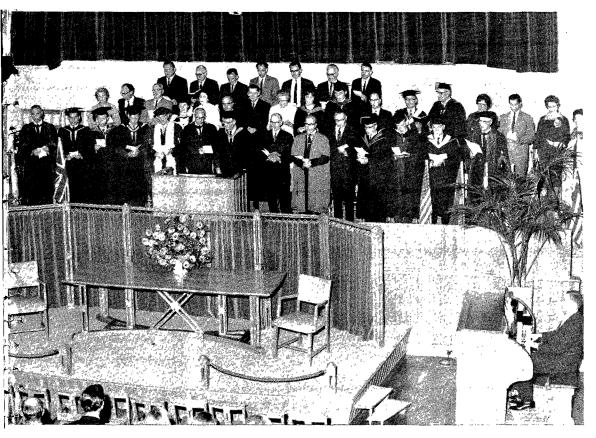
NORTHERN

ORGAN OF THE NORTHERN EUROPEAN DIVISION

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BRITISH ISLES DAHOMEY DENMARK EIRE ETHIOPIA FAROES FINLAND FRENCH SOMALI COAST and SOMALIA GAMBIA GHANA GREENLAND ICELAND IVORY COAST LIBERIA NETHERLANDS NIGERIA NORWAY POLAND SIERRA LEONE SWEDEN TOGO UPPER VOLTA WEST CAMEROUN



The platform group on the night of the opening of Newbold's academic year, September 1, 1966. (Photo: Wokingham Times.)

1966-7 SCHOOL YEAR OPENS AT

NEWBOLD College

by E. W. MARTER

HAT a change in five days! On Tuesday, August 30th, they arrived—about ninety from the British Isles, fifty-five from the northern climes extending from Denmark to Iceland, thirty-five from the central continent from Holland to Switzerland, twenty-five more from across the Atlantic, and others from as widely separated places as Rome and Hong Kong amouning to a total of two hundred and twenty.

For two days they thronged the corridors going from room to room sorting out their personal study and work programmes. Then came Thursday night.

All met together in Salisbury Hall—students from twenty-five different countries, the staff in academic regalia, and the members of the College Board. The chairman of the Board, Pastor W. D. Eva, welcomed to the Music department, Miss Elizabeth Vine, L.R.A.M., G.R.S.M.,

and to the Bible department, Pastor N. J. Johnson, B.D., on loan from Columbia Union College, and Pastor R. E. Graham, M.A., just returned from a year's study leave at Andrews University. Pastor Eva also assured us that the new Principal, Dr. George Caviness, son of former workers in central and southern Europe, and till now academic dean of Union College, would arrive in a few days.

Continued on page 3

New Appointments to the

by DUNCAN EVA

DIVISION STAFF

SEVERAL years ago when he served in the Trans-Africa Division in various capacities, I learned to love and respect Dr. B. E. Seton. As he now returns to his home division as its Secretary it is a privilege to extend to him and Mrs. Seton a sincere and glad welcome. I know that God will use his warm heart and cheerful courage, his keen scholarly mind, his wide experience as a minister, a missionary, and an educator, and his whole-hearted consecration to the glory of His name and for the advancement of His cause.

Bernard Seton graduated from old Newbold College in 1932 and served in the British Union in evangelism and departmental work for some fifteen years until 1947 when he was called to Angola. In 1951 he left Angola for South Africa where he served at Helderberg College until 1954 and at the Sentinel Publishing Association as editor from 1957 to 1961.

The years 1955 to 1957 were spent in the United States in study at the SDA Theological Seminary and in assisting in an editorial capacity with the SDA Bible Commentary.

In 1943 Brother Seton married Miss Marjorie Keough, Wherever they have laboured Sister Seton's sweet Christian life has been appreciated and her contribution to God's cause valued. Their son Gerard is a senior ministerial student at Newbold College and their daughter Hilary will complete Form V at Stanborough Park School this year.

Dr. Seton's doctoral degree was conferred by the University of Cape Town in 1962. His dissertation on "Wesleyan Missions and the Frontier Wars" not only made a valued contribution to understanding of British colonial history in South Africa but won warm friends for Adventists.

We know the Southern European Division miss Dr. and Mrs. Seton from their staff where he has served since 1962. The welcome of the Northern European Division is all the more warm and hearty, therefore, and we look forward under God's blessing to happy and fruitful association in the finishing of God's work.

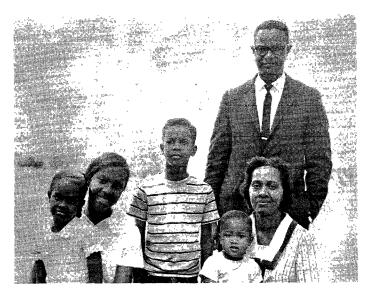
Pastor and Mrs. Maurice T. Battle and their children come from the West African Union to join the staff of the Northern European Division. He will serve as Lay Activities Secretary and we bid them a heartfelt welcome.

Pastor Battle graduated in 1948 from Oakwood College and served in the South Atlantic Conference for twelve years in pastoral, evangelistic, and departmental work. He was called to West Africa in 1956 to be president of the Liberian Mission. He also served as president of the Sierra Leone Mission for a year.

In 1959 Pastor Battle was invited to accept departmental responsibilities in the West African Union. For seven fruitful years he served the Lay Activities, Public Relations, and Public Affairs departments of that Union until elected to the Northern European Division at the recent session of the General Conference at Detroit.

Brother and Sister Battle were married in 1948. Their elder daughter, Carla, was born in the United States, their other children started life in Africa—Maurice in Liberia, Renee and Michael in Ghana.

We are very happy that one with years of experience in Africa has come to strengthen the Division departments. In our far-flung division very diverse peoples are bound together and it is therefore good that all parts of the field should be represented at the St. Albans office. Our welcome to Pastor and Mrs. Battle and their children is therefore warm and we are confident that as they are known and loved in Africa they soon too will find themselves at home and loved in every other part of the Division.





Left: Pastor and Mrs. M. T. Battle with their family.

Above: Some of the most selfsacrificing workers in the Advent movement must be the wives of our General Conference and Division personnel. We take this opportunity of welcoming Mrs. Eva, wife of our new Division President. We trust she will be happy, and that she will find us to be real friends.

FROM DETROIT TO ST. ALBANS

HERE we are, in mid-Atlantic. Well, not exactly in (fortunately), but rather on the Atlantic, in a smooth-sailing boat bound from Montreal to London.

Behind us lies Detroit and its memorable General Conference Session: before us waits the Northern European Divison with its multitudinous opportunities for productive service.

We believe there is a close connection

between Detroit and St. Albans. The great American city—with its sky-scrapers, car factories, water-ways, and humid heat—that city felt the winds of progress blowing through our ranks. Those winds, directed by God, did not stop at Detroit, nor in Washington. They have blown right across the sea and reached St. Albans whence they will pass to every corner of the Northern European Divison.

Such winds of change, God-guided, can spell progress. They can help us to build on the past, to make efficient use of the present, and to plan still more wisely for the future. In that way, the Church will develop.

"Thy kingdom stands, and grows for ever, Till all Thy creatures own Thy sway."

It is, then, in this optimistic spirit that my family and I turn our eyes to



Dr. B. E. SETOR

St. Albans. With genuine pleasure we look forward to co-operating with our fellow-workers and pledge the best that in us is for the progress of God's cause in the Northern European Division.

Very sincerely,
B. E. SETON.
(Secretary, Northern European
Division.)



A happy occasion at the General Conference in Detroit, photographed by Pastor J. P. Sundquist. Mrs. Brita Karlsson is presenting Pastor E. E. Roenfelt with a model of the "Three Flying Angels" sculpture on the wall of the Northern European Division offices in St. Albans. The original sculpture is the work of Brother Allan Collins, A.R.B.S., A.R.C.A.

NEWBOLD COLLEGE OPENING

Continued from front page

Dr. W. Alexander, who directed the recent Seminary Extension Course at Newbold, addressed the meeting on the miraculous influence of that wonderful medium of teaching "the spoken word," and impressed upon all the vital need for both teachers and students to be in constant and effective submission to the direction of the Holy Spirit. At the close of his address, this concourse of individuals, who but a few days before had been separated by such vast differences of climate and custom, rose as one to sing:

"Lord, in the fullness of my might, I would for Thee be strong. . . ." And so began the sixty-sixth academic year at Newbold College.

The first classes met on Friday. In the evening Pastor V. H. Hall led an uplifting song-service, and the writer spoke from the words: "The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon," and invited all, in co-operation with God, to add another ring of sound growth to their intellectual and spiritual experience.

Sabbath morning, Pastor Johnson revealed his calibre as a Bible teacher in conducting the study of the lesson. The sermon by Dr. E. Hilgert, of Andrews

University, led us to think of the Sabbath as a gift from God that revealed His freedom and His love, and as a symbol of the God-given freedom of man to show his love for God in return. In the afternoon, the newly elected pastor, D. C. Uffindell, met with the officers of all departments of the college church to plan for and co-ordinate the Sabbath afternoon missionary activities of the coming months.

Finally, after Sabbath, an evening "get together" for music, games, and conversation, revealed a thoroughly united and friendly group, and brought an eventful week to a close. Newbold College was in session for 1966-7.

Conference Session in Sweden

by Dr. J. ASHFORD HYDE

THE morning was grey with lowering clouds as we winged into the airport at Stockholm on August 9, 1966. Any feeling of greyness which the weather brought, however, was soon dissipated when, arriving at Ekebyholmsskolan, we met the members of the North Swedish Conference in Session. The brethren and sisters there were full of good hope and began immediately to plan for the work of the future.

Brother Gosta Berglund who, for the past eight years, has led God's work in this district, now felt the call to fulltime evangelistic work. He has been practising as an evangelist while at the same time presiding as Conference President, and fifty persons have been baptized during the first seven months of 1966. Nevertheless, evangelism in Sweden being so hard, and the number of baptisms hitherto so small, Pastor Berglund felt that he wanted to devote his full time and energies to this branch of our work. A very responsible and representative Nominating Committee met, and after careful and prayerful consideration of many names, decided to recommend that Pastor Eric Sunnermo, for long a worker in God's cause in the North Swedish Conference, be asked to assume the responsibilities laid down by Brother Berglund. The delegates accepted this recommendation unanimously.

Bertil Utterback, for the past two years Conference Secretary-Treasurer, was asked to continue in that post and new ground was broken when a lady departmental secretary was chosen to head the Sabbath School and Lay Activities Departments. Sister M. Syring comes home to Sweden after a successful period of study in the United States where she became the first lady to acquire the degree of Bachelor of Divinity and to acquire it cum laude.

New Board members were also chosen at this time. Fifty per cent of these were laymen. We thank God for the dedicated laymen in Sweden.

The High Day of the Feast was the Sabbath, when the tent was filled with about 600 members and friends. Some were recent converts and some were not yet members of the church, but all partook in the act of dedication which was entered into with great solemnity by the ministry and laity alike, under the leadership of the new Conference President, Brother Sunnermo.

Similar meetings were held the following week at Malmo, in the beautiful new Malmo church. It was wonderful the way in which God led in the construction of this church which was financed largely by the sale of surplus land on the church site.

The brethren in South Sweden were rejoicing in over seventy baptisms during the year 1966, which was more than the whole Swedish Union had achieved in 1965. The morale of the membership was very high.

The committee of the session worked expeditiously and re-elected the officers of the conference—Elder Wiklander, the

President, and Brother Blomquist as Secretary-Treasurer. Brother Planelind of the Helsingborg church was called to fill the vacancy in the Young People's and Lay Activities Departments. Brother Planelind has the interests of the youth at heart, and will be helped in his new responsibility by his talented wife. The Sabbath afternoon programme, led by the ministers and lay evangelists of the conference, was of great interest as each told of the way God had used him to win new members to the church. The ministers of the conference led out in the public evangelistic services in the evenings and also in prayer meetings during the day.

It was heartening to see the love of the brethren for the leaders, past and future, and one felt in the presence of God's people. The devotional tone was high throughout, as resolutions were daily intermixed with reports and devotional meetings.

Our former Division President, Pastor E. E. Roenfelt, had presented to the workers in the field the challenge of the task and had tried to keep up their morale at a time when baptisms seemed to be diminishing each year. If only he could have been present at these sessions, his heart would have been warmed. With 120 baptized in the two conferences during 1966, and more to come, we saw indications that God is breaking through the walls of reserve and materialism, and that under His guidance the message can soon be preached in all of Sweden.

The Swedish Union was well represeted. Led by the Officers, President Odd Jordal, and Secretary-Treasurer Konrad Utterback, the team included all the departmental secretaries. The writer represented the Northern European Division.



NEW ICELANDIC SCHOOL

On January 11, 1966, we opened a new church school at Hiidardaisskoli, Iceland, with six pupils aged seven to nine. It is hoped that this new venture will grow as necessary funds are made available.

Most Progressive Year

HE school year, 1965-1966, has been the most progressive in the history of the Ethiopian Adventist College.

With an enrolment of more than six hundred, the student body has doubled during the past three years.

At the time of the annual meetings in January, we were happy to open the new library, with capacity for one hundred students, and shelf-space for 10,000 books, and during the summer vacation we hope to finish the new section of the administration building with three new class-rooms, one large lecture room, a

new teacher's room, and an office for the business manager.

As the vocational education of the young Ethiopians becomes more and more important, we are doing our best to extend along vocational lines, particularly, so far as the girls are concerned, within the field of Home Economics.

At the time of writing, the school is filled to more than capacity, and we are looking forward to the Thirteenth Sabbath Overflow next year, so that we may be able to build a new dormitory for the boys. During this vacation we have had to turn down hundreds of applica-

tions because we do not have enough dormitory space.

All the Adventist graduates from last year are already placed, working in the different schools and institutions, and we are looking forward to the time when the school can turn out graduates from the Junior College section and in that way provide the field with better teachers and workers. The school is operating a two-year College programme within the fields of Education, Theology, and Business.

Also this year we have been happy to see the Lord's spirit working among the student-body, and on June 11th we had the privilege of baptizing more than sixty candidates. The baptismal classes have been conducted within the school compound as well as in nearby areas.

With the assistance of students from the college section, Brother Bacchiocchi, who is heading up the Department of Theology, has been conducting a public effort in the nearby town of Awasa. From this effort also we are happy to report seven baptized.

By the time this report is published, the forthcoming school year will be well under way. We ask for your prayers that we may have wisdom and understanding to work and plan according to the will of God.



Right: Secondary school student body and faculty.

Above: Baptismal candidates from our Ethiopian Adventist College, 1956-66. Seated is Pastor Bjerkan, College principal; and beside him is Pastor Tekelehaimanot.



Third and last instalment of Dr. Karstrom's series on "The Right Arm" of the Message in the light of modern nutritional science

GOD'S PRECIOUS GIFT

TOBACCO, TEA and COFFEE

In 1 Corinthians 6:12 we read: "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any."

Here we have a very important biblical principle presented to us. We must not be slaves to any power, be it a bad habit, a perverse appetite, or anything else. Therefore, because tobacco, tea, and coffee, are dangerous, habit-forming stimulants, we must be on our guard against them, so that we shall not be brought under their power, but be able to "stand fast . . . in the liberty wherewith Christ hath made us free." Gal. 5:1.

Tobacco and coffee are harmful not only on account of the high content of the poisonous alkaloids, nicotine, and caffeine respectively, but the dark tobacco and coffee tar which is formed at the high temperature when the tobacco glows and the coffee beans are roasted, contains carcinogenic (cancer-producing) compounds.

As is well known, lung cancer, which is increasing in a terrible way nowadays, is a direct result of smoking, especially of cigarettes, and in those countries where coffee drinking is the common procedure, this habit contributes to the frequency of cancer in other organs.

Tea drinking is harmful to our health because it contains even more caffeine and tannic acid than coffee. Dr. Douw G. Steyn, professor of Pharmacology at the Pretoria University, South Africa, has emphasized that the excessive drinking of tea is often the most obvious cause of hyperacidity, ulcers, and also cancer in the stomach. He also emphasizes the great harmfulness of the use of all cola drinks which contain caffeine and other cola alkaloids.

Many other scientists and physicians have been aware of the harmfulness of all caffeine-containing beverages. The

famous Swedish biologist, Carolus Linnaeus (1707-1778), condemned the use of coffee very strongly.

Also in the book, Counsels on Diet and Foods (pages 420-432), there are many statements about the use of tobacco, coffee, and tea. I quote only some of them:

"Tea, coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded." "Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium, and tobacco."—

Ibid., pages 420, 421.

"Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul."—*Ibid.*, page 425.

FRIED and SMOKED FOOD

By frying food, either of animal or of vegetable origin, especially when the temperature of the fat has risen so high that dark, burnt-brown surfaces are formed, tar-like, dark products are produced, and it has been scientifically proved that these dark products contain cancer-producing compounds. It is not advisable to eat much of such fried food. Food cooked by any other method is always to be preferred to food that is fried, except perhaps if it is fried cautiously in oil.

Smoked food also contains microscopic drops of tar in which carcinogens are always present. We should therefore be very careful in eating smoked products. and at least avoid their regular use.

ALCOHOL

Investigations carried out in different laboratories of the world have shown that a perverse diet, especially the excessive use of sugar, white bread, and a flesh diet, produces a craving for alcohol-containing beverages. Therefore many scientists and physicians emphasize that a

well-balanced, palatable, nourishing and wholesome vegetarian diet is the best way to remove the craving for alcohol and thus fight its abuse. "Alcohol is a very useful chemical compound, e.g., as a solvent and fuel," writes the well-known Finnish bio-chemist, Dr. A. E. Virtanen, "but as soon as it runs down the gullet, it is nothing but a curse."

"Persons who use a vegetarian diet are not addicted to drinking wine and strong drinks," wrote Justus von Liebig (1803-1873), the famous German chemist; and some years ago Prof. Dr. A. Brauchle wrote: "The fight against alcohol must begin with a diet reform." The known temperance advocate, Dr. Kh. Neytcheff, emphasized that "without a vegetarian diet there is no safe remedy against the craving for alcohol," and the equally well-known Austrian physician, Prof. Dr. Hans Eppinger, who thoroughly studied the influence of uncooked vegetarian diet on different diseases, found that such a diet also removes the craving for alcohol.

Many years ago Sister E. G. White wrote: "Many who would not be guilty of placing on their table wine or liquor



of any kind, will load their table with food which creates such a thirst for strong drink, that to resist the temptation is almost impossible. Wrong habits of eating and drinking destroy the health and prepare the way for drunkenness." (Compare Listen, July-August, 1958, page 25.)

HARMFUL MEDICINES

Other harmful and health-destroying products which people in general use far too freely these days, are the poisonous and artificial pharmacological preparations to which many a person has become an addict. It is vitally important that we avoid the unnecessary use of these medicines, and in lieu of them apply natural physiological methods of treatment—a healthful vegetarian diet, pure water, fresh air, bodily exercise, sunlight, massage, etc.

In the book, The Ministry of Healing, page 127, we read: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. . . . The use of natural remedies requires an amount of care and effort that many are not willing to give."

Many prominent physicians and scientists have warned against the misuse of many pharmacological preparations in our time, as, for instance, the well-known Swiss physician, Paul Tournier, when he

talks, in his book, *Medicine de la Personne*, about "the flagrant misuse of medicines and drugs which is so prevalent today."

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." "Something must be prepared to take the place of meat, and these substitutes for meat must be well-prepared so that meat will not be desired." "There is more religion in good cooking than you have any idea of. . . . Over many graves might be written, 'Died because of poor cooking.' "-Counsels on Diet and Food, pages 256, 257.

All the food we eat should be appetizing, nourishing, palatable, and healthful. This is especially true of vegetarian food. Many have a distaste for vegetarian food merely on account of its poor preparation.



FEW DISHES AT A MEAL

"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."—Ibid., page 110.

In regard to vegetarian food it is important that everybody chooses such vegetarian products as are best suited for them, and another principle of importance concerning vegetarian food is this: use a rich variety of vegetarian food over the different meals. Avoid a monotonous and one-sided vegetarian diet.

CHEW YOUR FOOD CAREFULLY

Every meal should be eaten quietly and cheerfully. Make every meal a pleasant time together with your family. To eat your meals hastily, chewing the food badly, is knowingly to injure your health.

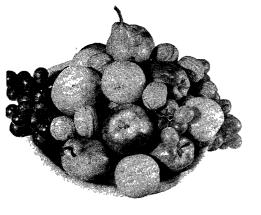
EAT REGULARLY

In the Testimonies we are recommended to eat regularly. Even when travelling we should try to follow regularity in eating. The habit of eating a sparing breakfast and a large dinner is wrong. Our breakfast should be the "heartiest meal of the day." For persons of sedentary habits, late suppers are particularly harmful. Many indulge in the pernicious habit of eating just before sleeping hours. Two meals a day are better than three. If, nevertheless, "a third meal be eaten at all, it should be light, and taken several hours before going to bed."—Ibid., pages 173, 174.

It is interesting to notice that the above recommendations in the *Testimonies* wholly correspond with the teachings of modern scientific nutrition.

With regard to the hearty breakfast, it should be pointed out that it is advisable to begin this morning meal with raw fruit (grape-fruit, oranges, apples, etc.) The following meal (lunch) taken five or six hours after the breakfast, should also be quite substantial, and it is suitable to begin this meal with a variety of uncooked vegetables, either leafy or roots in grated form. If a person's teeth are not in good condition he can very well begin his lunch with vegetable juices.

We should never eat anything later than about four hours before going to bed. The stomach should have its work done so that it too, with the rest of the body, may have rest. (*Ibid.*, page 175.) A sense of hunger in the evening is caused only by previous bad eating habits.



EATING BETWEEN MEALS

The stomach deserves careful consideration, and should not be kept in continual operation. This misused and much abused organ should have some peace and quiet and rest. After a meal the food remains in the stomach for from three to four hours. After a period of about one hour's rest it is then prepared to receive the next meal. If we eat between meals, even if only a few sweets, or a snack, this disturbs the rhythm of the digestive organs, digestion is retarded, and the food remains too long in the stomach. This causes headaches and many other physical ailments. Eating between meals is often the main cause of obesity. Water and other limpid beverages, however, can be used between meals.

In the *Testimonies* our attention is especially called to the harmfulness of eating between meals. "I am astonished to learn," Sister White wrote: "that after all the light that has been given in this place, many of you eat between meals! You should never let a morsel pass your lips between your regular meals. Eat what you ought, but eat it at one meal, and then wait until the next."—*Ibid.*, page 180.

Scientific investigations have wholly confirmed the correctness of the light we have received through the Spirit of Prophecy in regard to the eating between meals.

THE SPIRITUAL BACKGROUND OF OUR HEALTH REFORM

We Adventists believe that the greatest of all events, the second advent of Jesus Christ, is near at hand. We also believe that we, the remnant church, have a special message to preach to the world. We believe, too, that this "remnant," according to Revelation 12:17, is recognized by the fact that its members "keep the commandments of God, and have the

testimony of Jesus Christ." And from Revelation 19:10 we learn that the testimony of Jesus Christ is the Spirit of Prophecy. We also believe that God has used Sister White as His special messenger, and that through her He has revived the Spirit of Prophecy in these last days.

What really would the Adventist message be without the Spirit of Prophecy? If Ellen White had been a false prophet, then her teachings would have been rejected long ago. On the contrary, however, we Adventists treasure the Spirit of Prophecy as much as ever to this day. Through the Spirit of Prophecy we have received detailed instruction and counsel concerning all lines of endeavour in the church, and not least is this true regarding the health programme, so often referred to as "the right arm of the Advent message." The Advent message, in general, is reformatory in its nature. Likewise the health message that we teach is a message of health reform. Regarding the great and important purpose of health reform, Sister White wrote the following:

"Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies, and conform to them. Ignorance in these things is sin."—Ibid., page 18.

"It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai."—Ibid., page 17.

"One reason why we do not enjoy more of the blessing of the Lord is, we do not heed the light which He has been pleased to give us in regard to the laws of life and health."—Ibid., page 16.

"Seventh-day Adventists are handling momentous truths. More than forty years ago, the Lord gave us special light on health reform, but how are we walking in that light? How many have refused to live in harmony with the counsels of God! As a people, we should make advancement proportionate to the light received. It is our duty to understand and respect the principles of health reform. On the subject of temperance we should be in advance of all other people; and yet there are among us well-instructed

members of the church, and even ministers of the Gospel, who have little respect for the light that God has given upon this subject. They eat as they please, and work as they please.

"Let those who are teachers and leaders in our cause take their stand firmly on Bible ground in regard to health reform and give a straight testimony to those who believe we are living in the last days of this earth's history. A line of distinction must be drawn between those who serve God, and those who serve themselves."—Ibid., page 24.

"If, after so much light has been given, God's people will cherish wrong habits, indulging self and refusing to reform, they will suffer the sure consequences of transgression. If they are determined to gratify perverted appetite at any cost, God will not miraculously save them from the consequences of their indulgence. They 'shall lie down in sorrow.' Isa. 50:11."—Ibid., page 25.

The object of healthful living is not primarily and chiefly for temporal benefit nor for the prolongation of life in this present world, but rather as an aid to spiritual life, as a means whereby the people of God may be fitted for life eternal.

"If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ."—Testimonies, Vol. 2, page 66.

The purpose of healthful living is to secure for us the highest possible development of body, soul, and spirit. We must always bear in mind that the laws of health are of divine origin and to transgress them leads to disease, sufferings, and misery, while on the other hand, obedience to these laws brings happiness and health in this life, as well as helping us to prepare for the life eternal.

May we therefore not regard health reform as a burden or yoke, but rather consider it as it is—a gift of God to the Advent people. May we appreciate as we should the value of this great gift, for "every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." James 1:17.

YOUR HELPING HAND IS NEEDED

by ROBERT H. PIERSON President, General Conference

S EVENTH-DAY ADVENTISTS as a church have been spared one of the greatest scourges of our time. While millions of others in virtually every country of the world are enmeshed in this tragedy, we as a people are free from its ravages. No other church today is equipped to do what ours can to help smokers. No other faith has the publications programme ours does to help smokers quit and to discourage non-smokers from starting. No other denomination has films like ours to help smokers. We have such tobacco films as "One in 20,000" which has helped thousands to quit smoking

and thousands more never to start. Our alcohol films, our books, periodicals, and leaflets are filling a tremendous part as "Helping Hands" in this hour when we are told by the pen of inspiration that as a people we should stand in the forefront in this great battle against intemperance.

Through the years our church has emphasized a message of temperance education to help prevent people from falling victims to drink and other dangerous habits. This approach is important, perhaps the most important. However, work for the intemperate must not be neglected. "Missionary work does not consist merely of preaching. It includes personal labour for those who have abused their health and have placed themselves where they have not moral power to control their appetites and passions. These souls are to be laboured for as those more favourably situated. Our world is full of suffering ones."-Evangelism, page 265.

The task before us is huge. The chal-

lenge is great. This church has an unprecedented opportunity to save lives and souls by supporting our temperance work today. Our Lord has told us: "Say not ye, there are yet four months, and then cometh harvest? Behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest."

We are ready to move forward, but we need "Your Helping Hand." We now hasten to finish the task our Lord assigned us in the lingering twilight of earth's history. Won't you give a little more than you have ever given before on World Temperance Sabbath, October 22nd, for the temperance phase of the third angel's message? May God bless you as you share "Your Helping Hand." 'As we do our part faithfully, the Lord will bless our efforts to the saving of many precious souls." (Temperance, page 251.) May "Your Helping Hand" dig deeply into your pocket on October 22nd, and may this offering be the largest in our history, with God's help.

WORLD TEMPERANCE OFFERING . OCTOBER 22, 1966

Andrews University gets

NEW VICE-PRESIDENT

HE Board of Trustees announced on July 18th the appointment of Earle Hilgert, Th.D., as Vice-President for Academic Administration at Andrews University.

Recently professor of New Testament, and acting dean at the Seventh-day Adventist Theological Seminary, Dr. Hilgert has been at Andrews since 1952.

Questioned about his reaction to the new appointment and his concept of Seventh-day Adventist education, Dr. Hilgert said that the responsibility of a university was the carrying out of a constant and critical re-examination of accepted knowledge and values to facilitate orderly change, development and improvement in society, and the presentation of its teachers to the community as a group of experts.

His concept for Christian education is

based on the counsels given to this people through the Spirit of Prophecy; principles, he affirms, that have been sure guidance in the development of a strong system of education, and which contain values for further progress and future perpetuation of the system.

Receiving his undergraduate degree from Walla Walla College, he earned his master of arts and bachelor of divinity degrees from the Theological Seminary. He was awarded the doctor of theology degree at the University of Basle, Switzerland.

A member of several learned societies, a writer of articles published in several learned journals, and an experienced traveller, Dr. Hilgert also brings to his position his missionary experience as chairman of the department of history at



Dr. EARLE HILGERT

the Philippines Union College from 1947-1951.

Assuming his new duties on August 1st, he will replace Charles Hirsch, Ph.D., who has been appointed as Secretary of the Department of Education in the General Conference of Seventh-day Adventists.

A NOBLE PICTURE

I is amusing to think that no-one in our planning group really took me seriously when I said that we shall have to go through and with the missions to the Solomon Islands. When we got there, of course, it was instantly apparent. . . .

"Comparisons are odious, because there is room for all in the variety of mankind, but you may be interested in these reflections. On the whole I thought that the Catholic Mission was more liberal and adaptive to the spirit of the Solomon Islanders, but I was not with their Latin services in that un-Latin part of the world. On the other hand we found better villages, better village agriculture, and more rigour of mind and body, reflecting education, in the Seventh-day Adventist areas of influence. Our Seventh-day Adventist cook-boy, John Eros, was one of the best-wise, courteous, helpful, and humorous. Indeed, he was one of the few Solomon Islanders we met who seemed instinctively sympathetic. We had three or four among our 'permanent troop,' and always counted on them.

Our main contact with the Seventh-day Adventist Mission was at Kuzi village on Kolombangara. Our arrival coincided with an important conference to be held there in a few days concerning the relations between the Government, Unilevers (who own most of the island), and the Seventh-day Adventist Mission, over

land-development. We were thought to be a rival party come to prospect.

"By happy chance I was directed to the Seventh-day Adventist church with the headman Joseph Ito and the local Councillor Alizama. All our party was welcomed to the evening service and some, or most of us went for the next three Saturdays back from the forest with the 'Kuzi men,' as we called our local helpers. We had asked in advance for twenty-five porters, but none turned up owing, no doubt, to this misinterpretation of our intentions. Kuzi village found eight men immediately and, by the end, we had about twenty men and boys from the village. Without this splendid effort our expedition to Kolombangara would have been a failure. I, personally, very much enjoyed-meaning deeply appreciated-the straightforward, simple services in the village church, held by the 'elders' who laboured for us during the week. The singing, without of course any musical accompaniment, was delightful. I think your hymnal has the true inspiration for the working life. I forgot the collection on the first two occasions, because I walked out of the forest in jungle kit. On the third occasion I put a £5 note into the bag for Kuzi church. Later the school-teacher announced that the Kuzi had decided to donate this as their contribution to a Seventh-day Adventist appeal for a building in London. So Burlington House has cast a mite into your Treasury! Before I left, the school-teacher, Pudi, who was as dark as any Solomon Islander, said to me that he thought I was his first white convert! I assure you that he has built up in my mind a noble picture of your Mission. I related all this and much more, of course, to Pastor Holme who is head of the mission in Honiara, and gave him a copy of our sort of diary on Kolombangara. He and his family very graciously came to a 'reception' we gave in Honiara on behalf of the Expedition to all who had helped us.

"I have realized for many years the good work of missions, but never so clearly as now after the Solomons venture. Take away the village church, and there would be no community left, and very little education. To be quite simple, the Solomon Islanders are de-cannibalized, converted to Christianity, and longing to learn more and more. That is why they found something so unusually interesting in our lay scientific expedition. They were delighted to find that we could learn from them, as well as teach them, about plants and animals, rocks and rivers. If you can encourage the plain appreciation of nature by teaching simple biology' in your Mission schools, you will appeal to a side of village life which is inborn, strong, yet neglected. Of the mundane things to give to a mission station, I would choose footballs and a simple microscope!"

THE biennial session of the West Denmark Conference met from July 27th to 31st on the sea-side campus of the Danish Junior College at Vejlefjord. Some 1,200 members flocked to the college over the week-end to swell the number of regular delegates who had been listening with considerable attention and encouragement during the previous days to the sermons, Bible studies, and reports concerning the progress of the manifold segments of the work. One hundred and nineteen souls were baptized during the past two years, and for the first time, tithe receipts passed the million kroner mark. (7 Danish kroner

BIENNIAL SESSION WEST DENMARK CONFERENCE

by Dr. B. B. BEACH

equal \$1.) Two new churches were built, and strong plans are being laid for the opening of two new church schools—one on the island of Fyn, and the other on the peninsula of Jutland. The Bible correspondence work is flourishing.

H. Muderspach, president, A. Berg, secretary-treasurer, and S. Christensen, departmental secretary, were re-elected. In order to strengthen the work of the departments, two new departmental secre-

taries, V. Bek and A. Wagenblast, were added to the conference staff.

The twelve ministers, two Bible workers, three office workers, four church school teachers, and some twenty full-and part-time literature evangelists, together with the almost 2,000 members of the West Denmark Conference, are of good courage and, inspired by the session motto, they have left Vejlefjord determined to "Let their light shine."

POR centuries Ethiopia has been a focal point of interest. Explorers came in spite of her remoteness, and writers wrote in vague and curious terms. Representatives of European courts visited her. Ethiopia's Christian inhabitants continued isolated, however; Islam surrounded them both on the sea coast and in the desert.

The twentieth century has brought many developments. Praise belongs to His Imperial Majesty Haile Selassie I who has fought continually to improve his country and at the same time maintain stability. During these years of change, our Seventh-day Adventist concept of combined medical, educational, and spiritual wholeness has appealed to, and satisfied the needs of many.

The first Adventist missionary to Ethiopia arrived in Eritrea in 1907. At that time Eritrea was an Italian colony. It was not until 1920 that V. E. Toppenberg entered Ethiopia itself. Subsequent years have witnessed a prospering mission with hospitals, schools, and churches being built. In several areas, lay evangelists have converted hundreds as they have taught fundamental biblical truths and preached the Three Angels' Messages.

Eritrea, however, has not experienced a significant growth in membership or facilities for a number of years. Nevertheless, we feel that the seeds of truth which have been lying dormant are about to spring forth into "plants bearing fruit."

The Lord has guided our church leaders to the purchase of a new piece of property in downtown Asmara. Here we anticipate the erection of an evangelistic centre appropriate for this capital of the province of Eritrea. The Evangelistic Centre will include Voice of Prophecy offices, a public reading room for our literature, and for Bible Study groups, recreational facilities for the youth, and a sanctuary for God's people.

A Week of Prayer was recently conducted at our Asmara S.D.A. Grade School. Senior students and teachers participated in the sermons, music, and panel discussions. Throughout the week, lessons were drawn from exemplary "young people of the Bible." On the last evening meeting our evangelist, Ande



Progress in Asmara



Asmara Seventh-day Adventist church. Above: Asmara church choir with planist Nancy Anderson. Pastor Owen D'Costa is on the extreme left.

Berhan Manna, led the young people in a testimony service when they had opportunity to witness of God's work in their lives. Sabbath morning, Pastor Owen D'Costa presented an appropriate climax by challenging all to follow after Jesus Christ, the perfect example for all young people.

The special music during the Week of Prayer, as well as the church music every meeting, has been greatly enhanced by the lovely Wurlitzer piano which was purchased with donations from the members of the church in Asmara and the

members of our church in Yakima, Washington, U.S.A. Such a bond of fellowship and spirit of co-operation reaching round the world is indeed thrilling.

The members of the Asmara Seventh-day Adventist church are excitedly planning toward the development of our Christian witness throughout Eritrea. We know you too, will be looking for reports as the work progresses, and we ask a continued interest in your prayers.—MERLIN G. ANDERSON, Jr., M.D., Public Relations Secretary, Asmara S.D.A. Church.

Official opening of

by BORGE SCHANTZ CHRISTENSEN

President, Sierra Leone Mission

N September 15, 1965, forty young men and women had the honour of being the first students in the Seventh-day Adventist Secondary School, Yele, located in the geographical centre of Sierra Leone.

The official opening, however, did not take place until March 2, 1966. Present from the Sierra Leone Government were: the Honourable the Minister of Education, Mr. Jusu Sheriff, the Honourable the Minister of Transport and Communication, Mr. Kandeh Bureh, who also is deputy Prime Minister, and many Government officials from both the Central Government and the District Office.

From the Seventh-day Adventist Church were present: Pastor Th. Kristensen, President of the West African Union, Mr. J. Muderspach, Union Treasurer, the Mission officers, the ordained ministers in Sierra Leone, the headmasters, and many churchmembers. Also present were Paramount Chiefs, local traders, and clergymen of other denominations—altogether about seven hundred people.

The ceremonies started with a luncheon in which about three hundred people took part. In his speech the Minister stressed the importance of obeying those in authority. "Education," he said, "is what is left when you have forgotten what you were taught in school." The speakers from the Seventh-day Adventist Church stressed the benefits accruing from true Seventh-day Adventist education, the Union

YELE SECONDARY SCHOOL

President, in his address, giving an excellent outline of our educational aims. The assembly was also told that, thanks to the great help of the West African Union and the Northern European Division of Seventh-day Adventists, all the buildings, and the tractor, etc., were paid for out of Mission funds. All attending the opening ceremonies were impressed, not only with the already existing buildings which were built in a few months, but also with the plans for the future as laid out by the Mission.

Like most schools on this side of the Atlantic Ocean, our Adventist Secondary Schools run in co-operation with the Government. All capital investments are out of Mission funds, while the teachers' salaries and most of the running expenses are granted by the Ministry of Education.

In charge of the School is a Board of Governors composed of five members from the Seventh-day Adventist Church, five from the Sierra Leone Government, and two from the local District Council. The Minister of Education has appointed the President of the Sierra Leone Mission to be Chairman of the Board of Governors, the local District Council has appointed two senior Seventh-day Adventist teachers to represent them on the board, and out of its five representatives the Government has graciously appointed two Senior Civil Servants who had their first training in Seventh-day Adventist Primary Schools: Mr. S. L. Bangura, Deputy Manager, Sierra Leone Bank, and Dr. Kamara,

Veterinary Officer, Northern Province. The Principal of the school is Mr. Laurence Read, who comes from Britain. He is not only the Principal, but also the architect and builder, and the originator of the master plan for the school. Without Mr. Read's untiring efforts, sacrifice, and optimism in dark days, this school would not have been a reality today.

Mr. Read is assisted by Mr. T. K. Kagbo, a Sierra Leonean with a B.A. degree and Diploma of Education from Fourah Bay College and Durham University. Mr. Kagbo, who was born at Yele, is a valuable asset to the school because of his knowledge of the area in which the school is situated. He is also untiring in his help in the spiritual programme of the school.

From its outset the school, which admits only boarding students, has had a strong Adventist programme. Worships, Sabbath school work, Missionary Volunteer work, hikes on Sabbath afternoons, Week of Prayer, baptismal classes, Bible as the most important part of the curriculum—these have all contributed to making it possible for us to have our first baptism on May 28, 1966, only eight months after its opening. It is our prayer that we may continue to get dedicated teachers and the necessary funds to continue a strong Seventh-day Adventist programme, so that the Seventh-day Adventist Secondary School, Yele, together with its "big brother," the Peninsula Secondary School, Waterloo, may educate young Sierra Leoneans to be citizens of heaven, thereby ensuring them to be also the best citizens of their own country.

Owing to some small delay in the publication of this report, as can be seen from our "News Flashes" Brother Read is no longer the principal of Yele Secondary School, having come home for further study. We felt, however, that these good words of appreciation should remain.—ED.

ORDINATION IN GHANA

by J. K. AMOAH

Ghana Mission

THE town of Agona is well known in the history of the Ghana Mission

It was in Agona in 1914 that Nana Kwame Boakye, the then paramount chief of Agona, Ashanti, gave a large piece of land to Elder Lewis, one of our first missionaries, who travelled more than two hundred miles up country in search of land for our mission work.

Today we have more than two thousand baptized members in this area.

In this historical town three brethren were ordained to the Gospel ministry during the Ghana constituency meeting: Stephen Okyere, district leader of Oda; J. M. Hammond, Bible and Science teacher of Bekwai Teacher Training College; and J. A. Mensah, Education Secretary of the Ghana Mission.

May God's rich blessing rest on these brethren as they go forward to bear increasing burdens in His work in the future. S PECIAL ceremonies were recently held in the Ile-Ife hospital church for 24 graduate nurses and 3 midwives who had successfully completed their courses.

The Baccalaureate sermon on Friday was given by Dr. Lester Rhymes, one of the staff physicians.

On Sabbath morning, Pastor Mueller from the Adventist College of West Africa led the class in a service of consecration.

A number of important personalities in the town were among the guests present on Sunday afternoon to witness the Commencement service. Pastor John Paulson who gave the address stressed the importance of excellence in all things.



Graduating class of 1965 at He-Ife Hospital, with some of the faculty.

Graduation at Ile-Ife Hospital School of Nursing

by Mrs. I. MOON, Church Public Relations Secretary

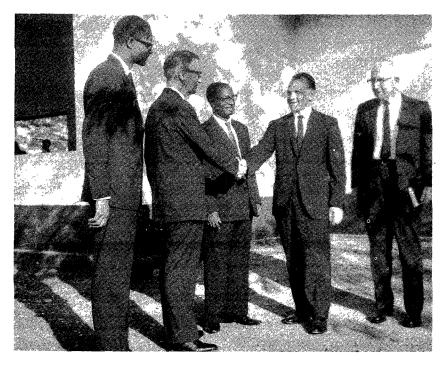
The class aim, "Service Above Self," and their motto, "For God and Humanity," were not chosen without thought and a true missionary spirit. Already, sixteen of the class members have filled needs in our mission hospitals in Nigeria. Two of the nurses have gone

to Jengre Hospital in north Nigeria. Four are serving in the Eastern Region: two in Ahoada Hospital, and two at the Northern Ngwa Hospital—our newest hospital in Nigeria.

Five of the graduates have been asked to fill staff positions at our Ife Hospital.

Another five have been accepted into this year's Midwifery class which is under the guidance of Dr. (Mrs.) K. Olsen from Germany.

This field appreciates greatly the support of the home fields, and we are here to witness that missions do pay.

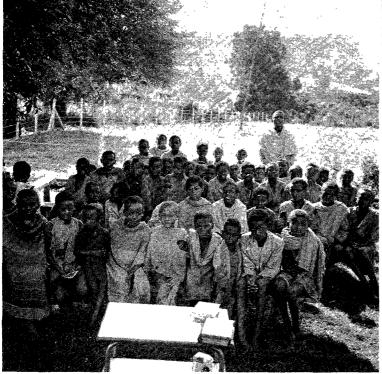


ORDINATION IN WEST AFRICA

One of the highlights of the ministerial retreat in Ghana, held at Bekwai College, was the ordination to the Gospel ministry of Dr. S. Berkeley. Dr. Berkeley is Educational Secretary of the West African Union. From the left: Pastors M. T. Battle, Th. Kristensen, J. K. Amoah, S. Berkeley, N. B. Nielsen.

BRINGING CHRIST TO GREEN LAKE

by MIRETTE KAMMERER





Green Lake Clinic

Sabbath meeting in the front garden of Green Lake Clinic.

To is over a year now since the new station at Green Lake was opened officially. At that time I was still a pupil-midwife in the Watford maternity hospital, preparing myself for the work in the mission field. It was with great interest that I read the article in the Northern Light about this new field, as I had been asked to go there after the termination of my studies. Moreover missionaries already working in Ethiopia kept me well informed regarding the station and its progress, so that it was with eager expectation that I started on my journey out to Ethiopia.

As I had worked one term in this country before, it was not without emotion that I recognized some places during

my flight from Djibouti to Addis Ababa.

After a few days of preparations in Addis Ababa, early one morning we packed all my goods in the old Landrover, and started on our journey to Green Lake.

We followed the main road to Nekemte for about 220 km., then, shortly before reaching Sheboccawe, turned off from the main road into a rough path which climbed steadily along the mountain sides to a high plateau. In the meantime it had started to rain, and as though the deep furrows already washed out by the rainwater were not obstacles enough, the path became dangerously muddy and slippery, and often brought our car into a frighteningly slanting pos-

ition. Happily Pastor H. Palm, our Lay Activities Secretary, is well experienced in such situations, and brought us finally to our destination safely.

The station is situated on a small hill in a wide valley which leads to the great Chomen Swamps. The surrounding hills are covered with beautiful big trees, and here and there in between are the thatched roofs of a few huts. It is a calm and peaceful sight, but oh, how deceiving! Fear and disease govern these poor people, caused by old, bad customs, superstition, and witch-doctors. Native medicine is often more trusted than the missionary's drugs and treatments, and many a life is still lost thereby. Many a patient is brought in

in serious condition because their own methods are tried first. Many a sore is aggravated by a caustic solution, and many a burn is infected by cow's manure or other dirt. Day by day in the clinic we teach the people about cleanliness and the blessing of water and better health habits. We give them the soap donated by the UNICEF, and distribute the dried milk, also from the same source.

During the morning clinic hour I wash babies and demonstrate the proper care of them. At the same time we tell the mothers about God's love and Jesus' healing power if they would only leave their bad habits and follow Him. In critical moments we pray with them. Many of them need hospitalization, but we have no means to transport them to the nearest hospital which is about 125 km. from here. Moreover many have no money with which to get to hospital. Such heavy responsibility weighs one down, but God

is good, and I know that I am never alone. Many times we experience His presence. Many a prayer is answered. Without this support I could not continue my work here.

Often I am told that I am to be pitied for my isolation. I do not feel so isolated myself except when I realize the difficulty of supplying the needs of my patients. All morning, sometimes even until 3 p.m., I am busy in the clinic. Then I have the work in the garden and some animals to look after. If there are no in-patients, we sometimes go out visiting and teaching. Every morning we have radio communication, and twice or sometimes three times, per month, I send my watchman down to Bacco (40 km.) to get my mail.

Every Sabbath we gather in the front garden under a big tree. Twenty-five to forty adults and children come from near and far to listen and to learn about

Jesus, about what He did, what He is going to do, and what He is willing to do for them. We need more time and more workers. Some come a couple of days journey from over the swamps. They have no medical help over there and nobody to teach them of the love of God and His wonderful promises. Witch doctors and wizards govern their lives. Often we are asked to go out to them, but we cannot go so far and I have nobody to send. We need young people to be willing to come out, and the money with which to support them.

Many at home become weary and wonder why Jesus delays His coming, but how can He come while there are still thousands who have never heard about Him? God loves them as well as us, and expects us to co-operate with Him, showing our love and faith and proving our hope in the message by giving time and means to hasten His coming.

NEWS FLASHES

Collected by CLARICE THROSSELL

AMONG recent missionary departures have been Brother and Sister W. D. Beamish and family. They left England for Monrovia on June 27th, Brother Beamish having been called to the secretary-treasurership of the Liberian Mission. Since his graduation from the business course at Newbold College, Brother Beamish has been a member of the Stanboroughs Nursing Home office staff.

Miss Glenda Janssen, returning for service in Ethiopia, spent two or three days at Newbold College while en route from her home in the U.S.A. She brought greetings from Miss Shaké Nalkranian who is well known to our Ethiopian missionary family, and also to many others, for her long years of devoted service in that field. Miss Janssen left London airport on August 2nd. She will be located at the Gimbie Hospital.

Callers at Division headquarters in recent weeks have included Dr. J. Lennox, on furlough from Kwahu Hospital, Ghana, and Mrs. Lawrence Read with her two young sons. Sister Read has preceded Brother Read on permanent

return from Sierra Leone. It is Brother Read's intention to take a medical course here in England.

On July 11th Dr. and Mrs. Seton arrived from the General Conference Session and were introduced to the office family. After spending a week at Division headquarters, Dr. Seton proceeded to Berne, Switzerland, to wind up his work in the Southern European Division before taking up his duties in Northern Europe. By the time this issue is in print, he will have taken up residence in St. Albans and be in the thick of things in the Secretarial Department.

Division staff worship on the morning of August 2nd was conducted by Pastor J. P. Sundquist, just back from attending youth camps in Iceland and Norway following on the General Conference. In Iceland about two hundred were in attendance, and in Norway young people came from Norway, Sweden, Denmark, and Finland. In Detroit, Pastor Sundquist told us, the night guards at the Exhibition Hall were greatly impressed

by what they observed of Seventh-day Adventists—they were all so happy and pleased to see each other, no matter what their colour or from what country they came.

Pastor E. E. Roenfelt, our late president, returned to England from the States on July 30th and took morning worship for the staff on Monday morning. Though retired from administrative duties, Pastor Roenfelt plans to engage in public and personal evangelism. He and Sister Roenfelt have decided to locate in the United States where they have two sons and several grandchildren.

In September we were glad to welcome Elder H. E. Rice, Associate Secretary of the General Conference Medical Department, he being en route to the Trans-Africa Division. Elder Rice spent one week in Britain advising on proposed medical developments in the British Union. Following his itinerary in Trans-Africa, Elder Rice plans to spend a few days in the Ethiopian Union, studying the development of the new hospital buildings in Addis Ababa.



Prior to the General Conference session, there took place at Andrews University a conference on Church and State problems. In the picture are seen those who participated in the conference. The Northern European Division was represented by E. W. Pedersen, Dr. B. B. Beach, Mrs. Beach, S. Dabrowski, Z. Lyko, O. Jordal, G. Berglund, L. Nielsen - who are all to be seen in the picture. Dr. B. Seton with his wife, is also there. Dr. Beach spoke on the religious liberty situation in Communist countries, and Dr. Seton gave a talk regarding the religious liberty problems in emerging nations.

CONFERENCE ON PROBLEMS OF CHURCH AND STATE

NORTHERN LIGHT

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