

# Signs

OF THE TIMES

SEPTEMBER, 1965

50c

PEACE ON EARTH  
-- WHEN?

Theodore Carcich





# BEFORE THE NIGHT

by Dan H. Reese

The shadows lengthen as the day grows old;  
Call now His wand'ring sheep back to the fold.  
Let not their footsteps find the way obscured,  
Or shepherd voices leave the tale untold!

The gath'ring tempest bids no more delay!  
The gate is open! Haste while yet the day  
Gives light to shield from wayside pit and snare  
The fall'ring ones who in the shadows stray!

Before the sunset, sound the last loud cry  
That all may hear, "His coming draweth nigh!"  
Proclaim with power this message to the world:  
"Choose now eternally to live or die!"



## In This Issue...

Most newscasts today are heavily laden with reports from Vietnam, but little is said concerning the activities of Christian missionaries in that country who must needs labor on in the midst of all the conflict and turmoil. Our readers will therefore be especially interested in the article on page 14 by Barbara Hand entitled "Witnessing for Christ in South Vietnam," in which an Adventist missionary tells our interviewer of thrilling adventures in this war-swept land.

Another fascinating article from overseas is "Whither Africa?" by Walter R. Beach, on page 18. Here the author discusses some of the new problems confronting this vast continent where mighty forces are contending for the hearts and minds of millions.

Some months ago a special convocation was held in New York on the subject of "Pacem in Terris," a phrase borrowed from a recent papal encyclical. A report of this unusual meeting will be found on page 7 under the title "Peace on Earth—When?" by Theodore Carcich.

"When God Rested" is the concluding article in Harold W. Clark's series, "Seven Wonderful Days." It deals with the significance of the first Sabbath in Eden.

A most informative article will be found on page 26, written by Clifford R. Anderson, M.D. Entitled "How Your Body Functions," it describes the marvels of the body's control systems and tells why some people become giants and others dwarfs.

When the nation's highways are overcrowded with cars, it is hard to believe that there are some people alive today who never saw a motor vehicle while they were small children. By all means read "When the First Car Came to Placerville," by Charles W. Hartwick, and read of the changes seen in one man's lifetime.

Looking forward to our October issue, we are happy to announce the following choice items: "New Reformation Needed?" by W. L. Emmerson; "Living for God in a Godless World," by Walter R. Beach; "Forgiving and Forgetting," by W. Alexander; "Variation Is Not Evolution," by Frank L. Marsh; "These Women Need Not Die!" by Clifford R. Anderson, M.D.; and "Menace of the Mass Mind," by Ernest Lloyd.

# SIGNS

## OF THE TIMES

### The World's Prophetic Monthly

A Magazine of Christian Living, Presenting  
the Bible as the Word of God and Jesus  
Christ as Man's Redeemer and Coming King

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ART DIRECTOR . . . . Howard C. Larkin

LAYOUT ARTIST . . . . Paul B. Ricchiuti

CIRCULATION MANAGER . . . . A. R. Mazat

INTERNATIONAL CORRESPONDENTS: Karl Abrahamsen, Norway; W. L. Emmerson, England; C. H. Hamel, Pakistan; D. L. Michael, Canada; R. C. Piper, Australia; Daniel R. Guild, Singapore.

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### **Lutheran View on Smoking**

A paper on the Christian attitude toward cigarette smoking has been released to the public by Dr. Oliver R. Harms, president of the Lutheran Church-Missouri Synod. The paper, prepared by the Church's Commission on Social Action, advised Christians to "refrain from cigarette smoking" and to "warn others about the harmful effects" of the practice, which was declared "a health hazard, whether it be excessive, moderate, or light."

### **Missionaries Barred From Nagaland**

Foreign Christian missionaries have been ordered by the Indian government not to work among Nagas, East India tribesmen who demand an independent state. Government concern over the activities of missionaries in the state springs from the claim, which churchmen describe as baseless, that they are responsible for the Naga demand for independence. Nagaland is the only state in India where Christians form a majority of the population.

### **Infant Baptism Restudied**

Changes in the Anglican Church laws covering the controversial question of baptism are being studied by the Church Assembly of the Church of England. Many Anglican priests are reported in open revolt against the present law, whereby they are ordered to conduct infant baptisms, because they contend the parents have no intention of bringing the child up in the church. Some priests have actually resigned and others have said they will refuse to perform infant baptisms.

### **Spain Closes Two Church Schools**

Recently closed by order of the Spanish government were a Seventh-day Adventist school in Saragossa, with an enrollment of fifty pupils, and a Baptist school at Alicante, with thirty pupils. Closure was directed on the basis of "unauthorized functioning." However, Protestant observers pointed out that no Protestant school in all of Spain is currently "authorized" to operate. Yet twelve Protestant schools are "tolerated." They provide education for some 550 boys and girls.

### **Oberlin School of Theology to Close**

The trustees of the Oberlin Graduate School of Theology, founded in 1835, have announced that the school will close within approximately three years because of a continuing decline in enrollment. In spite of increased recruiting efforts, the trustees said the graduate school has experienced a steady reduction in the number of students

preparing for the ministry. From 1960 through 1963 enrollment dropped from 155 to 107. Strong recruiting efforts raised enrollment to 116 this year, of which only fifty-one students were candidates for the Bachelor of Divinity degree.

### **Memorial to Churchill**

Work has begun on the delicate task of dismantling the war-bombed 300-year-old St. Mary Aldermanbury church in the city of London and shipping it to the United States as a memorial to Sir Winston Churchill at Westminster College, Fulton, Missouri. It was at Fulton that Sir Winston made his famous "Iron Curtain" speech on March 5, 1946. There the stones of the church will be re-erected. The reconstructed church will contain a collection of Churchill mementos and paintings, and several volumes of his books.

### **Catholics Welcome Prospects of Union**

In a recent editorial the Roman Catholic *Canadian Register* hailed the prospects for union between the Anglican Church and United Church of Canada. It said Catholics would join with other Canadian Christians in expressing happiness at the recently announced unanimous agreement between committees of experts of the two churches on principles of union. "For the Catholic reading the principles of union, the reaction could be not one of surprise at the number of statements with which he differed, but rather of pleasurable interest at the degree to which much of the exposition appeared to reflect his own convictions," the *Register* said.

### **Wrong Way**

Although the United States Bureau of Public Roads estimates that the safety engineered into Interstate highways prevents as many as 3,500 fatal accidents a year, officials are disturbed by the number of fatalities resulting from wrong-way accidents. In one six-month period there were eleven fatalities in twenty-six such accidents on the Los Angeles area freeways. Officials found that drinking drivers figured in 85 percent of these wrong-way collisions.

### **New York's Drinking Teen-Agers**

New York's Assembly has voted down a proposal to raise the state's "minimum drinking age" requirement from eighteen to twenty-one. Fewer than one fourth of the Assemblymen voted for the measure, one long sought by New Jersey and Connecticut where "under twenty-one" drinking is barred. These states claim their teen-agers go to New York to drink, causing a heavy rate of accidents on their return home.





UNITED PRESS INTERNATIONAL

Residents of Las Victorias de Villa Delgado, a small town near San Salvador, search through rubble left by the earthquake of May 3, 1965. Official reports placed the death toll at 101, with over 300 injured.



UNITED PRESS INTERNATIONAL

Canadian Health Minister Judy Lamarsh tapes up a "no smoking" sign at the Canadian Youth Conference on Smoking and Health recently held in Ottawa. A group of seventy-five students have joined the Health Minister to help her in a crusade to stop Canadian youth from smoking.

## THE FLIGHT OF TIME

### HALF CENTURY

IT IS a rare thing for us to include a personal note in the *Signs*, but on this occasion there may be pardonable excuse. This month we complete fifty years of continuous editing of Christian periodicals.

Half a century ago, in September, 1915, we joined the editorial staff of the *British Present Truth*, then published in Watford, England, to become editor-in-chief in 1920, a post held till 1936, when we moved to the United States to become editor of the *Signs of the Times*.

Looking back across the years we marvel at God's providences in the editing of these journals through two world wars, the great depression, and a multitude of crises of lesser importance. Through peace and war, good times and bad, the journals have continued to appear, with never an issue late and never a deadline missed.

Among the highlights of the experience we remember reporting such historic meetings as the Council on Faith and Order at Lausanne, Switzerland; the London Naval Conference; the League of Nations Committee on Calendar Reform; the Disarmament Conference in Geneva; the founding of the United Nations in San Francisco; the Japanese Peace Conference; and the World Council of Churches at Evanston.

In addition there were an unforgettable tour of the Holy Land and Egypt; three incredible visits to the Castel Gandolfo, the pope's summer residence near Rome; several trips to other parts of Europe; and a thrilling preaching itinerary through Australia, New Zealand, and Fiji.

Among famous people met were Ramsay MacDonald, when he was prime minister of England; Dr. J. H. Hertz, chief rabbi of the British Empire; Dr. Moses Hyamson, famous New York rabbi; Lord Rothschild, of the international banking firm (at a garden party in his London home); most of the editors of United States Protestant magazines (at the annual meeting of the Associated Church Press); Dr. Stein, the Vatican astronomer, and several other leaders of the Roman Catholic Church.

Extra-editorial duties have included such varied functions as addressing the League of Nations; the bishops of the Church of England, at Cambridge University; and the faculty of Union Theological Seminary in New York City, with Dr. Henry P. Van Dusen presiding.

Looking back over this thrilling half century, which has seen mankind move swiftly into the Atomic Age, the Nuclear Age, and the Space Age, which has witnessed more marvels than any other like period since the dawn of time, which found man fighting in the shell holes of Flanders



and leaves him leaping toward the moon, we cannot but thank God for His constant guidance and watchcare.

Millenniums ago, toward the close of his long reign as king of Babylon, Nebuchadnezzar declared: "I thought it good to show the signs and wonders that the high God hath wrought toward me. How great are His signs! and how mighty are His wonders!" Daniel 4:2, 3.

With greater reason we bear similar testimony today.

A. S. M.

## FADED GLORY

THE officer in charge of press relations for the UN commemorative celebrations in San Francisco had assured us that there would be such a rush for press tickets that pandemonium might prevail. It didn't. On the contrary, when we arrived at the Opera House an hour before the proceedings were scheduled to begin we found ourselves virtually alone amid magnificent emptiness.

An hour later, when the speeches were timed to start, there were but a few score representatives of the press in all the dress circle and grand tier reserved for them. In other words, the press wasn't interested enough to attend.

A few minutes before President Johnson arrived, the doors were opened to let hundreds of the ticketless public into the hitherto jealously guarded seats. It would, of course, have been unthinkable to let the President address an empty house.

After the President had delivered his message the crowd melted away. So did the press.

It was all so different in 1945. Then it *was* difficult to get a press pass, for hundreds of top-flight representatives of the world's most important newspapers and magazines flocked into San Francisco.

Well do we recall the excitement of those days; the packed meetings; the waiting crowds outside; the prevailing mood of optimism and high hope; the general conviction that a great moment of destiny had arrived.

None of these features was evident at the twentieth-anniversary celebrations.

Speakers recounted the accomplishments of the UN over the past two decades, but there was a hollow sound about their summation. While there was frequent repetition of

the claim that the UN is "the last best hope of mankind," nobody said it with conviction. One couldn't help but sense that something had gone wrong somewhere; that the organization which had been launched with such eagerness and high expectation two decades ago was slowing to a halt. One word characterized the entire proceedings: *Ichabod*—"the glory hath departed."

Among those present was Carlos Romulo of the Philippines, a key UN figure since its founding and president of the general assembly in 1949. With great frankness he told a San Francisco audience that "the UN is faltering, unable to meet the realities of the present world. . . . It probably cannot survive another ten years unless it is strengthened."

To "strengthen" the UN he proposed "total world disarmament in carefully controlled stages; the creation of a permanent UN peace force and the abolition of the UN Security Council's veto power"—all totally impractical concepts with the world situation as tense and perilous as it is.

The sad fact is that nobody has any workable solution for the UN's problems. As columnist Reston has so aptly stated: "The basic premise of the charter approved in San Francisco twenty years ago was that the five permanent members of the Security Council—the United States, the U.S.S.R., China (Formosa), Britain, and France—would be able to reach unanimous agreement on how to keep the peace. Now they cannot agree on what peace is, or who China is, and China and the Soviet Union are squabbling even more than the United States and France."

Plagued by internal dissension, baffled by financial difficulties bordering on bankruptcy, the United Nations has been reduced to almost total ineffectiveness. Those who still regard it as any kind of "hope" are blind indeed.

The cold facts drive us back to the Bible and the true hope of man which has survived millenniums of human strife and turmoil. Nineteen centuries ago the apostle Paul confessed that he was "looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ." Titus 2:13.

Christ's return, marking the culmination of the divine plan of redemption and the end of all that is evil, has been the hope of all true Christians ever since. It is their only hope today, and its glory does not fade.

A. S. M.

Forerunner of America's first supersonic airliner, the triple-sonic XB-70 has been called the most revolutionary large experimental plane ever built.

UNITED PRESS INTERNATIONAL







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## Peace on Earth--When?

Comments on the UN Convocation on *Pacem in Terris*

by Theodore Carcich

Thoughtful men everywhere are concerned and afraid. This was evident as a distinguished audience of 2,000 gathered in the UN General Assembly Hall on February 17 for the opening session of the International Convocation on *Pacem in Terris*—Peace on Earth.

For a few days, in midtown Manhattan, men and women from varying races, religions, and ideologies met together and considered the pressing problems of world peace. It was a significant commentary on the influence of the Vati-

can in world affairs that the text around which the discussion centered was the late Pope John's encyclical *Pacem in Terris*.

Addressing the imposing audience on the opening evening, Alex Quaison-Sackey, president of the General Assembly, reminded all present that though "the voice of Pope John was never heard in this hall, tonight we hear the echo of his papal message, and the voices of those leaders who have answered his call."





UNITED PRESS INTERNATIONAL

With all respect to the warm personality and apparent sincerity of the late Pope John, it would have been better for that glittering assembly to hear the message of Jesus Christ. Certainly He had much to say about peace—how it may be realized individually, and whether it can come to the world apart from His personal return to this earth.

Long ago, in reply to His disciples' question, "What shall be the sign of Thy coming, and of the end of the world?" He said:

"Ye shall hear of wars and rumors of wars. . . . Nation shall rise against nation, and kingdom against kingdom" (Matthew 24:6, 7), with "men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:26.

War is as old as the human race. Bloody combat has attended every step of man's progress. Civilization's history has been tuned to the ghastly symphony of clashing swords and exploding bombs.

It has been left for our day, supposedly man's brightest era, to develop the most efficient instrument of death in the form of the devastating H-bomb with its fearful fallout.

Whereas a single conventional bomb can spread ruin over several hundred square yards, the dreaded H-bomb fallout can shower death upon thousands of square miles. Wherever the wind blows, death will follow.

Of course, we are informed, an individual may survive—if he manages to flee underground before the blast. But upon emerging, he would behold scenes of destruction beggaring description. He would discover that the work of centuries, along with all modern comforts and conveniences, had been demolished in one blinding flash.

Which, incidentally, is an illuminating commentary on

the theory of inevitable progress. How curiously unreal and hollow the claims of evolutionary philosophy sound when scientists somberly urge humans to go underground in order to survive!

In his nervous hands man now holds a weapon of enormous power. He may use it to destroy his enemies, but it could destroy him as well. A war involving thermonuclear weapons could ring down the curtain on human civilization. It could be global suicide. Knowing this makes man afraid.

Much more so as he compares his technological attainments and moral qualities and finds them poles apart. Priding himself on his cleverness, he despairs of his lack of goodness. Not because scientific developments in themselves are evil, but because they cannot resolve the problems they create. In a highly technical age a lack of corresponding moral discipline could well trigger the past and present into oblivion.

For a long time it has been dinning in our ears that knowledge and culture constitute the world's supreme need. If we but *knew* enough, we were told, a better world would result. But we should have known that the Greek and Roman civilizations perished in spite of their knowledge. History reveals that cleverness, apart from goodness, leads only to moral sterility, emotional instability, and mental frustration. These, in turn, lead to individual and collective disintegration.

This is precisely where modern man finds himself today. Look at him! Though capable of constructing good buildings, good roads, good cars, good planes, and good trains, he is wholly incapable of building a community of good people. His civilization, like a Frankenstein monster,





instead of serving him well, now threatens to destroy him.

It would seem that a generation of men possessing every possible convenience would also possess peace, but it does not. Instead, a gnawing fear fills the hearts of all. To allay the fear, men build jet bombers and guided missiles. They enter into alliances, sign treaties, hold high-level discussions, and even encourage a revival of religion—but the fear persists.

Why?

Simply because man's best attempts to abolish war have never dealt with its cause. Guns and bombs do not grow on trees. They do not just happen, nor are they here by accident. Along with other weapons of destruction they exist because of sin in the human heart.

Long ago the apostle James pinpointed the real cause of war when he said: "From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?" James 4:1. Since the unregenerate human heart is "deceitful above all things, and desperately wicked," it can be expected that man's relationship to his fellowmen will likewise be deceitful and desperately wicked.

This need not be. Man *could* live at peace with his fellowman. He could, if he first surrendered his heart to the Prince of Peace and experienced a rebirth "in Christ Jesus unto good works." Ephesians 2:10. Here alone is the source of all peace. Peace cannot be legislated or enforced. Peace is a gift granted to repentant men and women individually when they accept Jesus Christ as their personal Saviour.

The heart renewed by the saving grace of Christ is cleansed from the lusts, hatreds, and pride of the old heart

of sin. Being cleansed from such it is fit to receive the gift of peace. Said Christ: "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27. Here is the only formula for peace of mind and heart.

Since men will not accept Christ's gift of peace, but insist on their own course of action, sin will continue to thwart their best efforts to bring about world peace. Sin, working through the medium of unregenerated hearts, will neutralize every treaty, alliance, and pact that man proposes. Sin is the great spoiler that drives men contrary to their best intentions and deceives them into thinking that war is the way to peace.

Peace on earth will come when Christ returns the second time, and not until then. Then, and only then, will come to pass the hope of mankind as expressed by the apostle John:

"And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God.

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Revelation 21:3, 4.

Some ask, Is His coming near? Yes, nearer than many realize. The arms race, the cold war, the hatred and bitterness between races and nations, all indicate that His glorious return is imminent. For "when ye shall see all these things, know that it is near, even at the doors." Matthew 24:33.

[END]





ROBERTS

*Significance of the First Sabbath in Eden*

*Concluding Article in the Series "Seven Wonderful Days"*

by Harold W. Clark

Professor Emeritus of Biology,  
Pacific Union College

# WHEN GOD RESTED

The creation account closes with the words: "And God rested." Not that He was weary and needed repose, but rather that He rested in the sense in which a lawyer rests his case. In other words, He ceased from His creative activity. The Word says that "the works were finished from the foundation of the world." Hebrews 4:3.

As a memorial of creation week, the seventh day was set apart as holy time. In it man was commanded not to do any work, but to observe it in commemoration of creation. Exodus 20:11. Had the Sabbath thus been observed by all, there would never have been any idolatry nor atheism nor any other of the many doctrines that deny the sovereignty of God in the universe. The Sabbath was to be a sign between God and His people (Ezekiel 20:20) whereby they would know that He was their God.

According to the New Testament, the Sabbath was observed at the time of Christ, for we read that the women who prepared spices for His burial "rested the Sabbath day according to the commandment." Luke 23:56. Also, "when the Sabbath was past" they brought the spices to the tomb "in the morning the first day of the week." Mark 16:1, 2.

The Sabbath was not a Jewish holiday, for it was established 2,000 years before there was a Jew. It was set up as a perpetual memorial, and we can never do away with the fact of creation, which it was to memorialize, any more than we can change the fact that the Declaration of Independence was adopted on the Fourth of July.

How did idolatry begin? We read in Romans 1:21-23

that men did not glorify God as God. Their vain imaginations led them to worship nature itself. A study of ancient religions shows that most of them originally had some idea of a Supreme Being, although His exact relation to the universe was not clearly defined. Losing sight of the personality of God, men transferred His attributes to the things of nature. This departure from the fundamental truth led to many and devious avenues of error.

In India religious leaders conceived of God as an essence or energy pervading all nature. God was all in all and in and through everything. The sun and moon, the winds, the storms, the animals, and all manifestations of nature were activated by that universal energy. Thus there was left no distinction between God and the manifestation of His power in nature. This was pantheism—"all-God," or God in all.

The next natural step in the development of this philosophy was the establishment of many gods. Losing sight of the separate existence of God, and conceiving of God as penetrating nature everywhere, the ancient leaders of religious thought personified the various activities of nature and set up gods according to their vain imaginations, as the Bible puts it.

Had the Sabbath always been observed as a memorial of the creation of the world by the great Jehovah, such idolatry would never have come into being.

In some ancient countries philosophy took a different turn. Perhaps the philosophy that has had the deepest influence on modern thought was that developed in Greece



by Aristotle, one of the greatest of ancient thinkers.

Aristotle conceived of the world as being activated by an inherent force or power. All the processes of nature were directed by this "necessity," which drove them onward. Note this statement regarding the results of this philosophy:

"As we pass upward from purely mechanical changes, to chemical changes of quality, and thence to organic life, involving growth and decay; as, in organisms, we advance from the vegetative life of the plant, to the animal soul, capable of sensation and motion; and from the animal soul to man, from sensation to reason: we find each step governed by an upward impulse toward the succeeding step, which constitutes its perfection, . . . the goal toward which it is striving."—A. K. Rogers, *A Student's History of Philosophy*, page 106.

According to these ideas, whatever god there might have been was declared to be simply the ultimate ideal operating through nature. Thus Aristotle's philosophy, when carried to its logical conclusion, results in materialistic evolution.

Modern evolution, with its emphasis on the "laws of nature" as the ultimate power activating natural phenomena, is practically the same as the ancient Aristotelian philosophy. The great I AM, the Creator-God of Genesis, has no place in this system of thought.

But let us leave these abstract considerations and note some more worthwhile points. In the third chapter of Genesis, where the account of man's fall is given, we read that the Lord God walked in the garden in the cool of the day. How beautiful to think of the Creator's coming to talk with His newly created son and daughter! What interest He showed in their welfare! Without doubt He instructed them in many things. Adam and Eve, while fully mature individuals, were as yet lacking in experience and needed to have much information about the world about them in order quickly to adjust themselves to it. Instead of leaving them to discover everything by slow, experimental methods, their Maker came to aid them in acquiring the necessary knowledge to make their lives more meaningful.

The first Sabbath must have been a wonderful day of exploration and communion. And had every succeeding Sabbath since then been of the same nature, how close to God the human race might have remained! Even today Christians may profit greatly by spending some time on Sabbath in communion with God through His works. On this point we read from the writings of one who had a deep appreciation of the great lessons to be found in nature:

"Christ's purpose in parable teaching was in direct line with the purpose of the Sabbath. God gave to men the memorial of His creative power, that they might discern Him in the works of His hand. The Sabbath bids us behold in His created works the glory of the Creator. . . . On the holy rest day, above all other days, we should study the messages that God has written for us in nature. We should study the Saviour's parables where He spoke them, in the fields and groves, under the open sky, among the grass and flowers. As we come close to the heart of nature, Christ makes His presence real to us, and speaks to

our hearts of His peace and love."—Ellen G. White, *Christ's Object Lessons*, pages 25, 26.

"From the solemn roll of the deep-toned thunder and old ocean's ceaseless roar, to the glad songs that make the forests vocal with melody, nature's ten thousand voices speak His praise. In earth and sea and sky, with their marvelous tint and color, varying in gorgeous contrast or blended in harmony, we behold His glory. . . . All the brightness and beauty that adorn the earth and light up the heavens, speak of God."—Ellen G. White, *The Ministry of Healing*, pages 411, 412.

Those who thus learn to appreciate the handiwork of God assimilate lessons that will fit them for the hereafter, of which the prophet spoke:

"And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." Isaiah 66:23.

God's plan for mankind is eternal. The same memorial of His power that was given in Eden will remain throughout eternity to be a constant reminder of His love and power.

The Sabbath question is much more than a question of which day should be observed as a day of worship. Even when a man refrains from labor on a certain day, he may fail to enter into the true rest of God. Unless he catches the spirit of the Sabbath, it will mean little to him.

Nature affords a wealth of reminders of the power and love of God. The vast universe spread out above, in the starry heavens, was called into existence by the breath of His mouth. The earth beneath, with its mineral wealth, and with its marvelous rocky framework, cannot but impress us with the mighty power locked in its embrace. The terrific energy released when a tiny bit of matter disintegrates, as in the explosion of an atom bomb, gives but a faint idea of the power of the Creator.

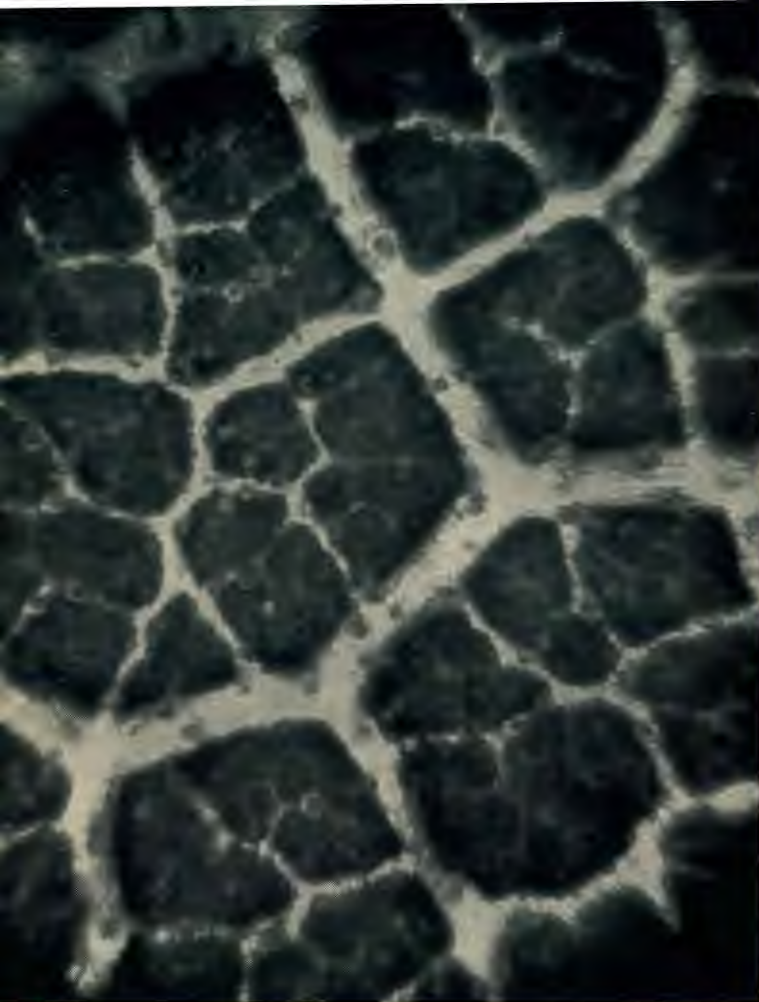
Yet it is not power alone that is revealed, but a tender care for every tiny creature of His hand. Again we quote:

"He sends the dew and the rain and the sunshine, that verdure may spring forth, and spread its carpet over the earth; that the shrubs and fruit trees may bud and blossom and bring forth. . . . It is through the immediate agency of God that every tiny seed breaks through the earth, and springs into life. Every leaf grows, every flower blooms, by the power of God."—Ellen G. White, *Review and Herald*, Nov. 8, 1898.

Now the most wonderful seven days in the history of the earth had come to a close. The earth in all its pristine beauty stood as a witness of the work of an almighty hand. Man, the highest of all creation, made in the image of God, had been given dominion over everything. What a wonderful privilege! What a priceless heritage! To be able to read and understand the thoughts of God in nature—surely this was, and still is, the greatest heritage man could desire.

Man has departed far from his original state, and nature has sadly deteriorated. However, a day is coming when all will be restored. "For, behold, I create new heavens and a new earth. . . . Be ye glad and rejoice forever in that which I create." Isaiah 65:17, 18. With eager anticipation we should look forward to that day. It will be well worth bending every effort to win an inheritance there. [END]





▲ Below the beautiful mosaic pattern of the leaf the delicate process of photosynthesis takes place. This little food factory transforms water, carbon dioxide, and other simple chemicals into sugar and chemical energy by using the radiant energy of sunlight. Each leaf is a part of a giant, worldwide industry producing billions of tons of sugar annually. Life depends on this delicate process; all food material and fuel can be traced directly to plant sources.

by Eric Kreye



▲ During the spring and summer months a spectacle of color invites insects to perform their task of pollenizing flowers, transporting the pollen grains from one flower to another flower of the same kind at the time when it is needed.

## AMAZING ORDER IN NATURE

### *Sure Evidences of a Divine Architect*

Our earth, weighing six sextillion tons, speeds through space at 67,000 miles an hour. Suspended in space, it travels nearly 588,000,000 miles in its orbit around the sun, rotating in perfect balance without losing a fraction of a second from year to year.

Such demonstration of power indicates that a mind of infinite wisdom controls the order of the entire universe.

"The heavens declare the glory of God; and the firmament sheweth His handiwork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard." Psalm 19:1-3.

Nor do the distant stars reveal greater wonders than the smallest order of life on earth. The world in a clump of dirt and the teeming community in a drop of water are as well-planned as the innumerable stars in distant galaxies. With the aid of a microscope lens new worlds of beauty and perfection are brought into focus.

The natural world all about us is full of divine lessons. Through contact with this beauty and perfection in nature we will more fully understand the greatness of God and His infinite love for each one of us. [END]

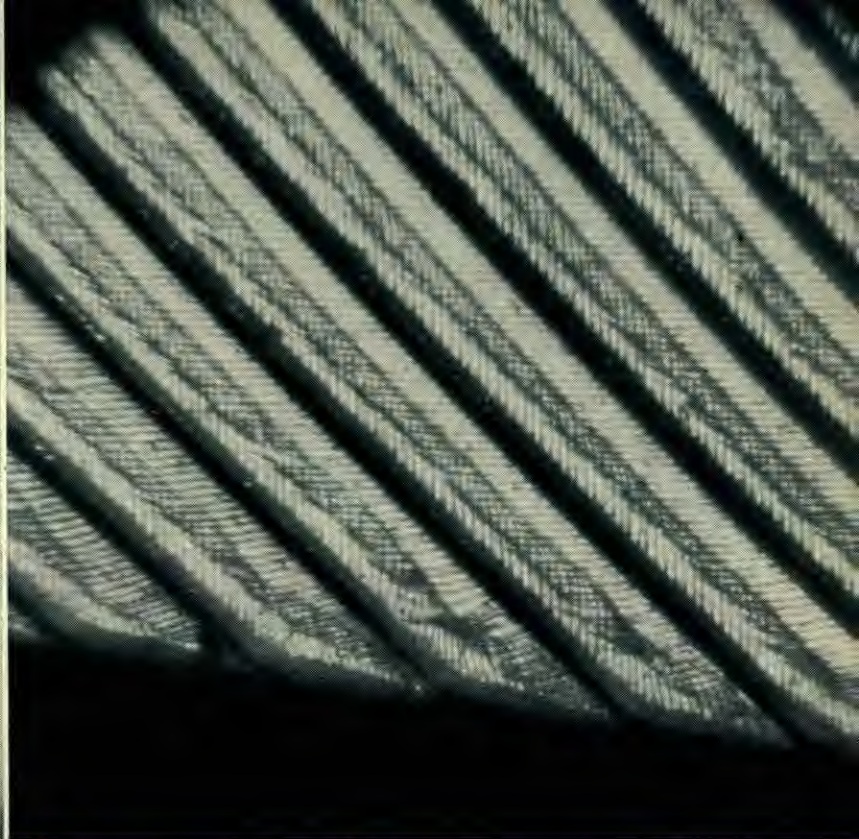
▲ Salt has been very important throughout the ages. It has been used as money, and in some parts of Africa it is still good manners when meeting a friend to let him lick your cake of salt! Man cannot live without salt because of its metabolic importance to the human body.





▲ The honeybee is a masterpiece of design and planning. Notice the strong supports of the wings. These supports are hollow tubes filled with air, adding to the buoyancy of the bee in flight. The amazing thing about the wings is that a row of very small hooks on the rear wings can be attached to the front wings, enabling the bee to carry heavy loads of nectar.

The sponge is a very active animal in its natural habitat. Whiplike appendages beat the water furiously, taking in as much as a ton of water in order to capture food for a gain of an ounce in its body weight. It is interesting to note that in Bible times the sponge was often used in place of a cup from which to drink.



▲ No less miraculous is the design of the feather of a bird. It is very light and flexible, yet extremely strong. Under the microscope the feather has the appearance of a finely woven piece of cloth. The filaments seen in this photograph are equipped with tiny hooks, called barbules, which lock into a tightly fitting mesh, providing the flight surface necessary to push against the air.

Millions of people live on the earth, yet no two fingerprints are alike. This demonstrates that God maintains individuality by infinite diversity in His orderly plan for our lives. ▼





Made from a bamboo pole, twigs, and bird feathers, this "tree" is believed by Vietnam hill tribesmen to ward off the evil spirits they have been taught to fear.



▲ Tilstra immerses one of ten Vietnamese baptized by him in a Vam Nhon drainage canal while a battle raged only about two miles away.



▲ Reinhold Tilstra, who is now minister of two Seventh-day Adventist churches in the Northern California towns of Arcata and Trinidad, led a South Vietnam mission from 1960 to 1963, while the tiny country met crisis after crisis.

## WITNESSING FOR CHRIST *in* South Vietnam

*Adventist Missionary Tells of Thrilling Adventures in This War-Swept Land*

by Barbara Hand

The young American minister and the Australian doctor, tired and dusty after hiking twenty-five miles through densely forested mountains, were glad when evening came to find a cold stream in which to bathe. They had heard rumors earlier of enemy guerrillas lurking close by. But in 1962 South Vietnam was filled with rumors, so they paid little attention.

Their bath was interrupted by an excited hill tribesman. Five Viet Cong guerrillas were camped nearby, he said, and wanted to see them. Reaching the camp, the two men were questioned by the Viet Cong about the purpose of the nineteen-man safari with which they were traveling. Reinhold Tilstra, the American leader of the party, answered the questions. He grew apprehensive when the Viet Cong leader said that he and the Australian doctor and a Nor-

wegian nurse, the only Westerners in the party, were to go into the jungle for a "lecture" by the guerrillas.

At that time Tilstra was president of the Vietnam Seventh-day Adventist Mission with headquarters in Saigon. He and his wife, Connie, had been missionaries to Malaya in 1960 when he was called to South Vietnam. He struggled most of the next four years to keep the mission afloat while wave after wave of crises swept the strife-torn country.

A short, sandy-haired man with a boyish face, Tilstra now seems reticent to discuss the difficulties of his Vietnam days. "When you live in a situation like that, things don't seem too exciting; you just take them for granted," he says.

But the guerrillas' lecture in the jungle disturbed even





▲ A Vietnamese church member beats on a native drum to call his people to worship in their simple meetinghouse.



▲ Mission churches like this one built by Seventh-day Adventists dot the hills of troubled South Vietnam.

the usually imperturbable Tilstra. "You never know how long those lectures will last—an hour or two, a week or two, or sometimes forever."

Tilstra told the Viet Cong that his group was planning to visit five villages of the Kohors, a nomadic people who live in the mountainous jungle more than 200 miles north of Saigon. One of these villages had recently burned to the ground, and the mission group was taking food and clothing to its stricken people. The doctor, Alan Jones of Australia, and the nurse, Mary Niegaard of Norway, had come with Tilstra to give medical aid to the natives. A Vietnamese translator was also with them, while the rest of the safari were mountaineer pack carriers.

The three missionaries and the translator had driven the day before from Saigon 175 miles north to Dalat. From there they drove about ten miles to the mountains, where they began the twenty-five-mile hike. Tilstra told the Viet Cong leader he planned to be in the mountains about ten days.

The guerrillas apparently believed Tilstra's story because, as he says, "we were treated quite correctly, even given the opportunity to put on warm clothes and get some food."

The five guerrillas were dressed in the black pajama-type garb of Oriental peasants, and all except the leader were armed with rifles. They took their turn haranguing against United States policy in Cuba and berating the United States Government for intervention in South Vietnam. Tilstra and his companions were given little oppor-

tunity to talk or ask questions. The missionaries did argue, however, that they should be allowed to complete their tour of the five villages. They were finally given permission to continue next day to the burned-out village, about four miles away. But they were warned not to go any farther.

The weary group finally emerged from the jungle at 10 p.m., three hours after they had entered. It seemed much longer. And what had begun as a ten-day trip ended after only two days.

How does a mission operate in an area plagued by such disturbances?

To overcome some of the obstacles, the mission broadcasts a radio program in the native language over each of South Vietnam's ten radio stations. When Tilstra was there, 1,200 Vietnamese were enrolled in a Bible correspondence course offered by the radio program. A new set of lessons is now being written especially for the Buddhists of Vietnam to replace the old lessons which had been produced for Hindus.

A new \$10,000 press prints religious and health books, which have been translated into Vietnamese from English and French. The books are distributed by a corps of 100 colporteurs, or book sales-

(Continued on page 29)

This picture of Da Ti, a native village in the mountains north of Saigon, was taken shortly before it burned to the ground. Tilstra was rushing help here after the fire when he faced a guerrilla "lecture."



▲ Roadblocks harass travelers in South Vietnam.





# GOD'S POWER IN YOUR LIFE

## *How much is sustained by the power of God?*

"God . . . hath in these last days spoken unto us by His Son; . . . upholding all things by the word of His power." Hebrews 1:1-3.

## *From what Source do we receive power to gain wealth?*

"But thou shalt remember the Lord thy God: for it is He that giveth thee power to get wealth." Deuteronomy 8:18.

## *What eternal truth should all of us fix in our minds?*

"God hath spoken once; twice have I heard this; that power belongeth unto God." Psalm 62:11.

## *What part has God in the maintaining of our health?*

"Who healeth all thy diseases." Psalm 103:3.

*Note:* The Gospel of Luke says that where Jesus was, there "the power of the Lord was present to heal them." Luke 5:17.

## *How totally dependent are we individually on the power of God?*

"For in Him we live, and move, and have our being." Acts 17:28.

## *From what dangers does the power of God shelter us?*

"Who redeemeth thy life from destruction." Psalm 103:4.

*Note:* "The angel of the Lord encampeth round about them that fear Him, and delivereth them." Psalm 34:7. "He shall give His angels charge over thee, to keep thee in all thy ways." Psalm 91:11.

## *Where do we obtain vitality?*

"Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Psalm 103:5.

*Note:* "They that wait upon the Lord shall renew their strength." Isaiah 40:31. Each new morning we awaken refreshed with God-given vitality, which is for all who cooperate with the laws of nature—God's laws.

## *To what Source may we turn when we lack courage?*

"He giveth power to the faint." Isaiah 40:29.

*Note:* Trust in God brings renewal of courage. He says, "In quietness and in confidence shall be your strength." Isaiah 30:15. Again, "Be still, and know that I am God." Psalm 46:10.

## *Where can a sinner find power to be rid of his sins?*

"Bless the Lord, . . . who forgiveth all thine iniquities." Psalm 103:2, 3.

*Note:* Jesus said, "That ye may know that the Son of man hath power on earth to forgive sins." Matthew 9:6.

## *When God forgives our sins what next does He do for us?*

"As many as received Him, to them gave He power to become the sons of God, even to them that believe on His name." John 1:12.

*Note:* "For as many as are led by the Spirit of God, they are the sons of God." Romans 8:14. With the power of His cleansing blood Jesus Christ takes away our sins. Then by the power of His Holy Spirit he leads us into sonship with God. This is the power of redemption.

## *What does the apostle Paul say of the gospel he preached?*

"I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to everyone that believeth." Romans 1:16.

*Note:* Heaven released unlimited power with the Pentecostal outpouring of the Holy Spirit. The Holy Spirit empowers us to live the Christ life.

## *How much power is available to meet the needs of a lost world?*

"All power is given unto Me in heaven and in earth." Matthew 28:18.

## *How far does the power of God extend in our war against the devil?*

"He gave them power against unclean spirits, to cast them out." Matthew 10:1.

*Note:* There is conquering power in the name of Jesus Christ over the world, the flesh, and the devil.

## *What does the power of God do for weak, tempted souls who cry for help?*

"Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy." Jude 24.

*Note:* When tempted, turn to the Source of unfailing power and you will not fall. Your risen Saviour has all power to keep you from yielding to sin.

## *With what divine Agency must we be in constant contact to obtain this power?*

"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Romans 15:13.

*Note:* The Holy Spirit, our divine Helper, channels the power of God from heaven to earth, from the throne of God to the sincere human heart. [END]







by Walter R. Beach



Cables out of Africa in recent months have carried ugly truths that made even uglier headlines. The changeover which seemed to progress with less brutality than bygone transitions in China, India, and Europe, suddenly took a turn for the worse, erupting across the continent in a scourge of atrocities. Stanleyville, at the heart of Africa, became the center of violence and havoc. There, dazed, ignorant people were used to torture Africans and Europeans alike. The implacable "simbas" (lions) truly went wild. Young rebels, some less than twelve years old, turned machine guns on all who stood in their way. The final grisly count will reveal that more than two hundred Europeans lost their lives. Some estimates place African deaths at 17,000. Stanleyville became a smear of blood across both a continent and a decade.

What went wrong in this gigantic experiment in African emancipation? Numerous explanations are put forward in as well as outside Africa. During the past months I have listened to many of them. Africans, with the twenty-twenty hindsight so common to mankind, have told me that the Congo's leaders in particular were ill-equipped for their crushing tasks. They had had no significant measure of administrative training before Independence Day, June 30, 1960. Civil war, of a kind, started with the United Nations' intervention in 1961 to bring Katanga Province back into the republic. Then the North Congo rebellion came with chain-reaction violence. Pan-Africanism extended the conflict across the continent.

To some it all looks just that simple. But the situation in Africa today is not simple. Nor has it ever been. In a

land so vast (the United States, Europe, and India could be tucked into Africa with room to spare) one should expect diversified, complex problems. Africa really is not a unit in any sense; consequently the swift changes of the past fifteen years have been all the more bewildering.

Within this decisive period, thirty-one new African states have joined the club of the independents. Before 1950 there were only four independent states in Africa; namely, Ethiopia, Egypt, Liberia, and the Republic of South Africa. Now one third of the United Nations Assembly's seats are filled with Africans whose countries were once controlled by half a dozen European powers.

This dramatic changeover, however desirable it might be considered to be, has brought a rash of problems, tensions, and intrigues. Naturally, the extremes are the most apparent. These extremes regularly plague the meetings of Africa's state leaders. Such was the case in Cairo, Egypt, early in 1964, when thirty-four statesmen gathered in council. Robed Moslems, business-suited city dwellers, and variously clad tribal officials represented a broad diversity of opinions. Some were fiercely independent, standing ready to uproot the past and start from "scratch" (a popular expression among some Africans); while another African delegate stood ready to fight if Britain granted independence to his country before the European minority agreed to "one man, one vote" elections. He got a rejoinder from another African who stated that "one man, one vote once!" is the way elections turn out in many cases.

Change and progress, defeat and victory, no doubt will





*Where Mighty Forces Contend  
for the Hearts and Minds  
of Millions*

*New Problems That Confront  
This Vast Continent Today*

# WHITHER AFRICA?

mark the course of Africa for many years ahead. Many philosophies and interests dispute with Christianity for the hearts and minds of the 250 million Africans. A hundred years ago the race was on in Africa to divide the continent. Today it is to win the souls and minds of the Africans, and the struggle will be a gigantic one—for there are giants in the land.

Among these major problems is racism. History, race, and policy tend to divide these peoples into more or less watertight compartments. "Apartheid" is the word in some places, though this concept expresses very incompletely African racism. In Africa, racism separates many ethnic groups. However, despite the complications, racial divisions are becoming less popular.

An official report from the Dutch Reformed Church (many times considered a bastion of white supremacy) shows that a growing evangelical group within these circles is finding racial division more and more distasteful. Eleven professors and theologians of that denomination have expressed their very strong convictions in a book entitled *Delayed Action*.

Interracial fellowship increases—something, we are told, that would have been unthinkable even five years ago. Many educational leaders now are thinking in terms of "African schools" for Africans of all races and colors. Possibly the school will be the determining factor in preparing the way for a breach in the wall of separation between men. With time, knowledge, discernment, and much humility, healing may come to the distraught racial mind of Africa. The church ought to be the vehicle of

that great work of healing—and it is. Multiracial fellowship and worship are bearing significant results.

Exacerbated nationalism is no less a prejudicial factor. Rigid boundaries and restrictions exceed the imagination. Thus Africa today is quite different from the Africa the pioneers found. Their explorations and travel would today be impossible. At certain cross points, barbed-wire fences are set up. Traffic is checked at an immigration post at the site of Livingstone's great discovery, the Victoria Falls! Generally, gratitude for the work accomplished by the pioneers of the Christian outreach is sincere. The exceptions are marked by such as the official who scorned Livingstone as "just a tourist," and the consular authority who refused to grant a visa to a visiting Methodist bishop.

On the other hand, the Elizabethville daily, *La Depche*, has shown the way in moderation. The paper's columns recently carried a complete story of Africa's dissensions, presenting the African viewpoint with great sensitivity to the problems that face these lands. In a remarkable article the editor recognized the role of overseas peoples in the development of Africa and the imperative need of a spiritual approach in creating a better future for the continent.

Urbanism creates another problem—a brand-new one.

In 1939 less than 10 percent of the people in Africa lived in cities. Today approximately 30 percent are urban dwellers. More than 70 percent of the rural *men* have left for urban areas. Demographers predict that at least 75 percent of the population will soon be urbanized.

Statistics cannot show the moral and family breakdown that accompanies this shift; but the urban masses are root-



less. In most cities they do not own land, and often they are sheltered either in substandard lodgings or in massive, impersonal housing projects. The African always found his purpose as a part of a group. Now he stands alone in the crowd. The church must not stand aloof from this great trek to the cities. Responsible committees are giving earnest thought to this modern African phenomenon.

Another giant in the way of progress is the development of bizarre doctrines and practices linked to former deep-seated pagan beliefs. These beguile the unstable and uninstructed. In many places the witch doctor is being restored to favor. Even prominent personages use charms. Scholars, it is reported, resort to talismans and black magic to help them succeed in examinations.

Recently Seventh-day Adventists set up a church administrative commission to take a hard look at African witchcraft on the Christian fringe. The commission's report deserves careful attention.

In Nairobi, for instance, the African Physicians' Association purports to give standing to Kenya's 6,000 witch doctors. The leader calls himself Dr. Symon Thuita. These witch doctors are an impressive lot. Clad in ostrich plumes, tarbooshes, beaded caps, seashell belts, and fur aprons, they ply their trade with an antelope horn protruding from the pocket to protect against the infection of evil spirits!

Here again the solution would be the adoption of Biblical, apostolic Christianity. Kenya's Tom Mboya was right when he declared, "The church will have a future in Africa if it practices what it purports to believe."

There are other dark spots on the African scene. The majority of the people in vast areas remain outside any church influence, while ignorance, disease, and superstition are strongly entrenched. In western Africa alone, there are still more than forty languages into which the Scriptures have not been translated. Vices such as bribery and moral promiscuity are spreading like cancer. The Christian ministry, to face this situation, must be better trained. Dr. Ben Marais of Pretoria University, Republic of South Africa, has said:

"In some African countries . . . leaders are drawing away from the church . . . because the church leadership is not educated and alive enough to hold the interest of these men. This may increasingly happen if the leadership of the church is not more informed and better equipped for its task."

In the overall picture, some of Africa's greatest needs today still concern education and health. These needs are urgent and almost overwhelming. Health problems seriously affect a large part of the African community. Diseases such as smallpox, sleeping sickness, measles, typhoid, dysentery, hepatitis, yellow fever, tetanus, yaws, and hookworm, though preventable, are a scourge to a high percentage of Africans. In some areas disease strikes down more than 50 percent of the children. Endemic malaria alone causes untold ravages. In all of tropical Africa, malaria of the more serious kinds still prevails.

The Seventh-day Adventist Church outreach in Africa has a large involvement in medical care and health. In some areas infant mortality has been reduced by two thirds. In one area, a coordinated effort with governmental agencies brought vaccination against smallpox and measles to many thousand children. The result was the complete

elimination of deaths from these unnecessary diseases. Prior to the effort, nearly 50 percent of the stricken children died. Now reported deaths are fast dwindling to zero.

Closely allied to ill health, of course, is illiteracy. In Africa literacy ranges as low as 10 percent, and the governments of these emerging nations are making the attack on illiteracy top priority. Most of these governments welcome the help that private initiative and church enterprise of the right type and with the right motivation can lend.

The extent of Africa's preoccupation with education is suggested by the story of a young Malawi boy. In his quest for education he walked 2,000 miles trying to find a way to get the training he wanted. At a United States Government Information Service library, he picked up the catalog of Skagit Valley College, State of Washington, and wrote for a scholarship. His request was granted.

This Malawi boy is typical of the nearly 5,000 African students following courses today in forty-nine states, the District of Columbia, and Puerto Rico. About 10 percent of these African students are in North America on governmental programs. The Seventh-day Adventist Church's denominational preoccupation for the proper training of Africans has resulted in scholarship grants for studying in Africa or outside. These scholarship grants have become a permanent budgetary provision. A number of bright, dedicated young men and women from numerous lands today are taking advantage of this provision. Yet the greatest educational need remains to provide proper training in the African homelands. Large sums of money and considerable effort are expended in meeting this need.

All acquainted with Africa recognize that time is running "fast" (some say "out") in this vast, explosive land. One factor which looms big in our thinking is that in many countries (like Kenya and Tanzania) more than half the population are under twenty years of age. Young Africans emerge from school in ever-increasing numbers, having learned enough and seen enough to want to advance in living standards and human achievement. Today the race is on to win the souls and minds of these people.

At a time when some African leaders are drawing away from the Christian church and tend to represent a secular if not atheistic approach to their country's problems, dedicated Christian leaders in the villages and in the highly developed centers are more important than ever if Africans are to receive the training Africa's future requires. What a tragedy it would be if Africans should finally appropriate the resources of Christian civilization and ignore all but pagan impulses in the direction of their lives! And what a mistake, too, if medical care in the Christian context were sacrificed to an "animated mixture of flesh, blood, and bones" concept of human existence. Africa needs the restoration of the whole man, which is the work of redemption.

To this end the kind of Paul Earle Carlson, of Stanleyville, are at a premium. This young Californian was of the classic missionary stock. Unselfishly and serenely he served friend and foe alike. His murder on Stanleyville's central square was senseless and hideous. His example will strengthen the Christian cause. He symbolizes, so to speak, the men of many races who come to Africa asking nothing but a chance to help. Africa will need more of this kind of help to bolster the work and provide the strength for a great dash to victory at this decisive hour. [END]





by D. A. DELAFIELD

## MENACE TO THE MIND

*Condemnation of Hypnosis in the Signs of 1884 Now Supported by Modern Science*

*Eighth in the Series, "Signs Predictions Fulfilled"*

In the *Signs of the Times* of November 6 and 13, 1884, appeared two articles by Ellen G. White dealing with hypnosis and phrenology, which were of much public interest at that time. In those articles the author frankly condemned hypnosis as a false science.

Said Mrs. White: "In these days when skepticism and infidelity so often appear in a scientific garb, we need to be guarded on every hand. Through this means our great adversary is deceiving thousands, and leading them captive according to his will. The advantage he takes of the sciences, sciences which pertain to the human mind, is tremendous. Here, serpent-like, he imperceptibly creeps in to corrupt the work of God.

"This entering in of Satan through the sciences is well devised. Through the channel of phrenology, psychology,\* and mesmerism, he comes more directly to the people of this generation, and works with that power which is to characterize his efforts near the close of probation. The minds of thousands have thus been poisoned, and led into infidelity. While it is believed that one human mind so wonderfully affects another, Satan, who is ready to press every advantage, insinuates himself, and works on the right hand and on the left. And while those who are devoted to these sciences, laud them to the heavens because of the great and good works which they affirm are wrought by them, they little know what a power for evil they are cherishing; but it is a power which will yet work

*with all signs and lying wonders,—with all deceivableness of unrighteousness. Mark the influence of these sciences, dear reader; for the conflict between Christ and Satan is not yet ended.*"—*The Signs of the Times*, Nov. 6, 1884. (Italics supplied.)

Note Mrs. White's reference to "mesmerism," or hypnosis, as it is called today. Hypnosis is "a state resembling normal sleep, differing in being induced by the suggestions and operations of the hypnotizer, with whom the hypnotized subject remains in rapport, responsive to his suggestions."—*Webster's New International Dictionary*, 2d ed.

From this word we derive the common adjective "hypnotic." This word describes "any agent that produces, or tends to produce, sleep; an opiate; a soporific; a narcotic."

The word "mesmerism" is derived from the name of an Austrian medical practitioner, Friederich (or Franz) Anton Mesmer, who was born May 23, 1733. Mesmer became interested in hypnotic influences in the treatment of disease as the result of watching the work of a Roman Catholic priest named John Joseph Gassner. This cleric created quite a sensation in Switzerland by the use of exorcism. Assuming that most diseases were caused by demon possession, he seemed to effect cures by manipulation. Certainly an extraordinary power was exercised on the nervous system of his subject. Gassner believed that this power was supernatural and divine. Mesmer supposed it to be an electric force. Later he attributed it to magnetic power in the operator himself.

\*See August issue of the *Signs* for comments on this subject.



In the extensive writings of Ellen G. White the expressions "animal magnetism," "mesmerism," "hypnotism," are used often. The basic error in hypnosis, according to Mrs. White, is the voluntary surrender of the human will to another, "so that the mind of the person is rendered passively subject to the will of the one who is exercising the control." As a Christian who had experienced liberty through faith in Jesus Christ, Mrs. White was opposed to any science that would bring the mind of the free-born sons and daughters of God into subjection to any supernatural power save that of Jesus Christ. The control of one human mind by another through the powers of suggestion, or any other power, was held by this writer to be a contravention of Christian principles.

In the magazine *Psychiatry*, for August, 1962, the eminent Dr. Rudolf Dreikurs presented a paper on "Some Fallacies in Current Thinking About Hypnosis" in which he asserted his "own very definite and strong objections to the widespread use of hypnosis," as follows:

"This is an era in which the autocratic structure of society is rapidly giving way to a new form of human relationships. The democratic evolution implies not only a political change but a social change as well. The traditional relationship of superiors and inferiors, of dominance and submission, is yielding to a form of relationship based on equality, mutual respect, freedom for each to determine his own course of action, and individual responsibility, with the willingness and ability to discharge it.

"But people have become frightened by their newly won freedom, like freed slaves who longed for the master to take care of them and protect them. The hypnotist can well respond to the popular demand for such protection. He may be a 'benevolent' autocrat—and in a democratic setting he has to be benevolent in order to be accepted as a master—but he is satisfying the needs of his clients by exerting a control which they do not feel capable of assuming themselves. While the hypnotist may primarily concern himself with removing pains or easing stress, he actually satisfies a much deeper demand—he gives security through his mastery.

"Such mutual satisfaction in hypnosis—the patient finding relief and security, the hypnotist enjoying his therapeutic effectiveness and personal power—cannot fail to brighten considerably the prospects for even wider use of hypnotic practices in the near future. This development will come to an end only when the great harm which it does to mankind as a whole will become evident, even to practitioners."

The use of hypnosis in the practice of medicine was unsparingly denounced by Ellen G. White. While she recognized that there was a lawful science of the mind which should be understood and utilized in the treatment of the sick, "to cure the body through the mind," she urged physicians to repudiate hypnosis as a therapeutic tool.

"Men and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. We are to resist everything of the kind. We are not to tamper with mesmerism and hypnotism—the science of the one who lost his first estate and was cast out of the heavenly courts."—*Medical Ministry*, pages 110, 111.

Again she wrote:

"No man or woman should exercise his or her will to control the senses or reason of another, so that the mind of the person is rendered passively subject to the will of the one who is exercising the control. This science may appear to be something beautiful, but it is a science which you are in no case to handle. . . .

"I lift the danger signal. The only safe and true mind cure covers much. The physician must educate the people to look from the human to the divine. He who has made man's mind knows precisely what the mind needs."—*Ibid.*, pp. 111, 112.

Today a small segment of the medical and dental professions employ hypnosis in a therapeutic way. Psychiatry boasts some hypnotherapists who attempt to help the emotionally ill. Hypnosis has been used in childbirth and even in surgery. Mrs. White declared that these sciences possess a power which "will yet work with all signs and lying wonders." This has been fulfilled. But she had this solemn word of counsel:

"Cut away from yourselves everything that savors of hypnotism, the science by which satanic agencies work."—*Selected Messages*, Bk. 2, p. 350.

The use of hypnosis is held in suspicion by many if not most of the men at the top in the dental and medical fields. In the *Journal of the American Dental Association*, January, 1961, appeared an article by Drs. Loren R. Borland and Sidney Epstein entitled "Psychological Evaluation of Hypnosis in Dentistry." A statement in italics at the opening of this article stated that "most well-adjusted dentists do not tend to use hypnosis." The article stated that "the vast majority of practicing dentists feel it is possible to render adequate service without employing hypnosis."

In the medical field, Dr. J. A. Whieldon, Director of the Mental Hygiene Clinic, Ohio University Hospital, in Columbus, questioned the value of psychic hypnosis as a therapeutic tool. "In many instances," said Dr. Whieldon, it is "a harmful procedure which can in reality undo the very thing those in psychotherapy are trying most to accomplish, the growth of the individual to emotional independence and personal responsibility."

Said Ellen White: "Innocent though it may appear, this mind cure, if exercised upon the patients, will in its development be for their destruction, not their restoration."—*Medical Ministry*, pages 113, 114.

Wrote Dr. Whieldon: "Unlike other forms of suggestion where the person retains his discriminative capacities, hypnosis is the imposition of the 'will' of another over one and the surrender of one's ego to another. When one is hypnotized one partially gives up one's discriminative capacity and surrenders his self-determinism. The reflective and discriminative faculties of the mind are partially overwhelmed by his suggestibility."

In a recent issue of *Saturday Review* mention is made of a poll of 192 California psychiatrists who had used hypnosis. Only fifty-five of these specialists continued its use after considerable experience with it. Of those only six or eight use it frequently. Two hundred and one adverse reactions were reported. A San Francisco psychiatrist reported relief of symptoms but a resultant condition worse than the original illness. The author concluded that hypnosis "remains a doubtful form of treatment."



Mrs. White wrote further:

"Temporary relief may be felt, but the mind of the one thus controlled is never again so strong and reliable."—*Medical Ministry*, page 116.

"Through this so-called science, one mind is brought under the control of another so that the individuality of the weaker is merged in that of the stronger mind. One person acts out the will of another. Thus it is claimed that the tenor of the thoughts may be changed, that health-giving impulses may be imparted, and patients may be enabled to resist and overcome disease."—*The Ministry of Healing*, page 242.

"It is not God's purpose that any human being should yield his mind and will to the control of another, becoming a passive instrument in his hands. No one is to merge his individuality in that of another."—*Ibid.*

Jack W. Provonsa, M.D., Loma Linda University teacher and minister, has well observed that:

"If one believes that there is an absolute standard of right and wrong in the universe, and that the essence of morality lies in man's capacity to exercise conscious discrimination and choice—from the standpoint of freedom, however minimal, hypnosis must be recognized as a threat to the meaning of ethics. No human being has the right to exercise such authority over another human being.

"Bathed as we are in a constant atmosphere of suggestion from all sides and of all kinds, any practice which increases the effectivity of suggestion favors by that much the loss of the most priceless of man's possessions; hastens the day when freedom is exchanged for determinism, when the person becomes a mere 'thing' to be manipulated by scheming men and devils. Hypnotism must in this event be opposed as a factor in the depersonalization of other men. There is good reason for considering this to be the common denominator in everything Christians have traditionally meant when they spoke of sin."

Let the sick look to Christ for healing, not to the hypnotherapist. James 5:14, 15. Let those who seek relief from tensions and anxieties resort to the finest medical care available, to reliable physicians who trust in the Great Physician who is still able to restore both mind and body. [END]

# TEST YOUR "WORD" POWER

by Richard H. Utt

The following "arithmetic problems" represent the numbers involved in various Bible stories and parables. Test your knowledge by choosing the Bible incident at the bottom of the page and placing its letter (a, b, c, etc.) under the corresponding bit of arithmetic.

$\begin{array}{r} 32,000 \\ - 31,700 \\ \hline 300 \end{array}$	$\begin{array}{r} 5 \\ + 2 \\ \hline 7 \end{array}$	$\begin{array}{r} 7 \\ + 7 \\ \hline 7 \end{array}$	$\begin{array}{r} 12 \\ - 1 \\ \hline 11 \end{array}$
1. _____	2. _____	3. _____	4. _____
$\begin{array}{r} 10 \\ - 9 \\ \hline 1 \end{array}$	$\begin{array}{r} 10 \\ - 5 \\ \hline 5 \end{array}$	$\begin{array}{r} 4 \\ + 6 \\ \hline 10 \end{array}$	$\begin{array}{r} 99 \\ + 1 \\ \hline 100 \end{array}$
5. _____	6. _____	7. _____	8. _____

a. The commandments given at Sinai describe our duty to God and to our fellowmen.

b. When Judas betrayed his Lord and later hanged himself, this left a vacant place among the disciples.

c. Gideon's army was drastically reduced in size before Israel engaged the Midianites in battle.

d. With loaves and fishes contributed by a boy, Jesus miraculously fed 5,000 people.

e. In Christ's parable, a missing sheep was brought home to rejoin the others in the fold.

f. When Jesus cleansed a number of lepers, most of them were ungrateful and forgot to thank Him.

g. In Pharaoh's dream, the ill-favored cattle swallowed the good cattle but were no fatter afterward.

h. In the parable of the virgins, some were shut out of the marriage feast because of their failure to have oil in their lamps.

(Answers on page 33)





## ADULT AND TEEN-AGE PROBLEMS

Answered by **William A. Fagal**

Director, "Faith for Today" TV Program

### OUIJA BOARD

**QUESTION:** I would like to ask you about the ouija board. To me it is strictly a harmless game, but my mother says it's the devil's toy and we should have nothing to do with it. Two people place their hands on a heart-shaped object and ask questions. The object then moves and indicates certain letters, spelling out answers to our questions. Most of the time the answers are incorrect. I read that involuntary muscle movements cause the indicator to move. I can't see how the devil could be in a simple toy, but frankly, I am not too sure.

**ANSWER:** I agree with your mother that the ouija board is not a harmless game. Does it seem logical to you that the involuntary muscle movements of individuals holding the disc could produce intelligent replies to spoken questions? Obviously some power outside of yourselves has to be operating such an instrument. Since you recognize that many of the answers that you receive are false, you can draw your own conclusions as to whether or not this power is from above or beneath. Many believe that the ouija board has a definite connection with spiritism and that as such it is not a simple toy. I have known of individuals who have gone into spiritism who began their contacts with the occult through something which appeared as harmless as the ouija board. My counsel would be to leave it alone.

### SEPARATED COUPLE

**QUESTION:** My husband and I are separated. We have one child, a little girl aged one and a half. I need help in making my decision either to divorce my husband or go back to him. He has a fearful temper and will not stop short of physical cruelty if he is very angry. Also, he drinks and is completely unreasonable when influenced by liquor. What does God expect of me? God has worked with my husband, but it seems as though he has closed his heart to God.

**ANSWER:** No one should try to tell you what you should do or what God expects of you, for this is something which only you can decide as you survey your situation and earnestly seek God's guidance. Only you know the difficulties which you have faced and which you would have to face again were you to rejoin your husband. Therefore you are the only one who knows whether or not you are willing to go through these things again if necessary. If you decide not to reestablish your home, take comfort in the knowledge that God does not expect you to endanger your own or your child's life by subjecting yourself to your husband's unreasonableness and physical cruelty.

On the other hand, remember Paul's counsel regarding this matter. "And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him. . . . But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but God hath called us to peace." 1 Corinthians 7:13-15. Ask God every day to show you what His will for your lives may be, then act upon it. Do all in your power to lead your husband to Jesus Christ. His conversion would make everything different.

### BRAIN TUMOR VICTIM

**QUESTION:** As a victim of a brain tumor, I have several different medicines to take including pain and convulsion control pills. I used to torture myself with the thought that it was a sin for me to take this medicine. Then I decided that God gave men the wisdom and skill to invent and produce such helpful things, and that very likely they were His agents to bring me relief and perhaps ultimate healing. Am I wrong in this belief?

**ANSWER:** I would consider that you are thinking correctly. It is right to make use of the medicines which have brought you help. Jesus directed men to make use of the natural means available, even though the healing which He brought was miraculous. One man was told to dip in the pool of Siloam, and Christ anointed the eyes of a blind man with moistened clay. These things obviously were only agents through which the God of heaven brought help to afflicted souls in the long ago. Make use of all means which God has placed at your disposal to help yourself, and ask Him to bless the efforts being made for your restoration.

### CHURCH SEEKER

**QUESTION:** My grandfather was a minister, but I really have no religion and am very dissatisfied about my situation. I have tried to go back to church, but I seem to be only confused by what I see and hear. So I pray at home and watch your program, "Faith for Today." Yet I really would like to belong somewhere; but where?

**ANSWER:** I have found the "where" in my church and its beliefs and teachings which to me are completely satisfying. But I recognize that you will be satisfied only when, as the result of your own comprehensive search, you discover spiritual certainties for yourself. The Lord has said, "Ye shall seek Me, and find Me, when ye shall search for Me with all your heart." Jeremiah 29:13. Study the Bible diligently so that you can know for yourself exactly what it teaches, then attend the church whose teachings are in



harmony with the precepts of God's Word. On our telecast you have often heard us refer to our free Bible correspondence course. This course is also available through the *Signs of the Times*. Write for it, and let it help you in your study of God's Word. As God leads you, the way will become plain to you and the truly satisfying experience which you seek will be yours.

## WITNESSING FOR CHRIST

**QUESTION:** I am seventeen and find it hard to live the Christian life. I have been lucky in having a helpful Christian mother. There are some things, however, that she cannot help me with. Telling others of my faith, for example. When I start to tell my friends I freeze up. I have had many chances, but could not speak.

**ANSWER:** Sometimes it is hard for a young person to know what the Lord expects of him in this regard. If your friends take no interest in spiritual things, this will make witnessing more difficult. Plan to form your closest friendships, if possible, among young people who view spiritual matters as you do. Then plan together how to interest and ultimately win to Christ others who do not show spiritual concern. Even Christ sent His followers out two by two to give courage to each other. If some people make fun of you for believing as you do, do not be afraid of being regarded as a "square." Cast your influence on the side of right. While a few may laugh at you, the best among them will secretly admire you for your stand.

## DIVINE FORGIVENESS

**QUESTION:** Is it possible for Jesus to forgive all the sins we commit even though we repeat the same sin or do something similar to it?

**ANSWER:** Many people are troubled about this question. Human nature is such that when we have forgiven another for wrongdoing we expect that he will never repeat the same offense. We become discouraged as we measure God by our own yardstick, because we realize that we have repeatedly failed Him in the same areas where we have sought and received forgiveness. You will recall that when Peter asked Christ how often one should be expected to forgive a brother he magnanimously suggested seven times as a perfect number. However, Christ replied that one should forgive seventy times seven if necessary, thus indicating that God's forgiveness knows no limits. Since this is Heaven's attitude, we may take heart as we come in repentance to Him, begging forgiveness for a mistake repeated or for some new folly. However, we must never take God's mercy as license to sin. Rather, our goal should be to find a closer relationship with Him which will make us overcomers.

## JUDGING OTHERS

**QUESTION:** I have a friend who is very earnest and sincere, but her beliefs unfortunately are anything but harmonious with the Word of God. Is she a lost soul if she does not give up this error? I am very concerned about her, for she is such a lovely person, and it disturbs me to see her so misled.

**ANSWER:** It is easy for us to sit in judgment on the lives of others, blithely forgetting that we are totally unqualified to do so. Remember that Paul in his letter to the Romans stated about another, "To his own master he standeth or falleth." Romans 14:4. Only God can decide which individuals are fit to have a place in His kingdom, for He only knows their hearts. If your friend conscientiously believes in something which you know to be error, then she should rightly become a special matter of your spiritual concern and fervent prayers. Do all in your power to help her see and receive God's truth, recognizing the joy that such an experience would bring to her. However, beyond this it is dangerous to attempt to decide whether or not she is a "lost soul." God, who knows all things, is the only perfect judge of these matters. "So then every one of us shall give account of himself to God. Let us not therefore judge one another anymore: but judge this rather, that no man put a stumblingblock or an occasion to fall in his brother's way." Romans 14:12, 13.

## BIBLE AND SPACE TRAVEL

**QUESTION:** I would like to know if the Bible has anything to say about space travel and the race to the moon. In these awesome times, I find myself confused and uncertain.

**ANSWER:** The Bible is silent about space travel as we know it. However, this does not make it inconceivable that someone will reach the moon, for it is one of the heavenly bodies in our own solar system. The Bible implies that there are other worlds inhabited by sinless beings. It is also explicit about one type of space travel which may include us all. This will be linked with the second coming of Christ, as described graphically by the apostle Paul in 1 Thessalonians 4:16, 17: "For the Lord Himself shall descend from heaven with a shout, with the voice of the Archangel, and with the trump of God: and the dead in Christ shall rise first: then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord."

## LONELY CITY DWELLER

**QUESTION:** I live in a big city surrounded by hundreds of people, yet I am very lonely. I live in an apartment house and no one ever speaks to me. How can people be so cruel?

**ANSWER:** Have you ever thought that maybe your neighbors may be lonely, too? The Bible says that "a man that hath friends must show himself friendly." Proverbs 18:24. It would be appropriate to begin by saying a friendly "hello" to those in your apartment house as you pass them in the halls. As time goes on, share with some of them something which you have baked, or help them in some way which you see is needed. It is human nature to like friendly people, and to respond in some degree to thoughtfulness. Share Christian literature with those around you and let it provide you with a source of discussion. Go to church and, rather than hurrying out after the service, talk to some of the folk there. You will find them interested in you and glad to visit with you, for a common belief in Christ unites hearts in a strong bond of fellowship.



Did you ever wonder how all the various organs of the body know what to do and when to do it? With so many different parts all working at the same time it would be easy to produce too much of one thing, too little of another. This is exactly what happens when we are ill, especially if the trouble is some endocrine disorder, such as thyroid disease or diabetes.

Two major control systems regulate all the functions of the body. One is the great central nervous system; the other is the endocrine system with its small but highly important organs, such as the pituitary, thyroid, adrenals, sex glands, and several more.

All rapid motions of the body, including the movements of the arms, legs, and fingers, are under the voluntary control of the brain and the central nervous system. Equally well-controlled through the autonomic nervous system are the organs that have to do with our digestion, breathing, elimination, and circulation. None of them could carry on without this centralized control.

The endocrine organs are also governed by the autonomic or automatic part of the nervous system. Their functions are very different from such organs as the heart or lungs. These little endocrine organs may appear small, but they are of great importance, for they control all the various chemical reactions of the body. They regulate the rate at which these chemical substances diffuse or pass through the membranes of the cells. They also govern the rate at which the body grows and the time when it should stop growing! Between them they control the rate at which vital chemicals are produced in the various organs of the body. Sometimes definite changes are seen at once. In other cases several days or weeks may be needed before the full effects are seen.

### *Powerful Hormones*

Powerful chemical substances, known as hormones, are produced in the small endocrine glands in various part of the body. Most of these chemical substances are first absorbed or taken into



the bloodstream and then carried to various parts of the body, where they exert a very striking effect upon some particular organ or system. However, some hormones do all their work in the local areas where they are secreted, as occurs at the synapse or junction of one nerve with another.

To illustrate the enormous importance of hormones in the human system, take a look at any growing schoolgirl. At six or seven years of age she is not very different from boys of the same age. Her height and weight are about the same, and her body contour shows very little difference from that of boys. But what a contrast when you measure her height and weight at fourteen! Now she is taller and heavier than boys her age, and her menstrual cycles have already begun. She is still clumsy and awkward, and her face may be covered with pimples, but she is now well on her way toward physical maturity.



# HOW YOUR BODY FUNCTIONS

*Marvels of Its Control Systems.*

*Why Some People Become Giants—or Dwarfs.*

by Clifford R. Anderson, M.D.

At eighteen she may be a perfect picture of young womanhood, with beautiful skin, eyes, and hair and an attractive appearance that is in every way a striking contrast to the young men of her age. What gives her those beautifully rounded limbs, those appealing features? The answer is found in those wonderful hormones within her body. In her case, the credit must go largely to the female hormones with which nature has endowed her.

Now for a real contrast, let us take a look at her brother. At ten years of age he is a wild, free-running, energetic lad with almost no inhibitions. At fourteen he is even worse! He is noisy, clumsy, and often thoughtless of family and friends. When he speaks, his voice growls like a ferocious bear, and then suddenly trails off into a high-pitched falsetto which he cannot control. You may find a few stray whiskers beginning to grow on his chin.

His hands are big and out of all proportion to the rest of him. He seems to need a larger size of shoes every six weeks! He eats anything he can get his hands on. Like the teen-age girl, he is always hungry. His face, chest, and back are covered with numerous pimples and other skin blemishes, all of which point to dramatic changes taking place within his body. At eighteen he is still not fully grown, although he is inclined to be a little more sensible by now. He wants to drive hot-rod cars, and he is still far from being under the control of anyone, including himself. At twenty-five he is physically mature and may now be making some headway toward intellectual maturity as well.

All these striking changes are brought about by the actions of the endocrine glands. The boy becomes a man because of the male hormones within his system. The shy young girl becomes a beautiful, sensible woman because

of the female hormones circulating within her bloodstream. Should anything interfere with the normal development and functions of these glands, enormous and often disastrous effects will soon be seen throughout the whole body.

Hormones are powerful chemical substances that awaken and activate all the cells of the body. When a person is in good health, each endocrine organ produces just the right amount of hormones to keep the body operating in perfect balance. Each endocrine gland keeps watch on all the others, raising or lowering its own production to meet the needs of the body as a whole.

## *Pituitary Gland*

Located right in the middle of the head behind the eyes is a tiny organ no larger than a good-sized pea. This is the pituitary gland, in some respects the most important endocrine gland in the body. It takes orders in part from the central nervous system. The pituitary produces many different hormones. Most of them direct the activities of other endocrine glands of the body.

Small as it is, the pituitary has two distinct parts. Hormones from the front portion of the pituitary gland control the adrenal and thyroid glands, the female menstrual cycle as well as the sex hormones of both sexes, and the rate of bodily growth. The back part of the pituitary gland puts out hormones that determine the amount of water filtered and reabsorbed by the kidneys, and other hormones that affect the uterus and milk glands of the breast.

Should any of these powerful hormones fail to appear at the right time, striking changes are bound to occur in various parts of the body, altering a child's development and the normal functioning of the body in later life. Failure of somatotropin, the growth hormone, interferes with the normal development of the cells. In other words, the growth hormone helps to produce a body that is well-balanced and of normal size and shape. Without an adequate supply of somatotropin, a child may become a *dwarf* and cease growing at a certain age. This may result from some disease or tumor of the pituitary gland.

When very large amounts of growth hormone are produced during adolescence, the bones may grow rapidly, and the individual may become a *giant*. Such a person may also develop diabetes because of changes in the beta cells of the pancreas. If this abnormal pituitary condition can be diagnosed soon enough, further excessive growth may be blocked by radium or X-ray radiation to the pituitary gland.

*Acromegaly* is another rare condition of the pituitary occurring in older people whose bones continue to grow after the epiphyseal lines have closed. The individual cannot grow taller, but the bones and soft tissues become thicker. The bones of the head, face, hands, feet, nose, forehead, and lower jawbone, may all become larger than normal. The nose may grow to twice its normal size, and the fingers, hands, and feet may all increase in size. Other organs, such as the tongue and liver, may also be greatly enlarged. Treatment by radium and X ray will usually stop any further overgrowth of bones, but unfortunately it has no effect on the tissues that are already too large.

Without question, these small endocrine glands have an enormous effect upon the whole body, not only during those teen-age years of rapid growth, but also throughout the rest of a person's life. [END]



# YOUR HEALTH QUESTIONS ANSWERED

BY YOUR RADIO DOCTOR

CLIFFORD R. ANDERSON, M.D.

## LAUGHTER AND TEARS

**Q.** *Are there any vitamins or minerals that would help me over a depression? I often find myself crying for no good reason at all. My mother was depressed, and I am wondering if I have inherited this.*

**A.** Maybe you have, but I doubt whether this is inherited so much as perhaps unconsciously copied in early childhood. Nature has two great outlets for emotional tension—laughter and tears. Both are important for good emotional health. Perhaps a lack of certain minerals and vitamins may contribute to this problem, but the real cause no doubt lies more within the mind than in the diet. A few tears shed in private may be a wonderful relief. Laughter is something you can enjoy with others, but it is usually better to try to keep your tears to yourself. Depressions often spring from self-pity. Try to find fresh outlets. Many people have found an entirely new life by such activities as bird-watching, nature walks, painting, photography, and enjoying the seashore, mountains, sunsets, and all the beauties of nature. As a grown person, you should move out into the world for yourself. Try to forget the depressions of your mother and your early childhood. Consider those children of yours who need to gain fresh inspiration for living. Singing is one of nature's finest ways of lifting the human spirit. Take your children out into the country and let them see the natural wonders. Fill their lives with sunshine, and its glory will be reflected back into your own. Serving your loved ones and those around you is a great antidote for every depression and every time of sorrow.

## VINEGAR

**Q.** *Recently I have been taking a glassful of water with two teaspoons of honey and two teaspoons of apple-cider vinegar to help my arthritis. I got the idea from a book called "Folk Medicine." Now I am troubled with*

*gas and have been wondering about the apple-cider vinegar. What do you think of this as a means of treatment?*

**A.** Certainly the water is beneficial to the body, and so is the honey. As for the apple-cider vinegar in this concentration, it is probably too small to do much harm. Nor is it likely to do much good. The book to which you refer is somewhat entertaining, but I would not recommend it as accepted medical practice in any sense of the word. Drink all the water you wish, and feel free to use the honey, if you so desire. But you can forget about the vinegar, for it irritates the stomach and digestive organs and causes gas and abdominal distention. Certainly it has no known beneficial effect on arthritis or any other serious malady.

## JITTERS

**Q.** *I am a young man nineteen years of age and very nervous at times, especially when I am in a crowd. Recently I tried to write an examination and failed because I was too nervous and could not write properly. Most of the time I am fairly calm; but when I am called upon suddenly to do something, my heart begins to pound, and my whole body gets tense and nervous. What can I do about it?*

**A.** There are many different causes of nervousness. Some stem from a poor diet, especially one lacking in vitamin B complex. Many people live on white flour, sugar, tea, and coffee, and wonder why they are sick. So by all means make a study of your diet. There may be some deficiency that should be corrected. Again there is the problem of severe fright in early life. Older children often make a young child thoroughly miserable by frightening him to see what kind of reaction may develop. Some foolish parents also frighten children, believing this may help them to be good. Such unfortunate "training" may only weaken the child's personality, leav-

ing him unable to face life for himself. Doctors often prescribe some simple sedative to help such patients through the more difficult periods of stress. But good home training and personality development are the best ways of avoiding problems such as these. Unfortunately there is no easy solution for nervous reactions such as yours. But there is no reason for discouragement. Do all you can to avoid unnecessary stress and strain. Take plenty of sleep, choose a well-balanced diet, and be sure of sufficient exercise every day. Commit your way to God every morning, for as David said in Psalm 103, He is the One "who forgiveth all thine iniquities; who healeth all thy diseases." This is the best medicine, especially for those who are nervous.

## ANGINA DIET

**Q.** *My husband is having difficulty with his heart. The doctor calls it angina pectoris and has warned him to avoid nervous tension. Is there any diet that he should follow? Because of a bleeding ulcer, he had to have two thirds of his stomach removed several years ago. Now he seems to have chest pains early in the morning. Should he eat a light evening meal? He is sixty-three years old.*

**A.** Most likely your husband has some narrowing of the coronary vessels in the walls of the heart. This is always aggravated by nervous stress and tension, also by lack of proper rest and sleep. With so much of his stomach gone he should probably be on four or five small meals a day. His diet should be simple, nutritious, and free from highly seasoned foods. He should also avoid smoking, and even inhaling other people's tobacco smoke, for this is bad both for his stomach and for his heart. Rich foods containing large quantities of cholesterol should also be avoided. Be sure he has plenty of rest and sleep every night. Avoid all nagging and useless complaining. Many a businessman has gone to an early grave for no other reason than an overambitious wife who is determined at all costs "to keep up with the Joneses." The pains of angina are always a danger signal. They should be carefully heeded by the patient and his family. Most doctors advise against the use of coffee, tea, tobacco, and all highly seasoned foods. Living on a simple diet will not only help to keep him free from pain, but will give him a much better chance to live a more complete and satisfying life.



# Witnessing for Christ in Vietnam

(Continued from page 15)

men, who comprise 8 percent of the mission's 1,200 members. Tilstra, who believes colporteurs are one of the strongest instruments of the mission organization, watched their number grow from seventeen when he joined the mission in 1960 to 100 when he left in 1963.

One of the first big problems faced by Tilstra was development of educational facilities to train the Vietnamese to work among their own people. His goal was to set up one elementary school in each of five church districts. But he first had to develop the mission's main training center in Saigon so it could train teachers for the elementary schools. He emphasized the academic program, opened the school's doors to students other than mission children, and added one grade to the school each year.

The mission president found inflation a big obstacle to missionary progress. He received provisional recognition of the school by the Vietnamese government, on condition that the school expand and more facilities be added. A fund-raising drive to add six new classrooms was begun in 1961, but by the time the money was raised and government red tape cleared, building costs had risen by 50 percent. The mission was still short of its goal.

Despite such obstacles, the Saigon school did grow from twenty-five to 300 students between 1960 and 1963, with ten teachers.

The most spectacular gain for the mission since the Vietnamese civil war began has been membership. When Tilstra entered the country in 1960, he found a membership of 900, accumulated in thirty years. By 1963 the membership had grown to 1,200—a gain of 33 percent in three years.

The largest Protestant mission in Vietnam is the Christian Mission Alliance, which has also made rapid membership gains. That mission operates radiobroadcasts, schools, and a printing press and has a few Bible salesmen. In addition, Baptist and Mennonite missions have recently established successful footholds in the country.

These membership gains have been made despite a great Buddhist majority in the country and a strong Catholic minority of about 20 percent of the people.

Tilstra attributes the membership gains to the war, which has set the people in turmoil.

"The war and political changes have upset the social system which the Vietnamese have been used to," he says. "So they look for something to give them security and steady belief. Brought face to face with the corruption, suffering, and misery of the world, people are willing to say, 'Well, Lord, You take over.'"

The turmoil caused by the war poses great difficulties for the missions. Workers traveling in rural areas are exposed to constant harassment. During Tilstra's years in Vietnam, nine of his growing corps of colporteurs were captured while working in enemy territory—only two returned. Those two told a story of questioning, threats, lectures, and tests. But they held true to their beliefs despite the attempted brainwashing and were finally released.

Pastors cannot travel at night, and even by day they are subject to lectures or roadblocks. Roadblocks are usually a series of fifteen to twenty ditches dug across a road in a two- or three-mile area.

Gunfire in South Vietnam has become a sound common to soldier and civilian alike. Tilstra recalls a Saturday morning in April, 1962, when he performed a baptism to the booming background of artillery fire. This baptism was held in a drainage canal at Vam Nhon, a town south of Saigon in the Mekong Delta. Ten people were immersed that morning while a battle raged about two miles away.

Despite the war-charged atmosphere, Tilstra emphasizes, the mission he operated maintained strict political neutrality. "We are a worldwide organization and don't meddle in politics," he said.

The nature of this war poses inevitable theological questions. To what extent, for instance, can a Vietnamese be a true Christian and still survive in a region subject to dual rule?

"It is easy to say you should be a good Christian and obey the law of the land, but what is the law of the land in such a case?" Tilstra asks. "Most of our church members live in an area where one moment the South Vietnam army is in charge and the next moment their enemies. The government collects taxes by day and the others by night."

"We just tried to keep the church member so close to the Lord as to be in daily contact with Him. Then God can give the answer to the particular problem at the particular time."

Inconveniences are also caused by the many government changes. For example, Tilstra says: "We are dealing with a provincial governor, trying to get land to build a school; he is favorable and says he will cooperate. Then he is deposed, and we have to start out with a new official."

One such incident occurred when former Vietnamese president Ngo Dinh Diem was toppled in November, 1963, by an army-led *coup d'etat*. Tilstra, who at the time was in the United States on a brief furlough, was sent scurrying back to Vietnam. Two major problems faced him. One concerned the status of the Adventist mission hospital in Saigon; the other, the right of the Adventist mission to buy and sell property with the same freedom enjoyed by the Catholic Church.

The Diem regime had threatened to close the hospital, but new officials in the health department were more sympathetic. Its doors stayed open.

The second problem was not so easily solved. Tilstra was finally granted an interview with General Nguyen Khanh, then premier of the country. The missionary leader petitioned Khanh for freedom to buy and sell property. But while Tilstra found the premier "polite and engaging," the petition still remained unanswered at the end of 1964.

In spite of the problems, frustrations, and fears, Tilstra and his wife say they enjoyed their work in Vietnam and would have liked to return. Their youngest daughter, Carol, two, was born in the Saigon hospital. The other two girls, Kathleen, nine, and Tina Marie, seven, were with their parents in Saigon from 1960-1963. Tilstra was born in Indonesia. He did not enter the United States until 1946, and still carries a slight Dutch accent in his speech.

He failed to receive health clearance for returning to Vietnam, but became pastor (January 1, 1965) of two Seventh-day Adventist churches in the Northern California towns of Arcata and Trinidad.

When looking back now on his Vietnam experiences, Tilstra says simply, "God was good." [END]





I was born in El Dorado County, California, about eight miles east of Placerville, in the year 1894. Placerville is eight miles south of Coloma, where James Marshall discovered gold in 1848.

My father raised stock, harvested grain, sold fruit, and delivered wood by horse and wagon to customers living in Placerville. This route was then called the state road. Twelve-horse teams and big-wheeled steam tractors haul-

ing lumber, and many farmers with their horse-drawn wagons taking their produce to market, traversed this road. Since it was not paved, you can imagine the depth of dust in the summer and the thickness of the mud in winter.

In 1900, when I was six years old, my mother purchased knee pants for my brother and me, together with long black stockings and garters, and white starched shirts with broad collars. So dressed, we started off to school three

## WHEN THE FIRST CAR CAME TO PLACERVILLE



## ILLUSTRATION BY JAMES CONVERSE

miles distant. This walk to and from school and the dirt encountered on the playground soon caused Mother to change our attire to the common overall and shirt.

Our school was known as Blair's District School. It was conducted in the summer with about sixty students, and one teacher who taught grades one to nine. The school was located about a city block from the dusty state road.

There were not many things to cause excitement in those days, other than occasional misconduct on the part of students or the passing of the high-wheeled steam tractor hauling lumber. However, I recall one particular day that was very special. The newspaper had told of the event a month in advance, and everyone was talking about it. A wealthy cattle rancher, who always wore a Texas hat and red shirt, had gone east by train to purchase one of the new horseless carriages. We had seen pictures of these things, but had never seen one of them. He was to have it delivered by freight in Placerville, and it would be passing our school that day. It was one of the first cars in California, and our excitement ran high.

Teacher told us to listen for its noise. We could only imagine how it would sound because none of us had ever heard one. On hearing an unusual sound we were to give the alarm, and all would run to the road and watch the strange vehicle pass by.

Teacher was writing on the blackboard when it happened. She didn't hear it, but we did. Our seats couldn't hold us. As if by command we all started for the door. Shocked by our action, Teacher ordered us to our seats. We said, "The car is coming!" That was enough. She, with us following, rushed to the road in time to see a little two-cylinder red runabout stir up a cloud of dust as it passed slowly by. That was a never-to-be-forgotten day.

As the years passed, other autos were bought by enterprising men who had to keep up with the Joneses. One of these was the livery-stable owner of Placerville, who purchased a new EMF Studebaker. He displayed this rare piece of machinery on the main street near the bell tower, which was then the town center. Hundreds of spectators

gathered, and the owner, who knew more about horses than horseless carriages, explained how the car operated. There were no self-starters in those days, and in order to make his demonstration complete, he turned on the switch and cranked the motor. But the transmission was in gear, and the car started up the street pushing him along while he shouted, "Whoa! Whoa!"

Where this stable for horses once stood there is now a parking lot for more than one hundred cars. The dusty old state road has blossomed into U.S. 50, with four lanes. Thousands of autos and trucks speed over this modern highway each day. Overhead fly jet planes, blending their rumble with the roar of passing cars—at the very site where less than sixty years ago I saw the first auto pass over the dusty road made for horses and wagons.

On the old farm where I was born, the horse and wagon have given way to the truck and the automobile; the horse and plow have been replaced by the tractor and disc; the hand-cranked washing machine has been junked for the automatic washer and dryer. The family no longer bothers to wash dishes by hand, but places them in a mechanical dishwasher, where the process continues automatically while the family watches television.

Bible prophecy refers to this modern age. In Daniel 12:4 we read, "But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased."

God saw our day as one of advancing knowledge, not only of the Holy Scriptures, but in every branch of science. For thousands of years little progress was made. Even in the early years of the twentieth century, farmers were using oxen to draw their plows and horses to power their wagons. Most of the startling developments of our day have come in the past few decades. Surely we must be living in the time of the end foretold by the prophet of old. The time for Jesus to return to earth for His people is here. Today the voice of the prophet Amos is heard again, crying to all men everywhere, "Prepare to meet thy God." Amos 4:12. [END]

*Changes Seen in a Lifetime and Their Meaning for Today*

by Charles W. Hartwick



# Your Bible Questions Answered

by CHARLES D. UTT



## ENOCH'S TRANSLATION

In Genesis 5:24 and Hebrews 11:5 the Bible states that Enoch was translated that he should not see death. Yet in John 3:13 Jesus said that no man had ascended to heaven except Himself. Also in Hebrews 11:13 it states that "These [Abel, Enoch, Noah, etc.] all died in faith, not having received the promises." Is this a contradiction in the Bible? F. L.

John 3:13 will be clearer if we read it in the context of the two preceding verses: "Verily, verily, I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness. If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you of heavenly things? And no man hath ascended up to heaven, but He that came down from heaven, even the Son of man which is in heaven."

Jesus wanted Nicodemus to understand that He came from heaven and could testify of what He had seen there. No man had ascended to heaven to obtain knowledge concerning "heavenly things" and then returned to earth to impart this knowledge to men. Jesus brought this knowledge to earth when He came from heaven. Enoch, Moses, and Elijah all ascended to heaven; but they had not come back to earth to tell of what they had seen or learned there.

Hebrews 11 lists a number of worthies of old who were distinguished for their faith. Verse 5 says, "Enoch was translated that he should not see death." A point to notice especially about Enoch is that in Genesis 5:23 it is not stated, "And he died," as it is after each of the other patriarchs named in the chapter. "All the days of Enoch were three hundred sixty and five years" therefore means all the days that he lived on this earth. "For God took him" (verse 24) means that God took him to Himself. This is explained in Hebrews 11:5, "By faith

Enoch was translated that he should not see death; and was not found, because God had translated him." This verse in the Revised Standard Version reads, "By faith Enoch was taken up so that he should not see death; and he was not found, because God had taken him."

Enoch's experience of translation to heaven without seeing death should be understood as an exception to the general statement in verse 13, "These all died." Otherwise we would have a contradiction in the chapter.

## GOD'S PROMISE TO NOAH

Please show how what God said in His heart in Genesis 8:20-22 was known to man. E. O. A.

The verses read as follows: "And Noah builded an altar unto the Lord; and took of every clean beast, and of every clean fowl, and offered burnt offerings on the altar. And the Lord smelled a sweet savor; and the Lord said in His heart, I will not again

curse the ground anymore for man's sake; for [Hebrew, *although*] the imagination of man's heart is evil from his youth; neither will I again smite anymore everything living, as I have done. While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."

The thought of God's heart was soon after this communicated to Noah in the promise found in chapter 9, verses 8-17. "And God spake unto Noah, and to his sons with him, saying, . . . I will establish My covenant with you; neither shall all flesh be cut off anymore by the waters of a flood; neither shall there anymore be a flood to destroy the earth. . . . And I will remember My covenant, which is between Me and you and every living creature of all flesh; and the waters shall no more become a flood to destroy all flesh."

God's promise was evidence that He had accepted Noah's sacrifice even before He gave expression to the promise. No doubt to Moses, who wrote under the inspiration of the Holy Spirit, it was divinely revealed what God's thoughts were before He revealed His intention to Noah.

## GREGORIAN CALENDAR

Since Pope Gregory eliminated ten days from our calendar in 1582, no church today worships on the true Sabbath. How do you justify your position in regard to the Sabbath as being irrevocably the day prior to Sunday?

G. C. B.

Pope Gregory's revised calendar did not interfere with the established sequence of the days of the week, although it dropped ten days in the month of October, 1582. In Italy and some other Catholic nations which adopted it at that time people went to bed Thursday night, October 4, and woke up Friday morning, October 15. Although most of the nations of Eu-

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rope adopted the change at different times (for example: France, December 10, 1582; Great Britain, September 2, 1752; Russia, 1918) and although there was a great deal of confusion about the dates of events of international concern, there was never any confusion anywhere as to the days of the week.

## TWO KINDS OF BUILDERS

Please explain 1 Corinthians 3:15.  
G. W.

The verse reads: "If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire." In verses 10 and 11 Paul declares that he laid the foundation, and he warns everyone who would build on it to take heed to his material. The writer uses figurative language to describe the spiritual structure that men may build upon Christ as the foundation. There is no question about the permanence of the foundation, but some in building on it use perishable materials, represented by wood, hay, and stubble. Their understanding of God's will and of doctrine may be imperfect, but with good intentions they build to the best of their knowledge. Fire will declare, that is, reveal, the kind of building materials used. The loss these builders will suffer will be in seeing their work destroyed and in realizing that they might have built better.

Others build of enduring materials represented by gold, silver, and pre-

cious stones, which fire will not destroy. They will be rewarded by seeing their work stand.

"As by fire" does not mean that the man himself will pass through fire, but Paul continues to use "fire" figuratively—"revealed by fire" (verse 13)—as a test of the building materials used. As fire consumes wood, hay, and stubble, so everything imperfect in Christians will be removed, and that which is true and genuine—gold, silver, and precious stones—will remain, as if it had passed through fire.

In this scripture Paul teaches that it is the duty of Christians not only to build upon the true foundation but to put into their lives indestructible materials. Some, however, because of faulty vision, fail of the highest accomplishment; yet they will be saved.

## PURPLE OR SCARLET ROBE?

Please explain the contradiction between Matthew 27:28, and John 19:2 and Mark 15:17. One says they put a scarlet robe on Jesus; the other two say purple. These are not the same color. Could it have been a two-colored robe, as some artists paint it? L. O.

The fact that one writer says scarlet and the others purple should not be considered a contradiction. It simply means that the writers did not distinguish between the two colors, both of which are close to red. The Biblical purple is said by some authorities to have been closer to what we call crimson than to our purple.

It is true that the two colors are different. Seen side by side the difference would be apparent; but seen alone, and at a distance, without the other for comparison, the difference would not be so obvious. No doubt the robe was old and faded, and this would add to the difficulty of identifying its color.

Though in the Greek text two different color words are used, the garment was most likely of one color. It was probably an old military cloak of the kind worn by the Roman soldiers, which they put on Jesus in mockery of His kingly claims.

## ANSWERS TO "TEST YOUR 'WORD' POWER"

- (c) Gideon's army was reduced from 32,000 to 300. Judges 7:1-8.
- (d) The 5,000 were fed with five loaves and two fishes. John 6:5-12.
- (g) In Pharaoh's dream there were seven good cattle and seven lean ones. After the lean ones devoured the good ones, only the seven lean remained. Genesis 41:1-4.
- (b) When Judas left the twelve (Matthew 27:3-5) only eleven disciples remained.
- (f) Of ten lepers healed, only one returned to give thanks. Luke 17:11-19.
- (h) Of ten virgins, five were wise and five were foolish. Matthew 25:1-13.
- (a) The first four commandments describe our duty to God; the last six, our duty to men. Ten commandments in all. Exodus 20:1-17.
- (e) When the one lost sheep rejoined the ninety-nine in the fold, there were 100 again. Luke 15:3-7.

## SCORE

- 7-8 correct, excellent  
5-6 correct, good  
3-4 correct, fair  
0-2 correct, more Bible study needed

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# Pulpit Microphone

*Learning Without Profit*

by Sanford T. Whitman



ROBERTS

He came down from the hills, this native of the high country, in a car that was ten years old and clothes that were even older than that. Awkwardly and with evident trepidation he negotiated the congested traffic lanes and parked in a sea of ranch wagons, hardtops, and glittering chrome. Hesitantly he made his way inside the huge city church and found a seat in the cushioned luxury. It was a new and strange experience, and there was only one way to describe it: he didn't fit. Although the quiet valley where he had lived his life was less than 100 miles away, here he was a stranger in a strange land.

The interior of the building was cavernous. The welcome at the door was formal. The sanctuary was crowded. The service was hurried. The sermon, while professionally excellent, neither reached his heart nor nourished his soul. Determinedly, almost grimly, he sat it out. He felt like running. Vainly he tried to keep his thoughts from wandering to the shaded lanes and rich spiritual lessons of the upper country. Restlessly he looked about. In all his life he had never felt so alone, so out of place, so unneeded.

As the congregation had quieted down for the service, his powers of observation were functioning. By then many things had claimed his attention. The stained-glass windows. The ornate light fixtures. The deeply carpeted aisles. The evident wealth of many of the worshippers.

Time after time his attention came back to the microphone above the speaker's desk. He could only guess how long it had been there, for this was not a new church. He could only estimate the number of sermons that had been preached into it. And yet, though it had heard the meat of the gospel hundreds of times, it knew nothing at all of what had been said.

"Just like many of the people there," he mused as he jogged along on the way home. "Always going. Always

listening. Always learning. But never coming to an experimental, transforming knowledge of spiritual truth."

A text of Scripture came to his mind. "Ever learning, and never able to come to the knowledge of the truth." 2 Timothy 3:7.

And so indeed it is.

All too often the *discovery* of truth becomes the important thing in our study. But the *value* of truth, the *possession* of truth, the *accumulation* of truth, the *use* of truth, its *application* to and *exercise* in the daily life—all these are somehow disregarded.

The search for truth becomes a chasing of butterflies. A hurried running about. An excited lifting of boards, turning of stones, and peeking around corners. A succession of oh's and ah's, each followed by quick forgetfulness. Nothing is gathered. Nothing is stored. Nothing is built. At the end of the day we are as empty of hand as at its beginning. Spiritually we are indigent and jaded. We have received the grace of God in vain. 2 Corinthians 6:1.

The new nature is begotten, or brought into being, by *the word of truth*. James 1:18. *Grace and peace* are multiplied unto us *through the knowledge* of God, and of Jesus our Lord. *All things that pertain unto life and godliness* are given to us *through the knowledge* of Him that hath called us to glory and virtue. 2 Peter 1:2, 3. Finally, we are urged to "grow . . . in the knowledge of our Lord and Saviour Jesus Christ." 2 Peter 3:18.

Retained in the mind, *the word of truth* becomes the *blueprint* of holiness. Obeyed in the life, it becomes *Christ in you*. In this experience we become God's *building*, God's *handiwork*, God's *tillage*, *living epistles of Christ*. 1 Corinthians 3:9; 2 Corinthians 3:3.

This, and this alone, is our *hope of glory*. Colossians 1:27.