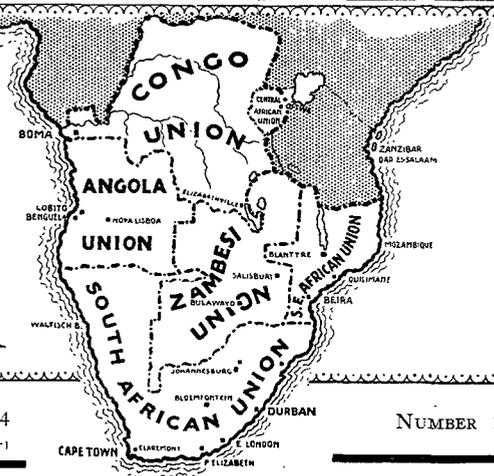


The SOUTHERN AFRICAN DIVISION OUTLOOK



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Strangely Overlooked

T. E. BOWEN

A SERIOUS crisis had arisen in the newly established Christian Church. The unity among believers in Christ Jesus was in jeopardy. The controversy involving the loyalty of Gentile believers had arisen over the question of circumcision, Jewish believers contending that this rite instituted by God Himself in His call to Abraham formed an essential ordinance obligatory upon Gentile believers as a sign of righteousness the same as upon Jewish believers, and if ignored and set aside, they could not be saved. Paul taught that it was neither demanded of Jewish nor Gentile Christian converts at that time, that "in Christ Jesus neither circumcision availeth anything, nor uncircumcision, but a *new creature*" was that which became vital for salvation.

That this question should be settled, a general assembly was called, composed of chosen delegates from both Gentile and Jewish churches, coming together to meet with the apostles at Jerusalem. Peter was there, as also were Paul, Barnabas and Silas, and others of the apostles, with James, the half brother of Jesus, not Peter, acting as chairman.

After considerable discussion it was found that God by the Holy Spirit had already virtually decided the question as set forth in Peter's relation of his experience, how that he, being a Jew, had by direct vision from God been instructed to answer a call to go to the home of Cornelius, the Roman centurian, and there give the gospel story of Jesus' life, death and resurrection. This he did, with the result that Cornelius and his

The "Outlook"
Wishes all its Readers
A Blessed and Prosperous
New Year

house, with others assembled, believed on the Lord Jesus; and then, strange as it might seem, God poured out upon these Gentile believers the gift of the Holy Ghost as upon the Jewish apostles and believers in Jerusalem on the day of Pentecost.



Turning the Leaf

TURNING the leaf that the New Year brings
To the worn old book of life,
Is turning your back on a tired past,
With its fear and distress and strife.
Turning the leaf, you may turn to love,
To brightness and joy and laughter;
But it isn't the turning that counts so much,
As what comes after!

Its writing that counts in the book of life:
Its the message you pen each day,
Its whether the page be rosy hued,
Or touched with a sullen gray;
Its what we teach as we humbly write,
And what we, please God, may learn.
What really counts, as the New Year dawns,
Is what comes after—the turn!

—Margaret E. Sangster.

And then Paul related his experiences among the Gentiles by telling how that salvation through belief in Christ Jesus had come to them, without so much as mention having been made of circumcision.

So in the final summing up of the evidence brought out by the council, as stated by James, the chairman, we read:

"Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: but that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood. For Moses of old time hath in every city them that preach him, being read in the synagogues every Sabbath day." Acts 15: 19-21.

This decision not only brought in unity and harmony into the council, and authoritatively settled the circumcision question as related to its obligation upon Christian believers; but brought gladness to the churches wherever this recommendation was read. For, to avoid any misinterpretation of this important decision concerning the observance of the rite of circumcision among Christian believers, a letter was shaped up by the council and placed in the hands of faithful ministers to be read in the churches on their return from Jerusalem. Here is the letter:

"It seemed good unto us being assembled with one accord, to send chosen men unto you with our beloved Barnabas and Paul, men who have hazarded their lives for the name of the Lord Jesus Christ. We have sent therefore Judas and Silas, who shall also tell you the same things by mouth. For it seemed good to the Holy Ghost, and to us,

to lay upon you no greater burden than these necessary things: that ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well." Acts 15: 25-29.

Let it be noted that this council decision was reached some twenty years and more this side of Calvary. Isn't it strange that in this inspired statement issuing from the council, mentioning as it does several points of essential belief, nothing is said about the new regulation for Gentile believers, of keeping Sunday, the first day of the week—the resurrection day—as the sabbath in place of the "Jewish Sabbath," everywhere known to be the seventh day? What an opportune time for presenting this wonderful change (?) in the Sabbath days to all Christian believers! Why thus omitted? Why so signally overlooked? Surely if the salvation of souls were involved in keeping holy the Sunday—the first day in place of Sabbath, the seventh day mention should have been made in this letter put into the hands of Paul and Silas to take back to all the Gentile churches.

Three of the ten commandments from God's sacred law are referred to in this decree—worship of false gods as expressed in bowing down to idols, the first and second; and fornication, the violation of the seventh. Hence this decree did not set aside the law of God, since it incorporated into it three of its precepts as binding upon Gentile believers, conclusively proving all the other commandments likewise were binding. The Sabbath of the commandment was also directly referred to during the council, in that James said the Scriptures were read in the synagogues "*every Sabbath day*," in summing up the discussion of the council and presenting his conclusions.

What a splendid opportunity was thus offered the apostles to instruct Gentile believers in this letter placed in the hands of Paul and Barnabas and others in regard to the importance of their keeping Sunday, the first day of the week, in commemoration of Jesus' resurrection on that day. With some twenty years having passed since Jesus came forth from the tomb, surely by this time the new sabbath should at least have become well established among Gentile believers. But not one word is men-

tioned about their keeping themselves free from the Jewish Sabbath-keeping custom by keeping the Sunday.

Why this silence? The only answer that can be given is that Apostles Peter, John and Paul, with others not named, including Barnabas and Silas, together with all the other elders there assembled, as well as the Holy Ghost, knew of no such Sunday sabbath agitating the Christian Church, and this, too, let it be remembered, years this side of Christ's resurrection day morning. If Sunday-keeping had not become an essential obligation for Christian believers then; if at the time of this council, when by the disregarding of the rite of circumcision the believing Jews had brought in so much trouble and uncertainty as to require the calling of this council to consider and settle the disputed question, think you if there had been so serious a question as that of a proposed change *in the day of the Sabbath* agitating the churches, there would not even more opposition have been aroused by Israelite Christians, absolutely requiring that attention be given it by the apostles? Or, had any importance whatsoever been attached to the sanctity of the first day of the week at this time, because that upon this day Jesus had come forth from Joseph's new tomb, in this decree sent forth from the apostles, dictated and approved by the Holy Spirit, think you not that some mention would have been made regarding it? Circumcision by this decree was set aside, but not the Sabbath day of the commandment. Not even one word is issued concerning a new Christian sabbath! Not a hint as to any sacredness being attached to any other day of the week than Sabbath, the seventh day of the commandment. Passingly strange, isn't it? Is it possible for a day to be made holy without God having anything to do about it? Could it be possible that this Sunday-keeping "plant" is one of those of which Jesus said, "Every plant, which My heavenly Father hath not planted, shall be rooted up"? Matt. 15: 13.



"HEAVEN is to begin on this earth. When the Lord's people are filled with meekness and tenderness, they will realise that His banner over them is love, and His fruit will be sweet to their taste. They will make a heaven below in which to prepare for heaven above."—"*Testimonies*," Vol. VII, p. 131.

Decorum in Our Churches

A. BOEKHOUT

PROTESTANTS differ from all Romanists in that they have come away from all symbolism. If we except the bread and the wine in the holy supper and the water in baptism, we have no outward symbol whereby our thoughts should be fixed upon things divine. We solely depend upon the Word and the efficient working of the Holy Spirit to infuse in our hearts the right conception of heavenly things.

This is as it should be. For in speaking to the Samaritan woman at the well, Jesus Himself enunciated this tremendous truth: The Father seeketh such as "worship Him in spirit and in truth."

It does not need a temple nor the multifarious paraphernalia of Rome to have communion with the Father. The true worshipper recognises the presence of God anywhere and everywhere. To him the original condition of the first intercourse of man with his Maker has been restored: "They heard the voice of the Lord God walking in the garden in the cool of the day." Gen. 3: 8.

Such a natural childlike communion with our heavenly Father is very desirable, but also not always possible. Hence in order to come to the help of our human infirmities, man has erected places of worship where we may come away from the noise and distraction of our earthly life and be lost in contemplation of heavenly things.

This is the meaning then of our church going: we seek communion with heaven in the presence of our brethren. This also is that which binds our souls together in Christian fellowship and love. When I see my brother and my sister bow down before the great and holy God, my soul goes out after them in tender feelings of love and piety and I utter a silent prayer that the Lord may bless and comfort their hearts indeed. Church going then becomes an act of devotion and of fellowship. There is nothing in church going that savours after the ways of the humdrum life of every day, which is at times sordid and soul-degrading. Church going then to me is a holy act, there is something there of the soul lifting joy which filled the hearts of the Israelites as they, with their families, were going up to Mount Zion to worship the King. (Read Psalms 120-134.)

This being so, I do wonder whether we should not all make a special effort to preserve that atmosphere of silence and reverence while we are in the house of God, so that our souls may commune with heaven and angels of God may draw near to us and to our children to comfort and cheer us on the way. Also our own children would then better understand the meaning of going to church and the stranger visiting our plates of worship, would feel constrained to say: "Indeed, the Lord is among you!"

S. A. Conference
 L. L. Moffitt *President*
 P. W. Willmore *Secy.-Treas.*
 Box 256, Bloemfontein, O. F. S.

The Germiston Effort

D. A. DE BEER

For the encouragement of our brethren and to the honour of the name of the Lord, I would like to tell something about the Germiston effort.

Notwithstanding severe opposition from every side the Lord blessed us greatly. Our main difficulty was with baptism. About twenty-four of the railwaymen had definitely decided to take the step, when they discovered that they could not be accepted for baptism until they kept the Sabbath. Their disappointment and its effect can better be imagined than described in words. We as workers together with Brother Herholdt had our hands full to make them realise the position, and as was the case right through the whole effort, we had to be on our feet all day and on our knees a great part of the night. We are glad to say that nearly all their wives have been baptised and they show a good spirit of co-operation, expecting as they do, that they too will be enabled one day to walk in the path of obedience.

The local minister of the United Dutch Reformed Church was very much opposed to us, until one evening we met him. The friends who went to fetch him, had to promise that they would not allow Brother Herholdt to address the minister. Shortly after his arrival, the present members of his church expressed their lack of confidence in him and also handed him their resignation as church members.

We have here some ladies who work in the clothing factories who have accepted the truth. Brother Herholdt had to interview the Jewish owners to get the Sab-

bath off for these sisters. In that way he visited the local synagogue. When the rabbi heard that he was a Sabbath-keeper, he urged Brother Herholdt to come and preach about the Sabbath, because the Jews desecrate the holy day so. He gave his promise and so the synagogue may one day hear a Seventh-day Adventist preacher.

Brother Herholdt has expressed himself as desiring to thank the writer together with Brother D. F. du Plessis and Sister Susie Owen for their untiring labour. May the Lord bless them and may they one day meet in heaven those for whom they laboured and prayed here on earth.

S. S. Department
 A. F. Tarr, *Secretary*

Ten Commandments for Sabbath-school Teachers

THE first requisite for a successful Sabbath school teacher is to be true, strong, genuine, clean, courageous, honoured, above reproach, with high ideals and noble character. Therefore the first commandment is—

THOU SHALT BE A MAN—OR A WOMAN

The world is waiting for leaders. John R. Mott says that where the church has failed it has been because of inadequate leadership, and this is true of the Sabbath school. A leader is an organiser, an inspirer of others. He does not say "Go," but "Come." "That leader governs best who appears not to govern at all." The second commandment is—

THOU SHALT BE A LEADER

When God wanted to plant a new nation, and desired a leader for that nation, He gave a man a new vision. Abraham was commanded, "Look now toward the

heaven." Tent-vision was to give place to sky-vision. So we need to look beyond the present, and bend all our energies to the realisation of our hopes for the future. The third commandment is—

THOU SHALT HAVE VISION

We should remember that God lives and rules; that He has a programme for the world, and it is our high privilege to help carry it out. We should believe in the importance of our work, and in ourselves as sufficient for it, because God has promised to give wisdom and strength for each day's need. The fourth commandment is—

THOU SHALT HAVE FAITH

Leadership, vision, and faith demand steadfastness in co-operation with those who are our companions in the work of the church and Sabbath school. We must not forget our great Leader's last command, "Teach all the nations." It is a tragedy when classes disintegrate and disappear for lack of teachers. The fifth commandment is—

THOU SHALT BE LOYAL

In order to hold a class of lively boys and girls, or thoughtful adults, a teacher must be constantly adding to his store of knowledge. One who would keep abreast of the times must study, read, and think. The sixth commandment is—

THOU SHALT BE A STUDENT

Someone has said, "Not failure, but low aim is crime." We need to aim high—not for self-advancement, but for the advancement of the cause. Our school will never surpass our aim and ideal for it. Let us have a bigger class if we can; a better one we can and must have. The seventh commandment is—

THOU SHALT BE AMBITIOUS

When faith and ambition join hands for action, enthusiasm is the result. When this germ takes hold of the Sabbath school force it soon spreads through the church and the homes represented in it. It gets results of which no one dreamed. It puts life into every enterprise, and live things grow. The eighth commandment is—

THOU SHALT BE ENERGETIC

Enthusiasm needs to be backed up with courage, cheerfulness, and staying power. There is a proverb which says, "He who can have patience can have anything else." Well has it been called a virtue. The ninth commandment is—

THOU SHALT BE PATIENT

Great hearts are always humble. The more one accomplishes, the more one sees to be done. The truly great are not proud that they have done so much, but humble that they can do no more. One who would be a worth-while leader must be quick to appreciate the ability of others, but not think of himself "more highly than he ought to think." The tenth commandment is—

THOU SHALT BE HUMBLE

—Selected.



NEW BELIEVERS AND WORKERS IN GERMISTON.

The Foundation of All

WE are thinking of the Sabbath school, that oldest specific department of the church—thinking of the great good the Sabbath school has accomplished, of the knowledge of the Scriptures gained through this medium, of the thousands of pounds raised for missions through the Sabbath school. Then, too, we're thinking of the Home Missionary and the Missionary Volunteer Departments, and of their great value to the denomination. The school work also comes to mind. How many, many souls have been saved through the medium of our splendid system of schools! What should we do without these wonderful agencies given us by an all-wise Father for the perfecting of the church?

Have the parents stopped to reason that the work done in the home underlies *all* the rest? Shall we not study what this means? Please consider carefully page 349 of "Ministry of Healing," and resolve that your home shall be a better, stronger one than it ever has been, that the opportunities afforded there shall be used, not neglected. Probably you have conscientiously done the best you knew how all the way along. Then it seems necessary to study further to learn more about the care, discipline, and teaching of the children. Why not decide at once to learn all you can about this most interesting and important subject, the subject that should lie nearer our hearts than any other?

At the headquarters office it has been a common occurrence to receive letters which read about like this:

"Oh, if I could only have had the opportunities for study twenty-five years ago, when my children were little, that I have now, how different they might have been!"

Here is a word from Florida:

"I have a number of books on baby care, but this 'All About the Baby' is by far the best book of its kind that I have ever seen—so very complete, and written in such an attractive manner. To me it is a regular gold mine."

Another from Canada:

"I was certainly impressed, as I studied, with my responsibility as a mother. My husband assures me that our home is filled with a greater spirit of love and tenderness since we studied 'Makers of the Home.'"

From the North-west:

"I wish to express appreciation in behalf of our society for these wonderful lessons that have been prepared for us. The Mother's Society has meant everything to me. It has given me a new vision, a desire to be all that God would have me to be. If only *all* the mothers would become interested!"

And we can't help saying "Amen" to that. If the younger mothers only knew just what this means to them, they would seek help. We have often wished that just such a vision might be given to young parents as is furnished by a background of experience of rearing children to manhood and womanhood. Experience is too dear a teacher. Why not learn from the experience of others?

At the General Conference office, we should be glad to do all we can to help. Ask for further explanation of the work, from the Home Commission, General Conference, Takoma Park, Washington, D. C.

We do not shift *our* responsibility as parents to any other agency of the church. All these are helps, but since these children are *ours*, we are re-

sponsible. We must remember, "The work of parents underlies every other. . . . The well-being of society, the success of the church, the prosperity of the nation, depend upon home influence."

Medical Dept.

Dr. A. N. Tonge, Secretary

A Well-Balanced Diet and Its Relation to Health

J. D. BLAINE, M. D.

As we eat, so shall we live. No one will deny that our health depends to a very great extent not only on what we eat, but also on how we eat, how much and how often we eat. The most unfortunate thing is that while we all have this knowledge, yet we persistently disregard it until suffering is experienced.

Just as four legs make a chair firmer than three, so is health firmer or surer that is built upon the four above-named factors. To balance our dietetic habits, we must give proper consideration to these four essentials. Enumerating them again, they are: What we eat; how we eat; how much we eat, and how often we eat. Each is very important, and not one of these basic pillars of health can be disregarded if happy, healthy lives are to be enjoyed.

If one eats "just anything," but eats regularly, chews the food well, and does not have too much, it does not necessarily follow that good health will result. A lot of poor health is found among those who follow such a routine.

Further, to partake of well-balanced meals; but bolt down the food, yet eat regularly and not too much, will not produce good health. Chronic stomach trouble will result in later life, if it does not manifest itself earlier by dyspepsia and indigestion.

Again, there is the person who is careful about all his eating habits, except how much he eats. Gluttony has always caused sickness and disease, and always will. We need to feed our bodies, but not make them storehouses for food.

Then there is the person who eats all day long, besides three regular meals a day. His stomach never gets a rest. How can such a practice ever

Our Own

If I had known in the morning
How wearily all the day
The words unkind
Would trouble my mind,
I said when you went away,

I had been more careful, darling,
Nor given you needless pain;
But we vex "our own"
With look and tone
We might never take back again.

For though in the quiet evening,
You may give me the kiss of
peace,
Yet well it might be
That never for me
The pain of the heart would cease.

How many go forth in the morning,
Who never come back at night;
And hearts have been broken
For harsh words spoken,
That sorrow can ne'er set right.

We have careful thought for the
stranger,
And smiles for the sometime guest,
But oft for "our own"
The bitter tone,
Though we love our own the best.

Ah, lip with the curve impatient;
Ah, brow with the look of scorn,
'Twere a cruel fate,
Were the night too late
To undo the work of the morn.

—Margaret Sangster.

bear the fruit of good health in the years to follow!

Most of you know that food is divided into certain elements which are called proteins, the tissue-building portions, fats, which give heat and a certain amount of energy to the body, and carbohydrates, which are the oxidising and energising portion. In addition to these, foodstuffs contain what are known as vitamins, elements that are most essential for certain functions of the body, as well as mineral salts, such as iron, phosphorus and calcium, etc.

Most people do not realise that pure water forms a most integral part of a balanced dietary. Without it our bodies cannot continue the various vital chemical processes so essential to life. Proteins, fats, and carbohydrates are required by the body in very definite proportions.

As the various internal organs function, and during the exercising of our muscles, the tissues of the body are broken down, and the waste products are then thrown off through the excretory organs. Protein helps to rebuild the broken-down tissue. Hence we should take into our bodies just enough protein to replace that which has been broken down. If too much is ingested, a very heavy burden is placed on the digestive and excretory organs. This results in paving the way for disease. Scientific investigation has shown that about two ounces of protein a day is quite enough for the body's needs. But a great many people eat two or three times as much as they need, and in later life wonder why they suffer from high blood pressure, kidney disease, or some other serious malady. While flesh foods do constitute the commonest source of protein, yet they are the poorest. Flesh of animals contains the same waste products that the sweat glands, kidneys and bowels are trying to get rid of. Your body produces enough of these waste products without adding to the burden. It is very easy to get pure protein from milk and its preparations, eggs, grains, nuts and vegetables. These foods do not contain waste products, but are pure, wholesome and invigorating and adequately supply the necessary protein for the body.

If we do not take enough protein into our bodies, then we will begin to waste away and bring on many diseases that are associated with wasting. But there is more danger

of getting too much protein than too little. Remember that high blood pressure, Bright's disease, hardening of the arteries, kidney stones, gout, liver diseases, and many chronic skin diseases result from a high protein diet. Flesh is a high protein food, and is best left out of the dietary. Cancer is far more common among meat-eaters than among lacto-vegetarians, and tuberculosis is conveyed very easily by meat.

With regard to the amount of fat that should be included in the dietary, care must be taken not to use it liberally. Too much fat in the dietary is a cause of biliousness, gall-bladder disease, liver disease, gallstones, hardening of the arteries, besides obesity and acid conditions. A person of about 154 lbs. weight requires no more than five and one half ounces of fat a day. This can all be obtained from a lacto-vegetarian diet. The fat is in combination with the other food elements in milk foods, grains, nuts, certain fruits and vegetables. These foods eaten in sensible proportions, will supply the body with all the fat it needs. Animal fat, except butter, is not at all necessary.

Starch or carbohydrate, which is the sugar portion of foods, forms a very important part of the dietary. It is through the action of this food element that we derive most of our energy; that certain very harmful chemical products in the blood are neutralised, and that the body is able to maintain its nutrition by the protective action of the carbohydrates over the protein in the tissues. It is with this type of food element that most of us err. We are too fond of the sweet things of life on the table to the exclusion of the green things that should be there. So many persons confine their diet to white-flour preparations, starchy foods, a free use of sugar, with occasional greens. Consequently, they get far too much carbohydrate, and suffer accordingly. A person of approximately 154 lbs. requires from thirteen to sixteen ounces of carbohydrate a day. Over-eating of this food element is one of the most important causes of sugar diabetes. It is also largely responsible for our painful bails, many skin troubles, digestive disturbances, flatulence, etc. Here, again, we see the wonderful works of the Lord, for the very foods that supply you with your protein and fat also have an abundant supply of carbohydrate. Par-

taking reasonably of these foods, that is, those constituting the lacto-vegetarian diet, will supply us with all the requirements we need.

In thinking over what you have just read, you will realise the great necessity of balancing your dietary, so that it contains the proper proportions of each food element in order that your bodies may be able to handle the food you eat to your greatest advantage. A one-sided diet is as dangerous as a ship loaded on one side only.

For the body to operate properly in its digestive, protective and reproductive functions, the elements known as vitamins are most essential. They are found most abundantly in the lacto-vegetarian diet. You do not need to worry about vitamins with this dietary, but with any other you must make provision for the necessary vitamins. Lack of certain of these elements causes various skin troubles, nerve diseases, digestive disorders, bone deformities, allows of easier infection of the body, and retards proper blood formation.

Without mineral salts the body would be greatly handicapped and certain vital processes could not take place at all. The balance between the acids and alkalies in the body is maintained very largely by the mineral salts. Digestion is very dependent upon the mineral supply. Blood formation depends to a great extent upon the mineral supply available. Remember the slogan "*Don't forget your iron!*"

In order to facilitate the various chemical reactions that go on in the body, water is very necessary. Furthermore, water dilutes the poisonous waste products that are thrown into the blood stream, and so they are passed through the excretory organs causing as little damage as possible. Water is the best beverage we have. It is the most abundant. Most people drink too little water. Six to eight glasses a day is enough for the average person. Remember that water contains no drugs or stimulants when it is pure. The lack of water causes many disease conditions.

Do you all know how to eat? You answer, "Yes!" Then why do so many swallow their food in such a great hurry? If you give ten minutes to your meals, then just plan on giving ten years or more to indigestion and stomach trouble. Better still, take time to chew your food

well. You will eat less, enjoy it far more, and be more than satisfied.

We should all remember that our bodies are the temples of the living God. We must not defile His temple. We should therefore strive to keep these earthly temples in the finest condition. In this way we bring honour to the Lord, and can give proper support to His cause.

* *

Results

"As Jesus in the temple solved mysteries which priests and rulers had not discerned, so in the closing work of this earth, children who have been rightly educated will in their simplicity speak words which will be an astonishment to men who now talk of "higher education."

"As the children sang in the temple courts, 'Hosanna! Blessed is He that cometh in the name of the Lord,' so in these last days, children's voices will be raised to give the last message of warning to a perishing world. When heavenly intelligences see that men are no longer permitted to present the truth, the Spirit of God will come upon the children, and they will do a work in the proclamation of the truth which the older workers cannot do, because their way will be hedged up.

"Our church schools are ordained by God to prepare the children for this great work."—*Counsels to Teachers*, p. 176.

* *

A Personal Test

SOME personal questions for each person to ask himself. The answer "yes" or "no" gives ten to each question, and 100 for a total.

1. Am I a disciple of Jesus and trying as hard as I can to obey His teachings?

2. Do I have a real hunger and thirst for righteousness?

3. Is it easier for me to do right than wrong because I have acquired the habit of doing it?

4. Do I have more friends than enemies?

5. Am I as kind and courteous in my family circle as among strangers I have just met?

6. Do I have any bad habit I would not like to have my friends imitate?

7. Am I giving out of my means my full share for Christian work?

8. Do I have any prejudice or race feeling to overcome?

9. Do my neighbours like me?

10. When I die is there any likelihood that people will talk about putting up a fountain to my memory?—*Christian Herald*."

* *

Others are Going Ahead: Why Not You?

WE had a call recently from one of our young ministers. It was toward the end of September; but this young pastor-evangelist had already brought his three churches triumphantly over the line in the Harvest Ingathering campaign, and expected shortly to lend a helping hand in one of the neighbouring districts. He is not behind the most successful of our young labourers in soul-winning activities. Moreover, he was taken into conference employ since the depression began. Let us tell you a little of his history.

Five or six years ago he was working as a salesman in a large eastern city. Then he conceived the idea of devoting his days to working for a living and giving his evenings just as definitely to study and labour for the Master.

Naturally he enrolled at once for a couple of courses in the Home Study Institute, and began to send in test papers regularly, at the same time taking a very active part in church activities. By the time he had

finished some six of our college courses, chiefly in the department of Bible, and had paid us in all about one hundred dollars, he was employed on the internship plan by his own conference, where he has laboured successfully ever since.

His chances were not one whit better than the chances of thousands of young men and women who lament the fact that they cannot attend a resident school, but show a manifest lack of real hunger for knowledge when they ignore the opportunities for an education that are offered by the H. S. I.

Like Abraham Lincoln, this young man said: "I will prepare myself, and when opportunity comes, it will find me ready." He got his entire ministerial training by studying evenings after work hours. He asked favours of no one, and the modest monthly fees he sent to the Institute, paid the actual cost of the thoroughgoing instruction he received at the hands of some of our most experienced college teachers.

What this young man did others can and will do, God helping them. Will you, who read this appeal to young people not in our schools, respond to it by determining in your soul that your evenings at least shall be devoted to study and self-improvement, getting ready for your real life work? It is a very special pleasure to us in the Institute office to help ambitious men and women to develop their abilities, and get a real start in life.

M. E. OLSEN,
*Home Study Institute, Takoma Park,
Washington, D.C. U.S.A.*

* *

Does It Pay

M. YOLAM KAMWENDO

Does it pay for a European
Who lived in a beautiful home,
To leave it all for an African,
Who exists in a dark filthy hut?

Does it pay for the faithful ones
In the homeland of bounty and health,
To give of their daughters and sons,
To a land of disease and of death?

Does it pay, I ask from my heart,
Are we really worth labouring for,
When the only return we impart
Is ingratitude, hatred and grief?

Does it pay when with eyes so blind
Their own need from their sight is hid;
Does it pay when all one can find
Are thoughts of self and of gain?

On this question I thought and thought,
Till the answer quite suddenly came,
"Not all for whom you have sought
Are ungrateful, unfaithful, untrue."

And there's no man can estimate
The reward of these faithful few,
Who give so freely to help the state
Of the lost in heathen lands.

But Jesus the Saviour of all mankind,
Will reward at the judgment day,
The people who went to seek and find
My fellowmen in our African home.
(The above poem was contributed by a
native worker in the Nyasaland field.)

"FOR each pound of reading, a ton of meditation."

* *

Godsdienstvryheid-Spesiale Uitgawe

Is ons vryheid in gevaar? Menr. Patrick Duncan (Minister van Mynwese) het onlangs gesê: "Oral word die politieke vryheid, selfs die vryheid van gedagte, met geweld gesmoor." Die *Tekens* van Februarie is spesiaal gewy aan die onderwerp van Burgerlike en Godsdienstige Vryheid. Dit gaan 'n besonder interessante nummer op die regte tyd wees.

'n Paar van die onderwerpe gaan wees: "Demokrasie en Vryheid aangeval."

"Die Kwessie van die Sondagswet in die Vrystaat."

"Godsdienst en Burgerlike Bestuur Heeltemal Onderskeie."

"Visvang op Sondag—Is dit 'n Oortreding?"

Ons behoort hierdie nummer wyd en syd te versprei en kopieë daarvan aan al die wetgewers en goewernementsbeamptes te stuur. Ons stel voor dat algar dadelik 'n ekstra aantal kopieë bestel by

DIE GODSDIENSTIGE BOEKDEPÔT
BUS 256

BLOEMFONTEIN, O. V. S.

Decorum in Ons Kerke

A. BOEKHOUT

PROTESTANTE verskil van al die Rooms-gesindes hierin dat hulle elke vorm van simboliek afgeskaf het. As ons net 'n uitsondering maak vir die brood en die wyn in die Avondmaal en vir die water by die Doop, dan het ons geen uitwendige simbool waardeur ons gedagtes op goddelike dinge gevestig word nie. Ons hang alleen af van die Woord en van die kragdadige werking van die Heilige Gees om in ons hart die regte begrip van die hemelse dinge te werk.

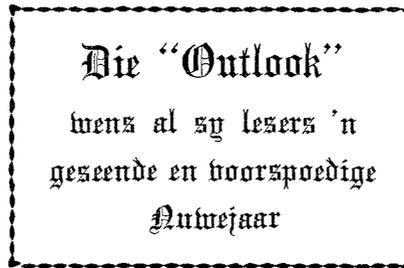
So behoort dit ook te wees. Want toe die Here Jesus met die Samaritaanse vrou by die put praat, het Hyself hierdie groot waarheid neergelê: "Die Vader soek ook sulke mense wat Hom "in gees en waarheid sal aanbid."

Dit vra nie 'n tempelgebou of die veelsoortige bybehorens van Rome nie om gemeenskap met die Vader te beoefen. Die ware aanbieder erken die teenwoordigheid van God oral en alom. Vir hom is die oorspronklike toestand van die eerste omgang van die mens met sy Maker herstel, waarvan ons lees: "En hulle het die stem van die Here God gehoor terwyl Hy wandel in die tuin in die aandwindjie." Gen. 3:8.

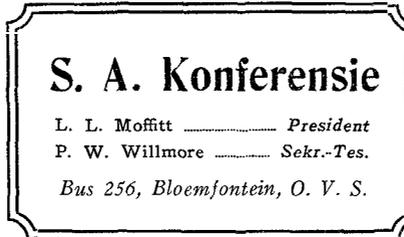
Hierdie natuurlike, kinderlike omgang met onse Hemelse Vader is baie wenslik, maar nie altyd moontlik nie. Om dus ons menslike swakhede te hulp te kom, het die mens plekke van aanbidding opgerig, waar ons ons kan afsonder van die geraas en verwarring van ons aardse lewe, en onself verloor in die oorpeinsing van hemelse dinge.

Dis dan ook die betekenis van ons kerkgaan: ons soek gemeenskap met die hemel in die teenwoordigheid van ons broeders. Dit is ook datgene wat ons siele in Christelike broederskap en liefde samebind. As ek my broeder en my suster voor die groot en heilige God sien neerkniel, dan gaan my siel na hulle uit in teder gevoelens van liefde en barmhartigheid, en uiter my lippe 'n stil gebed dat die Here ook hul harte mag sien en troos. Kerkgaan word dan 'n daad van toewyding en gemeenskap. Daar is niks in kerkgaan wat mens laat dink aan die alledaagse lewe nie wat tog partykeer so besoesdel is en die siel neertrek. Vir my is kerkgaan 'n heilige daad. Daarin is iets van die sielverheffende blydskap wat die harte van die Israëliete moet besiel het as hulle met hul families opgegaan het na die berg Zion om die Koning te aanbid. (Lees Ps. 120 tot 134.)

Aangesien dit so is, broeders, wonder ek of ons nie algar 'n spesiale poging wil doen nie om daardie atmosfeer van stilte en eerbied te bewaar, terwyl ons in die huis van God is, sodat ons siele gemeenskap kan hê met die hemel en die engele van God kan afkom om ons en ons kinders op ons lewenspad te troos en te bemoedig. Ook sou dan ons kinders 'n betere begrip kry van wat kerkgaan beteken, en die



vreemdeling wat ons plekke van aanbidding besoek, sou gedwonge voel om te sê: "Waarlik, die Here is onder julle."



Die Poging te Germiston

D. A. DE BEER

Tor aanmoediging van ons broeders en susters en tot eer van die Naam van die Here, sal ek graag iets van die Germistonse poging wil vertel.

Die Here het ons, nieteenstaande strawwe teenstand van alle oorde, mildelik geseën. Ons grootste moeilikheid was met die doop. Sowat 24 van die spoorwegwerkers was vas besluit om die stap te neem, toe hulle moes uitvind dat hulle nie toegelaat kon word nie tensy hulle die Sabbat sou hou. Die teleurstelling en die uitwerking daarvan kan makliker begryp as beskryf word. Ons as werkers en Broeder Herholdt het harde werk gehad om hulle te laat verstaan, en soos dit deur die hele poging gegaan het, moes ons net op ons voete bly in die dag, en 'n groot gedeelte van die nag op ons knieë. Ons is bly om te sê byna al hul vrouens is gedoop en hulle wys 'n goeie gees van samewerking, en hulle vertrou dat hulle ook nog die weg van gehoorsaamheid sal kan inslaan.

Die plaaslike leraar van die Verenigde Kerk het baie streng teen ons opgetree, tot ons hom een aand ontmoet het. Die vriende wat hom gaan haal het, moes bevoorloof dat hulle Broeder Herholdt nie sou toelaat om die predikant aan te spreek nie. Nie lank na sy aankoms nie het sy gemeentelêde wat teenwoordig was, hul wintroue in hom uitgespreek sowel as hul bedanking as lede van sy kerk ingedien.

Hier is 'n aantal dames wat in die klerefabrieke werk. Broeder Herholdt moes van die Joodse eienaars gaan sien om van hulle af te kry op die Sabbat. Op die manier het hy in die plaaslike sinagoge te lande gekom. Toe die rabbi hoor dat hy 'n Sabbathouer is, het hy daarop aangedring dat Broeder Herholdt oor die Sabbat

moet kom preek oordadig die Jode die dag so ontheilig. Hy het belooft en miskien sal die sinagoge nog 'n Sewende-dag Adventiste kerk word.

Broeder Herholdt wens hiermee skrywer, Broeder D. F. du Plessis, en Suster Susie Owen hartelik te bedank vir hul onvermoeide arbeid. Mag die Here hulle sien en dat hulle eendag in die hemel baie van die sal sien vir wie hulle gearbei en gebed het.



Ondersteuningsfonds vir die Hongerlydendes in Rusland

'N Paar maande gelede ontvang die Generale Konferensie uit Rusland die berig dat ons mense in seker dele van daardie land honger en gebrek ly en dat baie van hulle feitlik sou verhonger as daar nie gou hulp sou opdaag nie. Bygevolg het die Komitee van die Generale Konferensie in antwoord op hierdie nood 'n ernstige oproep vir hulp vir Rusland aan al ons gelowiges oor die hele aarde gedaan en dit in die *Review and Herald* gepubliseer.

In antwoord op hierdie oproep het hulle verskeie honderde ponde ontvang en aan ons broeders in Rusland gestuur om hulle in hierdie lydingsuur tegemoet te kom. Die broeders het dit baie waardeur en die geld verstandig gebruik om werklik gebrek en verhongering te verlig.

Maar nog is die toestand uiterst kritiek, en baie van ons gelowiges in daardie geteisterde land gaan die winter in *sonder kos of klere*.

Ons het hierdie dringende toestand oorweeg en die Divisie Komitee het toe besluit om in die kolomme van die *Outlook* plek te maak vir 'n "Ondersteuningsfonds vir die Hongerlydendes in Rusland" en om ons mense oor heel Suid-Afrika uit te nooi om tot hierdie fonds te wil bydra al na die Here vir hulle sal lei.

Ons weet dat persone en 'n paar gemeentes alreeds hul offerandes vir die Russiese Ondersteuningsfonds direk na die Generale Konferensie in Amerika aangestuur het, maar daar is anderses wat gesê het dat hulle graag tot hierdie fonds sou wil bydra as daar net daarvir in hierdie veld geleentheid sou gegee word.

Algar wat dus iets wil gee, groot of klein giftes, vir die verligting van ons verhongerde broeders in Rusland, versoek ons vriendelik om dit direk te stuur na die Tesourier van die Generale Konferensie van S. D. A., Grove Laan, Claremont, Kaap, en dan gelyk te sê waarvir die gawe is. Dankie. Ons sal verantwoording daarvir doen in die kolomme van die *Outlook*.

"Vir sover julle dit gedoen het aan een van die geringstes van hierdie broeders van My, het julle dit aan My gedoen." Matt. 25:40.

A. F. TARR,
Sekretaris, Divisie Komitee.



"LAAT niemand dan op mense roem nie, want alles behoort aan julle." 1 Kor. 3:21.

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News Notes

Pastor E. C. Boger and Pastor W. B. Higgins and family arrived in Cape Town on December 21 to spend a well-earned coastal furlough at the Cape.

Pastors J. F. Wright and Milton Robison have recently returned to Claremont from service in the Zambesi and other unions.

Pastor and Mrs. L. S. Billes have returned to the Cape from Durban and Johannesburg where they have been labouring since the Bloemfontein camp-meeting.



Religious Liberty Special

Is freedom in danger? Mr. Patrick Duncan (Minister of Mines) recently said that "everywhere political freedom, even freedom of thought, is being stifled by force." The February *Signs* will be devoted to the subject of Freedom, Civil and Religious. It will be an especially interesting and timely number.

Some of the subjects considered are:

"Democracy and Liberty Assailed."

"The Sunday Law Issue in the Free State."

"Religion and Civil Government Wholly Distinct."

"Fishing on Sunday—Is It a Crime?"

This number should be widely circulated. Copies should be sent to all legislators and government officials. We suggest that you order an extra supply at once from:

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BLOEMFONTEIN, O. F. S.



"If you are daily failing to prepare, you are preparing to fail."

Missionary Volunteer Reading Courses, 1934

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Ministerial Reading Course, 1934

WE are pleased to announce that our stock of the 1934 Reading Course books has arrived, and you can procure same by placing your order with your book depository. We suggest that those desiring this course should place their orders immediately, for we have only twenty-five sets in stock. When the twenty-five sets that we have on hand are sold, other orders that come in will be sent overseas to be filled and will be sent direct by post to the individuals ordering.

The books comprising the Ministerial Reading Course for 1934 are as follows:

Church History, Vol I, by Newman 9/-
The Spade and the Bible, by W. W. Prescott 9/-
The Holy Spirit, by W. H. Branson 6/-

Course Price (where three books are
ordered at one time) 24/-

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To Eve it seemed a small thing to disobey God by tasting the fruit of the forbidden tree, and to tempt her husband also to transgress; but their sin opened the flood-gates of woe upon the world. Who can know, in the moment of temptation, the terrible consequences that will result from one wrong step?—"Patriarchs and Prophets," p. 61.

Russian Famine Relief Fund

SOME months ago word came through to the General Conference office from Russia that some of our people in portions of that country were suffering hunger and want, and that many of them were facing actual starvation unless help came soon. In answering this very evident need, the General Conference Committee made an earnest appeal to our believers in all parts of the world for help for Russia, which was published in the *Review and Herald*.

As a result of this appeal several hundred pounds were received and sent on to our brethren in Russia to help them in this hour of suffering. This has been greatly appreciated and wisely used to relieve actual want and starvation. However, the situation is still extremely grave, and many of our believers in that stricken land are facing this winter without food or clothing.

After considering this urgent situation it was decided by the Division Committee to open up a Russian Famine Relief Fund in the columns of the *OUTLOOK*, and to invite our people in Southern Africa to contribute toward this fund as the Lord may direct. We know that individuals and some churches have already sent offerings for the Russian Relief direct to the General Conference in America, but others have suggested that they would be glad to contribute toward a fund if opportunity were offered in this field.

All those, therefore, desiring to give any amount, large or small, toward the relief of our starving brethren in Russia, are asked kindly to send it direct to the Treasurer, General Conference of S. D. A., Grove Ave., Claremont, Cape, indicating what it is for. Due acknowledgment will be made through the columns of the *OUTLOOK*.

"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me." Matt. 25:40.

A. F. TARR,
Secretary, Division Committee.



Wanted

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