, Ind., Vacation Bible School



# EMMANUEL MISSIONARY COLLEGE

NEWS AND VIEWS



## 250 Register for Summer School

Registration for the 1960 Summer Session at Emmanuel Missionary College began Monday, June 13, with an estimated 250 students selecting from over 50 courses in 12 fields of study, according to Dr. Paul Hamel, secretary of admissions.

Students chose from such fields of study as biology; chemistry; education, with courses in secondary and elementary education; English language and literature; fine arts; history; home economics; modern language and literature; physical education; religion; secretarial science; and speech, stated Dr. Warner E. McClure, academic dean and director of the summer session.

Beginning June 13 the E.M.C. summer session continues through August 18 for the ten-week session. The eight-week session is concluded August 4.

The 1960 summer session of the School of Graduate Studies at Andrews University is scheduled to get under way June 27 and will conclude August 18. Besides courses in Old and New Testament Bible and in systematic and



## Seminary Building Begins to Take Shape

Construction progress on the new Andrews University Seminary building has now reached the ceiling level of the lower floor and is expected to move up steadily hereafter, according to Dr. F. O. Rittenhouse, president of Andrews University. Dr. Rittenhouse said he hopes the Seminary building will be completed for the opening of the autumn semester on September 26.

Applications for admission to Andrews university are unprecedentedly high and it begins to appear that one of the gravest problems is accommodations, said Dr. Rittenhouse. "If we had twice as many housing facilities as we have right now we could manage," he said. The Andrews University Garland apartments accommodate 118 families.

applied theology which will be offered in the Seventh-day Adventist Theological seminary, the School of Graduate Studies is scheduled to offer course work in the fields of education, history, and mathematics.

weeks ago on this page were the following students who had poems and articles accepted for publication in denominational periodicals:

For poems accepted for publication in the *Review and Herald*: Mike Jones, "The Search," "Transition," and "The Birth of Spring"; Dawn Reynolds, "I See God"; Edith Zalabak, "Sabbath Eve"; Carole Colburn, "Assurance"; and Patricia Morrison, "The Senses of God."

For inspirational shorts accepted for publication in the *Review and Herald*: Roger Greenley, "Our Alarm Clock"; David Guyot, "Away All Fat"; Elizabeth McFadden, "Watch the Signals"; Lois Ann Finck, "Gate 17"; Janet Sooy, "Take My Arm"; Patricia Morrison, "Room Metamorphosis"; and Dawn Reynolds, "Thine Is the Power."

### BULLETIN

At a recent meeting of the Andrews University Board, it was voted to begin to use the new name of Andrews University with the opening of the new fiscal year, July 1, 1960, according to Dr. F. O. Rittenhouse, president.

E.M.C. Writers: Inadvertently omitted from an article appearing two



One of the first Emmanuel Missionary College Summer Session applicants comes through the line at the college business office at 8:15 this morning. Dorothy Maile, one of the part-time workers in the business office, helps her transact her business as she registers.