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A Youthful Queen Is Crowned

By E. L. Minchin
Division MV Secretary

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Her Majesty Queen Elizabeth II acknowledges the cheers of her people from the balcony of Buckingham Palace.

THE eyes of the whole world have been turned toward old London where, on June 2nd, the youthful and beautiful Queen Elizabeth went to her crowning amid the rejoicing and acclamation of millions of her subjects who lined the processional route, and who watched through television or listened to the radio.

The deep solemnity and spiritual significance of the coronation service in Westminster Abbey, the majesty, grace, and yet loneliness of this young girl who has endeared herself in a remarkable way to her people by her devotion and her faith, and the triumphal procession through the streets of London, made it a day never to be forgotten.

We thank God that in these dark days when unbelief and sin flourish throughout the earth, a Christian Queen, with a strong faith and a deep sense of responsibility, has, by her position, a place of great in-

A Dedication Made by the Queen on her twenty-first birthday

"I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great Imperial family. . . . But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do. I know that your support will be unfailingly given. God help me to make good my vow, and God bless all of you who are willing to share in it."

fluence in the world. We pray that she will be used of God to renew in the hearts of the youth of her generation a sense of the deep and abiding values upon which our Christian civilization is based.

To the youth of the Advent message especially, the words of this young woman spoken a few years ago on her twenty-first birthday have a special appeal. That dedication has already been revealed by her life, and was solemnized in Westminster Abbey on June 2nd. Should we, who have the most solemn responsibility in all the world, be less devoted and less prepared to discipline and sacrifice our lives for a great cause?

The Advent youth are among God's true Royalty, and to them is sounded the solemn reminder, as it was to another youthful queen many years ago: "Who knoweth whether thou art come to the kingdom for such a time as this?"

DIVISION-WIDE YOUTH ACTIVITIES

Britain's Loyal-hearted Youth

EVERY Sunday for nine months scores of Advent youth have counted it a joy to assist in the great London Campaign. What a beautiful sight the 150-voice, robed choir has presented as they have uplifted their Saviour in song!

Many others had the great pleasure of acting as ushers and usherettes to the thousands attending. These youth who have prayed and worked so much for the success of the meetings have entered into the joy of seeing nearly 200 precious souls take their stand for God and this message.

Again during the recent Ingathering Campaign they threw themselves into the task of gathering in a record sum for the Lord's work. Night after night our young people went out in groups or singly until, at the close of the month, all previous records had been passed.

Yes, our young people will not fail the church in this last great hour.

Legion of Honour

OUR youth leaders in Britain have produced a wonderfully attractive and distinctive Legion of Honour badge. This has helped greatly in the promotion of this feature which is gripping the imagination and inspiring the loyalty of our youth throughout the world. Surely the principles of this code of honour should be held before our youth and before the world in this time of moral laxity and loss of faith in God. Shall we not enlist every Adventist youth in this grand crusade for righteous living!

Pan-American Youth Congress

ALL eyes in the Americas, and indeed throughout the world, are turned once more to San Francisco where, from June 16th to 20th, thousands of Advent youth from North and South and Inter-America will gather in another great and challenging congress. Our prayers will be with them that this history-making gathering will challenge and inspire our youth to commence another great and glorious chapter of soul-winning achievement.

"Share Your Faith" Zeal in Oslo

A THRILLING report comes from Norway's capital. Our youth have "done exploits for their God." The MV society has conducted its own evangelistic campaign. By gripping youth programmes, the use of slides, the distribution of 2,000 handbills each week, and personal invitations, they aroused an interest, and many people responded who have never attended a Seventh-day Adventist meeting in their lives before.

A special effort was made on behalf of those who had wandered from the church and MV society. A wonderful work of personal evangelism and home visitation was carried on. Several who had been away for years began to walk once more with God's people.

We thank God for the inspiration and the lead our youth in Oslo have given to us. We long to see a similar programme carried forward in many places in our Division.

A Great Event in Holland

BROTHER VINK reports that at their Youth Congress at Easter, twenty-five young people were invested as Master Guides. This is the first event of its kind in the history of our youth work in that land. We thank God for this and for these evidences of growth in our work for the splendid young people in Holland.

Camping Time Is Here Again!

SUMMER time is camping time. This year a record number of camps will be held in our Division. It is believed that between two and three thousand will share the happy fellowship and blessing of our own Adventist youth camps. This will be the golden opportunity we need to impart to our youth the ideals and objectives of our great youth movement.

Adventist youth camps have a distinct atmosphere of their own and have, through the years, become a stepping stone in the Christian growth of our boys and girls. Physically, socially, mentally, and spiritually, our youth will be strengthened to fill the part that God has for them. Every hour of every day will be filled with a well-planned and balanced programme.

Opportunities for becoming personally acquainted with our youth, of helping them to know God's plan for them, are numerous. Through the Morning Watch Circle, Prayer bands, Bible study, discussion periods, recreational activities, and fellowship with the youth in God's great out-of-doors, may we, under God's blessing, make this coming season the greatest in our history in soul-winning accomplishment. May our camps be real evangelistic centres where our youth are not only won to Christ, but also led into a greater and more glorious Share Your Faith Crusade.



The Motto: "The Lord is at hand."

The first group of Master Guides ever to be invested in the Netherlands, April, 1953.

Happy Days in Ethiopia

THEY were seven wonderful weeks spent with our boys and girls in that ancient land. Things are happening there: our schools are filled to overflowing; our MV societies are stepping into a great programme of witnessing and service, and our youth are responding in their own hearts to the call of God as we have never seen before.

I shall never forget the blessings of the Week of Prayer held in six centres in that challenging mission field. I cannot forget the testimonies, the prayers, and the tears of hundreds of precious youth, many of whom are the only Christians in their families. Many splendid young Coptic priests have recently accepted the message under great persecution. I had the joy of baptizing forty-six Ethiopian youth and of seeing unprecedented numbers joining

baptismal classes. There is something in the hearts of these youth leading them to seek God and urging them to take the light to their own people.

This year the first class of trained nurses from our Addis Ababa hospital graduated in the presence of the Crown Prince of Ethiopia, leading Ministers of State, and other officials. It was an impressive and colourful occasion and has added greatly to the prestige of our work there. Our hearts were filled with gratitude and pride as we looked on this fine group of youth dedicating themselves to the ministry of healing in that needy land.

From every corner of Ethiopia our youth send their loving greetings to their fellow young people. God bless our boys and girls in Ethiopia, and cause their light to shine more brightly than ever upon the millions in that dark land.

E.L.M.

Our Youth on the Top of the World

By Roald Guleng

MV Secretary, North Norway Conference

MIDNIGHT SUN and Northern Lights, Arctic Circle and "the northernmost in the world," Lapps and reindeer, summer brightness and winter darkness—no wonder that North Norway captures the imagination of travel-minded people! And Adventists too! For knowledge of the geography of the world is a necessary part of the education of a people whose aim is to evangelize all the nations of the earth in this generation. Adventists are a people with a vision. They lift their eyes beyond their national borders; they behold the far-away fields and see that they are becoming white unto the harvest.

North Norway is one of these whitening fields. This wide and wild, high and handsome land is being prepared intensely for the impending harvest. But the labourers are so very few!

The Advent youth have a very definite and extensive part in the proclaiming of the glad tidings in this most interesting section of our Division. In fact our conference beyond the Arctic Circle is a young people's conference. The average age of the ministers is about thirty and all our institutional and conference workers are below forty, with very few exceptions. And almost half are below thirty! But North

Norway is an extraordinarily hard field and only hardy youth can measure up to it.

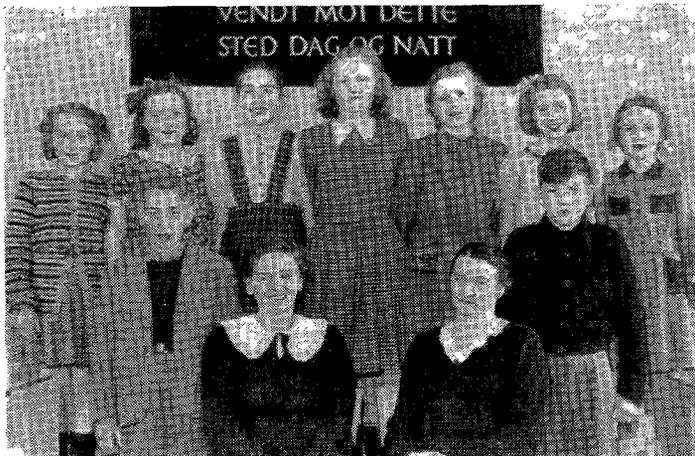
This state of affairs is of no new date. For years North Norway has been the testing ground for young workers. Most of the old and experienced workers in Norway count some of their first and finest memories from their toil in the Arctic in their younger years.

We have many pressing problems, one of which is the loss of our senior youth to other parts of the union. The reason for this draining of our future strength is the lack of opportunity for the Adventist youth in this part of Norway. One of the greatest difficulties is the Sabbath problem which is made extra hard because of the early sunset on Friday. During the dark season Sabbath begins as early as 12.30 p.m. on Fridays. One can easily see that non-Adventist employers must be very friendly in order to tolerate Adventists quitting work at noon on Friday and staying away on Saturday as well. Recently I met an Adventist girl of fifteen in Tromsø. She told me how she had been offered several jobs which she had been forced to refuse due to the Sabbath problem. Oh, how badly she wanted to earn her own living! Her dear parents are not well off. But they all agree that it is better to wait patiently for the hour of the Lord than to earn money by breaking the Sabbath. But she is not the only one—so they go south where the opportunities are more numerous. The academy and junior college, the sanitarium, the publishing house, the large Oslo hydro institute and many other denominational and private health institutions are located in Southern Norway; not to mention the large sanitariums in Denmark and Sweden which absorb a lot of our best youth.

We greatly appreciate these opportunities that are afforded our young people, but we are so sorry to see them go. We have, thus, to concentrate on the juniors, and we are happy that we are able to produce fine young people who are rendering splendid service for the Master in other parts of the union.

Recently we have been greatly heartened by the opening of our new, large, and beautiful Tromsø Hydro Institute about a year ago. This institution has given work to many of our youth and courage to more. The Tromsø church has a fine group of devout young people who last winter put a great deal of time, thought, and toil into two evangelistic campaigns as singers and musicians. They will surely receive their just reward as shareholders in the harvest of souls!

Light-bearers within the Arctic Circle. Junior young people with their leaders in Tromsø.



Because of prevailing conditions we have only two senior MV societies. The one in Tromsø is the largest, and also the northernmost in the world. It is busily engaged in group work, besides helping out in public efforts. The young people in our conference are not so numerous, but their quality is good. They are a consecrated and faithful group sharing their faith.

We have seven junior societies that work on the grades as juniors do all over the world. Nineteen were recently invested in Tromsø. Some workers have had fine experiences with Sunday-school work, and lately some of our good lay members have also taken up this important task. It seems as if a new day is dawning for our youth and children in this conference. Our two church schools with about forty pupils are also strong proof that we are moving forward in spite of many and serious obstacles.

The Advent youth in North Norway send their most cordial greetings to the youth in the rest of our great Division. We in the far north feel certain that we belong to a victorious movement. We know that truth will triumph ultimately and that our good Lord will make everything well in His time.

We also know that we are not alone, and we are inspired by thinking of the large host of fellow-believers in old Ethiopia, in hot West Africa, and in the European sections of our field. They are our brethren, our sisters. We have the same faith, the same message, the same hope. We stick together and work together. Although nearly everything about our material background and life may be different, our Captain is the same. His promises are the same and our future is the same. "From Greenland's icy mountains, from India's coral strand"—ours is a great fellowship now and for ever.

the Ivory Coast Mission. This is an unusual step forward for the youth in that field because they have had so little opportunity to participate in youth activities, and only recently have had their first Missionary Volunteer Investiture.

These are only samples of the soul-saving work and welfare work being carried on in this field, but they do show to the other young people in our Division the keen interest of our West African youth in all of the activities of the church and of the youth organization.

From these youth to each of you we pass on to-day a cordial word of greeting and a wish that their service, and yours, may be a means whereby many souls may be won to this message.



FIRST JUNIOR JUNGLE CAMP in the IVORY COAST

By G. M. Ellstrom, *President*

I AM not on a train nor far up in the stillness of the heavens in an aeroplane, nor am I behind an office desk penning these lines. No, I am sitting on a log in the solitude of the African jungle. My carriers have stopped for a well-earned drink of water. Finding here a convenient place to deposit their loads, they have now gone back down the trail to refresh themselves at a little creek we crossed just a few minutes ago. My water is on ahead with the rest of the party and I would very much like to join my two African boys who are now enjoying a cool drink, but knowing the possible consequences of

Forward With the West African Advent Youth

By D. V. Cowin, *MV Secretary*

THE West African field stretches more than 2,000 miles from east to west and includes an area of some 2,000,000 square miles with more than 40,000,000 people. In this area are more than 7,000 Seventh-day Adventist youth, who are not only serving Christ, but are preparing themselves to do a better job of sharing their faith. From one end to the other of this great union, these Missionary Volunteers are actively engaged in spreading the Gospel message.

Here in Accra we have a Leadership Training Group with an attendance of thirty-five. This group of young folk are preparing themselves to lead the children and youth in the Missionary Volunteer progressive classwork, and also in evangelistic work in this area. A recent opportunity has come to them to conduct regular evangelistic meetings in the Mental Hospital.

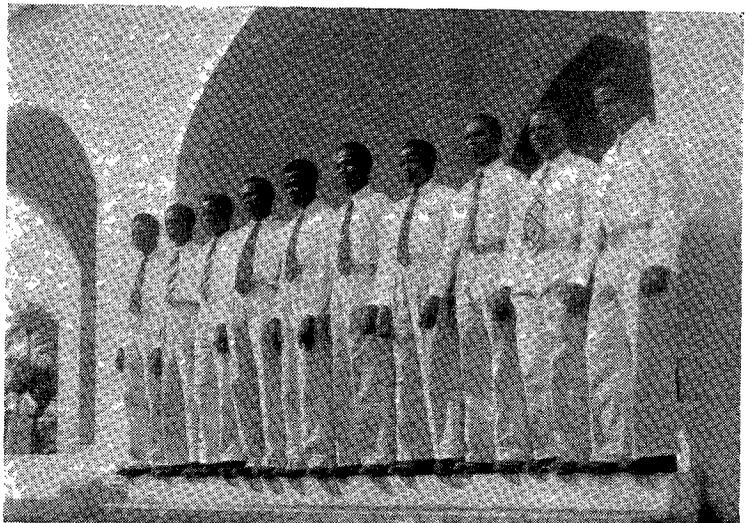
Within the past few weeks Lay Preachers' Institutes have been conducted in several places. In connection with each of these institutes, strong promotion has been given to the matter of evangelization. In each case door-to-door adventuring has been participated in and the results have been most thrilling. When we were together recently in the Gold Coast for a

Lay Workers' Institute, the Sabbath afternoon adventuring brought forward the fact that 120 compounds had been entered and 66 persons had given their names, indicating they wished to join the Hearers' Class and also study for membership in the church.

Another "first" among the youth activities has come to light and that is the first Junior Camp ever to have been held in

Youth's answer to the call of evangelism.

1952 Ministerial graduates at Ihié, Nigeria, ready for service.





One of the 115 Branch Sabbath Schools conducted by our youth in West Africa.

drinking unboiled or unfiltered water, I shall wait until I get to the car, another five miles ahead, where I shall quench my thirst, if quench it I can with that tepid water that is awaiting me. It will keep me going until I get home to-night, however, where I shall get a good cold drink from the refrigerator.

At last I can sit down and rest for a few minutes and enjoy the stillness about me. There are no human sounds here as the boys are now too far away to be heard should they be talking. Alone one feels the heavy silence of the African jungle, in spite of the noises to be heard in almost every direction. These noises seem only to exaggerate the awesome quietness that pervades the jungle. There is the constant shrill whir of the locust, at times irritating and deafening if one concentrates on the noise that is being made. From the top of that tall tree yonder comes the lilting song of an African bird, probably one that will be heading for France or England or even Norway in a month or two, for this is the month of February. From some tree much nearer comes the angry chatter of a monkey. Perhaps he is scolding me for intruding on this his jungle paradise. Overhead flies a large bird and without looking up I know it is a toucan, for no other bird makes so much noise when flying. But what's all that white substance gently gliding down to earth? No, it's not snow, not here. It's kapok and it is now the time of the year when the pods burst open and a little wind blows the kapok for long distances. It is a large and tall tree, but we have many large trees in Africa that rise high above the thick underbush that we know as the jungle. Some of these trees

make the most beautiful timber I have ever seen. (We don't make veneer furniture cut here out of mahogany, no, it's nothing less than solid mahogany for us!) Look at all of those beautiful butterflies flitting so silently about. There is a white one and over there is a black one with designs in blue, another with designs in green, another in orange, and so they continue to fly by, but I must put away my paper and pencil and be on my way. The boys are back and are now adjusting the loads on their heads so that they balance properly, for that makes them easier to carry. Five miles more of hiking and then several hours of driving before we reach our journey's end. We are returning from Junior Camp held in a little village out in the heart of the jungle.

Thirty-five of our boys and girls sang and prayed and worked and played at our first Junior camp in the Ivory Coast, and they had a good time. Yes, the adults also attended many of our services and asked if we wouldn't please plan to have another one next year.

Under the able leadership of J. R. Buzenet, our Missionary Volunteer secretary, every day was filled with study and activity. "An enemy hath done this" became the theme of study as the children's minds were led to contemplate the perfect character of God and His perfect works in contrast to the evil that has been sown by the enemy of righteousness. The body, its needs and care, was also emphasized in study each day, so that our Juniors might know how to better care for their bodies as the temples of the Holy Spirit.

We were divided into four groups, each with a well-selected leader. Our day be-

gan with the "Morning Watch" when each group met as a prayer circle. After this we had flag raising. All gathered round the flag pole, a tree cut out of the bush, and stood to attention while the selected individuals hoisted the flag to the top of the pole about thirty-five feet in the air. At sunset we again marched around the flag pole prior to its being lowered. It was the first time most of these youngsters had ever seen anything of this kind, to say nothing of participating in it, so you can understand we had some wrinkles to iron out; but in a few days everything was functioning smoothly, that is, relatively so.

Everything throughout the day had to be translated into two native languages, except the flag drill, where the juniors learned after a few times to obey the commands in French. Before continuing the programme of the day we all took time for breakfast. Part of the day was spent in studying the Bible, a little time was given to the study of hygiene, and also some time was devoted to fulfilling the requirements of the Junior Progressive Class work. The rest of the day was spent in activity. Many of the boys were able to finish a satchel to carry their books, woven from a reed or bush that grows plentifully in this area. Nearly every girl finished moulding and baking a small clay bowl to be used for cooking. One girl had another idea as to how she should use her clay. She made a turtle out of it and I must admit it was a very commendable piece of work, very cleverly done.

Of course, there was time for play. That would be hard to deny a Junior in any part of the world. The boys preferred above all games their football, the popular sport in both English and French possessions. The African can become very proficient in the game too, as some of our own youngsters demonstrated. The girls on the other hand went bathing at every opportunity. The little creek nearby was too shallow so a dam was built to make it deep enough to have a really good time.

When day was done we gathered under a clear sky and a bright moon around the camp-fire. Wood was plentiful so the boys built up some real fires that drove us all back toward the bush. After a song feast with all the volume and enthusiasm you will find anywhere among Juniors, everyone settled down for a story of one of the pioneers of the Advent movement.

And so nine days went by one after the other. Tiring? Yes, but truly enjoyable and, we trust, of lasting benefit to all who attended.



*Committee of the
Adventist Students'
Association of
1953.*

- Left to right:*
T. Mansfield
(Geography)
M. Edmunds
(General Education)
M. Castagnetti
(Book-keeping)
W. Lennox
(Medicine)

Why An Adventist Students' Association?

By William M. Lennox, B.Sc.

Secretary of A.S.A. for 1953

FOR many years only an occasional Adventist young person embarked upon a university course in order to obtain professional qualifications. In recent years more and more young people have sought advanced qualifications, until at the time of writing a considerable number are studying at secular colleges and universities. For an Adventist, a university career is beset by a number of obvious difficulties. He is often the only Adventist at his college, and if he is also living away from home, he is particularly susceptible to feelings of spiritual and social isolation. Sabbath difficulties are met, and often require much courage before they can be surmounted. There may be dietary difficulties for those living in non-Adventist homes. Quite apart from material difficulties, however, the young student must be constantly alert to resist the worldly philosophies which assault his mind from every side, and which can so subtly destroy his faith in God. One of Satan's most potent weapons is the plausible half truth, and this in particular must be recognized. A living faith and an alert mind form the essential armour for young people seeking high qualifications for the Master's use.

Our association, the Adventist Students' Association, was founded five years ago in order to forge a closer fellowship between young people taking such studies. It endeavours to meet as much as possible the spiritual, intellectual, and social challenge which is made by student problems such as those described above.

The emphasis is upon the spiritual: "The fear of the Lord is the beginning of knowledge." Prov. 1:7. Every programme is designed to have some bearing upon our position as Adventists in contact with the learning of the world. The introduction of informal discussion programmes has proved very popular, and, under the guidance of the guest chairman, is proving very helpful. Three have been held so far this year: "Adventist Attitude to the Arts," "Student Problems" and "Supposed Bible Inconsistencies"—and another is planned for our next meeting (June 1st, 7.30 p.m., at Chiswick, "Focus on Genesis 1"). Once a quarter a formal meeting is held and is addressed by a special guest speaker.

Intellectual problems arising from the clash of worldly doctrine and Bible truth are periodically made the subject of a programme, or an article in the magazine. By these means we are able to clarify such matters as the relationship between science and religion, and to arm ourselves with a faith which is both spiritually and intellectually satisfying. Sooner or later every student meets the theory of evolution and we regard it as important to have a clear, convincing answer to this soul-destroying dogma.

The association endeavours to cater for the social needs of its members in several ways. Refreshments are made available at every meeting which provide the opportunity for private discussion, mutual encouragement, and introduction to new friends. Periodically we make up a party

which attends a performance of classical or sacred music, or goes on an outing—all of which are greatly appreciated.

Certain difficulties became apparent the moment the association was formed. Members are scattered here and there in colleges up and down the land, so that only the London students can attend the monthly meetings. However, everybody can be reached by means of the A.S.A. magazine. This is published quarterly and contains reports of meetings, articles of specialized and general interest, book reviews, and news items. Whereas we would like to be able to send the magazine to all students and friends, we are at present able to send it only to those who have sent in their subscription (2/-) for the current year.

Although the fellowship is called "The Adventist Students' Association," it is not necessary to attend a college in order to become a member. The word "student" is used in a wider sense; it applies equally to those who attend university and to those who follow some academic interest in their own home. "Once a student—always a student," so the word applies also to those who have graduated. Our present membership is of very varied interest. We have students of history, geography, music, teaching, many branches of science, art, nursing, and medicine, besides a number of graduate young people. Every now and again the student likes to "talk shop," especially with someone of like faith, and this our fellowship makes possible by bringing together young people of similar interests.

With the recent renewal of interest in A.S.A., we have both increased the range of our activities and the frequency of our meetings. However, the fellowship is capable of much further development. We are studying and training for service, not for ourselves. With just a little more support the A.S.A. could be made into a pool of potentially qualified young people, ready to serve the cause of God as teachers, nurses, or doctors. From our midst could be drawn young people to fill responsible posts in the Lord's work. Any group of Adventists is essentially a missionary society, for all are dedicated to the propagation of the Gospel and the finishing of the work. The Adventist Students' Association is no exception. We study to-day in order to serve to-morrow. The words of that great student, the apostle Paul, ring as a personal injunction in our ears: "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the Word of truth." 2 Tim. 2:15.

THE GREAT PHYSICIAN CALLS OUR YOUTH



SKODSBORG BADESANITARIUM

1953 Graduates an "Honours" Class

THE Skodsborg School of Physiotherapy, conducted by the Skodsborg Badesanitarium, Denmark, had an unusually happy graduation night on April 1, 1953.

The class of graduates comprised eleven members of the Skodsborg family, and for the first time in the history of the institution the male graduates outnumbered the ladies. Also for the first time in the history of this School of Physiotherapy the 1953 class had the unusual distinction of being an "Honours Class." The average number of marks gained by the class in the State examinations for physiotherapists exceeded those required for an Honours Pass. Seven of the eleven graduates received the distinction of the Honours Diploma. Five of the graduates came from Norway, four from Denmark, one from Iceland, and one from Germany.

The School of Physiotherapy operated by the Skodsborg Badesanitarium received State recognition in 1947. The class of 1953 was the second one to graduate under the system of State examinations.

On this special occasion the chapel and

the gymnasium were filled to overflowing with members of the sanitarium staff, friends of the graduates, and a large number of interested patients. The graduation exercises were under the direction of Dr. E. Hanson, director of the School of Physiotherapy. Associated with him on the platform and taking part in the programme were the Medical Superintendent, Dr. A. Andersen, the Chaplain, the Matron, and Dr. Wayne McFarland of the General Conference Medical Department.

The workers trained at the Skodsborg Sanitarium have gone to many parts of the world in their service for the Master. This sanitarium is widely and favourably known throughout almost the entire continent of Europe. The first class of workers entering upon a course of training in this sanitarium was enrolled fifty-six years ago. The present class of graduates represents the fifty-third class to complete their training. Some 686 workers have graduated from this institution since its establishment. These workers have come from the following countries:

Denmark	282
Norway	184
Sweden	157
Finland	31
Iceland	9
Other countries	23

The graduates of the Skodsborg Sanitarium are to be found operating self-supporting clinics and treatment rooms in scores of towns and cities in Scandinavia and Iceland as well as giving service in our institutions in other sections of the world field.

We extend to the graduates our cordial wishes for prosperous and happy lives of service as they enter upon their active career for God.

E. B. RUDGE.

WHY I BECAME A NURSE

By Ursula M. Vine

WHY did I become a nurse? This is an easy question to answer. I wanted to be in the line of service where I felt I could be used by the Lord to the limit of my capacity, and such I felt the nursing profession to be. In peace or war one can be a nurse and, while it was my desire to be a missionary, and still is, a nurse can be equally a missionary in her own home town as in the farthest mission field, and so long as she keeps that aim in view, she never lacks either an opportunity or an appreciative audience.

A nurse's life and behaviour compel the attention of her contacts, and if only she makes use of them she has untold opportunities to witness to the Saviour's love and healing power. Neither are these opportunities limited to any one class. Nursing brings one in contact with all manner of people, rich and poor, Christian and careless, kindly and hard-hearted. When the careless and hard-hearted are sick, then, by means of a Christian nurse, surely the forces of good have some advantage.

Truly there have been times during our training when we have felt it hard to continue. The work has been heavy, the hours often longer than they should be, and even in one's off-duty there have been lectures to attend.

At Shrodells Hospital, Watford, however, we have been very fortunate because

we have had a matron who is interested in us as Seventh-day Adventists. She appreciates our principles and is very happy when we carry them out. Moreover, there has been so large a group of us that we have been quite a help and support to one another.

"Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me," Jesus says. Sometimes, unhappily, His brethren are scarcely recognizable as such, but we do not know their lives and it may be that their last opportunity is in our hands. It is a very solemn thought, and knowing, even in my short years of training, how carefully a nurse's words and actions are noticed by her patients, I do pray with all my heart that I may not be found wanting in the right word and right spirit and that I might take advantage of every wonderful opportunity as it comes.

In closing, may I make this appeal. Unless a nurse is "kept by the power of God" it can be, and is, very hard for her in an outside institution. On the other hand, it can be a great blessing to our country that, scattered through its hospitals, there are good young men and women doing a good work in Christ's own way. They are many in number now and their number seems to be increasing rapidly. Please pray for us all.

The following poem expresses my personal ambition:

The Nurse

Efficient, watchful, trim, and neat,
She trips about on willing feet;
A kindly smile upon her face—
Epitome of woman's grace.

Unspoken needs she understands,
And eases pain with gentle hands,
For ever giving of her best
No matter how severe the test.

A fount of mirth and commonsense,
Inspiring all with confidence,
Her noble work she does with skill
And makes the strongest do her will.

In peaceful days or war's dark night,
She keeps the lamp of service bright;
Right cheerfully she mercy shows
And lives the highest that she knows.

D.F.A.



A few of the thirty-five Adventist nurses from our Division and Europe in training at hospitals in Watford, Herts., England.

ADVANCE ILE-IFE!

LAST year eighty-seven were invested at the Ile-Ife Hospital MV society. This year fifty-five will be invested, including sixteen Master Guides. Miss Beryl Turtill and her associates are doing a wonderful work for the youth in that active, progressive society. Brother J. N. Makinde, MV secretary for West Nigeria, sends the following word about this interesting society. He writes: "This group of young people form the most active society we have in West Nigeria. A large number of the members come from our mission hospital. Many of them are not free to go out at will, but they have most wonderful opportunities to share their faith with their fellow-men.

"The doctors, sisters, nurses, general workers, and lay members all take very active parts. They hold their weekly MV meetings to which they invite visitors. They have bands, and one of the most useful and active ones is the literature band, which is ever busy sending out pieces of literature. And on Sabbath, many of the young people are divided into missionary groups under the leadership of certain senior members both white and black to bring the news of salvation to the various towns and villages around them.

"The interest in these activities is so great that a certain African member who has a lorry takes his own missionary group of people to the place of meeting, which is sometimes ten miles distant, in his lorry, free of charge.

"At the time of Ingathering, some of these young people testified that they were ashamed at first to approach the public,

for fear they might be regarded as beggars, but when they prayed and started off they were more than surprised to see how readily people responded in many cases, and how in the course of their soliciting, they were able to present the message to hundreds.

"Here in Ibadan there was also house-to-house visitation by members of the MV society. This was headed by Pastor E. E. Hulbert. He appealed to every member to take part. They felt shy at first, but they started to go out in groups of twos and threes and returned home with bright, smiling faces because they were able to go and speak a word for Jesus.

"In the course of this visiting, a woman was contacted and the following Sabbath she was in church. Another woman was visited by a different group and she commenced attending the Sabbath school. At that time there was an appeal for money toward our church building at Ibadan. Every woman in the church was asked to donate the sum of twenty-five shillings. Surprisingly enough our visiting sister was the first to pay her share. Such and much more would be the results if our youth would work with and for God.

"We in West Nigeria may not be able to do as much as some others, but we are doing and shall continue to do our best in sharing our faith.

"We also take this opportunity of sending our greetings to all our fellow young people in the Northern European Division and elsewhere; and we earnestly pray that the time may soon come when we shall meet at our Saviour's feet to retell the story of our activities on this earth."

Zauditu Memorial Hospital, Ethiopia, Graduation

*Commencement Address presented by
E. L. Minchin, Division Youth Leader,
on March 24, 1953*



His Imperial Highness, the Crown Prince, presented the diplomas.

YOUR Imperial Highness, the Crown Prince, Ministers of State, the Board and Faculty of Empress Zauditu Memorial Hospital, Members of the Graduating Class of 1953, Ladies and Gentlemen:

It is a happy privilege to be with you to-day. I deeply appreciate your invitation for me to be your speaker on this important and historic occasion which marks the graduation of the first class of nurses from the Empress Zauditu Memorial Hospital. To all of you, let me express my gratitude for the honour bestowed.

To-day, we warmly congratulate these splendid young people upon the satisfactory completion of their course. We believe that they are the forerunners of a growing army of Ethiopian youth, who, catching the vision of the greatness and the sacredness of the mission of the Christian nurse, will go out from this institution to bring healing and blessing to multitudes in their beloved country.

You have chosen an excellent motto, one which I know will challenge you and inspire you through the years to come: "FOR GOD—COUNTRY—AND HUMANITY." Your choice of this wonderful motto indicates that you have an understanding of life's greatest values.

We live in a sick world. The importance of true medical missionary work is growing in proportion to the increase and deadliness of human diseases. Our ablest physicians and scientists in the world to-day do not hesitate to tell us that many of the modern diseases are not only physical but mental and spiritual. Diseases of the human mind are increasing and call for more than the use of medicines or physical treatment. Their true remedies must reach into the realm of the spirit. One notable mental doctor says: "Among

all my patients over thirty-five years of age, there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that every one of them felt ill because he had lost it, and none of them has been really healed who did not regain it." Surely this truth of the need for faith in God, as a primary remedy for disease now being so widely proclaimed by eminent doctors and scientists, is a challenge to the Christian church. Yes, mankind needs God. We were made by Him and for Him. The great aim of life is to know God and enjoy Him for ever.

Jesus, our Saviour, recognized that the healing of the body was inseparable from the healing of the soul. With Him there could be no complete bodily restoration without spiritual recovery. He made each work of healing an occasion for implanting divine principles in the mind and soul. Wherever He went, He left gratitude, rejoicing, and health.

To-day the same loving Saviour who healed the multitudes of Galilee feels for us now. This old world's heart is aching—aching fiercely in the night. Dear Graduates, your sacred mission is to go out to the suffering multitudes and, with a strong and beautiful faith in God in your own hearts, impart that faith and peace to those to whom you minister.

The Seventh-day Adventist Church, along with other Christian bodies, places great emphasis on this aspect of our Master's teaching. Many thousands of doctors and nurses trained in a chain of sanitariums and hospitals throughout the world are found in every corner of this earth earnestly seeking to bring the ministry of healing to suffering humanity.

The second part of your motto indicates

that this day you dedicate yourselves to the betterment and uplift of your beloved country. In this you are following the scriptural injunction to "fear God and honour the king." Your King is the head and symbol of your country. We give thanks to God to-day for the Christian Emperor in this land, who seeks to lead his people in the ways of righteousness and peace. He graciously supports the work of those who seek the advancement and enlightenment of his country. To-day, dear Graduates, you pledge your loyalty anew to your country and join with your beloved Emperor in his constant efforts on behalf of this land. You will seek to set an example to all of what true Christians and loyal citizens should be.

Since coming to Ethiopia, I have learned to appreciate the great possibilities of this beautiful country and have learned to love the kindly, hospitable people living here. God bless Ethiopia. May she be granted peace and prosperity. May she continue to learn the ways of righteousness, for therein lies the strength and true greatness of every country.

In the last words of your motto, you pledge your whole lives to the service of humanity. I think to-day of the noble men and women of your profession who in every land, like their Master, seek not to be ministered unto but to minister. My own life has been blessed as I have seen these messengers of mercy in many of the dark lands of the world, giving their lives in loving and sacrificial service for the suffering.

Well do I remember, last year, visiting a lonely mission outpost in North Nigeria where a young missionary doctor and his wife were running a poorly equipped and quite primitive hospital for the suffering



Ready for the call of the Great Physician.

Graduating class of 1953, Zauditu Memorial Hospital, Ethiopia, with Pastor E. L. Minchin, the guest speaker.

multitudes around them. These young people could have stayed in their homeland practising their profession and enjoying the comforts of life, but the love of Christ and humanity sent them to that uninviting land. Here they lost themselves in service for those needy people. At first this young doctor's operating table was a rough bench, his scalpel was a razor blade, and his sterilizers were the pans from his kitchen. For a whole week I watched the wonderful ministry of these young people. One morning for five hours I saw this young man attending the sick as they came into his little mud clinic and in fierce tropical heat. These poor people walked or were carried from many miles distant. Here was a mother feeding her baby at the breast but with her own hands and feet rotting with leprosy. Here was a father carrying his little son unconscious with meningitis. Others came with great tropical ulcers and a host of other sicknesses. Patiently, hour after hour, this devoted Christian doctor ministered to their needs with the help of a faithful native nurse. Across the way I looked into a little mud dispensary where the doctor's young wife was mixing medicines and dispensing them to the sick. I saw her wiping her brow repeatedly in that terrible humid heat. As I witnessed her patient and loving ministry in the midst of filth, disease, and heat and remembered that this work went on day after day, month after month, unheralded and unsung, I felt a better man myself for having witnessed such love for humanity. The gratitude of those poor people and the smile of God is their reward. For d'd not our Master say: "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me"?

Remember, young people, that gradu-

ation does not mark the end of your learning. There should be no end to your efforts to increase your efficiency and usefulness. Strive for greater and still greater skill and perfection in the performance of your tasks. In the strictest sense we never graduate. There are greater heights on before us to be reached. You now enter a wider sphere of service where the knowledge you have already attained will be put to practical use. You may never be a Florence Nightingale, but you can emulate her wonderful example. You can all resolve to do your best. Some will have five talents, some two, and, I think most of us have only one. Let there be no jealousy nor envy. The reward is not based on the number or the brilliance of our talents, but on our faithfulness in the use of what is given. You should be content with no mean attainments. "Balanced by religious principle, you may climb to any heights you may please."

The greater our knowledge and experience and the heavier our responsibilities, the more humble we should be. To be truly great is to be humble. It is to be merciful, to be kindly toward all men of whatever class or creed. This old world has seen enough of selfishness, bigotry, greed, and hatred. To-day, while many nations of earth are still engaged in bitter strife and struggle, the words of the gentle Master still hold true for all men. "Whosoever will be great among you, let him be your minister; and whosoever will be chief among you, let him be your servant." Under the influence of the teaching of the spirit of Christ, we have come to see that it is our privilege and duty to minister to the wounded and sick pilgrims on life's journey as did the good Samaritan on the needy man on the Jericho road. Our pity, sympathy, and ministry should overleap all

barriers and prejudices. We are to show mercy to all men of every land and creed. We are neighbours to millions of hungry, crippled, suffering, handicapped lives. What if we were in their places? If we were pain-stricken, crippled, and, broken, and they were here to-day in our places in health and plenty, what would we wish that they should do for us? The question answers itself.

The influence of a truly good and humble man cannot be measured. What a man is and not what he says is the secret of his influence. The story is told of that great Christian and scientist, Sir Henry Drummond of Scotland. It is said that he was one of Scotland's greatest Christians. The sick, the discouraged, the lonely, and the aged all sought the comfort of his presence. One night an old Scottish lady came to him and asked him to visit her dying husband. She explained that her husband could not see, or hear, or talk to him, but begged that he go and visit him. "But, my good lady," replied Mr. Drummond, "if he cannot see, or hear me, or talk to me, what would be the use of my going to visit him?" "It is true, sir," pleaded the old lady in her quaint Scottish accent, "he canna see ye and he canna talk to ye and he canna hear ye—but oh, if he could only get a breath o' ye about him before he dies." Such was the holy influence of this great Christian that his very presence brought comfort and blessing to the sick and dying. My dear nurses, such a ministry may be yours. As you go forth in your chosen and sacred profession, may you be as lights in the world, ever keeping in view the life of unselfish service of Him who came not to be ministered unto but to minister. May God bless you.

HEALTH REFORM God's Great Gift

By H. Karstrom, Ph.D.

(Continued from June issue.)

IN the following paragraphs from the Spirit of prophecy we quote a few important principles regarding healthful living.

1. EAT MODERATELY.

"Overtaxing the stomach is a common sin, and when too much food is used, the entire system is burdened. Life and vitality, instead of being increased, are decreased. This is as Satan plans to have it. Man uses up his vital forces in unnecessary labour in taking care of an excess of food. . . .

"Intemperance in eating, even of healthful food, will have an injurious effect upon the system, and will blunt the mental and moral faculties."—*Counsels on Diet and Foods*, page 131.

"The Lord has instructed me that as a general rule, we place too much food in the stomach. Many make themselves uncomfortable by over-eating, and sickness is often the result."—*Ibid.*, page 136.

Reliable statistics prove that the death rate for persons over forty-five years of age is much higher among the stout than among those of normal bodily weight. In the proportion that the bodily weight exceeds the normal weight, the death rate increases.

Because overweight to a large degree increases the death rate in certain diseases such as diabetes, arterio-sclerosis, high blood pressure, and cancer, we ought to consider it as one of our most dangerous enemies. As it is evident that overweight is generally the result of supplying the body with more calories than it can use, we realize that the best way to combat overweight is to supply the body with only the necessary amount of food. Therefore eat moderately. Avoid fattening and sweet dishes. Stop eating before you are fully satiated. Always chew your food well.

2. EAT REGULARLY. AVOID EATING BETWEEN MEALS.

"After the regular meal is eaten, the stomach should be allowed to rest for *five hours*. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food.

"In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed. . . .

"Regularity in eating is of vital importance. There should be a *specified time for each meal*. At this time, let everyone eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When travelling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travellers would eat regularly of food that is simple and nutritious, they would not feel so great weariness, nor suffer so much from sickness."—*Counsels on Diet and Foods*, page 179.

The food remains in the stomach after

the meal from four to five hours, after which the stomach is emptied and prepared to receive the next meal. If one eats between meals, even if only a few sweets, or a snack, this disturbs the rhythm of the digestive organs, and digestion is retarded and the food remains too long in the stomach. This causes headaches and many other ailments to the physical body.

3. EAT PLAIN, APPETIZING, NOURISHING, AND HEALTHFUL FOOD.

"Cooking is no mean science and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food *appetizing* and at the same time *simple and nourishing*, requires skill; but it can be done. Cooks should know how to *prepare simple food in a simple and healthful manner*, and so that it will be found *more palatable*, as well as more *wholesome*, because of its simplicity."—*Counsels on Diet and Foods*, page 257.

"If ever there was a time when the diet should be of the most simple kind, it is now."—*Ibid.*, page 82.

"In order to render to God perfect service, you must have clear conceptions of His requirements. You should use the most simple food, prepared in the most simple manner."—*Ibid.*, page 83.

"My health is good. My appetite is excellent. I find that the simpler my food, and the fewer varieties I eat, the stronger I am."—*Ibid.*, page 490.

Plain food prepared in a simple manner, constitutes always the diet on which we thrive best. A mixture of many different kinds of dishes and salads may even do harm. A complicated preparation of the food accentuates the harm.

All food should be inviting and appetizing. This should be true especially of vegetarian meals, for many have developed a dislike for this kind of food because it appears so unattractive.

4. EAT BUT FEW DISHES AT A MEAL.

Three or four different articles of food at one meal are quite sufficient, but it is important to experiment, selecting only such dishes as suit one.

Another very important principle to remember is to avoid a monotonous diet. The menu should vary from time to time.

"Do not have too great a variety at a meal; three or four dishes are plenty. . . . It would be much better to eat only *two or three different kinds of food at a meal* than to load the stomach with many varieties."—*Counsels on Diet and Foods*, pages 109, 110.

5. THE PERFECT DIET

All the food substance we require is found in grains, fruit, berries, nuts, and vegetables, together with milk and milk products.

"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. They impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating diet."—*Ibid.*, page 81.

"Those who live in new countries or in poverty-stricken districts where fruits and nuts are scarce, should not be urged to *exclude milk and eggs from their dietary*. . . . Great care should be taken, however, to obtain milk from healthy cows and eggs from healthy fowls, that are well fed and well cared for; and the eggs should be so cooked as to be most easily digested."—*Ibid.*, page 365.

"Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet."—*Ibid.*, page 32.

"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 translocation to heaven."—*Ibid.*, page 64.

It is therefore important that food be served in as natural a way as possible. When it is subjected to long and strong heat such as frying, roasting, or grilling, the vitamin content is more or less lowered. Those vitamins that are most valuable to us have their origin in the last instance in the vegetable kingdom.

It is also important to see that food values are not lowered through various processes of refining. The increased use of white flour and white sugar constitutes a serious threat to the health of the people. Inasmuch as the vitamin content in dark wholemeal flour is from two to eight times higher than that of white flour, and inasmuch as the protein is of much higher biological importance than that of white flour, we can understand readily the serious danger in the ever-increasing use of white flour, especially when we realize that nearly fifty per cent of our food comes from grains.

Even in the Nordic countries one can get along very well on a lacto-vegetarian diet. Grains, milk, and milk products, potatoes and roots, constitute in the main such a diet. Of course, such fruits and berries as are available should also be added.

(To be continued.)

NEWS FLASH

ANNUAL meetings are now in session in various parts of the Division field. A number of representatives from the General Conference are attending these meetings in addition to Pastors A. F. Tarr, E. B. Rudge, G. D. King, T. J. Bradley, E. L. Minchin, and Dr. Mark Hamilton. May the blessings of God richly attend both workers and members at this time.

Dr. Keld Reynolds, secretary of the Department of Education, General Conference, has been a very welcome addition to the headquarters' family, spending the first two weeks of June in Edgware, visiting our schools in Britain, and in particular, Newbold Missionary College. His counsel in the laying of plans for our new Division senior college has been greatly appreciated. Prior to this, Dr. Reynolds, in company with Dr. Hamilton, had just completed a survey of the Division educational work on the Continent.

Another visitor to the Northern European Division has been Elder V. G. Anderson, president of the Southern Union Conference, North America. Elder Anderson, who is accompanied by his family, is on a visit to Britain and Europe and will be attending a number of conference sessions on the Continent. Later in the summer Elder Anderson will attend conference sessions in the British Union.

Pastor G. D. King, who is at present attending conventions and conference sessions in the Scandinavian unions, sends the following encouraging word from Stockholm of the gatherings being held: "Since leaving the office on May 13th I have conducted lectures at the student and regular colporteurs' institute at Toivonlinna, Finland, and attended the East Denmark Conference meetings at the Vejle fjord school campus. At Toivonlinna about 150 regulars and student-colporteurs attended. It was an excellent gathering. A real spiritual enthusiasm prevailed and it was an inspiration to have part in the meeting. Brother Hongisto, the new Publishing Department secretary for the East Nordic Union, led out very efficiently and every meeting was most helpful. At the East Denmark Conference, held in ideal weather and surroundings at Vejle fjord, at least 1,200 were in attendance on Sabbath. Here again an excellent spirit prevailed and the visit of Elders Harris and Ferren from the General Conference was much

appreciated. Again I felt the Lord richly blessed us and the people. Now we begin a short workers' meeting and then the North Swedish Conference meeting here in Stockholm. From here we go to Finland for the East and West Finland meetings and also the Finland-Swedish meeting, then back to Norway for the East Norway Conference session."

GREENLAND ENTERED!

GREENLAND, the world's largest island, and until recent years one of the most isolated places, is now to be entered by a representative of our message. On June 16th Pastor Andreas Nielsen of the Faroe Islands, Denmark, sailed from Copenhagen for Godhavn, Greenland. This centre will be the "jumping off" place from which Pastor Nielsen will begin his work for the people of Greenland. He goes well armed with good, message-filled literature. His stock of books includes some hundreds of copies of *Great Controversy*, *Home Health*, *Steps to Christ*, story books for children, and a good supply of the *Signs of the Times* and *Good Health*—all in the Danish language.

Pastor Nielsen will also take with him four thousand copies of *Survival Through Faith* printed in Greenlandic—our first publication in this tongue.

Through the faithful witness of several Danish brethren while visiting Greenland on business, Pastor Nielsen is assured of a welcome in several centres of this new field. So, at long last, Greenland's inhabitants—22,000 Eskimos and 16,000 Europeans, mostly Danes and Norwegians—will hear the message for the first time from the living preacher.

As Pastor Nielsen enters upon this new task of pioneering in Greenland, let us who remain at home continually hold him up before the Lord, praying that his sowing of the Word, may under the blessing of our God, produce a good harvest to the glory of the Saviour's name.

E. B. RUDGE.

The staff of the Northern European Division were very sorry to have to bid farewell to Miss Muriel Liney, who has given faithful service to the Division ever since its reorganization in 1950. Miss Liney plans to be married soon in Fredrikshavn, Denmark. All wish her and her

husband much joy and blessing in their future life.

Miss J. Mohlman, who until recently has been the Girls' School Supervisor in the Bekwai Training School, Gold Coast, West Africa, paid a fleeting visit to headquarters. She was *en route* to the States where she plans to be married. In wishing her God's richest b'essings, we feel sure that the mission field will ever remain very dear to the heart of Sister Mohlman and may even welcome her and her husband back again some day.

"Word has just been received that Denys R. Symons, secretary-treasurer of the Natal-Transvaal Conference [and the son of Pastor and Mrs. J. E. Symons, esteemed pioneer workers in the Southern African Division], has been placed second in the world in his final examination of the Chartered Institute of Secretaries. He has been awarded the 'Sir Enoch Hill' prize for this extremely meritorious performance. Besides this, he is also to receive the 'Institute Overseas' Prize and the 'Hislop Medal in Gold' for gaining the highest marks in South Africa and Rhodesia. The Lord has richly blessed Brother Symons in this remarkable achievement and through him, the name of Seventh-day Adventists has become renowned."—*Southern African Division Outlook*, May 1, 1953.

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