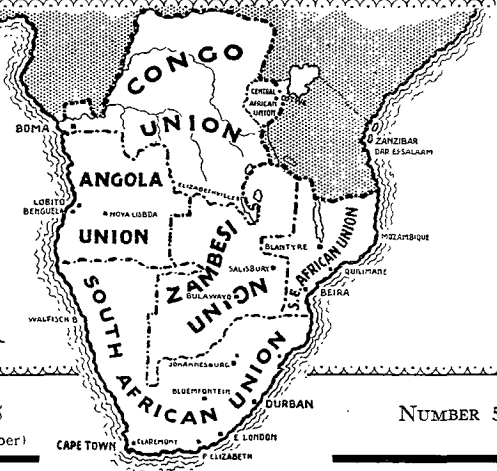


The SOUTHERN AFRICAN DIVISION OUTLOOK



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Special Call to Prayer

A. FLOYD TARR

AT the recent annual meeting of the Division Committee, action was passed designating Sabbath, March 23, as a day of special prayer and fasting. The brethren, as they were reminded of the perplexing and disturbing conditions prevailing in many lands, were of the conviction that we are living in a time when in a special sense the advent people should seek to draw near to God. The problems that are disturbing the nations are not without their effect upon the church — they seem to reverberate all along the line and even to enter the homes of the people. Perplexities that were never known before are confronting men today. We seem to be living in a time of unprecedented stress and pressure.

Even in South Africa we are not detached from these problems, and in addition there have been local conditions to meet that have increased the tension. From many parts of the field members have written telling of the increasing prevalence of



drought over wide-spread areas, and the devastating ravages of locusts from which the country has so recently suffered and is likely to suffer again unless the hand of God intervenes. Such conditions have impressed our members with the need for more godly living and for a greater measure of the protection of God.

That divine help may continue to be extended to us in our need and that the church may be enabled to accomplish its task despite increasing adversity,— these are the purposes that have moved the committee to set apart this special day of humiliation and prayer. We invite the entire constituency to join in beseeching God in this special way on Sabbath, March 23.

Let ministers and leaders make mention of this call to prayer at the morning services, making it the burden of their prayers, and let the people unite, at the service and in their homes, in pleading that God may especially bless at this time.

M. V. Dept.

L. L. Moffitt, Secretary

Missionary Volunteer Camp-meeting Plans

A. W. STAPLES

THE coming Bloemfontein camp-meeting is planned so as to provide special help for our Seniors and Juniors.

In Volume VI of the "Testimonies," page 105, we read, "At all our camp-meetings, work should be done for the children and youth." Sister White then explains how the Juniors are not only to receive special instructions in the Scriptures, but also in nature and the practical things of life. There will be special Junior community singing, sermons, lessons, hikes with nature study, and swimming with life saving instruction. In all these things we are counselled, "The object should be not merely to educate and entertain them, but to work for their conversion." This is our purpose and plan for the camp-meeting in 1935. Will you bring your boys and girls where Jesus can do a special work through His servants for them?

The attention of Seniors is called to the following list of topics to be presented at their services and round table meetings:

"What Would You Give in Exchange for Your Soul?" "Snares by the Way," "Books and Character," "What Shall I do With My Life?" "Building Your Manhood and Womanhood," "Friendships," "Aims and Ideals," "Prayer and Victory," "Servants of God," "Clearance for the Past," "Victory for the Present," and "Hope for the Future." Every one is vital and we believe that the Lord will work in a special way to bless and transform your life. Brethren Evans, Wellman, Moffitt, Raubenheimer, Hurlow, Shankel and Staples will be leading out and carrying a special burden for our Seniors. As ministers we are coming up to this meeting with great expectation: Will you meet us there?

A Message to Seventh-day Adventist Youth in all the World.

(Adopted by the Missionary Volunteer Department Council at Battle Creek, Mich., October 29-31, 1934)

"We have reached the days so vividly portrayed by the apostle that characterise the perilous times when 'men shall be lovers of their own selves, covetous, boasters, proud blasphemers, disobedient to parents, unthankful, unholy, . . . lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof.' (2 Tim. 3:2-5.)

"We have also come into a time of unprecedented opportunities to the church of God and the youth of the Advent movement. On every hand we find, however, spiritual and moral degeneracy characterising our generation. A flood of scepticism and impurity is threatening the lives of the youth of all lands.

"The sweep of harmful amusements, bringing sin and crime in its train, undermines and destroys the lives of untold multitudes of the finest young men and women.

"The stream of pernicious literature with its insinuating appeal to infidelity and vice, and the change of moral standards, work havoc with active minds and souls. All these influences are honey-combing society, destroying the home, the church, and the state.

"Considering that the church of Christ, including our boys and girls and our young men and young women, is surrounded by these character-destroying evils, we, the leaders of the Advent movement, assembled in world council in Battle Creek, Michigan, hereby desire to place ourselves on record as harbouring a profound love for and a sincere confidence in the heritage of the church—our army of youth.

"We wish at the same time to voice a strong rallying appeal and challenge to this great host of Adventist youth to keep the faith of the fathers and to 'stand fast in one spirit, with one mind striving together for the faith of the gospel' until Jesus shall appear. It is our sincere prayer that you may maintain the purity and integrity of the high calling as ambassadors of the Lord.

"Remember that we have an unchanging God and an unchanging gospel in these changing times. We appeal to you to be champions of the principles of simplicity, modesty, and dignity, as followers of the pure and holy Saviour.

"In addressing this message and appeal to you, the hundred thousand Missionary Volunteers around the world, we ask you ever to be true to the fundamentals of this great Advent movement. Let the love of Christ continue to constrain you, and never let your vision and objective be dimmed—the giving of the Advent message to all the world. The motto 'Saved to Serve' should urge you onward to greater and more fruitful activities for our mighty Leader.

Last Call to 1935 Camp-meeting

Many Bookings

By the time this issue of the OUTLOOK reaches the field, camp-meeting will be but a little way in the future. Many have already made their plans to attend and have written the secretary stating their requirements.

Still Others

We feel, however, that still others should plan to be present at this annual gathering of God's people. If there are obstacles in your way, pray and work for their removal, or the ability to surmount them. It is worth a sacrifice to attend camp-meeting.

Yet Time

The messages of Elders Evans, Wellman, Wright and others, as well as the general influence and association of the camp-meeting will be of great spiritual help to our people. There is still time to make arrangements to be present.

Accommodation

Tents will be available for all who desire to camp, at 15/- for the duration of the meetings, and furnished rooms at 30/- to 40/-.

If you require a tent, please state what furniture you wish to have. Beds, stretchers, tables, etc., can be hired locally at reduced prices.

If you prefer furnished rooms, please state whether single or double rooms are required. Be explicit in stating your requirements. This will greatly assist the locating committee.

Catering

Do not worry about how you will prepare your food. The camp cafeteria will be able to supply all your food requirements at reasonable cost. Let the sisters leave their household cares and enjoy a rest and a spiritual feast.

Write Secretary

Those planning to attend the camp-meeting should write as soon as possible to the Secretary, P. O. Box 256, Bloemfontein, stating:

1. Accommodation requirements—whether tents or furnished single or double rooms. If tents, what you require as furniture,—beds, chairs, tables, etc.
2. Particulars for concession, if travelling by train:

- (a) Name and address.
- (b) Class you will travel.
- (c) Station from which you will leave.
- (d) Date you will start.

3. Time you expect to arrive in Bloemfontein, so as to be met by members of the locating committee.

"As we have met in council and studied the needs and problems of youth, conviction has settled upon us that the hour has arrived for a clarion call to resound to earth's remotest bounds, arousing, inspiring, training and enlisting our entire force of youth, with their strength and talent, in one great united drive, having as its objective the most far-reaching and most fruitful soul-winning endeavour ever inaugurated for and by the Adventist youth.

"Realising that the Lord has appointed the youth to be His helping hand, we want you to remember that 'Jesus is calling for self-denying workers to follow in His footsteps, to walk and work for Him, to lift the cross, and to follow Him where He leads.'

"As we near the close of another year and approach the ushering in of a new, we appeal to our youth of all lands to place themselves with all they have and are upon the altar of sacrifice ready for service as the Lord may direct. May your faith, inspiration and guidance be in the words of the Master, 'My meat is to do the will of Him that sent Me, and to finish His work.'" (John 4:34.)

S. S. Department

L. L. Moffitt, *Secretary*

A "Red-Letter Day" for Africa

A. FLOYD TARR

SABBATH, March 30, is to bring a greatly coveted privilege to the workers and members of the Southern African Division. On that day the minds of the Advent family the world around will be turned to the work in Africa, and gifts will be brought by hundreds of thousands of believers that the gospel message may be advanced in our own field. The believers in China, in India, in Japan, in Europe, and in North and South America—in fact, the believers in every part of the world—will be thinking of us in our problems and will be giving to the utmost of their ability. Some of these will be facing desperate needs of their own—needs which might seem to demand prior claim; but they will give to Africa that the work here may receive such impetus as can only come from the assembled gifts and prayers of the world-wide church of God.

At this time, while the rest of the world is thinking of Africa's need, should not we who live and work in Africa join in these endeavours with unparalleled sacrifice and devotion? Each Sabbath this quarter a special reading has told of the gigantic task confronting us, and of the need for help. The offering on March 30 is to meet that need. If the amount of £12,00 is reached (and we are sure it will be), £200

will be granted as a special gift to this field. And of all that is contributed in addition to this, a further ten per cent will likewise come to Africa.

We earnestly plead that every reader of the OUTLOOK will feel it his personal responsibility to contribute toward the overflow so greatly needed. Here is a most appropriate opportunity for practical response to the General Conference recommendation of a twenty-five per cent increase in our offerings to missions. Let each member contribute at least that amount more than is his wont, and the accumulated increases from the many believers will ensure a substantial overflow for the work in Africa.

S. A. U. Conference

A. F. Tarr *President*
J. E. Symons *Secy.-Treas.*
Box 468, Bloemfontein, O. F. S.

Quiet Talks With the Medical Secretary

"ANOTHER cause of both ill health and of inefficiency in labour, is indigestion. It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food, which set up a war in the stomach, and thus confuse the brain. The use of unhealthful food, and overeating of even that which is wholesome, should alike be avoided. Many eat at all hours, regardless of the laws of health. Then gloom covers the mind. How can men be honoured with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given them in regard to these things.—"*Counsels on Health*," pages 564, 565.

Mrs. Brown has just been paying Mrs. Smith a call. In accordance with the dictates of custom the teapot and a plate of biscuits, cake, or sandwiches made their appearance after a few minutes.

It is a puzzling position for an Adventist. If you are the visitor, it seems like lack of courtesy to refuse the well-intended hospitality. On the other hand, it gives an opportunity to bring before the hostess the principles of health reform, and this can be done in a tactful, courteous manner. But it is to the other side of this question that I wish to draw your attention at this time. Suppose you are the hostess. What are you to do? You know that eating between meals is not healthful, and that tea is definitely harmful. Yet you do not wish to be considered inhospitable, for this would bring your Christianity into disrepute. The claims of hospitality can be satisfied by serving your visitor a fruit drink, preferably one made from fresh fruit. This is refreshing and wholesome, and it does not tax the digestive organs. Of course if your

guests have not eaten at the regular meal-time, that makes another story. I am speaking of ordinary afternoon calls.

There is not any question that eating between meals is responsible for much stomach trouble. It is wiser to eat only twice a day. Where the worker is of sedentary occupation, oftentimes twice is sufficient. Everyone must decide that matter for himself.

It has often been noticed that one who is discontinuing the use of flesh food will find that, for a time, he has a craving for much between meals. This is because flesh foods are somewhat stimulating, and under these conditions the stimulation is missed. When one becomes accustomed to the vegetarian diet, it is easier to go till the next meal without eating than in the case where flesh food is eaten.

The average meal takes at least four hours to digest. The stomach should be allowed a little rest after its work is done, before it has to start again. So it is a good plan to allow five hours between meals. If breakfast is at seven, dinner at twelve, and supper at five or six, this is quite sufficient. Where it is not possible to have dinner at noon, you must do the best you can with the heavy meal at night. But in this case dinner should not be served later than seven o'clock, and earlier than that would be better. Then there should be a space of at least two hours before retiring. The brain cannot rest to the best advantage when the stomach is actively engaged in the process of digestion.

We have now covered pretty well the question of food, and how and when to eat. Do not think for a minute that the subject has been exhausted. But there are other matters that claim our attention so, for the present, we will turn our thoughts toward them.

Cape Field

L. S. Billes, *Superintendent*

Baptism at Port Elizabeth

B. W. ABNEY

With the help of Brother Jackson and the members of the Donkin Street church, I began a series of meetings in Port Elizabeth, on Sunday night, August 12, 1934. We rented the Lindstrom Hall in the South End section of the city for five nights per week, from Sunday to Thursday inclusive, as the hall could not be used for religious purposes on Friday and Saturday nights for it is a dance hall. This being the best we could do at the time, we agreed on the five-night-per-week plan and began on the above date with a good audience. The attendance continued to increase until the hall was filled.

During the fourth week of the effort Brother Marks joined us and continued with the effort to the close. There was a

clear manifestation of the conflict between Christ and Satan all the way through the effort, especially so after the presentation of the testing truths. But in spite of the workings of the enemy of souls, the Lord always gathers a few into His fold. As opportunity was given for asking questions, a young man from a Catholic church asked, "Which is the true church?" We assured him that this question would be answered clearly from the Scriptures in the lectures which would follow and if he continued to attend he would receive the benefit of the answer. I am glad to say he did continue, and was among the first to sign the covenant to keep all the commandments of God. Three ministers of the city tried to discourage him and turn him back to the old paths of error from which God was calling him, but he refused to go back saying that he had found a better way, the way of truth, and that he must walk in the light.

The priest visited him toward the end of November and wanted to know why he was leaving the Catholic Church. After spending some time in reading from a little tract in which Catholics denounce Protestants, the priest said, "What have you to say to this?" The young man replied, "That is what men have said, I want to know what the Bible says." The man asked further: "What does the word 'baptise' mean?" The priest answered, "To translate the Greek into English, it means pouring water over the head." The man said, "Father you are wrong, to baptise means to bury. Rom. 6:1-4." He further said: "Father show me 'Roman Catholic' in the Bible." The priest said, "You show me 'Adventist' in the Bible." The man asked, "What does advent mean?" The priest answered, "It means 'come.'" The man answered: "Right." The priest said, "If that be so, then I am an adventist." The man answered, "Yes, but you do not teach the second coming of Christ like the Adventist people do. Christ spoke of His coming, so did His apostles." The priest lastly said, "I have been studying Greek for thirty years, and you come here trying to teach me." The priest bid him good-night.

A sister who had been a member of the Congregational Church for over fifty years, accepted the message. When she told her pastor she was planning to be baptised he said: "If you will stay with us, I will make special arrangements with the pastor of the Baptist Church to baptise you." The sister replied, "No I am keeping the Sabbath also and your church does not."

On December 9 we buried five precious souls with their Lord in baptism. One was from the English Church, one from the Catholic Church, one from the Congregational Church, one from the Baptist Church, and one was from the Salvation Army. These souls are precious in the sight of our Saviour. Brother Marks is studying with another interested one who will be baptised later. Pray for the faithfulness of these new ones.

Strewers Dept.

L. L. Moffitt, *Sekretaris*

Planne vir Strewers by Kampdienste

A. W. STAPLES

DAAR is spesiale voorsiening gemaak by die aanstaande Bloemfonteinse kampdienste vir die Seniors en Juniors.

In deel ses van die „Testimonies,”

Health at Very Little Expense

Most fortunately, it is possible to live on a high health plane at very little expense.

Sunlight and fresh air can be had by merely getting out in the open.

It costs nothing at all to open the bedroom windows.

Exercise can be had by everyone.

Sleep is cheaper than midnight parties.

Water and milk cost less than ice-cream sodas and milk shakes.

The simple staple foods are best and are cheaper now than ever before.

It costs less to play games than it does to pay to see games played.

If you will tell, or read to your children, stories of great men and vital principles, it will cost you less than going to the cinemas, and your children won't have to look at obscene and vulgar films.

The best books that have ever been written are to be had for the asking at the free libraries.

It costs less to prepare foods simply than to make unwholesome mixtures and greasy concoctions.

A mixture of salt and bicarbonate of soda in equal parts is better for the teeth than the expensive tooth pastes which are on the market.

It is better to have a tooth-brush, but a piece of clean cloth on the finger can be made to do very well.

More than anything else perhaps, children need the company of their parents at home in the evening.

Walking to school is good exercise and saves money.

It is the expensive party shoes that hurt your feet.

(Adapted from *Indiana Health Bulletin*, August, 1933.)

bladsy 105, lees ons: „By al ons kampdienste moet daar werk gedoen word vir die kinders en jongmense.” Suster White verduidelik dan hoe die Juniors nie alleen spesiale onderrig moet ontvang uit die Skrifte nie, maar dat daar ook moet aandag gewy word aan natuurstudie en die praktiese dinge van die lewe. By hierdie kampdienste sal die Juniors dus hul eie gemeentesang hê, preke, lesse, wandeling met natuurstudie, en swemoefeninge met onderrig in die redding van drenkelinge. In al hierdie dinge word ons vermaan: „Die doel moet nie net wees om hulle op te voed of besig te hou nie, maar om hulle tot bekering te bring.” Dit is onse doel en voorneme by die kampdienste van 1935. Sal u u seuns en dogters bring waar Jesus 'n spesiale werk vir hulle kan doen deur Sy diensknegte?

Ons wil die aandag van die Seniors bepaal by die volgende lys van onderwerpe vir hulle dienste en tafelronde besprekinge: „Wat sal jy gee as losprys vir jou siel?” „Strikke langs die Weg,” „Boeke en Karakter,” „Wat sal ek maak met my Lewe?” „Hoe om Manlikheid en Vroulikheid te Bou,” „Vriende,” „Strewe en Ideale,” „Gebet en Oorwinning,” „Diensknegte van God,” „Uitwissing van die Verlede,” „Oorwinning vir die Here,” „Hoop vir die Toekomst.” Elke onderwerp is van lewensbelang en ons weet dat die Here hierdie werk spesiaal sal gebruik om 'n vernuwing en 'n seën in ons lewe te bring. Broeders Evans, Wellman, Moffitt, Raubenheimer, Hurlow, Shankel en Staples sal die belange van die Seniors behartig. As leraars verwag ons groot dinge by hierdie kampdienste. Sal julle ons daar ontmoet?

✻ ✻

'n Boodskap aan Ons Jongmense oor die Wêreld

(Goedgekeur deur die Strewersdepartement tydens hul raadsitting te Battle Creek, Michigan, 29-31 Oktober 1934.)

„Ons het die dae bereik wat so treffend deur die apostel geskets word om die sware tye voor te stel, wanneer „die mense sal liefhebbers van hulleself wees, geldgieriges, grootpratere, trotsaards, lasteraars, ongehoorsaam aan hulle ouers, ondankbaar, onheilig, . . . meer liefhebbers van vermaak as liefhebbers van God; mense wat 'n gedaante van godsaligheid het, maar die krag daarvan verloor het.” (2 Tim. 3:2-5.)

„Ons het ook 'n tydperk ingetree wat ongekende kansse bied aan die kerk van God en die jongmense van die Adventbeweging. Ons vind, egter, dat geestelike en sedelike agteruitgang op elke hand hierdie geslag kenmerk. 'n Vloedgolf van ongehoof en onreinheid bedreig die lewens van die jongmense van alle lande.

„Die stroom van skadelike vermaak, waarmee sonde en misdaad saamgaan, ondermyn en vernietig die lewens van ontelbare van die edelste jongmans en vrouens.

„Die stroom van verderflike leesstof wat ongehoof en onsedelikeit aanmoedig, en die sedelike peil verlaag, doen groot skade

aan die siel. Al hierdie invloede ondermyn die samelewing, vernietig die huislike lewe, sowel as kerk en staat.

„Aangesien die kerk van Christus, met inbegrip van die seuns en dogters, en jongmense en vroue, omring is van hierdie verderflike ewwels, wil ons, leiers van die Adventbeweging, by ons raadsitting hier te Battle Creek, Michigan, ons liefde vir, en ons opregte vertroue in ons jongmense — die erfenis van die kerk — uitspreek, en ons versoek dat dit in die notule van hierdie vergadering opgeneem sal word.

„Ons wil terselfdertyd die groot skare van jongmense aanroep om vas te staan in die geloof van die vaders, en, een van siel saam te stry vir die geloof van die ewangelie, totdat Jesus verskyn.

„Onthou dat ons in hierdie veranderlike tye 'n onveranderlike God en 'n onveranderlike ewangelie het. Ons doen 'n beroep op julle om voorvegters te wees van die beginsels van eenvoud, beskeidenheid, en waardigheid, soos navolgers van 'n reïne en heilige Verlosser.

„Waar ons hierdie boodskap, aan julle, die honderdduisend strewers oor die wêreld, rig, versoek ons julle om altyd getrou te wees aan die grondbeginsels van die groot Adventbeweging. Laat die liefde van Christus aanhou om julle te dring, en moet nooit die doel wat julle voor oë het, verloor nie, n.l. die verkondiging van die Adventboodschap aan die hele wêreld. Die leuse ‚Gered om te Dien‘ behoort julle te dring tot groter en doeltreffender inspanning vir ons magtige Leier.

„Waar ons raad gehou het en die behoeftes en probleme van die jongmense bestudeer het, het die oortuiging by ons posgevat dat die uur aangebreek het om ons stemme oor die ganse aarde te laat weerklink, om die jongmense met hulle krag en talente wakker te maak, te besiel, op te lei en te organiseer in een groot beweging met die doel om die grootste en vrugbaarste poging om siele te win deur te voer wat nog ooit deur die Adventiste jongmense op tou gesit is.

„Onder die besef dat die Here die jongmense aangestel het as Sy werktuie, wil ons hê dat julle sal onthou dat ‚Jesus om werkers vra wat hulleself verloën om in Sy voetstaptes te volg, om met Hom te wandel en vir Hom te werk, om die kruis op te hef, en om te volg waar Hy lei.‘

„Waar ons die einde van 'n ander jaar nader en voor 'n nuwe jaar staan, doen ons 'n beroep op ons jongmense van alle lande om hulleself, met alles wat hulle het, op die altaar te lê, gereed vir diens soos die Here mag lei. Mag u vertroue, besieling, en leiding vind in die woorde van die Meester, ‚My voedsel is om die wil te doen van Hom wat My gestuur het en Sy werk te volbring.‘ (Joh. 4:34.



„ELKE mens moet 'n karakter van sy eie hê, wees wat geen ander is nie, en doen wat geen ander kan nie.“—*Channing*.

Gesondheid Teen Geringe Onkoste

Gelukkig kan ons goeie gesondheid geniet teen baie geringe koste.

Sonskyn en vars lug kan verkry word deur eenvoudig na buite te gaan. Dit kos niks om u slaapkamervensters oop te maak nie. Elk een kan oefening neem. Slaap is goedkoper as nagtelike partytjies.

Water en melk kos minder as roomys en ander soda drankies. Die gewone eenvoudige kossoorte is nou goedkoper as ooit tevore.

Dit kos minder om self deel te neem aan speltjies as om te betaal om te sien hoe andere speel.

Dit sal u minder kos om aan u kinders die stories omtrent groot manne en belangrike beginsels, self voor te lees of te vertel, as om hulle na die bioskoop te neem waar hulle onbetaamlike en vulgêre prente sal moet aanskou.

Ons kan die beste boeke wat ooit geskrywe is, verniet by die vry-biblioteke kry.

Dit kos minder om voedsel op 'n eenvoudige manier voor te berei, as om ongesonde vetterige gebroue te maak.

'n Mengsel van helfte sout en helfte koeksoda is beter vir die tande as die duur tandepastas.

Dis beter om 'n tandeborsel te gebruik, maar 'n skoon lappie om die vinger is net so doeltreffend.

Dis in die belange van die kinders dat hul ouers saans sal tuisbly.

Dis goeie oefening om na die skool te loop, en dit spaar geld.

Dit is die duur spogerige skoentjies wat u voete seermaak.—*Oorgeneem uit „Indiana Health Bulletin,” Augustus 1933.*

'n Onderhoud met die Mediese Sekretaris

„'n Ander oorsaak van beide ongesondheid en ongeskiktheid vir werk is slegte spysvertering. Dis onmoontlik vir die brein om sy beste werk te doen as die verteringskragte misbruik word. Baie mense eet te vinnig, en allerhande soorte kos wat oorlog maak in die maag, en dus die brein benewel. Die gebruik van ongesonde voedsel en selfs die oormatige gebruik van gesonde voedsel moet vermy word. Daar is baie wat gedurig eet, en die gesondheids-wette verontagsaam. Dan word die verstand verduister. Hoe kan mense goddelike verligting verwag, as hulle so onverskillig is ten opsigte van hul gewoontes, en die lig wat God hulle in verband met hierdie dinge gegee het, so verwaarloos?“—

„*Counsels on Health,*“ blss. 564, 565.

Mevr. De Bruin lê 'n besoek by Mev. Smit af. Soos die gewoonte is, is dit nie lank voordat die teepot, en koek of toebroodjies hul verskyning maak nie.

Dit is 'n moeilike posisie vir 'n Adventis, want as u die besoeker is, dan lyk dit so onhoflik om sulke gasvryheid van die hand te wys. Dog aan die ander kant gee dit u die geleentheid om die beginsels van gesondheidshervorming aan u gasvrou voor te hou, en dit kan op 'n taktvolle en hoflike wyse gedaan word. Maar ek wil die anderkant van die saak met u bespreek. Veronderstel dat u die gasvrou is. Wat staan u te doen? U is bewus daarvan dat dit nie gesond is om tussen maaltye te eet nie, en dat tee definitief nadelig is. Nogtans wil u nie graag as ongasvry beskou wees nie, want dit sal 'n klad op die Christelike geloof wees. U kan voldoen aan die eise van gasvryheid as u die besoekster vergas op 'n vrugtedrank, by voorkeur een gemaak van vars vrugte. Dit is 'n verversende en gesonde drank, en sal nie die verteringsorgane vermoei nie. Dis natuurlik heeltemal 'n ander saak as u gaste nog nie geëet het nie. Ek praat hier van gewone besoeke in die more of middag.

Daar is geen twyfel aan nie dat tussen-in eet verantwoordelik is vir baie maagkwale. Dis verstandiger om slegs tweemaal per dag te eet; en waar die werker sitwerk doen, is twee maaltye gewoonlik voldoende. Elk een moet maar die vraag vir homself beelies.

Dit is dikwels die geval met iemand wat vleiskos opgee dat hy tussen maaltye lus kry vir kos. Dit is te wyte aan die feit dat vleis prikkelend is, en na mens dit opgegee het, word die prikkeling gemis. As mens eenmaal vegetarier geword het, dan is dit makliker om tot die volgende maaltyd te hou sonder om tussen-in te eet.

Die gewone maaltyd neem ten minste vier uur om te verter. Die maag behoort daarna 'n bietjie rus te hê voordat sy werk weer begin. Dit is dus 'n goeie plan om die maaltye vyf uur na mekaar te neem, b.v. ontbyt sewe-uur, middagmaal twaalf-uur, en die aandete tussen vyf- en sesuur. Waar dit onmoontlik is om die swaarste maaltyd in die middel van die dag te neem, moet ons maar die beste daarvan in die aand maak, dog in hierdie geval moet dit nie later as sewe-uur geneem word, en indien moontlik, vroeër; dan moet daar ten minste twee uur verloop voor slapenstyd. Die brein kan nie die beste rus geniet as die maag besig is met die verteringsproses nie.

Ons het nou meer of min die onderwerp van voedsel, en hoe en wanneer om te eet, behandel. Moenie vir 'n oomblik dink dat ons alles omtrent die onderwerp gesê het wat daar te sê is nie, maar daar is ander sake wat in die vervolg ons aandag behoort te geniet.



DAG van verootmoediging en gebed, 23 Maart.

S. S. Departement

L. L. Moffitt, *Sekretaris*

'n Gedenkwaardige Dag vir Afrika

A. FLOYD TARR

Op Sabbat 30 Maart sal die werkers en lede van die Suidelike Afrikaanse Divisie 'n groot voorreg geniet. Die hele Adventgesin oor die ganse aarde sal op daardie dag aan Afrika dink en honderde en duisende gelowiges sal hul gifte en bydraes bring vir die bevordering van die Evangelieboodskap in onse veld. Die gelowiges in China, in Indië, in Japan, in Europa, in Noord- en Suid-Amerika—ja in alle dele van die wêreld—sal aan ons en onse moeilikhede dink en gee soveel as hulle kan. Sommige van hulle het self te kampe met groot behoeftes—behoeftes wat voor ons s'n in aanmerking behoort te kom; maar hulle sal aan Afrika gee, dat die werk hier mag versterk word soos alleen die

gesamentlike gifte en gebede van die kerk van God oor die ganse aarde dit kan doen.

En nou, terwyl die res van die wêreld dink aan die behoeftes van Afrika, behoort ons wat in Afrika woon nie saam met hulle te staan en onself op te offer soos nog nooit tevore nie? Elke Sabbat hierdie kwartaal het ons geluister na 'n spesiale lesing waaruit ons geleer het omtrent die reusetaak en die behoefte aan hulp. Die offerande van 30 Maart is bestem om in hierdie behoefte te voorsien. As die gifte £12,000 beloop (wat ons stellig verwag), sal £200 as 'n spesiale bydrae aan hierdie veld toegeken word. Van alles wat bokant hierdie som bygedra word sal nog tien persent aan Afrika geskenk word.

Ons maak 'n ernstige beroep op elke leser van die *OUTLOOK* om sy persoonlike verantwoordelikheid te beseef om by te dra tot hierdie surplus wat ons so nodig het. Hier het ons nou 'n gulde geleentheid om gehoor te gee aan die aanbeveling van die Wêreldkonferensie om ons sendingofferandes met vyf-en-twintig persent te vermeerder. Laat elke lid tenminste, soveel meer gee as gewoonlik, en al die bietjies tesame sal 'n groot surplus waarborg vir die werk in Afrika.

S. O. A. Unie

H. M. Sparrow — *Superintendent*

Mej. G. P. Fortner — *Sekr.-Tes.*

Bus 51, Blantyre, Niasaland

Naturrelle Leierskap

E. B. JEWELL

Ons het in Nyasaland verskeie sendingstasies wat deur naturrelle bestuur word. Ek is op die oomblik op besoek op een van hierdie stasies, en het gedag dat 'n beskrywing van die plek en die werksaamhede hier miskien interessant sal wees vir die lesers van die *OUTLOOK*.

Die stasie beslaan vyf akkers grond; die grense is beplant met rye bloekombome aan al vier kante. Die gronde is mooi uitgelê, met paadjies na die verskillende geboue. Daar is ook mooi grasperke waar die gras weelderig groei want die grond is baie vrugbaar. Mooi blombeddings, met baksteen uitgelê, bevattende verskillende soorte blomme, asook rose, verfraai die gronde. Die direkteur en onderwysers, het lemoen- en papjabome aangeplant, en ook 'n pragtige stuk pynappels. Die papajas wat hier gekweek word is wyd en syd bekend as die beste in die land.

Die naturrellebestuurder woon in 'n steenhuis, wat baie netjies en skoon is van binne; die mure is versier en daar is gordyne voor die vensters. Die kerkgebou is ook van steen, en hoewel dit te klein is vir die gemeente, word dit baie netjies gehou. Hier is ook 'n steengebou wat deur die regering gebruik word as 'n apteek. 'n Goeie aantal mense het hulle intrek geneem en woon op die sendingerrein in hulle eie huise. Hoewel dit maar paalhuisies is, word hulle baie netjies en skoon gehou. Daar is paadjies na al die huisies toe, met hul grasperkes en blombeddings.

Op die stasie is daar 'n kaffer- en Engelsmedium skool wat onderrig gee tot en met St. II. Die skool word goed deur albei die sekse bygewoon. Sabbatdae kom daar byna tweehonderd bymekaar.

Die bestuurder van hierdie stasie het ook ses statskole onder sy toesig. Elkeen van hierdie bestuurders trek vir hulle 'n begroting op, en eindig gewoonlik die jaar met 'n klein batige saldo.

Die bestuurders verstaan die kuns om die mense te kry om saam te werk, en hulle rig baie dinge uit op die „saamwerk” stelsel waarvoor hulle van ons Europeane betaling sou eis. God seën gewis die werk van ons naturrelleleiers, wat op hulle nederige en opregte manier trag om hul medemense te help.

Gedurende hierdie tye van finansiële druk, vind ons dit meer en meer noodsaaklik om die naturrelle onder hulle cie leiers aan hulle eie vindingrykheid oor te laat; en 'n goeie manier om dit te doen is deur middel van hierdie sendingstasies in die digbevolkte streke.

Laaste Uitnodiging na die 1935 Kampdienste

Baie Plekke Bespreek

By die tyd dat hierdie uitgawe van die *OUTLOOK* u bereik, sal die kampdienste nie meer te ver in die verskiet wees nie. Baie het alreeds aan die sekretaris geskryf en reëlings getref.

Nog Ander

Ons voel egter, dat daar nog ander is wat reëlings behoort te tref om hierdie jaarlikse byeenkoms van Gods volk by te woon. As daar struikelblokke in die weg is, bid en werk dat hulle uit die weg geruim of te bowe gekom mag word. Dit is die moeite werd om opofferings te maak teneinde die kampdienste by te woon.

Nog Tyd

Daar is nog tyd om reëlings te tref. Die boodskappe van Leraars Evans en Wellman sowel as die algemene invloed van die kampdienste sal van groot geestelike hulp wees tot ons mense.

Akkommodasie

Tente is verkrybaar vir diegene wat op die gronde wil uitkamp, teen 15/- oor die tydperk van die dienste, en gemeubeleerde kamers van 30/- tot 40/-.

As u 'n tent wil hê, meld wat u daarin verlang. Katels, kampkatels, tafels, ens., kan plaaslik gehuur word teen geringe prys. As u gemeubeleerde kamers verkies, meld of u 'n enkel- of dubbelkamer wil hê.

Meld duidelik wat u nodig het; dit sal die werk van die betrokke kommissie grootliks vergemaklik.

Etas

Moet u nie bekommer oor hoe u kos sal gaarmaak nie. Die kampverseringsdepartement sal teen redelike koste in al u benodighede voorsien. Laat die susters hulle huislike sorg vergeet en die rus en geestelike fees geniet.

Skryf aan Sekretaris

Diegene wat van plan is om die kampdienste by te woon, behoort sonder verwyl aan die Sekretaris, Bus, 256, Bloemfontein te skryf en die volgende besonderhede te meld:

1. Akkommodasie—of u tente, enkel of dubbel gemeubeleerde kamers wil hê. Indien tente, watter meubels verlang u,—beddens, stoele, tafels, ens.

2. As u per trein kom en 'n konsessievorm wil hê, verstrek dan die volgende besonderhede:

- Naam en adres.
- Klas wat u wil reis.
- Stasie vanwaar u vertrek.
- Datum waarop u vertrek.

3. Vermeld datum en tyd wanneer u op Bloemfontein sal arriveer sodat u kan afgehaal word.

Angola Unie

C. W. Curtis Superintendent
P. Stevenson Sekr.-Tes.
Bongo Sending, Lepi, Angola.

Verspreiding van die Kennis van Gods Woord

E. A. BUCKLEY

DIE Adventbeweging verkondig die boodskap, wat volgens die profesieë die wêreld moet waarsku aangaande die tweede koms van Christus. Toe die groot uurwerk van God dus die tyd aanwys, het die boodskap wat bestem was om die ganse aarde te vul, begin ontkiem, groei en ontwikkel.

Volgens die voorspelling moes baie tekens en wonders plaasvind onmiddellik vóór die wederkoms van onse Here, o.a. sal baie die Bybel deursoek, en die kennis sal vermeerder word. Dit is vir ons 'n bron van aanmoediging om sommige van hierdie tekens hier in Angola te sien. Laat ons nagaan hoe God in twee opsigte voor ons uit gaan en dit vir ons moontlik gemaak het om vinnig die boodskap te versprei.

Meer as 'n halwe eeu gelede toe verskeie protestantse sendelinge na hierdie provinsie begin kom het en na die binneland gegaan het, was daar geen spoorweë nie en die pragtige paaie wat vandag alle dele van die kolonie verbind, het nie bestaan nie. Hierdie dappere manne moes lang, vermoeiende reise onderneem na die agterland en maande neem om 'n afstand af te lê wat nou net 'n paar dae neem. Bowendien was hulle gedurig in gevaar want die kafferstamme het toentertyd gedurig oorlog gemaak onder mekaar en teen die regering. Hulle was ook blootgestel aan die gevare in verband met wilde diere, en, ergste van alle tropiese vyande, die malariamuskiet. Ten spyte van dit alles egter, het hulle sendingstasies op verskeie strategiese plekke gestig. Hulle het gou die tale aangeleer en die Bybel en liederboeke vertaal.

Toe die tyd aanbreek dat hierdie boodskap moes verkondig word in Angola en die Bongo Opleidingskool opgerig is, het ons baanbrekers gevind dat daar alreeds Bybels en liederboeke in die Umbundu taal verkrygbaar was. Bowendien het sommige van die geleerde kaffers van die ander sendingstasies na onse skool gekom, en hulle was onder ons eerste bekeerlinge en onderwysers. Hulle was ook onder ons eerste verteenwoordigers in die stamme en hulle leerlinge verkondig vandag die boodskap onder die stamme wat steeds om hulp roep.

Kort na die stigting van die Bongo Opleidingskool, het ons werkers die drang gevoel om verder na die binneland in te dring. 'n Deel van die reis kon hulle per trein aflê, maar hulle moes 200 myl te voet gaan. Hierdie reis het geleidelik tot die stigting van Luz Sendingstasie. Nou kan

SPESIALE OPROEP TOT GEBED

A. FLOYD TARR

TYDENS die onlangse Divisiëkomiteevergadering was daar besluit om Sabbat, 23 Maart, af te sonder as 'n dag van vaste en gebed. Ten gevolge van ellende en ontsettende toestande wat in baie lande heers, was die broeders van gevoelens dat ons in tye leef waarin die Adventgelowiges veral die aangesig van God moet soek. Die vraagstukke wat die volke ontstel, tas ook die werk aan — alle range word getref, selfs ook die mense in hul huise. Die mens staan vandag voor moeilikhede wat nooit voorheen geken was nie. Dit skyn asof ons in tye leef van ongekende spanning en drang.

Selfs in Suid-Afrika is ons nie vry van hierdie vraagstukke nie, en boonop nog is daar plaaslike toestande wat die spanning groter maak. Uit verskeie dele van die veld het ons berigte ontvang van streke wat deur droogtes geteister is, en van die skades wat sprinkane die land onlangs berokken het, en waarvan ons nog nie die

end gesien het as die hand van God nie tussenbei kom nie. Sulke toestande het ons lede oortuig van die noodsaaklikheid van 'n godsaliger lewe en van meer van die beskerming van God.

Teneinde die hulp van God in ons behoeftes te verseker, en dat die kerk in staat gestel mag word om haar taak, te midde van die toenemende moeilikhede, te volvoer,— dit is die redes wat die komitee beweeg het om 'n dag van verootmoediging en gebed af te sonder. Ons versoek al ons lede om saam met ons die aangesig van God op Sabbat, 23 Maart, te soek.

Predikante en leiers word versoek om hierdie oproep tot gebed by die oggenddienste af te kondig, daarvoor by die dienste te bid en ook aan die gemeente geleentheid te gee vir gebed — nie alleen gedurende die diens nie, maar vra hulle ook om tuis te bid dat die seën van God in hierdie daerlyklyk op ons mag rus.

ons hierdie hele reis per trein en motor aflê. Ons het nie gedink dat die Bybel alreeds sou vertaal wees in die taal van hierdie wilde stam onder wie die owerheid toe maar pas die wet begin handhaaf het nie. Watter vreugde moes die harte van Leraars Anderson en Bredenkamp vervul het, toe hulle hier ook 'n vertaling van die Bybel en 'n liederboek vind! Sonder oponthoud kon die boodskap dus verkondig word aan die Chokwe stam. Daar die taal van die stam by Lucuse, waar Broeder en Suster Bredenkamp nou gevestig is, baie ooreenstem met die van die Chokwe, kan hierdie selfde Bybels en liederboeke gebruik word.

Hierdie jaar is daar 'n nuwe sendingstasie gestig, in die Malange distrik in die noordelike gedeelte van Angola. Die stam wat hier woon begin nou eers vreedsaam die wet te gehoorsaam. Ons het nie verwag om hier 'n vertaling van die Bybel aan te tref nie. Nie lank gelede nie het 'n Metodiste sendeling hier in Malange ons egter 'n liederboek aangebied om te kyk of die inboorlinge die woorde sou verstaan van die Kibundu taal. Tot ons grootste vreugde het ons uitgevind dat die twee tale so nou verwant is dat dit so te sê geen verskil maak nie. En nou weerklink die evangelieliedere vir die eerste keer in die lug van Ka Xinga. Binnekort sal ons 'n aantal Bybels kry, en as die skool open in April, sal die Xinga stam leer om die Bybel in hul eie taal te lees.

Waar ons nou die veraf gedreun van oorlog verneem wat die laaste bittere stryd sal meebring, besef ons dat onse tyd om te werk kort is. Die Here sal Sy werk verkort op die aarde. Laat ons tred hou met die voorwaartse mars van hierdie beweging.

Native Leadership

(Continued from page 8)

ment as a dispensary. A goodly number of people have come to live at the mission and their houses are on either side of an avenue of gum trees. Although these houses are built with mud and poles, they are very clean and orderly. Paths lead from the avenue to all the houses with their flower beds and lawns.

On the station is a vernacular and English medium school, teaching up to Standard II. The school is well attended, both by boys and girls. On Sabbath nearly two hundred meet together for services.

Connected with this mission there are also six village schools which come under the supervision of the director of the station. These directors operate on a regular budget and they do very well indeed, usually coming out with something to the good, at the end of the year.

The directors of these stations seem to have the knack of getting the people to co-operate with them and to do many things on a "community spirit" basis, whereas if we as Europeans tried to get them to do the same things they would expect to be paid. And really the work and the gospel are going ahead in a marvellous way in these places. God is certainly blessing the efforts of our native leaders, who are trying to help their fellow men in their humble, sincere way.

During these times of financial difficulty we are finding it necessary to let the native people fall back more and more upon their own resources and leadership. One very good way of doing this appears to be to have these native directed mission stations scattered here and there in thickly populated areas throughout the country.

The Southern African Division Outlook

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Helderberg News Notes

THE Helderberg College family raised more than £70 for the Week of Sacrifice offering.

BASIL SEARLE is the latest student to arrive. He has just concluded a successful delivery in Bulawayo.

MRS. ARTHUR INGLE paid a short visit at the college before sailing for England to join Elder Ingle.

THE division of the lower floor of Mead House into living quarters, shower rooms, etc., has now been completed. This space formerly occupied by the dining room and kitchen is quite transformed. Accommodation is provided for about twenty girls. Besides this there are two two-room suites and ample bath room facilities

THE daily programme is a very full one at Helderberg this year. With additional courses being added at the college more and more of the day is filled with class-work and life becomes more strenuous. We can hardly imagine a group of young people being any busier than the Helderberg College family.

It has been decided to continue the publication of the *News Letter* begun during the holidays. The belief that there are many who are interested in the college, its activities and its progress, has prompted the continuance of this little news sheet. It will not contain advertising and does not bear a regular subscription price. Voluntary amounts toward the support of the paper may be sent but the recipient is under no obligation. Those who are deeply interested in the college either as prospective students or solely as friends of the school are invited to make request directly to the Principal to have their names placed on the mailing list.

Cape Field Camp-meeting

REMEMBER the Cape Field camp-meeting at "Riverside," near Athlone, March 22-24.

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March 29-April 6, 1935

Of Interest to Church Officers

ELDERS, Sabbath school superintendents, deacons and deaconesses have responsibilities of a very important character. While their work on behalf of the church occupies only a portion of their time, it is, in its way, just as sacred as that of the worker who gives all his time to spiritual things. An efficient church officer can do much to lighten the cares of his pastor. Efficiency in an officer of the church is largely a matter of supervised study of the problems involved, and systematic training. The Home Study Institute is offering a series of valuable lessons for church and Sabbath school officers which are replete with timely instruction. Busy men can usually cover the work of the course in about six months; but the Institute allows them a full year. The cost for tuition and books is very reasonable. The course is highly recommended by our leaders, and is giving excellent satisfaction to the growing numbers of church officers who are taking it. For full particulars concerning this and many other interesting courses carrying full school credit that you can take in your own home, address—

THE HOME STUDY INSTITUTE,
Takoma Park, Washington, D. C.

Advance Information

Beginning with the second quarter of 1935 the Sabbath school lessons for seven consecutive quarters will be on "The Life and Teachings of Jesus." The book, "Desire of Ages," is the main lesson help recommended by the Sabbath School Department. This means that for nearly two years you will constantly need "Desire of Ages" as a reference book. If you do not have one of your own, get it now and be prepared. Cloth binding, 10/-; limp leather 14/-. These prices are postpaid. Order from your Book Depository.

Miss Thomason

It is with the deepest regret that we have to let Miss Thomason's many friends in South Africa know that she is in a very critical condition and failing rapidly. She feels that it cannot be long now, before she will be at rest. Although she is suffering a great deal and very little can be done for her, she has wonderful peace in the Lord and is resigned to His will. Isaiah 41:10 is a great comfort to her and she often repeats the words: "Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness."

Often she speaks of her many friends in South Africa and expresses her gratitude for the letters she receives from you; they are a source of cheer and comfort to her, but she is too weak and ill to answer them. She wishes to be remembered to you all. M.

S. E. Afr. Union

H. M. Sparrow _____ Superintendent
Miss G. P. Fortner, Secy.-Treas.
Box 51, Blantyre, Nyasaland

Native Leadership in Nyasaland

E. B. JEWELL

WE have here in Nyasaland several mission stations which are under native directorship.

At present I am visiting one of these places and I thought that perhaps a word picture of the place and its activities would be of interest to the readers of the OUTLOOK.

The mission stands on five acres of ground; the boundary is marked off by several rows of gum trees on all four sides.

In the square we find the grounds nicely laid out with paths leading to and from the different buildings. Nice lawn grass has been planted and it is flourishing, for the soil is very rich. Flower beds are nicely bordered with half brick, and the different kinds of flowers, including roses, look beautiful. The director and the teachers have planted orange trees and paw-paw trees as well as a nice plot of pineapples. The paw-paws of this particular place are noted far and wide as the finest in the country.

The native director lives in a good brick house. It is very neat and clean inside, with colour decorations on the wall, and curtains at the windows. The church building is of brick, and although too small for the present congregation, is kept in very good condition. We also have a brick building here which is used by the Govern-

(Continued on page 7)