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Church Officers' General Instruction Department

Special Appointments for the Month of April

Medical Missionary Day April 4
Missions Extension Big Week April 11-18
Rural Schools Offering April 25

God Seeking True Shepherds

"THE day following Jesus . . . findeth Philip, and saith unto him, Follow Me. . . Philip findeth Nathanael, and saith unto him, We have found Him, of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the Son of Joseph." John 1: 43-45.

The first chapter of the Gospel written by the beloved John does not close without this statement of personal service on the part of the Saviour of men. The one found in the way of this personal service feels so blessed he in turn wishes to find some one also. "Philip findeth Nathanael." When the heart of a messenger is in touch with the Divine Spirit, and is impressed to seek some one in need, it is always certain that some one in need can be found, and will welcome the finding. The lost one loves to be found; the seeker loves to find the lost. Why can there not be more of this personal service seen in the church today?

Almost any preacher would testify that he would naturally be more inclined to preach to hundreds and thousands than to seek the one in need and do this personal service. When once the blessing of this true ministry has been tested, it is an easier matter to follow it as an important part of life's duties. What a joy it was to the shepherd to risk the liability of further and greater loss in leaving the ninety and nine, to go after the one which was lost! Most souls need the very best endeavors which can be put forth for them, and the very best endeavors are personal ones.

The hour is come when the remnant church is to put forth greater efforts in evangelism—evangelism by executives, by evangelists, by pastors, and by the church officers and the laity. We admire the men with ability to attract an interest, and hold and convince the multitudes by the public presentation of truth. God bless these men, and give us more of them. While this is being done, there is equally as important a work to be done by the pastor. Some men are called of God to be evangelists; some are as definitely called to be pastors. The Lord has given each man his work. There is as much need for the pastor to plan wisely that he may tactfully win the

lost, as it is needful for the evangelist to win the stranger among the multitudes.

This personal work is not alone a matter of New Testament instruction. The Old Testament likewise records the call to the shepherds of Israel to help the flock. Particularly we are reminded of this responsibility and privilege in Ezekiel 34: 4-6:

"The diseased have ye not strengthened, neither have ye healed that which was sick, neither have ye bound up that which was broken, neither have ye brought again that which was driven away, neither have ye sought that which was lost; but with force and with cruelty have ye ruled them. And they were scattered, because there is no shepherd; and they became meat to all the beasts of the field, when they were scattered. My sheep wandered through all the mountains, and upon every high hill; yea, My flock was scattered upon all the face of the earth, and none did search or seek after them."

Notice that in the flock there were those who were "diseased," and "sick," and "broken," and "driven away," and "lost," and some who had been "ruled" with "cruelty." "They were scattered, because there is no shepherd," "they became meat to all the beasts of the field, when they were scattered." But how sad to learn that "none did search or seek after them."

We believe pastors and church officers will not allow this condition to prevail in the church over which the Lord has given them responsibilities. We are confident that the needs of those who are disheartened and discouraged and "broken" and "driven away," will appeal to some shepherd made an overseer of the flock, and that the God-appointed work for the household of faith will be provided in personal and loving ministry, to the end that souls shall be revived and won back to hearty and happy fellowship in the church of Christ.

Surely the work of winning new converts in all lands to the faith is a mighty responsibility; but equal to this, we believe, is the responsibility of seeking to keep within Christ's fold those already won, thus truly and faithfully maintaining as far as possible our church membership.

JAY J. NETHERY.

Lincoln, Nebr.

Three Days in the Heart of the Earth

"THEN certain of the scribes and of the Pharisees answered, saying, Master, we would see a sign from Thee. But He answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: for as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth." Matt. 12: 38-40.

The Saviour was very explicit as to the time that He should be in the heart of the earth; and in "The Desire of Ages," page 406; we read: "As Jonah was three days and three nights in the belly of the whale, Christ was to be the same time 'in the heart of the earth.'"

So I believe we should not give any less time for that event; neither should we take the expression "in the heart of the earth" as literal. I believe that the reckoning of the time that He was in the heart of the earth should begin at the time of His betrayal and arrest in the garden of Gethsemane. It was then that He was turned over to the powers of the earth. There are several expressions of Scripture calling attention to the fact that while the scribes and Pharisees were seeking to apprehend Him, up to that time they had been unable to do so, "for His hour was not yet come." However, when He was apprehended, and allowed Himself to be bound and taken prisoner by the band of soldiers accompanying some of the chief priests, and was led back to Jerusalem for His trial, His hour had come—that hour which He had been telling His disciples of, that He should be cruelly treated, spit upon, scourged, and put to death, referring each time to the fact that on the third day He was to rise from the dead.

In "The Desire of Ages," chapter "Gethsemane," we read passages that plainly show that Christ was passing through experiences such as He had never had before. "Now He was

numbered with the transgressors." "Christ was now standing in a different attitude from that in which He had ever stood before." "As Christ felt His unity with the Father broken up, He feared that in His human nature He would be unable to endure the coming conflict with the powers of darkness." "Angels beheld the Saviour's agony. They saw their Lord inclosed with legions of satanic forces."—*Pages 685-687, 693.*

Reckoning thus, the three days and three nights in which Christ was "in the heart of the earth" began on Thursday evening, when in Gethsemane He took the responsibility of the sins of the world upon Himself, and closed on the first day of the week after the resurrection, after He had delivered in heaven His great sacrificial offering to, and had been accepted of, the Father, and had returned to the earth to confirm this great truth with His disciples. For when Mary had accosted Him at the tomb following His resurrection early Sunday morning and would have worshiped Him, He said, "Touch Me not; for I am not yet ascended to My Father: but go to My brethren, and say unto them, I ascend unto My Father, and your Father; and to My God, and your God." John 20: 17.

Later in the day—the exact time is not given—the women, not including Mary Magdalene (see "The Desire of Ages," pp. 788, 789), went upon the errand, given them by the angels at the tomb, to tell the disciples that Jesus had risen. Of them Matthew says: "They departed quickly from the sepulcher with fear and great joy; and did run to bring His disciples word. And as they went to tell His disciples, behold, Jesus met them, saying, All hail. And they came and held Him by the feet, and worshiped Him." Matt. 28: 8, 9.

"Jesus refused to receive the homage of His people until He had the assurance that His sacrifice was accepted by the Father. He ascended to the heavenly courts, and from God Himself heard the assurance that His atonement for the sins of men had been ample, that through His blood all might gain eternal life. The Father ratified the covenant made with Christ, that He would receive repentant and obedient men, and would love them even as He loves His Son. . . . All power in heaven and on earth was given to the Prince of life, and He returned to His followers in a world of sin, that He might impart to them of His power and glory."—"The Desire of Ages," p. 790.

Thus we reckon the time Jesus was "in the heart of the earth"—from the time He accepted the cup in Gethsemane, when the weight of the sins of the whole world was laid upon Him, until the time His sacrifice for men was accepted of the Father—as three nights and nearly three full days, literally fulfilling His word to the Pharisees, "As Jonas was three days and three nights in the whale's belly [the great fish God had prepared]; so shall the Son of man be three days and three nights in the heart of the earth." And who knows that Jonah was three full days in the sea? C. C. WEBSTER.

The Family Bible

THIS book is all that's left me now;
Tears will unhidden start;
With faltering lip and throbbing brow
I press it to my heart.
For many generations past
Here was our family tree;
My mother's hand this Bible clasped;
She, dying, gave it me.

Ah, well do I remember those
Whose names these records bear,
Who, round the hearthstone,
Used to close after the evening prayer,
And speak of all these pages said,
In tones my heart would thrill;
Though they are with the silent dead,
In memory are living still.

My father read this holy book
To brothers, sisters dear;
How calm was my poor mother's look,
Who loved God's word to hear.
Her angel face, I see it yet,
What thrilling memories come;
Methinks that little band is met
Within the halls of home.

The mines of earth no treasure give
That could this volume buy;
In teaching me the way to live,
It taught me how to die.

—George P. Morris, in the
United Presbyterian.

Home Missionary Department

MINISTRY OF THE PRINTED PAGE

Suggestive Program for First Sabbath Home Missionary Service

(April 4)

OPENING SONG: "Praise Him! Praise Him!" No. 226 in "Christ in Song."

PRAYER.

CHURCH MISSIONARY SECRETARY'S REPORT.

FIRST SABBATH OFFERING.

SONG: "What Hast Thou Done?" No. 96 in "Christ in Song."

BIBLE STUDY: "The Living Word."

TALK: "Literature Ministry by Our Lay Members."

DIALOGUE: "House-to-House Work With the *Signs of the Times*."

LOCAL PLANS FOR LITERATURE WORK.

CLOSING SONG: "No Other Name," No. 302 in "Christ in Song."

BENEDICTION.

Note to Elders and Other Missionary Leaders

"The Lord gave the word: great was the company of those that published it." Ps. 68: 11. The psalmist, as he wrote these words, must have looked down through the ages to our day, and seen men and women of the advent movement distributing our literature "like the leaves of autumn" throughout the length and breadth of the land.

The Spirit of prophecy tells us that the world is to receive the light of this truth largely through an evangelizing ministry of the word in our books and periodicals. People are more influenced by what they read than by what they hear. The printed page today is, no doubt, doing more to make known the third angel's message than any other agency. Scores of incidents could be related of souls being won to Christ as the result of the truth found in a book, magazine, or tract, but the following will suffice to give illustration to the point:

A well-to-do farmer bought an old edition of "Bible Readings" twenty-five years ago, and wore out his Bible making comparisons with the texts contained therein. Finally "Bible Readings" also became worn. Then taking leaves from it, he sent them to various publishing houses, asking if they could supply another copy. For three years he kept this up, always with unsuccessful results. Finally he engaged in special prayer that the Lord would send some one to him with a copy of this book. His happiness can be imagined when one of our members went to his home to sell him "Bible Readings." "My prayer has been answered," he said, and today he is rejoicing in the truth.

We should endeavor to enlist more and more of the laity of this denomination in some form of literature ministry. The colporteurs lead in this great work, then follow the part-time workers, home workers, and lay members who sell and distribute free of charge our small books, periodicals, and tracts. Time is short, and our forces must be organized for more efficient work. Urge every lay member to have a part in distributing the printed page. Heaven alone will reveal the results.

GENERAL CONFERENCE HOME MISSIONARY DEPARTMENT.

The Living Word

Question.—From whence is the word of God?

Answer.—John 1: 1-4, 14.

Ques.—What power is inherent in the word?

Ans.—John 1: 4; Heb. 4: 12.

Ques.—What is the relation of the word to conversion?

Ans.—1 Peter 1: 23.

Ques.—How does faith come?

Ans.—Rom. 10: 17.

Ques.—What is the basis of the "good tidings"?

Ans.—The word. 1 Peter 1: 25.

Ques.—What important agency is to bear an important part in giving the gospel to all the world?

Ans.—"The world is to receive the light through an evangelizing ministry of the word in our books and periodicals. Our publications are to show that the end of all things is at hand."—"The Colporteur Evangelist," p. 100. (C. S., p. 146.)

Ques.—What has God said of our efforts to circulate literature?

Ans.—“We have been asleep, as it were, regarding the work that may be accomplished by the circulation of well-prepared literature. Let us now, by the wise use of periodicals and books, preach the word with determined energy, that the world may understand the message that Christ gave to John on the Isle of Patmos.”—“*The Colporteur Evangelist*,” p. 101. (C. S., pp. 146, 147.)

Ques.—What call is sounding to every believer in this day?

Ans.—“Church members, awake to the importance of the circulation of our literature, and devote more time to this work. Place in the homes of the people papers, tracts, and books that will preach the gospel in its several lines. There is no time to be lost. Let many give themselves willingly and unselfishly to the canvassing work, and thus help to sound a warning that is greatly needed. When the church takes up her appointed work, she will go forth ‘fair as the moon, clear as the sun, and terrible as an army with banners.’”—*Southern Watchman*, Nov. 20, 1902. (C. S., p. 147.)

Ques.—What influence is our literature to have in the closing gospel work?

Ans.—“In a large degree, through our publishing houses is to be accomplished the work of that other angel who comes down from heaven with great power, and who lightens the earth with his glory.”—“*Testimonies*,” Vol. VII, p. 140.

Literature Ministry by Our Lay Members

J. W. MACE

MANY years ago, at the very beginning of this movement, we were told that literature would be one of the greatest agencies through which God would give His message to the world. While the literature ministry was to start small, it was ultimately to be like a great stream of light that would go around the world. So it has proved to be, and today nearly \$5,000,000 worth of our books, magazines, periodicals, and tracts are distributed yearly. A large part of this literature is taken from home to home by the lay members in our churches who, realizing their responsibility in the giving of the message, have found this the best way to bring about successful results.

The literature which has been developed under this message is a literature that the world wonders at and fails to equal, a literature that is sold where no other literature can be sold, a literature that contains the vital spark of truth, a literature which thrills hearts and calls men and women out of darkness into the light of the gospel. In Bessarabia, which was added to Rumania after the World War, the conditions of the people were very bad. Crime reigned supreme, and there was no restraint of evil. Two of our colporteurs went to the Rumanian magistrate and asked him if they might go into that country and sell our literature. The priest, thinking they would be killed, said, “Let them go.” They were not killed, however, and the next year they came to the magistrate again asking if they might go to that country and sell books. “Yes,” he responded; “crime there has diminished 50 per cent since you went in with your literature.”

Some of our people join the King's Pocket League, and distribute tracts wherever they go, on the trains, in the cars, etc., and to those who call at their homes. Others take *Present Truth* from door to door, or mail it to a list of names supplied by colporteurs or other workers. Others sell the 25-cent books in sets of two, five, or ten. Others go out at certain seasons of the year and sell our fine children's books, which are so greatly needed just now to stem the tide of evil literature that is sweeping over the land. Others enlist as part-time or regular colporteurs to be real ministers of the printed page. So the great stream of literature is fed by little rivulets flowing from farms, hamlets, and cities.

The distribution of this God-given literature brings us into intimate relationship with the Author of this message, for He has promised to go with us and impress us with words to say, as well as to go before us and prepare the people for the reception of truth. How many times this has proved to be true. Hard hearts have been softened, cruel words turned into words of kindness and welcome, ridicule changed to tears, as the Holy Spirit accompanied the messenger of life.

In “*Testimonies*,” Volume IX, page 126, the writer speaks of a great reformation that will come in these last days, when there will be manifestations of power, and men and women will go from door to door with the message contained in our printed matter. “Scatter the literature like the leaves of autumn” is the instruction given us. May each one have a part in this glorious work.

Dialogue

House-to-House Work With the “Signs of the Times”

ALMA L. DU BOIS

Mrs. A: Good morning, I am calling on a number of your neighbors with this paper, the *Signs of the Times*, and am finding that they appreciate its contents very much. It is true to its title, showing from week to week, from a Biblical standpoint, the times in which we live. I would like to have you read this copy as you have time, and then, with your permission, I shall call again next week with another copy.

Mrs. B (taking the paper): All right, thank you.

Mrs. A (second week): Good morning. This is a pleasant day. I am here with another copy of the *Signs of the Times*.

Mrs. B: I haven't read the other one yet. I have a large family, and when I read my own church papers, I am kept rather busy, as you can see.

Mrs. A: Indeed I know that you are busy.

Mrs. B: My husband, however, has read some in the paper, and he says its contents are very timely.

Mrs. A: Yes, the messages contained therein are timely. I find that busy people appreciate this paper very much. The articles are short and right to the point. In just a few minutes' reading one can get food for thought for a much longer time.

Mrs. B: We were looking up some of the texts, and were surprised that the Bible speaks of some things as it does.

Mrs. A: I am glad the paper is a help to you. Your testimony is the same as that of others. I shall bring you another copy next week.

Mrs. B: Thank you so much.

Mrs. A (third week): I am here again with the *Signs of the Times*. It is raining this morning, not quite so fine a day as it was when I came last week.

Mrs. B: Come in, won't you? I didn't know whether you would be here, on account of the rain, but I am glad it didn't stop you.

Mrs. A: Oh, rain never stops me. I like to be regular about my appointments. There are so many advantages in regularity, you know.

Mrs. B: I can see at once the necessity of regularity in your work. On account of the weather I was afraid you would come at another time, and perhaps I would not have been here, and I wanted to be sure to see you.

Mrs. A: Are you finding anything of interest in the paper?

Mrs. B: Yes, we are. My husband turns to the question-and-answer page, and he has found questions that have been long in his mind answered to his satisfaction. We both are a bit puzzled, however, over one article in the last paper. It points out some things that will take place before Christ comes, which we didn't know were mentioned in the Bible. In speaking of the destruction of the wicked, the article reads as if the wicked would not burn forever. They will, won't they?

Mrs. A: I am glad you noticed that. It would take about half an hour or so to explain the matter thoroughly to you from the Bible. How would you like to spend that much time in this way when I come with next week's paper?

Mrs. B: That would be just fine, but I wish my husband could hear it too. Would it be asking too much for you to come some evening, for he is as interested as am I.

Mrs. A: I shall be happy to arrange it that way. Will a week from tonight at seven-thirty be convenient to you?

Mrs. B: It surely will, and it is very kind of you to spend time with us. Mr. B has so many questions to ask, I am sure he will be pleased.

Mrs. A: Good day, Mrs. B.

Mrs. B (many years after in a railroad station, looking wonderingly): Pardon me, but isn't your name A?

Mrs. A: Yes, it is.

MRS. B: Do you remember me? I used to live in ——. You brought me a little paper for a number of weeks called the *Signs of the Times*. Finally we moved away. My name is B.

MRS. A: Yes, indeed, I remember you. I have always been sorry you moved away, for I was learning to think a great deal of you people. I believe we studied the Bible a few times together, did we not?

MRS. B: Yes, and that was when we took our first interest in the Bible. Undoubtedly you will be interested in our experiences since that time.

MRS. A: Indeed I will.

MRS. B: We moved to a city in a mid-Western State, found your church there, and asked for some one to come and help us understand the Bible. Our request was responded to promptly by a worker, who took the same interest in us that you did. To make a long story short, we now believe the same Bible truths which you do. We shall always be grateful to you for coming to our home with the papers, and for your kindness to us.

MRS. A: Well, well! How strange this meeting, but how happy!

MRS. B: We are on our way to the home of a friend in the South, and there is only a short time before our train is due, so we must be going, but when I saw you I just couldn't resist the temptation of finding out whether you were Mrs. A. This is a happy meeting, indeed! Good-by.

MRS. A: I am surely glad you made yourself known. This experience is a real encouragement. Good-by.

A Missionary Worker's Daily Experience

A daily renewing of the new man needed. Yesterday's experience is not sufficient for today. A new experience is needed now. A daily dying to sin means a life of victory over sin. 1 Cor. 15:31. We are to put on the new man. Eph. 4:24. When? Col. 3:10.

Daily conversion necessary. "Every worker needs a daily conversion, a daily fitting up for service."—*Review and Herald, March 1, 1906.*

Must be sanctified every hour. "We need to be sanctified by the Holy Spirit every hour of the day, lest we be ensnared by the enemy, and our souls be imperiled. There is a constant temptation to exalt self, and we must watch much against this evil."—*Testimonies to Ministers,* p. 233.

Daily self-examination needed. "Self-examination must be thorough, that there be no danger of self-deception. A little catechizing of self on special occasions is not sufficient. Daily examine the foundation of your hope, and see whether you are indeed in the love of Christ."—*Testimonies,* Vol. V, p. 332.

Should be daily partaking of the divine nature. "Every day God's workers are to be partakers of the divine nature."—*Review and Herald, November 24, 1910.*

A daily baptism of the Holy Spirit necessary. "Daily He received a fresh baptism of the Holy Spirit."—*Christ's Object Lessons,* p. 139. "For the daily baptism of the Spirit, every worker should offer his petition to God."—*The Acts of the Apostles,* p. 50.

We need a daily baptism of love. "During every hour of Christ's sojourn upon the earth, the love of God was flowing from Him in irrepressible streams. All who are imbued with His spirit will love as He loved."—*The Desire of Ages,* p. 673. "You need a daily baptism of the love that in the days of the apostles made them all of one accord."—*Testimonies,* Vol. VIII, p. 191.

Much prayer needed every day. "Those who do not learn every day in the school of Christ, who do not spend time in earnest prayer, are not fit to handle the work of God in any of its branches."—*Testimonies to Ministers,* p. 169.

C. V. ACHENBACH.

"PRAYER is not a pious monologue by man with himself. It is not a long string of words. It is a man's acquaintance with his Creator."—*Cheley.*

KINDNESS—a language which the dumb can speak and the deaf can understand.—*Bovee.*

The Gift of Helps

J. D. REAVIS

Home Missionary Secretary, Kentucky Conference

THE twelfth chapter of First Corinthians is devoted to a consideration of the many kinds of gifts that God has placed in the church. According to verse 28, one of them is the gift of "helps." Verse 7 states that the different gifts are placed in the church by the Spirit for profit. Now what are some of the "helps" and how can they be profitable to the church? Let us consider a few.

Can we not think of the art of being sociable as a help in the church? One of the slogans of the Missionary Volunteer Department is "Social to Save." I think that all of our talking should be to save souls, both inside and outside the church. But simply talking doesn't mean that a soul will be saved. Not all talking is saying something helpful, while saying something is talking. It has been said that "actions speak louder than words." Oftentimes an action is better than any word one might say. The hearty handshake from lay members often blesses the stranger at the church service more than the sermon of the minister. Not all hand-shaking is done from a heart full of love and kindness. But whenever the grip of the hand is accompanied by a hearty "God bless you, my brother," it becomes indeed a church help.

One thing the church needs is more personal responsibility in the matter of inviting men and women to hear the gospel of present truth from the lips of the minister. It may require some effort and it may cost something to get your friends to your church, but it pays big. Instead of waiting to be carried to meeting, you bring some one with you. If there seems to be no way at present to get your friends to church, make it a matter of earnest prayer. There is always a way for the one who desires it strong enough. It was said of one man that he "loved everybody in the city directory, and made everybody in the city directory love him." Happy that church of which every member realizes that he is one of the helps. Such are as necessary to the building up of the church as are officers and ministers.

There must be a blessing in a cup of cold water and in the mite of the widow, for Satan tries to offset such little things whenever possible. He has a trained corps of workers in every church to caution us in our methods and time of labor for our fellow men. Some have called this modest prudence. But while we are hesitating, souls are being snatched away or prevented from coming in. What a joy to be told, when we are inside the pearly gates, that such a soul is there because of the prayers we offered in his behalf, or because of some act of charity on our part. The world may never know it, but the record is in heaven, we are told. It is on "the imperishable records." While we may think that we have been of little use, the Lord classes us as one of the "helps" in His church militant.

God grant that all may become helps instead of hindrances to the end that the church may soon "attain unto the unity of the faith," being "full-grown" men and women in Christ. Since He has so wonderfully helped us; let us in turn help those for whom He has suffered. "Every true disciple is born into the kingdom of God as a missionary."—*The Desire of Ages,* page 195.

"WHATEVER their occupation,—whether they were farmers, mechanics, teachers, or pastors,—if they had wholly consecrated themselves to God, they would have become efficient workers for the heavenly Master.

"But what are the members of the church doing, that they should be designated 'laborers together with God'? 1 Cor. 3:9. Where do we see travail of soul? Where do we see the members of the church absorbed in religious themes, self-surrendered to the will of God? Where do we see Christians feeling their responsibility to make the church prosperous, a wide-awake, light-giving people? Where are those who do not stint or measure their loving labor for the Master? Our Redeemer is to see the travail of His soul and be satisfied; how is it with those who profess to be His followers? Will they be satisfied when they see the fruit of their labors?"—*Testimonies,* Vol. VI, p. 423.

The Church Missionary Service

PRAYER	2 minutes
REPORTS	4 minutes
PRESENTATION OF TOPIC	8 minutes
CLOSING	1 minute

Suggestive Missionary Service Program for Sabbath, April 4

MISSIONARY TOPIC: "Big Week Medical Reading."

TEXT: John 5: 1-9.

SUGGESTIONS: A leaflet containing three Big Week readings has been mailed from the General Conference Home Missionary Department to every conference worker and missionary leader throughout North America. The one covering the medical projects to be assisted, should be read in every church on this date.

Suggestive Missionary Service Program for Sabbath, April 11

MISSIONARY TOPIC: "Big Week Publishing Reading."

TEXT: Psalms 68: 11.

SUGGESTIONS: On this date the reading covering the publishing projects to be assisted by Big Week, contained in the leaflet mailed to all conference workers and missionary leaders, should be read during the topic time of the church missionary service.

Suggestive Missionary Service Program for Sabbath, April 18

MISSIONARY TOPIC: "Soul-Winning Experiences."

TEXT: Luke 8: 38, 39.

SUGGESTIONS: Missionary experiences should be told by lay members in the church missionary service on this date, and if carefully prepared, three or four can be given. The following by Farrel Trueblood, a church elder in Kansas, is to be used where there is no one in the local church who has an interesting missionary story to tell:

"Some years ago a meeting of our faith was conducted here, and several accepted the third angel's message. In due time a church was organized, but as is usually the case, some dropped out. Two of these had been neglected, and thought they were forgotten. Their names were being discussed for dropping from the church records, and I felt that something should be done to win them back to the truth, so asked that I be given the privilege of visiting them. I did so, and brought them both back to the church in a short time.

"I do not write these words to exalt myself, for it was the Lord using me that accomplished the results. We read in "Testimonies," Volume IV, page 469:

"When men of business, farmers, mechanics, merchants, lawyers, etc., become members of the church, they become servants of Christ; and although their talents may be entirely different, their responsibility to advance the cause of God by personal effort, and with their means, is no less than that which rests upon the minister."

"Laymen can do more in some cases than can an ordained minister, or even local church officers. The same writer says:

"Sitting by the fireside, they can—if humble, discreet, and godly—do more to meet the real needs of families than could an ordained minister."—*Id.*, Vol. VII, p. 21.

"I know this statement is true. A minister was holding an effort one time and a certain man was interested, but he paid no attention to the appeals of the minister to him to give his heart to the Lord, because he felt that that was what he was being paid for. Later the man was talking with one of our farmer brethren, who had done very little missionary work, but was able to answer all his questions. He accepted the message as a result of the farmer's interest.

"No matter where we are, if we consecrate our lives to God, and feel a burden for souls, He will use us in the finishing of this great work."

Suggestive Missionary Service Program for Sabbath, April 25

MISSIONARY TOPIC: "Big Week Reports."

TEXT: Mark 16: 15, 16.

SUGGESTIONS: The topic time of the church missionary service on this date should be spent in taking reports of Big Week

funds raised by members and bands. In this connection the following experience as told by W. H. Hohensee, of Aberdeen, S. Dak., is timely:

"I have heard many tell of their success in selling Big Week books, and thought, 'Others can do it, but I would never be able to sell a gold brick.' But I found to my surprise that I, too, can sell books.

"In 1929 I sold forty-five sets, with the help of the field missionary secretary, who worked with me one Sunday afternoon, when we went out into the country and sold twelve sets. The remainder I sold entirely by myself. In 1930 I sold forty-one sets alone, and without much effort on my part. To God be all the glory!

"I sell the books only during my spare time, going to and coming from work, taking with me two or three sets at a time. I have been the most successful in selling to office employees, as they have a regular income and usually carry money with them.

"I am sure any one can sell Big Week books, if he will seek the Lord earnestly to soften the hearts of the people."

Giving the Truth Through Pictures

"A few years ago I acquired a second-hand stereopticon machine, with a view to showing to our friends as they visited our home, pictures of the progress of the message, etc.

"Business men heard that I had a lecture on China and I was asked to give it at the Kiwanis Club, though I myself am not a member of any club or society. After that the Rotarians asked me to repeat the talk at their luncheon. This time I spoke on astronomy, dwelling on the greatness of the universe, God's love for men, and His creative power.

"A few days after this talk was given, one of the directors of the high school asked if I would talk on astronomy at the Union High School, and this I did the following week.

"Again I had the privilege of speaking at the Kiwanis Club. When I had finished, the Baptist minister stepped up and asked if I would speak in his church the following Sunday evening, choosing my own subject. I spoke this time on world conditions. The minister gave me a very friendly introduction that night, calling me 'brother,' and telling his congregation that he had heard me speak twice before and did not hesitate in any way to turn the meeting over to me, as he felt sure they would not be disappointed. This certainly showed his confidence in Seventh-day Adventists.

"This all happened lately. While I am introduced as a business man of such and such a concern, after they hear a talk on thorough Fundamentalism, they inquire, 'To which church does this man belong?'

"The Lord has been greatly blessing us. One of the business men is coming to our home every Friday night, where we hold Bible studies and stereopticon lectures every week."—*Curt Effler, Calexico, Calif.*

God Cares! Do We?

FORGET not that your first and principal business as a disciple of Christ is to give the gospel to those who have it not. He who is not a missionary Christian will be a missing Christian when the great day comes of bestowing the rewards of service. Therefore ask yourselves daily what the Lord would have you do in connection with the work of carrying the news of salvation to the perishing millions. Search carefully whether He would have you go yourself to the heathen, if you have the youth and fitness required for the work. Or, if you cannot go in person, inquire diligently what blood mortgage there is upon your property in the interest of foreign missions, how much you owe to the heathen because of what you owe to Christ for redeeming you with His precious blood. I warn you that it will go hard with you, when your Lord comes to reckon with you, if He finds your wealth hoarded up in needless accumulations instead of being sacredly devoted to giving the gospel to the lost.—*Dr. A. J. Gordon.*

"THE moment of greatest discouragement is the time when divine help is nearest."

SOUL WINNING NEWS FROM SOUL WINNERS



Big Week Experiences

THE following story is told by Mrs. M. L. Tidwell, a member of one of our Texas churches:

"I had some very interesting and pleasant experiences in Big Week work this year. One lady whom I met said, after I had given her the canvass, 'Aren't you the same person who was here last year?' I replied that I was, and she continued, 'Those were wonderful books. My son read them over and over again, and his father, who can't read, was also very much interested in them.'

"A sick lady, upon seeing the books, told her mother to get the 50 cents she had saved for something else and buy them. Her mother reminded her that this money was for another purpose, but the daughter replied, 'Mother, I want those books.'

Local Elder Sets Church to Work

II. ALFRED GOBER, of Cedar Grove, Tenn., writes:

"As local elder of the church, teacher of our little church school, and also having the oversight of the Juniors, I often felt that my burdens were too great, but when the church members got a vision and began to work, the load became easy.

"We enlisted our entire Junior membership as active workers, and many of the adults as well. We found time to visit our neighbors, give Bible studies, and hold a series of public meetings, which resulted in the baptism of twenty-two people.

"On Sundays my wife and I take a number of the Juniors in the car and go out either to sing and give out tracts, or to hold meetings at the public school houses, jails, county homes, etc.

"At one jail which we visited a young man confessed Christ. He was twenty-six years of age, and could not read. He asked God to forgive his sins and give him wisdom to read His Book. Now he can read, and greatly enjoys the Bible we gave him.

"One of our members was so timid she refused to go out with us to give out tracts, until her little nine-year-old girl persuaded her to try it. Her testimony to the church, after taking part in this work, was:

"I would not take anything for my experience. It is doing me so much good spiritually. I plan to follow up the tracts with Big Week books.'

"This woman did the follow-up work, and sold books at every house, except one, where tracts had been left regularly.

"Sundays afford a splendid opportunity to do missionary work. In 'Counsels to Teachers,' pages 551, 552, the following instruction is given:

"Let the teachers [leaders in churches as well] in our schools devote Sunday to missionary effort. Let them take the students with them to hold meetings for those who know not the truth. Sunday can be used for carrying forward various lines of work that will accomplish much for the Lord. On this day house-to-house work can be done. Open-air meetings and cottage meetings can be held. Make these meetings intensely interesting. Sing genuine revival hymns, and speak with power and assurance of the Saviour's love. Speak on temperance and on true religious experience. You will thus learn much about how to work, and will reach many hearts.'

"In these few words the Lord has set before the church an ideal plan for Sunday labor. To make these meetings 'intensely interesting' it will take time and effort, but the promise is that we 'will reach many hearts.'

"A little more vim,
And much more prayer;
A working church,
And heaven to share."

Missionary Letters Through the Press

W. P. McLENNAN, pastor in Memphis, Tenn., says:

"We are admonished by the apostle Paul, 'As we have therefore opportunity, let us do good unto all men.' Surely such admonition meets with a ready response from all in whose hearts is found the love of God. These individuals do not have to be urged to do good, only instructed and guided. And when we think of the opportunity for doing good that is afforded today, we have much to rejoice the heart. Avenues open on every turn. We simply need to add to the above admonition the one, 'To watch.'

"The special opportunity to which I desire to call attention is the one found in so many of our newspapers, under the caption, 'The Voice of the People,' or 'Letters to the Editor,' or something similar. I think of this opportunity in the light of the statement that it will be largely through the printed page that Revelation 18:1, 2, will be fulfilled. Surely the printed page of the newspaper should be counted on as well as the printed page of our own publications.

"Should we not, then, watch the 'Voice of the People' section of the papers, and look for an opportunity to write upon some topic of present truth, and thus, without monetary expense other than postage, give the message to thousands of people, many of whom may not be reached in any other way? This section is second in importance to the thinking class of people only to the front page and the editorials. Let us awake to this splendid opportunity, making our letters brief and tactful."

Disseminating Truth Through a Union Sunday School

Mrs. C. L. KIRK, Claunch, N. Mex., says:

"About three years ago we came to this place and found it being settled with good, honest home makers of nearly every Protestant faith. In order to meet these people scattered over a radius of twenty-five miles, we began to attend a union Sunday school. At every opportunity I would give away books, tracts, and papers, and when I saw no opportunity, I would make one. The first year I was made teacher of a young people's class numbering about twenty-five. I soon had the members organized into a society for home missionary work, giving programs each Sunday from the CHURCH OFFICERS' GAZETTE.

"At this writing I have a class of women who are desirous of learning, and although we are using the union Sunday school literature, I can manage to bring out the subjects in such a way as to bring present truth to their attention. At the eleven o'clock hour we have all the school together, and at least four or five questions are asked to be answered at the next Sunday meeting. Such questions as, 'Where was Christ the three days His body was in the tomb?' 'When and where was the first gospel sermon preached?' etc., afford occasion for Bible studies, which the members are willing for me to conduct.

"A new member came to our Sunday school, and during our study he turned to me and said, 'Mrs. Kirk, I hear you are an Adventist. Which day do you think we ought to keep?' I told him we should keep the one we are told to keep in the Bible. He replied that the Bible says, 'Forsake not the assembling of yourselves together on the first day of the week.' I asked him to find the text for me, and gave him my Bible. He said it was in either Matthew or Corinthians, and began turning the pages. I waited until the seventy-five people began to be a bit anxious, and then told him to turn to Hebrews 10:25, suggesting that possibly that was the text he wanted. He found this reference, and read it twice aloud. The people were getting a bit excited, and said that text didn't mention the first day of the week. He then promised to tell us the text the following Sunday. A larger crowd than we had ever had before was out that day to hear his report, and he made it publicly, saying that he had read 120 chapters that week, but could find no command or example for Sunday keeping.

We live in a Spanish settlement about ten miles from this English Sunday school, and I have worked in the Spanish homes as well, winning the confidence of these people by giving treatments to their sick.

"I am anxiously awaiting the time when we can have an evangelist in this field."

HABIT determines conduct and character.

THE MISSIONARY VOLUNTEER SOCIETY

Officers' Page

April Topic: Preparing to Serve

Preparing to Serve

OUR programs during April are upon the general theme, Preparing to Serve. Health, education, music, and a special line of service are the themes chosen to be emphasized. Immediately these aspects of preparation for life touch us as a universal need.

The Possession of Good Health is a foundation for abundant service. To the extent that health is impaired, the vigor and range of service are limited. Much is said in honor of those who have attempted life's work with the handicap of poor health or a crippled body. By a careful use of such strength and ability as they possessed, they have astonished others who had a better physical endowment to begin with. But more needs to be said to help youth of average or good health to develop and preserve their natural faculties. In social life or in business, the manner of living, in this time of tense activity, makes heavy demands upon strength. This fact alone warrants our special attention to the question of health. The pitiable struggle which those of poor health must make to survive at all, is an incentive to maintain good health carefully if we have it. The repeated examples that occur in every community of those who have wasted their natural gift by giving way to the natural passions and appetites, or by neglect of health while pursuing some purpose, are all earnest warnings to youth.

Let us determine to enlarge the sphere of life's usefulness by guarding the health as sacredly as the character.

It Is Imperative to Secure a Training for whatever one is to do in life. In these days when as many are attending the colleges and universities as attended academies and high schools a generation or so ago, it is a necessity to have a thorough preparation intellectually. To be successful as a minister requires ability to cope with keen minds in average communities. And to represent the message effectively in any line or calling requires a cultivated mind. Wonderful opportunities in God's service lie before him who will consecrate, not only his means, but also his mind to be prepared and used according to God's will.

"The Melody of Praise is the atmosphere of heaven. . . . It [song] has power to subdue rude and uncultivated natures; power to quicken thought and to awaken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort."—*"Messages," pp. 291, 292.*

Study the above words and apply them to individual life, or to the life of the church as a whole, and the place of music will expand in your thoughts. The call is not so much for high technical musical education, necessary and helpful as that may be, as for the consecration and full use of such musical talent as we may possess in religious worship and in our associations, through such ways as may lift our standards above the cheap, rash, and worldly, and our associations to a pure and holy atmosphere.

Young People and Big Week.—"Learn to do by doing." No way is more successful in missionary training. This is the time of Big Week. The plan for Big Week is well understood by Seventh-day Adventists. Each year our young people have joined in the plan with enthusiasm. And each year they have by this means received blessings in personal experience and in larger appreciation and vision of the needs of the world. Let this year be entered upon with zeal. Let nothing daunt us. The needs are felt keenly at this time. Call upon the youth to consecrate their abundant energies unreservedly to God for the task, and through prayer and faith to expect a harvest to meet the needs.

This Month Should Prove an Inspiration to consecration of life and of talent in all our societies. What we should aim at is not merely an analysis of our lack or our possibilities. The world today is suffering from "the paralysis of analysis." What is needed is a new zeal for the Master and the work He has for us to do. "Go ye into all the world." Any spirit which hesitates before that commission, will fall short of the world-wide task of this hour. Nearly two thousand years have passed into history since the Saviour uttered that charge, and those years are looking anxiously to the advent youth to arise and "finish the work of the gospel in all the world." H. T. E.

Memorize

WHEN you use brief statements from the Spirit of prophecy, or elsewhere, *memorize them.* A sentence or two used in this way will be appreciated and remembered by the audience much more than two or three paragraphs read, no matter how good they may be.

MINNIE E. DAUPHINEE.

On Bended Knee

HAVE you ever noticed how most birds arrange themselves for a comfortable sleep? They generally draw one foot and leg close up to the body and stand on the other; they then tuck their heads under a wing and are soon fast asleep. The branch on which they roost is not large, but they get a firm grip of it with their claws. Is it not remarkable that they do not fall off as soon as they are asleep? If you were to fall asleep with a book in your hand, your fingers would soon lose their grip of the book, and the book would fall. How is it that the same thing does not happen to the birds which roost on one leg? The reason is that the tendons of a roosting bird's leg are so made that when the leg is bent at the knee the claws pull up and grip whatever they hold, and they cannot open until the knee is straightened. When the bird settles for sleep it makes itself comfortable by bending the knee of the leg on which it is resting, and its weight being thrown on the leg keeps it in that position.

Paul wrote to the Thessalonians (1 Thess. 5: 21), "Hold fast that which is good." This means that they were to get a firm grip of the good, and never to let go. How can we do that? The bended knee will give us the grip, and if we do not forget to bend the knee, we shall be enabled to continue to hold fast. You know what I mean by the bended knee. It is the sign of prayer. We are told that when Daniel prayed, "he kneeled upon his knees three times a day." Dan. 6: 10. This is a splendid example for us to copy.

The more you pray, the firmer grip you will have of all that is good. The more you allow the weight of the realization and sense of your own sin and of your need of God's grace and strength to cause you to bend the knee in prayer, the more blessing you will enjoy. Do not think that one cannot pray without kneeling. The upward lifting of the heart to God in the midst of our work and walk in everyday life is prayer, but it is wise to have a stated time and place for prayer, where we can be alone with God, and bend the knee at the throne of grace, in the attitude of devotion and humble supplication.

Key Text Drill

ONE member of the Buffalo society reported that the key text drill was the greatest help he had ever had in his Christian experience. He takes the text to work and hangs it over his bench daily.

E. BLANCHE MARKHAM.

A Definite Purpose

EVERY meeting should have a definite purpose, and in the weekly officers' meeting all should pray definitely for the things desired to be accomplished. Officers who are carrying on the work in this way are seeing definite results, and have reason to thank the Lord from week to week for answered prayer. God is interested in every phase of our work in behalf of the youth, and nothing is too unimportant to take to Him in prayer.

MINNIE E. DAUPHINEE.

Reporting

I SUGGEST that secretaries do not gather report slips in the offering plate. Give slips out individually during the song service, and gather at a special time for the reports. A kindly encouragement or a whispered suggestion from the secretary to visit some one who is ill, or giving out a few tracts with the blank, may help backward members to have reports the next week. A secretary is to set members to work, as well as gather reports.

E. BLANCHE MARKHAM.

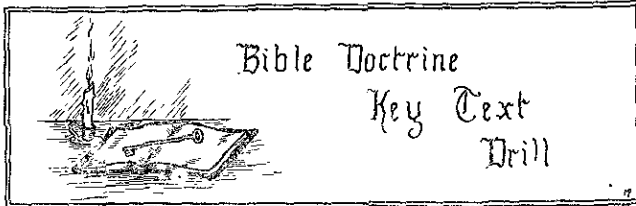
Books You Should Have

1. "MESSAGES TO YOUNG PEOPLE," price, \$2. This is a new book, in the 1931 Senior Reading Course. It consists of special messages to young people from the pen of Mrs. E. G. White, chosen largely from articles that were printed in the *Youth's Instructor* and the *Review and Herald*, but which have never before appeared in book form. Every young person ought to own a copy of "Messages" to use in his individual study. Missionary Volunteer leaders especially will find it an invaluable aid because of its inspirational helps that can be used in the society meetings, and because many references will be made to it in the *Missionary Volunteer columns* of the *GAZETTE*. For short, we shall call this book, "Messages." A letter received from the publishers just as this goes to press, says that in six months their initial run of 2,500 copies of this book is practically exhausted and they are printing another 2,500.

2. "Good Form and Social Ethics," by Fannie Dieckerson Chase, price, \$1.50, would be a fine addition to your society library.

E. E. H.

Order Standard of Attainment Examination Questions for May from conference M. V. secretary.



Subject for April: "The Cleansing of the Sanctuary"

To THE LEADER: See note to leader in the March key text drill.

Key Text for April 4: Hebrews 9:23, 24.

Study context in the ninth chapter of Hebrews as help in presenting the drill.

Key Text for April 11: Daniel 8:14.

Be familiar with the principal points of the 2300-year prophecy, as given in "The Great Controversy" (see p. 410), that you may give the proper setting to this text. For the Juniors the prophecy is more simply explained in "Pioneer Stories," pp. 65-70. The story of the 1844 disappointment and what caused it, should be somehow brought into the drill period. (See "Pioneer Stories," pp. 213-221; also "The Great Controversy," pp. 429, 430.)

Key Text for April 18: Daniel 8:19.

"At the time appointed the end shall be." In 1844 the end of the 2300 days brought the world to the investigative judgment. Eighty-six years have passed since its beginning. Who can say that the end of the judgment period is far in the future, and that the close of probationary time is a remotely distant event? Just as "the end" of the 2300 days came "at the time appointed," so will the decree go forth, "The time is at hand. He that is unjust, let him be unjust still; . . . he that is righteous, let him be righteous still." (See Rev. 22: 10-12.)

Key Text for April 25: Revelation 22:10, last clause only; verses 11, 12.

(See "The Great Controversy," pp. 613-615.)

E. BLANCHE MARKHAM.

Senior Missionary Volunteer Meetings

Fitness for Service

(Program for Week Ending April 4)

BY KATHRYN L. JENSEN, R. N.

NOTES TO LEADERS: Make the challenge to youth, "To Keep Fit for Service," a very real thing. We spend much money to get book knowledge in preparation for service, while we may neglect a decayed tooth or diseased tonsils which are most often the origin of infection of the appendix, gall bladder, kidney, or some other organ of the body, later in life. We sacrifice to go to a Christian school to be trained for service, and often neglect to live out in our daily lives the simple rules of healthful living, utilizing in right proportion the fresh air, sunshine, rest, exercise, food, water, and trust in God to keep us mentally and physically fit. God holds us morally responsible for the knowledge He has given us. It is only because this knowledge is so often not applied that the following statistics reveal such lack of fitness for service among our Missionary Volunteers. (Bring these facts home to the youth.)

Out of 557 missionary appointees during the last four years, 32 per cent were rejected because of physical disability. Nearly one half of the causes for rejection can be classified under four headings: Heart defects, 13 per cent; nervous instability, 12 per cent; secondary anemia, 13 per cent; low vitality, 10 per cent. Nearly all of these are caused by neglect of early sources of infection, or are the result of bad hygiene and habits of living.

These wrong habits of living are often the cause of the missionary's early return. One third of the 332 permanent returns during the last four years, served only four years or less—not long enough to become a strong factor in the work of the mission field. Of those returned, 45 per cent were due entirely to physical breakdown, while an additional 15 per cent were due to physical breakdown plus other reasons.

Sound, applied health education is a very necessary part of a program for a true Missionary Volunteer. We read in "Counsels to Teachers," p. 299: "Study is not the principal cause of breakdown of the mental powers. The main cause is improper diet, irregular meals, lack of physical exercise, and careless inattention in other respects to the laws of health."

Have some Volunteer briefly summarize the contribution to disease made by Anthony Van Leeuwenhoek, Louis Pasteur, Robert Koch, Eberth, Florence Nightingale. Emphasize the fact that this knowledge is of no value unless it is applied.

Read the preface to "Counsels on Health," especially pages 4 and 5. This is Dr. P. T. Magan's statement of Ellen G. White's attitude toward fitness for service. K. L. J.

Talk: Sketches From the Life of Joseph Bates

JOSEPH BATES was born in Rochester, Plymouth County, Massachusetts, July 8, 1792. As a schoolboy he longed to become a sailor. At the age of fifteen he was permitted to go to London, England, with a new ship called "Fanny," under the command of his father's friend. From this time on he spent most of his life, until he became a Christian, at sea, amid the rough life of the seamen of that day.

Every Missionary Volunteer knows more or less about the life and service of this pioneer of the third angel's message, but few know how closely the principles of health reform were interwoven into the warp and woof of this noble life.

As early as 1821, he discarded all intoxicating drinks, and six years later organized the first temperance society in America. In 1822, he discarded profane language and the use of tobacco.

It was not until the year of 1824 that he was fully converted and accepted Christ as his personal Saviour. During that same year he came to realize the harmfulness of all kinds of soft drinks (some of them less harmful than the soft drinks youth use freely today), and as the Spirit of the Lord impressed him with the harmfulness of these concoctions, he ceased to drink them.

Eight years later he discarded tea and coffee as unnecessary and harmful stimulants for Christians to use who believe their bodies to be the temples of the living God.

In 1843 the conviction came to him that God did not take delight in His children's sustaining their lives upon the flesh of other animals; that it was not His purpose that we should get the food value of grains, fruits, nuts, and vegetables second-hand. As God revealed to him faults in his habits of life, He also helped him to develop right habits in their stead.

That Elder Bates's habits of life had renewed his physical and mental health was very evident. When he met Sister White not long after the disappointment of 1844, she was surprised that any one who had lived the strenuous sea life during the stormy days of the War of 1812 could be so robust. Only a few years before his death he was erect, his countenance was fair, his eyes clear and mild, and he was as fleet as a deer on his feet, one of his biographers tells us.

Elder Joseph Bates lived until the ripe age of eighty, employing all the energy of his later years in preaching the gospel of the third angel's message and exemplifying in his daily life those habits which gave him the physical strength to serve his God usefully and long. K. L. J.

Song: "Health for Service"

(Tune: "Tramp, Tramp, Tramp")

- Lo! the foe is on the march
Here at home and o'er the sea,
And our Captain calls for more recruits each day!
He needs soldiers brave and strong
Who will stanch and faithful be
Though they're stationed in the thickest of the fray!

CHORUS:

- Health for service! That's our slogan!
Health for service! That's our aim!
Health for service! That's a rule
In this mission training school
Where we learn sin-fettered captives to reclaim.
- We have volunteered to serve
In the army of the Lord,
We're preparing now to serve in every land.
But to raise His banner high,
And to wield His mighty sword,
We must have a sturdy heart and steady hand!
 - As God's army forges on,
There are vacancies to fill,
And some day the call may come for you, for me.
Shall it find us well prepared
To obey the Captain's will?
Shall we share with Him the crown of victory?

—Lorna B. De Ginder.

Talk: The Common Cold

We do not regard the common cold as a serious illness, and yet it causes more absences from work than any other form of illness. Colds should not be lightly regarded. The United States Public Health Service tells us that common colds accounted for more than twice as many lost school days as any other illness during one school term in the public schools of Hagerstown, Md. Out of 367 Wellesley freshmen, only between 7 and 8 per cent were free from colds. Head colds predominated.

The following rules of prevention might well be practiced to avoid colds, and also to avoid the many conditions resulting from repeated colds:

1. Stay away from people with colds.
2. Keep up your body resistance:
 - a. Foods that form an alkaline ash and are an aid to the body in resisting colds: Dried Lima beans, celery, oranges, spinach, carrots, beets, apples, lettuce, bananas, almonds, raisins.
 - b. Very few, if any, sweets.
 - c. Sleeping eight hours daily.
 - d. Exercising outdoors in sunshine daily.
 - e. Drinking six to eight glasses of water daily.
 - f. Bowel movement daily.
3. Train your skin to stand changes in temperature by frequent bathing,—a daily cold bath if possible.
4. Wear sensible clothing:
 - a. Winter shoes should have thick soles.
 - b. Rubbers should be worn on rainy days.
 - c. Wear wool hose or inner hose in winter.
5. Breathe through your nose. Air is filtered in the nose.
6. Have diseased tonsils, adenoids, or bad teeth removed.
7. Wash your hands often; always before eating.
8. Live and work in well-ventilated rooms. 68° F. is best. Overheated rooms cause more colds than underheated.
9. Sleep with windows open in winter and summer.
10. Keep your feet dry.
11. See a doctor if you keep on taking cold.

Home Treatment:

1. Go to bed if your temperature is 100° or over.
2. Ventilate room thoroughly, put extra covers on bed.
3. Induce perspiration through hot baths or hot foot baths.
4. One glass of water or fruit juice every hour, especially lemonade.
5. Laxative, preferably a salt; i. e., citrate of magnesia.
6. Application of argyrol 15 per cent to nose and throat.
7. Saline gargle, one-half teaspoon of salt to one glass of water.
8. A simple diet, especially of foods that form an alkaline ash.

K. L. J.

Big Week

(Program for Week Ending April 11)

BY E. F. HACKMAN

NOTES TO LEADERS: Each year a definite week is set aside to be known as Missions Extension Big Week, during which time all church members, including Missionary Volunteers, are expected to share in the responsibilities of raising the Missions Extension budget. The time set for the 1931 Big Week is April 11-18. In order to raise the full amount of the budget, the General Conference Committee recommends the following:

"1. That lay members be encouraged to devote at least six hours to the campaign, the individual goal being the sale of \$4 worth of literature, the profits applying to the fund.

"2. That colporteurs share in the Big Week plan by giving the profits of their biggest day's sales.

"3. That conference and institutional workers join in the Big Week plan by selling literature and applying their entire profits to the fund, in addition to their income for one day.

"4. That in case of inability to devote time and effort to the sale of literature, lay members, institutional workers, and conference laborers make an offering to the fund equivalent to at least one day's income."

Literature will be supplied by the various publishing houses for their respective territories, and your church missionary secretary will give you information regarding that to be used by your church. Plan to make Big Week a big literature week. Thus you will spread the message at home as well as abroad.

Each society should lay definite plans for its participation in this effort at least three weeks before the official opening date. Set a definite society goal, and arrange some kind of device to register your campaign progress. Plan definitely for field days when all the members can unite in a strong effort. Arrange also definite territory for each member to work. Thorough organization will accomplish wonders. For additional help for this program secure from your pastor or elder a copy of the Missions Extension budget booklet.

(See also the Junior program, p. 13.)

E. F. H.

Senior Big Week Goal—\$2.

Mrs. White's Last Message to the Young People

TELL the young that they have had many spiritual advantages. God wants them to make earnest efforts to get the truth before the people. I am impressed that it is my special duty to say these things.—"Messages," p. 239.

Talk: Big Week—A Divine Plan

ELEVEN years ago at the Fall Council held in Indianapolis, Ind., an idea was born which has proved a great blessing to our cause in every corner of the world. The Missions Extension Big Week came into being at that time and has prospered, until today it is one of our major campaigns. The plan sets aside a certain week of the year during which the entire denomination is asked to sell literature or give a day's wage, the proceeds going to the erection, equipping, and enlarging of publishing houses, hospitals, dispensaries, and mission schools. Wherever Big Week has been launched, our people have supported it enthusiastically, and as a result of their loyal cooperation, the whole world has felt its ministry.

What a wonderful story these eleven years could tell! The Missions Extension Fund has been a great factor in the extension of our work to unentered territory, and today 350 distinct and separate projects in almost every country of the world testify to the far-reaching influence of this plan. Scores of these projects are new, and their operation has made it necessary for the Mission Board to send out many new workers.

In all, the fund, including the 1931 budget, will have provided approximately \$1,635,000, giving assistance to 106 publishing houses and depositories, 126 schools, 117 medical units, and one miscellaneous project, the paying of one year's salary for 299 native workers. (These figures might be placed on a blackboard for all to read.) Surely one million six hundred thousand dollars never did so much for us before! "This is the Lord's doing; it is marvelous in our eyes." Ps. 118: 23. Does not such a worthy endeavor merit the support of every Missionary Volunteer?

E. F. H.

Talk: What the Big Week Hopes to Do in 1931

THE Missions Extension budget for 1931 does not contain as many separate projects as have some of the past budgets, but each project is a needy one. The entire budget amounts to \$152,240, which will provide assistance for the following: Seventy-six distinct projects, including 22 medical items, 35 educational items, 18 publishing items, and one miscellaneous item. (Place figures on blackboard.)

The seventy-six projects mentioned above are scattered all over the world. In order that you may get an idea of where help is rendered, we shall mention six projects that will receive assistance. The fund will erect our first medical unit in Portuguese East Africa, a doctor's home. This field is reputed to be the hardest mission field in the world. Other mission societies are almost ready to abandon their work there, but we are taking this means of strengthening ours, believing that the medical work is the entering wedge. (The speaker might well enlarge upon the geography, customs, missions, etc., of Portuguese East Africa.)

The fund comes to the assistance of Canadian Junior College at Lacombe, Alberta, which was destroyed by fire early in 1930, by contributing \$10,000.

Haiti will receive \$1,000 to erect our first medical dispensary in that country. The needs there are great.

An earnest appeal comes from far-away India for a small building at Bagri to be used as a day school. At the present time the school is in session in a hut made of branches of trees and leaves. All that is needed is \$72.73. Shall we raise it?

The smallest amount mentioned in the budget is \$36.36, which is to be used to furnish some tracts in the Mundari language of India. Four hundred thousand people speak this language, and as yet we have no literature for them.

In 1930 the fund provided \$3,000 to erect our first hospital-dispensary in Manchuria. This year we have the added privileges of providing that hospital with equipment at a cost of only \$1,500.

(See "The Big Week Helps Where Help Is Needed," p. 13.)

E. F. H.

Reading: Unto the Least of These

(The following statement from G. A. Ellingsworth, who engaged in medical work among the tribes of Victoria Nyanza, is a graphic picture of conditions there. The budget contains only \$150 to provide a small dispensary for these people, but what a blessing that will be!)

WHILE the world is aiming at 100-per-cent efficiency, I wonder what the rating would be for these African people. Come with me to any one of our five stations, and see most of the diseases you can name, and many more besides. Apart from ulcers, sore eyes, scabies, fever, coughs, intestinal parasites, and so on, there are the horrors of venereal diseases, from which one seldom finds a family wholly free; hookworm, that reduces strong men and women to miserable skeletons; bilharzia in its various forms, sapping energy and hope from the young; and that terror—sleeping sickness—carried by the tsetse fly, which occupies belts of bush up and down this otherwise fair land.

Most of our missionaries have had some medical training, and so are able to succor the sick and helpless. Ikidzu station now has a small dispensary building in which to give treatments, but some of our other stations have to carry on this work under a tree or in the kitchen where food is prepared. They greatly need and deserve buildings, equipment, and more money than we can at present allow them for medicines to fight the body and soul destroying ills that afflict this people. Listen to Mkono, a youth who gave his heart to the Lord some years ago and who has been baptized and now wants to be trained to be a teacher of his people: "Sir, I have suffered from bilharzia from a child. I had injections in 1928 and again in 1929, but they were not sufficient, and now the pain is so great that I cannot work, I cannot study, I cannot even rest at home. May I go to Mwanza to see if I can be cured? I have saved some shillings with which to pay for the medicine."

Such is the pitiful plight of hundreds, nay, thousands, of people in this part of Africa. Will you not help your willing workers on the firing line with means, so they may have medical supplies and small dispensaries in which to work?

Heartfelt Heavenly Harmonies

(Program for Week Ending April 18)

BY V. E. DIETEL

NOTES TO LEADERS: (Read Isaiah 24:16, first clause.) "Hymn singing is an intensely Christian practice, for there is nothing like it in other religions. Islam does not sing. Buddhism does not sing except where it is imitating the worship of the Christian church. Newly made converts of all pagan lands are captivated by the hymns and songs taught them by the missionary, who has made them a vital adjunct to his work. The musical part of the service has become a great and essential part of our congregational worship."—*The Expositor*.

The Adventist youth, "from the uttermost part of the earth," are swelling the chorus as it rolls heavenward, "even glory to the righteous." And it is altogether fitting that at this time, the 'springtime of the year, when all nature is breaking forth with melody, that we pause to consider the place that music should occupy in our worship.

Talk: *What Shall We Sing? Who Shall Sing?* (See p. 14.)

Study: *Benefits and Dangers in Music*. (See p. 14.)

Blackboard Motto: "From the heart it has come, may it reach the heart."—*Beethoven*.

Bible Study: Music and Holy Writ

- Celestial Music.
 - At creation. Job 38:7.
 - At redemption. Luke 2:13, 14.
 - At translation. Rev. 14:1-5.
- Terrestrial Music.
 - Divinely appointed. Deut. 31:19; Num. 10:10.
 - Song leader appointed. 1 Chron. 15:22.
 - Voices and instrumentation. Isa. 38:20; 1 Chron. 16:42; 25:1-7.
 - Vestment. 1 Chron. 15:27.
- Themes for Song Writers. Isa. 26:1-5.
- Mission of Music. Ps. 42:8. (To bring joy and comfort in the nighttime of trial and affliction.) V. E. D.

Talk: The Purpose of Music

"MUSIC forms a part of God's worship in the courts above, and we should endeavor, in our songs of praise, to approach as nearly as possible to the harmony of the heavenly choirs. . . . Singing, as a part of religious service, is as much an act of worship as is prayer. The heart must feel the spirit of the song, to give it right expression."—*"Patriarchs and Prophets,"* p. 596.

Music in the house of worship should be an agent of worship. Even as the minister is the mouthpiece of God to man, while delivering his message from the desk, or the mouthpiece of man to God, while offering up prayer for the people, so should the

music be either a message from God to man, or the devotional breathings of the worshiper offered up to his God.

We might add that this is the only legitimate purpose of music in the house of God. It is not in the temple that the artist should make a show of his skill; that should be left for a proper place and time—the recital or social gathering. Nor is the music to be considered as a mere filler, to fit in between the more important parts of the service. Rather, let every part of the music program, from the prelude to the postlude, be presented as a definite act of worship. Let the artist tax his skill to the greater glory of God.

The organ prelude should be of such a nature as to bring a peaceful hush, a solemn awe, over the worshipers. The hymns should voice sincere praise and devotion to their Maker and Redeemer. The special selections, whether vocal or instrumental, should be Spirit-borne messages from the throne of grace to the hearts (not the heads) of the audience. The postlude should be a reverent benediction upon the worshipers, as with bowed heads they reverently withdraw from His presence. This, briefly, is the purpose of our music in the house of prayer.

V. E. D.

Talk: Heart-Born, and Heart-Borne

BEETHOVEN'S dedicatory inscription on the Kyrie of his "Mass in D,"—"From the heart it has come, may it reach the heart,"—tersely expresses the true source and mission of all real music. The soul-gripping hymns that through the decades and even centuries, are being heart-borne, have all been heart-born.

Mr. Breed, in his work, "The History and Use of Hymns and Hymn Tunes" (Revell, publishers), gives a list of thirty-two of the best church hymns, as collated by Dr. L. F. Benson. Space permits mention of only two here. (See books in your public library for others.) Our information is chiefly drawn from Dr. Breed's delightful work.

"Rock of Ages," by Augustus Montague Toplady, occupies first place in the list. Physically, Toplady was very frail, and his fiery zeal soon wore out his body, for he died at the early age of thirty-eight years. This hymn is supposed to have been written after the author had taken a walk, and had been forced to find shelter from a thunder shower under a cliff.

"When I Survey the Wondrous Cross" takes second place, and was written by Dr. Isaac Watts. The inspiration came to him while preparing a sermon for the celebration of the Lord's supper. The story of Dr. Watts' introduction to hymn writing is an interesting one. He was a poet from childhood. He wrote rhymes for his parents' amusement when he was only seven years old, and was writing Latin verses when he was not much older. When he was about eighteen, he undertook to criticize the versification of the psalms sung in his father's church, when one of the officers said to him rather peremptorily, "Give us something which will be better, young man." Watts accepted the task, wrote his first hymn, and heard it sung at the next evening service.

Side Thoughts

(These can be presented either as several topics or used in connection with other material.)

1. *Its Heart in Its Song*.—If it were an authority less reliable than *Country Life*, I should not believe it, but that periodical is to be trusted. It says that the nightingale, when it sings, is wholly absorbed in the beautiful music it makes. No matter what happens around it, the bird sings on. The writer of the article referred to even believes that the bird sings in the dusk with its eyes shut, and gives as a reason for his belief the experiment he made of stealing within a few yards of where a nightingale was singing one night, and then silently striking a match. The bird, he declares, sang serenely on, without dropping a note.

Good for the sweet singer! That is the way to sing. Songs that are thus sung, whether by avian or by human poets, will always be heard.—*Caleb Cobweb*.

2. *Benefits From Singing*.—a. It voices great truths and sings them into the heart and mind of the worshiper. Primarily, song has not a didactic purpose, but in the very nature of it as used by Christian teachers it becomes more or less an educative power. Far back in the history of music the teaching function of religious hymns was recognized.

b. The music of the church is also a great aid in expressing our deepest emotions. Phelps says, "Poetry is the effluence of a soul absorbed in its own emotions." How much truer is that when these emotions are caught up into music and song! Emo-

"Music takes us to the verge of the Infinite—"

tions must have some channel of expression; for if restrained and repressed, they wither and fade.

c. The service of music has also been one of our most helpful aids to prayer. The great hymns of the church are a great aid to the prayer life. The psalms of David are the world's great repository of prayer. Every impulse that leads us to pray here may find a channel for expression. We cannot sing some of the great hymns of the church without entering the holy of holies and finding our thought and wishes vocalized.—*Joseph Cooper, in the Expositor.*

3. *Minor Keys.*—One thing that nature cannot give is the hallelujah joy note. Only Christ can give joy. Nature's revelation of God must be limited by the tragic fact that the whole creation is under a curse through sin. Many were thrilled by the unexpected way in which this truth was brought out by C. McCoy Franklin, the unique mountaineer. Mr. Franklin was giving a picture of the only Sunday school he attended in his boyhood days, and imitated the birds and animals so perfectly that nature lovers said they could not distinguish his notes from the original. He gained his first conception of God through the wonders of nature—the mountains, the streams, and the live things. But every sound in nature, he said, is in the minor key. No birds sing in major keys. Christ brought the glad joy note into music. For it cannot come into music till it comes into life. All the heathen sing in minor keys till they find Christ.—*Sunday School Times.*

The Old Hymns

THERE'S a lot of music in 'em—the hymns of long ago;
And when some gray-haired brother sings the ones I used to
know,
I sorter want to take a hand—I think of days gone by—
"On Jordan's stormy banks I stand and cast a wistful eye!"

There's lots of music in 'em,—those dear, sweet hymns of
old,—
With visions bright of lands of light and shining streets of
gold;
And I hear 'em ringing—singing where Memory dreaming
stands,
"From Greenland's icy mountains to India's coral strands."

They seem to sing forever of holier, sweeter days,
When the lilies of the love of God bloomed white in all the
ways;
And I want to hear their music from the old-time meetin's
rise,
Till "I can read my title clear to mansions in the skies."

We never needed singin' books in them old days; we knew
The words, the tunes of every one—the dear old hymn book
through!
We didn't have no trumpets then, no organs built for show,
We only sang to praise the Lord, "from whom all blessings
flow."
—*Frank L. Stanton.*

Training for Service

(Program for Week Ending April 25)

BY LYNDON L. SKINNER

NOTES TO LEADERS: To instill an intense desire for a Christian education and to encourage the making of definite plans for attending school next year, is the aim of this program. Because of its importance to most young people, we urge special emphasis on the planning of ways of earning one's expenses.

A discussion period following the three talks is suggested, in which three topics may be presented by members, and discussed. First, An original paper (or talk) by a society member could be prepared on "How I Earned My Way Through School," followed by discussion of how others have been known to earn their way. (Any honorable way in which the young people can earn and save money may be used as a means of securing a Christian education.) Second, Have some member write the conference field missionary secretary for "Five Reasons Why a Student Should Earn a Magazine or Book Scholarship." (This may be read and followed by discussion.) Third, Some society officer should obtain definite information on the scholarship plan recommended by the General Conference. (Details on this can best be obtained by writing to your Book and Bible House secretary. This can be presented following the second talk, and followed by discussion.)

Do not close the meeting without passing out slips and taking the names of those who plan to work for a scholarship this summer. Have these names forwarded to the conference field missionary secretary.

Talk: Consecrated Youth

"THE same mighty truths that were revealed through these men, God desires to reveal through the youth and the children of today. The history of Joseph and Daniel is an illustration

of what He will do for those who yield themselves to Him, and with the whole heart seek to accomplish His purpose."—*"Education," p. 57.*

Just as God, in all the ages of the past, has chosen young people to lead out in His work, so today, in carrying His last message to the world, He is using young people in a mighty way. Our aim as Missionary Volunteers is, "The advent message to all the world in this generation." To accomplish this gigantic task, God must have strong, red-blooded, fearless young men and women who are willing to do and to dare and to die, if need be, for the cause of Christ, just as some of our young people—as Norman Wiles, in cannibal New Hebrides, and Herbert Smith, in bandit-infested interior China—have already done.

The progress of our threefold message has always been identified by the faithful services of young people. The pioneers in the message, Elder and Sister White, Uriah Smith, and others, were just young people when they stepped out and faced a scorning world with an unpopular message.

In more recent years we have had scores of young people carrying heavy burdens in the cause, at home and abroad. Perhaps the members of this society can suggest the names of some.

But the continual expansion and development of the work calls for the consecration of the very best in every Seventh-day Adventist young man or woman. Have we made the surrender? Have we yielded our all to Him for service? This is a personal question which we must each answer in our innermost hearts. If we can say, "Here am I; send me" (Isa. 6:8), God can lead us into vast avenues of service for Him, of which we as yet have little dreamed. Shall we not make this consecration for service before we leave this meeting? L. L. S.

Study: A Call to the Youth

(Enlarge by reading entire references.)

It should be our constant study to learn how we can become more intelligent, and hence more efficient. "Testimonies," Vol. V, p. 552.

"The times demand an intelligent, educated ministry."—*Id., p. 528, par. 2.*

"God requires the training of the mental faculties." These are talents. "Be determined to become as useful and efficient as God calls you to be."—*Christ's Object Lessons, pp. 233, 234.*

"So long as the great purpose of education is kept in view, the youth should be encouraged to advance just as far as their capabilities will permit."—*"Education," p. 234, par. 1.*

Talk: Under Marching Orders

"WITH such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world!"—*"Education," p. 271.*

This great message is marching forward to a triumphant finish on the feet of an army of consecrated young men and women. But this is, and must be, a trained army. We cannot expect to conquer the enemy of our Saviour without thorough training behind the firing line. God has given us a system of Christian education by which our young people can get in our own schools the kind of education and training that will best fit them for places of usefulness in the army of the Lord.

Scores of our young people are now thinking that they would like to be in academy or college next year. They want to join that army of youthful workers who will herald the message of a soon-coming Saviour to the whole world. But they do not see how they can get to school. It costs money. The schools cannot provide work enough for all to earn their expenses.

But even this problem God has foreseen, and has provided a plan to help every earnest Christian young man and woman to go to school. It is known as the scholarship plan. Through this plan scores of our young people, all over the world, pay their way to our schools each year. The plan has been carefully worked out by the General Conference Publishing and Educational Departments and has received the approval of the Spirit of prophecy.

How It Works.—In order to earn a scholarship, a student is expected to register his name with the local Book and Bible House and get an assignment of territory. The field secretary

—and gives us one glimpse beyond."

helps in the selection of the book or magazine to be sold, setting the date of delivery, in getting started, and other details of the work.

The student makes 50 per cent profit on all books sold, and 60 per cent profit on all magazines sold, besides a scholarship bonus amounting to 20 per cent of his school expenses. In order to get this bonus, the student is expected to turn over to the Book and Bible House, not only the cost of the literature sold, but also the profits on a sufficient portion of his sales to make a credit of 80 per cent of his scholarship. When this is done, the publishing house, the Book and Bible House, and the school, join in paying a bonus equivalent to the remaining 20 per cent. Then this whole amount is turned over to the student's credit at the school he desires to attend.

If there is a question in the mind of any as to the value of an experience in the colporteur field for the young man or woman who wants to prepare for a place of service in the cause of Christ, just look over a list of the outstanding leaders in the cause at home and abroad and inquire if they have had colporteur experience. A great majority have. They attribute much of their success to their colporteur experience, going from door to door with the printed page, meeting the people in their homes, or in their offices, and talking with them about things of eternal worth.

"There is no higher work than evangelistic canvassing; for it involves the performance of the highest moral duties."—*Testimonies*, Vol. VI, p. 331.

Educationally, physically, spiritually, and financially, there is no better way that a student can spend his vacation than in evangelistic canvassing for a scholarship. L. L. S.

I Am Youth!

I AM boundless in Health, dauntless in Courage, restless in Energy

On the threshold of Life I stand, face front with my future. I crave nutriment for my dreams, inspiration for my heart and hand and brain.

Within me slumbers a spirit of Industry, a desire for Leadership, a will for Service.

I turn to Education to waken me, to summon forth my hidden powers, to steady my impulses, to safeguard my ideals, to ripen my judgment.—*Selected*.

(See Junior Program for April 4)

Talk: Our Body Temple Should Be Upright

DID you ever sing the song, "Stand up! stand up for Jesus!" and look about you to see hollow chests, protruding abdomens, and Juniors lounging on one foot only, with one shoulder and hip about three inches higher than the other?

A true Volunteer should stand tall. First, head high! Chin in! Did you feel the pull to those muscles of your chest when your head took that position? Your chest was brought into position and your abdomen was flat. Second, feet parallel, toeing straight ahead! There, now every muscle from the tips of your toes to the crown of your head is in position. That is—provided you have shoes with sensible low heels, but surely Junior Volunteers would not need to be told not to walk on stilts. No one can have good posture while wearing high heels.

One wise doctor said, If father, mother, and Juniors practiced standing correctly one minute each day, before many days the practice of *always* walking erect would be a habit.

Here's another old-fashioned but good way to acquire a correct position in walking:

1. Stand against a flat wall—heels four inches out.
2. Hips, shoulders, and head touching the wall.
3. Flatten the low back against the wall by forcibly pulling in the lower abdominal muscles.
4. Relax the contracted muscles, and allow the lumbar curve to reappear.
5. Repeat two or three times, then walk away, holding correct position.

To maintain health we must also learn what is a correct sitting posture: Sit with the hips against the back of the chair, the middle of the back curved in slightly. Have the Juniors practice together, standing, walking, and sitting correctly.

If we always remember to stand erect, we can better claim to be Volunteers for Jesus. You remember the Good Book says, "God made man upright." K. L. J.

Big Week will be BIG if every Missionary Volunteer does his part.

Junior Missionary Volunteer Meetings

Our Body Temple

(Program for Week Ending April 4)

BY KATHRYN L. JENSEN, R. N.

NOTES TO JUNIOR SUPERINTENDENTS: In this program we hope the Juniors will more fully realize the sacredness of their body temple, and the care it should receive. It might be well to have each Junior write out a daily program for himself, even more in detail than was Franklin's; or form a list of health rules by which to abide.

For further material, see the Senior program, p. 8, "Sketches From the Life of Joseph Bates," and the song, "Health for Service." Also the practical application of health principles regarding the "Common Cold," could well be learned by the Juniors.

Leader's Remarks: Our Responsibility

HAVE you ever made something that you cherished very much, and then watched as one day some one came along and treated it carelessly, roughly, even recklessly holding it or pushing it about? Perhaps it was an object in which you saw great possibilities; perhaps it was to cheer the life of some one else. For whatever purpose you intended it, you were deeply concerned that it be undamaged, so that you could carry out your plan for it. You devoted thought, time, and labor making it, and you greatly resented any one's treating it so carelessly.

Even so, God created us, body, mind, and soul. We belong to Him. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" How disappointed and concerned He must feel as He sees us going about sometimes ignorantly, but more often knowingly, subjecting the bodies He gave us to careless, even reckless treatment. Too, He has a mission for us in life, and He wants us in the most perfect condition possible—physically, mentally, and spiritually—as He sends us forth on that mission. He wants us happy in the service we will render; and *happiness*, in its truest sense, is more often dependent upon good health than any other one thing.

What must one do to be in health? First of all, one must open his eyes. (Read "Counsels on Health," p. 622.)

To preserve health, "cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food; dress healthfully, which will require modest simplicity; work healthfully" (Id., p. 37), and in this day of tension and increased activity we should add the importance of sufficient rest. The old-time nursery rhyme, "Early to bed and early to rise, makes a man healthy, wealthy, and wise," has gone out of date because of lack of use, not because it was found invaluable.

"We must individually answer to God for our habits and practices. Therefore the question with us is not, 'What is the world's practice?' but, 'How shall I as an individual treat the habitation that God has given me?'"—*Ministry of Healing*, p. 310. NINA M. MUNSON, R. N.

Story: Only the Sick Ones Would Follow

A FRIEND who was traveling in the East heard that there was a shepherd who still kept up the custom of calling his sheep by name. He went to the man and said:

"Let me put on your clothes and take your crook, and I will call them and see if they will come to me."

And so he did, and he called one sheep, "Mina, Mina!" but the whole flock ran away from him. Then he said to the shepherd:

"Will none of them follow me when I call them?"

The shepherd replied: "Yes, sir, some of them will; the sick sheep will follow anybody."—*D. L. Moody*.

Talk: Brief Sketch of Benjamin Franklin

BENJAMIN FRANKLIN kept a diary. One of these diaries is now preserved, and may be seen in the Huntington Museum near Pasadena, Calif. In that diary we learn that Franklin had a daily program in his youth:

- 5 A. M. to 7 A. M.—He arose, made his good resolution for the day, prayed, and ate breakfast.
 7 A. M. to 12 A. M.—His routine work.
 12 A. M. to 1 P. M.—Looked over his accounts and dined.
 1 P. M. to 6 P. M.—His routine work.
 6 P. M. to 9 P. M.—Everything in place. Supper, music, conversation.
 9 P. M. to 5 A. M.—Sleep.

(This page from his diary might be placed on the blackboard.)

It is recorded that upon rising he always asked the question: "What good shall I do today?" and upon retiring he asked himself the question: "What good have I done today?"

Among the rules for his own health were the following:

"He ate in moderation. At times he was a vegetarian. He advocated swimming as a most healthful and agreeable exercise. He urged the plentiful use of water, inside and out. He advocated warm baths to purify the skin and prolonged warm baths for the sedative effect. He was opposed to the use of tobacco.

"In his youth he did not use alcoholic beverages. In fact, when he was working at his trade of printer in England, he said his fellow workmen who took ale and beer to give them bodily vigor marveled at the strength and endurance of the water-drinking American.

"The very keynote of his rules of health was moderation. . . . He advocated a due amount of exercise. Exercise should precede meals, at least by a quarter of an hour.

"One should feed sparingly. . . . If a person has eaten too much his mind is dull and heavy. He advocated short fasting periods as a remedy for minor ills. He advocated plenty of fresh air, especially in the bedroom at night. . . .

"Franklin's father lived to reach eighty-nine years of age and his mother eighty-five. When the son was young and poor, he found it easy to follow his own rules. Having become a diplomat and living much among kings and courtiers, he fell from grace sadly. He became something of a gourmand, liked fine raiment and fine living. . . . He died at eighty-four from stone in the bladder, gout, and assorted ills, due in part to violating his own rules."

It must be that during those later years he no longer felt so keenly his moral obligation to care for his body temple as he had in the days of his young manhood. K. L. J.

Big Week and You

(Program for Week Ending April 11)

BY E. F. HACKMAN

NOTE TO JUNIOR SUPERINTENDENTS: The time set by the General Conference for Big Week this year is April 11-18, and the object of this program is to enlist all the boys and girls in our Junior Societies to help make the campaign a success. Big Week means much to the advancement of our cause in all the world. Every dollar raised goes for new and advanced work. Careful plans should be made sufficiently in advance so that everything will be in readiness for the opening date. *Our Little Friend, Life and Health*, and our other magazines, as well as the special sets of Junior books which the publishing houses in some territories are supplying, should be ordered for the Juniors to sell, in an effort to reach the individual Junior goal of 50 cents. If there are those who for some reason cannot sell magazines or books, Junior leaders should devise some other means for them to make the goal. Juniors should be properly chaperoned in all Big Week work. Further information regarding the campaign may be secured from your church missionary leader or pastor.

See also the Senior program on "Big Week," p. 9.

E. F. H.

Talk: What Is the Big Week?

SUPPOSE some one were to ask you that question, what would you say? Big Week is one of our great campaigns, carried on all over the world. The General Conference designates a week during which all our church members, including Senior and Junior Missionary Volunteers, are asked to sell a certain amount of literature and turn the profits in to the Missions Extension Fund. The money thus raised is used:

1. To build new publishing houses and depositories or furnish equipment for those already in operation; to provide work-

ing capital; translate new books; furnish schoolbooks for children of heathen lands, or libraries for editors where reference works are scarce.

2. To build schools or give assistance to those already established; to provide industries, libraries, teachers' homes, etc.

3. To build hospitals and dispensaries, or give help to those already ministering to the sick and needy.

The medical work, perhaps, is the most wonderful phase of Big Week ministry. Scores of hospitals and small dispensaries have been built in sections where the people had before had no relief whatever along this line. Other hospitals and dispensaries have been provided with equipment, and still others with additional units, thus enabling them to care for more patients. Leprosariums have been established where people afflicted with the dread disease of leprosy have found permanent cure, and doctors' homes have been provided. What a wonderful story would be told if all these projects could speak for themselves! Surely every boy and every girl will take part in this year's effort, and thus help to hasten the coming of Jesus by sending the gospel to those who still sit in darkness.

(See "Big Week—A Divine Plan," p. 9.)

E. F. H.

The Lord Hath Need

PETER lent a boat

To save Him from the press;

Martha lent her home

With genuine kindness.

One man lent a colt,

Another lent a room,

Some threw down their clothes,

And Joseph lent a tomb.

Simon lent his strength

The cruel cross to bear;

Mary spices brought

His body to prepare.

What have I to lend?

No boat! No house! No lands!

Yet, Lord, I gladly send

The toil of heart and hands.

—Author Unknown.

Talk: The Big Week Helps Where Help Is Needed

BIG WEEK for 1931 is April 11-18, and this year the fund will assist 76 different projects,—18 publishing, 35 educational, 22 medical, and one miscellaneous, the payment of one year's wages for 299 native workers in mission fields. Think of keeping that many men working a whole year, preaching the message of the soon coming of Jesus. Some of them receive a salary of only 28 cents a day. That amount would not go far in this country, but it will support an entire native family in some sections of India. If every Junior in North America raises the individual Junior goal of 50 cents, what a blessing it will be to these countries where thousands still sit in heathen darkness.

The following appeals are only a few of many which show the real need for the help which will be given as a result of this year's Big Week effort. The first one is from Latgalia, in Latvia. Although most of Latvia is quite modern, conditions in Latgalia are very primitive. One of our workers there writes as follows:

"Those who have not seen with their own eyes, will find it difficult to believe that such a situation exists and that there are people in this land who live under such distressingly oppressive conditions. Darkness, poverty, filth, superstition, and suffering are the usual companions of the people. They live in miserable houses, the whole family sleeping in one room with earthen floor. If an epidemic breaks out in such a house, the sick one is obliged to remain shut off from any medical help, for the doctors are in the town, and very seldom can one secure medical aid in the country. If only the leaders of God's people would find a sum of about \$2,000 to establish our medical work here, I believe thousands of hearts would render thanks before the throne of God."

From far-away Abyssinia comes an appeal for a school for girls. Over in that land women and girls are not held in high esteem. Nothing has ever been done in the way of educating the women except by the mission societies. When our workers

Junior Big Week Goal—50 cents.

began to think of establishing a small school for girls, they had no money, but God moved on the heart of a friend in North America to give them \$600, and with this a beginning was made. Today we have a fine school at Addis Abeba attended by thirty girls who are learning not only the elementary subjects, but also cooking, sewing, knitting, and basketry; but the school is sadly in need of better equipment, and for this purpose \$100 has been placed in the budget.

(For other projects, see the Senior program, pp. 9, 10, "What the Big Week Hopes to Do in 1931" and "Unto the Least of These.")

Big Week helps where help is most needed. Let us all work together for a BIG Week in 1931. E. F. H.

The Songs I Like Best

(Program for Week Ending April 18)

BY V. E. DIETEL

NOTES TO JUNIOR SUPERINTENDENTS: The purpose of this program is to help our boys and girls to appreciate more fully the place of music in the life and worship of Christians. May it inspire them to improve their musical talent, and to store their young minds with worthy songs.

Roll Call.—Let a number, or all, tell in a few words which hymn they like best, and why. They should be notified beforehand. List on blackboard and sing stanzas of some of these favorites today.

Superintendent's Remarks.—Base on "The Purpose of Music" and "Side Thoughts," pp. 10, 11.

Study: The Benefits and Dangers in Music

1. Good music is uplifting. "Messages," p. 291, par. 3.
2. Sacred music aids in Bible study. *Id.*, par. 4.
3. Music as important in meetings as prayer. *Id.*, p. 292, par. 3.
4. Proper to have special music. *Id.*, p. 293, par. 3.
5. Instrumental music is also proper. *Id.*, p. 294, par. 2.
6. Should often have the congregation sing. *Id.*, par. 3.
7. Sacred music in the home an antidote for impatience and criticism. *Id.*, p. 292, par. 2.
8. Music, when not abused, is a great blessing. "Testimonies," Vol. I, p. 497.
9. Improper music is the idol of many, and proves to be a dreadful curse. "Messages," pp. 295, 296.
10. A good pledge for Missionary Volunteers. *Id.*, p. 270. C. LESTER BOND.

A Commission

Go, sing to others all the songs
The angels sing to you;
The voice unused will lose its power,
Its tones will not be true.

Transpose for weak, unskillful hands,
In all the easy keys,
The cheering strains, the soothing calm,
Of heavenly melodies.

Go, change the world's sad minor tone
To joyous chords of love;
Those deep, ecstatic harmonies
That fill the life above.

—Julia H. Thayer.

Talk: What Shall We Sing? Who Shall Sing?

FIRST of all, let us remember that our hymns should sing the praises of our King. Secondly, let them be sung in all sincerity from the heart,—“in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.” Col. 3: 16. It is said that when Jenny Lind sang, “I know that my Redeemer liveth,” she placed such emphasis upon the “I know” that the hearers were profoundly moved, for it was the expression of a genuine conviction and consecrated life. Let us remember that only such sincere, heartfelt singing will be heard in heaven.

There is a story of some monks in France who were beloved for their loving sympathy and kind deeds; but not one of them could sing. Try as they would, the music in their services was a failure, and it became a great grief to them that only in their hearts could they make “melody . . . to the Lord.” One day,

a traveling monk, a great singer, asked for entertainment. Great was their joy, for now they could have him sing for their services, and they planned to keep him with them always. But that night an angel came to the abbot in a dream. “Why was there no music in your chapel tonight? We always listen for the beautiful music that rises in your services.” “You must have been mistaken!” cried the abbot. “Usually we have no music worth hearing; but tonight we had a trained singer with a wonderful voice, and he sang the service for us. For the first time in all these years our music was beautiful.” The angel smiled. “And yet up in heaven we heard nothing,” he said softly.

Surely we should give of our sincerest and best in our worship of song. As in other lines of service, so also in our music, only our best will do. But in this rampant age it may be necessary for us to cultivate our senses so as to be able to discern between the good and the bad.

Different types of meetings will naturally require different types of music. A rousing Volunteer meeting may need a rallying martial air; but let it be stately. The Sabbath school and the prayer meeting both have their peculiar needs. In the church service majestic tunes seem more befitting; something to elevate the soul from these mundane surroundings up to the grand and sublime things of God. We should become acquainted with the hymns and songs that have stood the test of time. We should study them, imbibe them, and let them serve as guides in the selection of new material.

Our singing should not lag, or drag. An even, moderate tempo should be maintained; and first, and last, and always, let us remember to make our music an efficient and dignified worship to our Maker. V. E. D.

Stories: Helpful Hymns

1. THE story is recorded that in a San Francisco court room thirty disheveled, red-eyed, hardened drunkards awaited trial. Suddenly a clear, strong voice from below began singing:

“Last night as I lay sleeping,
There came a dream so fair;
I stood in old Jerusalem,
Beside the temple there.”

The judge, making inquiry, found the singer was a prisoner below, also awaiting trial. As the song went on, every one showed emotion, some dropped on their knees, one buried his face and sobbed, “Mother! Mother!” The sobs cut the men to the very heart, and the song welled on through the court room:

“Jerusalem, Jerusalem!
Sing, for the night is o'er;
Hosanna in the highest,
Hosanna forevermore!”

The judge looked into the faces of the men. There was not one whose better impulses had not been stirred by the song. He did not call the cases singly. With a kind word of advice, he dismissed them all. The song had done more good than punishment could possibly have accomplished.

2. There is an interesting story connected with the hymn, “All hail the power of Jesus name!” One day Mr. Scott, a missionary to India, met in a village street a strange-looking man, who proved to be a member of a tribe of murderous mountaineers who lived far in the interior, where the gospel had never been heard. Notwithstanding the warning of his friends that he would be exposing himself to almost certain death, Mr. Scott immediately set out to carry the gospel to these people. Among a few other things he took with him his violin.

After some days of travel, he found himself suddenly confronted by a band of these wild tribesmen, who immediately pointed their spears at his heart. Expecting to be killed, he hurriedly took his violin, and closing his eyes he began to play and sing, “All hail the power of Jesus' name!”

At the stanza beginning, “Let every kindred, every tribe,” he ventured to open his eyes, and found the situation completely changed. He had won them. It was the beginning of a stay of two and a half years with them, preaching the gospel and bringing to them a saving knowledge of Jesus Christ. (Sing No. 258 in “Christ in Song.”) As we sing this hymn, let us remember that it has lost none of its beauty and power.—W. J. MacQuarrie.

3. At an open-air meeting in Liverpool, an unbeliever gave a strong address against Christianity to a large audience. At the close he said, “If any man here can say a single word in favor of Jesus Christ, let him come out and say it.”

Not a man moved. The silence became oppressive. Then two young girls arose, walked hand in hand, as if moved by the Holy Spirit, up to the speaker and said, “We can't speak, but we will sing for Christ.”

They sang, with great power, "Stand up! stand up for Jesus!" When the song ceased, every head was uncovered, all were deeply moved, some were sobbing, and the crowd quietly went away, apparently with no thought of the unbeliever's words. (Sing No. 628 in "Christ in Song.")

School Next Year

(Program for Week Ending April 25)

BY LYNDON L. SKINNER

SUGGESTIONS TO JUNIOR SUPERINTENDENTS: In this program it is desired to impress our Juniors with the importance of an education for Christian service, and to make definite suggestions of ways we may plan ahead for school next year, with emphasis on the church school scholarship plan that was introduced two years ago.

Special promotion material on the sale of our literature by boys and girls will be furnished gladly by our publishing houses upon application by any Junior superintendent. The *Watchman Magazine*, Nashville, Tenn., and *Life and Health*, Takoma Park, D. C., especially have valuable material to offer that will help on your program. Ask your field missionary secretary for information. The Junior superintendent should lead the discussion. See "Topics for Discussion Period."

Take the names and addresses, as well as age and sex, of those who show the best interest and are most likely to do something with the plan during their vacation, if given some encouragement. Be sure to send this list to your conference field missionary secretary at once.

Story: Ambassadors

AN ambassador, so we are told, is one who is sent by the king of his country, or by his president, to be the representative of that king or president in some other country. And this is the story of a man who was ambassador from Persia, that ancient country of which Daniel was prime minister, to France.

This ambassador had a very strange habit. Everywhere he went he carried a little bottle in his pocket. He even took it to important meetings where he expected to speak as the representative of his king. When he was called upon to speak, instead of getting up, he would deliberately sit back, while every one waited, and pull that little bottle out of his pocket and look at it. Then he would get up and talk.

One day a friend asked why he carried that bottle around in his pocket all the time. He said that there was no secret about it, and added, "When the king of Persia asked me to come to France as his representative, he said, 'You are going in my place. Every word, every look, every action, will be taken as those of your king. Take care that you represent your king and your country rightly.'

"Then I wondered," this ambassador continued, "what I could do to always keep before me the importance of my duty to my king. At last I found an idea! I went out in my back yard and filled a little bottle with dirt. I carry that little bottle with me everywhere I go."

The ambassador pulled the little bottle from his pocket and handed it over to the friend. "Look it over," he suggested kindly. "It is just plain dirt from Persia. That is all that is in it. When I am called upon to speak at some important meeting, or am expected to sign some document, I pull that bottle out of my pocket and look at it. There is some of the soil of my native land. It reminds me again of my duty to my king. I ask myself, 'Is this speech I am about to make what my king would say were he here? Would my king sign this document if he were here?' Then I answer the question in my own heart. It helps me to represent my king rightly."

It is a great honor to be an ambassador. To be appointed by the President to represent the United States to some foreign country is one of the highest honors that our country can bestow upon a man.

But we are ambassadors of a greater ruler than the king of Persia, or the President of the United States. Over in 2 Corinthians 5:20 we read, "Now then we are ambassadors for Christ." Jesus has appointed us as His representatives here in this world. What kind of ambassadors are we? We stand before the world in His place. Everything we say and everything we do is as if He were saying or doing those things. Are we true and faithful ambassadors of Jesus? L. L. S.

Talk: Representing Jesus

WE cannot carry around a bottle filled with dirt from the heavenly land to remind us of our duty as representatives of Jesus, as that ambassador did of whom we have just heard. Instead of a bottle filled with dirt, Jesus has given us a book, a guidebook,—the Bible,—to remind us of how we are to represent Him.

In the Spirit of prophecy we read, "The children are to be trained to become missionaries."—"Counsels to Teachers," p. 168. God has a great and special place for the children in the finishing of His work. We are told that many years ago, in the early days of the advent movement, it was illegal in some of the countries of Northern Europe for any minister or adult to preach the gospel. At that time boys and girls were used by God in bringing His message to the people. Because they were under age, they did not come under the law.

The experiences of these boys and girls in the early days of the advent message before 1844 will be duplicated in the lives of Juniors again before Jesus comes. "In these last days, children's voices will be raised to give the last message of warning to a perishing world."—"Counsels to Teachers," p. 176.

How important it is, then, that all boys and girls be doing their best constantly to prepare themselves for the place God may call upon them to fill. "Our church schools are ordained by God to prepare the children for this great work," this same testimony continues. "Here children are to be instructed in the special truths for this time, and in practical missionary work."—*Id.*, pp. 176, 177. L. L. S.

Talk: Practical Missionary Work

ONE line of practical missionary work in which every boy and girl can join is selling our magazines and books. You will be interested to know that the General Conference Educational and Publishing Departments have worked out a plan that helps boys and girls earn money to pay their church school tuition just the same as older young people earn scholarships to academy or college. According to this plan, the publishing house, the Book and Bible House, and the school, all join in giving you a bonus, equal to 20 per cent of your school expenses if you earn the rest selling our literature.

It would be well to talk with your Junior superintendent, church school teacher, and parents about the work, and then ask your parents to write the conference Book and Bible House about getting started. You can sell our magazines such as the *Watchman*, *Life and Health*, *Liberty*, *Our Little Friend*, or you can take our attractive 25-cent books. Boys and girls can sell either very readily if they will go at it sincerely, asking God to bless them in carrying the message to others.

L. L. S.

Talk: What Some Boys and Girls Have Already Done

TWO boys, fourteen years of age, working for a scholarship in Texas, sold a copy of "The Return of Jesus" to a woman. In less time than six months, she had accepted the truth through reading the book and through the impression they had given her of this message. A boy in New Jersey worked up a route of two hundred regular customers for our magazines, which he delivered every month. When he finished church school, he kept right on selling our literature, and is now almost through the academy. His scholarships are doing it. A little girl in New England, only eleven years of age, sold 1,100 copies of our magazines during her vacation. Another girl, in Illinois, who has earned two church school scholarships with our magazines, writes: "I put my whole trust in Jesus, that He will help me to earn my scholarship." A boy in New York City sold our magazines every night after school. He turned all his money, including his profits, over to the Book and Bible House for safe-keeping. When he finished church school, he found he had two scholarships to the academy. L. L. S.

Topics for Discussion Period

1. WHAT does it mean to be a good ambassador of Jesus?
2. Which brings the greatest happiness,—doing things to please ourselves or helping others?
3. In what way does attending church school help me to be a better ambassador for Jesus than if I went to public school?
4. Will working for a scholarship help me in any other way than in the money I earn? educationally? spiritually? physically?

OUR FOREIGN MISSIONS

This page contains interesting material for use of church elders and conference workers in promoting our foreign mission work.

From Darkened Lands They Call

From darkened lands they call to you,
Amid the piteous strife.
Remember these who never knew
The way, the truth, the life.

The little children in their pain,
Neglected and untaught,
Oh, shall they plead with you in vain,
And die for want of thought?

The glorious gospel light of truth
Shines o'er the land we love.
Go, spread the light, O favored youth,
The word is from above.

They call to you, they call to you,
Their lives are dark and drear.
You know the way; oh, pause today,
The cry for help to hear.

—Julia H. Johnston.

Cannot Keep Up With Opening Providences

FROM away up in the African bush of Barotseland comes another interesting letter from Missionary S. M. Konigsmacher. Here are a few extracts:

"God is still with us and blessing us, and the work is going faster than we can get teachers and funds to follow it up. Solomon held some services in a group of villages to the north-east. A local headman tried to stop the meetings. But the people went right into the native court, and said they wanted Solomon to tell them about the coming of Jesus. They said no one had ever told them such things before, and they wanted to hear. The native court decided that the local prime minister had no right to interfere, as their villages were about a day's journey from the other school. And what was more, these missionaries had had plenty of time to tell the story, but they had not done so. The local magistrate also happened along at the time, and the case was appealed to him. Solomon certainly gave a fine answer of the hope that was in him. The magistrate decided also in favor of Solomon, and said that if the people wanted to hear the truth from our representative, they had a perfect right to choose and to hear. Then a delegation called on me for a school. They said they must have a school, for they could not hear the message without the school to lead them. Well, I simply was helpless, for I had no teacher to send. I understand this group of villages is really a gateway to other groups where no work has yet been done.

"I also took a trip to visit two new schools I had opened in our district, and at one place I found a little mission. They had a larger school than we had at the main station. Three girls were attending here, whereas we had none. They also built me a little hut in which to sleep. George, though only a schoolboy, surely has a fine school started here. So many people came at night to the lantern service in the big church that I had to hold a second service.

"You may remember the story of the business man who told the preacher he could not work for him. The preacher asked him why. He said, 'You gave a fine sermon and had a fine interest, but then you did not press the people to sign on the dotted line.' Well, in my last trip, I pressed those natives to come and sign on the dotted line; that is, to sign their names in the Bible class record books. I also did the same here at the main station, and now we have a more promising Bible class. We were getting a little discouraged, for the natives did not seem to care to join the baptismal class and become real Christians."

People Who Sat in Darkness Saw a Great Light

MISSIONARY F. A. STAHL writes:

"Nine years ago we established a mission and school on the headwaters of the Amazon for the large tribe of Campa Indians. Truly they are a noble people, but we found them steeped in vices, without a knowledge of God and a loving Saviour. We began to teach them the harmful effects of these vices, the use of alcohol and cocaine, and tell them about the true God, who in His great love for sinful man gave His dear Son that we might be saved.

"At first they came to our meetings out of curiosity. But soon the attendance grew until several hundred would congregate on the Sabbath day. Soon to our great joy we noticed that the Indians were leaving off the use of their native beer and the cocaine, and were no longer hunting down victims to murder because of witchcraft.

"Indians began coming from distant places pleading for some one to come and teach them about 'the true God.' Only a few days ago a great Indian chief came three weeks' journey, to

Iquitos where we now live, to plead for a teacher. This man had been one of the worst Indians in this whole forest region. He and his brother were responsible for many murders. As I asked him about this (for I knew him), he did not deny, but said in an earnest voice, 'O pastor, we did not know any better. Now that we know the word of the living God we have changed. O come and teach my people.'

"We are anxious to begin a mission in his far-off forest home. Means are needed to send a teacher to these poor people who are pleading for light."

Why Should He Come to Me?

PROF. J. M. HOWELL, in charge of our Chile training school, tells of an experience much out of the ordinary, which may develop a divine sequel not yet discovered. He says:

"Day before yesterday I had one of the strangest experiences of my whole fifteen years of experience in South America. I went to town to see a business man about a sawing machine. I had never seen him, nor had he ever seen me. The town is a large city. I was standing on the corner and saw a man coming. Feeling that it might be he, I stayed where I was. When he arrived, I said, 'Are you Mr. So-and-so?' He replied that he was, and said he had thought I must be the man he was looking for. Almost the next sentence that he uttered was: 'I am looking for light.'

"What kind of light do you want?' I asked.

"Light that will save me,' he replied.

"We talked quite awhile, and arranged to meet next Sunday at his place of work away out in the country. I shall take with me some literature to see if this interest cannot be made to produce fruit. He is a clean-cut business man, with an honest face. He said he had stopped drinking and smoking, because he became convinced that God did not want him to do such things. He said, 'I know that the Sabbath is the day, according to the law, that we should keep.' It was all so unexpected and so pleasant that it has stayed in my mind, and I am anxious to see him next Sunday."

Chief Mendoza Yields Up His Gods

MISSIONARY R. J. ROY, of the Lake Titicaca Mission, tells of another miracle of God's grace in the change of life and heart that has come to old Indian Chief Mendoza. Here is the story:

"Chief Mendoza lives near our main station in Plateria, our oldest Inca Indian mission station. For twenty years he has been where he could be acquainted with our work. When our missionaries first arrived, he showed a little interest, but very soon it was lost in his love for drunken feasts, and the fascination of the spirits with which he was communicating. He has been recognized by all our workers as a very intelligent man, but one who could not be interested in our religion. He never has been an enemy, but he has always held himself as somewhat superior to us. And he has been for years the recognized authority in the Indian religion, which is a mixture of heathen superstition and Catholic teachings. The Indians looked upon him as almost a god. He is a very unusual character. He is now past sixty years of age, but he always stands as if on parade. He is rather short, even for an Indian, but no matter who he meets, he looks him straight in the eye.

"For several years he has been attending meetings in our church, being influenced to do so by his wife and the work of our pastors and native evangelists. But in spite of all the good work, he never showed any signs of surrender. About a year ago we had a special series of revival meetings. He attended, and his heart was touched. He stood up in one of our testimony meetings, and with tears in his eyes said that he wanted to give up all his old habits, give himself to God, and be saved. He said he had been a very wicked man. From that time on he has never failed to attend a meeting. And he seems to enjoy most of all the prayer meetings, in which he voluntarily takes part, offering very earnest prayers. It is most touching to see this formerly proud old chief humbly confess his sins, and with tears and weeping plead with God to help him be good.

"Last Sabbath it was my privilege to unite him with his Lord in baptism. About two weeks before, he had been making preparations for baptism by giving up all his old gods. These were mostly figures of Catholic saints. He would take them one at a time, and carry them to the Catholic church on a dark night and leave them in front of the church. Finally the morning of the Sabbath for baptism, he still had one god left, the head of John the Baptist. This was his favorite god, having been in the family for three generations. So he came over to the mission to tell the evangelist about it, and ask him what to do. The evangelist told him to bring it to him, and he would give it to the pastor. So when I came, the evangelist had it, and made me a present of it. The old chief is very happy. After the baptism he gave a wonderful testimony, urging all the brethren always to be faithful."

MISSION BOARD.

"I WILL make a man more precious than fine gold; even a man than the golden wedge of Ophir." Isa. 13: 12.