



VOLUME 72, NO. 8

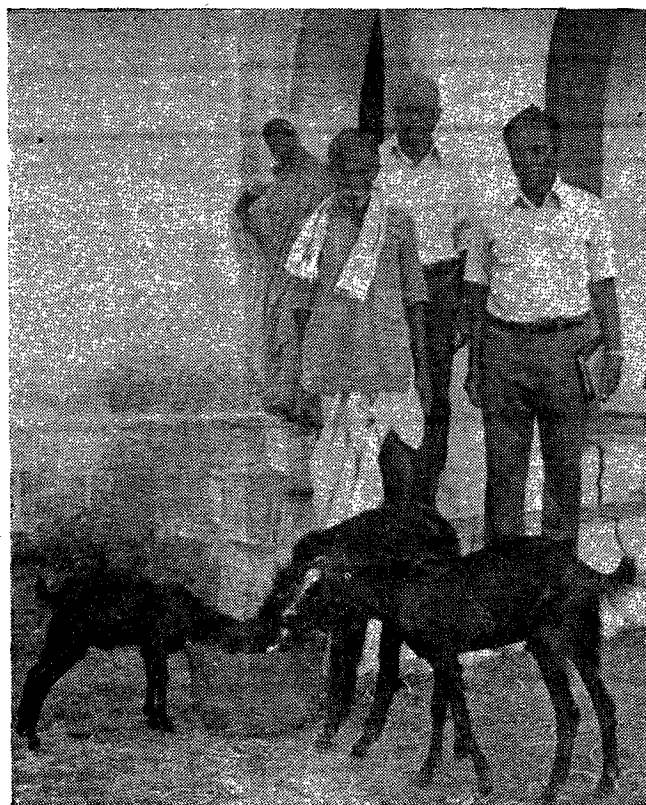
OCTOBER 1977

SOUTHERN ASIA TIDINGS

Stewardship Education Month

P. C. Mathew, Advisor
Stewardship and Development

It was felt that a definite education of Stewardship concept be introduced and taught to both the laity and the ministers in a more specific way. This matter was discussed widely in the Southern Asia Advisory Council and it was recommended that the month of October be set aside for emphasising and educating the stewardship concepts to the Southern Asia membership. To aid you in this programme the stewardship department of the General Conference has prepared 13 valuable lessons. They have been translated and printed in 14 different languages. Each lesson has questions and space is given for a short answer. It is advised that one set of lessons be given to each family and ask them to study the lessons and answer the questions. The month of October has five Sabbaths. Wherever possible have these lessons taught on Friday evenings and during the Divine services. A definite plan ought to be outlined for the completion of these lessons. It may be possible in some places to arrange night meetings on Wednesdays or Sundays. If one pastor is looking after several churches, the elders and deacons may be directed to teach these lessons. You may combine the lessons according to your convenience, time and need. The object is that, you should definitely see that these lessons are taught in all the churches in Southern Asia Division so that our people have a first-hand knowledge of stewardship concepts from the Bible and the Spirit of Prophecy.



A lay member of the Gondipalli church G. Samuel, gave these three goats and Rs. 350 as his tithe. He, with Pr. P. C. Mathew and K. Christopher are admiring the offering.

Isa. 55:8, 9 reads, "For my thoughts are not your thoughts neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

Stewardship means that, in our lives God's ways must become our ways and God's life style ought to be our life style. In one word stewardship is about life. Either you have life or nothing. When God gave us life He did not give you only money and material possessions. Likewise stewardship is not restricted to money and material possessions. You are a steward of your own life. What is life? What did He give you when He gave you life? First, He gave you a body to use, second He gave certain abilities or talents along with the promise to help you with additional ones. Third, He gave you

To page

Better Living Breakthrough

Physical Development

"Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation. We are more dependent upon the air we breathe than on the food we eat." 2T 526.

"The effects produced by living in close, ill-ventilated rooms are these:

The system becomes weak and unhealthy, the circulation is depressed, the blood moves sluggishly through the system because it is not purified and vitalized by the pure, invigorating air of heaven. The mind becomes depressed and gloomy, while the whole system is enervated; and fevers and other acute diseases are liable to be generated. . . You should so accustom yourself to the air that you will not be under the necessity of having the mercury higher than sixty-five degrees." IT 702, 703.

Mental Development

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death. . . . Courage, hope, faith and life. A contented mind, a cheerful spirit, is health to the body and strength to the soul." MH 241.

Spiritual Development

"We can no more live a religious life without constant prayer and the performance of religious duties than we can have physical strength without partaking of temporal food." 4T 560.

"The influence of the Spirit of God is the very best medicine for disease. Heaven is all health and the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalid." CH 28.

Cleanliness

"Scrupulous cleanliness is essential to both physical and mental health." 2 MH 276.

"If every family realized the beneficial results of thorough cleanliness they would make special efforts to remove every impurity from their persons and from their houses and would extend their efforts to their premises." CH 62.

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation." MH 237.

Exercise

"The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air." CG 342.

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables is necessary to healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." MLT 136.

Proper Food

"Those who use flesh foods little know what they are eating. . . People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer and other fatal diseases are thus communicated . . not suspected by themselves or by others." MH 313, 315.

"Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat." MH 298.

Sunlight

"Truly the light is sweet, and a pleasant thing it is for the eye to behold the sun." Eccl. 11:7.

Foods to Avoid

"Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par . . . Tea and coffee, as well as tobacco, have an injurious effect upon the system. Tea is intoxicating; though less in

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Southern Asia Tidings

MAHARASHTRA SECTION MINISTERIAL INSTITUTE

Rajan William Kedas

Twenty delegates, including the Section Officers and the Departmental Directors of the Maharashtra Section were in attendance for a Ministerial Institute held at Hatkanagale (South Maharashtra) from July 16-30.

Elder and Mrs. W. G. Lowry, having conducted a number of such Ministerial Institutes in other parts of the Division field, took another opportunity of bringing the ministers of Maharashtra Section together for this period of spiritual revival. When asked about the purpose of such an Institute, their reply was, "To get people Spirit of Prophecy minded". It is God's plan to give His people His messages through the Spirit of Prophecy. Pr. Lowry emphasized that these messages are as vital to our connection with our God today as were His messages to the Children of Israel in Old Testament times.

Unfortunately, Israel never believed God's prophets, nor really accepted the instructions God sent to them through these prophets. For this reason we are told in 2 Chron. 36:15, 16, "that God could bear it no longer and that He sent them into captivity." We do not want to be guilty of rejecting God's messages to His church in these

days. Whether they have to do with our habits of eating, drinking, working or our attitude toward God. Therefore, the Ministerial Institute was to help us understand the proper place and meaning of the Spirit of Prophecy in our lives and the church in these last days. Towards this end we studied Diet; Exercise; Adventist family living; The Bible Doctrine of Spiritual Gifts, The Sanctuary Services, both in type and anti-type; and the relationship of the works of the Holy Spirit and our reception to Him.

During the course of the institute we also had the presence of the Union President, Pr. R. D. Riches, who conducted the Communion Service at the close of the institute. The Union Ministerial Secretary, Pr. N. S. Bhasker Rao, and Pr. A. I. John, Mr. George Luke, principal of the Hume McHenry Memorial School, also paid a visit.

The Institute finally came to a close with a testimony service. Every single minister took this opportunity to rededicate his life to the ministry. Pr. Sharad Pandit, the Section President confessed that this was the best institute he attended. □

Pastor. and Mrs. W. G. Lowry conducted a ministerial institute for the workers of Maharashtra section at Hatkanagale.



THE FOURTH CHURCH IS BORN

Gnanaraj W. Kore

Madurai, the second largest city in Tamil Nadu with a population of over ten lakhs, is traditionally famous for its temple to the goddess Meenakshi. This temple, which is located right in the heart of the city attracts thousands of tourists daily. Although culturally and religiously it is still a centre for Hinduism, Christianity has found its way gloriously to the extent of having many churches with massive constructions, hospitals and educational institutions.

Through the ministry of missionaries and native workers the knowledge of the third angel's message was brought to the people of Madurai during the latter part of 1920's. We have three good churches and three schools in the city. Recently a large scale evangelistic programme was organised with Pr. John Willmott as the speaker and twenty workers assisting in the team. In addition to this, from the officers of the South Tamil Section to the members of the various churches, everyone extended good support. The highest attendance went upto more than 1200 on several occasions and the average attendance was about 800. The Hand of the Lord was upon the programme and through the ministry of the Holy Spirit a new church and two new companies have been added to the already existing churches. The first baptism took place on August 28 when 142 precious souls took their stand for the message and another 27 souls were baptised on September 3. Effective follow up programmes have been organised and many more are currently in the Bible class preparing to join the Church soon.

Pastor John Willmott, Associate Ministerial Advisor has conducted a number of such evangelistic programmes all over India. The meetings organised in Simla and Mizoram brought in a number of souls. The next evangelistic meeting will begin in Hyderabad from the 29th of September. □

700 MEMBERS RECONFIRM THEIR COMMITMENT

K. Christopher

"You are living in one of the most beautiful parts of India. Your land has plenty of fruits. There are different kinds of bananas and nowhere in India are there such tasty plantains. All around you are thousands of acres of paddy fields and coconut gardens. These coconut trees are much healthier and stronger than those of Kerala," said Pr. P. C. Mathew, Advisor, Stewardship Department of Southern Asia Division to the Lakkavaram circle workers and delegates who had gathered for a Stewardship Institute on 11th August at Lakkavaram. In his special appeal Pr. Mathew said, "God has given all these fruits, nuts and grains for you and your families. He is the creator of this universe and placed men and women as His stewards."

Then he explained the meaning of Stewardship. Too many believe that stewardship and giving money are synonymous. But in reality stewardship deals with the total life or the whole man. It leads us to partnership with God. It means the wise and unselfish 'use' of life. This includes not just the stewardship of money, but our other resources; health, time and abilities. These are all necessary for a right relationship with God.

Elder P. C. Mathew stressed the importance of systematic benevolence. He brought out many Biblical characters as examples to support the thought.

More than 100 stewardship secretaries, church elders, 30 evangelists and pastors attended these institutes conducted in three circles namely Lakkavaram, Narsapur and Vijayawada.

Pastors R. I. Mathew, P. Judson Moses and Brothers I. D. Solomon and George Nelson and the writer encouraged our members to get into a systematic way of giving to

God through combined church budget. Pr. R. I. Mathew, president of the Section, in a special way stressed the importance of self support.

The daily programme chalked out was thrilling and uplifting. The morning and evening devotionals, instruction periods, question hour and two hours of visitation programmes were the routine of the day.

An item of interest to all was the special covenant services conducted. More than 700 people reaffirmed their commitment to the cause of finishing God's work in Andhra by bringing to Him cheerfully all His tithes and offerings and by devoting his time and talent to saving souls.

Another highlight of the programme was the special covenant service arranged at the Gondipalli church. On this day the members brought their tithes and offerings both in kind and cash. One of our laymen Mr. Geddam Samuel brought in Rs. 350.00 and three goats as tithe. Two other members brought a milking buffalo and a calf as tithe respectively. More than Rs. 1,100.00 worth of tithe was returned unto the Lord.

Eight workers of South Kerala Section were ordained to the gospel ministry. They were welcomed into the ranks of ministers by Prs. O. M. George (Left) and P. K. Mathew, (right). From left to right: S. Alayam, D. Joshua, P. G. Daniel, K. C. Abraham, P. V. Paulose, Silas Benjamin, S. Stanley and A. M. Johnson.



STEWARDSHIP MONTH

From page 1

material possessions, treasures in your sphere of influence. Fourth, God gave you time to live. Principally this is life. Adam and Eve were taught by God about their stewardship. They were just managers of their life. Your joys and sorrows, whatever it may be are the result of how you use your whole life. As you use your life wisely and unselfishly you become a partner with God in exercising a responsible care over the possessions of another. The time, abilities, material resources and the body you possess are not yours but God's. Stewardship is the wise and unselfish use of these aspects of your life. It involves you and God as individuals. It is God's wish that you join with Him in establishing a partnership. In this partnership each is to give to the other. In John 1:4 it says, "In him was life and the life was the light of men." The life that Jesus Christ possessed was given to you and me and this life became the light of men.

These 13 Stewardship Lessons are arranged in such a way as to know more about this partnership with our Lord and to know how to use our lives and in turn to give to others and that you as a faithful steward are to become a member of the heavenly family. Thus God's way of life becomes ours and His life style becomes our life style. □

Editor-in-Chief Returns



Dr. and Mrs. John M. Fowler with their children Fylvia and Falvo returned September 22 after three years of stay in the United States. During their study abroad Mr. Fowler obtained the Doctor of Education degree and Mrs. Fowler completed Master of Arts in Teaching with special emphasis in elementary education.

Mr. Fowler's doctoral programme has a twin emphasis of religion and education. The religion area included studies in systematic theology, New Testament, and contemporary issues in theology. Dr. Fowler's dissertation involved the building of a concept of character development from the writings of Ellen G. White within the perspective of recent psychological theories of moral judgment, such as those of Hartshorne and May, Ligon, Peck and Havighurst, Piaget, and Kohlberg. The dissertation is under consideration for publication later this year by the Centre for Studies and Services in Education.

Dr. Fowler has resumed his duties as the Editor-in-Chief of the Oriental Watchman Publishing House.

He added that the Seventh-day Adventists were very active people, not only teaching Bible academically, but also practically, thus creating a generation of good citizens. He added that Pondicherry was a city of worship for all religions, Hindu, Muslim and Christian, and they all lived together as brothers. This great cultural heritage should be kept and increased by the work of education at this school. "I want this Institution to grow and increase and serve the community and also do a great cause for the teachings of the Seventh-day Adventist Society and Christ. Granting the land was my duty and your right", the Governor said.

Mrs. J. Monickam the headmistress, gave an interesting report on the progress of the school. Mr. G. K. Baskaran, a town councillor and friend of the school was the Master of ceremonies and Pr. V. P. Muthiah, Acting President of the South India Union of Seventh-day Adventists officiated at the function, with Pr. P. V. Jesudas, Chairman of the Administrative Board, offering the opening prayer, Mr. H. Theodore, Principal of the Pondicherry Main School welcoming the guests and Pr. C. B. Hammond, South India Union Education director proposing the vote of thanks. Mr. V. Christian, Treasurer of North Tamil Section, Mr. C. I. John, Division Building Engineer, Mr. S. Surender, Union Building Engineer and L. C. George, Asst. Union Building Engineer were also present. □

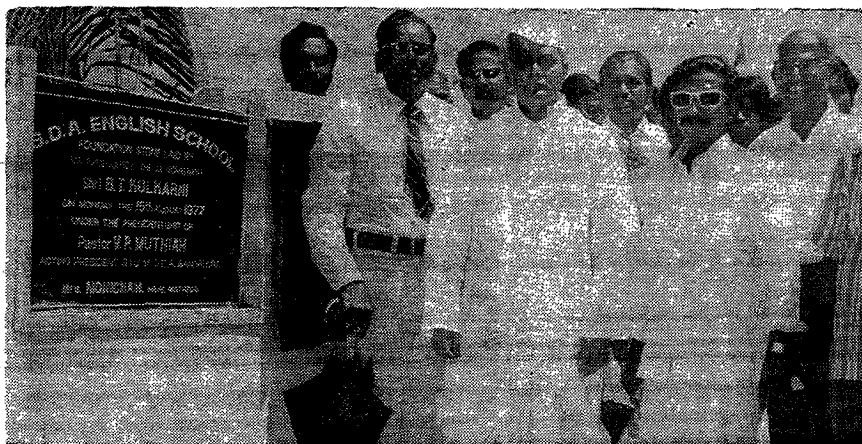
FOUNDATION STONE LAID

C. B. Hammond

Independence Day August 15, 1977, will always be remembered as a special day for the Seventh-day Adventist English School at Gori-medu, as the Lt. Governor of Pondicherry, H. E. Shri B. T. Kulkarni laid the Foundation Stone of their new School building at 10:30 a.m. on that day.

Shri Kulkarni stated that he was well acquainted with the Seventh-day Adventist society in India and was familiar with their work of trying to implement the teachings of Christ and the Bible.

The Lt. Governor of Pondicherry, Shri Kulkarni, laid the foundation stone for a high school. Pr. V. P. Muthiah and C. B. Hammond from the Union and V. Christian from the Section were present.



Voice in the Jungle

At a time when he could presumably look forward to retirement, ex-missionary John Ford became increasingly concerned with the fact that most methods of presenting Christianity reach a relatively few number of people.

He felt that some different method of reaching the masses of humanity would have to be devised if there was to be any hope of giving the gospel to every nation, kindred, tongue, and people. Thus in 1953 Ford began turning his thoughts, energies, and prayers toward a solution to this seemingly insurmountable problem.

The result was the establishment of International Education Recording (IER), of Malibu, California, which has taken the gospel message to thousands of people in the past 23 years. One of the most successful projects of International Education Recordings was the gramophone ministry. Little plastic gramophones, which Ford calls mechanical gospel preachers, were distributed with a set of records to certain lay evangelists around the world. While the layman might have had no education and could not preach, the little gramophone provided him with all he needed to present the simple message of Christ's love to His people.

Annual Report

In his 23rd annual report of International Educational Recordings, Ford reveals that during 1976 the little band of dedicated laymen who work in this ministry brought 1,016 people into the church.

Because of the increased cost of production of the gramophones and records and higher customs charges, "we have curtailed the production of these little mechanical gospel preachers," Ford reports. "Because of these changing economic problems we thought it wiser to channel the contributions received into the employment of

national evangelists from among the dedicated laymen in the fields where the gramophones had awakened great interest."

However, some areas needed gramophones regardless of cost, so in 1976 a total of 8,641 records and 1,142 gramophones were manufactured and shipped from the California office. This is compared to 9,902 gramophones and some 76,575 records in 1972.

No Church Tag

Although Ford is an Adventist, International Education Recordings is a nondenominational organization. The gramophone ministry has been used by Christian missions of various denominations. The messages are not involved in specific dogmas of any



John E. Ford, president of International Education Recordings with his popular gramophone. Presently the organization has 31 evangelists working in four countries and plans are for five such workers in South India this year.

one church, but simply the story of the redeeming love of Jesus Christ as Saviour.

The success stories of soulwinning during 1976 were outstanding, adds Ford. Presently the organization employs 31 full-time evangelists in the Philippines, Nigeria, Ghana, and Malawi. These evangelists held three major campaigns where the attendance reached more than 1,000 people. They held 23 minor series at which attendance ranged from 100 to 1,000. As a result 1,016 were baptised, most of whom were adults.

In speaking of finances, Ford says it seems "no less than a miracle how God has provided the funds to carry on the work of IER. We have no radio or television programme with an audience from which to solicit funds. No conference, mission or church contributes to the expense. We do not go into churches to solicit funds."

The organization does print and mail out a few hundred copies of a monthly publication called *The Voice in the Jungle*, which informs readers of the progress of the work. These readers are faithful supporters of the IER project.

Legacy

"Some years ago a legacy was left to IER," explains Ford, "by a person who was not a member of any church but was interested in what we were trying to do. This money was to be used in any way that we chose. We chose to deposit it in savings and loan banks that are insured by the government. Now the interest in these deposits is sufficient to pay all of the overhead costs with a few thousand dollars over to support the evangelists. So you see that the interest from these covers all the overhead expenses, and any gifts that come from donors go 100 per cent to the mission work."

This year the IER anticipates increasing its number of evangelists to 50, plus expanding the school in the Philippines as the need arises, and entering one new country—India, where the South India Union Mission has already selected five laymen for this ministry. □

The God of Indulgence

Ernest H. J. Steed, *Director*
General Conference Department of Temperance

We have often talked and preached about the Great Controversy between Christ and Satan. The facts are this conflict is actually going on in the lives of people—a struggle between the god of self-control and the god of indulgence. Evidence seems to reveal indulgence as gaining the upper hand. Gluttony, liquor consumption, tobacco, and drug use, gambling, sex perversion and pornography and the lust for money and material possessions appear like magnet drawing the multitudes. This is what the doctrine and message of temperance (self-control) is all about. The God of self-control is offering a return to power to achieve victory over every false craving and desire of the human heart.

This victory was secured for all who so choose to receive it. Seventh-day Adventists have received great light on temperance and its true import and relation to the Third Angel's message; yet we see so few with a longing to share the good news of this victory over the god of indulgence—the sinister cause of all intemperance or the loss of control.

Therefore the messenger of temperance to this people appeals to us, "Every church needs a clear, sharp testimony, giving the trumpet a certain sound. If we can arouse the moral sensibilities upon the subject of practicing temperance in all things, a great victory will be gained." *Temperance*, 244. "Let us

raise our voices against the curse of drunkenness. Let us strive to warn the world against its seductive influence."—*Temperance*, 238.

"When temperance is presented as a part of the gospel, many will see their need of reform. They will see the evil of intoxicating liquors and that total abstinence is the only platform on which God's people can conscientiously stand." 7T, 75. (*Temp.*, 238).

With divine guidance also toward the organization for temperance societies and programming by the church for the community, your temperance society seeks your renewed dedication and commitment.

ment to these principles and a willingness to move the programme vigorously forward.

Through temperance literature, films, community programmes to aid alcohol and tobacco victims, with educational projects for prevention such as editorials, school lectures, teaching aids and seminars, and with spiritual life revivals for temperance ministry, your Temperance Department personnel are inviting each member participation.

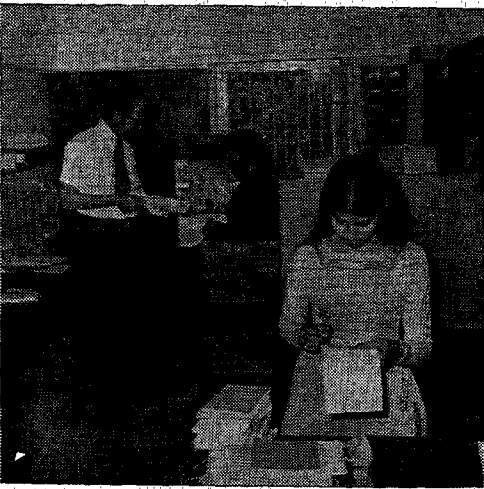
That's why October 22, 1977 is such an important occasion. This world Temperance Sabbath marks the 30th Anniversary of our worldwide organisational emphasis through the International Temperance Association and its 70 national societies since organised.

To extend this world outreach, never needed so much to uplift self-control against intemperance, we appeal for your sacrificial offering on this world Temperance Day with its goal of \$200,000 (U.S.).

May you with all God's people renew your dedication to stand tall for temperance principles in a world of indulgence. Thus we will shine as bright lights in a dark world for the God of life, truth, love, and self-control. □

A five-day temperance campaign was arranged at Cochin from 3-7 July, 1977. These meetings, organised by the North Kerala section, created a favourable impression in the town. Seen below from left are: Pr. John P. Thomas, Pr. P. K. Peterson, Shri Venugopala Kurup, head of the Malayalam dept. Government College, Shri Ramachandran Potti, secretary, district prohibition council, and Pr. E. S. James.





VOP office, Lahore, Pakistan.



New press at Qasid Publishing House.

SOUTHERN PANC

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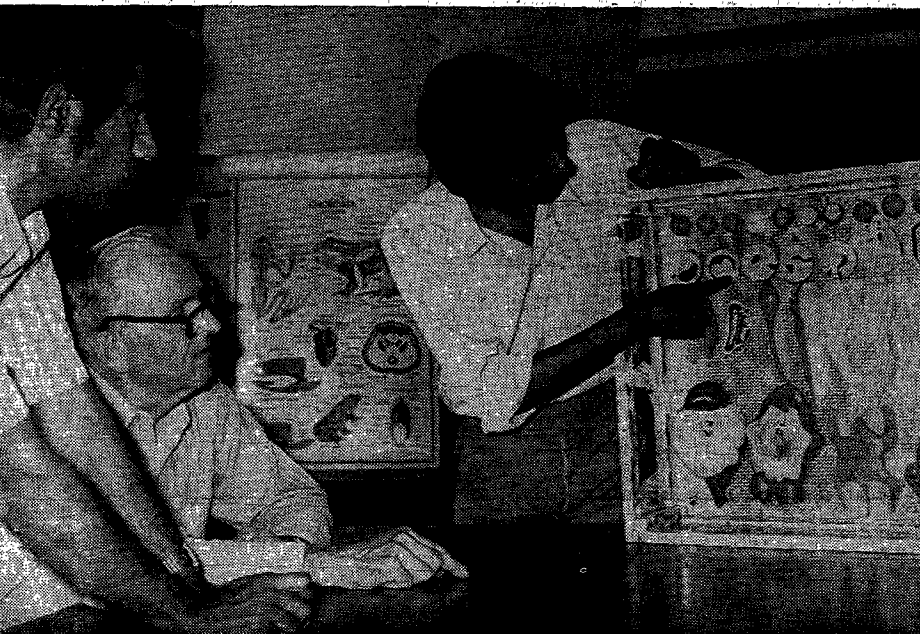
NORTHERN EUROPE



Below: Mr. Hooper in a biology class at Chuharkana. Above: P. Munger with a industrial arts student.



Above, Nurse Esther Mall bandaging hand
Below: Typing



N ASIA AMA

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DIRECTOR

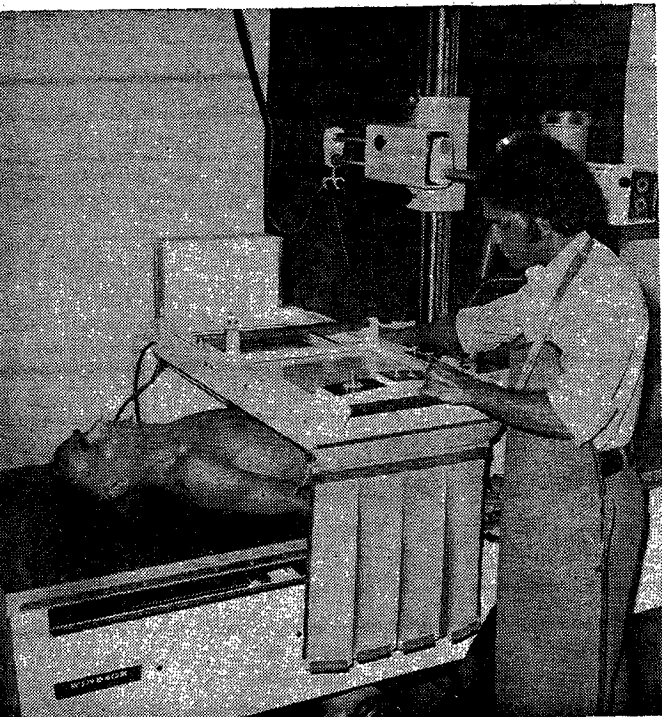
T AFRICA DIVISION



Soya milk industry at Lakpahana.



Students at work in Lakpahana.



ing patient at Chuharkana, Pakistan.
a progress



Below: Chemistry class at Chuharkana. Above two pictures are of the Lakeside
Hospital, Sri Lanka.



Eight Steps To Abundant Living

The first "Better Living Breakthrough" series of lectures to be conducted in Southern Asia was held as a pilot project in the Salisbury Park Memorial Church. The series of 8 meetings was organised and conducted by Dr. R. I. Clark, and Pastor and Mrs. W. G. Lowry.

A wealth of splendid health information was given during this series of meetings. Following is an excerpt of some of this information.

1. THE BREATH OF LIFE

The human body is composed of some 100 trillion cells—an incomprehensible number. Each cell is so complex and intricate in design, so full of unsolved mysteries, that the human mind find it unfathomable. The brain cells which are responsible for thought and action are themselves even a more profound mystery. Dr. Guyton, professor of physiology, in his text, **Basic Human Physiology**, says "the human brain carries within it a computer with capabilities and functions that all the electronic computers of the world put together cannot at present achieve."

Of all the elements necessary to life and to brain function, one of the most essential is oxygen. So vital is this process that one fourth (25 trillion) of the body cells transport oxygen. These cells, called red blood cells, pick up oxygen in the lungs transport it throughout the body, pick up carbon dioxide from the cells, and hasten back to the lungs. Here the red blood cells release the carbon dioxide, pick up a fresh supply of oxygen and hurry on their way again. A complete circuit of the body requires about one minute. If a lack of oxygen is present for only a short time, irreparable damage can occur in the brain, and in a few minutes death can result. Nervous tissue, and especially brain cells, are very sensitive to the lack of oxygen.

2. WATER OF LIFE

The human body is about 56% water. All body functions depend on water. Water is the transport system for material going in and out of the 100 trillion body cells. Here is a partial list of such substances: gases, food, waste products, special mineral and protein combinations. Movement of water in and out of cells is vital to life.

The amount of water that can diffuse in and out of a cell in one second is about 100 times the volume of the cell, a feat beyond human comprehension. In other words, water is not static in the body. It is moving back and forth through nervous tissue, muscles, bones, skin.

Water forms 91% of the plasma (the fluid part

of the blood). Digestive juices are 95% water. 24% of the total amount of your blood goes to the kidneys every minute to be cleansed and to rid you of wastes. Without water you would soon be very ill indeed. One to one and a half quarts of water are excreted by the kidneys as urine. When the water level in the human body drops 6% by weight, you're below par, and if water loss is 20% it can be fatal.

3. EXERCISE

A physically fit man doing heavy exercise can process nearly two times as much air per minute as a physically unfit man doing heavy exercise. This means exercise increases the efficiency of your lungs so you can obtain more oxygen with less effort.

The heart becomes stronger and pumps more blood with each beat, thus reducing the number of beats per minute. More blood at a slower rate means less actual work for the heart. A conditioned person at rest may have a heart rate 20 beats slower than a deconditioned individual. This would mean saving as many as 10,000 beats in one night's sleep.

Exercise results in increased number and size of blood vessels which means more oxygen and fuel to body cells—so the individual has more energy. This brings increase in blood volume and red blood cells which carry oxygen...again this means more life-giving oxygen to the body.

Exercise also will result in improved muscle tone, after reducing blood pressure if it is high. Exercise increases the overall condition of the body, especially its most important parts—the lungs, the heart, blood vessels, body tissues, and general resistance to disease.

4. EAT TO LIVE

In the book of Psalms we are admonished to "number our days, that we may apply our hearts unto wisdom" (Ps. 90:12). We are to honour God by learning how to live. There is no question that if you will follow the suggestions we make you'll be a healthier and happier individual. One of those suggestions is to cut down on the use of sugar.

Indiscriminate and uncontrolled supply of poor food for between-meal eating cannot be condoned with impunity anywhere."

5. SUNLIGHT

It is soon apparent to the scientist who is trying to unravel the mystery of how a plant becomes green (for it still is not completely solved), or how a child's cheek becomes a rosy tan, that there is more than feeble chance at work in the chemistry

of life. A great creative Hand beyond the human view is active beyond the sun. And for the source of that power one ought not to look to the creature, but to the Creator; not to fancy, but to the only logical explanation: "And God said, Let there be light: and there was light." (Gen. 1:3). And on the fourth day our sun was created to rule the day—and the lesser light (the moon) to rule the night.

6. A LITTLE POISON NOW AND THEN

This is an age of pills, and drug taking. In the United States alone, forty tons of aspirin are used daily. Aspirin is considered a minor drug, and one that can readily be obtained. However, it cannot be taken without some very definite risks. Inflammation of the stomach, gastritis, nausea, heart burn, and even hæmorrhages can be the consequences of popping aspirin. In very sensitive individuals severe reactions, and even collapse, have occurred.

But we are accustomed to finding something in a bottle for all our ailments, and we frequently resort to the medicine cabinet when we should look deeper for the cause of our misery and treat the causes, not the symptoms. Pills for headaches, muscle aches, backaches, sleeplessness, stomach ache, billiousness, sour stomach—you name it and we have a pill for it. Here is where abstemiousness, or self-control, really counts. Yes, even aspirin can be overdone. The next time you have a headache, try the glass of water without the aspirin, take a short walk with some deep breathing. You might even take a bit of old-fashioned hydrotherapy, such as an ice bag or cold compresses to your head, along with placing your hands in real hot water. It is surprising what these simple remedies will do for the ordinary garden variety of headaches.

7. REST AND RELAXATION

Some individuals are constantly under par because they continually violate health principles. They

fail to get adequate rest, or plenty of fresh air and exercise, or sufficient water, etc. One of the main reasons for this is that they have not learned to exercise self control. Consequently they are under stress. Although the body has built-in systems for handling stress, given too much stress it wears out sooner than it should or breaks down.

How important then it is to avoid the abnormal build up of tensions which, as they accumulate, can lead to irritability, frustration, personality clashes, boredom, worry, paranoia, insomnia, physical and mental ill health, decreased life span, etc. Stress and disease are all around us. We cannot hope to escape them in this life, but we can do something to cut down on tension, to prevent disease and to keep our bodies functioning in such a way that we do not interfere with heaven's communication and the Holy Spirit's work in our lives.

8. THE ADVENTIST ADVANTAGE

Some years ago Dr. Frank Lemon and his associates studied the relationship of religion and health. Their research produced some interesting results.

"The death risk in this group (SDA's) for respiratory tract disease is very low, and is substantially reduced for other causes of death prevalent in the United States today, such as stroke, coronary heart disease, arteriosclerosis, liver cirrhosis, and cancer.

"We have found that observed deaths among SDA men were about 50% of expected when compared to general population, and for SDA women about 60% of expected."

These medical studies reveal that Seventh-day Adventist men live about six and a half years longer than the average—6.2 to be exact.

It is intended that the "Better Living Breakthrough" will be conducted at other suitable localities in Southern Asia. □

BETTER LIVING BREAKTHROUGH

From page 2

degree, its effect is the same in character as that of spirituous liquors. Coffee has a greater tendency to becloud the intellect and benumb the energies. It is not so powerful as tobacco, but is similar in its effects. The arguments brought against tobacco may also be urged against the use of tea and coffee." CDF 425, 426.

"Tea acts as a stimulant and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. . . . Tea and coffee do not nourish the system . . . The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils for they wear away life forces. Tired nerves need rest and quiet instead of stimulation and overwork.

Caution

"The servants of Christ are not to treat health indifferently. Let no one labour to the point of exhaustion, thereby disqualifying himself for future effort. **Do not try to crowd into one day the work of two.** At the end, those who work carefully and wisely will be found to have accomplished as much as those who so expend their physical and mental strength that they have no deposit from which to draw in time of need.

Service

"My brethren and sisters, give yourselves to the Lord for service. Allow no opportunity to pass unimproved. Visit the sick and suffering, and show a kindly interest in them. If possible, do something to make them more comfortable. Through this means you can reach their hearts, and speak a word for Christ." 9T 36.

BUILDING IN SOUTH INDIA UNION

C. I. JOHN,

Division Building Engineer

Buildings play a very important part in our mission work. If a group of believers are left for a long time without a church building, the spiritual health of the church will soon break down and die. A building, therefore is very essential to keep them going as a church. Therefore when we plan to start new mission work, let us definitely plan to put up a building too. It may be a church, a school, a health centre, anything that calls the attention of the local people.

In this respect South India Union is ahead of all other Unions. In fact they cannot cope up with the growing interest and needs of the local people. Their present buildings, whether churches or schools are inadequate to provide accommodation to the ever growing demands.

The Services Association office, situated in Madras, has to be enlarged to accommodate the additional staff and members of the office there. Recently four buildings in Anna Nagar was purchased at a cost of about Rs. ten lakhs.

There is a growing interest in Madras city. Our school at Tambaram needs better facilities. The problems of this school and the need to start a few more schools was discussed with the North Tamil Section officers and Pr. Hammond, Union Education Advisor.

The school in Gorimedu, Pondicherry, has thatch classrooms at present. But with the encouragement of the government and the church members a new three storey building is planned, the foundation stone of which was laid by the Governor of Pondicherry, Shri. B. T. Kulkarni on August 15. We were present there along with the Union and Section leaders. We also

discussed plans for future expansion with the leaders and gave them some valuable advice.

The next place of visit was Neyveli. Mr. Surender and Mr. M. K. George accompanied me. Here they have a ten-acre site for the high school. The plan is to have the high school and the elementary school in the same compound. Mr. Reuben Adam discussed his plans for the school. We made a few changes, taking the landscape into consideration.

The school in Tiruchirappalli, headquarters of the North Tamil Section, is also housed in an old building with thatch roofs. Top priority was given to building a new block here. Similarly the school in Madurai is also in need of new classrooms. A site has been chosen for the new building.

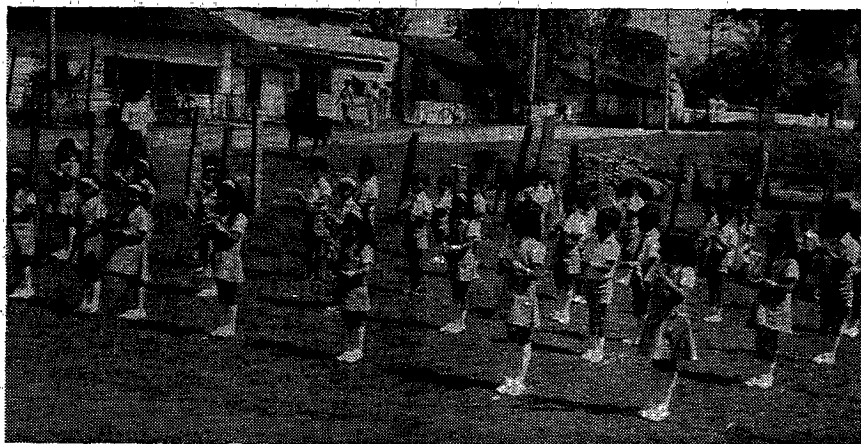
The boarding school in Prakasapuram has a new two-storeyed classroom block. Classes are being conducted in this wing. But the school is in need of water supply and the girl's hostel needs to be enlarged to accommodate more students.

There is a large growth of churches in Kerala Section. With this there is a similar growth of schools. There are a number of schools in and around Trivandrum. But there are no proper buildings to house the growing number of students.

After discussing the proposed three storey section office building made possible through the generosity of Indian friends living abroad we left for Mundakayam, my home town where a site for a church is being chosen. From here we went further north to Nedumkandam. A very successful school is being run here. A two-storey building is under construction and when completed they hope to accommodate nearly a thousand students. Similarly in Kottayam there is a two-storey school building under construction. And in Ernakulam plans are finalised for a large school. We closed our South India tour with a visit to the North Kerala Section office in Trichur.

In our inspection of the buildings all over South India Union, we found that a number of buildings had very noticeable faults—wide cracks in walls, sagging beams, the building slowly sinking into the earth and doors and windows with bends and cracks. It will be wise to consult an engineer in every phase of the work from the foundation till the finishing touch is given. This avoids a lot of complications and eventual loss. □

The Seventh-day Adventist School at Chikmagalur, Karnataka celebrated the 30th anniversary of Independence in the school grounds. Many prominent people from the town were present for the programme. The students of the kindergarten class performed a mass drill as part of the programme.



K. J. Moses



Pastor M. D. Moses, Southern Asia Division Sabbath School Advisor was the speaker at Spicer week of Spiritual Emphasis. His meetings brought a new awakening at Spicer.

The July 18 to 23 Week of Spiritual emphasis brought a great spiritual revival at SMC. Pr. M. D. Moses, Division Sabbath School Advisor, used the theme: "The Divine Photographer" to bring inspiring messages twice a day to the college family. Prayer bands began with a siren at 11:08 a.m. when students and staff met in their classrooms for prayer. Many groups of two or three persons were found praying in the offices, classrooms, outside on the varandahs, under trees or even along the roadside. Ten minutes later at 11:18 a.m. the bell rang for the next period.

The seasons of prayer and the special music brought by the different language seminar groups contributed greatly to the success of the week of prayer. Many students and members of the staff responded to the call of re-consecration during the concluding services. Several students gave their hearts to Jesus for the first time and joined the baptismal class.

First Semester Enrolment

A total of 1,266 students enrolled in all schools of Spicer during this academic year—824 in college, 164 in high school, 194 in the English elementary school and 84 in the Marathi elementary school. Among the college stu-

dents, 588 are men and 236 are ladies representing six Division fields of the Seventh-day Adventist world church. Among the overseas Divisions, Afro-Mideast Division has 27 students, Far East 18, North European 7, and one student each from North America and South African Division. Out of 768 from Southern Asia Division, 342 are from South India Union, 239 from Central India Union, 185 from Northern Union and 4 from Sri Lanka Union. The languages spoken by the students at Spicer are 56 representing 23 countries.

New Faculty

Joining the teaching faculty this year were eight families, four single teachers and four part-time teachers. Flaiz Benjamin with a M.Com. from the Marathwada University and Clement Martin with a M.B.A. from the University of Texas have joined the Business and Economics Departments. The Religious Philosophy department will have Gordon Christo and Lalchansanga Colney, both having finished their M.Div. at Philippine Union College, Manila, will be teaching Biblical languages and Church

History. Pr. and Mrs. O.W. Lange, retired missionaries will be teaching in the speech and English department. Others joining the college faculty are Johnny Sudhakar, Anthony Romain Rabot, Edwin Joseph, Miss Ranjana Daniel Francis, G. Daniel Dayananda Rao, Emil Kachchhap and V. Mathai. There are also four part-time teachers from Poona teaching Agriculture, French, Telugu and Mathematics.

Comprehensive Results

Nineteen of the 42 seniors who appeared for the summer comprehensive examinations in June 1977, were declared passed on August 19, 1977. Those completing the comprehensives included Cyrus Brown Kia, Dennis Moses, S. Jayaseelan, Ronald Tlau and Douglas Dilip Roy in Religious Philosophy; Azit P., P. Christian, Moses Manthra, M.J. Mohan Raj, P. Noble Prasad, and Stanley Ponniiah, in Business Management; Y. S. Noha and P. Elisha Bob in Economics; George M. Ayonga in History; Mary Onguti in Mathematics; N. Samson in Geography; Sonny Thomas in Chemistry; and



Members of the Andrews University Alumni Association on a world tour, visited Spicer College for a day. At a meeting with members of the association in Spicer, the Alumnus award for the year 1977 was presented to Pr. Justin S. Singh, Southern Asia Division Youth Advisor.



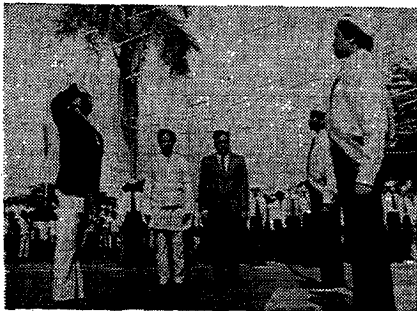
Lillykutty Thomas, Esther F. Edwards and Saroja Gnaniah in Secretarial Science.

M.B.A. Admissions

Although there were no university admissions granted to the graduates of SMC this year, two independent Management institutes from Poona and Lonavala admitted ten for the M.B.A. part 1 courses. These two private management institutes have been recognised by the Government of Maharashtra and the All India Management Association.

Ph.D. Studies

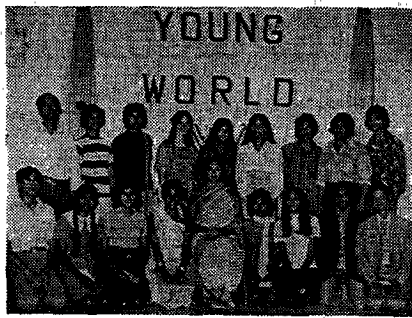
Spicer has 7 Ph.D. degree holders on its faculty. Another 13 candidates have been working toward their Ph.D. studies. Out of them, Bruce Johnson, R. G. Buhler, Brian de Alwis, R. H. Jones, L. A. Willis are studying abroad under sponsorship. Pascal Latour and P. R. Solomon are working on Ph.D. studies on leave of absence. Among those who are working on their Ph.D. programme under sponsorships while continuing their duties at the college are H. D. Erickson, A. A. Job, S. Kesavelu, Joy C. Kurian, Francis Roy, A. T. Thomas and J. Robert Donald.



Dr. Ramachandra Govinda Takwale, a member of the Executive Council of the Poona University, was the chief guest for the Independence day celebrations.

Independence Day Celebrations

Dr. Ramachandra Govinda Takwale, a member of the Executive Council of the University of Poona, was the guest of honour



Young World was the theme for the annual talent night at Spicer. The prize winners are seen with Mrs. Cherian, who gave away the prizes.

at the Independence Day celebrations. Dr. Takwale, a Professor in the Department of Physics in Poona University, spoke on the uniqueness of Spicer's Educational Programme and invited the college family to foster the cultural unity of our country.

Talent Night Programme

The first talent night programme for this academic year—"young world" was held at 8 p.m. on August 13, 1977. The programme consisted of Eastern and western vocal and instrumental items, readings and other items. The first prize for miscellaneous items, together with the grand prize and the popular prize, were won by Nagarani Samuel for her South Indian dance. Beulah Aruldas, Mercy Kesavelu and Sally John won the first, second and the third prizes respectively in western instrumental items. In the western vocal entries, Meena Cherian secured the first prize, Julie John the second and Anupam Nowrangi the third. In the Eastern vocal items, Eileen Jesudas won the first prize, Steven Raju the second and N. Sasikumar the third. Amiyo Prabhu and P. Jesudas won the first and second prizes respectively in the reading skit items.

President Cherian Inaugurates Christian Festival

President M. E. Cherian inaugurated, August 9, the Annual

Festival of Christians, organised by the St. Ignatius Church in Kirkee, Poona. Delivering a sermon to the three-thousand congregation on the Blessing of the Sick, Dr. M. E. Cherian emphasized the blessings in following His footsteps in the ministry of healing. Don Bosco and Bombay Engineering Group bands played music for the programme. The services during the festival were conducted in the English, Tamil, Marathi, Malayalam and Konkani languages.

Maharashtra Prohibition Minister Visits SMC

Honourable Dr. Leon D'Souza, Minister of state for prohibition, Excise and Protocol, government of Maharashtra, was the special guest of Spicer on August 18, 1977. Dr. Leon D'Souza visited the various units on the college campus with President M. E. Cherian and appreciated the educational programme at SMC. Following the get-together with the college faculty and staff, Dr. D'Souza addressed the students and staff on "The Distinctive Role of Education." Commending the role of education at SMC, the minister invited the Christians in India in general and the spicerians in particular to foster the roles of national integration and christian duties toward peace and happiness in the country. □

Dr. Cherian explaining the courses taught at Spicer to Dr. Leon D'Souza, minister of state for prohibition, Maharashtra State.



OBITUARY

S. N. Dass, son of late Monindra Nath Dass of Bisherkandi in Barisal District breathed his last on the 8th of September 1977 at about 3 a.m. in Holy Family Red Cross Hospital where he was under treatment for over two months because of a stroke. He served 38 years in the organised work.

He was born in Barisal on 15th June, 1910. He was baptised in 1934 in Barisal and soon after his baptism, he joined the Seventh-day Adventist working force.

On 29th December 1937, he was united in wedlock with Miss Sneha Rani Gayen, the eldest daughter of late Pr. P. C. Gayen who was the superintendent of East Bengal Mission under North-East India Union. Six children blessed their home. The eldest daughter Anita married R. U. Stephen, his eldest son Sunit is the Section Education and Sabbath School Director; Sukrit the second son, is the Principal of Kellog Mookerjee School; his third daughter, Ellen is married to Byron B. Bol, the head master of Kellog Mookerjee High School; his youngest daughter Anna with her husband Simson Biswas are teachers of K. M. High School; and his second daughter Helen is a Grader at the Bengali VOP Bible School in Dacca.

From 1934-'41, the first seven years of his service he worked as the Bengali translator in Lucknow, Ranchi, and at OWPH, Poona. From 1942-'44 he was the Secretary Treasurer of Bihar Mission. The next two years he served in East and West Bengal Mission as

Secretary-Treasurer and Union Accountant. From 1947-'48, he was the Section treasurer of East Pakistan Mission. From 1949-'50 he worked as the Book Depot manager in Calcutta under North-East India Union. 1950-'54 found him as an active lay member. From 1955-'59, he was called to be the Mathematics teacher at Kellog Mookerjee High School, Jalirpar. In 1962, he served as the Director of VOP School for East Pakistan Section. 1963-'64, he worked as the East Pakistan Section Secretary. From 1964-'65, he was the Section MV Secretary and Editor.

After this, he served as an acting president of E. Pakistan Section for a short period. In 1966, he was asked to be a Section Secretary for one year. In 1967, he helped in the Section Departmental work. 1968-'69 found him working as the Garo field leader and Monosapara School Principal. 1970-'71, he worked as the Section Educational Department Secretary. Following retirement in 1973 till now he worked as a part time translator in Bangladesh Section.

During his life time, he enjoyed good health. He was quiet but diligent and an enthusiastic worker for God. He composed a few Bengali songs for our Song book and also translated a few songs and choruses from English into Bengali. Both his English and Bengali penmanship was very neat and beautiful. In whatsoever mission work he had the opportunity to help, he showed keen interest. Up until his stroke, he served as the Lay Activities leader of Dacca Church. May he sleep in peace until Jesus shall come the second time. □

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October 1977



SOUTHERN ASIA TIDINGS

Vol. 72, No. 8

October 1977

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Newsflash

- * The Government of Maharashtra appointed Dr. M. E. Cherian as a member of the Police Public Liaison Committee. This is a civilian committee to function in an advisory capacity in matters relating to the work of the police with the public. This is a honorary membership running for a period of three years.
- * The young people of the Miraj church had a very enthusiastic week of prayer from August 6-13. As a result two young people were baptised on August 22 at the nearby river by Pastor S. S. Pandit. Vasant Khandagle is the pastor of the Miraj church.
- * Every day the public health staff of Giffard Memorial Hospital go to the surrounding villages to teach preventive methods of medicine and give treatment. Feeling the need to bring down child mortality they started a Well-Baby Clinic which was inaugurated on September one by Dr. E. J. Hiscox. The first clinic started with 45 babies who were administered BCG and Smallpox and Polio vaccinations. This clinic is also run once a week to give counsel to mothers on antinatal and postnatal care.
- * Many students of Lowry High School found the week of prayer held by Pr. M. A. James, South India Union Ministerial Director, a blessing and were drawn closer to the Master. Ten students were baptised at the end of the week and 40 students joined the baptismal class.
- * The Jullunder church had as their speaker Pastor J. M. Bagga for the M V week of prayer. His theme "A New Way of Life" captivated the young people. Four young people enrolled for the baptismal class.
- * The State of Michigan in USA has 160 Adventist churches, more than any other Conference in North America.
- * While in Melbourne recently, Pr. A. M. Peterson, Division Communication Advisor, was interviewed by Radio Australia on the activity and outreach of AWR—Asia. This 15 minute programme was broadcast worldwide four times, and once throughout Australia on the home service medium wave and short wave network.
- * Most exciting possibility on the horizon is the exploration of up to three Adventist-owned-and-operated world-outreach radio stations. The General Conference Committee has approved funds for a feasibility study by a firm of technical experts in the field of broadcasting.
- * On July 1 a church was dedicated in Austin Town, Bangalore by Pastor D. R. Watts. This was the 17th church dedicated in the section in one year. The work in Austin Town began about 20 years ago. But a new interest was generated in 1973 when Pr. V. D. Edwards conducted a three-month-long meeting which resulted in 40 baptisms. Now there are 70 members in the church.
- * Word has just been received that Pr. A. Maberly passed away at the Sydney Adventist Hospital in New South Wales, Australia, on July 26. He worked in Southern Asia for a period of time, in medical-evangelistic activity in the Himalayan areas.
- * There are now more than two million 800 thousand Seventh-day Adventists in the world. If present growth rates continue, the membership figure will hit three million before the end of the decade. The just-released annual statistical report of the General Conference of Seventh-day Adventists show that world membership has more than doubled since 1960. With over 500 thousand members, the North American Division of the church remains the largest. However, for every Seventh-day Adventist in the United States and Canada there are now four Adventists living outside North America.
- * In a recent committee meeting action has been taken to change the name Narsapur High School of Seventh-day Adventist to Flaiz Memorial High School of Seventh-day Adventists. This is the oldest school in Andhra Section.
- * More than 100 people were baptised recently in the Spanish Central Church in Chicago, USA. This is the largest baptism ever in that city.
- * Pastor Peter Mundu in Fiji reports that a new company of Indian believers has been formed at Lautoka. Services are now conducted in Hindi.
- * A special series of radio programme will be broadcast by AWR-Asia during "AWR Week", December 4-11. Each of the programmes during that week will feature the 30th Anniversary of the Voice of Prophecy in Southern Asia. Special greetings from other Adventist programmes will also be featured.
- * Currently, the Voice of Prophecy correspondence school in Singapore is preparing two new courses in the Tamil language. These are "Health", and "The Wonderful Jesus." The translation of the Bible course from English into Tamil was made on behalf of the Singapore VOP School by Pr. J. P. Masillamoni of the Oriental Watchman Publishing House.

Printed and published for the Proprietors Oriental Watchman Publishing House, Salisbury Park, Poona 411001, by V. Raju, Manager. Editor: J. M. Fowler. Job No. 2107-77.