



VOLUME XXII

COLLEGE HEIGHTS, ALBERTA, APRIL 19, 1932

NUMBER 16

## Notes of Travel

*From Kelowna, B. C., to Limassol, Cyprus*

By ISABELLE GREAVES

ON October 1, a beautiful autumn day, with happy memories of a kind farewell from our dear church people at Rutland and Kelowna, we sailed away from the latter place on Lake Okanagan, to Okanagan Landing, and taking train there, soon reached the main line of the C.P.R. at Sicamouss.

The grandeur of the Rocky Mountains was impressive as ever, with the yellow autumn foliage of many trees showing like beautiful spots among the prevailing evergreen; and the bracing mountain air that greeted us when there was time to leave the train for exercise, made us feel more than ever that life, with the Lord's blessings, is well worth living.

Brother and Sister Casey, whom we met on this journey for the first time, left us at Calgary on the way to their duties at Lacombe. Here also a lady left the train for Edmonton, who within a year had lost three near relatives including her husband. We had a good conversation with her concerning the state of the dead.

Between Regina and Virden, I realized that my husband had been away from his seat a long time. I found him standing in the vestibule of the train gazing up the roads that the train carried us so swiftly by. He told me that these were the roads over which he had travelled nearly thirty years ago with our literature when he was sent to open the colporteur work here. The Lord greatly blessed his efforts; over a ton of "Great Controversy", "Patriarchs and Prophets," and "Prophecies of Jesus" were sold; and once in a while even yet we hear some account of a book sold at that time. The roads were different then. On one occasion he got down in the mud so deeply, that though he got the horse out he could do nothing with the buggy. His usual resort in such cases was prayer, and just then some sturdy Galicians came along.

Seeing his plight, without a word they got down into the mud, lifted the buggy out, carried it to solid ground, and walked off, still without a word, leaving my husband wondering whether they were angels or men. On another occasion it was a cowboy who came galloping to the rescue, lasso in hand. He said he had seen a man coming along that road, and surmised that he would soon be needing some help, so he had come to give it. The lasso was soon attached to the buggy and to the horn of the saddle, and the faithful horse did his part as he was moved up, inch by inch, till the buggy was out. Surely He who rewards the cup of cold water given to one of His followers, would reward this kind deed. The problems of the colporteur in those sections are now of a different nature, but still "standeth God within the shadow, keeping watch above His own."

At Winnipeg we parted with a lady, a retired school teacher, whose home is in Toronto, whither she expected to return shortly. She says that she is going to look up our church people there. We have given much literature along the way, and were sorry we had none for two Chinese gentlemen who sat opposite to us, and who had not met any of our people before. What a treasure we have in our literature! Surely the time is here when it should be scattered as the leaves of autumn.

Around Lake Superior and Georgian Bay again the scene is very beautiful. The tourist car is very convenient with its kitchenette and gas range. A friend who had travelled had put potatoes in our lunch basket, and we enjoyed boiled potatoes, poached eggs, and other good things, with no envy of those who had to depend on a dining car.

At Toronto we changed trains for New York. Brother Dorn, our faithful transportation agent, and



## UNION CONFERENCE

Office Address: College Heights, Alberta, Canada

President, S. A. RUSKJER; Secretary-Treasurer, T. RAY LUKENS

Executive Committee: S. A. Ruskjer, T. Ray Lukens, D. E. Reiner, A. V. Rhoads, O. Ziprick, H. A. Lukens, C. O. Smith, P. D. Gerrard, J. H. Roth, S. W. Leiske, M. D., J. C. Neithercut.

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Field Missionary	P. D. Gerrard
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Home Missionary	J. H. Roth
Educational	J. H. Roth
Religious Liberty	S. A. Ruskjer
Medical	S. W. Leiske, M. D.

his assistant helped to smooth out all our problems here, and made our stay profitable and enjoyable. This time the sky-scrapers and other evidences of wealth made little impression on us, as we realize that soon they will be among the ruins of the last days. When we returned to America nearly six years ago, the Woolworth Building, with its fifty-five stories, was the great attraction. Now it is eclipsed by several, while the Empire State Building with its hundred and five stories towers above all. Among them, comparatively modest in height, but with a stateliness all its own, old Trinity Church rears its head; and with its graveyard beside it, occupies ground that would be worth a fabulous sum for business purposes. Here among the monuments to famous men is one to Captain Lawrence, inscribed with the history of his famous last words, "Don't give up the ship". With obvious intent, Brother Dorn tells us that this is something he especially likes to show to missionaries.

October 9 we left New York harbor on the "Edison," the same Greek steamer that had brought us home over five years before, and the same captain was at his post. The passengers were mostly Greek, with a good many Syrians. There was a change in the spirits of the passengers. In the former voyage there was more of an atmosphere of hope; this time, as a Greek priest expressed it in a short sermon on board, they were all more or less distressed. Several had lost money in bank failures; many could not find work; one who had been a merchant in Chicago had been held up and money taken from him six times in about eight months; his wife was losing her nerve, and he decided to dispose of his business though at a loss, and get out before one of the revolvers that were being pointed at him would go off. A mother from New York told of children killed in her street in a "Jack Legs Diamond" racket, and she told her husband she was taking her children home to Greece while she could. He stayed behind to see if he could get any of his money involved in a bank failure. The bribery of policemen, and the shameless immorality, were the comment of others. Nobody scoffs now at our message that the end is near, at least not to our face; and some heartily assent to it. We trust there may be some fruit from the seeds of truth sown by word and by literature.

At Piraeus and Athens we met with several of our dear people. A workers' meeting had been called for the very time we were there, and Elder Hennecke, the director of the work, was present from Salonica, our

old home. We were very thankful for the good progress of the work, both by literature and public meetings, which can now be carried on with some restrictions.

On October 29 we landed at Limassol in Cyprus. An insurrection of the Greek population, led by bishops and priests seeking union with Greece, had just been put down; and as this town was still under martial law, and the time of day had passed for people to be outdoors without permission, we with others were escorted to our hotel by a policeman with drawn bayonet. Though perfection cannot be claimed for any earthly government, one should surely be thankful for the law and order under that of Great Britain.

A few days after our arrival, while we were still undecided as to the best location for our work, we received an invitation from a retired missionary to call on her, as she was not able to ascend the stairs at our hotel. After visiting this dear lady, we felt that here was an indication that our work should commence right where we were, and we are happy to say that she is walking in the light as it comes to her from the Word of God, which has been her beloved guide from her youth. Though now advanced in years, she is still active in holding Bible classes for girls, both in school and at home, and also does much sewing for the poor. Her influence extends far and wide, and we believe the Lord has still a great work for her, if she remains faithful to Him.

For some time a man who had begun to investigate Spiritualism has been coming to my husband for studies, with the result that he has given up attendance at the Spiritualist meetings, and says he believes God guided him to our home, to learn the truth in time. So we thank God, "and take courage."

The road to Paphos leads past our gate. It may be that Paul and Barnabas passed by here one day.

My husband joins me in Christian greetings to our church in Western Canada. We are thankful to read of the good progress of the work there, and hope to be present with you at the soon-coming gathering of all the faithful.

## MANITOBA & W. ONTARIO CONFERENCE

Office Address: 306 Sherbrooke St. Winnipeg, Manitoba

President, D. E. Reiner; Secretary-Treasurer, Charlotte Erdman

### Departmental Secretaries

Book and Bible House	Charlotte Erdman
Field Missionary	C. E. Wimmer
Educational	D. E. Reiner
Sabbath School	J. W. Wagner
Missionary Volunteer	J. W. Wagner
Home Missionary	J. W. Wagner
Religious Liberty	D. E. Reiner

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## Pluck up Courage

A sister writing in about Big Week says, "I haven't much time, but I feel I want to do my share in the Big Week as well as get our books into the homes of my neighbors and friends. How I wish I had plucked up courage long ago and gone out." Notice her regret, "How I wish I had plucked up courage long ago and



gone out." Possibly one of the worst obstacles the average person has to overcome to make our Big Week a success is timidity. To overcome this fear, this timidity, we have access to divine power. There is very little that man cannot do when he sets out with his trust in God, and a determination to do or die.

Pluck up courage then and don't give up, but keep on plugging. If at first you don't succeed, remember that experience is a wonderful teacher. Practice makes perfect. Therefore, keep right on. To prove the value of practice just make the following test and then note the results. Take a six-inch plank, lay it on the ground, and then see how far you can walk on it without stepping off. You will find that you can walk the full length of it. Now suspend the plank fifty feet in the air, and then see how far you can walk without falling. What is the answer? Timidity every time. I am glad to say that the sister who regrets not having plucked up courage before has placed her order for the full quota of Big Week books and is making the start this year. May all who have found themselves in her class make the same resolution that she has made, and God will wonderfully bless us and prosper our Big Week Campaign.

J. W. WAGNER.

## Winnipeg Missionary Volunteers Do Aggressive H. B. S. L. Work

The young people of the Winnipeg church are consistent and determined distributors of our literature. They do most of their work through correspondence. Frequently they receive encouraging letters, as for example:

"Dear Friends:

"I do so much enjoy your reading matter. It always brings some inspiration towards a higher plane of spiritual life. I am a Baptist in Christian profession. But I can always enjoy reading matter used for recommending the Lord Jesus Christ as the Saviour of men, and I trust (I know) the good Lord will bless your efforts in spreading the good seed of the Word."

Such messages bring new inspiration. There are a number of people who have declared themselves fully in harmony with our doctrines and some are keeping the Sabbath already as a result of the young people's work of this church. It pays to distribute our truth-filled periodicals. May all our societies get a vision of the possibilities in this field of endeavor.

J. W. WAGNER.

## Manitoba News Notes

We were happy to become acquainted with Brother and Sister Harkness of Dauphin, who spent a few days in Winnipeg last week.

A club of 18 "Canadian Watchman" was subscribed for by the Winnipeg church, taking advantage of the special offer of last month.

Sister Nentwig of McDonald, spent the week-end in Winnipeg, in order to be able to take in Elder Ruskjer's sermon on Sabbath.

With a smile that refuses to change into a frown when the door is slammed in her face, Miss Baerg is going from house to house selling crisis books and "Canadian Watchman." Enthusiastically she told the Book and Bible House secretary of the good success she enjoyed the first day out. Miss Baerg manifests real ability in salesmanship.

"Fort William raised its Sabbath school goal of \$100 for last quarter without the aid of the Investment Fund. Port Arthur also increased the Sabbath school goal this quarter and I expect will reach it," writes Brother Bellchambers from the Port Cities.

"We are all of good courage here and glad to know the meaning of all that is transpiring in the world. These are just waymarks on the stream of time, letting us know where we stand in the world's history," writes Brother Arnot from Bradwardine.

The Junior Missionary Volunteer Society of Fort William, gave a very pleasant social evening to the members of the Neebing Sunday School. The school-house was well filled, and everybody enjoyed the games, contests, and the lunch.

You will be glad to know that the book "Mary Kennedy's Victory" is now available in the French language. It is a full message book, and ideal for missionary work among your French neighbors. Price only 35 cents.

Sister S. Johnson has the honor of being the first one to pay in her full quota on the Big Week. With her carrying case packed full of books, she left this morning for Keewatin, where she intends to sell them all.

Sister A. J. McCreery of Waterhen, writing to the conference office, states, "We plan on putting in one or two acres of grain for missions. Hope it will produce much." We would like to hear from others.

Sister Farion at Sifton is a zealous missionary worker. We greatly enjoyed an account of it in her recent letter to the office. She has a number of interested people whom she supplies with literature.

Sister Bjornson and Sister Sveinson also have ordered several sets of the Big Week books, and it looks as if the Icelandic church plans to be the first church on the honor roll.

Sister Vatcher of Plumas, requests several Big Week sets to be sent to her at once; and Sister Fisher from Hazelridge, writes that her family are planning to do their share.

Some members are very enthusiastic about the Big Week. Orders started to come to the office long before the Big Week was declared open officially.

Investment Day will soon be here. Invest more for missions this year than previously, and receive more blessings as a result.

It is good to see Brother Wagner back in the office. He is much improved in health, and very busy with his Big Week program.



From Sister McNaughton's encouraging letter to the office we quote the following: "We live in solemn times. One glorious fact is that Jesus is coming soon. Our only hope, but a sure one—eternal as God. Satan is in his final effort to destroy the organization and the unity of God's people. Soon the judgment will pass on the living. My prayer in Jesus' name is that I may be found ready to meet that great day in peace. God bless you all in your labor of love."

Last Sabbath afternoon two carloads of young people, accompanied by Elder and Mrs. Reiner, Elder Ruskjer, Mrs. Libby and Mrs. Wagner, motored to the Old Folks' Home to visit Grandma Dickson. A pleasant hour was spent together in singing hymns, and in prayer. With much interest Sister Dickson inquired about the progress of the work, and manifested that her heart is in it. Handing her Big Week offering as well as her Sabbath school collections for the past quarter to the conference treasurer, she stated, "Here is some extra for the Sabbath school, you know." Having read the appeals in our denominational papers to "Give a nickel more than heretofore," Grandma Dickson at once responded. It is hard to tell who enjoyed the visit most, the visitors or Grandma.

Last Sabbath was a happy day for the members of the Winnipeg church, for once more they had the privilege of having Elder Ruskjer in their midst. The church was well filled with eager listeners. Elder Ruskjer's message to us was, as usual, full of courage and hope. "Our hope, sure and steadfast, centres within the veil. Outside is slaughter and sacrifice, but inside the result of the sacrifice—mercy . . . There is only one safe place for us, and that is to stay with the people whom God is leading. Hold to the principles of this message, be loyal to the movement which God Himself has created, and which God has said will go through to the kingdom, to Eden restored. God is leading the church in its organized capacity, and those who will go to heaven will go as a part of that church." On Sunday afternoon Elder Ruskjer again spoke to an appreciative audience. The subject was "The place of the Seventh-day Adventist denomination in the world." This was a union meeting, the German, Icelandic, and Ukrainian churches having been invited to attend.

## SASKATCHEWAN CONFERENCE

Office Address: 604 Connaught Bldg., Saskatoon, Saskatchewan  
President, O. Ziprick; Secretary-Treasurer, F. T. Balmer

### Departmental Secretaries

Book and Bible House	F. T. Balmer
Field Missionary	Alexander Clark
Sabbath School	Miss Mary Neufeld
Missionary Volunteer	E. J. Westman
Home Missionary	E. J. Westman
Educational	E. J. Westman

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## The "Instructor"

Just as surely as the "Review" occupies its place as the most important periodical of Seventh-day Adventists, so the "Instructor" has its place in molding the character of our young people.

The "Instructor" is a mighty factor in imparting just the strength needed to our boys and girls to overcome temptations in this wicked age. As our young people read the articles prepared in this paper for them, they will be helped and saved from the pitfalls and snares of Satan.

Fathers and mothers why not help your boys and girls in their tender years to grow strong in this message by supplying them with the most wholesome reading by subscribing to the "World's Best Youth's Journal". The price is so small, only \$1.00 from May until the end of the year. Many wonderful inspiring articles are promised by the editor that you will be richly repaid in the results thus obtained. Where can you invest a dollar which will yield greater returns?

And you young people do not depend entirely on your parents to subscribe for you. See if you cannot find a way yourself to make a paying investment that will bring eternal profit to your own soul. Do not forget to share this most valuable paper with others.

E. J. WESTMAN.

## Saskatchewan News Notes

Brother John Klam of Macrorie paid a flying visit to the city recently. Why the haste, John?

We are glad to report that Brother Finsand has returned home from the hospital where he has been confined on account of meeting with injuries received in a railway accident. Mrs. Finsand as yet is unable to return home but is convalescing very nicely.

Brother Lebedoff of Perdue is also making good progress at the same hospital.

We are anxiously waiting to hear from our good brothers and sisters who were in receipt of the ten free "Canadian Watchman" magazines. So far only one report has come in of having sold these ten magazines and at the same time reordered another supply.

The ice is breaking up in the Saskatchewan river this morning. This betokens that seeding operations will soon be in vogue. Do not forget that acreage of wheat or other grains as well as stock and garden plots that you promised as an investment for missions.

To those of our members who have French-speaking people in their district we are glad to convey the news that the Canadian Watchman Press have just issued a book "Mary Kennedy's Victory" in this language. The price of this book is only 35 cents and should be used freely in missionary work among the French-speaking people. In quantities of ten to one address the price is \$2.00 postpaid.

Elder J. J. Reising, of the Bureau of Home Missions, and Elder Demchuk have returned from visiting the Beaver Creek church in the interest of Big Week. They held a number of meetings while there and the attendance was very good considering the poor condition of the roads. It is reported that the Beaver Creek church went over the top, notwithstanding that many members were not privileged to have a part on account of weather conditions.



Elder Ziprick and Brother Westman are visiting Macrorie church, Birsay and Rocky Ledge companies in the interest of Big Week.

Brother Clark is busy these days assisting colporteurs.

## ALBERTA CONFERENCE

President, A. V. Rhoads; Secretary-Treasurer, E. S. Humann

### Departmental Secretaries

Book and Bible House	E. S. Humann
Field Missionary	Guy W. Sharman
Sabbath School (Office)	Miss Anna Nickel
Sabbath School (Field)	A. V. Rhoads
Missionary Volunteer	D. N. Reiner
Educational	D. N. Reiner
Home Missionary	D. N. Reiner
Religious Liberty	A. V. Rhoads

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## The Medicine Hat Church

On a recent Sabbath it was my privilege to visit this church and to speak at their Sabbath services. The brethren rent a school building from the city, which makes quite a nice place in which to hold their services. They get it at a very low rental. This church is a combination of English and German members. Brother Otto, the elder, carries on large farming operations in the country so it has been quite impossible for him to meet with the church very much during the winter.

Brother and Sister Anderson are doing very commendable work in their treatment rooms, and many have been helped and blessed through their work. I hope it will be possible for some meetings to be held at Medicine Hat at not too distant a date.

A. V. RHOADS.

## Alberta News Notes

Brethren from the Lacombe, Beiseker, Rosebud, Leduc, and Cluny churches paid the office a pleasant visit recently.

Sister Mansfield of the Saskatchewan Conference is visiting her daughter here in the city. At one time she was a member here.

A letter from Brother Alex. Babychuk, one of our Ukrainian believers, brings this encouraging news item. "I have closed my meetings March 27. Had some good meetings and four families are keeping the Sabbath." He suggests that after seeding some one go to this place and tell them more about the truth. He further says: "There are so many people interested in this wonderful truth I believe if some one would hold some more meetings we would have a big church there because I see that the people are awakened from their darkness and with the Lord's help they will be children of God. I would like to stay and hold meetings, but I have to go home and do the spring work. I plan on bringing some people to Edmonton for baptism." Brother Babychuk goes out every year and wins some people to this truth, and they seem to be good ones, too.

A recent letter from one of our isolated sisters brings a very encouraging message which we are passing along. She states: "The fact is I have been reading a great deal lately about the shortage of funds in the mission fields, and I believe everyone of us should do something about it. I have felt for some time that I could sell some books or magazines this summer. Spring is coming and I can get out and sell something then, can't I? Sometimes I feel that I just must do something to help, and I truly believe I can help in this way."

The Calgary church is much interested in the poor and needy of the city, so recently the sisters were organized into a Dorcas society. Sister G. E. Johnson is president, and Sister J. Leinwebber secretary-treasurer. I believe if we had more organizations looking after this uplift work it would help many needy cases and place us in a better light in the community.

Elder J. H. Roth and family passed through our city last Friday on their way to Cluny. Brother Roth spoke at the Cluny church and motored down to Bassano and held a service there. I am sure these churches enjoyed this visit.

Brother Humann went down to meet with the brethren of the Stavely church and the new company at Claresholm on a recent Sabbath. He reports a splendid time.

A number of our brethren are placing their seed in the ground in expectation of a harvest. Let us not forget to set aside a few acres or a portion of the garden patch for Investment.

## BRITISH COLUMBIA CONFERENCE

Office Address: 609-611 Province Bldg., Vancouver, British Columbia

President, H. A. Lukens; Secretary-Treasurer, H. A. Shepard

### Departmental Secretaries

Book and Bible House	H. A. Shepard
Field Missionary	K. Astleford
Sabbath School	Miss Hylda Green
Missionary Volunteer	H. A. Lukens
Home Missionary	K. Astleford
Educational	H. A. Shepard
Religious Liberty	N. C. Erntson

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## An Unusual Offer

From now until May 15 the "Youth's Instructor" will be sent to any address for eight months for a dollar. For the salvation of the youth in the home, and for pleasant and profitable reading for the entire family, every sacrifice should be made by every member of the conference to secure this periodical.

If you are already a subscriber, eight months will be added to your subscription for a dollar, and this is well worth taking advantage of.

Do not wait, but just now, while it is fresh in your mind, send the dollar to the Book and Bible House or to your church Missionary secretary for this subscription. It will pay you in eternity.

H. A. LUKENS.



# The Colporteurs' Page

## Colporteurs' Reports

P. D. GERRARD, Union Field Secretary

### ALBERTA CONFERENCE

GUY W. SHARMAN, Field Secretary

For One Week Ending April 2, 1932

Name	Book	Hrs.	Ord.	Helps	Total	Delivered
Anderson, Mrs.	OD	40	4	\$ 6.00	\$ 10.50	\$ 13.75
Campbell, Ethel	BTS	8	5		1.75	
Johnson, Mrs. J. K.	OD	10	2	.35	4.85	
Oestrich, Ewald	Signs	18		2.15	2.15	2.15
Turner, W. H.	Signs	13		7.90	7.90	7.90
<b>TOTALS</b>				\$16.40	\$ 27.15	\$ 23.80

### BRITISH COLUMBIA CONFERENCE

KNOWLES ASTLEFORD, Field Secretary

For One Week Ending April 2, 1932

Elmer, E. A.	Crisis	3 1/4	\$	\$	\$ 1.50
Blackwell, S.	Misc.			94.63	94.63
Steinke, R. D.	HP	25	5.25	19.25	53.75
<b>TOTALS</b>			\$ 5.25	\$104.88	\$149.88

## B. C. News Notes

The Rutland M. V. Society sends in an excellent report, particularly of the devotional features. Good leadership usually produces good results.

Elder Franklin, of the General Conference, spoke to the Vancouver and New Westminster churches on Sabbath. His message was greatly enjoyed. Certainly the Lord has wonderfully blessed in the colporteur work even in these trying times. Let us make a habit of daily praying for the colporteur.

Every Junior member of the Grandview Junior Society is in preparation for being a Friend, preparing for the Progressive classes of the society. This is excellent work. Brother Rick is carrying a very heavy program in his school work, yet we are glad that he still has time for this most essential feature of the work.

At the end of February, the General Conference report indicates that B.C. showed the largest per capita increase in missions of any conference in North America. This was made possible by some who sacrificed to the extent of giving large gifts to missions. Are there not others who believe that at this time they should give part of their capital to the work? Soon money will be valueless. Even a belated offering to the Big Week is still acceptable and would be of great value just now.

Word from China is that though several shells have struck some of our buildings in Shanghai and some of our native workers have been arrested as spies, yet little property damage has been done and no loss of life is reported so far, the Lord having especially blessed in this trying time.

Nanaimo, Port Alberni, Read Island, and Cumberland, according to reports so far received, have retained their Sabbath school pennants for another quarter. This is splendid work, and we wish to heartily congratulate them.

## Tithe and Sixty-Cents-a-Week

From the British Columbia Conference

Thirteen weeks ending March 31, 1932

Church	Mem.	Tithe	Ave.	Miss. Funds	Per Mem Per Week
Aldergrove	18	23.61	1.31	34.39	.15
Chilliwack	34	67.80	1.99	26.64	.06
Conference	164	872.62	5.32	432.81	.20
Firvale	8	2.70	.34	18.80	.18
Grandview	95	222.47	2.34	481.22	.39
Nanaimo	9	67.54	7.50	23.52	.21
Nelson	8	6.00	.75	4.00	.03
New Westminster	24	157.73	6.57	89.81	.29
Penticton	26	55.00	2.04	82.68	.24
Port Alberni	12	64.35	5.36	78.56	.50
Rest Haven	59	749.61	12.71	276.54	.36
Rutland	106	306.00	2.88	111.30	.09
Vancouver	224	2,129.67	9.51	591.10	.20
Vernon	9	21.02	2.33	26.45	.22
Victoria	110	990.70	9.01	318.68	.22
White Rock	14	51.08	3.64	15.68	.08
	920	5,797.90	6.29	2,612.18	.24

A short note to accompany the Tithe and Sixty-Cent-a-Week report may be of interest to many of our people throughout the conference. I am sure you will be glad to know that we have received a total of approximately \$50 more tithe for the first three months of 1932 than we received last year for the same period of time. However, our membership has increased nearly one hundred over the past year and so the amount of tithe this year is approximately \$1.30 less than the amount we received from each member last year. However, we do believe that our people are faithful in this respect and we are hoping that our tithe may keep up as well during the remainder of the year.

Perhaps the most encouraging feature is to see that our sixty-cent-a-week offerings for the first three months of the present year are approximately \$600 more than we received last year during the same period of time. Last year our report showed an average of 20 cents per week per member and this year about 24 cents. We are very pleased to be on



the upward trend as far as missions are concerned. It shows that our people want to do everything they can to support the work in distant fields.

If you will compare the report of British Columbia with those that appear in the *TIDINGS* from time to time, you will see that we are doing very well in view of the difficult circumstances in which many of our people are placed.

H. A. SHEPARD, *Treasurer.*

## Rest Haven Sanitarium and Hospital

Telephones—61-L and 95-O  
SIDNEY, B. C. (near Victoria)

### Spinach

(By S. W. LESKE, M.D.)

Spinach is a real friend to man and can well be classed among the strongest preventative medicines that we have. Its real value is now being found out more and more. It is not much in food value, but it surely holds the place as the oil to the machinery.

It furnishes a high grade of iron, which when taken into the system is used in the formation of hemoglobin and red blood cells, and is therefore valuable in building up the blood and preventing and curing anemia.

Besides being a first-class source of iron, spinach is a good source of calcium, and a great reservoir of other alkaline elements; an excellent food for keeping the tissues clean, preserving the alkalinity of the blood, and preventing the appearance of chronic diseases which thrive on too much acid in the system.

Spinach is a very high source for your vitamins. Take vitamin A, which is well supplied in spinach, it is absolutely essential in growth and normal development. It also, in some subtle way, fortifies the body against infection, enabling the cells to resist invading bacteria; and it is supplied by spinach in larger proportion even than in butter, its only rival being cod liver oil. An ordinary serving of spinach, for example, supplies about ten times as much vitamin A as does a teaspoonful of cod liver oil.

Spinach is a good source of vitamin B—called, anti neuritic; vitamin D—called, anti rachitic; and also vitamin C. Dr. Kolamon says that raw spinach is so rich in the C vitamin that after considerable loss in canning, the canned spinach still exceeds oranges and tomatoes in its richness in this element; and that after the canned spinach had been in storage for three or four years, the loss in vitamin C was not in any case more than ten per cent.

Dr. Sherman says, "During the war it was found that the slow healing of wounds was associated with shortage of vitamin C; and much of the so-called rheumatism which afflicts such a large proportion of our people in spring and winter is due at least in part to a diet too poor in vitamin C." He also states that the tooth is one of the first, if not the first, part of the body affected by a deficiency in vitamin C.

## Items From Rest Haven

Miss Fern Boyd, R.N., a former graduate of Rest Haven, has arrived from Alberta to join the nursing staff.

Recently we enjoyed a good visit with Elder Ernston, who told us of a strong interest in the truth at Alberni, as a result of meetings he has been conducting in that port city.

We learn that two more patients will arrive this week from Edmonton, and that another is coming in from Duncan. At this writing there are twenty-three on the Sanitarium register.

Surgical patients did you say? Yes, we have had a number during the past few weeks, and those with us now are enjoying the change from their rooms to a sunny corner on the porch or in the lounge.

General Conference Medical Department examinations are testing the knowledge of our senior class of nurses in various subjects taught in the training school. This is the time when faithful preparation means something.

Out-patient patronage is making a healthy growth, not only from the immediate neighborhood, but noticeably from Victoria. This is tending to strengthen the hydrotherapy department, and incidentally, through these city patients, the good influence of the institution is widening.

## Advertisements

RATES. Per issue—40 words, 50 cents; each additional word 1 cent. Display advertising, \$1.75 per inch. No advertisement will be accepted unless cash accompanies the same.

**WANTED.**—All-around, experienced Seventh-day Adventist man for farm work. Must be able to milk and do chores. State wages expected in first letter. Apply to A. Ostercamp, Lacombe, Alberta.

**WANTED.**—Work on the farm for our people. In Saskatchewan, Manitoba, or Alberta. I have never worked much with the machinery but I could soon learn and I can do the milking. Write to Nichol Moshook, Rhein, Saskatchewan.

**WANTED.**—Able young man, or boy past 17 for general farm work. Must be able to milk, and be kind to stock. Wages \$100 for the year. Only Adventists need apply. G. S. Freeman, Box 72, Invermay, Saskatchewan. Phone 2-4. 16-2t

**FOR SALE.**—About 5 acres of land on the Bank of Lake in Rosedale. 15 minutes walk from the College. 5 roomed house with pantry, Granary, Washhouse and Coal bin, 6 Chicken houses, and Barn. H. D. Middleton, Box 262, Lacombe, Alberta. 16-2t

## WESTERN CANADIAN TIDINGS

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SEVENTH-DAY ADVENTISTS

ISSUED WEEKLY

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T. RAY LUKENS ..... *Editor*  
BENJAMIN GLANZER ..... *Associate Editor*



# CANADIAN JUNIOR COLLEGE

"The School of Character"

College Heights, Alberta



This page is conducted by the  
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ASSOCIATION**

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Miss S. Jolin; Village, Miss I. Middleton.

## NEWS From Your COLLEGE

Today's motto, "May you live all the days of your life".

Saturday evening found us playing games on the lawn in front of the Main Building.

Just ten days until spring examinations. Some people are becoming unusually studious these days.

For the first time since the new year, Elder D. N. Reiner is spending a few days with us; this time in the interest of Big Week.

On Sunday afternoon about a score of Seniors spent a few hours with nature a mile from the school. They report having had an exceptionally good time.

The following members of our school family have recently been away for a few days on business: Ellsworth Wareham, Merle Hamren, Emil Kaiser, Emil Schumaker, Ernest Lamming.

On Sunday evening the Musical Department gave a sacred concert in the chapel. A number of friends from Lacombe were present. We understand that those who attended considered the hour well spent.

Work on the campus began on Sunday; a large number of enthusiastic young men made a big improvement in the appearance of one corner of it by dinner time. The good work is being continued from day to day by those who can spare the time, but much yet remains to be done. Visitors will be pleasantly surprised at the change they will find here in a few weeks.

On Monday, after chapel, advantage was taken of the wonderful spring weather we are having. Instead of the regular school routine, the rest of the day was spent in playing games. About five o'clock we went for a hike in search of a sack lunch that was waiting for us somewhere. Fortunately the food supply, when found, was sufficient to satisfy all the hungry young people who partook of it. Tuesday found us with stiff limbs, pleasant recollections of the day now past, and a firm determination to get down to hard study for the examinations just ahead of us.

We are glad to have Elder Reiswig with us for a day this week. In chapel, on Tuesday, he showed us that men of the world recognize that the truth with which we are connected is unanswerable. He pleaded with us to know for ourselves what we believe and why we believe it, and to be able to defend our position when occasion shall require us to do so. This is an appropriate challenge to us, following the Week of Prayer.

Brother Buckwalter closed the Week of Prayer on Sabbath with a most earnest and inspiring appeal. During the week several young people took their stand on God's side, and others made a fresh start. We were all refreshed and strengthened for the battle against sin. We feel that it was a good week.

This last week Edmonton has been favored by visits made by a number of brethren from the college. Last Friday Benjamin Glanzer and his brother Eugene, motored to the city; on Monday, Elder Newbold and Professor Shankel; and on Tuesday, Brother Lukens.

How happy Amy and Aural Rick were last Thursday afternoon when they came to the office for a permit to leave for the week-end. Their brother Chester gave them a surprise by motoring to the college and taking them home.

Elder Greaves, who has many friends in the Western Union, has written to us from far away Cyprus, the scene of a recent revolution. "We are glad to be back in the mission field", is his inspiring message.

Elder and Mrs. Roth, Albert and Genevieve, accompanied by Mrs. Wage and her mother, motored to Calgary last Friday, returning to the College on Monday.

We are glad to see Sister Gillis on the hill top again last Sabbath after her recent illness.

We hear that Brother Foote is probably returning West in May. Welcome home, Percy!

Spring work has started on the land. Edward Shearer was harrowing on Monday.